

LAVOZ WEEKLY



THE VOICE OF DE ANZA SINCE 1967

Vol. 48 | No. 23



lavozdeanza.com



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Broke students guide

College life is expensive, so here are a few tips to help you survive and get by.

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Do you procrastinate often?


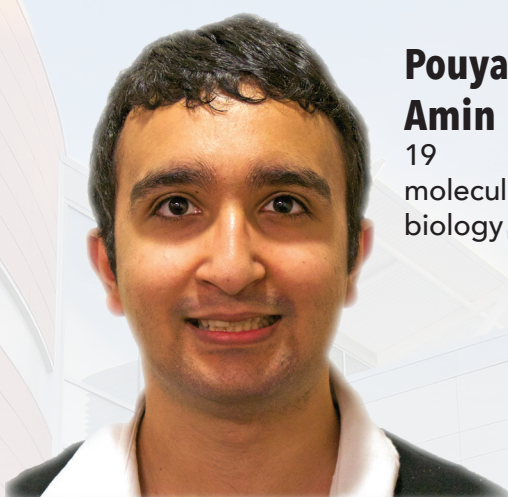

Procrastination is a major problem for most people, but there are ways to fight it.

Opinions p. 6



STUDENTS RUNNING FOR DA STUDENT TRUSTEE

Winner to represent De Anza on FHDA district board

 <p>Arjun Gadkari 18 aerospace engineering</p>	 <p>Pouya Amin 19 molecular biology</p>	 <p>Jaymar Hardesty 21 political science</p>
<p>“I’ve gained a deep understanding of community college funding, how legislation affects that and how to speak to those with power in order to ask for more.”</p> <p>Gadkari served as DASB senator, helping found the De Anza Sustainability Club and working with Students for Justice since January 2014. His focuses are helping disadvantaged students and challenging systems that work against health, happiness and safety of students.</p>	<p>“Many students struggle with hard classes like physics and statistics and that prevents them from graduating on time. I’d like to increase student success in the future.”</p> <p>Amin said glaring issues around campus led him to seek change and take political action. He wants to use the role of student trustee to bring the lack of funding/shortage of tutors for students to the attention of the Board of Trustees.</p>	<p>“I want to accomplish a better representation of the student body to make sure that our voices and experiences are reflected in decisions made by the Board of Trustees.”</p> <p>Hardesty wants to provide for students facing situations preventing them from academic success. He wants to work with student trustees throughout the California Community College system, ensuring student representation at the local and district levels.</p>

GRAPHIC BY MICHAEL MANNINA | INFORMATION CONTRIBUTED BY FRANCISCO ALVARADO



RYAN VERMONT | LA VOZ STAFF

Avaya Stadium features a double-sided scoreboard that allows people to enjoy the game, and one of the biggest bars in North America. This picture was taken during a international womens soccer friendly between USA and Ireland on May 10

ALAN ALDA ARRIVES

M*A*S*H star tells stories

Yousif Kassab
STAFF WRITER

Alan Alda’s talk at the Flint Center on May 13 consisted of equal parts humor and poignant life advice.

Alda first became famous for playing a lead character from the early 70s hit TV show “M*A*S*H.”

Those less familiar with “M*A*S*H” may recognize him from his recurring role in “The Blacklist.”

Alda is 79 and still entertained a crowd of strangers better than most people could hope to entertain their friends.

The main reason for Alda’s talk was to promote his new book “Things I Overheard While Talking to Myself.”

He did so by stringing together stories that ranged from hilarious to gloomy, often within the span of a single story.

From each story, he drew out a small lesson he learned.

“You can’t hold onto something

once it’s gone,” Alda said. “And even if you manage to grasp onto it in some artificial way, that will only be a shadow of what it was.”

This advice was framed by his story of how he dealt with the death of his childhood pet by trying to have it stuffed, which gives you a good sense of how the night played out.

He also spent a good deal of the talk professing that he felt he had no business being up there talking to anyone.

He recalled the numerous times he had been asked to speak at places where he felt unqualified.

“I’ve found that whenever you give advice to someone, you’re really giving yourself advice in a way,” Alda said. “You’re telling them the standards you would like to hold yourself up to.”

From this, the title of his book becomes clear.

Despite how unqualified he may have felt, Alda was entertaining and left the audience with something to think about.

Thursday May 21

TRANSFER ADVISING: UC BERKELEY

10 a.m. - 2:30 p.m.
Student Center, second floor
Drop-in advising will be provided.
For a complete list of college and university representative visits, please go to <http://www.deanza.edu/transfercenter/repvisits.html>

SPRING CARNIVAL

11 a.m. - 1 p.m.
Main quad
Play carnival games, spin the Wheel of Fortune, and more.
Hosted by the Inter Club Council and the DASB Diversity & Events Committee.

Announcements De Anza

SCHOLAR ATHLETE RECOGNITION CEREMONY

May 27
Conference rooms A & B
1:30 - 3 p.m.
The annual De Anza Student Athlete Recognition Ceremony. Hear the stories of academic and athletic success of De Anza student-athletes and teams.
For more information about the event, visit www.deanza.edu/athletics

WATER WAYS

March 30 - June 19
Hours & info: www.deanza.edu/califhistory
California History Center
"Water Ways: A Lens on Culture and Nature from River to Bay to Ocean" is a photographic exhibition co-sponsored by the California History Center and the Los Gatos-Saratoga Camera Club. Photographers were to submit images that depict the close relationship creatures, human and otherwise, have to uphold in all its forms in the greater San Francisco Bay Area.

