A critique of ineffectual anti-Trump protests

> SEE: , P. 6

DASB Senate peer evaluations potential "shitshow"

> SEE: , P. 3

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La Voz News

LA VOZ NEWS

THE VOICE OF DE ANZA SINCE 1967 —

2018 @lavozdeanza Next issue Jan. 24 | Dec. 5, 2016

TOUGH SOCCER LOSSES

AFTER BRUTAL ASSAULT OF STARTING GOALIE DE ANZA DONS OUT IN SEMIFINAL

Aysha Rehman STAFF REPORTER

The De Anza College men's soccer team finished the season with a strong record, but lost its goalie in an assault Nov. 11, and subsequently lost the semifinals Nov. 22.

The team, led by Albert Munante with 15 goals, and Jose Varon with six assists, had a 13-3-6 record and finished second in the South Coast Conference. This is their third year under head coach Rusty Johnson and fourth consecutive in playoffs.

According to sophomore defender Milton Carlos Garcia, the team won multiple awards this season. Players were nominated for awards such as the All-American Award, First Team All-State, First Team All-Region and Second Team All-League.

"The season was one of the best seasons I've had in my entire soccer career," Garcia, 19, said. "From the bond with the coaching staff, all the way to the bonding with all my teammates."

Of the 13 wins the team amassed, a few in particular stood out to players, including sophomore defender Adrian Gil.

"Our best games were probably against Santa Rosa (3-0) and Foothill (4-0). We just went out and everything went our way, and we really did not give them a chance to get back into the game," Gil, 21, said. "Against San Francisco City College we went down a goal in the first half and ended up coming back to win the game 2-1. It was a close game and [the] referee wasn't calling the game too well... but we came back and showed a lot of character."

> > SEE: SOCCER, P.3 PHOTOS, P.8



Destroying the competition in 'Super Smash Bros.'

Jamie Lamping STAFF REPORTER

Having six giant CRT televisions in one room might seem a bit strange, and even more so when a Wii is connected to each one. In a Super Smash Bros. Melee tournament, however, this setup is the norm.

On Nov. 30, the De Anza College Competitive Gamers club hosted its first Super Smash Bros. Melee tournament which attracted not only De



Out-of-this-world experience for STEM students



Aerospace engineer Robert Carlino responds to students during a question and answer session in the De Anza Fujitsu Planetarium on Thursday, Nov. 17.

Aysha Rehman STAFF REPORTER

An aerospace engineer from the NASA Ames Research Center, invited by De Anza College's STEM Success Program, hosted a question and answer session that gave inspiring, real world advice to students.

The event, held on Nov. 17, featured the planetarium show, "Passport to the Universe," narrated by Tom Hanks. The virtual tour transported the audience to the outer edges of the universe and led into aerospace engineer Robert Carlino's discussion.

Carlino is an engineer working on the project TESS, Transiting Exoplanet Survey Satellite, which studies nearby stars close to our solar system for exoplanets that can be studied. Some of the planets in the habitable zone are of particular interest.

The question and answer session began with questions asked by Yvette Campbell, the Director of STEM Success Program, about Carlino's career and how he got into aerospace engineering.

"When I was very young I started questioning everything - the more I was seeing, the more I was asking myself and learning," Carlino said. "Space and astronomy in general got me so interested and inspired."

Campbell said she reached out to NASA for a speaker that would be

able to relate well to college students. "I want to engage

students to different disciplines in STEM," "Ι Campbell said. wanted them to visually see STEM in action and



Anza students, but De Anza graduates and Foothill students as well.

21 people competed in the tournament, in which Marc Gabe Datuin, 22, kinesiology major, dominated to place first with the avian star pilot, Falco.

Justin Cha, 20, sociology major and club treasurer, said that this was the club's first event, and they hope to hold tournaments bi-weekly in the future. There is the possibility of League of Legends tournaments as well.

The De Anza eSports club held a similar tournament with both Melee and Project M. The world's top Project M player, hailing from Oakland, took first place in Project M, and second in Smash playing a "suboptimal character" according to president and founder of eSports club, Calvin Truong, 20, business Major.

"The Smash community is a very friendly, family-oriented community," Cha said. "We're all pretty close.

The tournament officials register players, call out rounds and joke around with some of the competing students at De Anza's fireside lounge Nov. 30.

Hopefully these tournaments can bring people together and start lasting relationships."

"De Anza's Smash Bros. culture is sort of similar to everywhere else," said the co-president of the Competitive Gaming Club, Michael Zhang, 21, computer science major. "People who play Smash kind of just find a place to congregate around and then just play all day because, opposed to other online games, you need to find people to play with in person."

Truong also said the Smash community is passionate and vocal. "It's hard for any community, not just esports, to match their passion. I can see some bigger games like "League of Legends" fading out sooner or

later but with Super Smash Bros., it's hard for me to imagine."

Both Zhang and Cha invited people to the Smash Bros. gatherings in the Fireside lounge that happen on most days.

"Feel free to join us," Cha said, "We're happy to teach new people how to play. Even if you don't want to play, feel free to have a conversation. We're all very approachable."

If you aren't sure about joining a tournament or checking out the Smash gatherings in the Fireside lounge, take Zhang's self-admittedly cliched advice: "You miss 100 percent of the shots you don't take!"

then listen to a STEM professional."

on the attendance and

She said that based **ROBERT CARLINO**

the quality of the questions asked by students, there needs to be more STEM events like this one in the future.

Attendee Mikayla Ehresmann-Singh, 18, an aerospace and physics major, shared this sentiment, and said that it was really nice to have something STEM-related on campus to expose community college students to a career in the real world.

She said the visit was a great experience, and the planetarium show was eye-opening as it showed just how huge the universe is.

