



PHOTO ART BY: GENEVIEVE KOLAR

SPOOKTACULAR HALLOWEEN LASER LIGHT SHOW

Casy Hsu
STAFF REPORTER

It's a full house on top and down below. Stars gathered across every inch of the high domed ceiling of De Anza College's Fujitsu Planetarium. On the ground, audience members filled every seat; their heads tilted up at the stars in anticipation. They are waiting for the Spooktacular Halloween Laser show, eager for an early Halloween fix.

This Halloween themed feat of laser neon graphics, in constant motion and tailored to a vibrant mix of Halloween and popular music is a rocking 50 minute show you won't want to miss. It's funny, psychedelic and bold.

The show runs every Saturday evening

before Halloween with four shows offered each night at the planetarium on campus. You can purchase tickets in advance, online or at the door, but make sure to come early to get seats.

On Saturday, Oct. 14 before the 8 p.m. show, families piled in with children and teens. A planetarium employee gave a brief introduction and encouraged the audience saying, "Cheer for the director! Be loud! The 6:30 p.m. showing was too quiet!"

Robert Pickford, the director, spoke of the difference between this show and other non-holiday themed shows; audience participation encouraged.

The stars disappeared as the grand tunes of Mozart's Requiem begin. Cartoon-like characters outlined in neon appeared. After a brief entrance, the show transitioned to Ghostbusters chasing ghosts as the Ghostbusters' theme song started to play.

In addition to Halloween themed

caricatures and music, the laser show included several songs featuring rotating psychedelic images. One song had strings of different neon-colored lines moving in differing patterns like the ones shown on a heartbeat monitor. The waves moved fast or slow based on the rhythm of the song, a colorful visual representation of song beats.

Other songs played alongside visuals of a short story or resembled a MTV music video.

Ellie Weigand, who came with her Girl Scout Troupe of eighth graders from San Jose really enjoyed the show and especially liked the neon lizards in sombrero's rocking out to "Hot, Hot, Hot" by Buster Poindexter. Resembling an 80's MTV music video, the lizards were joined by a group of spicy jalapenos with angry faces that appeared and disappeared.

Towards the end of the show, the music

halted though scrawled out neon lines continued to move across the ceiling into something unidentifiable. "Is this the end?" murmured several audience members.

"Encore! Encore! Encore!" shouted the Girl Scout Troupe.

And encore we got.

For the most part, the show was more funny and action-oriented than scary. Though Bay Area resident,

Ritesh Chopra's son admitted, "I liked the show, but it was a little scary," and despite the haunting ghost images and threatening horseman figure, the Chopra family enjoyed the planetarium show and plan on coming back in the future.

The laser show was also packed with a multitude of other interesting and fun graphics and songs from "Monster Mash" to "People Are Strange". So come check it out. You won't be disappointed.

Monday, Oct. 23

**Info Meeting:
Study Abroad in Vietnam**
10 a.m. - noon
Library 237

Learn about how you can spend the summer traveling in Vietnam and earn up to 14 credits. Financial Aid and scholarships are available. Contact Le Huynh at 408-864-5673 for more information

Saturday, Oct. 28

**Exhibit Reception:
"Ohlone Elders and Youth Speak"**

1 p.m.
Californina History Center
This exhibit celebrates the multi-generational efforts of the Ohlone people to keep their cultures alive and thriving. Compelling photographic images and riveting oral histories dispel the myth that the Ohlone are extinct, while illuminating the life experience of people living between two cultures that are often in opposition. Admission is free. For more information, contact Tom Izu at 404-864-8986

**Laser Halloween
Planetarium Show**
Showtimes between 5 - 9 p.m.
Fujitsu Planetarium
Celebrate Halloween with a fantastic display of laser drawn images and music under the Planetarium Sky. Visit <http://planetarium.deanza.edu> for more information

Monday, Oct. 30

**Chancellor's
Open Office Hour**
12 - 1 p.m.
Hinson Main Dining Room
Chancellor Judy Miner invites students, faculty, and staff to drop by for a casual conversation. Please take this opportunity to share your thoughts with the chancellor and have your questions answered.

Thursday, Nov. 2

**Panel discussion with
Ohlone Youth Activists**
1:30 - 3 p.m.
Conference Rooms A&B
Join a pannel with Ohlone youth activists Kanyon Sayers-Roods, Desiree and Carla Munoz, and Gregg Castro. Discuss the challenges of the 21st century Ohlone.

Admission is free. Contact Azha Simmons at 408-864-5834 for more info.

Announcements

DASB Flea Market
Every month on the first Saturday
8 a.m. - 4 p.m.
Parking Lot A&B
Come to the DASB Flea market to support your student Government!

First Thursday: Open Mic Series
5 - 7 p.m.
Euphrat Museum
Join De Anza students, faculty and staff for open mic in the Euphrat Museum of Art. Poets, singers, rappers, and spoken word artists are welcome. Come out for good vibes, good beats and good talent!

**Student Success Skills
Fall Workshops**
Starts Oct. 18. Ends Nov. 16
Time Varies
ATC 303
Skills Workshops are presented by staff & faculty in the Student Success Center who lead fun-filled, informative discussions to support classroom instruction by helping students

at all levels become better learners and gain skills to achieve success. Visit <http://deanza.edu/studentsuccess/> for more information.

Ohlone Elders and Youth Speak: "Restoring a Californina Legacy"
Starting Oct. 23
Californina History Center
This exhibit celebrates the multi-generational efforts of the Ohlone people to keep their cultures alive and thriving. The exhibit reflects the challenges of 21st Century Ohlone. For more information, contact Tom Izu at 404-864-8986

**Art Exhibition:
"Kindness as Resistance"**
Oct. 30 - Dec. 8
Euphrat Museum of Art
"Kindness as Resistance" will explore kindness and hope as acts of resistance and positive counter-narratives. Artworks will include grace-filled portraits of diverse people and communities, installations about cultural healing traditions, explorations of faith and hope, and opportunities for connection and communication.

ADVERTISING

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



Scan the QR Code to visit LaVozDeAnza.com

CORRECTIONS

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

Burger of the week:
10/23 Breakfast Burger
10/30 Chili Cheese Burger

De Anza College Dining Services Menu: Oct. 23

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

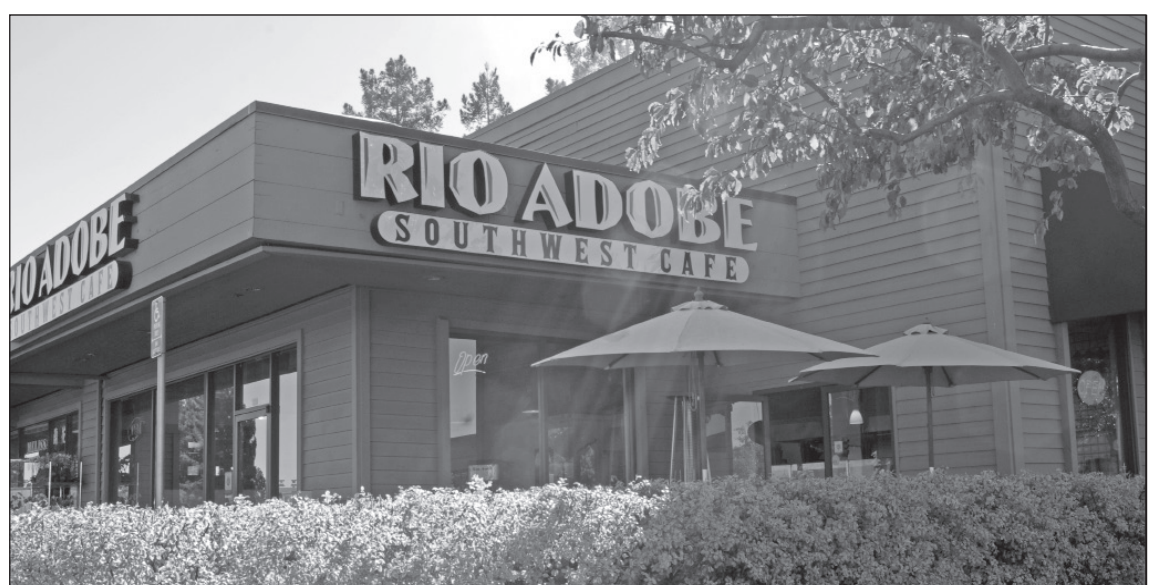
Monday	Tuesday	Wednesday	Thursday	Friday
Oct. 23	Oct. 24	Oct. 25	Oct. 26	Oct. 27
SOUP Roasted Poblano and Cheddar	SOUP Beef Pot Roast	SOUP Sauteed Onion and Mushroom	SOUP Chicken Tequila Fiesta	SOUP Chef's Choice
PIZZA Hawaiian Ham and Pineapple	PIZZA Roast Chicken and Ranch	PIZZA Vegetarian Combo	PIZZA BBQ Chicken with Green Onions	PIZZA Clam Chowder
Monday	Tuesday	Wednesday	Thursday	Friday
Oct. 30	Oct. 31	Nov. 1	Nov. 2	Nov. 3
SOUP Chicken Noodle Soup	SOUP Vegan Vegetable	SOUP Jambalaya Chicken	SOUP Egg Drop	SOUP Chef's Choice
PIZZA Roast Chicken, Ranch, Tomato, Chilies & Chipotle	PIZZA Italian Meat Lovers Combo	PIZZA California Bacon	PIZZA Mediterranean Veggie with Feta	PIZZA Clam Chowder



ARCHIE SINGH

Isaac Lara, feeling heavy, with his rhymes that point out current social issues that would have made Lady Liberty ashamed.

