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# La Voz

THE WEEKLY VOICE OF DE ANZA COLLEGE SINCE 1967



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## 2012-2013 DASB student senate and trustee elected, greivences resolved

Jay Chow  
Mariah Bravo  
Staff Writers

Leila Forouhi  
Opinions Editor

De Anza students elected current student senate Chair of Finance Pablo Zamorano and current senator Nadine Talaat as president and executive vice president from the near 1,900 ballots cast in the elections held by the De Anza Associated Student Body Senate.

Along with the elected executives, candidate Vince Mendoza was also elected as

the incoming De Anza Student Trustee.

DASB Senate Elections Committee heard three formal grievances from candidates about possible campaign violations on May 31, the day DASB senate election results were announced.

The REAL coalition accused one of the TORCH coalition candidates, Andrew Zhou of harassing student helper, Joey Zhou, no relation, over a poster location. Andrew Zhou gave an official apology at the meeting for his "immature statements," but denied additional allegations of physical harassment.

The senators ruled that any

harassment between De Anza College students was not in their jurisdiction. They found that the issue had not interfered with the election since REAL eventually placed the poster in the disputed location.

The other two complaints dealt with REAL flyers being found in the cafeteria and on cars. The committee ruled that there was no evidence to suggest the flyers had been purposely placed there, acknowledging that a student helping REAL could have mistakenly left them.

DASB Student Senate adviser John Cognetta went on record saying that he had seen laptops

at a REAL coalition tent with the voting page open. When Cognetta confronted REAL members, he said he was told that the laptops were for personal use.

No one was reportedly seen voting through those laptops, and a REAL member admitted to having accidentally left her browser open from voting earlier.

According to campaigning rules, coalitions are not allowed to have any potential voting areas near their tents.

No appeals were made on the committee's rulings.

DASB outgoing president and election committee chair, Arvind Ravichandran, 19,

who is majoring in business administration, said he chose not to submit a grievance even though he had a video of misconduct when he ran for office last year.

"In my experience, I take grievances really seriously," Ravichandran said. "I didn't think it would alter the election results and sometimes students misunderstand the rules."

Due to the quickness of the grievance meeting, the Office of College Life released the elections results later that afternoon.

contact the writers at  
[lavoz@fhda.edu](mailto:lavoz@fhda.edu)

### ELECTED: 2012-2013 De Anza Associated Student Body Senate

#### Senators

Glen Olsen Hisani

Cynthia Ouandji

Karin Novak

Wagio Mollie Collins

Katherine Perng

Nicole Grosskopf

Calvin Ching

Eileena Andy

Christy Ellen Sutanto

Monica Carrillo

Chika Sato

Mustafa Arshad

Andrew Zhou

Shahar Marom

Richard Vincent Kanadi

Linh Gia Ngo

Jessica Nguyen

Veena Bhatia

Samuel Duval

Amy Cho

Tatyana Grienko

Jack Law

Lynn Hoang

Heidi Kang

Siyun Kim

Raymon Tse

Astha Singh

Parjosh Sangha

Votes for president/vice president: 907, minimum 20 percent for position.

Votes for senators: 1,092, minimum 20 percent for position.

28 candidates elected based on percentage of votes.

### FHDA scholarship awards announced

Amigos de Educacion Las Americas award still open for applications

Shaden Alamleh  
Staff Writer

The first set of Foothill-De Anza Community College scholarship awards for 2012-13 were announced May 15.

A total of 175 winners were selected from 379 applicants for 70 different scholarship awards ranging from \$500 to \$1,500. The majority of applications were due in early February.

Applications for the Amigos de Educacion Las Americas scholarship, awarded by Latino/a staff members from De Anza, is not due until June 8. The scholarship, which has existed since 1995 and awards a total of \$750 to \$1,000, is a scholarship that is open to

all Latino/a De Anza students who are currently enrolled in 12 units with a minimum GPA of 2.5, have completed a minimum of 24 units at De Anza, will be transferring this fall must participate in the Latino/a student recognition ceremony on June 22.

Donor committees are composed of students, staff, faculty and administrators including the De Anza Student Body academic senate, Asian Pacific American Staff Association, Classified Senate and the FHDA board of trustees.

The scholarship committee will offer awards to students next year. Application forms will be available on the FHDA website with the descriptions and re-

quirements for each award.

Many of the awards are granted to students who have met the criteria such as "GPA, course of study, community and or campus involvement or overcoming great obstacles like first in family to go to college, single parent, learning or physical disabilities," said Robin Lyssenko, assistant director of the Foothill-De Anza Foundation.

For more information on the Amigos de Educacion Las Americas scholarship and other awards go to [www.scholarships.fhda.edu](http://www.scholarships.fhda.edu)

contact Shaden Amleh at  
[lavoz@fhda.edu](mailto:lavoz@fhda.edu)



ED CHUCK | La Voz Weekly

SUPPORT - A nurse and several students from the HBV club supports a student during the procedure.

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**MONDAY, JUNE 4**

**"TOMMIE SMITH: ATHLETICS AND WORLD PEACE"**

11:30 a.m. to 1:30 p.m.  
Hinson Campus Center, Conference Rooms A & B  
Discussion about athletics and world peace by Tommie Smith, Olympic athlete and civil rights activist. Sponsored by LEAD. Contact Marc Coronado for more information at coronadomarc@deanza.edu.

**MANUEL CALLAHAN: "APPLYING THE LESSONS OF THE ZAPATISTA PRAXIS TO THE VALLEY"**

1:30 to 3:30 p.m.  
Hinson Campus Center, Conference Rooms A & B  
Update by Manuel Callahan, from the Universidad de la Tierra, on the Zapatista struggle in Chiapas and a review of the solidarity efforts under way as part of the opposition to what the Zapatistas call the 4th World War. Sponsored by DASB Diversity and Events Committee. Contact Tom Izu for more information at 408-864-8986 or izutom@deanza.edu.

**WEDNESDAY, JUNE 6**

**BLOOD DRIVE**

8:30 a.m. to 7:45 p.m.  
Conference Room A & B  
To make a donation make an appointment online, visit: bloodcenter.stanford.edu. Sponsored by Health Services. Contact Mary Sullivan for more information at 408-864-8732 or sullivanmary@deanza.edu

**THURSDAY, JUNE 7**

**FIRST THURSDAY OPEN MIC SERIES**

5 to 7 p.m.  
Euphrat Museum, VPAC  
The Open Mic Series sponsored by the De Anza Black Student Union. Participation in fusion of spoken poetry

and hip-hop is open to De Anza students, faculty and staff. Admission is free. Contact deanzabsu@gmail.com for more information.