"There should definitely be more things like this at De Anza," said Singh. "Because it may spark some interest in those that don't know what their career path is, or it may just be extremely helpful to those that already know that their career path is headed in the STEM direction."

Monday, Dec. 5, 2016

Monday, Dec. 5 and Tuesday, Dec. 6

HOLIDAY CERAMICS SALE

10:30 a.m.-3 p.m. **Hinson Center Cafeteria**

The Ceramics Holiday Sale will be in the cafeteria. This is a fundraiser for the ceramics students' annual trip to California College for the Advancement of Ceramic Art.

Wednesday, Dec. 7

EQUITY ACTION COUNCIL MEETING 2:30-4:30 p.m.

A meeting with the EAC regarding policies and procedures that are in line with De Anza's vision of equality, social justice, and multicultural education.

Thursday, Dec. 8

CHILL CITY 11:30 a.m.-1:30 p.m. Chill out and de-stress before finals week.

DE ANZA DANCE DEMO 7-9 p.m. VPAC

Friday, Dec. 9

MUSIC DEPARTMENT STUDENT RECITAL 4-6 p.m. A11- Choral Hall

DE ANZA JAZZ ENSEMBLE FALL CONCERT 7:30-10 p.m. VPAC

Saturday, Dec. 8

HOLIDAY FUN WITH THE **DE ANZA CHOIRS AND FRIENDS** 2:30-6 p.m. VPAC

Campus Life LAVOZDEANZA.COM

DE ANZA COLLEGE FALL PIANO RECITAL

7-10 p.m. A11- Choral Hall

ANNOUNCEMENTS

FOSTER YOUTH BOOK DRIVE Dec. 5-Dec. 14

Drop off your donation of new or gently used unwrapped books to the following locations: Admin Mailroom Fitness and Welness Center Financial Aid office Seminar Building, OTI Office

EXTENDED LIBRARY HOURS

Dec. 8, 9, 12, and 13 9 p.m.-midnight

STUDY ABROAD IN KENYA

De Anza Turkana Basin Field School allows you to earn up to nine units while studying abroad in summer 2017. Cotact rofessor Isaah Nengo for more details at nengoisaiah@fhda.edu or (415)-758-8810.

ADVERTISING

La Voz does not guarantee coverage of events for which it receives press releases. Contact Managing Editor Jasmin Remram by phone at 415-320-5811 or e-mail lavozadvertising@gmail.com for rates. Rate sheets can also be found at lavozdeanza.com

HAPPENINGS

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

LA VOZ WINS AWARD

Former La Voz editor Jay Serrano won an award for an opinion piece explaining the First Amendment free speech rights of speakers at De Anza. He won honorable mention in the Journalism Association of Community Colleges' Northern California contest in October.

De Anza College Dining Services Menu: Dec. 5 - Dec. 16 For all of your on-campus dining needs, visit the FOOD COURT in the upper level of the Hinson Center.

Monday 12/05	Soup Vegetable Soup Pizza BBQ Chicken Burger Burger of the week	Tuesday 12/06	Soup Split Pea with Ham Pizza Spinach Alfredo	Wednesday 12/07	Soup Tomato Basil Bisque Pizza Chicken Pesto	Thursday 12/08	Soup Fully Loaded Baked Potato Pizza Caramelized Onion	Friday 12/09	Soup New England Clam Chowder Pizza Chef's Choice
Monday 12/12	Soup Butternut Squash Pizza Hawaiian Ham Burger Burger of the Week	Tuesday 12/13	Soup Roasted Red Pepper Bisque Pizza Roast Chicken, Rance	Wednesday 12/14	Soup Mushroom Brie Pizza Vegetarian Combo	Thursday 12/15	Soup Minestrone Pizza BBQ Chicken	Friday 12/16	Soup New England Clam Chowder Pizza Chef's Choice

METYOUR STUDENT GOVERNMENT

WHO WE ARE

REPRESENTING 23,000 DE ANZA STUDENTS, DE ANZA'S ASSOCIATED STUDENT BODY SENATE (OR "D.A.S.B.") IS MADE OF 30 STUDENTS WHO SEEK TO ADVOCATE FOR THEIR FELLOW CLASSMATES.

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

AFTER ALL, WE ARE JUST STUDENTS HELPING STUDENTS.

 $\overline{)}$ SAVE \sim THE DATE \triangleright

INTERCLUB COUNCIL

DE ANZA ASSOCIATED STUDENT BODY

DASB SENATE 2017 ELECTIONS APPLICATIONS ARE NOW BEING ACCEPTED FOR THE

SELF CARE WEEK TUESDAY - THURSDAY 12/6 - 12/8 S-QUAD / MAIN QUAD 11:30AM - 1:30PM





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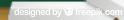
2017 DASB SENATE TERM APPLICATIONS DUE 1/30/17

FOR MORE INFO, TALK TO A SENATOR AT THE SENATE OFFICE

COME TO A SENATE MEETING

DASB GENERAL MEETING	STUDENT COUNCIL CHAMBERS	WEDNESDAY	3:30 PM
FINANCE	STUDENT COUNCIL CHAMBERS	MONDAY	3:30 PM
STUDENT RIGHTS AND SERVICES	SENATE OFFICE	TUESDAY	4:30 PM
DIVERSITY AND EVENTS	STUDENT COUNCIL CHAMBERS	MONDAY	4:00 PM
MARKETING	SENATE OFACE	THURSDAY	1:30 PM
ENVIRONMENTAL SUSTAINABILITY	SENATE OFFICE	FRIDAY	2:30 PM
ADMINISTRATION	SENATE OFFICE	SATURDAY	2:00 PM
ELECTIONS COMMITTEE*	SENATE OFFICE	FRIDAY	3:30 PM
EXECUTIVE ADVISORY*	SENATE OFFICE	FRIDAY	2:30 PM

*THESE COMMITTEES DO NOT MEET EVERY WEEK



News Monday, Dec. 5, 2016 Student government peer evaluation potential 'shitsh

"The public

deserves to

know how

their senators

are doing ...