CORRECTION: This photo ran in the Oct. 9 issue of La Voz with the wrong name.



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

Murphy: De Anza accreditation 'great success'

Andrew Shinjo
EDITOR-IN-CHIEF

De Anza College's accreditation visit ended with a positive exit report, with De Anza receiving multiple commendations, on Thursday, Oct. 12.

According to the De Anza website, accreditation is the process in which a "college conducts a thorough self-evaluation of its activities and compliance with [Accrediting Commission for Community and Junior Colleges] ACCJC standards."

Every community and junior college undergoes review every six years and successful compliance to these standards reassures the public and students that a school is maintaining a high standard of educational quality.

The ACCJC evaluation team assessed the school to look for strengths and places to improve, and they hosted two open forums to generate dialogue and receive feedback from members of the De Anza community.

On the day of the exit report, the Team Chair of the evaluation team, President Sandra Caldwell of Reedley College, praised De Anza for its equity and civic engagement, its outreach programs, its student readiness level for online courses, its commitment to faculty and staff professional development, and its student-centered campus environment, but she also brought to attention two minor areas of improvement.

The first issue Caldwell pointed out was that the evaluation team found some inconsistencies between student learning outcomes and syllabuses.

"That's a very technical issue having with how you document the student learning outcomes that any professor puts down for each

class and whether the same ones appear on the syllabus and so, they found some inconsistencies," said De Anza president Brian Murphy. "Relatively easy to solve."

The second issue that was raised was that the evaluation team was not able to see much documented communication between students and faculty in online courses.

"We asked faculty to volunteer courses to be able to be observed by the accrediting visiting team. In those courses, in their limited view, they were looking for particular things... They were looking for substantive and effective interaction," explained Dean of Learning Resources, Lorrie Ranck.

While the evaluation team said there was not much documented communication, it does not necessarily mean there is a lack of communication between students and faculty in online courses.

A few points Ranck said were important to consider regarding this issue was that the evaluators were only be able see a limited number of online courses, they were only able to see what students can see so they did not have access to all the information, and that the fall quarter just began so the evaluators did not have much information to evaluate.

"They needed to see better documentation of that. That's different than saying it didn't happen," Murphy said.

"It's an extremely positive report. It is very rare for a campus to get as many commendations as she mentioned," Murphy said. "They [the evaluation team] really understood the degree to which this is focused on students and the student experience. They felt that. They heard that from students and so, I'm very proud of it."

Incoming freshmen at UCLA screened for depression

Kevin Coletto
STAFF REPORTER

Students going to college are susceptible to depression and anxiety because of pressures to succeed, especially those incoming freshmen who are immersed in the throes of a completely new academic environment.

The University of California, Los Angeles (UCLA), has sought to address this issue by taking administrative action to implement a new service for this specific matter.

UCLA is in the works to offer voluntary mental health screenings during orientation for students who are new to the campus, according to official announcements by UCLA Chancellor Gene Block.

By setting this service in motion, the college hopes to encourage students who may feel that seeking help is a bother to themselves or others.

"In terms of dollar costs to society, depression is one of the most expensive diseases we face. The human toll is terrible. It affects all ages and all backgrounds. It is pervasive," Block said in a CNN article.

For those whose time is

occupied with difficult classes, long hours at work, and at-home assignments, rarely can they find time to rest and relax.

This stress can accumulate and manifest itself through symptoms like fatigue and lack of motivation.

In extreme cases, it may lead to mental conditions like generalized anxiety disorder (GAD), which is characterized by persistent and excessive worry about a multitude of things.

Former De Anza student, Jasmin Remram, 20, recently transferred to UCLA to start her junior year of college, and is no stranger to the apprehension felt when one starts something unfamiliar in their life.

Remram, completely brand-new to this academic environment, mentioned how being surrounded by students who seem to have their lives together "has been stressful for her," while she on the other hand, struggles to find stability in this new setting.

"It's a step forward and they definitely emphasized that it's okay if you need to get help.

There's a stigma attached with seeking help," Remram said.

Alan Nguyen, 20, another former student of De Anza who has also recently begun his junior year of college at Berkeley, agrees with this progressive approach to mental health at UCLA.

"Students who transition from their previous environments to a new environment may face newly-birthing mental health issues. It is nice for them to be reminded that help is always available," Nguyen said. "At my orientation at UC Berkeley, one of my events included having some sort of walk entitled 'Bear Perspectives.' Throughout the walk, there were interesting posters and statistics, as well as interactive activities that made me no longer feel alone in this fight against our own mental health."

To those that feel they may be experiencing any symptoms of depression, De Anza's psychiatric services are open to all students from Monday to Friday, located in the Student Services Center.

"Depression is one of the most expensive diseases we face. The human toll is terrible. It affects all ages and all backgrounds. It is pervasive."

-Gene Block, UCLA Chancellor

CivicsWatch arms students against fake news

Vaibhav Vijaykar
STAFF REPORTER

In response to the volatile political climate of the current administration and the rapid spread of disinformation, De Anza College's Office of Communications recently developed the De Anza CivicsWatch website.

Writer and editor Brandon Bailey and senior web coordinator Alex Harrell were cited by Marisa Spatafore, Associate Vice President of Communications and External Relations, as key contributors to the creation of CivicsWatch and its continuous updates.

"Because the office [of Communications], at its most essential level, provides information, we want to use that role and that charge to help deliver civic knowledge and tools," Spatafore said. "To us, this



is critical during a time when so many are disheartened about the state of the nation, the displays of hatred, the disinformation and charges of 'fake news.'"

The website provides students with numerous tools to interact with to enhance their political knowledge.

Among these resources is a FactWatch section that debunks the gross lies told and tweeted at the highest levels through a PolitiFact feed.

On a grander scale, CivicsWatch equips its users with many more services: A News & Issues section redirects students to articles that address ongoing political developments, while a Civics 101 subsection informs readers about fundamental elements of civic engagement.

"We try to draw from different sources, making sure that we were looking at the extremes but it was important we used sources that were widely respected

like New York Times or the Washington Post," said Bailey. "We also looked for the basics, like the Constitution and other documents, as well as sites that tracked campaign contributions."

According to Spatafore, the CivicsWatch page represents the Office of Communications taking action. One of the most prominent features of the website, the Get Involved section, reflects her sentiment of 'taking action.'

This component prompts users to explore different manners to take action, whether it be on campus or in the community.

It highlights several on-campus organizations such as the Vasconcellos Institute for Democracy in Action (VIDA) or The Office of Equity, Social Justice, and Multicultural Education and the California History Center at De Anza.

Not only does the website encourage students to utilize

on-campus institutions but it showcases other platforms of service like the American Civil Liberties Union (ACLU) or the Resistance School.

"The De Anza CivicsWatch website has potential to make a difference as it provides students with the resources to actively participate in their community while gaining knowledge about current political issues," said Anuj Davé, 19, political science major.

"The idea was that students would find the site fun and engaging and would develop healthy habits to be well informed global citizens," said Cynthia Kaufman, Director of VIDA.

Being a well-informed citizen in the modern socio-political landscape is certainly necessary, and De Anza CivicsWatch will continue to convey the importance of civic knowledge.

Community policing taskforce aspires to improve student, faculty, police relationship

Christian Trujano
STAFF REPORTER

The Community Policing “task-force” at De Anza College sets out to bridge the communication gap between students and on-campus police to better understand and improve relationships.

The advisory board’s first official meeting was on Thursday, Oct. 12.

Mayra Cruz, and Jim Nguyen of the academic senate created this task-force in the spring quarter of 2017, in wake of issues concerning the police and allegations that were being brought up by both students and faculty. It was after this first meeting that spring that it was decided to open up dialogue and to continue analyzing the state of

affairs between the campus police and students and faculty.

“It would be nice to see a police officer every once in awhile and say hey Jerry,” said Sam Baik, 18, liberal arts major. This concern of wanting to see more of an approachable presence seem to be a recurring one on campus by students.