STUDENT ART SHOW

May 4 - June 11
Euphrat Museum of Art
Features paintings, drawings, mixed-media works, photography, graphic design, sculpture, and ceramics created by students at De Anza College. The artworks reflect expertise in diverse media and varied interests and points of view.

More Euphrat events:
Third Thursday film night
May 21
5 - 8 p.m.

First Thursday open mic nights:
June 4
5 - 7 p.m.

Community art station:
June 6
10 a.m. - 1 p.m.

Museum hours:
Monday - Thursday
10 a.m. - 3 p.m.
Closed Memorial Day.

"HOMIE UP: STORIES OF LOVE AND REDEMPTION"

May 28
Conference rooms A & B
12:30 - 2:30 p.m.
Documentary screening about the impact of mass incarceration on Latino families and communities and about how the pursuit of education can bring hope.
Visit <http://www.homieup.org> to watch the trailer.
Directed by De Anza instructor Jen Myhre.

RED WHEELBARROW: SUBMISSION DEADLINE

May 22
Submit your work to De Anza College's student literary magazine for a chance to be published and win a share of \$300 in prizes.

Submission Guidelines

Poetry: 1-5 poems
Plays: 1 piece (max 5,000 words)
Short fiction: 1-2 stories (max 5,000 words ea.)
Flash fiction: 1-3 works (max 1,000 words ea.)
Creative nonfiction: 1 piece (max 5,000 words)
Comics: 1 strip (up to 2 pages)
Artwork/photo: 1-5 prints/slides
Multimedia (deadline June 8): 2 short films, songs, poetry, or dance.

Please include a cover letter with the submission stating:
Name, address, phone number, email, and title(s) of piece(s) submitted.

Submit electronically (.docx, .doc, .rtf format)
weisnerken@fhda.edu
or mail hardcopy/CD to:
Red Wheelbarrow
De Anza College
21250 Stevens Creek Blvd.
Cupertino, CA 95014

AWARDS CEREMONY AND PUBLICATION CELEBRATION

June 24
6 - 8:15 p.m.
Fireside room
Hosted by Red Wheelbarrow.

HAPPENINGS

Send event notices to lavozadvertising@gmail.com by noon Wednesday preceding the publication week. Please type "Happenings" in the subject line. La Voz does not guarantee publication. All events taking place on the De Anza College campus are free, unless stated otherwise.

CORRECTIONS

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

ADVERTISING

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



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Office Schedules

Financial Aid

Monday - Thursday

8 a.m. - 5 p.m.

Friday

10 a.m. - 2 p.m.

Admissions and Records

Monday - Thursday

8 a.m. - 5 p.m.

Friday

8 a.m. - 1 p.m.

Math, Science and Technology Resource Center (S43)

Monday - Thursday

8:30 a.m. - 6:30 p.m.

Friday

8:30 a.m. - 12:30 p.m.

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De Anza College Dining Services

Menu:
May 18 - 22

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

M	T	W	TR	F
SOUP Chicken Noodle	SOUP Cream of Mushroom	SOUP Minestrone	SOUP Tortellini Vegetable	SOUP New England Clam Chowder
PIZZA Vegetarian Combo	PIZZA Margherita	PIZZA Hawaiian Ham & Pineapple	PIZZA North Beach Pizza	PIZZA Chef's Choice
PASTA California Shrimp Fettuccine	PASTA Southwestern Pasta	PASTA Jambalaya Blackened Chicken	PASTA Broccoli Bow Tie Pasta	OTHER Fish n' Chips or Small Salad

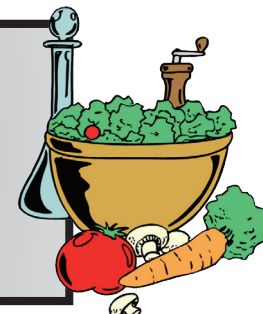
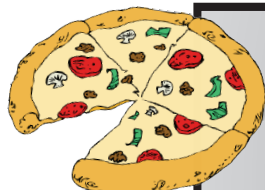
SALAD

Chef's specialty salads every day or make your own!

- Chicken Caesar
- Spring Greens, Apple, Candied Walnuts, Cranberries, Blue Cheese and Oil & Balsamic Dressing
- Southwest Chicken
- Vietnamese Chicken or Shrimp
- Chinese Chicken Salad

BURGER of the WEEK

Hawaiian: Teriyaki Sauce, Provolone, Grilled Pineapple, Caramelized Onions, Lettuce, Tomato, and Sriacha Mayo



May 18, 2015

Historically black colleges offer TAGs DASB Senate coalitions combat

Francisco Alvarado
STAFF WRITER

The California Community College system and nine historically black colleges and universities have created transfer agreement guarantees that will be available Fall 2015.

De Anza College students must maintain a GPA of 2.5 or higher and complete the IGETC.

The nine institutions involved in the partnership are Stillman College, Talladega College and Tuskegee College in Alabama, Philander Smith College in Arkansas, Dillard University in Louisiana, Lincoln University in Missouri, Bennett College in North Carolina, Fisk University in Tennessee and Wiley College in Texas.

