

La Voz Weekly

The voice of De Anza College since 1967

DASB president opens up about painful past

Opening a campus discussion about sexual assault, Stacie Rowe discusses her own experience
Opinions p. 6

David Brooks visits De Anza

New York Times columnist speaks about the pitfalls of "me generation" individualism
Student Life p. 5



ANGEL IBANEZ | LA VOZ STAFF

De Anza College soccer player attempts to pass the San Francisco defense during a 5-3 Dons victory on Tuesday, Nov. 26. De Anza's next game will be against

Player profile: Victoria Ramirez

De Anza freshman soccer forward has many interests outside of soccer

Sports p. 8

Christian fellowship

Several Christian clubs on campus help unite like-minded students

Student Life p. 5

Voices of De Anza

Students and faculty express opinions on recent events

Letters to the Editor p. 7

Pond still runs dry

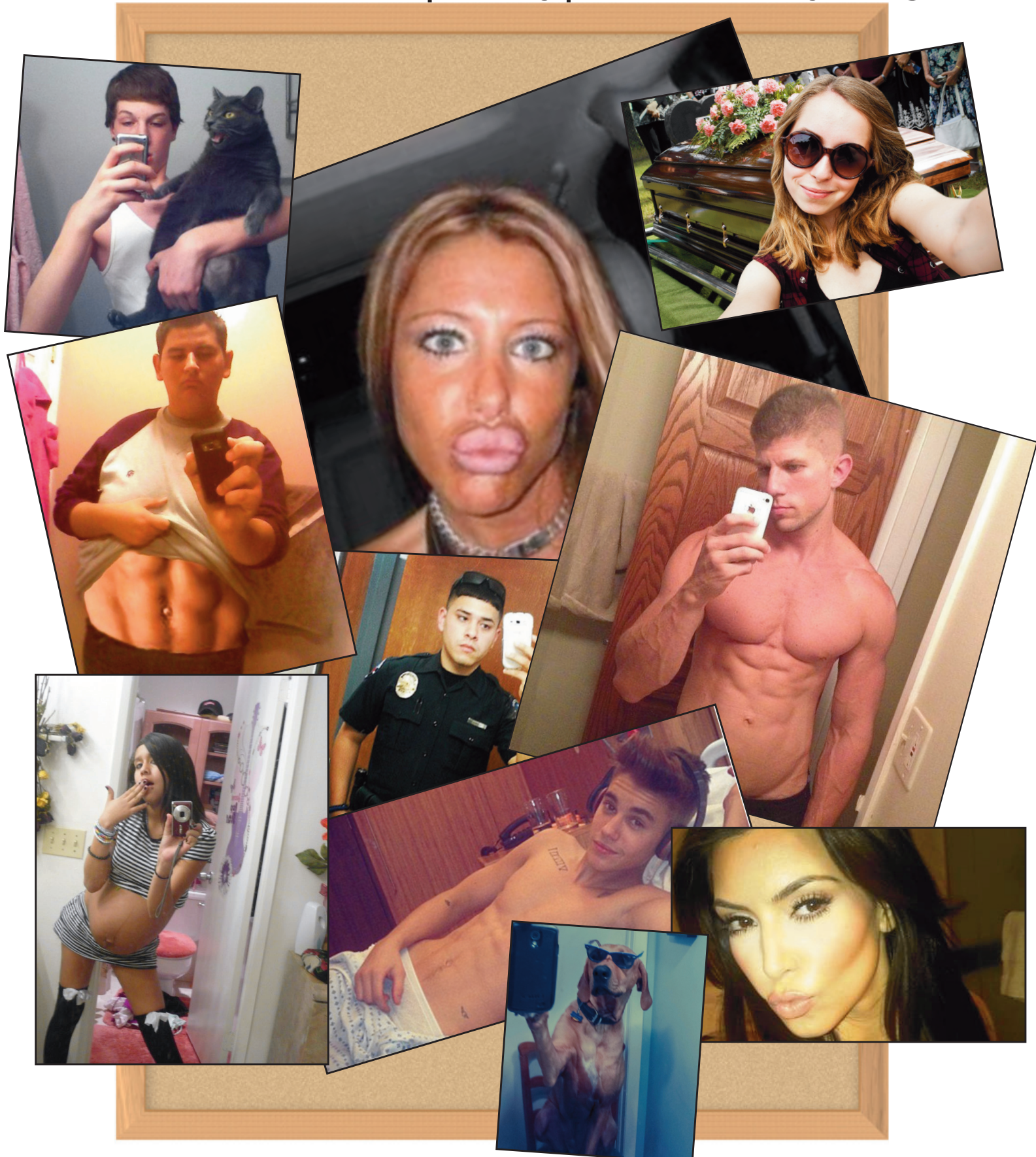
Long delayed Cheeseman pond redesign almost reality

News p. 3



ALL HAIL SELFIE! WORD OF THE YEAR!

Countdown to the apocalypse officially begins



Pick up the next issue of **La Voz Weekly** Jan. 6, 2014

facebook.com/lavozweekly

@lavozweekly

By Rika Kumar
Staff Writer

Selfie
Syllabification: (sel-fie)
(also selfy); noun (plural selfies)

Definition: A photograph that one has taken of oneself, typically one taken with a smartphone or webcam and uploaded to a social media website. (Oxford English Dictionary, 2013)

The word "selfie" was named Oxford English Dictionary's 2013 Word of the Year.

Everyone used the word as if it were a real one, so in due course it turned into a real word. Seems legit.

The rather sad part is, people took selfies so often that it required its own name. Then people said that word so many times that the Oxford English Dictionary, the dictionary of all dictionaries, had no choice but to

give it its own entry.

This has been a downgrade to the English language, considering the word represents an action many people aren't particularly fond of. It's hard to believe anyone really enjoys the slew of selfies they find themselves scrolling through as they attempt to entertain themselves on Facebook.

"Selfies get really boring. I really hate when people post a picture of themselves every day.

I don't think they realize they look the same," said Mi Ding, 18, English major.

Hopefully now that the Oxford Dictionary has come out with the official definition, people will take note of their usage example of the word selfie, which specifically states, "... posting a new picture of yourself everyday isn't necessary."

Some of the most heinous

2 CAMPUS EVENTS

Dec. 2, 2013

Monday Dec. 2

HEALTH CARE REFORM INFO SESSION

5:30 p.m. to 7:30 p.m.
Conference Rooms A&B
Learn about the new health care implementation. Bring questions you have, and get answers. For more information, contact Ben Pachon at DASBSRCR@deanza.edu or 408-864-5432 x3745. Second session to be held Monday, Dec. 2 from 5:30 to 7:30

TRANSFER ADVISING: USF

10 a.m. to 12 p.m. (Campus Center)
12 p.m. to 2 p.m. (Transfer Center)
Bhavi Patel, USF University Evaluator/Transfer Counselor, will be on-campus to provide one-on-one advising to prospective transfer students. For more information about transferring to USF, go to <http://hwww.usfca.edu/admission/transfer>

Wednesday Dec. 4

TRANSFER ADVISING: UC BERKELEY

10 a.m. to 2 p.m.
Transfer Center, SCS Building, Second Floor
Christina Tinsley, a UC Berkeley representative, will be on-campus to provide one-on-one transfer advising for prospective transfer students. Advising will be available on a by appointment or drop-in basis (if time permits). Please note all scheduled University rep visits are subject to change or cancellation without notice.