The Foothill-De Anza on-campus police department serve a total of 37,826 enrolled students. It is currently the largest student body in the Santa Clara county, but at De Anza alone, there are only twelve full-time and six part-time officers.

“I’ve been going around, I stop, I talk with people,” Eric Moody, 22, a part-time student officer said. “I let them know if they have any questions, give us a call.

I’ll give them a business card; I actually just ran out from giving them out so much.”

Perceptions of police officers are still negative, however, due in part to documented cases of police brutality that have been publicized.

“The perception that cops have right now, especially in the media. They’re being perceived very negatively,” Jennifer Gutierrez, 20, neuroscience major said. “A lot of people are kind of put off by the presence of cops.”

To combat the negative perception, Professor Robert Stockwell, an executive secretary for the academic senate and spokesperson for the community policing task-force group, provides some insight on the goals and ambitions for the task-

force and it’s overall intentions.

“We want to make sure that we’re living up to the mission of the college and the mission of the college is to promote everyone success,” Stockwell said. “It’s committed to equity, awareness, understanding, and engagement. If you approach those conversations with good will, respect, openness, humility, then they’re more likely to be productive. And that’s true for everybody, in both sides.”

After their first meeting, the community task-force is planning on focusing more on gaining feedback from students to see what direction to take next.

“[We want] to create a situation where student voices can be heard, can be registered, can contribute a conversation that’s

going to promote the kinds of things we want to see,” Stockwell said.

The community must understand that the ratio of student and faculty to officers is significantly disproportionate and this task-force seeks to build a voice of the community to better convey issues in a more organized and efficient way. Students and faculty, not just campus officers, have to collectively come together through meetings like this in order to open up discussion and create a better community.

More information on the locations and dates of meetings days will be posted as the quarter continues.

New DASB Senate adviser brings a passion for diversity, equity to student government

Christian Trujano
STAFF REPORTER

Newly appointed DASB Senate adviser Hyon Chu Yi-Baker, began her first quarter at De Anza College, taking on the role as Interim Director of College Life.

With experience managing student affairs and her progressive approach to helping students, Yi-Baker adds a new element of engagement to De Anza that pushes students to seek their purpose in life and help them realize how education can lead them toward their goals.

Growing up in Seattle, Yi-Baker began her educational journey as an undergraduate at Western Washington University, which first sparked her interest in student diversity programs.

“I was very active with our ethnic student center which was a center that did diversity programming,” said Yi-Baker. This early involvement in student leadership engagement pushed her to apply to Colorado State University where she obtained her major in student affairs and higher education.

This field teaches people how to interact with students to



Above: Newly appointed DASB Senate adviser Hyon Chu Yi-Baker has prior experience working with minority students.

PHOTO BY CHRISTIAN TRUJANO

help encourage them to pursue higher education and further

development in their careers. After finishing her major

program in Colorado State University, Yi-Baker moved to California where she landed her first job in the mid-nineties as a resident director at the University of California, Davis. She also later on, went to work in the housing program at California State University, Monterey and Cal Poly Pomona in Los Angeles.

After going back to Monterey, she found her dream job at San Jose State University (SJSU) in the cultural center, which is what inspired her to get involved in student affairs.

“I wanted to work in a cultural center; I wanted to work with primarily students of color, lower socioeconomic students. Doing diversity/equity inclusion work,” said Yi-Baker.

After 15 years of working in student affairs at SJSU, Yi-Baker got a call from De Anza for the position as DASB advisor.

“I think her arrival will change the atmosphere of DASB because she seems very open-minded and liberal,” said DASB senator, Lawrence Liu, 20, film major.

Her equity work for marginalized students, and the hope she has for what they can accomplish sets an example of

what students hope to see more in faculty members.

“It’s really about how we do engage with students in a way that’s really meaningful and thoughtful and that they’re learning things. Not just in the classroom, but that they’re also engaged in applying their knowledge in an actual real life application outside of the classroom,” said Yi-Baker.

As she tackles her first term on the campus, Yi-Baker continues to progress her own education as she is currently working on her dissertation for her doctorate in studying the application of students in society after graduation.

“She’s not a technical person, but she’s helping us with leadership,” said DASB vice-president, Kalani Hettige, 24, engineering major. “This is the difference between her and any other advisor that we’ve had before as a student body.”

The way she has been contributing to senate meetings and senators themselves so early on shows how much she cares about shaping a bright future for the future leaders of tomorrow.

WORLD-CLASS EDUCATION
WITHOUT THE
ATTITUDE

stmmarys-ca.edu

**SAINT
MARY'S
COLLEGE**
of CALIFORNIA

Apply Now for Spring 2018. Scholarships still available.

Foothill-De Anza police teach students to 'Run, hide, defend'

Aysha Rehman
STAFF REPORTER

Run, hide, defend. This was the message Foothill-De Anza police officer James Thurber taught students at an active assailant class held on Tuesday, Oct. 17 in conference rooms A and B.

Thurber presented key skills and tips for dealing with threats on campus and other crowded places.

His presentation consisted of a short film illustrating the three concepts, and examples of what to do in each situation.

"The campus has been teaching 'Run, Hide, Defend' for several years now," Thurber said. "It's part of a program that Santa Clara County chiefs of police developed to teach K-12 kids, just brought into the college environment."

While gunmen are commonly thought of when it comes to active assailants, Thurber stressed the importance of taking into account other threats, especially when off campus.

"We want you to be able to apply these skills to shopping, [the] supermarket, airport, with friends, walking through a parking lot, and show that it's applicable to their everyday life," Thurber said.

Run refers to leaving the area

safely when threatened with danger, as well as helping others to safety.

Hide is the act of locking down in a room, barricading the doors and staying inside until the area is cleared by law enforcement.

Defending is the last option, where students prepare to subdue the assailant if necessary.

While the effectiveness can't be formally measured, Thurber says that he's gotten feedback from students who tell him they feel more aware of their options.

He also stresses the importance of making training like this mandatory for students.

"I think that schools should actually require attendance for 'Run, Hide, Defend,'" Thurber said. "An easy way to do that would be during orientation before the semester or quarter. I can speak generally from law enforcement, we would love to see this as a requirement."

Hongjin Wu, 28, business major, decided to come to the class because of the Las Vegas shootings.

Originally from China, Wu had no prior experience with the threat of gun violence.

"When something happens, I'll know how to respond," Wu said. "We were worried about this thing [shootings], that's why we came here."

Ruyao Wang, 28, computer science major, says that she hopes that there is an opportunity to actually practice the concepts discussed in "Run, Hide, Defend."

"It's all about knowledge," Wang said. "We don't have the real opportunity to practice."

While there is no formal training for active assailants, students can subdue threats before they happen by reporting suspicious activity, a concept called "see something, say something."

To illustrate this point, Thurber used the the example of Al Johnson Deguzman, a former De Anza student that plotted to bomb and shoot students on campus in January of 2001.

"People just really need to be aware that their safety starts with them," Thurber said. "And I will reiterate 'see something, say something.' Don't be afraid to say something. If you as an adult know something is wrong, you need to tell somebody."



LA VOZ: Blast from the past

The DASB Senate in 1985 decided to do a Halloween day on Campus, with prizes for everyone wearing costumes! Should we bring that back?



Ghosts and goblins sought for Halloween

by Tom Dunlap

With their motto "We're all doing it," De Anza's student-body senators want everyone at De Anza—students, staff and faculty—to dress up for Halloween next Thursday, and they're providing incentives for the meek.

Anyone who wears a costume gets a free turkey sandwich, on a first-come, first-served basis, on the Campus Center patio, and those who enter the costume contest will be included in a raffle for free passes to 24-Hour Nautilus or

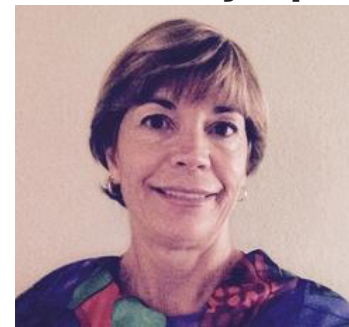
Family Fitness Center.

"I work at Nautilus," said director of programs Josephine Caampued, explaining the free passes, "and (senator Dave Martz) works at Family Fitness."

Other Campus-Center-patio festivities include a magician from 11:30 a.m.-12:15 p.m. and music by an independent disc jockey.

The costume contest runs from 12:30-1 p.m. and interested clowns, witches, hobos, vampires or floozies must be entered by 12:30.