“Any time you can get a large entity like the California Community Colleges to say that people of color, and black students, in particular, matter, that’s always a positive,” said Julie Lewis, chair of African-American studies and adviser to the Black Leadership Collective.

Students in the collective have previously transferred to Stillman College, and current members have also expressed interest in historically black colleges and universities.

Collective member Brandon Davis, 23, communications and dance major, said he believes the transfer agreements with historically black colleges and universities should have been created sooner.

“This should have been done years ago,” agreed De Anza’s chair of African-American studies Pauline Wethington.

She coordinates the Sankofa Scholars Program at De Anza, which provides students, specifically African-American students, with resources to succeed academically.

“Through programs like the BLC and the Sankofa Scholars, there’s resources, but there can always be more done to ensure minorities and marginalized people are supported,” Davis said.

This partnership will introduce and encourage a number of students in California to attend historically black colleges and universities and remind others that there are transfer options east of the state, Wethington said.

“I think a lot of African-American students in this area, and in California in general,

don’t know about HBCUs,” Lewis said.

The agreements are open to all students in the California Community College system as these historically black colleges and universities seek to increase attendance at their institutions.

The U.S. Department of Education has distinguished the nine colleges and universities, along with 98 others, for their establishment before 1964 and their principal mission of educating black students.

“It’ll allow some students to think about campuses that are just as important and prestigious as the Stanfords and Yales,” said Lewis. “I’m really looking forward to the possibility that this connection will improve the opportunities for our students.”

Janellah Zamora
STAFF WRITER

With the 2014-2015 school year coming to an end, the DASB election coalitions are running to fill the positions available for the 2015-2016 term.

The coalitions, BRAVE and SHIFT, have distinct aspirations for the student body on the De Anza College campus.

BRAVE stands for Boldly Representing and Advocating for Values of Empowerment.

If elected, the BRAVE candidates propose to make programs at De Anza inclusive to all students, unify the senate and De Anza’s student body and stand for equity, diversity and justice on campus.

“We will continuously fight for students and we will never give up on them,” said vice president candidate Naeema Kaleem of BRAVE. “We really advocate for accessibility and unification for all programs and services on campus.”

BRAVE created fliers, postcards, posters and buttons to promote their coalition.

The SHIFT coalition has three main principles: innovation, integration and initiation. SHIFT’s central focus is to help programs at De Anza represent a larger majority of students.

“We want to shift the way the senate operates to a more modern, transparent and progressive system that encourages innovation rather than keeping the status quo,” said vice president candidate Thy Doan.

SHIFT is using multimedia extensively in its campaign, Doan said.

Although running against BRAVE, Doan said she does not doubt their talent and commitment to the senate.

“However, we do believe that our coalition represents a new era for De Anza,” Doan said. “SHIFT has an innovative vision of what the senate ought to be and will be a catalyst for positive change on campus.”

Kaleem said that students from both coalitions want a friendly campaign because after the election results are posted, they are going to continue working together for the rest of the 2014-2015 school year.

This may be a campaign against each other but members from BRAVE and SHIFT share a similar vision—to aid all De Anza students to the best of their ability.

Both coalitions have been working to create an educational environment that benefits the student body. Students may cast their votes through MyPortal. Voting begins May 18 and ends May 22.

HBCUs by the numbers

- 2.5** minimum GPA required
- 9** new transfer opportunities
- 7** states to transfer to
- 107** HBCUs in the U.S.
- 1866** Fisk University’s establishment (oldest of the nine)

De Anza Associated Student Body Senate Meeting Times:

General Senate Meeting:

Wednesdays @3:30pm in the Student Council Chamber A/B

Finance Committee:

Mondays @3:30pm in the Student Council Chamber A

Marketing Committee:

Mondays @4:30pm in the Student Council Chamber B/C

Student Rights and Services Committee:

Tuesdays @3:30pm in the Senate Office

Administration Committee:

Fridays @10:30am in the Senate Office

Environmental Sustainability Committee:

Thursdays @2:45pm in the California History Center

Diversity and Events Committee:

Fridays @12:30pm in the El Clemente Room

Executive Committee:

Wednesdays @2:30pm in the Senate Office

Join our meetings!



Simple solutions to start eating healthier

Fernanda Pineda
STAFF WRITER

As college students, we have many preoccupations and limited time. Eating healthy occasionally is our last priority because we tend to grab or buy anything that is convenient, since we don't have time to prepare a nutritious meal.

However, studies have shown that eating healthy foods is crucial for our well-being.

Disease and longevity are some factors that are influenced by what we eat.

Eating healthy, meaning a variety of foods that provide nutrients, can reduce chronic diseases risks, such as diabetes, obesity or heart disease according to fitness.gov.

Wholesome eating habits can also extend our lifespan, according to cbsnews.com.

Having nutritious eating habits is crucial for life, but no worries anyone can easily change their eating behaviors, without having cooking experience or health knowledge. The following are easy and healthy recipes you can prepare.

Breakfast

Strawberry smoothie

8 medium strawberries
1 cup of almond milk
3 Tbsp. of chopped pecans or almonds
1 tsp. of agave nectar or sweetener
1 Tbsp. of linseed or wheat germ

Instructions:

Put everything in a blender and blend for 20 seconds or until everything is mixed together. Afterward, serve in a glass.