Thursday Dec. 5

NEW AND FORMER STUDENT REGISTRATION BEGINS

CHILL CITY: FINALS DE-STRESS

11:30 a.m. to 1:30 p.m.
Location: TBD
Take time to de-stress as you prepare for finals week. Sponsored by Health Services; contact Mary Sullivan for more information at sullivanmary@deanza.edu

TWO PIANO STUDENTS IN CONCERT

12 p.m. to 1:25 p.m.
A11
Sponsored by the Creative Arts Division; for more information, contact Anna Poklewski at poklewskianna@fhda.edu

1ST THURSDAY: OPEN MIC SERIES

5 p.m. to 7 p.m.
Euphrat Museum
Participate in the fusion of spoken word poetry and hip hop. If you are a poet, singer, rapper, spoken word artist, or someone who wants to come join the show, come out for the event. For more information, contact LaQuisha Beckum at beckumlaquisha@deanza.edu

Friday Dec. 6

DE ANZA CHAMBER ORCHESTRA

7:30 p.m. to 10 p.m.
VPA 115, VPAC Auditorium
Admission is \$10 for general and \$5 for

students/seniors; contact Loren Tayerle for more information at tayerleloren@fhda.edu

SOPHIA U-JAM HIP HOP AEROBIC FUNDRAISER

1 p.m. to 4 p.m.
PE Quad, PE 11U
Come for an afternoon of hip hop dance to raise relief funds for those impacted by the recent typhoon in the Philippines. Sponsored by APASL, APALI, APASA, CHC, Circle K, DASB, ICCE, IMPACT AAPI, Phi Theta Kappa and the Office of Instruction

Saturday Dec. 7

DE ANZA SYMPHONIC WINDS: A WESTERN ODYSSEY

1 p.m. to 4 p.m.
VPA 115, VPAC Auditorium
Sponsored by DASB and the Creative Arts Division. All tickets are \$5; for more information contact John Russell at russelljohn@fhda.edu

Sunday Dec. 8

DE ANZA MUSIC STUDENT RECITAL

7 p.m. to 9 p.m.
A11
Sponsored by the Music Department; for more information contact Ron Dunn at dunnron@fhda.edu

Tuesday Dec. 10

TRANSFER ADVISING: CSU EAST BAY

10 a.m. to 2 p.m.
Transfer Center, SCS Building, Second Floor
A CSUEB representative, will be on-campus to provide one-on-one transfer advising for prospective transfer students. Advising will be available on a by appointment or drop-in basis (if time permits). For more information, call the Transfer Center at 408-864-8841

CONCURRENT HIGH SCHOOL STUDENT REGISTRATION BEGINS

APASA HOLIDAY BENEFIT FOR TYPHOON HAIYAN RELIEF

11:30 a.m. to 2 p.m.
MCC
Join members of the Asian Pacific American Staff Association (APASA) for a holiday benefit to raise funds for those impacted by Typhoon Haiyan in the Philippines. All proceeds will go to NAFCON-USA Typhoon Haiyan Relief Effort.

Announcements Foothill/De Anza

REGULAR MEETING OF THE FOOHILL DE ANZA BOARD OF TRUSTEES

Monday, Dec. 2
District Boardroom (Building D120)
6 p.m.
This is a regular meeting of the FHDA Community College Board of Trustees. The public session starts at 6 p.m. Review the agenda to verify time and location of the meeting. The agenda

is posted 72 hours in advance. For information, call the Chancellor's Office at 650-949-6100 or email norsellpaula@fhda.edu.

CRAFTERS FAIR

Tuesday, December 3
Hearthside Lounge (Room 2313)
Noon to 5 p.m.
Foothill employees and other vendors will present a craft fair featuring handmade gift and holiday items. Admission to shoppers is free. Proceeds from vendor fees will go toward the Foothill College Bike Path Fund. Vendor fee is \$10 and includes a table. For insurance purposes, no food products may be sold at the event. To reserve a vendor table or for more vendor information, call Brenda Visas at (650) 949-7033 or e-mail VisasBrenda@foothill.edu.

JINGLE & MINGLE DANCE SHOWCASE

December 6
Room 2504, 7 p.m.
The Foothill College Repertory Dance Company presents its annual Jingle & Mingle Dance Showcase in the Dance Studio in Room 2504. Admission is free; parking is \$3. The event includes a reception with light refreshments and a visit from a guest from the North Pole. Audience members are encouraged to bring a new, unwrapped toy to donate. Parking Lots 2 and 2-A provide access to the dance studio.

EUPHRAT MUSEUM OF ART EXHIBITION: MAKING SPACE

Through Dec. 5
Euphrat Museum
Museum Hours:
Monday through Thursday 10 a.m. to 3 p.m.
Group tours available by appointment
Special Projects include "Basketball Pyramid," "Mapping Journeys," and "What Can I Do Now?" with De Anza students from Puente, Sankofa Scholar, Color & Design, Intermediate Drawing, Gallery & Exhibition Design and Internship in Art classes.

CORRECTIONS

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

ADVERTISING

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

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 that take place on the De Anza College campus and are free, unless stated otherwise.

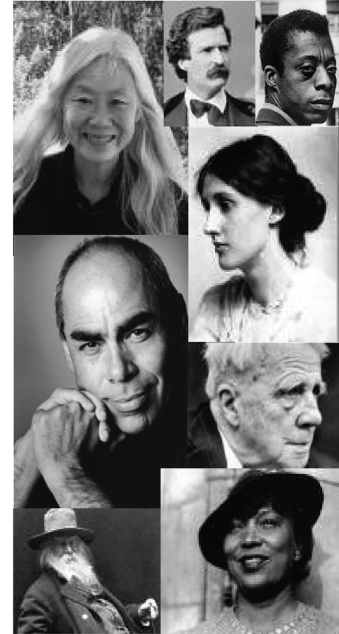
When you take EWRT 65



Red Wheelbarrow

Winter '14 "National Edition"
you edit a professional literary journal

- * Read & discuss professional submissions
- * Solicit manuscripts from around the country
- * Participate in author interviews
- * Have a vote in each editorial decision



- * Specialize in a genre
- * Honors option
- * Online options
- * Links with other lit & writing courses*
- * Work in *InDesign*

EWRT/JOUR 65 & 65X
2 or 3 units
Monday Afternoons
4:00-5:50 in L-42

*If you sign up for *Red Wheelbarrow*, ask your lit or writing teacher about extra credit & parallel assignment options in ELIT 10, ELIT 11, ELIT 39; EWRT 1C; and EWRT 30 and 40..