**"SCREAMING QUEENS: THE RIOT AT COMPTON'S CAFETERIA"**

6:30 to 9 p.m.  
Multicultural Center  
Movie night and discussion about trans women of color. All are welcome to the screening. Food and drinks will be provided.

**PIANO STUDENT RECITAL**

Noon  
Visual & Performance Arts Center  
Performances by students. Admissions is free. Contact Anna Poklewski for more information at poklewskianna@deanza.edu

**FRIDAY, JUNE 8**

**AUTO TECH CARACCI CLASSIC GOLF TOURNAMENT**

All day event  
Sunol Golf & Country Club  
Annual Caracci Memorial Scholarship fund raiser golf tournament and dinner. Raffle will raise money for scholarships. Sponsored by Auto Tech Department. Contact Dave Capitolo for more information at 408-864-8312 or capitolodave@fhda.edu.

**33rd ANNUAL STUDENT FILM & VIDEO SHOW**

7:30 to 9:30 p.m.  
Visual & Performing Arts Center  
Screening of student narrative, documentary, animation and experimental short films produced by Film/TV Department students. Sponsored by DASB, Creative Arts. Contact Zaki Lisha for more information at 408-864-8519 or lishazaki@deanza.edu.

**SATURDAY, JUNE 9**

**TRIBUTE TO JASCHA HEIFETZ**

7:30 p.m.  
Visual & Performing Arts Center  
A performance by the De Anza Chamber Orchestra featuring two of Heifetz students. Contact Loren Tayerle for more information at tayerleloren@fhda.edu

**TUESDAY, JUNE 12**

**LEARN ABOUT ANXIETY**

11:30 a.m. to 12:30 p.m.  
Hinson Campus Center, El Clemente Room  
Educational workshop on therapy provided and sponsored by Health Services and Psychological Services. Workshops are not intended to provide diagnosis or treatment. Contact Mary Sullivan for more information at sullivanmary@deanza.edu.

**WEDNESDAY, JUNE 13**

**DE ANZA CUP: INTRAMURAL SOCCER TOURNAMENT**

1:30 to 5:30 p.m.  
Soccer Field  
Located at the soccer field, the event will include an intramural soccer tournament. Food, drinks, music will be included. Sponsored by LEAD. Contact Marc Coronado for more information at coronadomarc@deanza.edu

**THURSDAY, JUNE 14**

**FREE SPORTS MASSAGE**

12:40 to 2:30 p.m.  
PE12U  
Free post-event sports massage. Sign up sheets are available at the Physical Education Office Door (located behind the diving board). Sponsored by Massage Therapy Program Sports Massage Class. Contact Deb Tuck for more information at 408-864-8205 or tuckdeborah@fhda.edu

**THE CREATIVE ARTS SHOWCASE**

3 to 5 p.m.  
Visual & Performing Arts Center Auditorium  
Do you sing? Act? Dance? Recite poetry/spoken word? Are you an outspoken activist? Start your summer off right by attending this quarterly open mic, hosted by the Creative Arts Department! Anybody can watch, and participation is limited to registered students of De Anza. If you would like to perform, please arrive by 2:45 p.m.

**FRIDAY, JUNE 15**

**LSC CELEBRATION AND FUNDRAISER**

12:30 to 3:30 p.m.  
California History Center  
Come and celebrate the 10-year anniversary of the Listening & Speaking Center. There will be live entertainment, great food and prizes raffled off. Raffle tickets are \$2 and will be available in AT 304 and at the door and table set up between The Campus Center and the ATC starting June 5. Contact LSC for more information at 408-864-5385.

**MONDAY, JUNE 18**

**BULLYING/SUICIDE AWARENESS**

10:30 a.m. to 2:30 p.m.  
Sunken Garden and Conference Room A  
Ceremony followed by a community dialogue in the second hour of the event in Conference Room A. Contact Julie Lewis for more information at lewisjulie@deanza.edu

**LIBRARY BOOK SALE**

All Day  
Library  
Annual Library Book Sale through the first week of summer session. Donations of books, textbooks or paperbacks for the sale are encouraged. Sponsored by the library. Contact Tracy Lam at 408-864-8439 or lamtracy@deanza.edu.

**TUESDAY, JUNE 19**

**LEARN ABOUT DEPRESSION**

11:30 a.m. to 12:30 p.m.  
Hinson Campus Center, El Clemente Room  
Educational workshop on depression provided and sponsored by Health Services and Psychological Services. Workshops are not intended to provide diagnosis or treatment. Contact Mary Sullivan for more information at sullivanmary@deanza.edu.

**WEDNESDAY, JUNE 20**

**HUMAN TRAFFICKING PANEL**

1:30 to 3:40 p.m.  
Multicultural Center  
The panel features Maia Sciapac of HEAT Watch Alameda County and a LEAD alumna. Contact Marc Coronado for more information at coronadomarc@deanza.edu.

**31st ANNUAL HERB PATNOE JAZZ FESTIVAL**

7:30 to 10 p.m.  
Visual & Performing Arts Center  
Daddio Big Bands featuring Randy Vincent, Mary Fetting, Mike Olmos and Dave Eshelman performing at the VPAC. Tickets are available at the door. Contact Bob Farrington for more information at 408-864-8507 or farringtonrobert@deanza.edu.

**THURSDAY, JUNE 21**

**DE ANZA DANCE DEMONSTRATION**

7 p.m.  
Visual & Performing Arts Center  
Dance performance by spring quarter dance class students. Sponsored by Creative Arts. Contact Warren Lucas for more information at lucaswarren@deanza.edu.