Bread with Avocado Spread

2 slices of whole wheat bread
1 medium size avocado

Instructions:

Toast the 2 slices of whole wheat bread in a toaster, toast to your taste. Cut the avocado vertically in half, take the seed out and spread the avocado on the slices of bread. Enjoy.

Snack

Apple slices with Peanut butter

1 apple medium size
½ cup peanut butter

Instructions:

Cut apple into vertical slices. Spread the peanut butter to your preference with a fork.



Dinner

Chicken drumsticks and salad

3 chicken drumsticks
1 Tbsp. of onion powder
2 Tbsp. garlic powder
2 Tbsp. of cayenne powder
3 Tbsp. of olive oil

Instructions:

Preheat oven at 400F. Mix the onion, garlic, cayenne powder in a small bowl until mixture is formed. Smear the mixture on the drumsticks, place on a baking dish and set aside for 10 to 15 minutes, so the mixture marinates. Place in oven for 30 minute or until browned.

Salad

7 carrots
½ cup of spinach or 2 or 3 Romaine lettuce leaves
½ a cucumber medium size
1 green bell pepper
1 lime

Instructions:

Cut the cucumber, bell pepper and lettuce if using, in vertical slices. Place in a small plate, add spinach or lettuce and carrots. Cut lime vertically and squeeze lime around the vegetables. Serve with the chicken.

Dessert

Fruit Salad

5 strawberries medium size
5 pitted prunes
¼ cup raisins
3 Tbsp. pecans
3 Pineapple slices
1 cup of Greek yogurt

Instructions:

Cut strawberries vertically in half, and cut fresh pineapple

into horizontal round slices, eliminate the crust and cut 3 round slices into smaller slice, place both strawberries and pineapple into bowl. Add raisins, pitted prunes, pecans with the strawberries and pineapple in the small bowl. Add the yogurt and combine until everything is mixed. Enjoy.

Hands-on 3D printing classes to be offered in fall 2015

Christina Abouzeid
STAFF WRITER

You might have heard about the world's first 3D-printed gun, NASA's 3D printer on the International Space Station, or even printed chocolate and wonder how 3D printing really works.

You can even find a \$50,000 low end industrial printer in action at the Computer Aided Design and Manufacturing Department.

Students will have the opportunity to take a hands-on, real world application 3D printing class beginning fall of 2015 said Max Gilleland, the CAD department's computer lab instructor.

The class will focus on learning to use CAD software and students will have the opportunity to print small objects.

The department will also be receiving another printer in the fall of 2015.

There will be a 3D printing demonstration from Stratasys engineers and a speaker about reverse engineering on June 25 in the CAD lab. The event will be limited to 75 attendees, so make sure to reserve a space if you're interested at the CAD lab

located in E35.

3D printing is used to make prototype-like objects and functional parts like prosthetics, casts, car parts, and even food.

The process of 3D printing an object begins with the design. A computer aided design software is an automated drafting process used to make models. After creating a 3D model or using a model from the Internet, the software creates instructions for the printer and makes the data substantial one layer at a time.

The printer, a FORTUS 250MC manufactured by Stratasys, heats up two metal heads to 150 degrees and melts two spools of plastic wire like a pair of fancy hot glue guns. The spools of wire can contain different types of materials like metal, rubber or even sugar.

The process takes patience and time. A small object could take four to five hours to print one layer at a time, and some larger items can take a week.

The CAD lab also has an EScan 3D scanner, used to create a point cloud; a model made by taking many scans of an object then putting it together to make a 3D figure.

The scanner can be used to reconstruct objects with missing pieces, like ancient artifacts.



The CAD department's Stratasys FORTUS 250MC 3D printer, located in the CAD Department's laboratory on Tuesday May 12.

CHRISTINA ABOUZEID | LA VOZ STAFF

A cracked dinosaur skull can be scanned and the point cloud would provide the accurate dimensions for the missing piece, which can then be printed using a 3D printer, a process known as reverse engineering.



Examples of small items made using the Computer Aided Design and Manufacturing department's 3D printer in the CAD laboratory on Tuesday May 12. Smaller objects can take four to five hours to produce.

CHRISTINA ABOUZEID | LA VOZ STAFF

May 18, 2015

Tattoos in the workplace: changing old ways

Photos and story by
Alena Naiden
STAFF WRITER

In this country of opportunities, you can definitely find a tattoo friendly employer. Sometimes you'll find it after being fired by an unfriendly one or sweating yourself to death while covering up your ink.

When Christopher J. Cassisi, 27, environmental studies major at De Anza College decided to get his first tattoo seven years ago, his father warned him, "Don't get anything you can't cover up!"

"The hardest thing is to get your foot in the door," Cassisi said. "I let my brain prove I was good enough."



He plans to work on energy sustainability and to continue tattooing himself. "Coverable or not, tattoos still provoke stereotypes and prejudices" said Ian Wyatt Hurrington, 19, psychology major. Hurrington says people

associate being inked with a lack of intelligence or education, which Cassisi agrees with, even though he himself claims that the most intelligent people he meets on campus have tattoos.

Anthony Hatfield, 23, auto mechanic major, lost his jobs at McDonald's and Walmart after revealing his sleeve tattoo.