Questions? contact: weisnerken@fhda.edu



Southwest style Mexican food

Fresh, wholesome, delicious

Affordable prices

No reservations required

Take-out available

Rio Adobe

Southwest Cafe

10525 S. De Anza Blvd.
(Corner of McClellan and S. De Anza)

Online and catering menus available at www.rioadobe.com

De Anza College Menu: Dining Services Dec. 2 - Dec. 6

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"> • Soup: Chicken Wild Rice • Pizza: Hawaiian Ham, Pineapple and Green Peppers • Pasta: Mediterranean 	<ul style="list-style-type: none"> • Soup: Italian Wedding Meatball • Pizza: Roast Chicken, Ranch • Pasta: Southwestern 	<ul style="list-style-type: none"> • Soup: Tomato • Pizza: Vegetarian Combo • Smoked Salmon Fettucini: Shallots, Lemon, Cream, Toasted Pine Nuts 	<ul style="list-style-type: none"> • Soup: Mexican Tortilla • Pizza: BBQ Chicken with Green Onions • Pasta: Broccoli Bow Tie 	<ul style="list-style-type: none"> • Soup: New England Clam Chowder • Pizza: Chef's Choice

BURGER OF THE WEEK (THAI BEEF):

Curried Ground Beef Burger, Spicy Sweet Mango Salsa, Cilantro, Tomato and Iceberg on White Bread

SALAD DAZE MAKE YOUR OWN SALAD:

Chef specialty salads everyday: Chicken Caesar, Spring greens, apple, candied walnuts, cranberries, blue cheese and oil & balsamic dressing, Southwest Chicken, Vietnamese Chicken or Shrimp, Chinese Chicken Salad

Cheeseman ponds remain empty, renovations planned

By Serena Scaglione
Staff Writer

A long bidding process and a project redesign have left the ponds at the Cheeseman Environmental Study Area drained for a year and a half.

The renovation of the marsh and riparian ponds in the CESA are funded by Measure C, a \$490.8 million bond approved in 2006 to improve facilities at the De Anza College and Foothill College campuses.

Even with the funds for the CESA project available, renovation to expand and deepen both ponds cannot begin until a construction company wins the bid for the project.

Donna Jones-Dulin, associate vice president of finance and college operations, said the project has gone out to bid twice already, but both bids came in over budget.

A project redesign must be completed before the project can go out to bid again.

The delay in construction has prevented the CESA from being a thriving natural habitat and educational resource for students

and members of the community. CESA coordinator Diana Martinez said the ponds do more than just add to the scenery; they serve as a precious water source to the area's plant and animal life.

The ponds are also used by De Anza science classes and other local colleges for invertebrate studies, as well as testing oxygen and temperature levels in the water.

"It's more than an outdoor arboretum," said Martinez. "We consider it an extension of our classroom and environmental studies program."

When the renovation of the ponds is complete, Martinez said she hopes to see new and returning wildlife such as California-native fish, turtles, frogs and ducks.

"[The wildlife] comes alive when you have that pond going," she said. "Water is such an important feature of any landscape and is such a valuable resource."

Martinez said project construction should begin early to mid-spring and anticipates that the CESA will reopen in the fall of 2014.

Changes made in response to sexual assault

By Jay Serrano
Staff Writer

Campus groups have begun to address security and attempt to remove the stigma surrounding sexual assault in reaction to the reported sexual assault that occurred Nov. 4.

Groups are responding by reviewing and increasing security on campus.

The De Anza College Police have increased the number of patrol checks in buildings around campus performed each day, according to Ron Levine, Foothill De Anza District police chief.

Students have also begun to notice ways to improve safety.

"The sexual assault draws attention to what could be done to make the campus safer," said Caleb

Haddad, 21, philosophy major. "I noticed the current lack of lighting on campus."

The DASB Senate and the office of equity are responding by hosting community dialogues and summits on campus.

The first dialogue was held on Tuesday, Nov. 19 and it addressed creating a safe space at De Anza.

"The hopeful outcome is greater awareness about rape and sexual assault," said Edmundo Norte, dean of intercultural and international studies.

Members of the community gathered to talk about what rape and sexual assault are, and the root causes associated with them.

At the event, attendees were given packets that contained tips for self-protection and hints on how to help victims

who come forward.

Presenters also spoke about creating a community where students and faculty are willing to talk about sexual assault.

"Communities that talk about sexual assault issues move away from condoning it," said Stacie Rowe, the 19-year-old DASB Senate president.

The Office of Equity is working on creating a larger safety and inclusion campaign that includes sexual violence forums and provides support for student initiatives, said director Veronica Neal.

To open the sexual assault forum DASB senate President Stacie Rowe shared a statement on her personal experience with rape and victim blaming. To read that statement in its entirety see page 6.

De Anza aids Typhoon Haiyan relief efforts

By Mark Aquino
Staff Writer

De Anza College students are among those helping relief efforts for Typhoon Haiyan, which occurred on Nov. 8, by collecting donations in the form of clothes, canned food, money, or volunteer work.

Frank Toliao, nursing major, said some of his family members in Tacloban were affected by the Typhoon.

"Six days after the typhoon had hit, we received word through Facebook that our family was OK," said Toliao. "Their roof was detached by the typhoon, but no one was hurt."

In an effort to help those in need from Typhoon

Haiyan, students and Rowena Tomaneng, a former volunteer for the National Alliance for Filipino Concerns and associate vice president of instruction at De Anza, are holding events and donation opportunities for those interested in donating toward the relief.

"It would be beneficial to help as much as possible," said May Tieng, business major. "Whether or not you're Filipino, it would be great to support the Philippines in the relief efforts in response to the tragedy."

Donation tables were set up in the Main Quad Monday through Wednesday, Nov. 25 to 27. Classroom visits are continuing through Thursday Dec. 5.

The Asian Pacific American Staff Association plans on

holding a Holiday Benefit Event on Wednesday, Dec. 11 from 11:30 a.m. to 2 p.m. at the Multicultural Center in which all proceeds will be going towards the NAFCON USA Typhoon Haiyan Relief Effort.

Donations can also be made online through the National Alliance for Filipino Concerns on the De Anza website.

Information on how money is distributed can be found on the Letter of Appeal from NAFCON Bayanihan Relief and Rehabilitation Program, which also is accessible on the De Anza website at www.deanza.edu.

Anyone wanting to volunteer or get involved in the relief effort can contact Nomaneng at tomanengrowena@deanza.edu.

SAIC School of the Art Institute of Chicago

AMERICA'S MOST INFLUENTIAL ART AND DESIGN SCHOOL

SAIC encourages investigation that is interdisciplinary, collaborative, and experimental.

Application deadline: January 1
Classes begin January 23

APPLY NOW:
saic.edu/ugmerit
saic.edu/ugapp



ADMISSIONS
312.629.6100 | 800.232.7242
ugadmiss@saic.edu

MARA GOLDFINE (BFA 2013), *BEHIND THE CURTAIN*, IRON, CHERRY, LINEN, BRONZE, MECHANICS

REALIZE YOUR DREAM AT MILLS COLLEGE.



