



Trailblazing professor
Doug Cheeseman reflects
50 years later

▶ PAGE 6



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LAVOZ

THE VOICE OF DE ANZA SINCE 1967



HEALING IN THE FACE OF HATE



HEALING INSPIRATION

Creative Arts Professor Catie Cadge-Moore examines the acrylic, paper and wood “Healing Mandala” by Katie DeCiccio, Elisa Marina Alvarado and De Anza students Adan Perez and Diwa Malaya at the Feb. 1 opening of the Euphrat Museum of Art’s new exhibit, “Showing Up with Care.” Photo by Ethan Maneja.



SUSPECT IN HATE CRIME

“Described as a white male in his late 30s or early 40s, about five feet, 10 or 11 inches tall, and about 200 lbs. He has silver hair. If you spot someone who matches this description, or know of anyone who has been the victim of a similar attack, please take note of his appearance, including his clothing and any associated vehicle, and his direction of travel, and immediately call the Foothill-De Anza Police Department at (650) 949-7313.” Sketch and description via FHDAPD.

Hate crime perpetrator at large; Equity Office shows solidarity



Andrew Shinjo
NEWS EDITOR

A De Anza College student was harassed with anti-gay slurs and punched in the face at the Flint garage on the evening of Wednesday, Jan. 24.

According to the Foothill-De Anza district police department, the suspect, “is described as a white male in his late 30s or early 40s, about five feet, 10 or 11

inches tall and about 200 lbs. He has silver hair.”

In response to this incident, the Jean Miller Resource Room hosted a poster-making event to raise awareness.

“With the poster making, we want to show support for the student. We also want to create a campaign that enough is enough. We don’t want this to happen on our campus; this is not what we stand for on our campus,” said Equity Office program coordinator, Tony Santa Ana.

Students on campus also shared similar sentiments to Santa Ana.

Christopher Chico, 18, art major, said he thinks there needs to be forums to talk about these issues. “We need to recognize that these things are table-worthy conversations. We have to talk about politics and what’s going on in this world to solve it,” said Chico.

Foothill-De Anza chief of police, Ronald Levine said there was no update on the investigation when contacted by

La Voz on Jan. 29, but released the following statement.

“We are aware of the sensitivity of incidents like this and have assured that the victim has been provided with the appropriate referrals and resources,” said Levine. “Police officers have increased patrols of the campus, both on foot and in vehicles. We encourage anyone with information about this incident to come forward and help us bring the perpetrator to justice.”

Five DASB senators removed from office

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Students talk campus safety

▶ OPINIONS, PAGE 10

High school GPA to be considered in college placement

▶ NEWS, PAGE 3

Romantic places to spend Valentine’s Day

▶ IMPULSE, PAGE 3

Tuesday, Feb. 6

Internship Readiness Workshop

2 - 5 p.m.
Conference Room A
Learn about resume proof-reading, writing cover letters, the do's and don'ts of LinkedIn and enjoy free food.

Wednesday, Feb. 7

Internship Readiness Workshop

2 - 5 p.m.
Conference Room A
Practice your interview skills and receive feedback in mock interviews.

Saturday, Feb. 10

Planetarium Show: Magic Tree House: Space Adventure

5 - 6 p.m.
Fujitsu Planetarium
In "Magic Tree House: Space Adventure", a mysterious "M" sends the intrepid Jack and Annie on a fun-filled journey to discover the secrets of the Sun, Moon, planets, space travel and more. Aligned with early elementary information

skills learning objectives, this beautifully produced show is a winner with Magic Tree House fans of all ages. Tickets and more shows can be found at <http://planetarium.deanza.edu/schedule.html>

Planetarium Show: Totality Show and Lecture

7 - 8:15 p.m.
Fujitsu Planetarium
"Totality" includes a variety of wonderful styles – from spectacular space environments to humorous pop-up books, to examine what eclipses are, how and when they occur, and what wonderful sights they create. A very special part of the show illustrates, in a very human way, what happens when you are caught in the shadow of the Moon and the Sun is plunged into a total solar eclipse. You will love this program! Tickets and more shows can be found at <http://planetarium.deanza.edu/schedule.html>

Tuesday, Feb. 13

Choosing a College Major or Career Workshop

11:30 a.m. - 12:30 p.m.

Hinson Campus Center, Santa Cruz Room
Are you unsure about your career path or still trying to pick a major? In this workshop, you will learn important steps to help you choose a major or career path, as well as tips on finding an internship or job.

Announcements

Free Tax Filing Assistance

Every Wednesday and Thursday, ends April 12.
10:30 a.m. - 1:30 p.m.
Fireside Room
Drop by the Volunteer Income Tax Assistance (VITA) site and make an appointment and find out if you qualify to have your 2017 tax returns prepared for free.

Art Exhibition: "Showing Up with Care"

Through March 22
10 a.m. - 3 p.m.
Euphrat Museum of Art
"Showing Up with Care" explores caregiving, healing and the power of expression. The featured artists draw from personal experience, advocate for caregiver rights,

and examine ways that art can be a vehicle for healing and transformation. Participating artists include Annabel Clark, daughter of the actress Lynn Redgrave. Clark's photographs document her mother's battle with breast cancer as well as other caregiver stories.

Discount Movie Tickets

9 a.m. - 4:30 p.m.
Office of College Life
Discount movie tickets are available for sale to current students with wa DASB card. AMC tickets are \$9 and cinemark tickets are \$8.50. Sales for limited to 10 tickets per week per student. To purchase tickets visit Student Accounts inside the Office of College Life.

Notice

CAMPUS CLOSED
Feb. 16 through 19
Campus will be closed for Presidents Day.

ADVERTISING

La Voz does not guarantee coverage of events for which it receives press releases. Contact Jamie Lamping by phone at 408-864-5626 or e-mail lavozadvertising@gmail.com for rates. Rate sheets can also be found at lavozdeanza.com



Scan the QR Code to visit LaVozDeAnza.com

CORRECTIONS

Any corrections in a published story? Let us know by email: lavoz@fhda.edu

Burger of the week:
2/5 Breakfast Burger
2/12 Chili Cheese Burger

De Anza College Dining Services Menu: Feb. 5

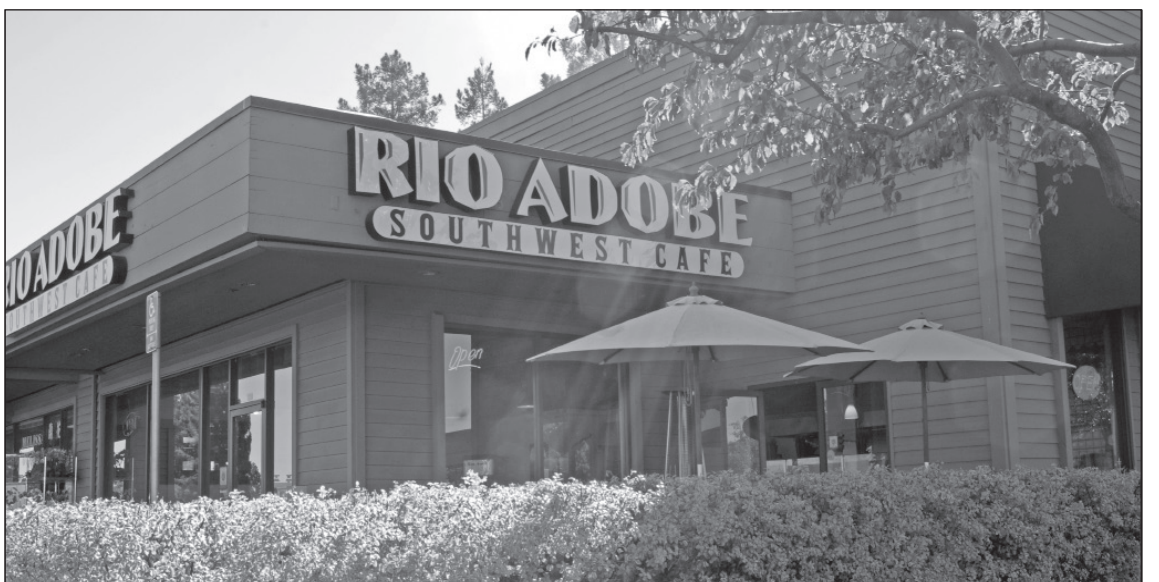
For all of your on-campus dining needs, visit the FOOD COURT in the upper level of the Hinson Center.