He said he doesn't blame the companies themselves though, only the managers.

Serena Savedra, 23, music major, complained that Safeway managers made her wear sweaters in summer to hide her watercolor markings.

Savedra said being confronted by the California sun was a real struggle after living in Norway.

"I don't apply for jobs that don't allow tattoos," said Dylan Clark, 22, journalism major, who worked for various food service companies.

visible are a barrier for obtaining a good business position.

The extent of negative stereotypes of tattooed people varies from place to place.

Jorian Lewke, 20, marketing major, is a freelance designer and marketing generalist in art school. Lewke said people in Chicago would give her weird looks while people care less in California.

Whether tattoo stigma will ever disappear is an open question, but Martinez says he already feels people are not judged as much.

Cassisi describes some positive effects of this shift, stating that employees who can express themselves freely in the workplace are more productive and motivated.

He describes a parallel between innovative thinking and the courage to stand out and calls tattoo culture a renaissance of our time, with more

After graduating, Clark plans to work as a journalist and Savedra considered being a tattoo artist. Both of them said they don't expect to face any tattoo stigmas in these professional fields.

Some work environments are less accepting.

Rikky Martinez, 20, business major, said tattoos that are too

emphasis on the individual.

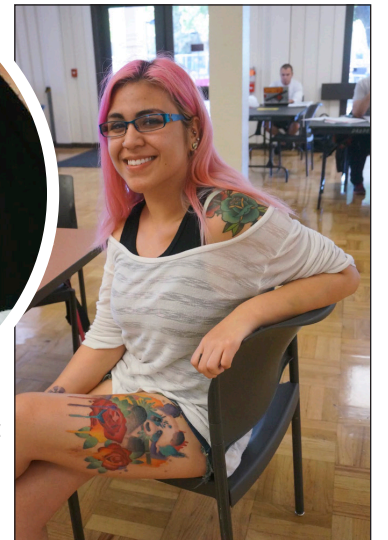
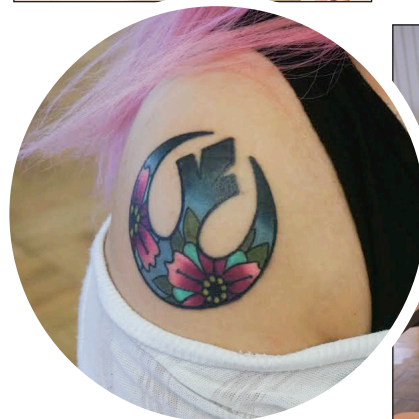
Cassisi compares wearing a suit to putting on a mask.

"I would much rather deal with people who are real; they will talk to me the same way behind closed doors as they do in public," he said. "There is uniqueness and a lot more truth behind tattoos."

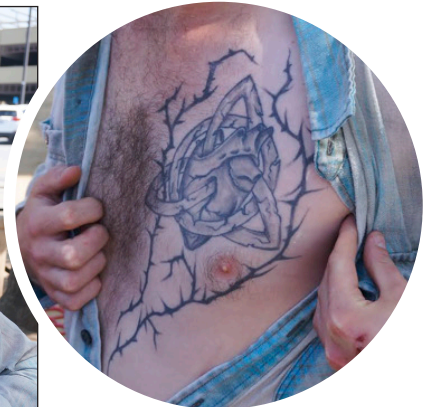
Above: Jorian Lewke, 20, marketing major, displays her minimalist and geometric tattoos



Left: Dylan Clark, 22, journalism major, displays his tattoo sleeves in the Parking Lot C smoking area at De Anza college on Thursday May 9.



Right: Serena Savedra, 23, music major presents her watercolor tattoos in the Hinson Center on Thursday May 9.



Left: Ian Wyatt Hurrington, 19, psychology major, shows off his chest tattoo in the Parking Lot C smoking area on Thursday May 9.

Broke student survival guide: How to find free stuff at De Anza

Carmen Kapanga
STAFF WRITER

Most of us are extremely familiar with the struggle of stretching your dollar as far as you can. College life can be super expensive, but there's a number of easy ways to save money.

De Anza College offers many programs and facilities for students to take advantage of.

The student health services department located at the bottom level of the cafeteria is not only a place where you can go get a band-aid. They provide healthcare for currently enrolled students.

You can get free over-the-counter medications, band-aids, ice packs, eye drops, tuberculosis screening kits and condoms.

De Anza health services also offers low-cost services such



Free condoms available in the Student Health Services Office, below the Hinson Center.

as physical exams, hepatitis-B shots, birth control pills and many more. These health services are by appointment, but it still saves money.

Since the cafeteria tends to get crowded and Wi-Fi can be unreliable, you can hang out at the MultiCultural Center. It serves two

main purposes; a place for faculty, staff and students to meet and hold events and as a hangout spot when the rooms are not being used.

If the MCC building is not what you fancy, then just walk right across the street to the corner of South Stelling Rd. and McClellan Rd. to St. Jude the Apostle Episcopal

church, where you can find Café De Anza.

It's an indoor and outdoor environment that offers free coffee and tea to De Anza students as well as free Wi-Fi. Wilma Jakobsen, the director, started Café De Anza for students to relax and get work done.