Mills offers talented women who want an exceptional and personal education the ability to:

- Get the classes you need to graduate on time.
- Earn merit scholarships totaling up to \$20,000.
- Transfer with no minimum number of credits.
- Transfer without completing your GE requirements.

There's still time to apply for spring 2014!

Sign up today to meet with an admission counselor and tour the Mills campus. Learn about our generous financial aid opportunities and our admission process.

MILLS

MAKING THE WORLD MORE . . .

Oakland, CA
admission@mills.edu
www.mills.edu/transfer

MEET WITH A COUNSELOR:
WWW.MILLS.EDU/CAMPUSVISIT

How To: Prepare for finals week

By Rika Kumar
Staff Writer

With finals week approaching, De Anza College students are only concerned with two things: Study skills and stress management.

Study Skills

Developing good study skills can help students conquer finals season more effectively.

De Anza's Library and Student Success Center provides resources to help students study for their finals and develop study techniques.

Co-director of the Student Success Center Diana Alves de Lima said the Math, Science, and Technology Resource Center will be open during finals week, with study tables and drop-in tutoring available to students.

She said the Student Success Center would also hold skills workshops to prepare for tests, learn study tips, and beat procrastination.

"Attend as many Skills workshops as you can," she said, "Many instructors offer extra credit."

Alves de Lima also offered her own study tips for students to

succeed during finals week.

"Make detailed to do lists for each exam. Plan the best time and place to study...break study sessions into smaller sessions and reward yourself," she said.

"Condense large amounts of information into more concise formats. Use multi-sensory approaches...using color and graphics, flashcards, rhymes or acronyms to help you remember."

Students having a place to study without any distractions can help with retention. Studying in smaller sessions also helps students from getting tired during study sessions.

"When I have to memorize large chunks of material I like to group them into flashcards so I can study them whenever," Hira Li, 19, history major said.

Stress Management

Stress during finals week is usually a product of too much to do in too little time, but can also be a problem for students who diligently follow the Study Skills guidelines above.

Student Health Services, located in the bottom floor of the Hinson Campus Center, helps provide students with multiple resources to help with coping

with stress, overall health, and staying fit during finals week.

"Without health, you cannot learn," said Mary Sullivan, Coordinator of Students Health Services, "Stress can interfere with memory which is part of learning. Overall wellness is important."

Student Health Services also has a website that provides information on stress management and wellness during finals week.

"The online journal will talk about finals...and anxiety, and study methods that work," said Sullivan, "It also has stuff about emotional health and effective study methods."

One branch of Student Health Services is Psychological Services, which provides students with confidential sessions in which they can talk out their problems regarding stress or other issues.

"When I get stressed I like to run," said Sara Maladi, 20, business major. "It makes me feel refreshed again and I can study."

Overall, a healthy amount of stress is needed to succeed but too much can lead to a low immune system and deter a student from focusing on studying.

Tacky Christmas sweaters: So heinously ugly they're cute

By Lecitia Castro
Staff Writer

For the past few years, the tacky Christmas sweaters trend has become popular spoof on Christmas spirit.

No longer is the tacky Christmas sweater the ugly gift your grandmother buys you every year; it has become a way to show your personality.

Many holiday parties revolve around the new trend as a fun way to hang out with friends without having to dress up; just pick a crazy-looking Christmas sweater.

"Last year I went to a Christmas party, and the theme was tacky Christmas sweaters. Some of the people there went all out," said Cassie Armenta, 21, child development major

How do you know if your sweater is tacky enough, and where can you buy a tacky Christmas sweater?

Don't worry, it's easy. There's no need to go spend lots of cash on a nice sweater just to ruin it. You can go to a thrift store and find something unique, and then have fun with it.

Add anything and everything Christmas related to your tacky

sweater. You can add ornaments, candy canes, lights, glitter, bows, or even pin your Santa hat on. It's a tacky sweater trend, so go with the flow.

"I love this whole tacky sweater trend, even though it's supposed to be 'tacky', I still add in some cuteness," Sophia Gonzalez, 19, Art major

The trend has become so popular, many well-known stores are now selling these sweaters. They may not compare to the masterpiece you are capable of making, but for some the "cute tacky sweater" has more appeal.

Either way, the tacky sweater trend is here to stay.

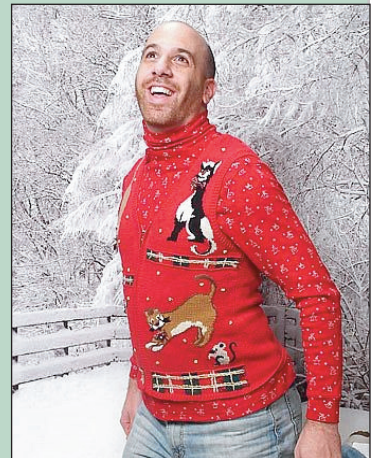


PHOTO COURTESY OF FACEBOOK



de anza associated student body
COMMITTEES



ADMINISTRATION

FRIDAY | 12:30 p.m. | Senate office



Diversity and Events

MONDAY | 3:30 p.m. | Don Bautista Room



environmental sustainability

FRIDAY | 11:30 a.m. | Senate office



FINANCE

MONDAY | 3:30 pm | Student Council Chambers



MARKETING

THURSDAY | 2 p.m. | Senate office



STUDENT RIGHTS & SERVICES

THURSDAY | 12:30 p.m. | Senate Office

APP REVIEW: Holiday helpers for the season

By Zee Wang
Staff Writer

The holiday season is a time for shopping, dining and traveling while people celebrate and share their joy with family and friends.

For this generation of Smartphone users, holiday apps suggest brilliant ideas for everyone to celebrate.

"I recommend two free shopping apps: Black Friday and TGI Black Friday," said Katherine Wang, 21, computer science major.

"Going to stores in person requires a lot of time, while these shopping apps provide a quick way to choose what to buy."

The holiday season is a time for family and friends to gather and camera apps help you capture the memorable moments in your life.

"My recommendation of camera apps are Instagram, BeFunky, Moldiv, and Action Camera," said Ofelia Yang, 24, film major.

"Instagram is an app which is similar to Facebook. You document your life by updating photos and videos," she said.

"While BeFunky has a good photo editing functions, and there are a lot of picture affects you can choose from. It also allows you to add creative typography onto the pictures."

With family and friends visiting, restaurants are a good place to visit before the holiday feast is set.

"I use Yelp and LivingSocial as my food direction app," said Jeff Lin, 23, industrial engineering major.

"They both provide abundant information about where we can get good food."

Holiday season is also a travel season. People often journey great distances, sometimes as far as other countries, to have a relaxing vacation with family, friends, or lovers.

Skyscanner and Airbnb are two apps to help you with all your traveling.

The free app Skyscanner offers first-hand news about the latest deals on airline tickets from the nearest airports.

Airbnb provides users a quick way to know where they can find good lodging with reasonable prices.

Whatever you need this holiday season, there's an app for it.

NYT columnist denounces me generation

By Jessica Sun
Staff Writer

American culture has shifted from one that focused on cultivating character and moral foundation to one that emphasizes the development of external display, David Brooks told a packed crowd on Friday Nov. 22 at the Flint Center.