What are we

so afraid of the

people seeing?

Are we hiding

something?"

-Dara Streit,

DASB Senator

"This will create a

shitshow"

-Eddie Cisneros,

President of De Anza's

Political Revolution Club

Neil McClintick OPINIONS EDITOR

The DASB Senate stumbled into further disagreement at its Nov. 30 meeting over a proposal to conduct peer evaluations.

Senator Holly Long proposed a system through which all senators would be able to rate each other's effectiveness on a scale of one to five. The score averages would then be made available to the student public.

"Instead of doing this, why not at our leadership training ... just tell the truth [about each other]? Because I think this is very controversial, and people can just use their biases," said senator Faiz Mujadid.

Non-senate outsiders also took the floor to warn of problems that could ensue, including Eddie Cisneros, president of De Anza's Political Revolution club.

"This will create a shitshow," Cisneros said. "This should be done at the start of the new

quarter, so that there can be guidelines and a way to see improvement from beginning, to middle, to end."

Senator Chi Tran disagreed with Cisneros by noting that a postponement would be counterintuitive, given that the Spring quarter will likely be the last for the majority of the Senators

While many shared Mujadid's regarding potential opinion bias and unnecessary conflicts, senators Dara Streit, Tran and Indu Kundam voiced their support for the initiative, citing a need for public accountability and self-improvement.

"There can be solid regulations and restrictions on what you can and cannot say [in the review]," Streit said. "Keep it very professional, and I mean very professional."

"The public deserves to know how their senators are doing," Streit said. "What are we so afraid of the people seeing?

> FROM: SOCCER, P.1

In one of the team's last games at Evergreen Valley Community College, the team ended 1-1. It was after that game that goalie Edgar Benitez was assaulted by unknown assailants, putting him in the hospital with career-threatening injuries.

He suffered a broken nose, and a fracture in the eye region, said De Anza Athletic Director Kulwant Singh. "He's seeing doctors and is on the road to recovery," Singh said.

"My understanding was that he was assaulted by three spectators. They were not players, or anyone on the Evergreen soccer roster as far as I know. They were in civilian clothes," Singh said.

Benitez filed a police report the next morning, and the incident is being investigated by San Jose-Evergreen College Police. Several De Anza players have been interviewed.

"Edgar can no longer play on the men's soccer team because of the severity of the injuries." Singh said. "It wasn't going to be safe or healthy for him to continue playing. It's really unfortunate because Edgar was coast conference goalkeeper of the year."

Head coach Rusty Johnson said the playoff loss to Taft College was tough on the team. Singh believes part of why they lost is because they didn't have Benitez.

"It never feels good to lose during the playoff," Johnson said. "These guys put so much effort into the game that to not have success on a critical day is tough. It hurts."

He said the loss is toughest for the sophomores, especially since some of them played on the team that went to the final four in 2014.

"It's difficult, for a junior college - we lose half our team every year,"

Johnson said. "We go out and recruit and we work hard, we bring in the best players we can so we'll have a great team next year as well, but it's just tough when you've spent so much time putting the pieces together with eleven guys on the field."

Despite the loss, the team is still proud of its accomplishments and the overall skill the team exhibited during the season.

"I would've liked our season to have gone longer, but I'm proud of how we did this year and I believe a lot of the freshmen really stepped up when they had to and everyone understood their role as a member of our team," Gil said. "The fact that we were leading the state in shutouts and goals allowed kind of proves how badly we wanted to keep the ball out of the net."



Are we hiding something? The public is allowed to come to our meetings."

Tran said the senate peer evaluation initiative should not be seen as an attack, but as a way to improve upon the criticisms of others

John Cognetta, the director of College Life and faculty adviser of the Senate, voiced his staunch opposition to the motion, arguing that there were insufficient guidelines in place and that such a proposal would devolve into a hitlist. Senator Victor Lim agreed.

"We all saw what happened two quarters ago," Lim said, alluding to the impeachment but failed removal of Senate President Matthew Zarate.

Zarate, a controversial figure within the Senate, assented that personal bias could damage reputations and added that public ratings would encourage negativity in future elections.

As the discourse continued, a general sense of comfortability toward a peer review process emerged, yet the issue of public availability served as its deathknell. Senator Karumi Kasaki and other senators joined in endorsing notions of selfimprovement while denouncing a public record of score averages.

Contentions came to an end as senators remained undecided, agreeing that the proposal could be considered in the future.

"We all had mixed views," Kundam said. "We might talk about it more next meeting."

Senators also discussed a need for energy conservation and community improvement through the use of their ecofund, an account designed for education and innovation

Members unanimously approved allocation of several thousand dollars toward separate including projects water conservation, a clothing exchange and a solar umbrella investment.

DASB Senate debates election code change

Jon Dupin STAFF REPORTER

The DASB Senate met on Wednesday with the student board of Foothill College to share ideas and open doors. The Foothill students were able to get a firsthand look of how a DASB meeting is conducted.

The two parties were visibly excited to have the opportunity to meet.

"I want to express extreme appreciation that y'all are here," Senator Stephanie Rigsby said.

The meeting covered the DASB Senate elections code, including why the bar for the percentage of votes required was being raised so close to the beginning of elections.

"Because this hasn't been voted on yet, we are already violating our code," Rigsby said. "We're in the process of changing this because it was messed up."

elections deadline, but decided to wait until the day came to see if it would be necessary.