Monday	Tuesday	Wednesday	Thursday	Friday
Feb. 5 SOUP Farro Pazole PIZZA Hawaiian Ham and Pineapple	Feb. 6 SOUP Beef Pot Roast PIZZA Roast Chicken and Ranch	Feb. 7 SOUP Red Lentil Vegetable PIZZA Vegetarian Combo	Feb. 8 SOUP Tequila Chicken Fiesta PIZZA BBQ Chicken	Feb. 9 SOUP Clam Chowder PIZZA Chef's Choice
Monday	Tuesday	Wednesday	Thursday	Friday
Feb. 12 SOUP Chicken Noodle Soup PIZZA Roast Chicken	Feb. 13 SOUP Vegan Vegetable PIZZA Italian Meat Lovers Combo	Feb. 14 SOUP Mushroom Brie PIZZA California Bacon	Feb. 15 SOUP Egg Drop PIZZA Butternut Squash and Procuttio	Feb. 16 Closed for Presidents Day

Student Success Center's Academic Skills Workshops

Workshops provide informative discussions and interactive activities to support classroom instruction by helping students at all levels become better learners and gain the confidence and skills to achieve their greatest possible academic success. Topics include Study skills, reading and writing, Life skills and career. Advance sign up is not required. Space is limited. See all workshops at <http://deanza.edu/studentssuccess/academicskills/>

STUDENT LIFE SKILLS			
LOCATION: ATC 303			
TIMES ARE LISTED BELOW:			
Anti-Procrastination (3)	<input type="checkbox"/> WED 02/07 10:30AM	<input type="checkbox"/> THU 02/22 10:30AM	<input type="checkbox"/> WED 02/28 10:30AM
Engaging Ethics (2)	<input type="checkbox"/> WED 02/14 2:30PM	<input type="checkbox"/> FRI 02/23 11:30AM	
Group Communication: Team Building Game (1)	<input type="checkbox"/> WED 02/28 2:30PM		
Goal Setting and Motivation (1)	<input type="checkbox"/> MON 02/05 11:30AM		
Growth Mindset (2)	<input type="checkbox"/> THU 02/08 10:30AM	<input type="checkbox"/> THU 03/01 10:30AM	
Resume Writing (2)	<input type="checkbox"/> THU 02/01 10:30AM	<input type="checkbox"/> TUE 02/13 11:30AM	
Interview Preparation (3)	<input type="checkbox"/> TUE 02/06 11:30AM	<input type="checkbox"/> TUE 02/20 11:30AM	<input type="checkbox"/> THU 03/01 11:30AM
Professional Communication in Work Environment (2)	<input type="checkbox"/> TUE 02/06 12:30PM	<input type="checkbox"/> TUE 02/20 10:30AM	
Negotiation in Work Environment (1)	<input type="checkbox"/> TUE 02/27 11:30AM		
Stress Management (3)	<input type="checkbox"/> WED 02/07 11:30AM	<input type="checkbox"/> WED 02/14 1:30PM	<input type="checkbox"/> WED 02/21 2:30PM
Time Management Strategies (4)	<input type="checkbox"/> MON 02/05 10:30AM	<input type="checkbox"/> FRI 02/09 10:30AM	<input type="checkbox"/> FRI 02/23 10:30AM <input type="checkbox"/> TUE 02/27 10:30AM



Southwest style Mexican food

Fresh, wholesome, delicious

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No reservations required

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Southwest Cafe

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Dating violence awareness program unanimously passes in DASB Senate

Ana Acosta
STAFF REPORTER

The DASB Senate passed two motions unanimously for supporting the implementation of the One Love Foundation Program at De Anza College and for sponsoring the event “Refugees and Us” on Jan. 26.

Senators Maharshi Mandal, Kamyar Saii and student Imad Ballout facilitated a workshop under the One Love Foundation, an organization with a mission to raise awareness about dating violence made in honor of Yeadley Love, a young woman who was killed by her ex-boyfriend.

“Our ultimate goal is to get it mandated for all students, but our current approach is to work with the athletes as kind of a starter program,” Saii said.

The workshop included a film called “Escalation,” which depicts the story of a couple in an abusive relationship.

The film emphasized the importance of bystander intervention, as friends of both the abused and the abuser chose to ignore a lot of red flags in their relationship, which resulted in the death of the victim.

After watching the film, the senators broke out into groups and discussed different aspects of

the film and how it affected the way they saw dating violence.

The discussions sparked conversations about people’s own experiences with abusive relationships or those of their loved ones.

After the discussion groups, the senate voted unanimously to support the implementation of the program at De Anza.

“I’m very excited about this,” said DASB adviser Hyon Chu Yi-Baker.

“If you think about it, we are in the midst of a major culture shift in our country and really, globally. And you are all a part of making that shift so I just have to say that and just applaud you.”

Student trustee on the Foothill-De Anza Board of Trustees, Elias Kamal, 20, political science major, also presented and asked the senate to sponsor an upcoming event called “Refugees and Us” where manager of Oinofyta Refugee Camp in Greece, Lisa Campbell, will be speaking about the refugee crisis in Europe.

“We don’t have a lot of opportunities to see the global inequities or to experience international relations,” Kamal said. “A lot of us are so focused on our local communities, which isn’t a bad thing, but people still need to have exposure to this.”

The senate unanimously passed the motion to sponsor the event.



PHOTO BY ANA ACOSTA

Above: From left to right: DASB Senate adviser Hyon Chu-Yi Baker, Ramona Wang, student trustee Elias Kamal, Kimberly Ann-Astrid Pramana, Ruby Khan, Kamyar Saii, Rex Zhang, Phoebe Nguyen, Ashley Jahja and Raphael Villagarcia gather to discuss the film “Escalation” and what it helped them learn about dating violence.

Also, president Kalani Hettige announced the resignations of senators Imad Ballout, Julius Salud, Cialysiah Washington and Druthi Srirama.

Then senator and chair of finance committee, Amanda

Le asked the senate to put their phones and laptops away as she spoke to them about meeting etiquette to prepare the senate for the upcoming budget meetings.

“It’s really important that we take this seriously because we’re

dealing with \$1.1 million,” Le said. “People are going to come here and they’re concerned about their programs. And yes, we’re going to be cutting funds and it’s going to be emotionally charged and tough on people.”

High school coursework, grades now considered for college placement test

John Bricker
STAFF REPORTER

California’s Assembly Bill No. 705 will change how De Anza College places students into classes as it requires schools to consider high school coursework and grades when assigning new students into mathematics and English courses.

The purpose of AB 705 is to help increase graduation rates among students who enter college underprepared. The bill states that California community colleges need to, “maximize the probability that the student will enter and complete transfer-level coursework in English and mathematics within a one-year timeframe.”

According to studies from the Public Policy Institute of California, standardized placement tests are typically inconsistent in placing students in courses.

“While over half of colleges reported using the Accuplacer test to assess college readiness in math, cut-off scores ranged from 25 to 96 out of 120. Students with the median score of 58 would

be deemed college ready at only half of these colleges,” stated the Public Policy Institute of California.

Kristin Skager, Chair of De Anza’s Reading Department, confirmed that De Anza’s English courses already comply with this provision. Even if “a student tests into the lowest level of reading and writing, they can theoretically finish those classes and English 1A in one year.”

The Community College Chancellor’s Office stated that although the bill became effective on Jan. 1, the Office “will issue guidance that provides phased-in implementation.”

Karen Chow, President of Academic Senate, said that placement for math has already started to consider high school GPA, and that English department is getting its new placement system off the ground.

“We are going to be using high school GPA as a multiple measure,” Chow said. “That combined with the current placement tests, will be considered.”

Although he got bad grades in high school, Raymond Wang, 18, undeclared major, said that “it

would be a great idea to take high school GPA into consideration,” because it shows a student’s mindset.

Maddie Bachtelle, 24, biology major, said that community college is a chance to start over for many students. “When you turn 18, maybe you deserve a chance to just prove yourself over again and be treated like an adult.”

The state wants to implement a disjunctive placement model, Chow said, which would only consider high school GPA if it would boost a student’s placement.

Despite its good intentions, Skager said that the bill has a few problems. “I think we all want what is fair for students. That’s the most important thing, because students are adults.”

