



## Cross Country team makes De Anza College proud... p. 8

DEAN LOFGREN | Los Gatos Patch.com

**LEADER OF THE PACK** - Katie Castro, number 87, stays a step ahead of the competition and crosses the finish line in record time to win De Anza College's first ever individual California State State Championship title.

## Update: Foothill armed robbery, official explains no lockdown

Sally Lee  
Staff Writer

Foothill College was not locked down after an armed robbery Nov. 19 because of a 45-minute delay between the incident and a police report.

The robbed students did not have a cell phone to call the police, which delayed the report, according to Donna Jones-Dulin, associate vice president of educational resources and college operations at De Anza College.

Each college campus has only one or two full-time police officers and additional police must be called which further delayed the process.

"Even if they had gotten it, it doesn't mean they would've done a lockdown," said Jones-Dulin. "It all depends on what the circumstances are. And so in this situation they acted appropriately."

Foothill administrators and the police concluded that the suspect would have made his escape by this time and decided that a lockdown was not necessary.

De Anza's biggest problem for

the last four years has been burglary.

According to the Crime Awareness and Campus Security Summary Report, two vehicle thefts and nine burglary cases were reported in 2011 at De Anza.

"The student should feel assured that the college is doing everything to make sure they're safe when they're at the campus," said Jones-Dulin.

"And that's not to say everything will go smoothly. But, we're very conscious of it and we'll do everything that we pos-

sibly can. The students should feel safe here."

Although it is important to take preventive measures by locking up our own things or not keep valuables lying around, sometimes it cannot be helped. Don't keep valuables in the school parking lot because that's where burglaries occur the most.

Be sure to keep yourself updated on guidelines in case something happens to you.

contact Sally Lee at  
lavoz@fhda.edu

### EMERGENCY INFORMATION ON CAMPUS

- Call 911 from any campus phone  
**DO NOT** dial 9 to get an outside line- just dial 911
- Website: <http://www.deanza.edu/emergency/>
- Non-emergency Assistance:  
(day): 650-949-7313  
(evening and Weekends): 408-924-8000

Keeping these numbers at hand, either in your cell phone or phonebook will allow easy access for emergencies.

## De Anza instructor adds context to troubling U.S. history through his art

Nkem Saminathen  
Staff Writer

Artist and instructor Eugene Rodriguez showcased "Picturing History: Lights, Darks, Cameras and ACTION!" during an Artist Talk in the Euphrat Museum at De Anza College.

Rodriguez mixed sarcasm and politics into many of his oil paintings, digital prints, and his film noir.

His presentation was in connection with National Transgender Remembrance Day.

"A lot of my work deals with sexuality and LGBTQ issues," Rodriguez said.

Diana Argabrite, director of arts and schools and also gallery director, described the event as an illumination of history.

"He educates the viewer by studying the past," she said. "He is able to work in different media outlets and teaches art history in a way you may not know."

Rodriguez combined Louis Armstrong and Jason Pollock into an oil painting to educate his viewers of the unequal opportunities Americans were faced with in reference to Brown v Board of Education,

in a piece titled "How to Rage a Cold War." Brown v Board of Education was a Supreme Court case that eventually determined it was unconstitutional to segregate black and white students into separate public schools.

Rodriguez gave a brief history lesson about Mexico's campaign to be a part of the United States against the Europeans by explaining an oil painting of Fidel Castro he called "Project Pedro."

War and capitalism in the 1940s, 1950s and 1960s is the major theme in his artwork. In his paintings, Rodriguez uses his family as a centerpiece. He often portrays his mother and father (of a sharecropper background) in an outraged state of their modern surroundings.

Rodriguez captured the theme of masculinity and sexuality by portraying his brother as a sexually overcharged teenage hippie in a painting "Play It Boy."

Christina Dao, 21, a graphics designer major at De Anza, is enrolled in Rodriguez's intermediate drawing class. She described how contemporary his art is.

see **ACTION!** pg 5



photo courtesy of EUGENE RODRIGUEZ

**THE LATE, LATE, LATE CAPITALISM SHOW**- One of the oil and wax on linen paintings included in Rodriguez's "Lights, Darks, Cameras, and ACTION!"

### Campus Events

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**TUESDAY, DEC. 4**

**LEARN ABOUT DEPRESSION**  
11:30 a.m. to 12:30 p.m.

Hinson Campus Center, El Clemente Room  
This workshop is educational and not intended to provide diagnosis or treatment. For more information contact Mary Sullivan at [sullivanmary@deanza.edu](mailto:sullivanmary@deanza.edu)

**VIETNAM SUMMER STUDY ABROAD INFORMATION MEETING**

Noon to 1:30 p.m. LIB 235  
An information meeting for the 2013 Summer Study Abroad trip to Vietnam. The summer trip will include classes for EWRT, ELIT, and a SOC. Five class. Financial Aid and Scholarships are available. For more information contact Karen Chow at 408-864-5763, [chowkaren@fhda.edu](mailto:chowkaren@fhda.edu), or [swenssonjohn@fhda.edu](mailto:swenssonjohn@fhda.edu)

**FOOTHILL ON-CAMPUS HOLIDAY POTTERY SALE**

10 a.m. to 3 p.m. Foothill Cesar Chavez Plaza  
Foothill's Ceramics Department and Claybodies Club present the annual Student Holiday Potter Sale from Dec. 4 to Dec. 6. Students will sell handmade ceramic functional ware and sculpture that they have created in Foothill classes. Items for sale include bowls, vases, hand-built figures and more. Cash, checks or money orders will be accepted. Purchases cannot be paid for with credit cards. Proceeds from each sale will benefit the college's ceramics department. For more information contact Andy Ruble at 650-949-7584 or at [RubleAndy@foothill.edu](mailto:RubleAndy@foothill.edu)

**OPEN HOUSE AT LA VOZ**

11 a.m. to 1 p.m. L42  
Learn what it takes to be a reporter, photographer, editor, video journalist or social media or web content developer for De Anza's prize-winning student news media. Refreshments will be served. For more information contact Cecilia Deck at 408-864-8588 or [deckcecilia@deanza.edu](mailto:deckcecilia@deanza.edu)

**WEDNESDAY, DEC. 5**

**MEMORIAL SERVICE FOR DONNA BRADSHAW**

4 p.m. to 5 p.m. Fireside Room, Campus Center  
Earlier this month Deaf Services Supervisor Donna Bradshaw passed away. Come to the De Anza Memorial service to pay respects and honor her work at the college. Any written condolences to Donna's brothers, Donald and Dennis Bradshaw can be forwarded to vice president of student services Stacy Cook. For more information contact Marisa Spatafore at [spataforemarisa@fhda.edu](mailto:spataforemarisa@fhda.edu)

**THURSDAY, DEC. 6**

**1st THURSDAY - THE OPEN MIC SERIES**

5 p.m. to 7 p.m. Euphrat Museum in the Visual & Performing Arts Center  
Join De Anza students, faculty and staff and participate in the fusion of spoken word, poetry, and hip hop. Admission is free. For more information contact the De Anza Black Student Union at [deanzabsu@gmail.com](mailto:deanzabsu@gmail.com)