DASB adviser John Cognetta recommended that the DASB adhere to all of their codes

"I have to warn you very seriously that someone could accuse you of favoritism for changing the date," Cognetta said. "I don't think anyone would

accuse us of being unethical, especially when this is a public meeting," Rigsby said.

The aim of changing the dates would be to

improve the process and allow for a more competitive race for the senate. next and to increase

the amount of

people running.

"I agree

"I have to warn you very seriously that someone could accuse you of favoritism for changing the date"



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The senators explained that while it had originally been at around 20 percent, the number had been too high and not enough senators had run, so it was lowered to 10 percent.

"We're just trying to make sure that enough people run, only thirty people ran last time," Rigsby said.

Then when senators ran, it caused too many to gain entry without putting in the hard work expected of a campaign. This was why the threshold is being raised to a more realistic 15 percent.

The senate discussed the need for outreach and their desire to increase the number of people who attempt to run to stimulate engagement.

"The issue is we need more people running," Rigsby said.

The senators discussed the possibility of extending the with Stephanie - John Cognetta, that we should DASB adviser just wait until that day and

then extend it if we need it," Indu Kundam said.

"If we approve this without adjusting it, (people running) will only have a week to campaign for votes," Senate President Matthew Zarate said.

As the meeting concluded, both groups exchanged praise for their respective accomplishments and gave each other feedback on what they could improve.

"What I'd like to do in the future is have our execs come over and introduce you to our way of doing things," Rigsby said.

Student Life

- LAVOZDEANZA.COM Ham 4 Ham: Student productions take the bacon



Amanda Penrod STAFF REPORTER

students Whispering crowd Conference rooms A and B at De Anza College on Nov. 22, awaiting their "familia," group of about six students, to be called up to perform.

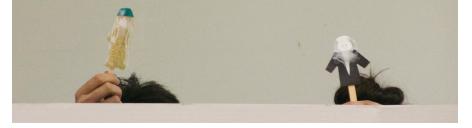
Monday, Dec. 5, 2016

With the current controversy between Broadway's "Hamilton" cast and Vice President-elect Mike Pence, De Anza English and writing teachers Brian Malone and Karen Chow, both part of Latino Empowerment at De Anza, and the Community Coordinators of LEAD, Marc Coronado, saw an opportunity for an inclusive civic engagement and student project.

"We asked students to fill in voices that we didn't hear or didn't hear in depth in 'Hamilton' ... or to take a person from that period who isn't represented in the musical and tell their story," Malone said.

The students were given two to three weeks to prepare what Malone called a "fun and funky tribute to 'Hamilton" and used video, poetry, spoken word and other creative forms of multimedia to enhance their performances.

Audience members laughed along with pop-culture references and mic-



Top: Performers say they hope they inspired the audience and thank everyone for coming. Above: Two students reenact the story of a young woman's life with hand-made, bearded puppets. Left: A unicorn-headed taxi driver takes Founding Fathers Hamilton and Jefferson on a karaoke car ride.

dropping raps where students dressed up and showcased both major and underrepresented persons of the American Revolution.

One familia presented a video where two students dressed up as Founding Fathers Alexander Hamilton and President Thomas Jefferson and sang music by Drake in car karaoke.

Another group performed a live puppet show featuring a nobleman and his clingy, overly-dramatic wife who sent him masses of letters while he was away.

To wrap up the show, Chow recited

a statement by a Wicomesse Indian written for the governor of Maryland to give perspective from the side of Native Americans during the American Revolution.

"Since that you are here strangers and come into our country, you should rather confine yourselves to the customs of our country, than impose yours upon us," said Chow in her recital.

Two English-writing students concluded the night and sang an original piece called "Don't Go Shooting Hamilton."

For working students, the holidays aren't so jolly

Alex Cardenas STAFF REPORTER

During the school year, most students work part-time jobs while attending classes full-time or vice versa, but the busy holiday season often leads to sacrifices in work or school.

"Sacrifices have to be made where

always comes first with my managers, and they have always respected that," said Matt Dempler, 22, business major, currently working at Costco.

It is not always financially possible for a student to sacrifice their work hours for school work. With bills and holiday gifts to keep in mind, assignments fall on the back burner.

because at the same time class workloads increase

Joseph Covey, 19, film major, said he wishes he could tell his managers at Starbucks that he needs time off.

"I have to make car and auto-insurance payments," Covey said. "I can't afford that luxury as a part-time employee."

The Gift of Positivity **Mary Sullivan GUEST COLUMNIST**

Finals, holidays, family and friends can contribute to elevated levels of stress in the dark cold of winter. An end to a relationship or returning home can bring painful and confusing emotions to the forefront. Will we never get better or get ahead? Does it mean we failed? These are tough questions that often darken our thoughts and have us ruminate on the worst during stressful times. These negative thoughts affect our emotional well-being as well as our physical health.

A positive attitude can change our reactions and responses into productive, positive behaviors. Positive responses boost your immune system and mood, as well as diminish stress.

Mental health problems such as depression, anxiety and addiction make it difficult to feel good or do well. The positive news is that these conditions are treatable and can be managed. Come into Student Health Services in the lower level of the Campus Center or to the Psychological Services department in the Registrations and Student Services building for assistance and recommendations for local service providers.

This holiday season, give yourself the gift of positivity.