Because of this bill, Skager said, incoming students could be placed into courses they are not prepared for. Although high schools try to prepare students for college, some students need more support.

Chow said that consideration of high school GPA for placement in English courses will be implemented this quarter.

Five DASB senators removed early this term

Andrew Shinjo
NEWS EDITOR

As of Thursday, Feb. 1, five DASB senators had been removed from their positions before the end of their term on March 30.

Senators Druthi Srirama, Julius Salud and Cialysiah Washington resigned on their own while senators Imad Ballout and Ruby Khan were forcibly removed by DASB senate.

“The De Anza Student Body Senate is an unpaid position, meaning that a lot of people have obligations and so a majority of the people that do leave the senate leaves on their own terms,” said DASB Vice President Ahmad Ali-Ahmad, 19, political science major. “However, we do have rules for absences and attendance that we uphold pretty strongly to make sure we have a really productive student body senate.”

According to student trustee on the Foothill-De Anza Board of Trustees, Elias Kamal, 20, political science major, senators quitting has been a recurring

issue.

“Every year, people resign before midterm elections and then we fill in those positions and people resign again or are taken out. So the way I see it is I wouldn’t put all the blame on them personally. It’s an institutional issue. I think structurally, we can reform DASB to make it more supportive of senators.”

Despite some senators failing to do their jobs, senator Habibatullah Ahmed Sallam, 17, criminal justice law major, explained that it was mostly the marketing committee’s productivity that was impacted.

“It’s mostly the marketing committee where we have a problem with because they’re suppose to market our activities and they don’t do much marketing,” said Sallam.

In the near future, Ali-Ahmad said he believes more senators will likely resign as well.

“While we are working on the budget, which is a very large responsibility taking many days, we will see a few more senators leave; most likely on their own terms because of the amount of time they are going to have to take to work in student leadership.”

Assemblymembers answers climate change questions

Christian Trujano
STAFF REPORTER

Cupertino citizens gathered at the Quinlan Community Center for a conference about climate change and Senate Bill 100 with Assemblymembers Marc Berman and Evan Low on Jan. 25.

SB 100, also known as The California Clean Energy Act of 2017, was proposed by California Senate president Kevin de Leon to gradually eliminate natural gas emissions and to accelerate the mandate for renewable energy to make the California grid 100 percent clean by Dec. 31, 2045.

Jason Barbose, an advocate for the Union of Concerned Scientists, explained how climate change was responsible for the many natural disasters over the last year.

The Sonoma fires, the droughts and the flooding; all of these are a reflection of how the world is changing, and why it is crucial to pass climate legislation.

The necessity for this metaphorical leap to the moon was in the concerns of an audience that ranged from children asking how to save local marine wildlife, to Stanford professors asking why electric cars are not more easily accessible, to even



PHOTOS BY JACK MOLMUD

Above left: Jason Barbose of the Union of Concerned Scientists begins the conference with a presentation on Jan. 25 at the Quinlan Community Center. **Above right:** Assemblymember Evan Low answers questions about climate change and SB 100.

business owners concerned about new regulations.

The assemblymembers answered the public's concerns as to why change hasn't occurred yet.

Low emphasized the importance of the immense turnout of people from diverse backgrounds in the room and how it's necessary to push legislation.

"When we think about the lack of [community] engagement, it becomes a significant problem," said Low.

Among agricultural industries

and businesses that heavily rely on carbon-emitting energy, there are concerns about how regulations will impact them and whether they could feasibly meet the requirements

In reality, costs of electric cars are going down and the technology and jobs that are being created are growing exponentially to where these environmental goals are possible.

"It's not enough to just simply say we're going to protect industry and there's going to be significant changes, but rather

what is the impact that it might have to the environment," said Low.

SB 100 could open up a new world of legislation that would solve both short-term problems such as creating job opportunities, plus the obvious long-term issue of saving the planet, but in the world of politics, it's not always that easy.

Berman touched on the topic of interest groups amending bills in the past and inserting sections that supported their sometimes nefarious agenda.

"There was a group of bills that were being discussed. SB 100 was a part of that group that some interests [groups] were going to insert causes into," said Berman.

Berman explained to the crowd that this bill is perfect, without any amendments.

With California being the seventh largest economy in the world, by starting this leap into such drastic climate change legislation, the hope is the rest of the world will follow along and the planet will be saved for generations to come.

Board of Trustees approve community outreach request

Andrew Shinjo
NEWS EDITOR

The Foothill-DeAnza Board of Trustees approved a request by De Anza College to engage in community outreach for a potential educational bond measure.

This decision comes after a late 2017 Foothill-De Anza College district survey that showed strong support for funding from voters.

According to a statement from Chancellor Judy Miner to faculty, "77 percent of the survey respondents were willing to support a bond this November to continue to maintain and upgrade

district classrooms, labs and facilities."

Among educational priorities, better preparing students for good-paying jobs, preparing students for transfer to four-year institutions and upgrading classrooms and labs for science, technology, engineering and mathematics related classes were seen as most important to taxpayers.

Other high priorities include infrastructure improvements and investment in healthcare program resources.

As of now, no decisions have been made whether to go forward with the bond.

DA accredited for only 18 months

Andrew Shinjo
NEWS EDITOR

De Anza College reaffirmed its accreditation for 18 months, rather than the standard seven year period.

According to a statement from President Brian Murphy to faculty, De Anza, "requires a follow-up report by March 2019 to demonstrate compliance in three areas: two involving the alignment of program and course SLOs, and one requiring more evidence of sustained faculty-student contact in online courses."

The issues the accreditation team had were aligning program and course SLOs and fixing

inconsistencies between official course outlines and professor's syllabi or greensheet. Murphy's email expressed a commitment to meet standards, but said, "It is unfortunate that the evaluation team did not acknowledge they were visiting us not only during the first quarter of the full Canvas transition but during the second week of class."

De Anza plans to provide a follow-up report this March, one year before the deadline wrote Murphy. "In any event, we will provide what the commission requires, and thus obtain the seven-year reaffirmation of accreditation that De Anza College deserves."

DASB SENATE 2018-2019 ELECTION EXTENSION

**DUE FEBRUARY 7TH BY 4PM
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OR RUN FOR...

Executive Chairs:

- | | |
|------------------------------|---------------------------------|
| 1) President/VP | 4) Finance |
| 2) Administration | 5) Marketing |
| 3) Student Rights & Services | 6) Diversity & Events |
| | 7) Environmental Sustainability |

*application & more info: www.deanza.edu/dasb/elections

Important Dates

Candidates Meeting: Feb 14th
Campaign Begins: Feb 21st
Voting Period: Mar 5th-9th



Starting a club seems simple enough, but...

William Roman
STAFF REPORTER

Tasneem Sad, 18, biological science major, is trying to create an official Neuroscience Club, but has discovered that the process of starting a club at De Anza College may have more steps than students realize.

"Honestly, at the beginning I was kind of discouraged, I was like, is this really good idea? Is this really worth it? But I think its an important process. It's not difficult, it just can be a little bit tedious at times," said Sad.

Sad has been in the process of creating and launching the Neuroscience Club since last quarter, however it has not been made official due to inability to find an adviser and lack of students signed on as official members.

Inter Club Council secretary Su Su Soe San, 20, biology major, and ICC adviser La Donna Yumori-Kaku, gave an overview of the steps one must take to start a club.

The first step is to make an appointment with an ICC officer in which you will discuss a possible constitution, the purpose of the club.

You must also fill out the official "How to Start a New Club" packet which you can find outside the ICC office in the Hinson Campus Center or online.

You must have at least ten students who have officially signed on as members and agree to attend a club meeting at least once a month. One adviser is required. If your adviser is a part-time faculty member, then an additional adviser is recommended.

You need a minimum of four club officers, no more than seven, each of whom must be a student.

Students must attend an ICC Agenda Meeting on Mondays where you are expected to have fulfilled the previous requirements and present five copies of your constitution. If your constitution requires revising, you must bring the revised version to the next ICC Agenda Meeting.

Once the constitution has been reviewed and approved by the ICC officers, your club will be granted the "New Club On Trial" status. During this time, clubs cannot make any official motions.

You will have three weeks to attend a new club orientation with your adviser, all your officers and

an ICC officer or adviser. All forms will be reviewed and you will submit your club's financial roster stating who your officers are or the process will repeat.