**3rd THURSDAY FILM FESTIVAL**

6 p.m. to 9 p.m. Location TBA  
An evening of film and dialogue, hosted by the African American Studies Department. The film "Michelle Alexander Presents the New Jim Crow" will be played. This event will be held on the first Thursday for December. For more information contact Julie Lewis at [lewisjulie@fhda.edu](mailto:lewisjulie@fhda.edu)

**TARANTINO XX: PULP FICTION EVENT**

7 p.m. AMC 16 Valco Shopping Mall  
A showing of the Tarantino classic "Pulp Fiction", with additional interviews and a handpicked selection of movie trailers from Quentin Tarantino's personal collection. Receive discounted AMC tickets at the DASB Card Office on the lower level of the Hinson Campus Center. For more information about discounted tickets contact Hinson Campus Center at 408-864-8296

**FRIDAY, DEC. 7**

**PIANO RECITAL**

10 a.m. to 11 a.m., and 2 p.m. to 3 p.m. Visual and Performing Arts Center, Auditorium  
Support fellow students by attending the end-of-quarter piano recital. Admission is free. For more information contact Anna Poklewski at [poklewskianna@fhda.edu](mailto:poklewskianna@fhda.edu)

**SATURDAY, DEC. 8**

**FUJITSU PLANETARIUM ASTRONOMY AND LASER SHOWS**

5 p.m. to 11 p.m. Fujitsu Planetarium  
Admission for astronomy shows is \$7; laser shows \$9. For more information go to <http://www.deanza.edu/planetarium>

**TOYS FOR TOTS AT CHRISTMAS IN THE PARK**

9 a.m. to 5 p.m. Christmas in the Park, Downtown San Jose, Park Ave. and Market Street  
Give a present to a child in need in the Santa Clara community at the Toys For Tots event at Christmas in the Park. Bring new, unwrapped toys and drop it off at the centralized kiosk in the middle of Christmas in the Park. This event is sponsored by Christmas in the Park, the United States Marine Corps Reserves, and the Santa Clara County Toys For Tots Committee. For more information go to [christmasinthepark.com](http://christmasinthepark.com) or email [info@christmasinthepark.com](mailto:info@christmasinthepark.com)

**SUNDAY, DEC. 9**

**FALL QUARTER CHORAL CONCERT**

3 p.m. Visual and Performing Arts Center, Auditorium  
Attend the Fall Quarter Choral Concert, featuring the Choral and Vintage Singers. Program includes works by Bach, Handel, Hamlisch, and seasonal favorites, both traditional and contemporary. Admission is \$5 for students and seniors. \$10 for the general public. For more information contact Dr. Ilan Glassman at 408-864-5574, or [glasmanilan@fhda.edu](mailto:glasmanilan@fhda.edu)

**FRIDAY, DEC. 14**

**LAST DAY TO FILE FOR A FALL DEGREE OR CERTIFICATE**

Go to <http://www.deanza.edu/counseling/forms.html> for more information. Visit <http://www.deanza.edu/counseling/> for more information. Don't wait until the last minute!

**SATURDAY, DEC. 15**

**FUJITSU PLANETARIUM ASTRONOMY AND LASER SHOWS**

5 p.m. to 11 p.m. Fujitsu Planetarium  
Last night of the fall showings. Admission for astronomy shows is \$7; laser shows \$9. For more information go to <http://www.deanza.edu/planetarium>

**SUNDAY, DEC. 16**

**THE SANTA RUN SILICON VALLEY**

4 p.m. Downtown San Jose  
Join in on the inaugural Santa Run Silicon Valley. All proceeds will go towards the San Jose Holiday traditions Christmas in the Park and Downtown Ice. The Santa Run Silicon Valley is a 5k Run/Walk that will loop around the heart of downtown San Jose. The starting line begins at Plaza de Cesar Chavez, with the finish line in front of Christmas in the Park. All age groups are welcomed to participate. Dressing up in holiday characters like The Grinch, a cheerful elf, or a reindeer is encouraged. For more information go to [santarunsv.com](http://santarunsv.com) or contact Tricia Fomesi at [tfomesi@svlg.org](mailto:tfomesi@svlg.org).

**HAPPENINGS**

Send event notices to [lavozadvertising@gmail.com](mailto: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 take place on the De Anza College campus and are free, unless stated otherwise.

**ANNOUNCEMENTS**

**ART OF EDUCATION: DE ANZA & FOOTHILL ART AND FACULTY SHOW**

Through Dec. 7 10:30 a.m. to 3 p.m. VPA 101  
The art show is sponsored by the Euphrat Museum of Art. Exhibits will include work by De Anza and Foothill faculty/staff. Admission is free. For more information contact Diana Argabrite at 408-864-5464.

**FALL EXAMS**

Tuesday Dec. 11 - Friday Dec. 14  
For specific dates and times for your 2012 fall final exams, go to <http://www.deanza.edu/calendar/fallexams.html>. Don't forget to confirm the time with your instructor.

**CLASSIFIEDS**

**SEEKING PAYMENT REPRESENTATIVE SALE/BOOKKEEPER**, if you are interested or just need more information please contact: [benish1888@gmail.com](mailto:benish1888@gmail.com)

**SEEKING** Looking for a babysitter for 2-3 afternoons/ evenings per week. Preferably for long term. We have 2 children (1/3) and live close to De Anza College. Call or text 408-834-6667

## JOURNALISM OPEN HOUSE

Join the team that puts out La Voz Weekly. We are seeking reporters, copy editors, graphic artists, photographers, video reporters, cartoonists, illustrators and web producers.

Meet the staff, see our productions lab, find out how to participate and which classes to take. Ask about our AA in Journalism! Refreshments will be served.

**Tuesday, Dec. 4**  
**11 a.m. to 1 p.m.**  
**La Voz Lab**  
**Room L-41**

**EDITOR POSITIONS**

To apply for an editorial position, send a 300-word (or less) letter of intent to [deckcecilia@deanza.edu](mailto:deckcecilia@deanza.edu). Include contact information, background experience, and position interested in. Positions include: Editor-in-Chief, Managing Editor, Opinions, Features, Sports, Social Media and Web Editor. Deadline for letters is NOON on Friday, Dec. 7.

**NEW CLASS!**

**PUBLIC RELATIONS CLASS**

Winter 2013 Quarter Only

This new class provides a general overview of the public relations (PR) profession and various strategic communications tools used by practitioners with a special emphasis on PR writing to help students master the many techniques needed to write for and reach a variety of audiences in today's digital age.

This 2-unit class is perfect for students interested in learning about the PR field or persuasive writing techniques, students planning to major in PR and/or students earning their A.A. in Journalism at De Anza.