# The Making of the Western Mind

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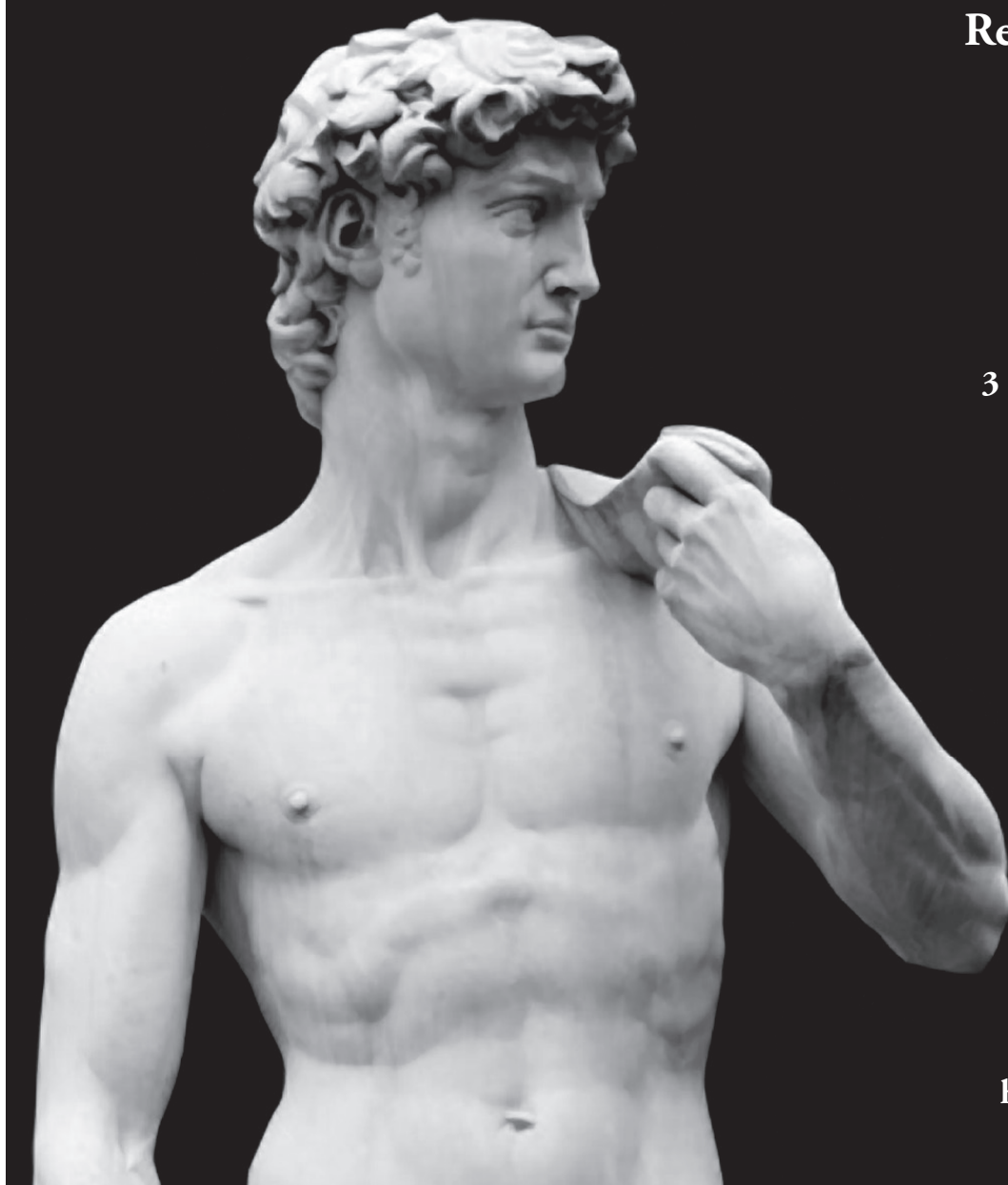
Wednesday nights, 7:00 PM  
Fall Quarter: October 3 – December 10, 2012  
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<http://westernciv.com/syllabi/motwm/motwm.shtml>





# Stanford Blood Center to hold blood drive

Kelsey Purpura  
Staff Writer

De Anza College's annual blood drive will take donors June 6 from 8:30 a.m. to 7:45 p.m. in the Hinson campus center.

"It just sets up a nice pattern to giving back because you can't make blood," said Mary

community are welcome as long as they are at least 17 years old, weigh a minimum of 110 pounds, do not have any cold or flu-like symptoms (with the exception of allergies) and have a photo ID.

Donors will be asked a number of questions before blood can be drawn to make sure they can safely donate, such as whether



VIVIAN NGUYEN | La Voz Weekly

Sullivan, director of health education and wellness.

People interested in donating will be able to sign up in three ways: make an appointment online on Stanford University's Blood Center's website, sign up during table hours June 4 and 5 outside Health Services in the Hinson center, or sign up as walk-ins in Conference Rooms A and B.

All members of the De Anza

they have stayed in the United Kingdom for three or more months between 1980 and 1996, or have visited India, certain places in Mexico, China, Africa, Central or South America, the Caribbean or the Philippines in the past 12 months.

contact Kelsey Purpura at [lavoz@fhda.edu](mailto:lavoz@fhda.edu)

# De Anza graduation moved to Homestead: No high heels

Ed Chuck  
Staff Writer

De Anza College's 2012 Commencement ceremony has been moved to the Homestead High School football field.

As part of the rules of the host venue, female graduates will not be allowed to wear high heels as they will damage the field.

Commencement is customarily held at the Outdoor Events Arena on the De Anza campus. But the arena is currently in the middle of a renovation due to Measure C funding. Graduation will take place Saturday, June 30 from 9 a.m. to 11 a.m.

According to the De Anza website, there will not be adequate parking at Homestead. Family and friends should instead arrive early at De Anza for free event parking at the Flint Center, then make the half mile hike to the high school on Homestead and Stelling.

The 30-minute walk from the Flint Center Garage will lead through the North Entrance onto Mary Ave. which curves, leading to the Don Burnett Bicycle-Pedestrian Bridge. The bridge crosses Interstate 280 and ends at the southwest corner of Homestead's campus, with easy access to the football field.

Guests with a disabled person parking placard may park in one of approximately a dozen parking spots at Homestead designated for persons with disabilities.

There will be no shade, so guests and graduates are encouraged to stay hydrated and to prepare for the heat.

Reminders of the change in location will be posted on A-frames around campus.

contact Ed Chuck at [lavoz@fhda.edu](mailto:lavoz@fhda.edu)

If you have an interest for facts, capturing events and presenting them creatively...

Join La Voz Weekly!!!

Be a reporter, editor, photographer, broadcast producer, artist or designer

For staff positions, join either JOUR 61 or 62 fall quarter. Fall schedule will be out on the De Anza website June 25.