Student Health: How to prevent colds and ease symptoms



Mary Sullivan
GUEST COLUMNIST

At Health Services, we realize you don't plan to get sick, but the intense, fast pace of Fall Quarter projects, midterms, and life can greatly alter your good intentions. In winter months, exposure to common cold germs (rhinovirus) increases as we move inside. Viruses survive up to twenty four hours on surfaces, like a desk, chair or doorknob. Once you transfer the virus via hand to mouth, nose, or eyes, the virus takes hold and symptoms begin two to three days later, lasting for two to fourteen days. While there is no cure for the common cold, you can ease symptoms by:

- Getting seven to ten hours of sleep per night.
 - Drinking lots of fluids (non-caffeinated) to replace the loss from runny noses.
 - Gargling with warm salt water throughout the day and use a soft speaking volume to minimize the strain on your vocal chords.
 - Cough drops are available at Health Services, to ease your dry throat and cough.
 - Consider over the counter medicine for symptom relief, available at Health Services.
- Caution - seek medical

attention if: fever lasts more than three days; temperature is greater than 104 degrees Fahrenheit; sore throat severe, more than twenty four hours; symptoms last more than ten days; symptoms are serious or unusual.

The stress of winter is out there, but you can to lessen the impact it has on your college life!

Get a free flu shot, Oct. 25 and 26, 10 a.m. to 2 p.m. in Don Batista Room, Campus Center. If that time doesn't work for you, make an appointment at Health Services.

Wash your hands often - rubbing 20 seconds (equal to one verse of "Happy Birthday.") If water is not available, Health Services offers free refillable hand sanitizers.

Avoid touching your eyes, nose and mouth.

Limit the spread of germs by containing your sneeze/cough into your shirt sleeve.

Stay away from people who are ill and limit hugging, kissing or shaking hands.

Health Service helps you stay healthy - stop by and see what we can do for you!

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



NOTRE DAME
DE NAMUR UNIVERSITY

Transfer when you're ready

No minimum units to start

OPEN HOUSE
Saturday, Oct 28
10 a.m. – noon
Info and RSVP: ndnu.edu/ugevents

Our agreement with De Anza gives you flexibility

- Express admissions
- Scholarships up to \$11,000
- Start spring or fall

EXPLORE. ENGAGE. APPLY.

ndnu.edu

Lifelong confidence.
"NDNU believed in me all the way, including support with great financial aid. I found my true potential and path to the future." –Jay

San Francisco Peninsula 1500 Ralston Avenue, Belmont CA Not for profit. Est. 1851.

DA student has no chill when it comes to supporting local artists

Sara Ashary
STAFF REPORTER

William Nguyen, 19, business major, is photographer, designer and event director.

William was the lead planner of No Chill Summer, an art show held in Palo Alto on June 3rd, 2017. This first event was a success with over 300 people in attendance. There were about 20 performers and 20 visual artists and poets. About 20% of the audience was De Anza students. The average age there was 19 years old, with each ticket sold from \$12-\$15.

Why did you decide to create No Chill Summer art shows?

No Chill Summer was inspired by small groups, such as Guava Gang and Deathamphetamine, of high school artists in San Francisco and Oakland. They threw art shows consisting of live performances and art galleries. San Jose doesn't have a lot of events that help artists with their exposure and artists thrive off their audience so I really loved the idea and wanted to bring it home to South Bay.

Who did No Chill Summer cater towards?

The event was created for artists, musicians, and anyone who can appreciate art really. I wanted to make it a musical festival, art gallery, and a dance party all in one, while artists

and performers could have the opportunity to network. I went to Piedmont High School, so as a guy raised in East Side San Jose, I wanted to bring cultural awareness and diversity to the event. San Jose is heavily populated with minorities. East Side San Jose maintains its diversity and prevention of gentrification for over 150 years. There's no reason young artists' work in this community should not be celebrated.

Why No Chill? Where does the name come from?

I was trying to find names for it. But one time I was just messing around on my phone and the name "No Chill Summer" came into mind. It sounds kind of silly, but I wanted the name to be oxymoronic, hence "chill" and "summer".

What motivated you to do this?

I love going to concerts, events, and meeting new people. And I believe art is very underappreciated, I thought No Chill Summer would be a way to not only unite a community of artists, but help them with exposure. I also wanted No Chill Summer to represent people of color and their hard work.

To view William's work, check out his website: <https://www.willyumn.com/>
Instagram/Twitter: @willyumn



No Chill Summer June 2017 held an open space to share art and dance to live performances.

On-campus bank provides DA students with much needed financial literacy

Amaris Clay
STAFF REPORTER

De Anza College students like to think they are responsible budgeters, restrained spenders, and eager to improve their personal financial situations. But, let's face it, this isn't always the case.

Whether you're a part-time student working eight hour days when you aren't at school – like me, or a full-time student reliant on financial aid and parental assistance to fund your academic journey, we've all been strapped for cash.

Unfortunately, personal financial literacy is a topic of discussion that is not often discussed in an academic setting.

According to the U.S. Department of the Treasury's Financial Literacy and Education Commission's 2016 National Strategy for Financial Literacy, less than a third of American adults (aged 18-45) had received financial education at a school, college, or workplace.

Along with college-bound students being ill-equipped to manage their personal finances in the very place where they may embark on a lifetime financial journey of interest and loan repayments, few students utilize an already shy number of resources.

Only one in five said they utilized informative resources.

Despite this, De Anza made a decisive attempt to improve the quality of life for its students and their families. In 2015, De Anza became the first California community college to open a US Bank branch on campus.

For the past two years, US Bank has served its De Anza community through involvement in campus events, hosting workshops, and – with only three bankers on site during business hours – offering students a personal and educational banking experience.



GRAPHIC BY RAMONA WANG

Employees from US Bank tabled at this past week's "Club Fair." Along with giving away prizes, bankers awarded students with banking trivia, practical budgeting advice, and insightful commentary on the issue of financial illiteracy.

Alvin, one of the on-campus US bankers, spoke to the many facets of financial literacy. He expressed his concern for what he sees as a "lack of interactive dialogues between students, colleges, and financial intermediaries" and the consequences of not establishing one early on.

A big part of the equation Alvin said was "financial confidence" and understanding how our emotions and other psychological factors can negatively influence our financial decision making.

Students who grow up in families mired with financial misfortune are less likely to actively seek information on financial wellness purely because it may reaffirm any negative perceptions they may already have

about their financial situation.

Although these statistics may paint a grim picture, the mere presence of an on-campus bank indicates a widening awareness of the importance of financial literacy education.

Whether attending a US Bank hosted, professor lead "Financial Wellness" workshop, taking advantage of a free 15 minute consultation, or simply opening an account with US Bank, De Anza certainly has the resources to empower students with financial knowledge for their futures.

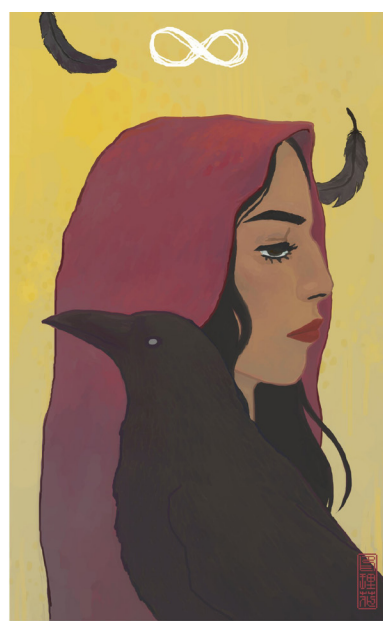
Financial responsibility starts with informing yourself on and monitoring the fundamentals, establishing healthy habits, and eventually maturing to a point of financial exploration.

NCS participant and artist on community impact

Erika Dunn, 19, Art & Design: Games & Playable Media

What do you think this does for the De Anza community?

I think his impact reaches beyond just the De Anza community or the art community; all sorts of people from all over the bay area come to these events. It would be great if De Anza hosted events like this or made venues more available for people to put on events. A lot of the artists and musicians go to community college... it would be great to remind people that there are brilliant minds enrolled in De Anza and that there's no shame in going to junior college



COURTESY OF ERIKA DUNN

Student film represents Asian-American community, dreams

Vaibhav Vijaykar
STAFF REPORTER

Jory, a short film produced by De Anza College student, Caleb Jo, 20, business administration, chronicles the dilemma of an Asian-American teenager who must overcome his internal conflict to either chase his dreams or conform to his parent's expectations.

Jo and his team received an overwhelming amount of support for the development of this film and even raised a total of \$4,104.86.

"I was really worried for the first day[...] there was a lot of work put behind the scenes work before the Kickstarter. After I skyped with Justin Chon, we actually hit \$1,000 in one day, it was a real turning point," Jo said.

Chon's work on his critically acclaimed project "Gook" which premiered at the Sundance Film Festival brought a lot of attention to Jo's work.

Jo also attributed a significant portion of money to the Contemporary Asian Theater Scene, a group which was able to rally the Asian American community in support of his film.