The class will meet once a week on Wednesdays from 3 to 4:50 p.m. Register for JOUR 78X: Special Topics

# Obituary

## Donna Bradshaw, Disabled Student Services Dept.

Dorothy Holford  
Staff Writer

Donna Lynn Bradshaw, a supervisor for the De Anza Disabled Student Services Department, died on Nov. 4 at age 48. She was a champion of deaf and hearing-impaired students.

One of her many accomplishments was the Deaf Town event which was held June 6, 2010, in the Sunken Gardens. Ms. Bradshaw told La Voz at the time, "The whole idea of this event is to give people with normal hearing ability the experience of being involved in a deaf person's world and his/her everyday struggle." In a photo from the event, she wears a jacket with a police sign, playing the role of a patroller who enforces the law of silence in the town.

Stacey Cook, vice president of student services, said Deaf Town was one example of Donna in her element. "She was truly joyous. She was running all over the place and happy because both the hearing and hearing-impaired community received the gift of understanding and empathy that day."

Ms. Bradshaw served as a conduit for hearing-impaired high-school students who wanted to further their education and attend De Anza. She worked to ensure they would have access to every benefit the campus offered and helped them to work past the sometimes disheartening challenges they faced before coming to De Anza.

Kevin M. Glapion, executive head of Disability Support Ser-



photo courtesy of De Anza Disabled Services

**WHAT MADE HER HAPPY** -Donna Bradshaw poses with a student in a Talk Police exercise during the 2010 Deaf Town event at De Anza College.

vices, fondly recalled Bradshaw as a bridge.

"She really wanted the campus as a whole to understand deafness as a cultural issue and not just an issue of disability and she worked passionately to make that happen," said Glapion.

Cook remembered Bradshaw as a "working supervisor" who showed daily how deeply she cared about her students and staff by filling in whenever an interpreter was needed.

"Donna had a wonderful smile, an infectious laugh, and we will certainly miss her and her work very much," said Cook.

The daughter of Jerry and Linda Bradshaw, Ms. Bradshaw was born Jan. 10, 1964. She lived in Sunnyvale. In 1982, she graduated from Aragon High School in San Mateo. She attended

Multnomah Bible College in Oregon and was an active member in Bethel Church in San Jose. She also worked at Awana Summer Camp and Youth Music and Drama Camp. She is survived by her brothers Donald and Dennis Bradshaw.

A De Anza College Memorial Service for Donna Bradshaw will be held on Wednesday, Dec. 5 from 4 to 5 p.m. in the Fireside Room, Hinson Campus Center.

Written condolences to Donna's brothers, Donald and Dennis Bradshaw may be forwarded to Cook, who will ensure delivery.

A guest book and obituary at legacy.com will remain online until Nov. 23, 2013 courtesy of San Jose Mercury News.

contact Dorothy Holford at [lavoz@fhda.edu](mailto:lavoz@fhda.edu)

# Analysis: Looming fiscal cliff could affect De Anza students

Wen Lee  
Staff Writer

The United States is in danger of falling over a fiscal cliff in January if the government fails to agree on a solution by the end of 2012.

For De Anza students, the effects of the fiscal cliff will impact academic careers and personal lives.

Without congressional action, up to \$600 billion of expiring tax cuts, new taxes, and automatic spending cuts are set to take effect at the end of 2012 or beginning of 2013.

Ben Bernanke, the Chairman of the Federal Reserve, used the term "fiscal cliff" to describe this scenario because the numbers equate to a five percent reduction in gross domestic product.

Federal tax increases and spending cuts will affect all families regardless of income level.

According to Jeremy Zremski in an article for Buffalo News, families of all income levels will pay anywhere from hundreds to thousands of dollars more in taxes if a payroll tax holiday is allowed to expire and payroll taxes increase.

"That increase would be the main reason why, come the new year, the IRS would start withholding more for taxes from virtually everyone's paycheck," Zremski wrote.

The cuts in federal spending will hit higher education too.

According the American As-

sociation of Community Colleges, the fiscal cliff means "Across-the-board cuts to eight percent of domestic education programs on January 2, 2013."

The cuts to education will play out in many ways, according to an article by Smart Money writer Annamaria Andriotis.

Pell Grant eligibility will be lowered, giving less people the chance to get financial aid and to attend college.

The article says that interest rates on Stafford loans would go up, and the subsidized interest program could be eliminated completely.

"Provisions for the American Opportunity Tax Credit, which allows families to get a tax credit of up to \$2,500 per year for up to four years, are scheduled to expire at the end of the year," Andriotis wrote, "Unless Congress acts, savings for taxpayers will be scaled back to a maximum of \$1,900 per year for two years."

No matter what one's political preferences are, the looming fiscal cliff will affect everyone.

De Anza students can get involved by writing a letter to U.S. Rep Mike Honda, Sen. Diane Feinstein and Sen. Barbara Boxer before the end of December, to let the congressional members know that their constituents need action from their government.

contact Wen Lee at [lavoz@fhda.edu](mailto:lavoz@fhda.edu)

# De Anza College Dining Services

Menu:  
Dec. 3 - Dec. 7

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> <li>• Soup: Chicken Wild Rice</li> <li>• Pizza: Hawaiian Ham &amp; Pineapple and Green Peppers</li> <li>• Salad: Chinese Chicken</li> <li>• Pasta: Beef Stroganoff</li> </ul>	<ul style="list-style-type: none"> <li>• Soup: Italian Wedding Meatball</li> <li>• Pizza: Roast Chicken, Ranch</li> <li>• Salad: Greek Style with Roasted Chicken, Romaine Lettuce, Fresh Tomato, Kalamata Olives, Cucumber, Red Onion, Feta Cheese and a Dijon-Lemon Vinaigrette</li> <li>• Pasta: Southwestern Pasta</li> </ul>	<ul style="list-style-type: none"> <li>• Soup: Tomato</li> <li>• Pizza: Vegetarian Combo</li> <li>• Salad: Spring Greens, Fresh Apple, Candied Walnuts, Cranberries, Blue Cheese and Oil &amp; Balsamic Dressing</li> <li>• Pasta: Smoked Salmon Fettuccini - Shallots, Lemon, Crea, Toasted Pino nuts</li> </ul>	<ul style="list-style-type: none"> <li>• Soup: Mexican Tortilla</li> <li>• Pizza: BBQ Chicken w/ Green Onions</li> <li>• Pasta: Southwestern Chicken</li> <li>• Pasta: Broccoli Bow Tie Pasta</li> </ul>	<ul style="list-style-type: none"> <li>• Pizza: Chef's Choice</li> <li>• Soup: New England Clam Chowder</li> </ul>

**Burger of the Week:** Sliders - Three sliders, Beef, Cheese, Pickle, Mayo, Caramelized Onion & Mustard

## More classes for students in Winter and Spring '13 quarters

Wen Lee  
Staff Writer

De Anza College is adding classes to the catalog in the next winter and spring quarters, easing up the pressure of registering for classes and reducing the risk of being waitlisted for needed units.