"The rise of egotism has had some effect in this shift," said Brooks, a political and cultural commentator for the New York Times columnist and PBS Newshour.

He reminisced on the ethos of earlier decades and certain public figures, and the shift to a "self-focused", "overly-confident", "individualistic" and "morally inarticulate" society.

Brooks' deprecating jokes kept the audience laughing despite the dejected nature of the topic.

"Kids are now brought up with constant praises; told to listen to their own voice, to follow their own truth and come up with their own moral philosophy — leaving little room for self-criticisms, self-effacement and self-doubt," said Brooks.

Brooks pointed out colleges once emphasized teaching respect and building character, but are

now institutions focusing on equipping students with skills to become professionally successful.

The audience laughed and gasped in unison when Brooks provided startling statistics showing increased narcissism and inflated self-worth in Americans.

"We're about 25th in the world in math performance, but were number one in saying we're really good at math," he said.

Brooks said the upsurge in our consumption the past few decades parallels our increase in ego.

Brooks said if people do not see themselves as special and instead see themselves as "a small piece in a long chain of generations," they will have a moral sense to inhibit spending on themselves and prevent pushing debt toward future generation.

The shift from self-distrust to a lot of self-trust has also created polarization in our society, said Brooks.

"If you think you have a modest view of your own opinion, you know you're going to need the people who disagree with you to balance off your own errors," he said.

"If you think you own 100 percent of the truth, then people



PHOTO COURTESY OF FACEBOOK

who disagree with you are just in the way."

Brooks said after years of covering politics, he has concluded that "the good of the country is only dependent on the character of its people and it comes back to rediscovering our basic sense of decency and basic modesty."

Brooks was one of the speakers in the Celebrity Forum series at Flint Center.

The next speaker feature is Steve Wozniak, inventor of the first two generations of apple computers. His talks are scheduled Jan. 22 to 24, 2014. For more information, go to www.celebrityforum.net.

Seven campus Christian clubs divided by ethnicity, language differences

By Lance Petit
Staff Writer

De Anza hosts seven different yet like-minded Christian clubs on its campus, all of which service different aspects within Christianity.

While many different ethnic groups and church denominations are within the Christian religion, the descriptions the clubs post sound mostly the same.

Furthering students spiritually through bible study is just one of the recurring themes in each.

"I don't think this is necessarily a bad thing," said Mindy Schrag, president of InterVarsity. "I think there are multiple Christian clubs on campus because people have different Christian traditions. Some of the groups focus on a particular ethnic group or church denomination"

Another reason for the amount of Christian clubs at De Anza College is due to the diverse student body from all over the world.

"De Anza has over 20,000 students, I believe more than one group is necessary to meet the

spiritual needs of such a large student population," Schrag said.

Students often create social groups among others who speak the same language and have similar cultural and spiritual practices.

"All [clubs] are different, serving many different purposes but with the same goal in mind," said Billie Lo from the Fellowship Overseas students of De Anza. "Some clubs teach and converse the bible in Mandarin, Cantonese and Korean."

In addition to fellowship, the Fellowship Overseas club

provides members educational guidance, rides to doctors and a place where students can study Christianity.

The Walking Along Gods Vision Everyday club WAVE focuses only on Korean students, providing a place to love god among students who speak the same language and share the same ideals.

WAVE holds bible studies every Tuesday night and volunteer at St. Thomas Covenant Hospital and the Sunnyvale senior Health Center on Sundays.

"Although there are many

different [Christian] clubs, we all have the same goal," said Jin Hwan who helps run WAVE. "I think it's a good thing to have separate clubs but I would definitely like to do meet-ups a couple times a year with other Christian clubs."

With the abundance of Christian focused clubs on campus, all seem to welcome students interested in the Christian faith and even current followers. Contacting members will provide helpful and friendly information, making the choice of picking the right Christian club easier.

First transgender workshop highlights importance of community allies

By Samuel Reeves
Staff Writer

Celebrating pride, accepting different perspectives, and establishing an open dialogue were the key points De Anza College's Rainbow Club emphasized during an organized gathering in honor of Transgender Remembrance day, held Nov. 20 at the Campus Center in conference room B.

Transgender Day of Remembrance is an internationally recognized date to honor the lives of those who died as a result of transphobia.

"We don't want to linger on those who've passed, we want to honor them through pride in our

own identities" stated co-vice president Tara Swan.

The event featured panels, films, and group activities to teach students about the importance of being an ally to anyone who considers themselves transgender.

"The turn-out was great," said Rainbow Club's co-vice president Nate Mendoza. "This is the first year we've done this on campus and we are blown away by the turn-out".

Workshops featured at the event detailed how to support



SAMUEL REEVES | LA VOZ STAFF

Tara Swan, left, and Nate Mendoza, right, give a presentation on ways to support transgender students at the Transgender Day of Remembrance Nov. 20 in the Campus Center conference room B.

someone's transitions by asking questions to help establish what pronoun individuals want to be referred to by, and help make an open dialogue easier to establish.

Claire Wilhelm-Safian, 18,

English major, said she attended the workshops because she believed attending would provide more support for the cause.

Swan said she believes the biggest threat to the transgender community is ignorance, which was why educating others was such a large part of the event.

Swan said celebrating pride in individual identity makes people feel empowered, and by coming together, it creates a safe environment for people to exercise their identity without judgment.

Mendoza believes the numbers will increase for gatherings like Transgender day of Remembrance, and they plan to host bigger events at the start of

the Winter quarter.

The Rainbow club meets on Thursdays in the MCC building from 4 p.m. to 5 p.m through the rest of the school year. Anyone who wants to provide or receive support should attend.



Julie Lewis, professor of Introduction to Lesbian, Gay Bisexual and Transgender Studies, explained the importance of being an ally to the crowd.

DASB PRESIDENT SPEAKS OUT

Shares personal experience with rape at sexual assault forum held by DASB

The following is a recreation of DASB Senate President Stacie Rowe's opening statement at the sexual assault forum held by the DASB Senate on Tuesday Nov. 19. The recreation was provided by Rowe via email.

I'd like to speak with you very openly today, which is rare for me because for most of my life I've had to keep secrets for the purpose of my safety. But last year I was outed as gay to my very small, very conservative hometown. The reaction was so violent that I was forced to move.

Now that I'm safe and have a community that has only been supportive to me, I've come to realize that my secrets no longer serve me. There's nothing I have to hide anymore. So I've been in the process of letting my secrets go.

Two weeks ago at the Veteran's Day Service, I mentioned, while speaking, that I have posttraumatic stress disorder — and I hoped that I wouldn't have to reveal why. But after hearing of the attack that happened on our campus, I found that my silence does not comfort me anymore. So I'm here today to break it and tell my story.

Five days after my 14 birthday (Nov. 13, 2008), the boy I was in a relationship with at the time took me to the edge of (our high school's) campus and raped me. Up until that point he'd been

nothing but an absolute gentleman to me, and because he was more perfect than me, and because I cared about him, I blamed myself and stayed with him. And at first it got better... and then it got much, much worse.