According to Carl Molina, 22, computer science major, the film will be submitted to Asian Pacific American Visionaries, a short film contest sponsored by HBO which caters to up-and-coming Asian directors.

The theme for this year's competition was "home." Originally, the title for the film was going to be the Korean word for home; however, Molina, the director, pitched the idea of calling the film Jory, meaning "God will uplift" in Hebrew.

The deadline for the competition is Nov. 1, but the crew will not know the results until February. They are barred from distributing the film prior to the contest, but they will be hosting a private screening for their backers, friends and family.

For Jo, the inspiration for the project came from his experience growing up in Cupertino.

"Everyone wanted to get over 2000 on their SATs, get a 4.0 GPA, and take every AP class. All these things were



PHOTO COURTESY OF CALEB JO

The "Jory" cast and crew works on filming a scene. The film will be submitted to Asian Pacific American Visionaries, a short film contest sponsored by HBO which caters to up-and-coming Asian directors.

One of the producers, Naren Sareday, 21, film major, shared a similar sentiment.

"I've had so many occasions when I tell someone I'm a film major and they just gave me this look like, 'Oh,

you're that kind of kid.' One time someone just asked me if I was an engineering major with no other options," said Sareday.

Emily Lew, 17, film major, and another producer for Jory, likened the story of Asian American filmmakers to a flash mob.

"It looks like there's nothing but once someone starts it you can see the big picture."

She encourages young Asian Americans hoping to work in the film industry to follow their dreams, echoing the message of Jory.

DeAnza College

Sponsored by the Transfer Center

FALL 2017

TRANSFER DAY

Thursday, Oct. 26
10 a.m.–1 p.m.
Main Quad*

*In the event of rain, location will be Conference Rooms A&B

MENLO COLLEGE

CALIFORNIA STATE UNIVERSITY, CHICO

DREXEL UNIVERSITY

JOHN F. KENNEDY UNIVERSITY

CALIFORNIA INSTITUTE OF INTEGRAL STUDIES

ART CENTER COLLEGE OF DESIGN

DOMINICAN UNIVERSITY OF CALIFORNIA

LINFIELD COLLEGE

SOUTHERN OREGON UNIVERSITY

UNIVERSITY OF CALIFORNIA, IRVINE

GOLDEN GATE UNIVERSITY

CALIFORNIA STATE UNIVERSITY, SACRAMENTO

HOLY NAMES UNIVERSITY

HUMBOLDT STATE UNIVERSITY

UNIVERSITY OF CALIFORNIA, BERKELEY

CALIFORNIA COLLEGE OF THE ARTS

COLUMBIA UNIVERSITY SCHOOL OF GENERAL STUDIES

MILLS COLLEGE

NATIONAL UNIVERSITY

UNIVERSITY OF CALIFORNIA, LOS ANGELES

NOTRE DAME DE NAMUR UNIVERSITY

UNIVERSITY OF CALIFORNIA, RIVERSIDE

THE ACADEMY OF CHINESE CULTURE & HEALTH SCIENCES

BRANDMAN UNIVERSITY

UNIVERSITY OF CALIFORNIA, SAN DIEGO

HBCU PROJECT

CALIFORNIA STATE UNIVERSITY, STANISLAUS

UNIVERSITY OF CALIFORNIA, SANTA BARBARA

ARIZONA STATE UNIVERSITY

UNIVERSITY OF CALIFORNIA, SANTA CRUZ

NEW SCHOOL OF ARCHITECTURE & DESIGN

SAN FRANCISCO ART INSTITUTE

SAN JOSE STATE UNIVERSITY

FIVE BRANCHES UNIVERSITY

ACADEMY OF ART UNIVERSITY

FRESNO PACIFIC UNIVERSITY

UNIVERSITY OF CALIFORNIA, MERCED

PORTLAND STATE UNIVERSITY

UNIVERSITY OF OREGON

UNIVERSITY OF REDLANDS

UNIVERSITY OF SAN FRANCISCO

SAMUEL MERRITT UNIVERSITY

List of participating institutions subject to change

8 Cuffing Season looms over De Anza College

Jarra Gojolo
STAFF REPORTER

As the leaves start falling off their trees, people start falling for each other.

As we get deeper into the school year, we reach a special time of the year. A time for fun activities like flexing in your best outerwear, decorating your home for the holidays, or cuddling with that special someone.

But accomplishing the third activity takes much more effort than just spending money. (I would hope) Cuffing Season is where single people look to find that special person to cuddle with.

“Everybody decides to get wifed up, and sh*t,” said Rayshon Mills, 21, communications major, concisely summing it up.

The Urban Dictionary definition of Cuffing Season explains this in a little more detail. “During the fall and winter months, people who would normally rather be single or promiscuous find themselves along with the rest of the world desiring to be ‘cuffed’ or tied down by a

serious relationship. The cold weather and prolonged indoor activity causes singles to become lonely and desperate to be cuffed.”

De Anza students approach Cuffing Season in a variety of ways. Alejandro Hernandez, 18, business administration major said, “I’d probably get their Instagram or Snapchat... maybe in class.”

He isn’t the only person who would use social media as a cuffing weapon. “[I would] just like a couple pictures and hope they shoot their shot,” said Salima Mohammad, 21, biology major.

An eternal question for college students is how to balance out school with their romantic relationships. “I want to focus on my studies, but if someone nice does come along I wouldn’t mind,” said Kiran Aftab, 18, engineering major.

Although a lot of Cuffing Season relationships fail to make it past spring, a warm body to cuddle with and do adult activities with is crucial if you want to keep from being lonely this winter.

“Neo Yokio” makes no sense, animation so bad it’s good

NETFLIX REVIEW

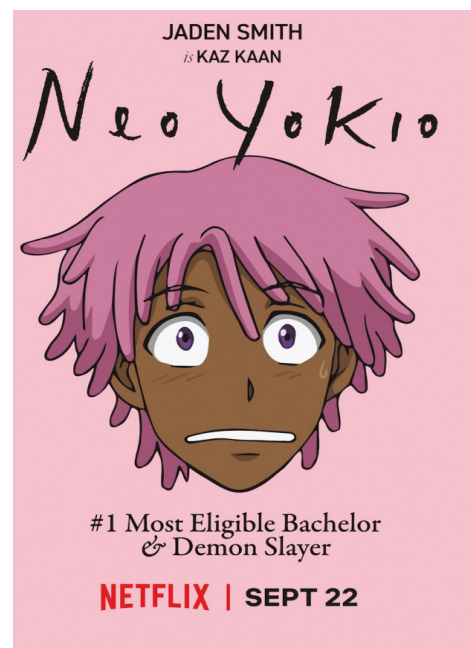
John Smith
STAFF REPORTER

A waiter sets a tiramisu in front of a pink-haired teenage exorcist. As the boy mournfully eyes the desert, he deadpans: “I’m afraid I’ve lost my appetite.”

It’s a moment that encapsulates the defining confusion of “Neo Yokio,” Netflix’s new anime-inspired series produced by the renowned Japanese studio, Production IG. The show is the brainchild of Vampire Weekend frontman Ezra Koenig, who is credited as creator and writer.

Jaden Smith voices Kaz Kaan, a desirable prospect on Neo Yokio’s ‘bachelor board’ from a long line of exorcists. The protagonist has potential to be complex and talented, yet somehow only manages to caricature an ignorant, self-important rich kid with absurdly petty concerns and constant pseudo-philosophical musings.

The title of the final episode, “I’m Starting to Think Neo Yokio Isn’t the Greatest City in the World,” reflects the show’s underlying feeling: like it’s just ‘starting to think’ by the time it’s half-baked concepts have been blended together and prematurely put to screen. Koenig doesn’t seem to have finished envisioning the most basic aspects of what “Neo Yokio” is supposed to evoke or communicate. He aspires to a level of depth and pretense that is lost in the juvenile masculinity and pseudo-philosophical nonsense that informs the show’s conceptual framework. In short, it’s a kind of auteur work, where a singular vision is delivered, but that vision is itself nonsensical.



So do I recommend “Neo Yokio?”

Yes, yes I do. Honestly, this is a show that needs to be seen to be believed: a so-bad-it’s-good masterwork of nonsensical ideas and uniquely terrible animation, voice work, and character design. All this is delivered with the authorial pretense of a Shyamalan, Wiseau, or any other purveyor of cult-classic, must-watch disasters. Grab some friends, gather around the TV, and bask in the one-of-a-kind trainwreck that is “Neo Yokio.”

FINAL SCORE:



Cuffing Season

During the fall and winter months, people who would normally rather be single or promiscuous find themselves along with the rest of the world desiring to be “cuffed” or tied down by a serious relationship. The cold weather and prolonged indoor activity causes singles to become lonely and desperate to be cuffed.