"The schools needs to boost enrollment so newly added sections and courses will be funded in the future," said political science professor Bob Stockwell.

"The school is growing and we need more students to fill the seats"

He said students will see the difference when registering for winter and spring quarters as it will be even more robust.

Students should check the course catalog for exact courses and sections, but many of the core general education classes will be reinforced to correspond to their popularity with students.

Carolyn Wilkins-Greene, Dean of the Social Science and Humanities Department said that under her purview, every

single department, for next Winter and Spring, will be adding three more courses.

Wilkins-Greene said those departments include Anthropology, Economics, Geography, History, Humanities, Philosophy, Political Science, Psychology, and Sociology.

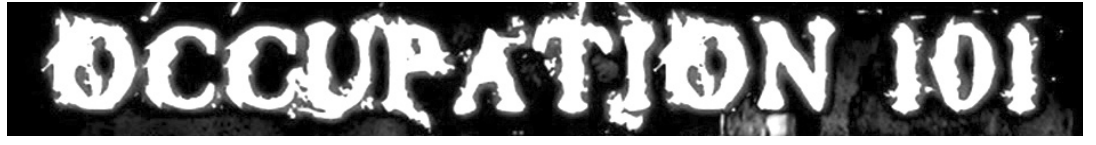
Wilkins-Greene said that three career and technical education programs will also have three new courses, including, Administration of Justice, Child Development and Education, and Paralegal Studies.

She hopes that students will be encouraged to take courses that they haven't taken before, and invites them to tell other students about it.

"Students can help the school by asking themselves what they can do," she said.

Jump on facebook, twitter, or your preferred social media and spread the news that De Anza College has more to offer in 2013!

contact Wen Lee at  
lavoz@fhda.edu



## "The city of peace is under siege"

Nkem Saminathen  
Staff Writer

Students for Justice presented a documentary "Occupation 101" about the Israeli occupation of Palestinian territories on Wednesday, Nov. 28.

The club's mission is to bring students together by focussing on social justice and peace.

The presentation began with an introductory poem from Kiyoo Ouchida-Shariff, the president of the club.

"Steal my land, imprison my father, kill my mother, starve us all, humiliate us all, but I will win."

The documentary opened with a history of protests in Ireland, Algeria, South Africa and America and then focused on the Holy Land, with protesters shouting, "The city of peace is under siege."

The film showed graphic and violent pictures of wounded families and children lying and strewn throughout empty

streets.

Students for Justice, in conjunction with, the Muslim Student Association, and the Jewish Voice for Peace educated students about the continuing violence in Israel.

The documentary about Israeli settler occupation left the audience in a state of shock and disbelief.

"What captured my attention was how the kids were affected by the war on both sides," said Moises Gamarra, a 21-year-old accounting major.

"They are left out without education and taken away from their families."

Florencio Perez, a graphic design major found the information enlightening and informative.

"For me, it doesn't seem what the media is portraying it to be," he said.

"The occupation is a horrendous way to run things. I can't believe how they got away with human rights violations due to

politics and money. It makes you wonder why the United States gives so much money to Israel," said Perez.

De Anza student Inbar Friedman said the film conveyed a strong message but was also one-sided.

"It was certainly interesting. I feel in any situation you can twist the facts to make them seem the way you want them to," he said.

"It wasn't particularly unbiased especially on the Palestinian side."

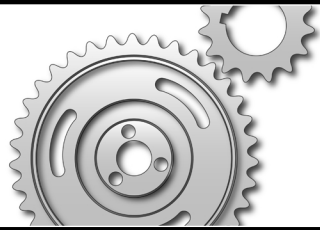
Students for Justice held a question and answer session after the film.

Students expressed concerns about how to solve the growing violence and also how to help both the Israelis and the Palestinians so they can live together in one state of peace and justice.

contact Nkem Saminathen at  
lavoz@fhda.edu



deanza associated student body  
**COMMITTEES**



## ADMINISTRATION

MONDAY | 5:30 p.m. | Senate office



## Diversity and Events

MONDAY | 3:30 p.m. | Santa Cruz Room



## environmental sustainability

FRIDAY | 1:45 p.m. | Senate office



## FINANCE

MONDAY | 3:30 pm | Student Council Chambers B



## MARKETING

TUESDAY | 5:30 p.m. | Senate office



## STUDENT RIGHTS & SERVICES

THURSDAY | 5:30 p.m. | Student Council Chambers B

## FINALS PREP: improve your study habits

Rajvir Kaur  
Sports Co-editor

Finals are coming up next week for De Anza College students; this means it's time to open up those textbooks that have gathered dust over the quarter and study.

It differs from student to student, but study tips are meant for everyone.

The first and ancient tip is: Do not cram, especially the night before the test. Cramming only puts more stress on your brain, and an important piece of information may be left out.

Tip 2: For most people, studying at night works best, but some benefit from studying in the morning. If nighttime works best for you, then stick with it. However, Crystal Pace, a registered nurse at De Anza's Health Center, advises not to study late into the night.

Late night studying affects sleep habits and Pace says it's important to get the recommended eight hours of sleep, especially the night before exams. Sleep time is also your brain's time to process and store the information you studied, so sleep as soon as you close the books.

Tip 3: Pace also recommends a well-rounded diet and a low intake of caffeine.

That means all those cups of coffee have got to go. And because late night studying is a no-no, you won't need the kick of caffeine anyway.

Tip 4: Testtakingtips.com says to avoid any place that is distracting. Put away iPhones and iPods and also try to avoid your room, if possible, where there is a bed beckoning you for a "quick" nap.

Tip 5: Take breaks, whether it's a five minute break, or studying little by little. Breaks are good for your eyes and your brain. Take a moment to stretch your

legs and refresh yourself before you glue your eyes to the books again.

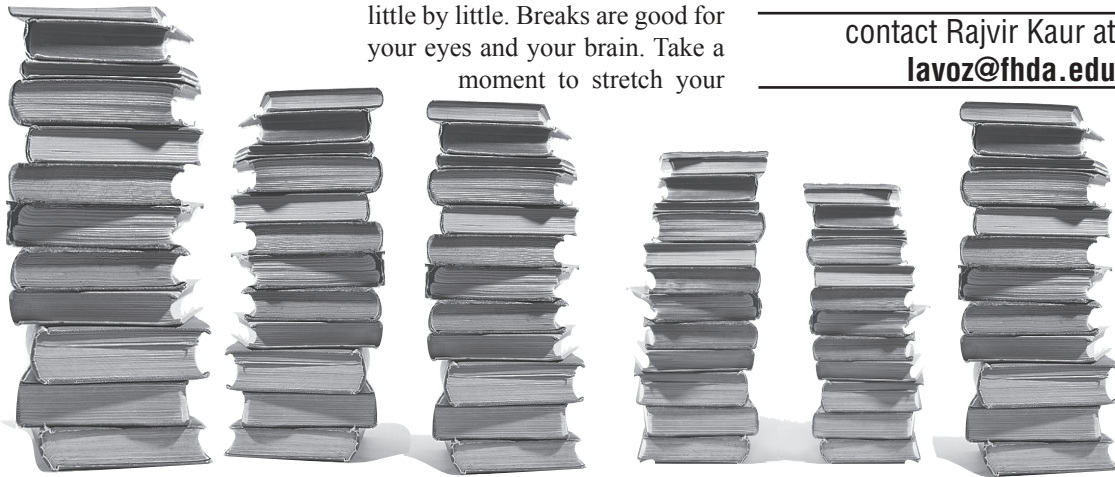
Tip 6: Review your notes. If you get stuck in a certain part of your notes, go back to that section of the textbook.