If all these requirements are fulfilled, your club will become official.

La Donna puts it simply: "Ten De Anza students, constitution, and an adviser. A minimum of one club meeting a month on campus."

Tasneem Sad's goal of making the Neuroscience Club official has not yet become a reality.

She needs to find an adviser, but ten members are ready to officially sign up.

Three easy steps to starting a club at De Anza College

1. Fill out a club constitution and submit it to the Inter Club Council office.
2. Recruit a De Anza faculty member to be an adviser or two if the faculty member is part time.
3. Have a minimum 10 De Anza students attend an informal meeting to present your club constitution.

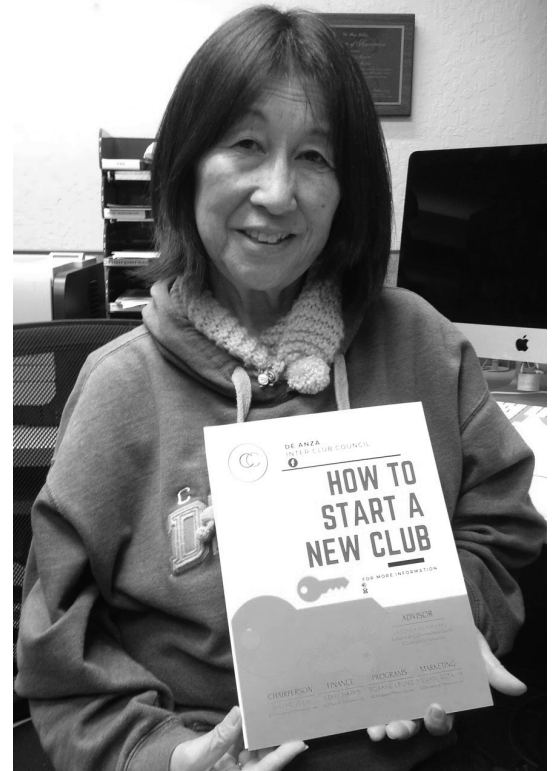


PHOTO BY: WILLIAM ROMAN

Inter Club Council Adviser La Donna Yumori-Kaku displays the "How to Start a New Club" packet in the ICC office at De Anza College

Donate blood: It's good for your heart!



Mary Sullivan
GUEST COLUMNIST

Every two seconds, someone in the U.S. needs blood. When you donate blood, it helps you and others!

How donating helps you:

1. You get a mini-physical prior to donating as they check your pulse, blood pressure, temperature, hemoglobin and inform you of any other blood issues they may notice.
2. Donating blood could reduce your risk of cancer and heart attacks since excess iron has been associated with certain cancers and cardiac issues.
3. You become a life saver for others! The psychological health benefit you receive from knowing you're helping others is just as important as the physical health benefit. Patients, young and old with cancer, heart disease, gastrointestinal disease, fractures and trauma, anemia, bone and joint abnormalities, organ transplants, and lung, liver and kidney disease all need blood.

Each quarter Student Health Services invites Stanford Blood Center (SBC) to come to De Anza to celebrate our dedicated students and employees who donate blood and encourage first time donors to become real-life heroes. Last year we welcomed 512 individuals, 126 who were first time donors!

When you give blood, it is separated into blood components that benefit multiple patients at four community hospitals. All of the equipment used is sterile, disposable, and then discarded, so there is no danger of contracting an infectious disease by donating blood. By donating, you are part of research programs on the causes, prevention and treatment of blood diseases and blood-borne disorders. SBC began in 1978 to meet the expanding transfusion and research needs of Stanford and Packard Children's Hospital and is responsible for initiating many procedures and safeguards of blood supply considered industry standards today.

Now that you know multiple benefits of donating blood, consider donating Thursday, February 15 from 8 a.m. to 7 p.m. in Conference room A & B. While drop-ins are always welcome, there are two ways you can make an appointment: follow the link on the Student Health Services website or visit SBC tabling outside the clinic on Feb. 12 and 13.

It's good for you and it's even better for the many people whose lives depend on blood donations. Be a hero and donate - it's good for your heart!

Mary Sullivan is the Director of Health Education and Wellness, and can be reached at 408-864-8733 or at her email, sullivanmary@deanza.edu.

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Founding De Anza biology prof from '67 revisits namesake area

Doug Cheeseman views environmental legacy

Casy Hsu
STAFF REPORTER

De Anza College students marched down Stevens Creek Boulevard, their anti-war chants filling the air: "Hell no, we won't go!" and "Drop acid, not bombs." Imagine going back in time to the '60s and '70s to join students in protesting, chanting and inviting faculty to join them. Can you see it?

Doug Cheeseman, professor emeritus of biology, didn't have to imagine it; he was there. Cheeseman has seen a lot in his 30 years teaching at De Anza, starting from the day the college opened in 1967.

He was part of the faculty group hand-picked before the school's opening by Robert DeHart, De Anza's first president. DeHart traveled all over the country scouting for the best educators for De Anza. It was at the University of Colorado at Boulder that he found Cheeseman, then working on a Ph.D.

From installing light bulbs and setting up biology labs before the school's opening to the creation of the Cheeseman Environmental Studies Area (ESA), Cheeseman has played an instrumental role in shaping De Anza.

To understand his impact, one might talk to his colleagues: FHDA Chancellor Judy Miner describes Cheeseman as going "above and beyond duties of a teacher" and commends his "generous, humble and calm presence." Or you could step into the ESA, located in the southeast corner of campus, and witness his legacy - vibrant and full of life, like Cheeseman himself. He radiated warmth, enthusiasm and humor as he shared his experiences at De Anza - recalling most vividly the ESA's creation.

Starting in 1971, Cheeseman transformed an acre and a half of empty space to a thriving biodiverse community of native plants, winding paths, flowing streams and picturesque ponds.

He had always wanted an on-campus field study area. One day in 1970 he asked then-president

De Hart, "Hey Bob, wouldn't it be cool if we had a pond on campus in that open area over there?"

De Hart responded generously, suggesting the use of an even larger area. Since Edie Pursu, head of physical education, wanted the area for handball courts, De Hart granted the land to "whoever can come up with the money first."

The rest is history. Cheeseman secured funding for the ESA, most of which came from a National Defense Education Act grant.

The grant covered basic expenses but wasn't enough for all necessary materials. Showcasing his resourcefulness, he reached out to the community and students. Cheeseman went to local nurseries "begging" for native California plant donations.

With state permissions, he recruited students to collect rocks from streams and ponds to put in the ESA. Not only was Cheeseman good at getting results, he was great at building community while having fun; holding barbecues was a core aspect of these "rock parties".

Though Cheeseman claims to regret retiring too early from teaching, he continues to enact his passion for wildlife conservation and teaching by leading ecology safaris throughout the world.

When he isn't travelling, Cheeseman is still actively involved with maintenance of the ESA, meeting once a week with coordinator Diana Martinez, who describes him as "energetic and passionate."

Beyond his contributions to De Anza, what makes Cheeseman so notable is his character. His humility, generosity and selflessness have left a mark on our campus and in the lives of his students, who he sought to inspire and connect with.

If you ever get a chance to meet Cheeseman, take the opportunity to talk with him and you will know firsthand what I've been talking about.



While walking through environmental studies area, Diana Martinez, Environmental Studies Area coordinator, and Doug Cheeseman, professor emeritus of biology at De Anza College speak with De Anza ecology instructor Valerie Greene and her students on Nov. 20, 2017



Above: A quiet creek provides a serene setting within the Cheeseman Environmental Studies Area. Below: Cheeseman and Martinez explain the area using an outdoor map. Left: Cheeseman and Martinez visit the Cheeseman Environmental Studies Area at De Anza College.



DA Voices: What is your favorite Valentine's Day candy?