For editorial positions, send a 300 word (or less) letter of intent to [deckceilia@deanza.edu](mailto:deckceilia@deanza.edu). Please include contact information, background experience and position interested in. **Deadline for letters is NOON on Friday, June 22.**

ICC & DASB Presents :

# STORM THEN NIGHT DANCE!

Friday, June 8, 2012  
 9pm - Midnight | Sunken Garden  
 De Anza College

Advance Tickets sold by De Anza clubs : \$5  
 Tickets at Door : \$10

Benefits the Inter Club Council Emergency Relief Fund, Funded by DASB  
[www.deanza.edu/clubs](http://www.deanza.edu/clubs) / [www.facebook.com/deanzaicc](http://www.facebook.com/deanzaicc)



## NEW MUSIC: Reviews by Marcel Roorians

### Artist: Ab-Soul Album: Control System

Ab-Soul is signed to the renowned Aftermath Records label, started by rapper and producer Dr. Dre after he abandoned his own Death Row Records empire when it showed its very first signs of failure—hence the name Aftermath.

Ab-Soul, Kendrick Lamar, Schoolboy Q, and Jay Rock are all part of a conglomerate of rappers named “Black Hippy” who operate much like the old-school group Wu-Tang Clan.

Rather than releasing one single album featuring all four of them on each song, they individually released solo albums and featured one another on certain tracks.

Ab-Soul has a good sound even though his voice at first didn't feel right for hip-hop. His 17-track album has several appealing flows and more than enough music to keep one satisfied.

It kicks off with a female giving a slight introduction, then Ab-Soul takes over and lures you in. This is where the first inconvenience comes, and it develops into the reason for lacking comfort with his voice.

This first song is just ok, but only because Jhenel Aiko, the female who voices the chorus, sounds uncannily like Rihanna.

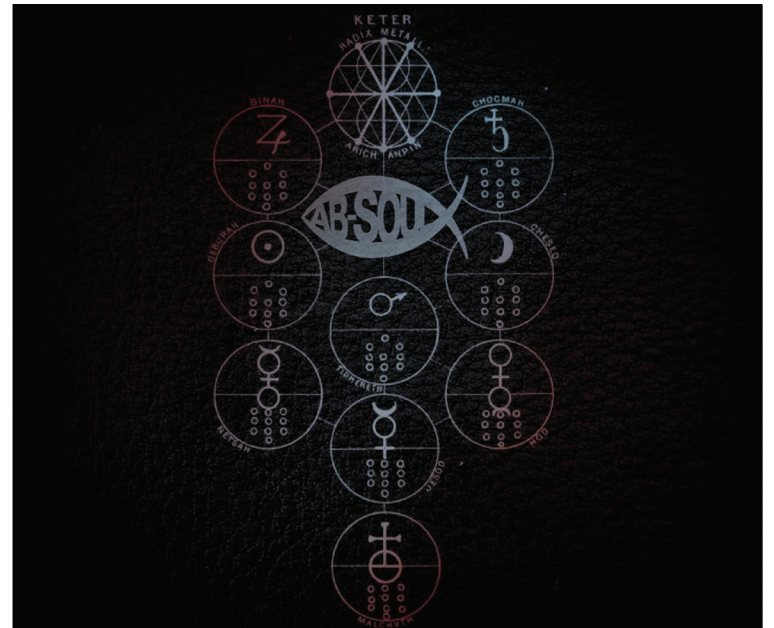
The second track, titled “Track Two,” cleans up and

falls in line with the rest of the album once Ab-Soul is finished with his yelling. He manages to have a hustler's beat to back the majority of his songs, which is a good thing for the style and voice track.

The next most notable song would have to be “Pineal Gland” for its haunting piano riff and the verses Ab-Soul lays on top. “Mixed Emotions” is a good song to have on the album because it's true to the emotions when listening. It is a more laid-back song that slows things down, making it easier to cope with the fast-paced artist.

Some people take large note of “SOPA” – a track obviously in reference to the internet bill that raised a lot of traffic on the web, but it isn't appealing enough to give more than an honorable mention. “Lust Demons” has the same effect, but “Mixed Emotions” has a slower and relaxed R&B feel.

Though the song “Illuminate” is where I believe he takes things too far, it is one big boastful track that takes aim at hip-hop's greatest legends and



HIPHOPDX.COM

leaders, and fires off at them. He doesn't say much that is particularly negative, but he treats himself like a veteran of the rap game even though he is a complete newcomer.

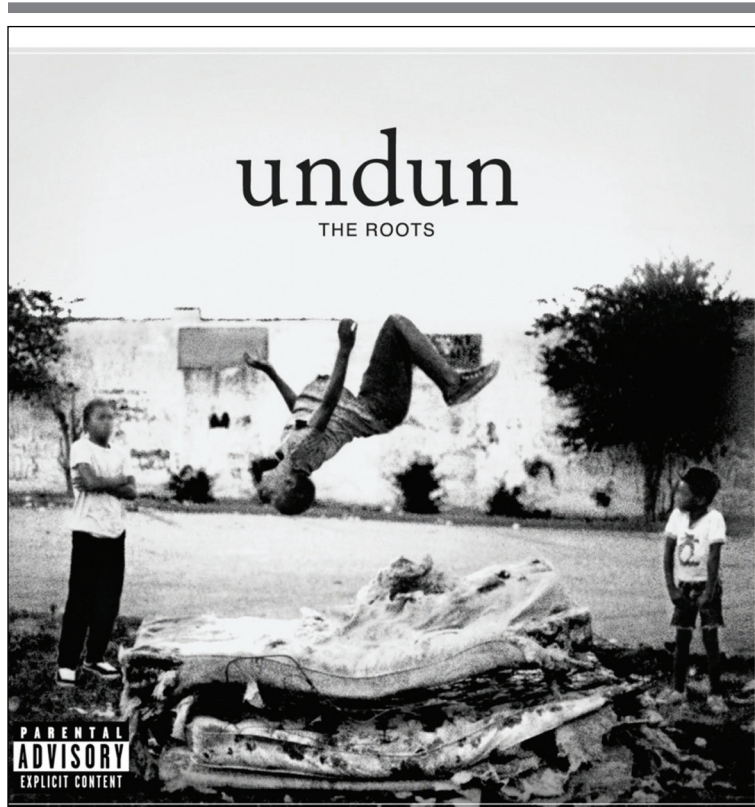
The track works nicely and the rhyming is smooth, but even though there's a feature of good buddy and fellow newcomer Kendrick Lamar, the two of them taking on the greatest of the great is too much and just puts each other off. From that point on, the tracks seem to mellow out and go back to standard sounds of hustler talk and such.