He raped me continuously over the course of a year. He tortured me, at points, as evidenced by the scars that can be seen most visibly on my arms. He did things to me that to this day I have not spoken about — and I don't believe I ever will. It didn't take me long to forget who I once was. I still don't recognize the person I see in the mirror.

One night, I found myself pouring my heart out to a trusted friend about what was happening. The next week at school, I'd learned that not only had she spread my secret around the school, but that she had also said I was lying about it. A couple days later, I was pulled out of class by a sheriff who had a very firm talk with me about how serious lying about rape is. He then threatened me with the prospect of legal charges.

And that's when I realized that not only does our society not want to talk about rape and sexual assault, but they'd prefer to believe that they simply do not exist. Either because it's too uncomfortable for them to think about, or because it would force

them to see an ugliness in people they know and care about. And the easiest way to pretend rape doesn't exist is to silence the voices of those who've survived it. And they silence our voices with myths.

Well, she was wearing that, so she must've wanted it.

She isn't pretty enough to get raped.

If she didn't want to get raped, she shouldn't have had so much to drink.

That's what happens when you friendzone a guy.

She was in a relationship, so he was just taking what was his.

And you don't even hear about men being raped or sexually assaulted, and it's not like it doesn't happen.

I and the DASB Senate wanted to have this event to make sure that there's a space to talk about rape and sexual assault, so De Anza — the closest place I have to a home — doesn't contribute to the silence. That we start actively working against rape culture and make it known that we don't allow silence to fall around hard issues on our campus.

I didn't tell you this to make you sad. I told you this to break silence. So if there's another person who'd like to talk about their experience in this room, they know they can. They don't have to be the first. Thank you

FROM SELFIES P. 1

forms of selfies in this narcissistic world include duckfaces, mirror selfies and everyone's favorite — belfies, which is derived from that one time Kim Kardashian took a selfie of her famous backside.

"I don't understand duckfaces and why people think they're attractive," said Jason Hong, 19, business major. "Ducks are great. But people trying to look like them, no."

One can argue, people are improving the economy by taking selfies. According to a study done by the New York Times, Snapchat and Instagram are a 350 billion dollar industry that cashes in on the millions of duckfaces and selfies uploaded to social media websites every day.

Recently, advertising agency BBDO Guerrero started a campaign that helps raise money for Typhoon Haiyan relief in the Philippines by encouraging people to post a selfie with a sign in front of their face with the hashtag #unselfie, promoting awareness for those who have had their lives turned upside down because of the Typhoon.

In a way, the addition of selfie to such a prominent dictionary has helped raise awareness for an important, urgent cause.

Perhaps the Oxford Dictionary knows what it's doing after all.

LA VOZ WEEKLY

L Quad Room L41
21250 Stevens Creek Blvd.
Cupertino, CA 95014

PHONE: (408) 864-5626

FAX: (408) 864-5533

EMAIL: lavoz@fhda.edu

WEBSITE: lavozdeanza.com

EDITORIAL BOARD

Harold Banks
EDITOR IN CHIEF

Harold Banks
OPINIONS EDITOR

Joshua Boguiren
WEB EDITOR

Adam Conston
PHOTO EDITOR

Michael Mannina
EVENTS EDITOR

Patty Nguyen
SPORTS EDITOR

Rachel Schemel
FEATURES EDITOR

Jacob Sisneros
NEWS EDITOR

BUSINESS STAFF

Cecilia Deck
FACULTY ADVISER
deckcecilia@fhda.edu

Jessica Sun
BUSINESS MANAGER
lavozadvertising@gmail.com

ABOUT US

La Voz Weekly is written and published by De Anza College Students as a First Amendment newspaper.

La Voz Weekly is partially funded by the De Anza Associated Student Body and is printed by the San Francisco Newspaper Printing Company. All rights reserved; no part of La Voz Weekly may be reproduced without permission.

Staff editorials reflect the opinions of the majority of the editorial board and not necessarily the views of the author or the entire La Voz staff. Opinions expressed by staff and contributors are the opinions of the individuals and not necessarily the opinions of La Voz Weekly.

LETTERS TO THE EDITOR

Letters to the editor can be submitted to lavoz@fhda.edu or at lavozdeanza.com. Letters should be 300 words or less; letters more than 300 words may be edited for length. Letter authors must include a phone number in submissions. Letter content must not be libelous or intended to air personal grievances. La Voz does not guarantee that submissions and letters to the editors will be printed. La Voz reserves the right to edit letters and submissions for clarity in accordance with Associated Press writing style. Letters submitted for the printed edition of LA Voz Weekly may be published in the online edition.

Books vs. movies

Nothing beats imagination

By Juwairiya Syed
Staff Writer

Once again, the box office has been dominated by a movie adaptation. Set in a dystopian world, The Hunger Games: Catching Fire had fans lining up at midnight on opening day.

The craze brings back memories of British wizards and pale vampires falling in love. Let's not get swept up in the fandom of the Hunger Games, only to forget the horrors of movies that are adapted out of books.

Harry Potter and Twilight are examples of how the truth is self-evident; books are far better than movies and never should the former be adapted into the latter.

No movie screen could possibly capture the detail or magic that comes with words and the freedom of imagination. Words can be descriptive, but also allow the reader to use their imagination to interpret the material, with each person creating a world unique to their mind. The magic of imagination is what allows the reader to be swept up in the romance and mystery of the story.

Once a face has been given to every detail from hair color to height, the reader's right to have their own individualized version of the story has been taken away, only to be left with a mass produced story of mediocre quality.

No movie has had an adequate running time to faithfully adapt the entirety of a novel. The Harry Potter novels were good, but the movie, unsurprisingly, left out or changed many details.

Let's not even begin with the embarrassment of the Twilight series. An average book being adapted into an awful movie is barely worth mentioning.

So now we are back to The Hunger Games adaptation, which I hate to admit, compares favorably to the books. However, the Catching Fire is not without faults. The movie's attempt to capture every detail of the book makes the movie feel rushed, yet too long.

For those who have yet to see the Hunger Games movies, please read the books first. Judge for yourself, and see how the adaptation stands against the original

Reality TV strong as ever

The simpleton life

By Chris Padilla
Staff Writer

What can be said about reality TV that hasn't already been said about cheap, crappy junk food? It's empty, easy to produce and while it might be immediately satisfying, it is ultimately unhealthy for you.

What began as part social commentary, part social experiment with 1992's "The Real World," has now been cloned ad nauseam; almost every channel has its own lineup of reality television.

Like any cloning experiment gone terribly wrong, each iteration creates a more horrific monster, as every season's most vile traits are saved and replicated for the next generation of cheap and easy television.

It seems that reality TV is on a mission to make a caricature out of everything about the human race. With shows about overweight children, catty housewives, has-been celebrities and worst of all, talentless celebuntants who are famous simply for being famous, if "reality" TV is indeed real,

it paints an ugly picture of the human race.

The "reality" of reality television is a dubious claim at best, an outright lie at worst.