"It's a very meditative, peaceful place that students are welcomed to come check out," Jakobsen said.

The cafe is open Monday through Thursday from 10 a.m. to 2 p.m.

Don't feel like walking? Thanks to the help of the DASB senators, De Anza has a bicycle program that allows you to borrow bicycles for free.

Rentals include a bike, helmet and lockers on campus. You even get to take the bicycle home on weekends too. If you're interested, just head down to the college life office and

speaking to Edward Cisneros, who runs the bicycle program.

You can get your DASB ID and clipper card that allows you to ride VTA buses for free there as well. It's included in the \$5 fee when you register for classes.

The college life office also offers discounted movie tickets for only \$8. The tickets are good for all Cinemark theaters and they don't expire.

Encounter trouble with the law? Don't stress, because free legal advice is offered on campus right in the student life offices too.

"Get involved, join a club or organization," said La Donna Yumori, adviser to the interclub council. "That's how you find out about all the benefits."



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EDITORIAL

DASB CANDIDATES' MESSAGES NEED REFORM

LA VOZ

Editorial Board

The DASB Senate elections are being held this week and, like every year, it's unclear exactly what each candidate stands for or what he/she wants to accomplish. Yet somehow students are still expected to go vote.

With no way to make an informed decision, the elections are little more than a popularity contest.

One problem with the DASB Senate election process is the candidate's statements do not provide any helpful information about the candidates.

Every year candidates make promises to attending

students, in making their time at De Anza an enjoyable experience by increasing diversity and environmental justice.

None of these are bad ideas, but the candidates never say how they will accomplish these goals. If a candidate says they want to support environmental justice on campus, for example, the candidate should be required to point to specific programs that they will support or eliminate.

Voters could learn more about those asking for their votes is if the candidates were no longer allowed to include "listening to student concerns" and "advocating for students" as part of their campaign platforms. These are not

bold campaign promises; they're a part of the job description.

Removing these promises from the senate candidates' repertoire would force them to spend time addressing what makes them the best candidate for the job.

Electing the senators and the student trustee is no trivial matter. The senate appropriates a \$1.5 million budget every year and decides which student programs get the funding they need to thrive.

The student trustee is the students' most influential voice at the district level.

The candidates are being entrusted with too much responsibility for students to know so little about what they would do if elected.

A candidate might support increasing environmental sustainability on campus, but their plan to do so might involve spending thousands of dollars on projects that most students don't support.

Voting doesn't end until May 22, so every student who will be voting in this election should ask the candidates for details about their plans until the candidates provide useful information about their plans.

The DASB Senate elections are in need of serious reform so students can get a better idea of whom they are voting for. The election should be more than a popularity contest.

Melon's Pantry



BY MELODY JASMIN ABERIN

How to push yourself through procrastination

Alena Naiden
STAFF WRITER

OK, so your professor assigns a research paper due next Wednesday.

You have plenty of time, it's only Friday. So why not go to Santa Cruz or party this weekend? Oh wait, it's Monday which means the new season of Mad Men is on Netflix tonight!

Tuesday morning? Why not, it's the perfect time to start writing, unless something else stops you. Something like cleaning your desk, or checking your email or any other little distraction for that matter.

Just when you thought you had a whole week to do your paper, Wednesday comes around. In addition you have dark shadows under your eyes, a caffeine overdose and are on the verge of a nervous breakdown. But you work best under pressure don't you? Oh, of course you do.

Waiting until the last moment to do something important definitely fills you with adrenaline, and whatever result you achieve always seems great. At least, for the time you input and spend on working.

The question is, how do you

know what you could possibly accomplish by giving yourself enough time? You simply don't.

The first thing you write is never the best. All good writers know it, and so do their shredders. It's true for anything else though; to make something perfect, you need to destroy it first before you can accomplish the final masterpiece. Several times.

This may not be the case for everyone. Maybe you are really talented and smart and the work you did at the last moment is way better than the one your classmate labored on for weeks.

But to succeed in something, you need to excel yourself and to do this, it may be necessary to trick your brain.

Procrastination is in our nature, according to Pierce Steel, whom Robbie Gonzalez cited in his article "Why Do We Work Better Under the Pressure." "It's working with the future in mind that's abnormal," Steel wrote.

This means that even the best of us face the problem of procrastination, and when we do, we tend to come up with quick and amazing solutions.

The closer and more tangible the reward is, the higher the chances are in us accomplishing

a task, Mitchell Moffit explains in AsapSCIENCE a video on procrastination.

Playing video games or posting photos on Instagram will please you more than working on your term project. So reward yourself for it! Maybe even by procrastinating.

Pomodoro is an old technique where you can set up a timer for 25 minutes and work. After the 25 minutes is up, you get a five-minute break in which you do ... nothing. Nothing like browsing Facebook or lying on the floor — whatever makes you feel rewarded.

The brain is more likely to concentrate when it knows that later you'll have time to browse through that particular link, or play that video game and that special treat.