Lorie Anne L. Reyes
STAFF REPORTER

Rebecca Arnone
STAFF REPORTER



Alexa Ziegel, 19, psychology major

Sweethearts



David Menchaca, 24, communications major

Chocolates with nuts



Carmi Barboza, 24, sociology major

Boxed chocolate



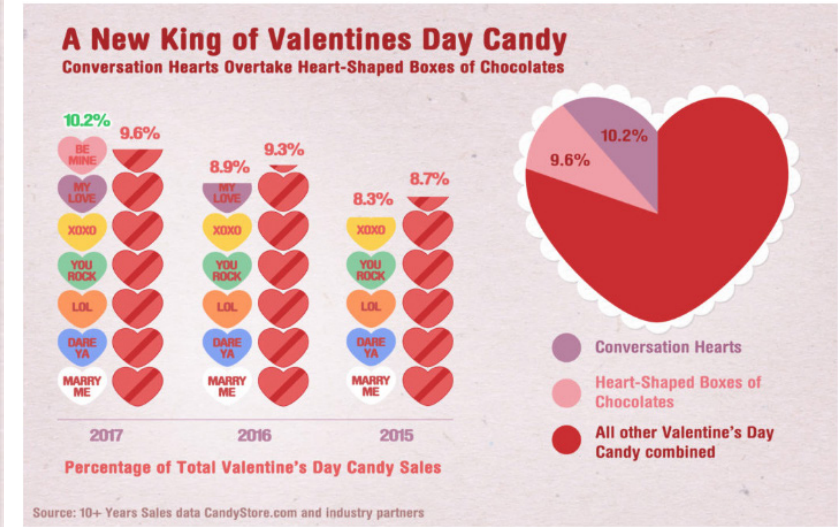
Phil Daquigan, 21, psychology major

Sweethearts



According to the website candystore.com/blog, California's favorite Valentine's Day candy this year is the sweet conversation heart. Some De Anza students agree.

Candy Store made a survey based on their own sales data and other industry partners to find out America's favorite Valentine's Day candies in each state. This year's national favorite seems to be sweethearts, different from past years when the favorite was the heart-shaped chocolate.



INFOGRAPHICS COURTESY CANDYSTORE.COM

Romantic places to dine with your bae on Valentine's Day

Megan Wong
STAFF REPORTER



Chocola, a dessert cafe located in the heart of Santana Row, is ideal for first-time dates or after dinner-affairs. The atmosphere is gentle, gloomy, and romantic for Valentine's Day. Employee and De Anza College student Ruby Caldera, 20, dance major, says, "This place is very friendly. We are known for our coffees; lattes, mochas and our unusual banana hot chocolate." Chocola is open from 8 a.m. to 11 p.m. on Valentine's Day.

Romantic? ❤️❤️❤️❤️

Price? \$\$

Overall rating: ★★★★★



In downtown San Jose, Flames Eatery is around the corner from San Jose State. Every Tuesday evening from 10 p.m. to 1:30 a.m., salsa dancing socials are ideal for a sexy date. On Feb. 13, the restaurant will hold a Pre-Valentines Day event. Student discounts are available with student identification card..

Romantic? ❤️❤️❤️❤️

Price? \$\$

Overall rating: ★★★★★



Left Bank in Santana Row across from Cocola Cafe, can be an impressive venue for Valentine's Day. De Anza student Tatiana Wright, business marketing major says if you want an upscale restaurant, "Left Bank is a French inspired cuisine. The ambiance is really nice. It is a candle lighting dinner." Left Bank has outdoor patio seating for a moonlit dinner. Reservations are available for Valentine's Day.

Romantic? ❤️❤️❤️❤️

Price? \$\$\$

Overall rating: ★★★★★



Lazy Dog Cupertino Square on Stevens Creek Boulevard is a casual outing. It is a place to go for lunch or dinner. The restaurant appears to be a wood cabin with metal chandeliers. If you do not have a Valentine's date but a dog companion, the restaurant has dog menus too! It is ideal for a more comfortable setting.

Romantic? ❤️❤️❤️❤️

Price? \$\$

Overall rating: ★★★★★

Is “DAMN” the album of the year?

PRO: SOMETHING DAMN GOOD



Jeffrey Windham
STAFF REPORTER

In 2010, a young man rose from low-income housing in Compton, rapping his perspective as a “good kid.” Inventing a metaphor for his narrative, “To Pimp a Butterfly” would go platinum. “Untitled Unmastered.” is celebrated as genius, and 2017’s “DAMN.” is Kendrick Lamar’s most popular and acclaimed release so far.

At the 2018 Grammys, “DAMN.” won best rap album. The song “HUMBLE.” collected three awards. “LOYALTY.” earned another for collaboration.

“HUMBLE.” has been played over 700 million times on Spotify; its music video has amassed over 430 million views on YouTube since the album’s release in April 2017.

Lamar draws the world’s attention. “Be humble” is the message he reminds his listeners.

In an interview with Rolling Stone, Kendrick admitted “HUMBLE.” speaks to his own ego saying, “When you look at the song titles on this album ... I’m telling the listener ‘You can’t fuck with me.’ But, ultimately, I’m looking in the mirror.”

With the success of “DAMN.” Lamar has solidified the title of the greatest rapper alive. Rooted in crime-ridden Compton, his life as a rap superstar and millionaire mogul was unlikely. His obsessive work ethic, presence and outward focus led him to mainstream stardom, but no listener can forget Lamar’s humble beginnings.

“It’s not just about a specific struggle of one type of person, it’s the struggle of all of us ... it’s very intellectual,” said Ariq Manzur, 19, business administration major.

Lamar connects with fans through creative analysis, inciting thought and emotion. His consistent popularity with conscious rap hits is an accomplishment no other artist can bear.

“DAMN.” is an explicit album that stylized violence, drugs, poverty, racism, love and sex. It bears themes of profound inner conflict with lines like “damned if I do, damned if I don’t,” “what happens on Earth stays on Earth,” while constantly referencing the Almighty.

Kendrick Lamar thoughtfully made the arrangement from his most fortunate position, still looking to embrace pain in music. Contrast is a key element of every work.

Thankfully, Lamar remains focused on maintaining the quality of his songs. Inspiration comes easily through Lamar’s eyes, who seems able to focus on anything and relate it lyrically.

Rap music is not for everyone, but “DAMN.” and the man behind the statement will be remembered as game-changing successes.

CON: I DON’T GIVE A DAMN



John Bricker
STAFF REPORTER

Across the internet, Kendrick Lamar’s “DAMN.” is praised as the best album of 2017. Complex and Rolling Stone place it at the top of their Top 50 lists, and it won a Grammy for “Best Rap Album.”

Although “DAMN.” has a few high points, it lacks in production quality and is poorly structured—an underwhelming mess.

The album opens with “BLOOD.” The spoken word piece serves its purpose well, arresting Lamar’s sleepy vocals with a gunshot, leaving listeners on edge as the album flows into “DNA.”

Lamar sets a lyrical flow in the first half of the track, then launching into explosive triplets, making it the most dynamic in the album.

Confusingly, Lamar ruins the momentum built by “DNA.” with “YAH.” If this track built into anything near the end, its slow start could be forgiven, but it remains at a nap-inducing pace throughout.

Then the album moves into “ELEMENT.,” the most overrated track on the album. Although it starts with a little more urgency than “YAH.,” Lamar fails this track with his childish, shallow lyrics.

The next track, “FEEL.,” delivers on what “YAH.” could have been: a showcase of lo-fi production and a heartfelt performance from Lamar that builds throughout the song.

“LOYALTY.” is decent. Rihanna’s feature complements Lamar well, but the track does not amount to anything spectacular.

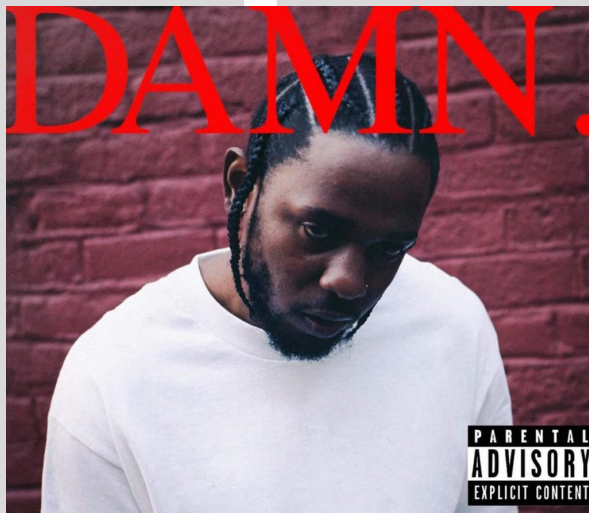
“PRIDE.” is the one track I can’t stand on the album. Every time I hear the abrasive guitars behind Lamar’s strange vocals, I skip it.