Tip 7: Another ancient tip that teachers have been telling you over the years is to take practice tests. Nobody will force you, but if you need extra help, take them. They don't always reflect the actual tests, but topics are usually the same.

Tip 8: Last but not least, make sure you understand the material. If you need help, Ask.

Professors probably can't stress this point enough. Professors have office hours and there is also the Student Success Center at De Anza. All these people are there to help you. You pay for it anyways so it's better to take advantage.

contact Rajvir Kaur at  
[lavoz@fhda.edu](mailto:lavoz@fhda.edu)



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ATTEND AN OPEN HOUSE

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from ACTION! pg 1

"He focuses on perspectives of the world around him and applies it to a personal level as well," she said. "He gives context, and not just narrative of history elements."

"Hide and Peek" is a painting about Andy Warhol, being gay, and drag queens. Rodriguez explained how gay identity affected artist Andy Warhol in the 1960s.

In his black and white film noir, "Remote Control," Rodriguez pulled from his inspiration of Charlie Chaplin and late TV sitcom show "Leave it to Beaver."

"I also use film because there are a lot of things I wanted to say that paintings cannot say," Rodriguez said.

"Lights, Darks, Cameras and ACTION!" is a project Rodriguez has been working on for two years.

For students undecided about which classes to take for the Winter quarter, Diane Argabrite advises, "All students should take an art class with instructor Rodriguez. He is an absolute treasure."

contact Nkem Saminathen at  
[lavoz@fhda.edu](mailto:lavoz@fhda.edu)

## DIY Gifts

Adriana Barragan  
Staff Writer

This holiday season, look past the long lines and the overpriced items at the mall. Here are a few gifts ideas that have a sentimental feel for your significant others.

### For your boyfriend/husband:

If you're planning on making a gift for the special man in your life be thoughtful and spontaneous.

"I have been with my boyfriend for two years and for this Christmas, aside from the gift I am buying him, I am making a coupon book," said nursing major Jessica Sperry, 24.

A coupon book may not seem like the spontaneous gift you're looking for but use it to do things you don't normally do with him that he enjoys, such as giving him a free massage, cooking him dinner or going to the gym together.

### For your girlfriend/wife:

When women were asked what type of gift they would want to receive from their loved one, a common answer was "a thoughtful, romantic gift that shows it took time to create."

Create a gift that captures all this by making a decorated, over the top love note on construction paper.

Aside from a card, you should make a collage of pictures of the both of you on a poster board, including little tidbits from events you have attended together (movies, concerts, prom, etc), post cards from places you have visited together, and little love notes/ letters. It will impress her and show your romantic side.

### For Mom:

Most mothers never expect to receive anything from their children. An inexpensive gift to give to mom is a pampering day. You may know how to apply makeup, do her hair and nails.

"My mom hardly ever goes out with friends dressed up and make up done because she's always so busy," said communications major Sandra Arias, 19.

"My Christmas gift to her is to glamour her up and dress her up for New Year's Eve."

### For Dad:

Buying your dad a gift may be difficult this time around. A very simple yet creative idea is to buy a basket or bucket and add items he enjoys using.

If he likes cleaning his car, get a bucket and include a sponge, spray, rag and all things you think would look great.

Or if your dad likes to watch movies in the living room include a popcorn bucket, a popcorn bag, candy, his favorite drink and his favorite movie. If your dad enjoys drinking some beer get a basket and fill it up with his favorite drink.

You will never go wrong with these small, thoughtful DIY gifts.

contact Adriana Barragan at  
[lavoz@fhda.edu](mailto:lavoz@fhda.edu)





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## Holiday happenings

### Christmas in the Park

Join San Jose for the 30th annual Christmas in the Park, featuring a display of decorated trees, including a 60-foot Community Giving Tree. This event occurs in the same area as Winter Wonderland and Downtown Ice.

**Address:** Park Avenue and Market Street

**Admission:** Free!

**Times:** Nov. 23 to Jan. 1 from 9 a.m. to midnight.

### Winter Wonderland

A fun family event with amusement rides, arcades, attractions and treats.

**Address:** Park Avenue and Market Street

**Admission:** Free, but you have to pay for treats and rides.

**Times:** Nov. 21 to Jan. 6. Hours vary by day so visit the website [winterwonderlandsj.com](http://winterwonderlandsj.com)

**Special Note:** You can buy an unlimited rides wristband for \$15.

### Downtown Ice

Located between the Fairmont Hotel and San Jose Museum of Art, Downtown Ice is the biggest seasonal outdoor skating rink in the South Bay.

**Address:** 120 S. Market St.

**Parking:** \$5 at city-owned lots and garages

**Admission:** \$13 for kids 10 and younger and \$15 for everyone 11 and over

**Times:** Nov. 16 to Jan. 13. Hours vary by day so visit the website at [sjdowntown.com/downtownice/#rink](http://sjdowntown.com/downtownice/#rink)

**Special Note:** Admission covers skates and ice time. Skates don't come in half sizes so bring a couple extra socks with you.

### The Nutcracker

The story of Clara and her nutcracker is a holiday classic. This enchanting ballet is a must watch.

**Address:** San Jose Center for the Performing Arts, 255 Almaden Blvd., San Jose

**Parking:** Outdoor parking at \$7 that is four minutes away from Center.

**Admission:** Tickets range from \$30-\$105

**Times:** December 8 to 23, at either 1:30 p.m. or 7 p.m.

**Synopsis:** Clara is given a nutcracker as a Christmas present but her brother breaks it. A toymaker fixes it and Clara places it under the Christmas tree and falls asleep with it. When she wakes up, she finds the Nutcracker has come to life and is fighting the Mouse King. The Nutcracker and Clara go to the Land of Sweets where they are treated like royalty for overcoming the Mouse King.

### Chanukah at Santana Row

Santana Row has activities, crafts, songs, stories, and lightings of the Menorah.

**Address:** Santana Row Park, 368 Santana Row,

**Parking:** Free parking

**Times:** December 9 from 4 p.m. to 5:30 p.m.

contact Noor Hakim at [lavoz@fhda.edu](mailto:lavoz@fhda.edu)

## DeAnza voices



### “What is the worst gift you ever received?”

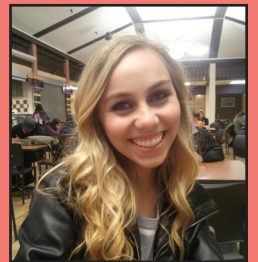


**Joshua Guierrez, Film**

“I grew up Catholic and had a couple Bibles already, but for some reason my dad decided to spend around \$200 for a Bible with my name engraved in it.”