Even without the well-documented evidence of producers telling cast members to antagonize fellow castmates, common sense would dictate most people do not act like most reality TV "celebrities" in real life. There have been reunion specials for various reality TV shows where former cast members flat-out stated they were asked to act-out for the benefit of the cameras, in order to create drama where there would otherwise be none.

The ostensible appeal of reality TV, that it is "real," is merely a facade. What is left is essentially badly scripted, puerile TV. Schadenfreude is the only reason anyone would want to indulge in it. Well, schadenfreude and sexy cat-fights.

Unfortunately, like junk food, no matter how terrible it is for you, not only is reality TV here to stay, it will probably only get worse.

Black Friday ain't all doom and gloom

Reading Stephanie Chao's opinion piece on how black Friday is essentially destroying the spirit and value of thanksgiving, I would like to give a different perspective on it.

As a poor college student and coming from a pretty poor family, if I could get my mother that blender she always wanted but could never afford for cheap, you know I am gonna wait in the

cold for hours to get it. Black Friday gives me the opportunity to express my gratitude to the people I love in the way they would appreciate most. Actual tangible objects that they could use.

As a part time retail worker at one of the aforementioned mega-retailers, I also never fail to see a co-worker who is single and without family nearby take

the shift for a fellow co-worker who actually has a family and is planning to spend thanksgiving with them.

Now, while agree that these sales make people do crazy things, there is also a smidgen of care and compassion in the chaotic world of Black Friday.

Jaison Tiu, 17,
Computer Science major

Transgender students' safety important

I was disheartened this week upon reading the article Serena Scaglione wrote on AB 1266. As a member of the LGBTQ community, it was painful to see this paper play into heteronormativity and the inherently oppressive gender binary system.

I found the claim that allowing gender-nonconforming students to use the bathroom they identify with would endanger cisgender

students to be lacking in supportive evidence. If someone wishes to break the law and cause harm to someone else, a law preventing them from entering a bathroom is not going to dissuade them.

To claim to be concerned with the safety of trans* students while advocating against their rights and their ability to be in an environment in which they feel most comfortable is counterintuitive and harmful.

In a country in which 41percent of the transgender* population has attempted or committed suicide, there is no room to "protect" our people by not allowing them to express their identities.

I hope that La Voz will act with more tact and sensitivity when handling such a pressing issue in the future.

Stacie Rowe
DASB President

Tea Party positions defended by math prof

To hear Carla Arango tell the story, the Tea Party members of Congress are extremist, close-minded (sic), antiquated, and uncompromising. Given the vitriol that permeated her editorial, you might imagine she also thinks they are evil, beat their children, and eat little puppies. What was most disturbing about the editorial wasn't that it lacked any facts to back up her ad hominem attacks, but rather that it lacked even a modicum of understanding that the policy positions held by Tea Party members might be both intellectually defensible and superior to her own.

Her attack on Tea Party positions were factually incorrect. They don't oppose federal spending, they oppose the levels of spending. They don't oppose all taxes, they think we are Taxed Enough Already (hence the name), and while some members may not support certain reproductive health services, the biggest complaint is that taxpayers

should not be forced to fund certain elective procedures, and that religious institutions should not be forced to abandon the tenets of their beliefs just to fund contraception.

Even in a topic as politically charged as abortion, where both sides are so absolutely convinced of their own righteousness, the true intellectual evaluation is much more complex. For those of you who see only black and white, consider the following question. "When during the development of the fetus does he/she obtain the necessary characteristics to be guaranteed equal protection under the 14th amendment?" If you believe that you alone can answer that question with utter surety, then you must certainly be "anointed".

Ms. Arango also needs to quit playing fast and loose with the truth. She criticizes the Tea Party for allowing the sequestration, without once mentioning that sequestration was proposed by President Obama

and his budget director, passed by a Democrat controlled Senate, and signed by President Obama. Anyone with a hint of intellectual honesty can hardly blame the Tea Party for sequestration.

For all of you that believe as he does, that there is only one legitimate side to these complex issues, I offer some advice. Find classes where the central theme is not anti-capitalist, anti-male, social activism. Find instructors that might actually challenge your beliefs, and your reasoning. Watch something other than Comedy Channel or MSNBC to get your news. In the end, you may not change a single belief you have, but you will hopefully come away with a better idea of the strengths, and particularly weaknesses, of your arguments and the "facts" being used to support them.

Scott Peterson, Math Instructor,
De Anza College

Protect against sexual assault

In wake of the recent alleged sexual assault on campus, many students are left feeling unsafe, and even a little on edge. In light of this situation, most people should be aware that unfortunate situations like this do occur, and it could even happen to you. The most valuable lesson, a person can take from this is to become knowledgeable about what you could possibly do to defend yourself if you ever find yourself in a dangerous situation. Here are some suggestions:

1. If the attacker touches you, or it's clear that escape isn't possible. You can show that you're not an easy target by shouting loudly (BACK OFF!) Or even pushing them. This will even alert someone possibly near you that you're in danger.

2. In a terrifying situation, sometimes you only have a few seconds to act upon before a possible confrontation between you and your attacker begins. Don't waste valuable time throwing jabs and punches, but AIM AT THE PRESSURE POINTS! Strike the eyes, neck, nose, and groin. If possible,

act fast and scratch/gauge their eyes. Push back the neck of your attacker and thrust your knee into their groin to inflict damage.

3. Use everyday objects to your advantage. Pens and keys can be used for stabbing. If you feel unsafe walking around school at night, or even when you're by yourself, you can carry a pencil/pen in your hand to put yourself a little at ease. Ladies' or guys can use their perfume spray or pepper spray if they have it on hand to disrupt their attacker's vision. Or even If you're outdoors throwing dirt or sand can immobilize them as well.

4. Use your resources. There should be no excuses when it comes to being knowledgeable about safety and being able to protect yourself. Take a safety defense class at De Anza with friends, purchase safety defense tools (i.e. pepper spray), or even watch Defense Safety Tutorial YouTube videos.

Stay Safe Dons!

Victoria Tran
Student

WANTED

La Voz Editors for Winter 2014

To apply for an editorial position, send a 300-word (or less) letter of intent to deckcecilia@deanza.edu. Include contact information, background experience and position(s) interested in.

Positions include:

- Editor in chief
- Managing editor
- News editor
- Opinions editor
- Features editor
- Sports editor
- Social media coordinator
- Web coordinator
- Photo/Graphics coordinator

Deadline for letters is NOON on Friday, Dec. 6

QUESTIONS ABOUT JOURNALISM?

Drop by our office in L41 or contact program coordinator Cecilia Deck by email at deckcecilia@deanza.edu or by phone at 408-864-8588.



JOURNALISM AT DE ANZA

No experience needed! Everyone welcome!



Take a few classes or earn an A.A. degree in Journalism. Learn about news writing style and mass communications. Contribute to the award-winning student newspaper La Voz by writing stories, shooting photos, creating web content or producing videos.