“A Rebellion” is probably one of the best tracks alongside

a few of the aforementioned songs like “Pineal Gland,” but “Black Lip B\*stard” is the only remaining song that deserves mention. It features the entire group of “Black Hippy” and earns respect with its notable lyrics and features.

All in all, Ab-Soul and the rest of his crew have some major proving to do, but it's worth purchasing. Yet approach with caution.

contact Marcel Toorians at [lavoz@fhda.edu](mailto:lavoz@fhda.edu)



HIPHOPWIRED.COM

### Artist: The Roots Album: Undun

The Roots, a legendary band made up of epic proportions, released its 1993 album “Organix,” featuring a funky, old-school laidback rhythm from drummer Questlove's beats and MC Black Thought's deft rhymes.

Since then, the Philadelphia-based group has released 12 other albums with the most recent being “Undun.”

“Undun” is a curious case of Redford Stevens, a fictional character bearing the poverty of the world. In his struggle to make a life decision on how to lead his life, the character chooses between taking the path of violence and danger or hard work from a real job. The ultimate decision leads him down a short and tragic road.


The Roots had the opportunity to work with singer-song writer and musician, Sufjan Stevens, famous for his 2005 album “Illinois,” from which the name for the album's fictional character is in fact taken, from Stevens' song “Redford.”

The sound style of “Undun” is reflective of the band's previous album “How I Got Over” with a more indie and live sensation than a set of samples. Its mix of dark as well as light tunes accurately exhibits the journey MC Black Thought and Co. describe.


The lead single is the third track titled “Make My” featuring up-and-coming rapper Big K.R.I.T. as well as long time collaborator of the Roots, Dice Raw. The song transcends a nice relaxed positive feeling. The songs “One Time,” “Lighthouse,” and “Tip the Scale” fall under the heavier side of the album and proceed to place you in a serious state of mind, all the while communicating the difficulties of a life in poverty.

The album pulls through as a worthy purchase and a magnificent listen for those who do more than check the singles, so go ahead ... and make your day.

contact Marcel Toorians at [lavoz@fhda.edu](mailto:lavoz@fhda.edu)



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**READING** - Baron Kwan, economics major, and Thomas Lau, film production major, read "Tough Alice," a retelling of Alice in Wonderland, from "12 Impossible Things Before Breakfast" by Jane Yolen.

## BANNED BOOKS READING 12 Impossible Things Before Breakfast



ED CHUCK | La Voz Weekly

**QUOTING** - Nima Lama, 21, criminal justice, and Karen Lopez, 18, journalism, read "Mama Gone" from Jane Yolen's "12 Impossible Things Before Breakfast" on May 28.



**REPRESENT** - Student volunteers publicize the HBV testing event on Wednesday May 30 out in the main quad.



**HOOKED** - Students partake in an activity held by the HBV club on campus.



**PRICKED** - One student braves the needle as a nurse prods her arm during free Hepatitis B testing offered inside Campus Center Conference Room A.

# HBV TESTING

Team HBV at De Anza College and Asian Liver Center at Stanford invited students to a free test for Hepatitis B, and attracted students with free pearl drinks, temporary tattoos and stickers on Tuesday, May 30.

pictures  
by  
Ed Chuck



**BOBA!** - Free pearl drinks chill before being handed out to the first 120 people getting tested.



**FIGHT IT** - A temporary ninja tattoo gives pride to the tested.



**SHOW OFF** - Stickers and tattoos and other giveaways lured students to test themselves for Hepatitis B.

## De Anza College Dining Services

Menu:  
June 4 - June 8

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> <li>Pizza: Roast Chicken, Ranch</li> <li>Salad: Chinese Chicken</li> <li>Pasta: Beef Stroganoff</li> </ul>	<ul style="list-style-type: none"> <li>Pizza: Italian Meat Lovers Combo</li> <li>Szechuan Beef: Organic Baby Spinach, Carrot, Red Peppers, Bean Sprouts, Peanuts, Cilantro, Mandarin Oranges, Green Onion, Noodles &amp; Sesame Vinagrette</li> <li>Southwestern Pasta</li> </ul>	<ul style="list-style-type: none"> <li>Pizza: Hawaiian Ham &amp; Pineapple</li> <li>Spring Greens, Fresh Apple, Candied Walnuts, Cranberries, Blue Cheese and Oil &amp; Balsamic Dressing</li> <li>WORLD RISOTTO: Jambalaya Blackened Chicken, Smoked Pork Sausage &amp; Shrimp Risotto, Onion, Celery, Gumbo Spice, Red Beans and Red Pepper Rouille</li> </ul>	<ul style="list-style-type: none"> <li>Pizza: Mortadella Italian Sausage, Artichoke Hearts, Peppers, Pesto &amp; Caesar</li> <li>Salad: Southwestern Chicken</li> <li>Broccoli Bow Tie Pasta</li> </ul>	<ul style="list-style-type: none"> <li>Pizza: Chef's Choice</li> <li>Soup: New England Clam Chowder</li> </ul>

**Flatbread Naan:** The Club - The Caesar - The Bombay Combined with a small salad  
**Burger of the Week:** Ze Greek - Grass Fed Angus Beef, Fresh Thyme and Oregano, Cumin & Smoked Paprika, Tzatziki Spread, American Cheese



## De Anza is the 2011-12 Coast Conference All-Sports Award Winner

Colleges competing for the All-Sports Award earn points based on their standings in the Coast Conference. De Anza placed first for the fifth year in a row with 132 points. There are 17 colleges in the Coast Conference. This is also the 18th time in the past 27 years De Anza has won the All-Sports Award.

1. De Anza College	132
2. CCSF	111.5
3. Foothill College	109.5
4. Cabrillo College	107
5. Chabot College	102

## Yoga's benefits extend beyond physical needs



**THE TREE STANCE** - Students in a De Anza College class focus on getting in touch with mind, body, and spirit. **AMI BRUCE | La Voz**

**Ami Bruce  
Staff Writer**

If you were ever under the impression that yoga is an exclusive club made up of hippies and wealthy, tan women, you might want to take a deeper look. Yoga can offer health benefits to just about everyone who is willing to try it.