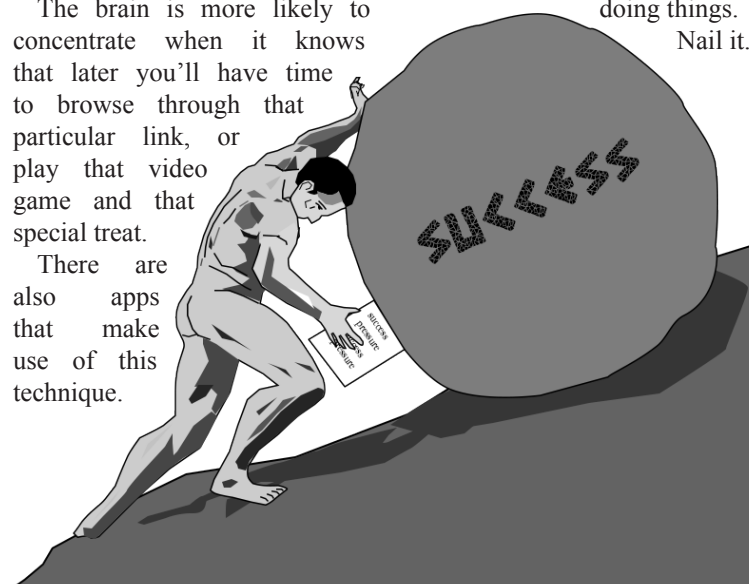
There are also apps that make use of this technique.

For example the 30/30 app allows you to set up your own time for different tasks and helps to create an overall picture of the day — the realistic one.

Working in groups or in an efficient atmosphere can be helpful and rewarding. Not only can our drive to conform be beneficial when escaping predators, but deadlines as well.

Search for your solution to effectively manage procrastination next time you find yourself, well, procrastinating.

Sometimes the slogan "Just Do It" is not enough. Stop waiting until the last moment to start doing things. Nail it.



LA VOZ WEEKLY

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May 18, 2015

AVAYA STADIUM PREVIEW

Ryan Vermont
STAFF WRITER

Avaya Stadium, which opened March 22, is a state of the art facility that provides a much needed soccer-specific home for the Major League Soccer team the San Jose Earthquakes across from San Jose International Airport.

Avaya is unlike most stadiums in North America because it is similar to a European venue where it is open.

The stadium features its own app that allows fans to order food and drinks from the comfort of their seat, which makes it the first cloud enabled venue in Major League Soccer.

The best way to visualize the stadium is to picture a giant "U." People enter through the top left or right sides of the "U" and make their way into the arena from there.

Walking into the stadium, the first thing that is impossible to miss is the giant video scoreboard. A huge screen towers over the stadium which shows close-up footage of the action and keeps the crowd entertained during breaks.



RYAN VERMONT | LA VOZ STAFF

Directly underneath the scoreboard is the massive outdoor bar lined along the opening side of the "U." The stadium claims that it is the largest outdoor bar in North America.

Because the scoreboard is double sided, fans can enjoy the state-of-the-art bar as well as stay updated with the game.

At most sporting events, this area will be packed; however because of the sheer size of the bar, the wait was not long.

Behind the bar area stirs a line of various food trucks which serve a wide variety of food, including Hawaiian BBQ, pizza, Chinese food, frozen yogurt and

beer.

On the way to your seats, there are concession stands, games and more beer vendors in case the outdoor bar wasn't enough.

Steep seating was a priority so that people had a better view of the game. No matter where someone is sitting, there is a decent view of the game.

Avaya Stadium is in the process of expanding events that may be held in the stadium which started with the United States Women's National Soccer Team on May 10. The game concluded with the U.S. showing a strong performance beating Ireland 3-0.

Swimming & diving results

Yousif Kassab
STAFF WRITER

The men's and women's swimming and diving team successfully hosted the Coast Conference Swimming and Diving Championships.

There was a myriad of notable achievements, not the least of which was Lee making it as the Nor-Cal and Coast Conference champion for 2015 on the women's 100-meter. Diana Lee is also the returning State Champion on the women's 100-meter in 2014.

Thuy Phi became the Coast Conference Champion in the 200- and 400-meter individual medley and finished third in the 200-meter butterfly. She has also qualified for the State Championship in all three events and is seeded in the top five for all her events.

The De Anza College women relay team of Thuy Phi, Taylor Pratt, Stacey Ma, and Jackie Do were the Conference Champions in the 200-meter medley relay.

The De Anza men's relay team of Brandon Conroy, Charlie Prochnow, Daniil Lyapin, and Jed Lee were conference runner-ups in the 200-meter medley relay.

More conference champions include Brandon Conroy in the 200-meter breaststroke and 100-meter butterfly and Chris Tracey in the 1,650-meter freestyle.

All Conference Swims (a top-three finish in conference) include: Stacey Ma in the 100 meter butterfly, Taylor Pratt in

the 1650 meter freestyle, Charlie Prochnow in the 50 and 100 meter freestyle and 100 meter backstroke, Jed Lee in the 100 meter breast, and Jefferson Yau in the 200 meter breaststroke.

De Anza College had an outstanding CCCAA State Championship meet at East Los Angeles College this past week. The Dons finished 15th for the women and 16th for men overall out of 37 teams represented at the championships (and 83 programs state wide). De Anza qualified for men's relays for the first time in over 15 years, as well as qualifying for various individual events for the meet.

The 200-meter medley relay (Conroy-backstroke, Lee-breaststroke, Lyapin-butterfly, Prochnow-freestyle) broke the De Anza College school record held since 1991.