**Savannah Metoyer, Kinesiology**

“I got a pimp jacket once. It was all brown and white, and covered in fur. It's really ugly and it's still in my closet.”



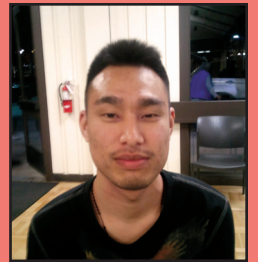
**Dominic Ortega, Neuroscience**

“My grandparents have given me pajamas for the last seven years straight. I just have a whole drawer full of them and I never run out.”



**Calvin Han, Graphic Design**

“A book. You're suppose to get something enjoyable like a toy, video game, clothes or money. That's why you have two weeks off, man.”



**Alex Ceseski, Climate Science**

“A lump of coal in my stocking in the middle of a bunch of candy. It was real coal.”



**Atlanta Ngo, Undeclared**

“My uncle's hand-me-down underwear. They were boxer-briefs, so I never wore them. I mean, I wouldn't wear them anyway.”



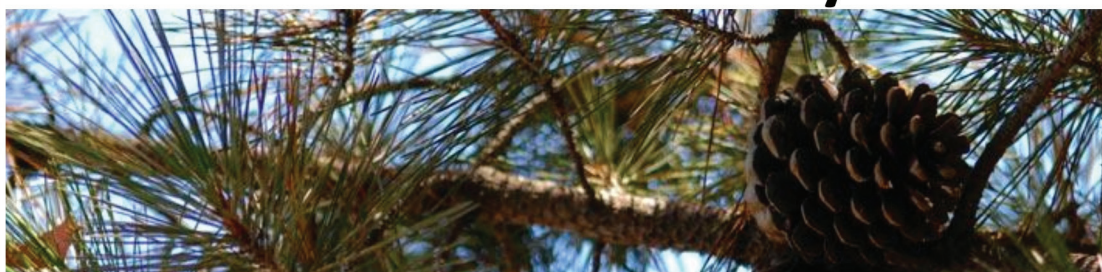
**Amanda Camillo, Theater**

“I got two tickets to the Sharks' game, but right after I opened my gift my mom said, “Those are actually for your brother. I never got to go.”



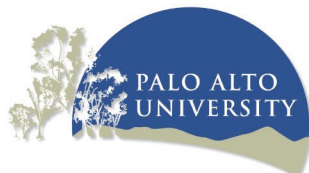
-photos and interviews by Nareen Bagdasarian  
Staff Writer

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Palo Alto University is a private, non-profit university, located in Palo Alto, California. Established in 1975, PAU has long been a leader in graduate level education in psychology. Most recently, PAU has partnered with the Foothill-De Anza Community College District to offer innovative Bachelor degree completion programs for transfer students seeking specialization in psychology.

## De Anza football ends season with a championship

**Rajvir Kaur**  
Sports Co-editor

De Anza College's football team ended its season as Nor-Cal Conference champions.

With eight wins and two losses, the football team is nationally ranked in Division A.

At the start of the season, as with any sports team, personalities clashed, whether it was from former rivalry or just a way of thinking, head coach Dan Atencio said.

In the beginning, it was just the fact that the players did not know each other, he said.

"Some of these guys, they

played against [each other] in high school and [were] big time rivals," he said.

Ninety players, some friends and others rivals, learned to put their differences aside for the one thing they all had in common: playing football.

Learning to work together took a bit of an adjustment, said Atencio, "but they've done it really well."

The first game they lost to Contra Costa College on Sept. 8 may have helped the players bond.

Sophomore wide receiver Paris Shaw described that game as the "low of the season."

However, the team rose back

up and went so far that Shaw said that that game is forgotten.

"Ever since that week was over, we just worked harder, realize[d] we didn't have time to waste," said offensive lineman Sal Temoras.

As the season continued, Temoras said they grew not just as a team, but also as a family.

Through all the different personalities and head-butting, the football team grew strong and won a conference championship against Foothill College.

De Anza, along with Butte and San Francisco colleges, became co-Nor-Cal Conference champs on Nov. 10.

The Nor-Cal Conference also named coach Atencio as Nor-Cal's coach of the year; De Anza's quarterback, Josh McCain, was voted as the offensive player of the year.

This year's team consisted of 25 sophomores and 65 freshmen, while head coach Dan Atencio was assisted by Tony Santos, Fred Stewart, John Lango, Scott Swalls, Steve Johnson, Mike Barton, Bert Cordero, Jacob French, Bryan Mazzone and Robbie Deauville, as stated on mercurynews.com.



CHRISTOPHER WU | La Voz Weekly

**COMPLETE** - WR Nova Hardy (19) completes the pass before Deshane Hines of San Mateo (17) has a chance to intercept.



CHRISTOPHER WU | La Voz Weekly

**RUSHING YARDS** - QB John McCain (8) runs the ball before a San Mateo tackle.



CHRISTOPHER WU | La Voz Weekly

**VICTORY CELEBRATION** - Coaches and players run to the field as De Anza beat San Mateo, 46-43.

contact Rajvir Kaur at  
[lavoz@fhda.edu](mailto:lavoz@fhda.edu)

## Men's and women's cross-country teams make history

**Arooba Kazmi**  
Staff Writer

De Anza College's cross-country teams finished their seasons strong.

Sophomore Katie Castro won the individual California State Championship with a record time of 17 minutes and 44 seconds for a 2.95-mile course.

She finished with the 11th fastest time set by a community college woman in history at the Crystal Springs race course during the Nor-Cal Championships

on Nov. 3, gaining herself the individual Nor-Cal championship.

Students Oddey Tapia, who finished in fourth place, and Dominique Guinnane, who finished 13th, both earned the All-Regional Honors at the Northern California Championships.

This is the second year in a row in which the women's team has won the Nor-Cal Championships and the men finished seventh place within the same event, making this year the sixth year in row where both teams have qualified for the state meet.

Cross-country head coach Nick Mattis said, "Overall, it's been one of the best seasons in the school's history in a while. It was a fun season."

Mattis said he was also proud of the progress the men's team made.

"Guys finished 20th in the state, which is one of the better results for the men's team in many years," he said.

"They won the Pat Ryan Invitational. It was a very balanced group of guys; there were no stand-outs ... and next year the guys should be stronger."

Mattis advised students who would like to be part of the cross-country team to "be dedicated. If you want to be serious about it, start training a year in advance at least, if you want to be competitive."