De Anza College students are no strangers to stress. Though yoga courses fulfill general education requirements, many students take yoga because of how it makes them feel.

"I find it to be really relaxing... especially through the end of the week," said business administration major Katie Vaughn, 20.

"It's a really great way to relieve stress from homework and the weekdays."

Vaughn's perception of the benefits of yoga is not at all in her head.

Yoga is shown to release several feel-good chemicals in the brain such as serotonin and dopamine, offering those who practice yoga a better sense of ease.

"It's definitely relaxing," said Kirby Kiefer, 26, business science major.

Yoga's benefits go beyond the sake of flexibility and relaxation.

Researchers at the Kripalu Center for Yoga and Health have found through MRI scans that yoga actually creates positive changes in the brain that have been seen and documented.

Additionally, yoga is shown to improve overall health in many forms including increased immune system function, improved circulation and decreased inflammation.

It is not uncommon for students to experience insomnia with looming tests and other assignments and responsibilities hanging over their head. De Anza student Leila Alves has found that yoga help to alleviate these college life symptoms.

"I wouldn't sleep as well as the way I am sleeping now since [taking yoga]. It has been very beneficial to my sleep," said Alves.

Fortunately for De Anza students, yoga classes are not difficult to find. They are actually offered every quarter. Not only do yoga classes fulfill a physical education requirement, they are a valuable tool in helping deal with the stress of earning a degree.

"What I have noticed and what a lot of students have come up to me and said is that [yoga] has helped them deal with the stress of school," De Anza yoga instructor Kelly Simons shared. "As the quarter goes along, [the students] get better and better at yoga and meditation and it clearly helps them."

Yoga is a skill anyone can learn and with increasing pressure on today's college students, it is more than worth contemplating if not only for the proven stress-busting benefits alone.

contact Ami Bruce at [lavoz@fhda.edu](mailto:lavoz@fhda.edu)

# RIO ADOBE

## SOUTHWEST CAFE

**BOLD FLAVORS FROM THE SOUTHWEST**

- ~ Real Food from Local Farms
- ~ Margaritas, Sangria, Mexican Beers
- ~ Family Friendly & Kids Menu

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Check it out at [facebook.com/PattenU](https://facebook.com/PattenU)



## LA VOZ WEEKLY

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# Music industry shows no mercy to file-sharing student



**Brenda Norrie**  
Features Editor

In a student's world, money is scarce to come by, so I was shocked when a recently graduated Boston student got smacked with a crazy fine worth more than his university education.

Joel Tenenbaum was charged with \$675,000 for illegally downloading and sharing 30 songs online, amounting to \$22,500 per song.

"I've been working on a graduate student's stipend for six years now and I have no such money," he told the New York Times.

Tenenbaum's lawyer tried arguing his fine down to 99 cents per song, the price of legally downloading each song.

Almost everyone has access to illicit file sharing programs, but the amount of money lost to the record

company and artists doesn't necessarily match up. Additionally, illegal file-sharing acts as free publicity among fans and downloaders that the companies would not otherwise have.

**"I'm not saying downloading is always right, but the fine should be reasonable and not the ludicrous six figure fine."**

The Recording Industry Association of America sued Tenenbaum on behalf of four companies, saying there were reductions in income and profits. But in all honesty, if it weren't for my friends sharing music with me, there are definitely bands and record companies that wouldn't have obtained my money at all -- including attending concerts and purchasing deluxe edition CDs.

Record labels such as Warner

Brothers and Sony BMG Music Entertainment are making record profits while continuing to reach more audiences on stations like Pandora or by offering ringtones.

I'm not saying downloading is always right, but the fine should be reasonable and not the ludicrous six figure fine that Tenenbaum was slapped, and which was upheld by the 1st U.S. Circuit Court of Appeals.

Some musicians do not mind as much as others if fans share and download their songs illegally,

"I like what's going on because I feel closer to the fans and the people who appreciate the music," Colombian singer Shakira told the Daily Mail.

Additionally, American singer Norah Jones said, "If people hear it I'm happy. I'm not going to say go and steal my album, but you know I think it's great that young people who don't have a lot of money can listen to music and be exposed to new things."

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## President Obama comes out



**Shaden Alamleh**  
Staff Writer

President Obama's view on gay marriage changed throughout his political career.

When running for Illinois senate in 1996, he declared his support for marriage equality, only to change his mind in support of so-called civil unions rather than same-sex marriages.

Now, Obama has changed his support again to ensure the LGBT vote in the upcoming November elections.

There is no doubt Obama is politically motivated.

The move will not only win the support of the LGBT community, it will also help him win the votes of young people, who helped put Obama in office, as they tend to support same-sex marriage.

Although a recent Gallup poll showed the economy as being the dominant concern for voters and same-sex marriage as only marginally important, the poll also showed 71 percent of people ages 18-29 support same-sex marriage.

This is while just 21 percent of those 80 years and older agree. Other polls have confirmed these findings.

Politically, the move will probably be damaging in states with an older majority of voters, such as the swing state of Florida. Additionally, African American and Latino communities tend to have high church attendance and therefore a similar aversion to gay marriage.

But their support for Obama is much stronger over Romney which could offset the fallout from the president's declaration.

Whether he wins the election next November, he would be still remembered for his stance.

Regardless, Obama's opinion on the subject should be respected because it supports human rights and dignity. Just as the right to privacy should be respected, the LGBT community should be respected too.

My biggest qualm is the government's interference in choices that are between two people only. Whether people have the legal permission or not, passing laws directed against LGBT people won't stop same-sex couples from loving each other.

In the end, if the government gives the title and protection of marriage to same-sex couples, it won't harm anyone.

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# Online education allows busy students to continue education



**Ami Bruce**  
Staff Writer

I have taken a great deal of online classes over the last two years. I can say the majority of the 77 units I have completed have been online. I am drawn to online courses because they are convenient for me in a lot of ways; as a mom who owns a small business, I have a very busy schedule and online education allows me to take courses on my time.

Many people may assume that online classes are easier than classes on campus, but in many instances, this is not the case. It depends on a number of factors including who your instructor is, what system they use (Catalyst or other) and what types of classes you tend to be best at.