- Sleep seven to nine hours per night.
- . Enjoy your food, focusing on it and chewing thoroughly instead of stuffing and swallowing as fast as you can.
- Get outside walking, hiking or biking. .
- Take positive steps toward emotional health by examining your choices about sleep, diet, exercise and thoughts. Be honest with yourself. Are you making yourself a priority? Are you setting up reasonable expectations for yourself?
- Take mini breaks from studying and allow your body and mind to recharge.
- Surround yourself with positive people. You don't have to interact with people who bring you down or disrespect your personal space and time. One or two close friendships can be just as positive and meaningful as a hundred Facebook "friends."
- Find areas/activities that bring you joy. It might be a walk in a local park, viewing a silly comic strip/website or listening to fun music. While dark chocolate is healthy for you, try to make most rewards not food. Make a list and refer to it when you are having a bad day.
- Identify the times that cause you stress. Can you avoid those situations? Can you change/adapt your response to them?
- If you can't get everything on your to-do list done, select the highest priority items first. There is always tomorrow.
- Write a "gratitude list" of 10 things that you are grateful for that are going well in your life now. It can be simple: "I am grateful that it is week 11 of De Anza's Fall Quarter" or "I am grateful that I can read this paper." By focusing on the positive, it helps you recognize other positive things in your life, no matter how small.
- Consider joining De Anza clubs or groups that

school will suffer for work or work for school. Usually both will happen as I teeter on the balance," said Justin Chen, 24, a De Anza College film production major who works at Target.

Many students provide their employers with their regular school schedule in the beginning of the quarter, not providing scheduled time for finals work, making it difficult to find time during the busy holiday retail rush to complete assignments and study.

"They expect you to bend over backwards as if your only responsibility is work," said Chen. "They forget or ignore you have school" when requesting time off or adjusting schedules.

Chen often has to miss class for work because of financial pressures.

"I have to pay rent since I do not live at home," Chen said. "The pressure makes me spend more of my energy at work when I wish it didn't."

"I've made it known that school

"My hours usually double to near fulltime if not complete full-time," Dempler said

He said there are more full-time opportunities, but he is unable to take them

Below: Gilberto Mercado, 20, law enforcement major helps a customer buy a drink from the De Anza convenience store.



share your interests or goals. This is a powerful way to help you feel good about yourself, and make new friends.

Winter can be a gloomy, challenging time of the year, with many stresses, but this year, give yourself the gift of positive thinking. Positive thoughts and action play a significant role in how we feel. It's the best gift of any season!

If you not sure where to start, check out:

- De Anza Psychological Services
- Santa Clara County Behavioral Health Resources: https://www.sccgov.org/sites/mhd/Pages/default. aspx
- Text. Talk. Act:
 - http://www.creatingcommunitysolutions.org/ texttalkact or Text START to 89800.
- Creating a Healthier Life SAMHSA guidelines: http://www.samhsa.gov/wellness-initiative/ wellness-resources

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.

The Arts LAVOZDEANZA.COM

Best movies of 2016

Chuckie Snyder ARTS EDITOR

12. Marvel's Captain America: Civil War and **Doctor Strange**

"Civil War" successfully balanced a massive story with numerous characters and the perfectly executed action sequences. "Doctor Strange's" breathtaking visuals and outstanding acting escaped the trappings of the typical Marvel origin story, while also adding a layer of spirituality into the Marvel Universe.

11. Nocturnal Animals

Director and fashion designer Tom Ford delivers an extremely sensual and violent revenge thriller matched only by Jake Gyllenhaal's powerful and vulnerable performance. "Nocturnal Animals" breaks free from the standard linear form of storytelling with finesse and grace.

10. The Invitation

Indie filmmaker Karyn Kusama creates film that oozes with tension with its impressive sound design, tight editing and a truly disturbing ending. This is one invitation you can't refuse.

9.10 Cloverfield Lane

With its self-contained set and tense pacing, "10 Cloverfield lane," the audience is trapped in a state of claustrophobia that is heightened by an Oscar-worthy performance by John Goodman. Breaking the shackles of the found footage styling, "10 Cloverfield Lane" is both unexpected and suspenseful.

8. The Handmaiden

Chan-wook Park is known for making violent and disturbing films. Here, the director offers us a film that is unlike any of his previous works. "The Handmaiden" is elegant and intoxicating. This queer erotic thriller is like Park's love letter to Alfred Hitchcock, filled with unexpected twists and red herrings.

7. Zootopia

"Zootopia" boasts beautiful animation and a clever and humorous script that also appeals to adults, with topical and serious subject matter. The film offers a beautiful message of inclusion and advises viewers to pursue their dreams.

GRAPHICS BY AYSHA REHMAN

6. The Lobster

Director Yorgos Lanthimos' dystopian film paints a vivid picture of the importance society places on finding a soulmate through offbeat humor and absurdity. Colin Farrell gives his most tender and honest performance. This is most unique and absurd film of 2016.

5. Arrival

Communication is the central theme of "Arrival," It is beautiful that "Arrival" was released during a time when our country and many of its people are incapable of communicating. Stunningly photographed and imbued with sensible CGI, this cerebral film is grounded by its smooth pacing and subtle yet commanding acting.

4. The Witch

Director Robert Eggers's attention to detail truly encaptures the time period of "The Witch," the costume and set design all add up to an immersive experience. Eggers's smart script and lush cinematography make for a truly unnerving experience. "The Witch" is the most chilling religious based horror film since "The Exorcist." Hail Black Phillip.

3. Manchester by the Sea

Kenneth Lonergan's film of a man confronting his past and forging his way into the present is both beautiful and heartbreaking. The film's accurate portrayal of death and grief and Casey Affleck's commanding and complex performance sets this film apart from most dramas.

2. Hell or High Water

Director David Mackenzie exceptionally guides his creative team in executing the technical merits while also bringing out stellar performances from his cast; Jeff Bridges gives an Oscar-worthy performance in one of best modern day westerns.