Overall, the cross-country team maintained excellent progress throughout the season and its efforts resulted in a huge triumph. Their hard work paid off with the many titles of achievements.



photo courtesy of De Anza cross country team

**RACE TO FINISH** - The cross country men give it their all during the state meet in Fresno, Nov. 17.



DEAN LOFGREN | Los Gatos Patch.com

**KEEPING PACE** - Katie Castro runs and finishes with a record time of 17:44, 28 seconds faster than second place.

contact Arooba Kazmi at  
[lavoz@fhda.edu](mailto:lavoz@fhda.edu)



# Better food choices in a junk food society

## Making food choices has never been easier

**Dorothy Holford**  
Staff Writer

Father of medicine Hippocrates (460-370 B.C.) wrote, "Let your food be your medicine, and let your medicine be your food," but modern society offers many conveniences, from the pop-up toaster to devices that help people to plan their lives. With this new-found form of instant gratification evolved a new phenomenon: fast and convenient food.

"For our students, eating healthier is very beneficial because it will improve their ability to sleep better, which helps them think clearly. A healthy diet provides natural energy, unlike those energy booster's drinks that are bad for you," said Kris MacCubbin, a Health Services assistant at De Anza College.

But, students have their own reasons for eating healthy. "I choose to eat healthier foods because I know what the government is doing to our food, and I don't like it," said chemical biology major Ziad Ahmed.

"I'll eat healthy most of the week, then give myself a break and eat bad food. I can feel the difference in my body right away.

I use the bathroom more when I eat bad food," said Ahmed.

Some students seem to struggle with the idea of consistently eating the right foods. Psychology major Claire Johnson said, "I tend to eat fast food more because it's so convenient, but I wish there were more healthier choices around when I only have a few minutes for lunch or break."



photo courtesy of CLAIRE JOHNSON

**GUILT CONSCIENCE** - Claire Johnson said she regrets it every time she eats junk food.

She said she often regrets eating junk food by the end of the day, but enjoys the natural energy she gets when she eats healthy food.

"I almost tried that 5-Hour Energy drink, but it smelled really

gross," said Johnson.

Still, most Americans are eating on the run, compensating for hectic work and school schedules. More and more food comes to us via the microwave and drive-thru windows. So where can people find reasonably priced and healthier alternatives to the junk food?

"FoodSmart," a free app recently launched by Silicon Valley's wHealthy Solutions can help de-mystify the process of reading food labels, according to the company's marketing director Joanne Sperans. They offer a free app for iPhone and Android platforms.



DOROTHY HOLFORD | La Voz Weekly

**WHEALTHY SOLUTIONS** - Marketing director Joanne Sperans explained the company's new app to La Voz.

"We designed the app so that

shoppers can compare products quickly and make better and healthier choices," said Sperans.

Many people are apprehensive when it comes to actively seeking and purchasing foods that can extend mortality and add quality to life. The usual response is "it cost too much, or I don't have time." But if the "food as medicine" approach is applied, Americans would save money and spend less time being sick.



photo courtesy of www.whealthysolutions.com

### FoodSmart App

- Available on the App Store

-Android App available on Google Play

contact Dorothy Holford at [lavoz@fhda.edu](mailto:lavoz@fhda.edu)



### Men's schedule

Date/Time	Opponent/Location
Dec. 19/ 5 p.m.	Cañada @ De Anza
Jan. 4/ 5 p.m.	Ohlone @ Fremont
Jan. 9/ 7 p.m.	Hartnell @ Salinas
Jan. 11/ TBA	Monterey Peninsula @ De Anza

### Women's schedule

Date/Time	Opponent/Location
Dec. 21/ 5 p.m.	Chabot College @ Hayward
Jan. 4/ 5 p.m.	San Mateo @ De Anza
Jan. 9/ 5 p.m.	Hartnell @ Salinas
Jan. 11/ TBA	Monterey Peninsula @ De Anza

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# YOU ARE WHAT YOU EAT

The difference between grain-fed and grass-fed beef

**Niloofar Nafici**  
Staff Writer

We've all heard the expression "you are what you eat" but have you ever thought about what your food eats?

Beef has received a bad reputation for one's health. This is mainly due to the feed cows are given.

Grain and corn feed, a cheap and abundant food source, is fed to cows daily to cause marbling, the swirls of fat that you may see in your cuts of beef. Marbling is sought after for its flavor.

Due to these feeds, digestion for the animals becomes difficult when the animals are not fed their natural diet. Hence, heavy antibiotics must be used to keep cows from getting ill and spreading illness to consumers.

Michael Pollan, author of "Omnivor's Dilemma" states, "The diet of the animals we eat has a bearing on the nutritional quality, and healthfulness, of the food itself, whether it is meat or milk or eggs."

According to the National Health Journal, grass-fed cows are more nutritionally dense,

with higher Omega-3 fatty acids than grain-fed cows.

Omega-3 is most common in fish, but their diet is plant-based. Therefore, cows raised on their natural plant-based diet

"The diet of the animals we eat has a bearing on the nutritional quality, and healthfulness, of the food itself,"

- Michael Pollan, Author

produce higher fatty acids compared to grain-fed beef.

It is important to note that meats labeled "organic" or "natural" do not mean that cows were grass-fed or pasture-raised. To ensure this, ask the butcher or supplier how the animal was raised and what kind of diet they were given.

contact Niloofar Nafici at [lavoz@fhda.edu](mailto:lavoz@fhda.edu)

## Holiday List: What's in and what's out

-List compiled by La Voz Staff

WHAT	HOT	NOT	meh..
Villian	 The Grinch	Mr. Scrooge	Bad Santa
Movie	"A Christmas Story"	"Jingle All The Way"	"Love Actually"
Kid's Movie	"Bad Santa"	"Home Alone" sequels	"The Grinch"
Starbucks Drink	Peppermint mocha	Eggnog latte	Gingerbread latte
Outerwear	Puffer jacket 	Real fur	Pleather
Clothing Stores	H&M	Urban Outfitters	Forever 21
TV Christmas Special	"Charlie Brown"	"Full House"	Burning log channel
Tree	Baby Norfolk pine (live)	Deformed tree 	Sparse branches
Chocolate	 Ghirardelli	Hershey's	Lindt
Trip	Paris	Lake Tahoe	L.A.
Radio Song	Michael Buble - "Santa Buddy"	"Jingle Bell Rock"	"Last Christmas"
Tree Topper	 Disco ball	No topper	Angel
Decorations	Light-up lawn reindeer	Tinsel/ popcorn strings	Generic silver ornaments
Drink(underage)	Cider	Eggnog 	Hot cocoa 
Drink(of age)	Jack Daniels & Coca-Cola	Vodka	Champagne 
Hannukah dish	 Brisket	Lamb	Tzimmis
Place for a date	Vista Point	Olive Garden 	Christmas in the Park
Gift for Mom	Jewelry(unless it's tacky)	"Shades of Grey" books	Holiday sweater
Gift for Dad	 Giants or Raiders tickets	Holiday tie	Socks
Gift for a guy	Video game	 Stuffed toy	Scarf 
Gift for a girl	 Perfume 	Hello Kitty	Cute socks
Phone	Galaxy S III	Microsoft 7	iPhone 
Color Schemes	Fuschia, teal and maroon	All-white	Red and green

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**PHOTO REPRINTS**

Images published in La Voz Weekly or online at www.lavozdeanza.com are available for purchase. Contact Business manager Michael Mannina to place an order.