Midway through the album is “HUMBLE.” Lamar’s flow is charismatic, and the piano is catchy, but the lyrics don’t impress. Every time I hear the track, I imagine how much more interesting would have been to display humility instead of telling others to “sit down.”

“LOVE.” is the best song in the album. Zacari’s sugary lyrics in the hook contrast beautifully with Lamar’s, who for once, raps something catchy. The synth’s arpeggios and playful beat complement each other just as much as vocals do.

The remaining tracks are mixed successes. “XXX.” and “FEAR.” have gripping first halves, only to grow dull near the end. “LUST.,” “GOD.,” and “DUCKWORTH.” are unremarkable too.

Overall, “DAMN.” has some great moments. Several tracks throughout do not fulfill their potential, while others seemed to never have any. Despite its popularity and critical acclaim, “DAMN.” is not the best album of 2017.



“Maze Runner: Death Cure” could be better



Simone Clay
STAFF REPORTER

“Maze Runner: The Death Cure” is the finale in the Maze Runner saga. Unfortunately, it falls short of the success that larger series like “The Hunger Games” and “Divergent” enjoy. The movie balances talkative, tear-jerking and action-filled moments.

Overall, the movie is a great watch. If you’re looking for a good movie to pair with popcorn and relax with, then I’d totally recommend this. It’s not Oscar-worthy, but it’s worth the money.

After making the decision to break off from the group, Thomas, Newt and Frypan go off to find “The City,” rescue Minho, and save Teresa. Rumor has it that, in “The City,” WCKD is holding patients and immune citizens, in hopes of finding the cure to the Flare virus, hence the film’s title. Along the way, the group reveals secrets about the corrupt government and their own friends.

The film lacks substance in some parts,

though. Typically, young adult dystopian adventures are heavy on character development, and this is where “The Death Cure” meets its pitfall. Some characters just seem shallow.

The film also carries some strange plot twists. Gally returns in “The Death Cure,” even though Minho threw a stake through his chest in the first film. Gally is alive and is now a member of a competing resistance like Thomas is. Gally saves Thomas and his crew and assists them in getting to “The City.”

Lawrence is a strange character as well. He was a living, breathing and walking virus, to be the least descriptive. I guess Lawrence’s character is supposed to be the thug-lord type that’s creating and stirring up ultra-liberal plans to overthrow WCKD, but the viewer doesn’t learn much about him or his—what must have been—crazy past.

And then we have the predictables. A

belligerent and militant leader, Janson is infected and wants to find the cure to use it on himself and a few others. He also plans to kill anyone who gets in his way.

Spoiler alert: Teresa ends up finding the cure in Thomas’ blood. Teresa and Thomas find their way out of the burning WCKD lab and are out waiting at the top of the building for the others to come and rescue them. So what does Teresa do? She throws Thomas into the plane, who then heroically dies watching the others fly to safety.

Final Rating: 3.5/5



Call out culture holds people accountable

Roey Meitav
STAFF REPORTER

With the rise of social media, public accountability for sins is higher than it has been throughout any point in history. Any mistake or crime that someone commits can instantly be put on websites such as Facebook, Twitter, or Instagram and be broadcast to the world, for all to judge and critique.

According to some, this “call out culture” has a negative impact on our society, due to the negative impact it could have on one innocent person’s life and the fact that many people must be more careful about what they say or do. While these are legitimate complaints, they are not significant enough to delegitimize call-out culture. Call-out culture is overall a positive societal shift due to a heightened ability to hold more people accountable for truly terrible deeds.

For an example of how call out culture brings a positive impact on society, look at the Harvey Weinstein scandal. Harvey Weinstein was a rapist and sexual predator who had been molesting women for decades, yet he survived unscathed because a culture

that promoted predators and shunned victims.

Social media changed that, with a new and fast way to hold predators accountable. Sex offenders are now being held accountable through social media. It is harsh, yes, but no less than these men deserve for taking advantage of those more vulnerable than them in the most offensive of ways.

Social media call out culture

helps bring justice to those who are richly deserving of it.

Call out culture has increased the strength of how we respond to sex offenders in our culture, and that alone makes it a worthwhile endeavor.

The supposed problems with call-out-culture, the fact that people are now more careful of what they say, is actually a strength; it will mean that people are less likely to embarrass themselves and that there will be less prejudice in our society. Call-out culture has had a positive impact on the world and will in all likelihood continue to do so.

Call-out culture is overall a positive societal shift due to a heightened ability to hold more people accountable for truly terrible deeds.

H&M racial insensitivity: time to move on



Lorie Reyes
STAFF REPORTER

H&M store-level employees are still picking up the pieces from major backlash over the monkey sweater modeled by a black child, despite prompt response and sincere apology from company.

Earlier this month, the Swedish fashion brand released an advertisement in the U.K. showcasing a black child model wearing a sweater with the words -- “COOLEST MONKEY IN THE JUNGLE” printed across the front.

The internet was quick to pick up on the attention-grabbing scandal and many consumers worldwide rapidly accused H&M of being racist.

H&M has since removed the online ad and taken the product off their shelves globally.

According to Angelo Jimenez, 28, a department supervisor at H&M Hillsdale, the Swedish company “took no chances” and went as far as removing any garments that had any association with monkeys or could be considered offensive in addition to removing all of the offending monkey sweaters.

“All H&M stores were told to take anything with monkeys, bananas, or even little animals off the floor--that included both the ladies and men departments, not just kids,” stated Steven Torres, 24, a full-time sales associate at H&M Santana Row.

H&M released two official apology statements owning up to the overlooked mistake on its Instagram account on Jan. 9.

“We’re deeply sorry that the picture was taken, and we also regret the actual print,” stated the company in their apology. “The incident is accidental in nature, but this doesn’t mean we don’t take it extremely seriously or understand the...discomfort it has caused,” the company stated in its heartfelt apology via Instagram.

On Jan. 16 the company announced the appointment of a so-called ‘diversity leader’ to its team on its Facebook page - in hopes to move forward and learn as a global brand from the mistake.

“Our position is simple - we have got this wrong and we are deeply sorry,” the company admitted in its apology.

Despite the timely action taken by H&M, the company as a whole is still facing major kick-back from ‘still-upset’ consumers for the racially insensitive ad.

Some people have extended this to a in-store level to express their disappointment and to gain some degree of satisfaction by getting a reaction from store-level employees.

During the Martin Luther King holiday weekend, unrelenting protesters in South Africa vandalized and trashed several H&M stores. The incident led the Swedish company to enforce the need to hire in-store security in all H&M locations worldwide for added protection and to ensure the safety of its customers and employees until things settle both Jimenez and Torres confirmed.

On the same MLK weekend, three associates, including a manager, were sent to the ER due to a pepper-spraying incident at a San Francisco H&M store.

“One manager dodged, and the other unfortunately took it straight on,” said Brandon Opal, 30, Operations and Training Manager at the San Francisco H&M store where the pepper-spraying incident occurred.



Once the assaults reached the Bay Area, H&M’s Central California District team took matters into their own hands according to both Jimenez and Torres.

“The [district team] has been in contact with us daily, no joke -- daily emails, conference calls, everything,” said Jimenez.

Lower level employees have also been affected by the sweater scandal. “It’s just hard to hear how fast people are turning on us,” stated Jimenez. “Being in charge of a team and having to worry about how I’ll handle a situation if someone were to come to our store and cause trouble has caused added stress,” Jimenez later admitted sadly.

However, while it is important to understand that although the sweater scandal is still unforgivable and does not in any way make room for racism, consumers need to more open to the fact that H&M took full responsibility for the ‘monkey-sweater’ mistake and are acting fast by learning from this to ensure it does not happen again in the future.

Moreso, it is equally as important to understand that store-level employees are not the ones to blame since this was out of their control. They’re simply doing what they’re told -- their JOB!

“I know it’s not easily forgiving but I believe that the first step is admitting to your mistake and knowing where you messed up,” stated Torres in regards to the apology statements H&M released on their Instagram account.

As the saying goes - We are only human, we make mistakes. Labeling the mistake as racially insensitive is reasonable but choosing to place anymore energy on this deems unnecessary.

First step is admitting their mistake; H&M did just that. Second step was to act and react, which the company also did. I believe it’s about time to move on, people.