1. Moonlight

Barry Jenkins's ethereal masterpiece is a character study that centers on the struggles with coming to terms with sexuality and contextualizing masculinity within black culture. "Moonlight" manages to be devastating, yet unplifting. Beautifully scripted, photographed and acted, "Moonlight" is a remarkable achievement in filmmaking and the best picture of 2016.

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Don't laugh off comics just yet



Lindsay King STAFF REPORTER

Comics becoming obsolete?

No. By some measures, they are flourishing as a medium. It is time for the stigma against comic books and their readers to be dispelled. Everything you think you know about the comic book world is wrong.

Comic readers are only children or creepy old guys

When prompted to imagine the average comic book reader, most people visualize a character from "The Big Bang Theory" or a preteen boy. In reality, comic readers are incredibly diverse, ranging widely in age, ethnicity, and gender. According to Ronny Romano, a 27-year-old Heroes Comics employee, there is a broad variety of comic collectors that visit Heroes, ranging from 10 to 50 years of age.

A survey by Graphic Policy has shown a steady increase in female readership of comics since 2012. Marvel and DC Comics have featured more female characters, which may be contributing to an increase in female readers. I have been reading comics since I was a little girl.

The misconception of the age of comic readers might be the most incorrect. The majority of comics are, in fact, not appropriate for kids. Romano explained how adult-themed comics started to evolve in the 1980s when the stories began to get more interesting and complex. A perfect example of this is the greatly acclaimed graphic novel, Watchmen.

"Watchmen addressed deeper themes of humanity [than comics before it] - what it means to be human and the responsibility of being a hero," said Romano.

No one reads comics anymore.

Romano comments that the rise in popularity of superhero movies has helped keep comics popular with the younger generation.

"[Millennials] see a superhero movie and want to know more about [the characters]. So they come to buy the comics.'

Since its acquisition by Disney, Marvel has rolled out a new type of comics called prelude comics, created as a type of prequel to expand on whatever new movie Marvel is currently promoting.

A similar strategy to attract new readers are the "New Beginnings" segments, wherein a comic storyline is reset to issue #1. These issues feature new stories, but with the same popular characters, and are more accessible to new readers who don't want to jump into the middle of an unfamiliar storyline.

Reading comics is not "real" reading

The art of the comic book and graphic novel have long been

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dismissed as base entertainment, and graphic novels and comics are only recently being recognized for their literary significance, despite the astounding amount of effort that it takes to create them.

They also have the potential to help with literacy. Because comics are easier and more fun to read than 'Pride and Prejudice,' many schools are encouraging their students to read comics to improve their reading skills. According to Scholastic Inc., "School librarians and educators have reported outstanding success getting kids to read with graphic novels, citing particularly their popularity with reluctant readers."

Comic books aren't worth anything anymore

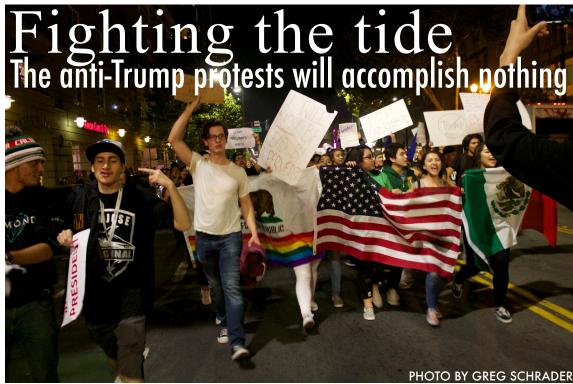
Average comics range in price between \$2.99 -\$4.99 and the price may be higher for graphic novels and rare comics. The most expensive comic in Heroes currently is an issue of Batgirl Adventures for \$1200. So what makes a comic worth \$1200? One of the biggest reasons for a valuable comic would be how many of an issue were printed.

"Older is better." said Romano. "Before 1975, print runs were low so less of each issue were made." Another is if there is a first appearance of a character. "When the movie 'Deadpool' came out, and because it was a good movie, 'New Mutants #98' rose in value because that is the issue with 'Deadpool"s first appearance."

Comic books aren't a dying craft. From the cultural impact ranging from hundred-million dollar movies to the diversity of readers, it's clear they're here to stay for some time yet.

Monday, Dec. 5, 2016

Opinions LAVOZDEANZA.COM



Greg Schrader EDITOR-IN-CHIEF

It takes only a brief glance into internet commentary to find bitter criticism of the anti-Trump protests sweeping the nation. The fervor with which the marchers are oft criticized may be matched only by the wilful ignorance the commentary shows in regards to the protesters' state of mind.

Speaking as one who has been to the marches, who's watched hundreds block off highways and confront police, the protests exist for a reason. But it's not the reason those attending seem to think.

an understatement perhaps, but certainly not untrue.

These protests exist to express this outpour of emotion, the rage and anguish of a merciless election cycle wherein each side screamed that if we didn't pick this one candidate the armageddon would arrive, that this was our last chance.

Bernie or bust. Make America great again. Don't you dare vote third party or you'll be the problem, the reason that everything ends in fire and chaos.

We the protesters know that nothing will change, I hope, for having shouted "Fuck Trump" into the echoing streets, and into the faces People are unhappy. A bit of of the local police whom we know

had nothing to do with the election.

The protests aren't about politics. They're a way for half the nation to mourn, and to show solidarity to those mourning. It's cathartic to step out with a movement at your back, to finally feel like your voice is being heard.

That being said, these protests will do nothing, and anyone who argues otherwise is deluding themselves of vital, if cynical truth.

Republicans have the House. Republicans have the Senate. Republicans have the presidency. Republicans have, even, what will be a new justice on the Supreme Court, appointed for life. There is nothing left to do, no vote to be made, no speech to be said that could change minds.

Priorities need to change. Protests are a relic dating back before the age of social media. Raising awareness isn't something that will affect change any longer, or, at least, a march won't do any more than digital campaigns.

