

1. Dining Commons

The **Dining Commons (DC)** at **San José State University (SJSU)** is the main all-you-care-to-eat dining facility on campus. It serves students living in on-campus housing, as well as other students, faculty, and guests who purchase meal plans or pay per entry. Here's everything you need to know:

Location & Hours

- **Address:** 330 South 9th Street, San Jose, CA 95112 (next to Joe West Hall and Campus Village)
- **Hours of Operation:**
 - **Monday - Friday**
 - Breakfast: 7:00 AM – 10:00 AM
 - Lunch: 11:00 AM – 2:00 PM
 - Dinner: 5:00 PM – 9:00 PM
 - **Saturday & Sunday**
 - Brunch: 10:00 AM – 2:00 PM
 - Dinner: 5:00 PM – 8:00 PM

Hours may vary during holidays and breaks—always check the SJSU Dining Services website for updates.

What's Inside?

The DC is a **buffet-style** dining hall offering a variety of foods, including:

- **Made-to-Order Stations** – Customize your meals (e.g., omelets, stir-fry, pasta)
- **Salad Bar** – Fresh greens, toppings, and dressings
- **Hot Entrées** – Rotating menu with vegetarian and meat options
- **Pizza & Pasta** – Freshly made pizzas and pasta dishes daily
- **Grill Station** – Burgers, fries, and other grilled favorites
- **Deli Station** – Build-your-own sandwiches and wraps
- **Dessert Bar** – Ice cream, pastries, and sweets
- **Beverage Station** – Coffee, tea, milk, juice, soda, and infused water

Dietary Accommodations

- **Vegetarian & Vegan options** available daily
- **Halal & Kosher options** upon request
- **Allergy-friendly meals** (gluten-free, dairy-free, nut-free options)

- **Dietary Support:** Students with dietary restrictions can speak with a nutritionist or request special meals
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Meal Plans & Pricing

If you live in Campus Village (CV1, CV2, or Joe West), you are **required** to have a meal plan. Other students and guests can also purchase meals or meal plans.

Meal Plan Options (For Residents)

Plans are based on weekly meal swipes or block swipes:

- **Unlimited Plan** – Unlimited swipes + guest passes
- **14 Meals/Week Plan** – 14 swipes per week + Spartan Cash
- **10 Meals/Week Plan** – 10 swipes per week + Spartan Cash

Spartan Cash can be used at other dining locations like Starbucks, Taco Bell, Subway, and Market Café.

Pay-Per-Entry Pricing (For Non-Residents & Guests)

- **Breakfast:** ~\$10
- **Lunch/Brunch:** ~\$12
- **Dinner:** ~\$14

(Specific rates may change, so check the website for updates.)

Special Events & Theme Nights

The DC hosts **fun food events** throughout the semester:

- **Midnight Breakfast** (during finals week)
 - **Cultural Food Nights** (Mexican, Asian, Mediterranean, etc.)
 - **Holiday Meals** (Thanksgiving, Lunar New Year, etc.)
 - **DIY Food Bars** (Make-your-own tacos, waffles, etc.)
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Things to Know

Bring your SJSU Tower ID – Required for meal swipes

No outside food or drink allowed

Takeout Option – Students can get a meal to-go using the **eco-friendly reusable**

container program

Busy Times – Lunch (12–1 PM) & Dinner (6–7 PM) can be crowded

More Info & Contact

- **SJSU Dining Website:** <https://dineoncampus.com/sjsu>
- **Phone:** (408) 924-6400
- **Email:** dining@sjsu.edu
- **Instagram:** [@sjsudining](#)

Would you like recommendations on what to eat at the DC or info on other campus dining spots?

The **Victory Salute** is most famously associated with the 1968 Olympics when American athletes **Tommie Smith** and **John Carlos** raised their fists on the medal podium during the playing of the U.S. national anthem. Their silent gesture was a protest against racial injustice and a call for human rights, making it one of the most powerful moments in sports history.