Classes offered:

JOUR 61a - Student News Media Production - 3 units
Practical experience in creating news media content. *No prerequisite.*

JOUR62 Series:
Practical experience in creating news media content. *No prerequisite.*

JOUR 62a - Freelance Reporting for Student Media - 1 unit
JOUR 62b - Freelance Photography for Student Media - 1 unit
JOUR 62c - Freelance Video Production for Student Media - 1 unit
JOUR 62d - Freelance Digital Production for Student Media - 1 unit
JOUR 62e - Freelance Graphics for Student Media - 1 unit
JOUR 62f - Freelance Copy Editing for Student Media - 1 unit

JOUR 2 - Mass Communication and its Impact on Society - 4 units
Study the effects of mass media on culture and society. *Advisory: English Writing IA or ESL 5.*

JOUR 21a - News Writing and Reporting - 3 units
Learn how to report news and write concise, information-packed stories for news media. *Prerequisite: EWRT IA or ESL 5.*

JOUR 21b - Feature Writing and Reporting - 3 units
Learn how to write high-impact feature stories for news media. *Prerequisite: EWRT IA or ESL 5.*

WATER POLO ENDS ON A GOOD NOTE

By Jescelane Valencia
Staff Writer

The men's water polo team finished in second place while the women's team closed in sixth place during the Coast Conference Championship tournament.

Blood, sweat, chlorine and muscle cramps were the price De Anza's water polo teams had to pay competing this season. After an entire fall quarter of practice, games and tournaments, both teams ended their season with the C.C.C. tournament.

"Getting second place at the end of the season was a huge achievement, and it truly portrays the amount of hard work we had to go through to get us there," said Scott Reynolds, men's water polo captain. "This is the highest

De Anza has placed in years so we should be happy with ourselves."

During this quarter, both teams played at least 20 to 25 games. All

time spent with the ball in the water improved not only physical strength among its players, but strength in loyalty and teamwork over time.

"The men and women both moved up seeds from the last year, so we all improved," said Jane Kim, women's water polo captain. "Individually, everyone improved whether it was speed, shots, awareness, strength or learning the game."

Even though water polo season is technically over, the bright yellow ball is still in sight for its players and coaches.

"We do have off-season practice during winter three times a week," said Reynolds. "Most of the players are also on the swim team which practices five times a week. It's important we all stay in shape so we will be prepared for next year."

Both teams share a plan for next year for returning and new players. They accept the challenge to improve their game of

communication with each other.

"I honestly think, as a team, we lacked the ability to read each other," said Kim. "We were able to coordinate and play but we didn't know certain outcomes that would happen after a certain play or certainty of the ball after it leaves the hand."

Reynolds said, "Our main weakness was not being aware of what is happening around one another, but I think we were able to understand this and fix it later in the season."

Overall, the captains expressed pride for their teams.

"Everyone had fun and we tried to get the most out of everything. What you put in is what you get out, but you have to enjoy it too," said Kim. "It's not always about winning, but having a good time. It's not where our destination is, but the journey. I think we had a good season. Friendships happened and memories were made."

PLAYER PROFILE: Victoria Ramirez

AGE: 18 | POSITION: Center Forward

HEIGHT: 4'11 | WEIGHT: 120 | MAJOR: Undecided



Freshman forward Victoria Ramirez (7) accepts a pass from a De Anza teammate during the game Friday, Oct. 11.

SUPREET SINGH | LA VOZ STAFF

By Marion Hohlfeld
Staff Writer

De Anza College women's soccer freshman Victoria Ramirez might look tiny on the outside, but she has a big heart inside, and quick feet too. In a brief interview, the freshman forward told us how she got involved with soccer, what she loves to do outside of the sport and what her major plans for the future are:

When and how did you get started playing soccer?

When I was 5, my parents put me into a soccer league. Then I started playing some kind of club soccer when I was 8. I have always loved it.

What other sports interest you? What do you do outside of soccer?

In middle school I also played basketball and volleyball. I did cheerleading and played softball. Outside of soccer I just study, hang out with friends, and I play the piano and guitar. I love to read as well.

What motivates you on and off the field?

I think it can be described like the desire to not necessarily be successful, but just make people happy. I desire to work hard and prove myself to everyone including myself and everyone in my family. I have a really big heart for serving others. I went on a mission trip to Ecuador and I just love serving people. I guess that is my drive. I love kids; they are the reason I want to be a teacher.

What are your plans for the future? Do they include soccer?

Once I transfer, I do want to continue to play soccer at whatever school I go to. I am working on that now. After college, I want to go abroad and do serving trips in South America. Hopefully, I will get a job and be a teacher or social worker helping people.



Left: Sophomore captain Scott Reynolds takes a moment in practice to rest Wednesday, Oct. 28. **Right:** Jefferson Yau (9) of the De Anza team shoots the ball into the goal. **Bottom:** De Anza goalie Patrick Read (1) successfully stopped the ball from getting to the net. **Bottom Left:** The men's water polo team breaks for halftime during a match at the Central Coast Conference Friday Nov. 8. All photos by Baolien Dang.



Tips for staying fit during winter break

By Carla Arango
Staff Writer

The average person gains about one pound between Halloween and New Year's Eve, but people who are already overweight tend to gain a lot more.

According to a study by the U.S. National Library of Medicine National Institutes of Health, overweight people gained five pounds or more during the holidays.

There are a variety of quick and simple, yet effective ways to stay active during the upcoming holidays so that even the busiest person can't complain that there is not enough time to exercise.

With winter break around the corner, students might not be eager to leave their warm

homes, but this cold weather offers many unique ways to exercise and have fun at the same time.

Ice skating is a perfect way of staying active during the break.

Downtown Ice in San Jose and Shark's Ice offer very affordable prices for skating sessions.

De Anza students can get \$2 off admission at Downtown Ice if they show their valid VTA Eco Pass and can avoid paying for parking if they choose public transit or walk to their destination (another way of staying fit).

But, many students may be busy with jobs and may not have as much time to exercise during the holidays.

A quick 10-minute jump rope workout session at moderate

intensity burns about 100 calories on average, depending on your weight.

This is an effective way of burning off all the excess calories you consume this time of the year.

Jumping rope not only burns calories, it also works many upper and lower body muscles like hamstrings, abs, and arms.

Aside from all the exercise, it is important to remember to maintain healthy eating habits this holiday season.

Avoid overeating and choose moderate portions of foods; you should also eat slowly so your body can digest properly.

Sweet foods and alcoholic beverages may be abundant at family gatherings, but limit yourself to one alcoholic or seasonal beverage a day and a

**SAME
—USF,—
JUST CLOSER.
—AND—
LESS FOG.**

— CHANGE THE WORLD FROM HERE —

**TRANSFER TO A DEGREE
COMPLETION PROGRAM
IN SAN JOSE**

- Small Classes
- Outstanding faculty with academic and real world expertise
- Convenient campuses in San Jose, Santa Rosa, Pleasanton, and Sacramento
- Financial aid and scholarships available
- Classes start in January and August

APPLY NOW
408.343.7100
www.usfca.edu/sanjose

UNIVERSITY OF SAN FRANCISCO | San Jose Campus