Source: urbandictionary.com

Correct gender pronouns addressed in videos

John Bricker
STAFF REPORTER



Filmed by the Jean Miller Resource Room for Women, Gender, and Sexuality, the “Ask a Student” digital video series, produced in the fall of 2015 at De Anza College, addresses the issues of economic class, campus safety, and gender pronouns.

Apryl Berney, an instructor at De Anza and the former director of the Jean Miller Resource Room, who created and produced the digital video series said that the series was, “geared toward faculty and staff to try and familiarize them with the language around gender and sexuality.”

In the video entitled, “Pronouns & Chosen Name Policy” a narrator said, “it’s important that professors and instructors use their influence in the classroom to take an active role in the creation of safe spaces where students are treated with dignity, regardless of their identity.”

Berney said that the movement to raise awareness for issues about gender and sexuality in college campuses has been gaining momentum over the past two years, using San Jose State University as an example. “They’ve expanded their whole equity division and they’re putting more emphasis on gender and sexuality.”

The process of choosing topics for the videos was a mixture of students “discussing their needs that year,” and Berney addressing the lack of a language around gender, sexuality, and class.

In the video “Campus Safety” a De Anza student said that she usually only

sees campus police by the Campus Center and at parking lots. “I’d like to see them a bit more spread out, and maybe I’d feel a bit more comfortable if I saw more female cops.”

Funded by a mini-grant from the Office of Equity, the production of the videos had an impact on the students involved. “I think that students here felt that finally the campus was taking them seriously,” said Berney.

When discussing next steps for De Anza in addressing these issues, Berney stressed the importance of hiring staff for full time positions, telling the administration to “put their money where their mouth is.” She believes that part-time faculty are not nearly as motivated to invest in the community as full-time staff would be. “If the institution doesn’t invest in you, why are you going to invest in students?” Specifically, she called for De Anza to “get a permanent person for the gender and sexuality center.”

The current faculty coordinator for the Jean Miller Resource room, Claudia Andrade, discussed her ongoing goals to address the issues discussed in the videos. She wants the Jean Miller Resource Room “to have more visibility and to be more accessible to the students on the campus,” and to let students know that they can be a part of the work that she does.

Although Berney is open to the possibility of making more “Ask a Student” videos if the administration reached out, she clarified that “other generations can think of different things that they might need.”

The “Ask a Student” series is available at vimeo.com.

MEET YOUR STUDENT GOVERNMENT

DE ANZA ASSOCIATED STUDENT BODY

REPRESENTING 21,000 DE ANZA STUDENTS, DE ANZA'S ASSOCIATED STUDENT BODY SENATE (DASB) IS MADE OF 30 STUDENTS WHO SEEK TO ADVOCATE FOR THEIR FELLOW CLASSMATES.

WITH A YEALY BUDGET OF \$1.2 MILLION, D.A.S.B. FUNDS SERVICES AND EVENTS THAT PROMOTE STUDENT SUCCESS AND HAPINESS. WE WANT EVERY DE ANZA STUDENT TO FEEL SUPPORTED, HAPPY AND SUCCESSFUL AT DE ANZA COLLEGE.

AFTER ALL, WE ARE JUST STUDENTS HELPING STUDENTS

COME TO A SENATE MEETING

GENERAL MEETING	STUDENT COUNCIL CHAMBERS	WEDNESDAY	3:30 PM
FINANCE	STUDENT COUNCIL CHAMBERS	MONDAY	3:30 PM
STUDENT RIGHTS AND SERVICES	SENATE OFFICE	TUESDAY	1:30 PM
DIVERSITY AND EVENTS	STUDENT COUNCIL CHAMBERS	MONDAY	4:00 PM
MARKETING	SENATE OFFICE	TUESDAY	4:00 PM
ENVIRONMENTAL SUSTAINABILITY	SENATE OFFICE	FRIDAY	3:00 PM
ADMINISTRATION	SENATE OFFICE	TUESDAY	5:30 PM

Religious anti-birth control arguments do not add up

Aysha Rehman
STAFF REPORTER

The Trump administration's proposed ruling on rolling back birth control coverage is a slap on the face of American women.

As reported by the New York Times, the government rolled back Affordable Care Act protections on birth control coverage on Oct. 6. This was done on the grounds of protecting employers' religious and moral beliefs against providing birth control.

Already, millions of women who can't afford birth control to begin with are suffering. To add to those numbers, millions more may also be affected. Whether it's unplanned pregnancies or medical conditions, this roll back comes with severe repercussions.

To date, approximately 62 percent of women use birth control, according to the Guttmacher Institute. 14 percent of those women utilize them solely for medical reasons, such as polycystic ovary syndrome, endometriosis, or to regulate irregular menstrual cycles. At De Anza, many women fall into the age groups using contraceptives the most.

Moral and religious backers of the diminished coverage argue that having birth control increases the prevalence of risky sex and promiscuity. This argument is akin to saying sildenafil, a drug used to both treat erectile dysfunction and high blood pressure, should no longer be covered because men would use it to have more sex--essentially putting the heart patients health on the line.

When put in the context of men's health, the entire ruling looks kind of ridiculous. Why roll back coverage for everyone who needs it while focusing on a few people whose lifestyle you may not agree with?

Even if we look at this ruling with the most conservative lense, 77 percent of women using birth control are actually married. And when it comes to preserving life, don't women that need the contraceptives for life-threatening health problems deserve the medication?

Rolling back the birth control coverage is just the beginning of an entire host of injustices that

can result when rulings like this are tolerated and accepted. To take away anyone's right to access health care that ensures they're engaging in normal human activity safely, is a blow to equity and justice everywhere.

The fact that America prides itself in separation of religion and state, while also pushing for rulings that mix the two is a joke. If we truly cared about religious and moral freedom in this country, we would make sure the beliefs of one group would not be imposed on another.

Birth control should be covered like any other drug. Allowing every woman the opportunity to access the health benefits of using it ensures America steps in the right direction when it comes to equity. By allowing one group the ability to completely wreck another's life shows everyone whose lives and influence the Trump administration values most--and that certainly isn't women.



College should support students' need for self-care

Casy Hsu
STAFF REPORTER

You look at the clock. You would like another hour of sleep, but you have to go to work, then class, and then study for class. There's too little time and too much to do. Exhaustion and stress consume you.

It's a way of life for most De Anza College students. But what if there was a way to alleviate stress, increase peace of mind, and boost energy? Wouldn't you try it?

Across the nation, individuals are discovering the benefits of mindfulness and meditation. With stress on the rise, De Anza should provide a cohesive mindfulness program that supports the student body by offering on-going workshops, classes (that can be taken for credit or no credit option), online resources and weekly meditation sessions in a central and accessible location.

Mindfulness practice trains the mind to be in the present, instead of in the past or future where worry, fear and ruminations sprout from. Your brain space is freed up to address what's happening "now" or to relax and rest if there is nothing to address in the present moment.

Within the last 10 years there has been a growing trend toward these practices, which provide relief from modern day stresses. A range of universities, from Harvard to University of California, San Diego, are offering students free or low-cost mindfulness classes, workshops, meditation spaces, and online resources. A few colleges even provide meditation retreats, recurrent student and faculty meditations, and one-on-one support. De Anza currently offers students a few campus resources on mindfulness, including a limited number of introductory meditation workshops at Psychological Services. However, the information is not posted on De Anza's website, just on a flyer located in the Student

Health Services office.

Personally, I have found meditation and mindfulness to be instrumental in reducing stress and increasing peace within myself. It has helped me navigate the challenges and demands of life with more ease and efficiency.

Introduced to meditation in high school, I rarely meditated or practiced mindfulness until a number of years later, when the cumulative stress in my life began to manifest in intense chronic pain and obliterating anxiety which paralyzed me from engaging and functioning in the world. Since committing to a regular meditation and mindfulness practice I live a more balanced, and less stressed existence, including a significant reduction in pain.

It's simple yet profoundly effective in every area of one's life - from reducing stress to improving relationships and performance. And it doesn't take much out of your day to practice. You can start out with just few minutes a day; everyday moments provide opportunity to integrate the practice of mindfulness into your schedule, from waiting in line to bidding time at a stop light. All you need is to be open, focus on your breath and ask yourself what is happening now, around you. (This doesn't include looking at your phone!)

A multitude of medical studies have revealed the consequences of unaddressed levels of high or chronic stress - increased risk of heart disease, low immunity to illnesses, anxiety, insomnia, nausea and host of other physical ailments. [sentence about how students are especially vulnerable due to stress] Taking proactive preventative measures, such as enacting a comprehensive mindfulness program, is crucial for the emotional and physical health of De Anza students.