Background of the Victory Salute

- The salute took place during the **1968 Summer Olympics in Mexico City**.
 - Tommie Smith had just won the gold medal, and John Carlos won bronze in the **200-meter sprint**.
 - As the U.S. national anthem played during the medal ceremony, both athletes bowed their heads and **raised a single black-gloved fist** in the air.
 - This was a **symbol of Black Power and unity** in the face of racial discrimination in the U.S.
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Symbolism of Their Actions

- **Black Gloves:** Smith and Carlos each wore a single black glove, raising their fists as a symbol of Black Power and resistance.
 - **No Shoes:** They stood barefoot on the podium to symbolize **poverty and economic injustice** faced by Black communities.
 - **Beads & Scarf:** Worn by Carlos to represent the history of lynching and racial violence.
 - **Head Bowed:** A sign of solemn respect and reflection.
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Reactions and Consequences

- The protest was highly controversial. **The International Olympic Committee (IOC)** and U.S. officials deemed it inappropriate.
 - Smith and Carlos were **suspended from the U.S. Olympic team** and banned from the Olympic Village.
 - They received **death threats** upon returning home and struggled professionally for years.
 - Despite this, their protest became an enduring symbol of the fight for human rights and racial equality.
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Legacy

- Today, the **Victory Salute** is recognized as a **courageous act of defiance** against racial and social injustice.
- Statues and tributes exist, including a **monument at San Jose State University**, where Smith and Carlos were students.
- The moment is now widely seen as a **pivotal point in sports activism**.

Tommie Smith & John Carlos at SJSU

Both **Tommie Smith** and **John Carlos** were student-athletes at **San José State University (SJSU)** and key members of the "**Speed City**" track program, coached by the legendary **Bud Winter**. SJSU played a crucial role in shaping their athletic and activist careers.

How SJSU Honors Them

SJSU recognizes their courage and contributions through several memorials and initiatives:

1. The Tommie Smith & John Carlos Statue

Location: Smith and Carlos Lawn, near Clark Hall

- The **23-foot tall statue** was unveiled on **October 16, 2005**, marking the **37th anniversary** of their protest.
 - Designed by artist **Rigo 23**, the statue captures the moment of their historic **Victory Salute** at the 1968 Olympics.
 - One unique detail: **The silver medalist, Peter Norman (from Australia), is missing** from the podium. This allows visitors to **stand in his place**, showing solidarity with the movement. Norman supported Smith and Carlos and wore a **human rights badge** during the ceremony.
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2. Tommie Smith & John Carlos's Impact at SJSU

- Both were part of **SJSU's track team**, which was known as "Speed City" for producing world-class sprinters.
- They were involved in the **Olympic Project for Human Rights (OPHR)**, a movement founded by SJSU sociology professor **Harry Edwards** to fight racial injustice in sports.
- Their protest wasn't just about athletics—it was a **call for social justice**, pushing for better treatment of Black athletes and racial equality in the U.S.

3. SJSU's Commitment to Social Justice

- The university integrates Smith and Carlos's legacy into its **social justice initiatives**.
- The **Institute for the Study of Sport, Society, and Social Change (ISSSSC)** at SJSU was founded to continue discussions on sports and activism.
- **Courses and lectures** at SJSU regularly cover their impact, inspiring students to engage in activism.

Where Are They Now?

- **Tommie Smith** became a **track coach, educator, and speaker**. He has written about his experiences and continues advocating for equality.
- **John Carlos** worked in sports, education, and activism, sharing his story and inspiring young athletes.
- Both have received **numerous awards and recognitions**, including an **ESPY Award for Courage (2008)**.

Why This Matters

Their story shows that athletes can be more than competitors—they can be **powerful voices for change**. Today, their impact is reflected in modern sports protests, from **Colin Kaepernick kneeling** to NBA and WNBA players speaking out against social injustices.