DA Voices: “How do you feel about safety on campus?”

Andrew Shinjo
NEWS EDITOR



“I feel safe on campus, but I don’t always feel comfortable. I’ve had experiences where people made fun of ethnicity and stuff in a joking way, but it was just more ignorant than funny.”

Shawna Yadzani, 19,
business major



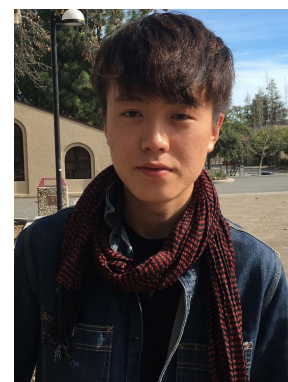
“I’ve been going here on and off since 2010, and I’ve never had any issues with any sort of threat in anyway.”

Matthew Enstrom, 26,
history major



“So far, I haven’t had any issues. I did have a few night classes and I did buy pepper spray just in case, to feel a little bit safer while walking at night. Overall, I don’t feel too unsafe. I tend to walk with other people.”

Allison Shevtsov, 19,
biology major



“During night time, some corners look a bit creepy. If there are more lights, more camera, or police, it would be better.”

Alex Chu, computer science major



“I find the campus to be pretty safe. I’ve been here late at night for classes and I generally never feel threatened”

Alessandro Ortiz, 20,
computer science major

LA VOZ NEWS

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LETTERS TO THE EDITOR

Need for parking lot safety persists

Editor:

Hi! I just read your article about installing video cameras in the parking lots, and I thought why hasn't it been done yet. I just got into a major accident last week in front of the Stelling Parking Lot. I got an estimate of about \$5000 worth of damages because some girl wasn't looking both ways before turning. I thought I was going to die, and I didn't want the last thing I told my boyfriend to be how much my ICS textbook costs. Since then I've had trouble sleeping and I've been scared to drive. It's extremely disappointing to see how reckless people can be when they're in a hurry to get in and out of school.

On that same note, I was on my way to park at Lot D before my accident, because I knew there was no chance of finding parking near the science building. People should be aware that there is little to no lights or emergency buttons on that pathway out of parking lot D. I felt very vulnerable and scared to walk to my car that I had a friend drop me off at the parking lot. The walk out and back from that parking lot feels dangerous, and I no longer park there in fear of what may happen.

Maria Jasmin Abadam
Student

Vote 'yes' to recall Judge Aaron Persky

Editor:

In Judge Aquilina's courtroom, victims of sexual abuse regained their voices and were heard. In stark contrast, when Judge Persky sentenced Brock Turner as leniently as he did, it felt as if Emily Doe and the evidence were not heard at all.

As a sexual assault survivor, I fear going into a courtroom where the judge has already made up their mind because of my assailant's status. I want to believe the law would listen to me and the evidence, and Judge Aquilina has given people like me hope that if I speak, I'll be heard and treated with respect.

We need to elect more judges like Aquilina who, unlike Persky, hear the voices of victims over the status of their perpetrators, and that's why I'm voting yes to recall Judge Persky.

Stephanie Brambila

Advocating poster removal a criminal act

Editor:

It is deeply concerning that today's college students seem to have little understanding of the concepts of freedom and liberty, particularly those which are foundations upon which this country was built. The most recent editorial concerning "No safe space for white supremacy" is yet another sad case in point.

First, to make assertions about the two particularly group's philosophy without giving a shred of proof is simply an ad hominem attack. Then using the Southern Poverty Law Center as your arbiter of "hate" demonstrates a complete lack of objectivity. The SPLC is a hyper-liberal influence peddler, calling groups such as FAIR hate groups simply because they object to our current immigration system, and yet not labeling violent groups such as ANTIFA or BAMN with that same hate label.

Secondly, even assuming that the groups have the philosophy that you ascribe to them, the Constitution of the United States does not allow you to discriminate against them simply because you don't like their political philosophy. No matter how heinous their views, unless the fliers they were putting up called for immediate direct violence, these groups have the same right as everyone else on campus to put up fliers in public spots where fliers are posted. Advocating tearing down the posters may be criminal in and of itself, and suggesting that students should call the campus police to report lawful behavior is shameful.

Too often on college campuses today, students and their faculty associates are willing to deny people basic Constitutional rights that they demand for themselves, simply because they don't want to hear a message that might "offend" them. It is time these people grow up, because fascism is not confined to slogans that you hurl at President Trump.

Scott Peterson,
Math professor

Editor's note: De Anza College Posting Policy: "Guidelines for Posting: 1. All materials must be stamped with approval from the Office of College Life, located in the lower level of the Hinson Campus Center...Regulations on Posting: 1. All posting must contain the name of the organization/person sponsoring the event/service and their contact information...4. All items to be posted should reflect socially accepted values."

More transparency for vegans, vegetarian options



Ana Acosta
STAFF REPORTER

While vegan and vegetarian options are limited at De Anza College's cafeteria, providing ingredient lists is a good first step for helping vegans and vegetarians customize their orders more easily.

Providing ingredient lists, or even just stating what contains animal products would help vegan and vegetarian students know exactly what they can or can't eat.

There are certain foods where you can't tell whether it contains animal products or not, such as the cafeteria's brioche hamburger buns, which, according to the head chef John, contain eggs.

Amrita Kohli, 18, computer science major and vegetarian, said the cafeteria options available to her are "horribly limited."

Part of the reason why vegan and vegetarian students might feel so limited at the cafeteria is because they aren't sure exactly what they can or can't eat in the first place.

"All I have is, like, spaghetti and fries," Kohli said. "There's some burger and wrap/salad options that haven't been so great. I once ordered a wrap that claimed to be veggie but had eggs in it."

Ingredient lists would help clear up the discrepancy between what different people consider to be "veggie" as well.

Since vegans and vegetarians are probably used to looking up menus ahead of time anyway, posting ingredient lists online would be a

convenient way to help them plan what to order, which saves the employees time as well.

But if students want more vegan and vegetarian options in the cafeteria, they first have to show a demand for it, which there currently isn't.

"There isn't a huge desire for it [vegan/vegetarian food]...when you think of the 2,000 people coming through, there are very little requests," said Patrick Gannon, director of De Anza Dining Services said. "A lot of vegetarians, a lot of the vegans kind of cater for themselves."

He also said they tried offering vegetarian stock at the noodle station without success.

"I advertised it, there just isn't a demand... We were left with it every day, didn't sell one," Gannon said.

Gannon said they're currently aiming for more menu items that are flexible for both vegans and omnivores, such as the grain bowls they've offered in past quarters that have the option of adding chicken or not.

While the process of adding more vegan options requires more demand from the students, this cannot effectively be done if the students don't know exactly what to demand more of in the first place.

Adding ingredient lists online can help students figure out what they want to demand more of without feeling like they have to send student employees on inconvenient ingredient

investigations all the time.

"In my opinion, the cafeteria is like a business. If more people are vegetarian, naturally they will be more 'vegetarian friendly.' If they made a lot of changing but few people buy their food, they would just remove the option 'cause it does not make money," said Alex Chu, undecided major and vegetarian. "So I think instead of change the cafeteria could make more workshops or slogans. For example, a vegetarian meal per week. Let people understand the benefit and make them want to try more vegetable food."

Editor's note: As Acosta was conducting interviews for this article, the De Anza College cafeteria posted a list of vegetarian/vegan options on its website.

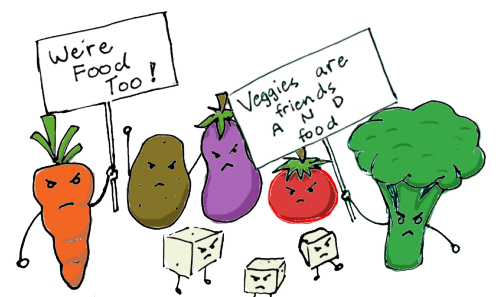


ILLUSTRATION BY RAPHAEL VILLAGRACIA

Swimming preview: Head coach seeks to improve records of women's, men's teams

Jack Molmud
STAFF REPORTER

The 2018 De Anza swim team foresees hurdles as they seek to improve from an average 2017 season finish with just one coach taking on both men's and women's teams.

De Anza men's swim and dive finished second at the Coast Conference finals last season, while women's swim and dive finished fifth.