Some small measure of change might be enacted if every protester instead focused on local legislation, but even then, the areas that need it most are populated far too heavily by those that would prevent any influential law from passing.

A better use of one's time is to show up to midterm elections and to engage in discorse with Trump supporters without painting them as racist pigs in the process.

The protests don't work to accomplish this - quite the opposite.

The protests demonize Trump's supporters along with the president elect, when what is instead needed are long and hard conversations with those you disagree with to instigate a shift in political morals.

What the protesters lack, just as Occupy Wall Street lacked, is a leader.

There is no one to unite us, no one we are rallying behind, no one in the streets with us.

And so thousands, tens of thousands take to the march, trying to heal, all the while knowing that despite all their work, nothing can be stopped now.

When you see us on the news, I beg you, have sympathy.

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Social Injustice Club announced

Jamie Lamping STAFF REPORTER

In the wake of heightened awareness and calls for solidarity after the election of Donald Trump, a counter-culture group has emerged on campus: De Anza's first and only social injustice club, founded by Clint McNickle.

The Social Injustice Club has several goals, but its stated purpose is to "stop the influence of social justice warriors and political correctness." This includes an intended goal of combating "Safe Spaces" by introducing "Danger Zones." Danger Zones are intended to pair individuals with a respective counterpart, such

as an African American with a white supremacist, a woman who has had an abortion with a pro-life Evangelical Christian, or a Jew with a neo-Nazi.

"It's really an ideal set-up," said Nathan Pindinjo, a member of the club. "This way students are subjected to different opinions, and it will promote intellectual growth as it should in a college environment."

The club is also advocating for De Anza to change its biology curriculum. "It's too politically correct right now." said Crag Dresherg, the club's adviser. "Teachers talk about this hierarchy in the animal kingdom, and that it's unequal; That's just not right, there isn't a hierarchy. You know political correctness is destroying this great country when liberal college professors are going out of their way to invent new spins on supposed inequality."

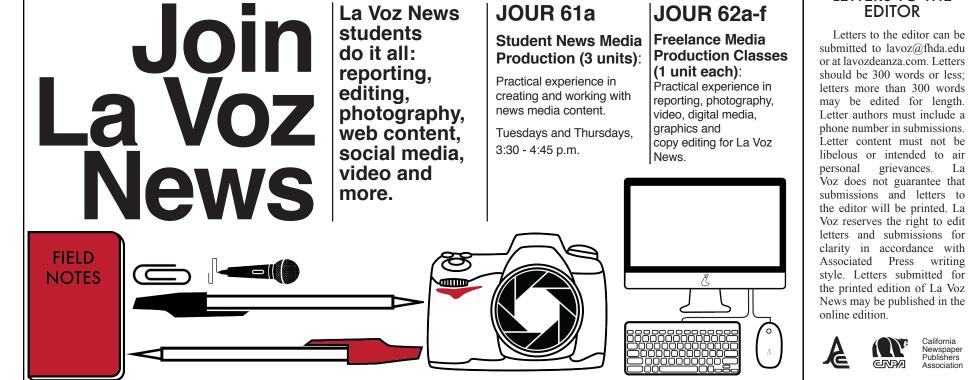
McNickle also had strong words about the club's plans to limit the voice of the establishment media: "Everyone is a slave to the liberal propaganda machine. It has sparked protests funded primarily by George Soros at an average of \$4,000 per protestor, and it has silenced non-liberal voices. This political correctness is destroving our First Amendment right to freedom of speech."

McNickle also spoke about the club's plans to table in the quad to shout racial, homophobic, and transphobic slurs at passersbys to exercise their own First Amendment rights and desensitize those who may be easily offended.

"I'm excited for what this club has to offer,' said Huck Reneys, the club's secretary. "I think we'll really make a change on campus, and we are needed now more than ever. We are simply carrying on the legacy of Martin Luther King Jr., who wanted nothing more than for all lives to matter."

If you have interest in the club, it meets in De Anza's Office of Inequity at 5 p.m. on Thursday, You can also contact the club president at clintmc@stormfront.org.

California Newspaper Publishers Association



Letters to the editor

Kudos on Senate coverage

Editor:

Thank you for covering the news on "DASB Senate meeting erupts into chaos".

It gives information to students in De anza on how the senators works and where the money we are giving are actually being used.

It had intrigued me that the committee is not using its full potential to make student's lifes better here at De Anza.

I think that they should set aside their differences and debate well for their points, because arguments and calling on each other will only lead to nothing resolved and left bad impressions of student committees on students.

I agree with the people who resigned as I was interning in DASB before and I decided not to run and intern anymore. There was just nothing ever being done effectively and most of meetings are just a waste of time of mine going circles and circles on a subject.

I am very disappointed on how the senators are addressing problems.

I am also disappointed on the student trustee who failed to understand the complexity on how the budgets are for these things. Both parties should take time to present and listen on what each other had to say and it would had lead to a conclusion where both parties would accept.

Maybe the student trustee could be explained on the budgets and the senate can compromise and do what they can. I know that DASB should be able to pool some extra money from other departments.

The DNE departments for example had too much money and are confused what they should do with the money. The way the senate handles the problem is pathetic since it chooses to just forget about it and go to the next subject of meeting.

Priscilla Suyanto

Terror of semester system

Editor:

My first thought after reading this, "Yes we should do semester system if we want to drive students away." Not all students who go to De Anza are overachievers who want to graduate earlier. A part of the student population consists of part-time students who have to juggle between family life and jobs. They are less likely have the time to commit to studying.