Three of the four De Anza Relays qualified for the consolation finals and improved their standing. The 200-meter medley was ranked tenth, finished ninth; the 400-meter freestyle relay was seeded nineteenth and finished tenth, and the 400-meter medley was seeded 16th and finished 14th.

Each swimmer improved and many had personal best times. This is the largest presence the Dons have had as a team at the championships. The men's swim and dive team finished third overall in conference and the women's team finished fourth overall in conference.



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May 18, 2015



ALLEYES ON FENCING

Kavin Mistry
SPORTS EDITOR

PHOTOS BY ADRIAN DISCIPULO

Students don their helmets and jackets and line up to do warmups, with the addition of a not-so-usual piece of equipment: a sword.

One of De Anza College's more popular physical education classes is difficult to get into, but is definitely worth giving a look if you need a PE class.

Fencing is a half-unit class that meets twice a week for one hour.

Each class consists of students lining up with their helmets and swords and practicing techniques with other beginning and intermediate fencers.

Students in the fencing class spend much of their time shuffling across the gym as they face their opponents, also clad in helmet and foil.

It's fast paced, with each three-point match lasting only a few minutes.

Good hand-eye coordination is a must, with the sound of the metal foils echoing through the gym.

De Anza's cross country coach Nick Mattis has been teaching fencing at De Anza for four years.

Mattis took over the position from Colleen Lee-Wheat,

who became the dean of physical education and could not keep teaching fencing.

"It's interesting to see the interest and development of students in the class," said Mattis. "It's always a nice surprise to see them lift their helmets and see that it's a pretty

"It's interesting to see the interest and development of students in the class. It's always a nice surprise to see them lift their helmets and see that it's a pretty physically demanding class"

– Nick Mattis,
Fencing instructor

physically demanding class."

In the class, you learn fundamental skills with a French foil, and the basic rules of fencing.

In the intermediate class, you go more in-depth into the complexities of fencing.

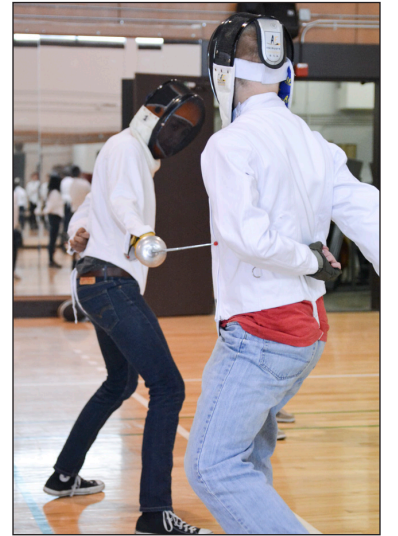
The next time you are looking for a fun and exciting PE class to put in your schedule, give fencing a try. You will not regret it.

ABOVE

Left: Dylan Golden, 18, English major, prepares to fence in De Anza College's gym on Tuesday, May 12.

Middle: Derek Makeever, 20, business major, scores a point against Matt Marent, 20, 3D design major.

Right: Makeever attempts to score a point against Marent and misses.



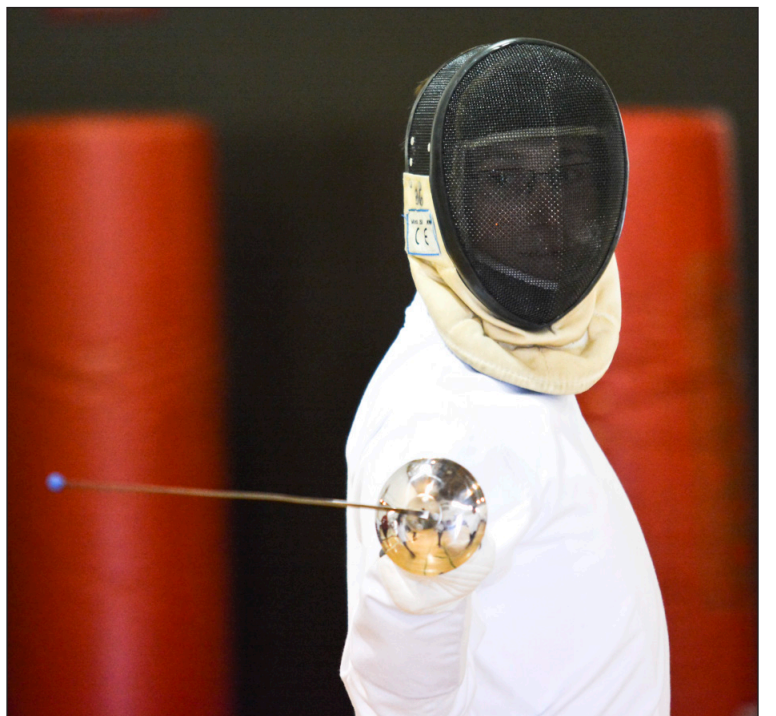
Shane Casey (right) jumps and scores his second point during a match with Meia Alsup, 17, engineering major.



Derek Makeever, 20, business major, scores his first point against Matt Marent, 20, 3D design major, in the De Anza College gym on Tuesday May 12.



Intermediate's watch over beginning fencing students on how to properly set up and judge a match in the De Anza College gym on Tuesday May 12.



Dylan Golden, 18, English major, prepares himself at the en garde position to begin a match.