**LA VOZ CORRECTIONS**

The "Mystic Dance" pictures were taken by Jason Aguirre, NOT Lizzie Knaus

# Gaza: Drones terrorize civilians



**Benjamin Pacho  
Freelance Writer**



The eight-day blitz on Gaza by the Israeli Defense Force last month fits into the tangled narrative of self-determination that has long vexed Palestinian-Israeli relations for decades.

However, Israel being the recipient of more than \$3 billion in U.S. aid annually, much of it in arms, has given rise to an asymmetric warfare that has gone largely unregulated and unchallenged; a governing principle in which both the U.S. and Israel carry out indiscriminate drone attacks against vaguely identified "militants" or "combatants."

Unmanned aerial vehicles, referred to as drones, have become the predominant means for carrying out targeted attacks, which U.S. military experts gladly tout as "surgically precise" and effective for "min-

imizing" collateral damage and civilian casualties.

Of the 160 Palestinians killed in the recent attack, "more than 100 were civilians, including 34 children," according to the Palestinian Center for Human Rights, while six Israelis, two of them soldiers, were killed in the violent exchange of rocket fire from Hamas.

Prior to the ceasefire in Gaza, surveillance and predator drones hovered over Palestinian skies around the clock, as NBC News Chief Foreign correspondent Richard Engel tweeted:

"So many drones over #Gaza city it sounds like everyone is out mowing their lawns in the dark."

**"I generally don't trust officials who are in charge of a program to make the basic legal and ethical decisions whether what they're doing is proper"**

-Michael Willemsen  
Constitutional law professor

A joint study recently published by Stanford and NYU law schools provide a window into what it's like living under drones.

"Their presence terrorizes men, women, and children, giving rise to anxiety and psychological trauma among civilian communities," according to the study.

First introduced in 2001 by the Bush administration in Afghanistan, "the US has increased its

arsenal of Predator drones from 167 in 2002 to more than 7,000 today; carrying out 292 strikes in just over three and a half years in Pakistan, Afghanistan, Yemen and Somalia," the study found.

What rationale is used by the administration to determine who is killed as well as targeted remains uncertain, as do the legal standards — if any — that are applied in its calculus regarding extrajudicial killing, constitutional due process and international law.

The president has final say over the "Kill-List" and its corresponding drone program, which is so secretive in nature that the government can neither confirm nor deny the program exists, resulting in both the American Civil Liberties Union and The New York Times suing over lack of transparency.

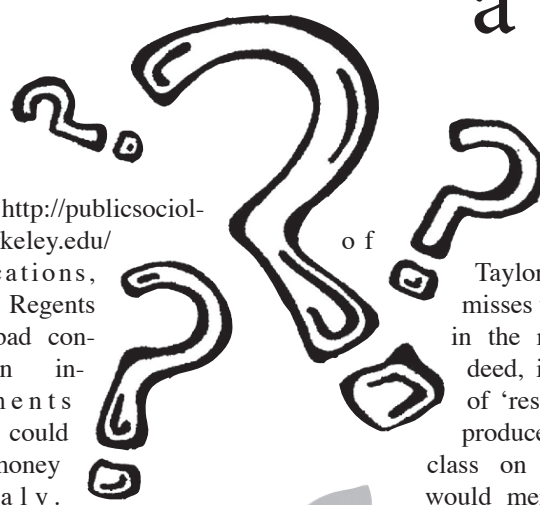
"I generally don't trust officials who are in charge of a program to make the basic legal and ethical decisions whether what they're doing is proper," De Anza constitutional law professor Michael Willemsen said recently. "So we need some form of review."

contact Benajmin Pacho at  
[lavoz@fhda.edu](mailto:lavoz@fhda.edu)

# Wall Street Prop 30 connection a stretch of imagination



**Wen Lee  
Staff Writer**



able at <http://publicsociology.berkeley.edu/publications>, UC Regents make bad construction investments that could lose money annually. The report also points out possible conflicts of interest in the relationships between administrators and financial firms.

In a rebuttal by University of California CFO Peter Taylor published on SFGate.com, Taylor explains UC's investment choices and why they were made, but does not address the possible

of conflict interest. Taylor also dismisses the research in the report: "Indeed, if this level of 'research' were produced for a class on finance, it would merit an 'F,'" Taylor writes.

At this point you might be wondering, "What does all this have to do with Prop.30?" In actuality, it does not. Prop. 30 is not mentioned in the "Swapping Our Future" report nor is it mentioned in CFO Peter Taylor's rebuttal. But the title of a recent article on Huffingtonpost.com screams "University Of

California Deals With Wall Street Banks Could Wipe Out Prop 30 Gains, Report Says."

The Huffingtonpost.com article connects Prop. 30 funds to UC investments by proxy, implying a connection built on circumstantial evidence while no sources involved even mention Prop. 30 in their statements.

This is problematic and misleading, possibly causing voters to be disenfranchised for the next election. The lesson here is, controversy in the news should always be taken with a grain of salt. Readers should always dig deeper and make up their own mind when a headline is used to elicit emotion.

contact Wen Lee at  
[lavoz@fhda.edu](mailto:lavoz@fhda.edu)

## DeAnza voices

**“What do you think will happen on Dec. 21?”**

**Elaine Vo,**  
English Literature



“I don’t really believe in that kind of thing. I think [life] is just going to continue because I don’t think the Earth is going to end just like that; it has been alive for far too long.”

**J’na Corre,**  
Nursing

“It’s kind of iffy; Maybe we will be here, maybe we won’t. But I think we will be OK.”



**Kevin Boumlangsy,**  
Cultural Anthropology

“Nothing. Maybe lots of people committing suicide.”



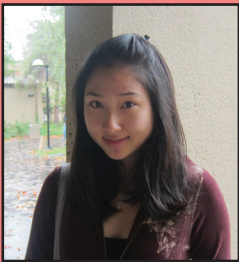
**Edward Kwak,**  
Psychology

“I don’t [the world will end] because the whole Mayan prophecy thing is just a big whole business to sell books and movies ... it doesn’t really exist.”



**Stella Teng,**  
Business

“[People] don’t plan when the world is going to end. It’s God who has created the world, and he is the one who plans all of this.”



**Brian Crocker,**  
Anthropology

“People throughout the ages have thought the world was going to end at a certain point and it hasn’t. I guess Nostradamus said that the world was going to end on December 21; I don’t think it will. People have guessed the date and have failed to actually predict correctly.”



-photos and interviews by  
Rosa Torres & Mariah Bravo  
Staff Writer & Features Co-Editor

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	7						5	
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	4						2	
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			8	5	6			
		2				5		

**Sudoku**

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