With fewer athletes this season and the absence of a long-time assistant coach, questions have arisen whether or not the Dons' programs can improve on the necessary skills needed to improve their conference records or sink into a shell of their former selves.

"For me personally, I didn't train too much (last season). I feel very bad about it" noted Bryan Ngo, 19, kinesiology major.

Ngo placed fifth in the 100-yard breaststroke last season. Ngo stated that while he personally could have improved, the team overall did very well.

Ngo wishes to compete again in the 100-yard and 200-yard breaststroke this season and qualify for the state meet in at least one of those events. While Ngo vows to train harder, he hopes that the men's team can maintain or improve on the previous records.



Swimmer Brian Ngo

For the past two seasons, men's swim and dive has placed second in conference overall. Last season exhibited much depth with both an elite "A" relay and a competitive "B" relay.

On the women's side, the numbers game seems to stay in the mind of swimmer Christina Egami, 20, biomedical engineering major, who has been swimming for the past 11 years.

"Last year, I was scared about the jump from high school swimming (to) collegiate swimming," Egami said. "Now, I know how it works, and it's time to get busy and stay focused."

Last season, Egami placed fifth overall in the women's 400 individual medley.

Egami expressed determination to refine the women's subpar fifth place in conference during

the 2017 season. While the numbers for the women are yet again low, Egami notes that the individual talent is that much greater than before, lending hope to improvement.

The Dons swimmers are led by head coach Danielle Altman, now working double time to fill the shadow left by the departure of assistant coach Jerry Koch. Koch left after coaching the Dons for 15 seasons. Altman has been coaching men's and women's swim and dive for seven seasons.

"At the end of the day, we need to make sure we have every swimmer swimming their best events and scoring the most points," Altman said. "Winning conference has much ado about swimming whatever gains the most points."

Altman also expressed how discipline will be paramount this upcoming season, as she is taking over all the training left behind by Koch's absence.

Not only will coaching both team be strenuous, Altman said, but hosting the CCCAA State Championship swim meet will add that much more on her plate.

Altman stated that while the numbers this year are smaller, more individual swimmers have a chance to compete at the state meet.

Throughout the 2018 swim and dive season, only one meet matters. That is the Coast

Conference championship meet on April 20 at a location to be determined. This is where the swimmers will find out if they can represent De Anza College at the home state meet.

The Dons first meet is Friday, Feb. 9th, at Foothill College, 2:30 p.m.



Swimmer Christina Egami

Cabrillo loses



PHOTO BY REBECCA ARNONE

Above: De Anza guard Doryn Gomez attempts a two-pointer during the De Anza College Dons game against the Cabrillo Seahawks on Wednesday, Jan. 19. The Dons lost, 80-43.

Baseball preview: Freshman-heavy team looks to build on past

Ethan Maneja
STAFF REPORTER

De Anza's 2018 baseball team anticipates a strong upcoming spring season, as they look to build on last year's overall record of 22-17 and 12-8 record in conference games.

2018's team consists of 22 freshman players and 12 sophomores. Head coach Erick Raich described this season's team as young but extremely talented, despite the disparity in experience.

"We have a lot of new players, (but) I think we have a chance to be good as the season goes along and get better," Raich said. "It's just a matter of getting these guys the experience and getting actual games."

Despite any challenges this season's team may face, Raich's goal for the team continues to be to win the conference and state championships.

"I think if you sit there and sell yourself short and go 'Oh, we're just going to play and try to make the playoffs' or 'We're

just trying to be in the mix,' you're not setting yourself up for anything successful," Raich said.

Assistant coach Brian Richer also shares Raich's goal of ultimately making the championships, but also wants the team to find ways to improve every day.

"Being that we're young, we're going to struggle a little early on possibly, in the sense of until we find the identity as a team is, but that just comes in with day-in, day-out, hard work and grinding it out," Richer said.

Raich said that fall practice set a good foundation for players and returning this quarter was just picking up where they left.

Confidence in 2018's potential also extends to the players. Catcher and returning player Sam Nastari mentioned the importance of last fall's training and its effect on team cohesion.

"Fall practice was good, definitely met a lot of new faces in the fall, and as a team, it's pretty hard to come together and play really well at first," Nastari

said. "So when you have the whole fall season, it gives you a chance to really learn who you're playing with."

Freshman outfielder Wes Crockett, expressed positivity in his performance during the fall practice.

"Fall training was good, I put in a lot of work, it's all about hard work and dedication," Crockett said.

Aaron Lopez, returning player, right-handed pitcher and first baseman believes with this season's team composition of newer players, the team will show strong initiative on the field.

"I think there's going to be a lot of energy, because there's a lot of young guys on the field. I think it's going to be good energy, and hopefully we can just build on one way and just keep going," Lopez said.

Editor's Note: At press time, the Dons were 2-1 in the 2018 season, with two wins over Yuba College and a loss to Santa Rosa College.

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around in the fourth quarter, when De Anza scored 11 points to Cabrillo's six, but it was too little too late to secure a victory.

De Anza's defense tightened up in the second half, limiting the Seahawks score to 26, compared to 54 in the first half.

The team started the game with a strategy to contain Pauli Pappas of Cabrillo, who averages 20 points a game.

The Dons were able to hold Pappas to just 17 points, but Grace Giguere picked up the slack for the Seahawks, scoring 20 points in comparison to her average score of 14 per game.

This game brings De Anza's record to 1-17 for the 2017-2018 season.

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The men's basketball team simply struggled to score against Cabrillo's defense.

"I felt like we kind of just, we didn't stay focused the whole time," shooting guard Julian Jones said.

Center Ajay Singh led the Dons with 16 points on 8 of 13 shooting. Center Nemanja Rajic added two 3-pointers and four two-pointers for a total of 14 points.

The team prepared for the game by working on breaking down zone defense.

"I feel like we did a pretty good

job today of breaking down their zone defense and moving the ball around and trying to get open shots," Jones said.

He suggested the team's defeat was due to their inability to make free-throws when given the opportunity.

"When we boxed out and rebounded, we ran and got good shots down on this end, and when we didn't rebound, they got baskets," Dons head coach Jason Damjanovic said.

Cabrillo finished with 48 rebounds, while De Anza finished with just 21.

"It was the same story the whole game, they just out-rebounded us," Damjanovic said.

The Dons kept close tabs on the Seahawks throughout the first half, always being one or two points down. Ajay Singh made a shot in the final seconds of the first half to tie up the score 37-37.

Soon after, Jones stole the ball and ran the court for a quick layup for two points in an exciting moment for the Dons.

In total, De Anza turned the ball over 12 times while Cabrillo turned it over 10 times.

"72 [points], we should usually win," Damjanovic said. "I think it came down (to) defensively. It was completely a defensive letdown for us."

The loss dropped the Dons to 2-4 in conference play.

Women's, men's tennis teams begin practice



PHOTOS BY AUDREY MARQUES AND GENEVIEVE KOLAR

Above left: Sandra Dafincescu, 19, runs to hit a forehand return volley during tennis practice on Thursday, Feb. 1.

Above right: Carlee Ellis, 19, practices her backhand in preparation for the Dons upcoming season.

Right: Aditya Goyal, 19, practices his serve.

Below: Sandra Dafincescu, 19, prepares to hit a net volley.



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Men's, women's basketball fall to Cabrillo

Rebecca Arnone
STAFF REPORTER

De Anza women's basketball fell to the Cabrillo Seahawks 80-43 in a conference game on Friday, Jan. 19 at De Anza, while the men's team lost 84-72.

In the women's game, De Anza captain Jonai Stanfield led her team with six 3-pointers and 25 points.

"The key was to keep my team motivated," Stanfield said.

De Anza guards Doryn Gomez and Ashley Marquez tied for seven points each, while forward Tabitha Simpkins picked up four points.

But it was not enough to win the game, as Cabrillo outrebounded De Anza 46 to 18.

The women picked up some momentum in the second period when Gomez stole the ball and passed to Marquez, who converted a basket.

This was also the highest scoring period, with 17 points for De Anza and 30 points for Cabrillo.

After halftime, frustrations became palpable.

"None of my shots were making, so if I'm the main shooter and I'm not making any shots, its just hard to keep my head up," Marquez said.

In the third quarter, De Anza scored seven points compared to Cabrillo's 20.

But things started to turn

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