Reform needed to stop violence

Archie Singh
STAFF REPORTER

Guns are weapons, invented and manufactured for the sole purpose of inflicting damage. Guns need to be strictly regulated, with enforced heavy mental health screenings and wait periods, especially for big guns such as semi-automatic rifles. In tragic recent news, we have witnessed just how dangerous they can be.

Australia completely banned semi-auto machine guns and pump action shotgun in 1996 as a reaction to a deadly massacre that killed 35 people. The ban drastically reduced the number of deaths by gun violence and mass shooting are now rare.

In the US, mass shootings are more frequent than anywhere else in the world. In other countries, mass shootings are often carried out by underground groups and terrorist organizations. However, the US witnesses, almost annually, shootings by a civilian who has a mental condition, as their relatives are in shock and express their disbelief. People shed tears for the victim of the tragedy, few opinions for gun control can be heard among anti-gun control opinions, and the efforts fizzle out as the tears dry up only to repeat the cycle in a few months, without any change to mental health care. Guns should be regulated so they don't fall into the hands of someone that may be a danger to the society.



Anti-gun control opinions generally revolve around the idea of security and safety. Carrying around a concealed pistol seems viable; however, carrying a bulky semi-automatic all the time for safety is absurd. A person in their right mind would not carry semi-automatic rifle with them all the time for protection.

In general, police are supposed to make the public feel safe and secured. The irony is that the police force is making most of the public feel unsafe. There have been a lot of killings by the hands of the police. It seems like the police force is being trained to kill, and especially people of color are being targeted. One of the reasons why there are so many killings might have to do with how the police are on the edge, as they are insecure themselves. A simple traffic

stop might be the last day on their job, uncertain that the person being pulled over may have a loaded gun ready to shoot them. So anytime anything goes slightly off, the police overreact like they have to kill them before they get killed themselves.

Why is there so much gun violence in America? The arguably outdated second amendment allows people to have guns, but no one back then could have thought about semi-automatic guns, and the proxy debate about guns are keeping us from actual social issues. The main debate should be how Americans can be educated, how to make healthcare accessible for all people, what should be done about the wealth disparity that is slowly killing the middle class, and police killing civilians regardless of their race.

De Anza Mindfulness Resources:

- Meditation Room on upper level of Hinson Campus Center
- De Anza's Student Health 101 website:
deanza.readsh101.com

Outside Resources:

- Insight Meditation South Bay
- Ajahm Brahm on YouTube

LA VOZ NEWS

L Quad Room L41
21250 Stevens Creek Blvd.
Cupertino, CA 95014
PHONE : (408) 864-5626
FAX : (408) 864-5533
EMAIL : lavoza@fhda.edu
WEBSITE : lavozdeanza.com

EDITORIAL BOARD

Andrew Shinjo
EDITOR-IN-CHIEF
lavoza@fhda.edu

Ana Acosta
NEWS EDITOR

Natalie Valencia
FEATURES EDITOR

Audrey Marques
DESIGN EDITOR

Genevieve Kolar
OPINIONS EDITOR

Susan Garcia
SPORTS EDITOR

Matthew Fernandez
PHOTOS EDITOR

Jack Molmud
VIDEO EDITOR

BUSINESS STAFF

Cecilia Deck
FACULTY ADVISER
deckcecilia@fhda.edu

Jamie Lamping
BUSINESS / SOCIAL
MEDIA MANAGER
lavozaadvertising@gmail.com

ABOUT US

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

La Voz News 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 News 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 News.

LETTERS TO THE EDITOR

Letters to the editor can be submitted to lavoza@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 editor will be printed. La Voz reserves the right to edit letters and submissions for clarity in accordance with Associated Press writing style.

California
Newspaper
Publishers
Association

LA VOZ THEN & NOW | Originally published November 17, 1972

INQUIRING REPORTER: Do you believe in ESP?

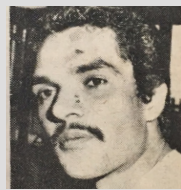


"No, I don't believe in ESP. I haven't seen any proof to convince me. I've seen records of proof, but not real proof. I've had experiences, like having dreams come true, but I think that is all the case of what your mind can work around, rather than supernatural phenomena."

Max Keruaghan

"Yes, to a certain extent. I know several people who have had experiences with it, and to some degree, I really do believe in it. It is a hard thing to explain. My brother was killed ten years ago, and my desire to see him has often come into my dreams. In one dream in particular, I knew I'd see my brother again. He would be a completely different person, but I would know it was my brother."

Doug Kandetzki



"Yes. It could be there. Sometimes, when I work, I'll get a feeling like I've done it before, or like I knew it was going to happen. I have dreams that come true. Sometimes, I'll be doing something, and I'll look up and think - Hey. I've done this before."

Noodles

"Yeah. I've had experiences with it - just little things. My mother and I have communicated. My father has experienced more than I have. Dreams coming true, where you've dreamt about one place, and then you've been there. I've known that I've met people before but never have."

Ruth Decker



De Anza provides sense of community, path to self-discovery

Kurt Catacutan
STAFF REPORTER

De Anza College is exceptional at maintaining its sense of community among the students enrolled. Rated by edsmart.org as the number one community college in California, De Anza surpasses the expectations of being just a stepping stone into university life.

In high school, I had not even considered attending a community college; stubbornly retaining the notion that only an accredited university was capable of providing me the experience that I lusted for.

Towards the end of the first semester of my senior year of high school, I was informed by my parents that due to financial reasons, my dreams of attending an accredited university were ruined.

Out of all the community colleges, I settled for De Anza, based simply on the commendation of current and former students.

I have heard comments like: "The quarter system prepares you for the rapid pace at a university," "The professors are fantastic," "For a community college, De Anza is a party school," "The transfer rate is better in comparison to rival junior colleges," and the comment that propelled me to decide on De Anza, "You'll meet hella interesting people there!"

Despite my initial resentment towards my parents' refusal to allow me to attend a four-year

university, I have come to realize that everything happens for a reason. Upon entering my first quarter at De Anza in the fall of 2014, I had just discovered that I was cursed with a disorder that I, and the rest of society, could barely comprehend: attention-deficit-hyperactivity disorder.

I was certain I had everything figured out, only to discover that I, in fact, did not know a single thing that I was doing. The registration process was foreign to me, I was clueless about the resources De Anza offered, and when I started a brand new school year feeling tense, scatterbrained and unfocused, it only ended in disaster.

Slowly, I came to discover that De Anza's thriving community would be a defining aspect of my personal growth. I reached out to other students on campus for advice regarding my unfortunate circumstances and was provided the empathy and care necessary to persuade me to relentlessly pursue my goals.

I became connected with De Anza administration and professors that offered me the necessary accommodations I needed to succeed.

In contrast, it's difficult for me to believe that the neighboring community colleges in the Bay Area can offer me the monumental experience to drive me towards self-discovery. I would not be who I am now if it weren't for the warm community that De Anza College is accredited for.

Chief's Corner: *Here to serve you!*

Ronald Levine
CHIEF OF POLICE

I am very honored that the La Voz News editorial staff has invited me to pen a guest column once again. It is my intent to use this opportunity to discuss issues of mutual concern with the De Anza community. Future articles will include topics such as; how you can keep yourself safe both on and off campus and what to do if you are ever stopped by an officer (the subject of my next column).

First though, a little about our district police department; we are certified by the California Commission on Peace Officers Standards and Training and our police officers receive the same exact training as our municipal and county counterparts. Also, our officers are mandated by the state to receive additional training on specific issues that are unique to institutions of higher learning.

We provide primary law enforcement services to all Foothill-De Anza College District property, including both campuses and the Sunnyvale Education

Center. Our hours of operation are from 6 a.m. to midnight, seven days a week, 365 days a year. We maintain agreements with the Sheriff's Office and Sunnyvale Department of Public Safety, to patrol our facilities after hours.

Your police department provides a wide range of services to the De Anza community. In addition to the basic law enforcement function, we provide on-going safety training (e.g. Run-Hide-Defend, International and New Student Orientation), LiveScan fingerprinting, safety escorts, vehicle jump starts, limited lockout service, along with a variety of other services.

We pride ourselves on our commitment to a "community policing" philosophy. Our "Core Values" spell out PRIDE; Professionalism, Respect, Integrity, Duty and Equality. We are here to serve YOU!

Please watch this space in future editions for valuable tips that you will be able to use in your daily life!

Ronald Levine is the Foothill-De Anza Chief of Police, and can be reached at 650-949-7514 or at his email, levineronald@fhda.edu.

Coach provides heart behind De Anza cheer and dance team

Simone Clay
STAFF REPORTER



PHOTOS BY: SIMONE CLAY

Above: Cheer students strut and twist perfecting their tryout routine.

Left: Coach Cj and previous team members demonstrate how to perform the dance stunts.