In my case, I am a writer, so I have made every effort to complete all my writing classes online when at all possible.

Some online courses are just that--online. Others involve online work as well as a portion of your time spent on campus in the classroom. These types of courses are called hybrids and can be a perfect balance between battling for parking and doing work in your pajamas.

I am unashamedly lacking in mathematics and science abilities, so I was lucky when I took a biology hybrid that I found such a dedicated teacher. Without his tutoring outside of class, I would not have succeeded. For a person who excels in science, his online hybrid biology class would have been awesome. For me, I could have used the in-class discussions and therefore learned that there are classes I had best be on campus for.

While I enjoy online learning, there are a lot of negative aspects that someone considering them should be aware of.

Each instructor is different and the dreaded "tone" comes into play when you are communicating online. It is often hard to get a feel for the instructor's personality, which can lead to frustration and confusion. Likewise, you can assume the teacher has little feel for your personality and may judge you inappropriately. Situations such as this can make a quarter drag by or even make you want to drop the class altogether. Online chemistry between students and their instructors can differ greatly from the chemistry they might feel in a classroom setting.

Additionally, even if most instructors use the Catalyst system (some don't) they all approach it differently. Each quarter means getting to know a different layout. Figuring out what teachers expect of you without speaking to them in person can be a challenge; some instructors are very

clear, some could benefit from a bit of their own education on how to teach a course online. Sometimes learning a new layout means missing an assignment which your instructor may or may not let you make up.

Some aspects of online courses can be downright dumbfounding.

Many teachers require online group assignments which has to be one of the more asinine concepts I have ever endured. While I do see value in finding a way to communicate and culminate information online with others, it is incredibly difficult, especially when considering that most people taking online classes have varied schedules and are likely hard to contact. Some may even be out of state!

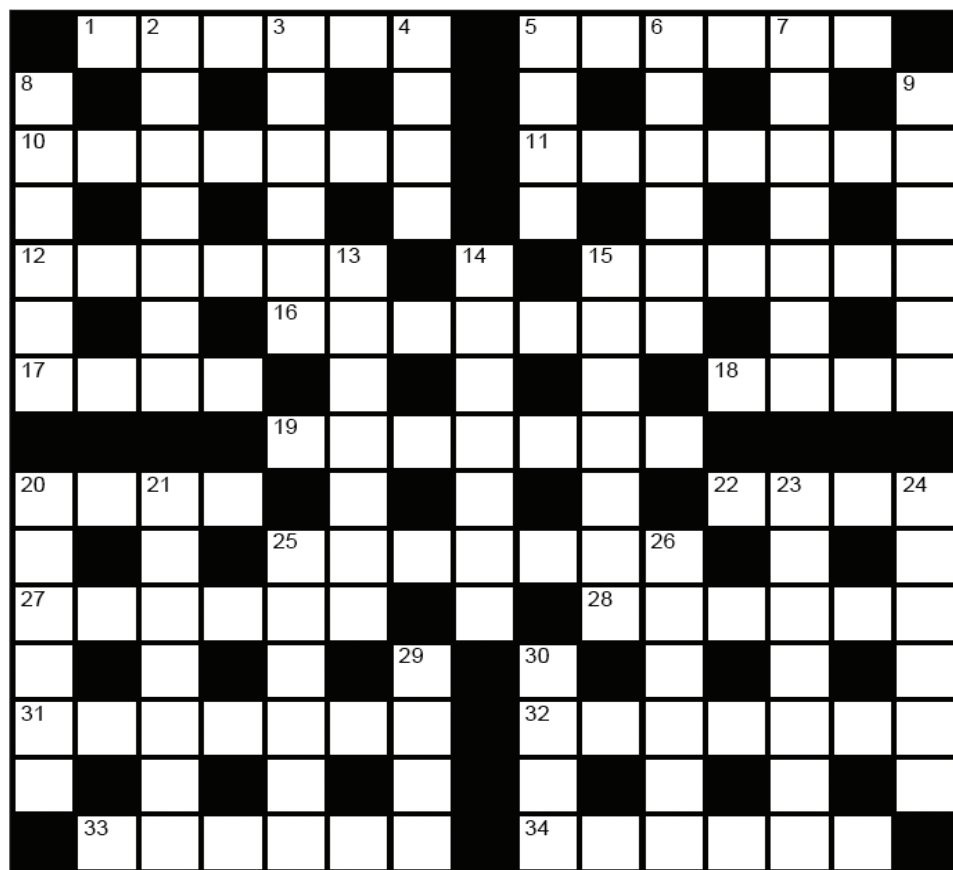
In the end, online success really depends on what type of person you are and where you excel. Pick your courses wisely and remember that more than likely you will be putting in the same amount of work.

For some (like myself), online courses are a necessity and I am incredibly grateful they are available -- even with a lot of frustration that comes with them. For others, they may be too difficult in terms of discipline and organization of time. You'll never know until you try!

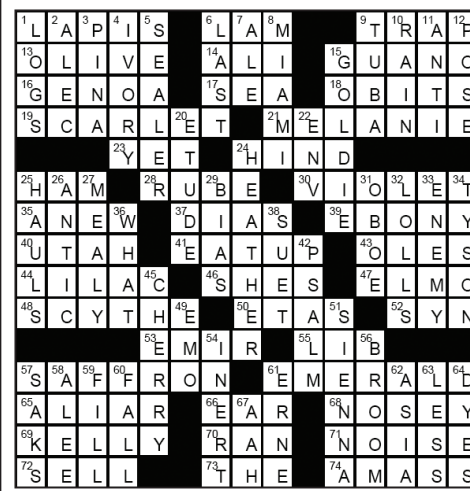
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## Crossword (Potpourri)