The fall sports at De Anza College are here and so are their biggest supporters: De Anza's very own Cheer and Dance Team! The Cheer and Dance team wouldn't be where they are today without their stunning coach, Cj Jones.

This season in particular Coach Cj is genuinely excited for. After making the fast recovery from a broken foot injury, Coach Cj is back and better than ever for this season.

"The leadership keeps everyone in high spirits... This team has been very supportive of each other." When asked about what keeps the team motivated, "we set squad goals and personal goals as well, so I think that helps a lot with the motivation for our team" The cheer and dance squad has built an immense sense of camaraderie and love for each other. So when it comes to keeping the energy alive, the team does an impressive job.

Prioritizing is also one of Coach Cj's strong suits. When asked about how they balance their cheer life and their lives outside of cheer, Coach Cj expressed the importance of prioritizing and always putting

family and school first. "Family always come first, academics comes second... cheer comes after that. We try to make sure that our game schedules are available early on so they can plan ahead."

During Coach Cj's foot injury, the team captain Julio Alfaro, 21, music major, took the role of coach for the team. The help was much appreciated by Coach Cj. "Of my favorite memories is Julio. In January, I fractured my foot and Julio just took over. He was captain and the coach... I am just really grateful that I had a student who wouldn't go overboard, and it's hard being in that much of a leadership role and being a younger person and not taking it too far. So that's like fantastic." Julio the captain of the team said his favorite memory was "Basketball season. I think that's where most bonds are made. It's also competition season, so we're with each other a lot."

Coach Cj is the heart and soul of De Anza's Cheer and Dance Team! She plans to hit this season with bang now that she's back from a fast recovery.

Volleyball loses match 3-0 against Gavilan

Susan Garcia
Sports Editor

After winning three consecutive conference games, the Dons lost their fourth match 3-0 to Gavilan College on Oct. 13, at De Anza College.

Right at the beginning of the first set, both teams were battling, scoring back to back, but the Rams took the lead in the first set 25-23.

In the middle of the set, the Dons were able to improve on passes, until the Rams managed to regain momentum, taking the lead 25-19.

The Dons ended their third set with 14-25. The Dons started off doing well, with great passes, but the Rams took advantage of every given opportunity and within a few moments, they caught up and eventually took the set.

"When one person would make a mistake, we didn't shake it off and that just made it harder for the team," said middle blocker, Justine Lee.

It was a frustrating set for the team. As the Dons were trying to outscore the Rams, they missed a few passes, and failed some

blocks that cost them the game.

Although they were missing their key player, the Dons didn't use that as an excuse for the mistakes that were made.

"It shouldn't have been so much of a difference, but I feel like we quite never settled in," said head coach, Dawnis Guevara.

If their key player isn't able to come back yet, the other girls need to be better Guevara said.

"We got stuck into our own little zone. Next time we want to focus more on blocking, specially since the middle blocker had so many kills on us towards the end of the third set," said middle blocker, Melissa Izquierdo.

Before their loss, on Oct.6 the Dons won 3-2 match against the Foothill College's Owls.

The Dons showed great connection between passing, and blocking during the first set with a score of 25-18.

During the second set, the Owls didn't back down and surprised the Dons with a score of 26-24, but that didn't stop the Dons recollect themselves as a team, and they took the third set with a score of 26-24.

The next match will be a home game on Oct. 20 against San Jose



PHOTO BY: MATTHEW FERNANDEZ
Brooke Smith jumps to hit the ball back to Galivan College during their game against De Anza on Oct. 13.

Football Dons defeat San Mateo 58-12 under poor air quality

Christian Babcock
STAFF REPORTER

Conference season begins with a thud as De Anza College falls to San Mateo College, 58-12.

De Anza football started out hanging tough with San Mateo. By the end of the first quarter, the score was just 7-6 in favor of the Bulldogs.

By halftime, however, it was apparent why San Mateo (5-1, 1-0 Bay 6) is considered one of the top junior college teams in California, and how much work De Anza (1-5, 0-1) has to do to catch them.

A 35-point second quarter catalyzed a 58-12 win for San Mateo, who is projected to win the Bay 6 conference.

The Bulldogs did their damage with a balanced attack, earning 300 yards on the ground and 288 through the air.

Damani Sistena led San Mateo with 88 yards rushing on 10 attempts, while Bulldogs

quarterback Miles Kendrick threw for 279 yards on 12-18 passing.

De Anza struggled on the ground, rushing for just 67 yards. They had more success passing the football, but still were held to only 175 yards.

Four De Anza players served the first game of two-game suspensions they received for their roles in the fight between De Anza and Chabot players.

De Anza head coach Anthony Santos said that while smoke from the various fires in Northern California forced the team to change its practice schedules, he doesn't view that as an excuse.

"It was a tough week with all the air quality issues and the practice plan modifications that we made. We had several days that were in unhealthy zones, so we had to modify practice," Santos said.

He added that while the team focused more on mental work

this week, they had mental lapses against San Mateo.

"I think we played well at times, but the lack of overall discipline and mental focus for the entire 60 minutes was evident," Santos said.

After the game, players from both teams did not form the standard handshake line in lieu of the Chabot/De Anza incident. Several coaches from both teams shook hands, but there was no uniform handshake line.

"I did that just to make sure the coaches and I, we agreed before the game that we didn't want any antics whatsoever. And we decided we would shake hands in a show of sportsmanship. Several of their coaches came over and shook our hands," Santos said.

De Anza will resume play at Diablo Valley College on Friday, October 20.



PHOTO BY: JARRA GOHOLO
Antwan Banks stretches out to catch Jeffrey Diala's pass.

12 SPORTS LAVOZDEANZA.COM Men's soccer falls 2-1 to Ohlone Renegades



PHOTO BY: SIMONE CLAY

Goalie Sahr Mattia shares an embrace with Abraham Aguirre for good luck before the game starts.



PHOTO BY: SIMONE CLAY

Alexis Barajas races towards the ball in the game on Oct. 10 against Ohlone's Renegades, losing 2-1.

Christian Trujano STAFF REPORTER

Execution was the key factor in leading De Anza College's men's soccer team to a 2-1 defeat against Ohlone College's team, the Renegades, in a high paced neck and neck home game on Oct. 10.

This would be the Don's first loss this season after a string of previous tie games.

When asked before the game on what the focus was for De Anza to win, head coach Rusty Johnson said, "it's a matter of we need to execute against teams."

This rather seemed to be the challenge that will be addressed in wake of this learning experience.

The odds began stacked against the Don's as they gave up an early goal in the first two minutes. This didn't seem to stress out the team as they collected and reorganized themselves into controlling the ball more and showing more aggression.

A series of aggressive play led to a rapid succession of pushes up the field by the Don's and it

created an opportunity for team captain Sahr Mattia to tie the game up at 1-1 before the first ten minutes were even up.

It was then, that the defensive shootout began between both teams.

After the second goal of the game, it became more of an individualistic show for the Don's as the defense and midfielders took control over the ball long enough to get down the field in an attempt to center the ball or pass into the goalie box.

"We needed to make smarter decisions on the ball and pass into the right areas of the field," said Johnson.

Coming back from halftime, the focus seemed to still be there within each individual player and yet, as a collective, they almost seemed scattered. People in the bleachers yelled, "You have to want it! Talk to your guys!" in an attempt to pressure the players to collect themselves again.

From here until the last ten minutes of the game, it was a battle between strikers and defenders in an array of fancy dribbling and ruthless blocks from De Anza's defenders such as freshman Diego Beiza and goalkeeper Abraham Aguirre. Johnson could be heard at this

point frustrated with the chances being given up by the Don's.

"We did things that I think our guys maybe see on tv and maybe just view them when they're playing video games, but it had nothing to do with reality," said Johnson. After two or three shots on target by the De Anza players, De Anza's defense was intercepted and gave up a one on one again with the goalie and led to the last goal of the game.

"We need to come together as a team instead of thinking individually," said goalkeeper, Abraham Aguirre, 18. With a new wave of freshmen in the team, communication is being seen as the key component to work on for the season.

"The biggest thing I think is the players really need to listen to the coach and execute what he's saying," said Aguirre.

Steve Ayala, sophomore, concluded with saying, "Take it day by day. Today we didn't look that good, but hopefully we can pick ourselves up from this." The drive is there to build a strong team and with some focus on communication and execution, the Don's set out to face Chabot on Oct. 20 at 3 p.m.

YOUR TRANSFER BEGINS HERE

- B.S. Business Psychology
- B.S. Psychology & Social Action

two-year college transfer programs

- > online and on-campus
- > guaranteed classes
- > scholarships available
- > small class sizes
- > not-for-profit

650-417-2050
paloalto.edu



PHOTO BY: SIMONE CLAY

De Anza Dons cool down after the game on Oct. 10 against Ohlone's Renegades.