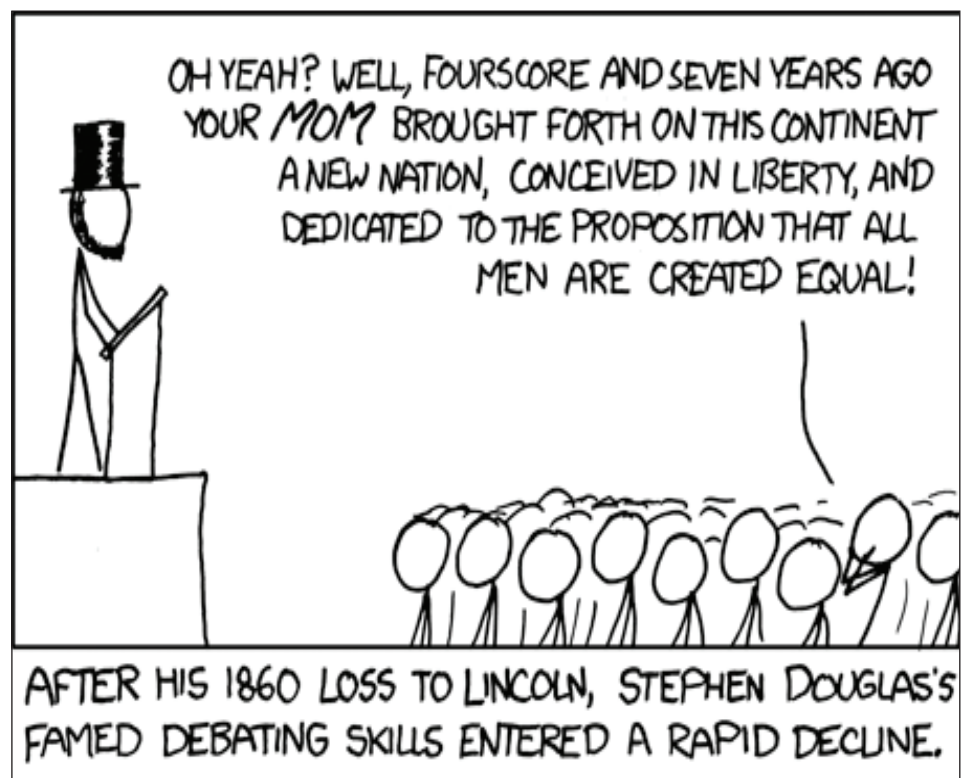
### Answers from last week:



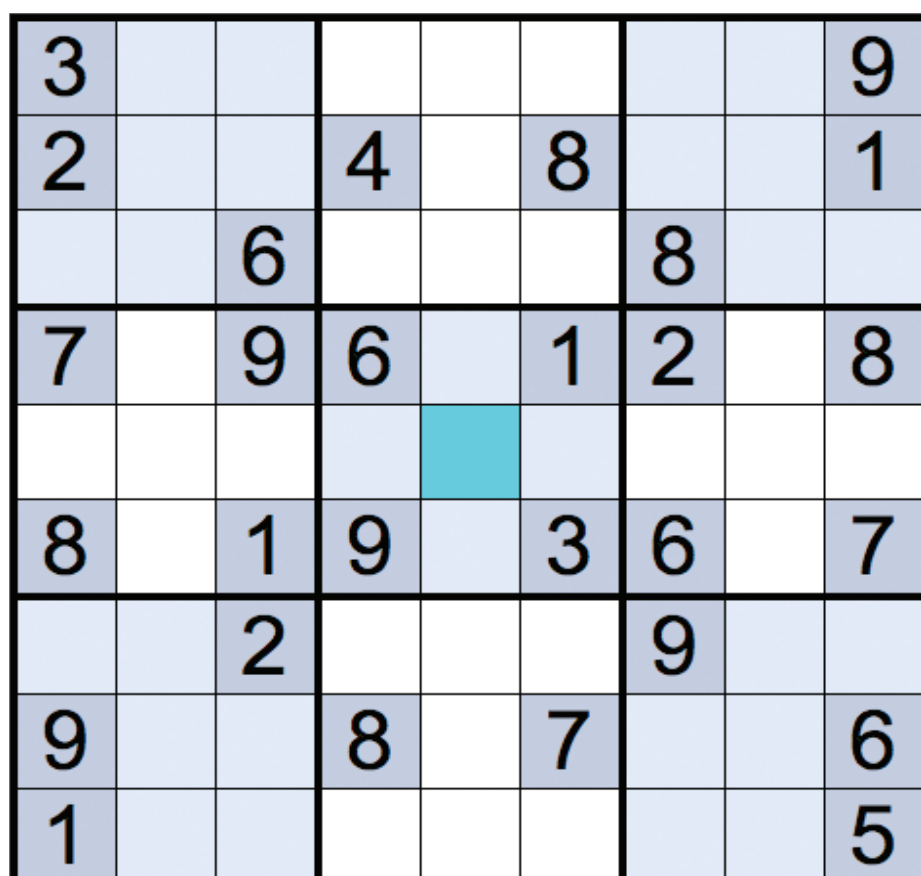
- Across**
- 1 Pre-Christmas period
  - 5 Bundle
  - 10 Toddler's burst of temper
  - 11 Computer screen
  - 12 Treat for Tom or Tabby
  - 15 Big toe woe
  - 16 More vast, as an estate
  - 17 No longer in love with
  - 18 "Awright!"
  - 19 On the shore
  - 20 "No \_\_\_!"
  - 22 "Cast Away" setting
  - 25 Crew member
  - 27 Certain discrimination
  - 28 Chess play
  - 31 German
  - 32 Teacher
  - 33 Brat
  - 34 Bugs
  - Down**
  - 2 Kitchen set
  - 3 Insect with pincers
  - 4 Proctor's call
  - 5 Lady's shoe
  - 6 Agree
  - 7 Get tangled
  - 8 Wall plaster
  - 9 Totally soak
  - 13 Usher's handout
  - 14 Not farmed out
  - 15 Freeform chair
  - 20 TV's "\_\_\_ and Greg"
  - 21 Reduce to ashes
  - 23 Government grant to business
  - 24 Cafeteria-goers
  - 25 Horse handler
  - 26 Land
  - 29 Boris Godunov, for one
  - 30 Desert tableland

Submit a correct crossword and receive two free tickets to Bluelight Theatres (while supplies last).  
 Submit entries to the La Voz Weekly office Room L-41.  
 • Include name and email on - submissions.  
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## Sudoku



<b>Mon. 4</b> 48° - 66°	<b>Tues. 5</b> 51° - 74°	<b>Wed. 6</b> 55° - 81°	<b>Thurs. 7</b> 54° - 83°	<b>Fri. 8</b> 54° - 84°	<b>Sat. 9</b> 53° - 78°	<b>Sun. 10</b> 52° - 79°
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