While I can't argue with all the data that are presented in the case, here's what I gather from the people I know (I'm a tutor in one of the tutoring centres and I have met all sorts of students here). Think about people like Anne* who is the first in her family to ever attend college, but still has to work three jobs to afford to live and study here. Or Jane* who has two jobs and two kids to feed while their father is nowhere to be found. These people benefit from quarter system due to its flexibility and speed. They are able themselves to rearrange their schedules (eg: do a later shift at their job or send their children to daycare) on the condition that it only takes 12 weeks per quarter before being able to rearrange the schedule again to fit education in their lives. The semester system doesn't allow that freedom of flexibility. And it's not just about the part time students. Full time students (and yes the overachievers too) benefit from the quarter system. The quarter system also allows students to try so many more courses to be whole rounded people. When John* came from Australia, he was dead set on studying Finance. But when he took Radiology for GE, you guys probably can guess what happened. And he's not the only one to do that. You know what? I think every school should change into quarter system instead!

People's political power

Editor:

Thank you for the coverage of the news on the presidential election.

Even though the election is now over, there is still the sense of chaos in the atmosphere. People are still protesting in cities across the United States and the case of electing Donald Trump as president has not been settled.

The nation seems to be more divided than ever. The American people are stressed and worried about the outcomes from the plans that Donald Trump impose.

In my opinion, I don't think the president has more power than the people. If Donald Trump was to do something, the American people could protest against it and say "No!"

The American people have to understand that they have the more power to change than the elected candidate.

James Naung

Thanks for the review

Editor:

I am writing to thank you for the recommendation of the recent TV series "Black Mirror." It has become one of my favorite series. "Black Mirror" is just like a series of satirical yet alarming modern parables. I simply couldn't get enough of its pungent sarcasm. "Black Mirror" is not about any mass-scale disaster caused by technology development. Its themes rather focused on how the new methods of interaction influence society as a whole.

The Internet, social network, games, etc — these are continuously becoming more and more incorporated into our lives.

Admittedly, these new inventions and the accessibility of them increase the capability of everyone in society to affect the real world.

But there are people like kids wielding these powerful tools in a cavalier manner without regards to their magnified influence to other individuals and the world they lived in.

Moreover, crimes like cyberbullying, cyberstalking, breach of privacy are all either created or made easier. So as long as this kind of power is bestowed upon us, it is necessary for us to be able to draw the line of morality.

"Black Mirror" strived to show its audience many of the worst possible results of the laissezfaire attitude toward our creation. The process of watching it is not only a way to recognize the similar moral dilemma we will encounter in our lives, but also to reflect on them.

Due to the disputable nature of the issues it presented and the closeness of the setting it created to reality, I would definitely say "Black Mirror" is highly entertaining and educational. And that's why I sincerely hope "Black Mirror" could gain more attention from students of De Anza College. I am looking forward to seeing further and more detailed reviews about "Black Mirror."

Bias plagues Wikipedia

Editor:

I'm a Japanese international student at De Anza College. I read your article which is about the use of Wikipedia for academic research. As thre interviewee insisted in the article, I disagree with using Wikipedia for an academic purpose because Wikipedia is not written by professional researchers. Therefore, the information in there is highly possible to be different from different point of view. For example, about the events that happened in Korea during the period when Japan had colonized Korea, the information is completely different in Japanese and Korean version of Wikipedia. In Japanese version, it's stated as Japanese people feel better while it's stated as it gives the feeling that Japanese people were absolutely evil in Korean version. It is because it was written by Japanese people for Japanese version, and Korean people wrote about it in Korean version. It shows Wikipedia is not based on the real equal research but researches or opinions by different stand points. Therefore, I never agree with using Wikipedia for academic purpose.

Kentaro Sugita

Trump election and De Anza

Editor:

What did the election results mean to college students? Many friends of mine at different state universities report peaceful protest of Trump being elected for president. The reason why they did is might have to do the fact that they feel like their voice is not being heard and that they are uncertain about their future. College students nowadays are part of the biggest generation U.S have ever seen, even bigger than the baby boomers. They feel like older generation is only looking out for themselves and remain conservative while our generation want our country to be more progressive. Anxiety is the perfect word to describe what college students are feeling that a Trump Presidency during the time where students are about to start their career. What if we have another recession and recent grads are not going to be able find a job? These are the same thoughts I've been having since Trump got elected. What are some of benefits or counseling that De Anza have to offer to student like us? Thank you for your time.

Lucas Cook

Wikipedia: A jumping-off

Editor:

Thank you for covering the topic about Wikipedia. I do use it even though all professors at school insist not to use it as sources in academic research. It helps me a lot especially when I have no clue at all about the topic which I have to write a long essay about. I can get the sort of idea what it is. It is true that anyone can post and edit on Wikipedia and information can be wrong and outdated. However, thanks to the fact that anyone can write, I can acquire information from many points of view. This is interesting. I have never posted on Wikipedia, but sometimes I feel like I should when there is no information about some topics even if I know something about them. The reason why I have never done it is that I cannot be responsible for what I post. People who provide information should be very careful if they can take responsibilities for what they write. As my conclusion, Wikipedia can help students only if they understand its pros and cons, and use it properly as just getting some idea and do not rely on it too much.

*names have been changed

Joan Tessalonika

Boya Liu

A critique of coverage

Editor:

The article about Brian Murphy's "anti-Trump rally" is inaccurate. It was just a T-shirt making event, and Brian, who did not lead the event, merely spoke a few words. The scraps of information that were put together do not make for a comprehensive read without stirring up drama.

Shirley Gardner

Note from the editors: The word "rally" did not actually go to print, and was edited online to "meeting" within 20 hours of upload.

Yurika Sakamoto

– LAVOZDEANZA.COM Comraderie in wake of soccer loss





Above: Sophomore Raouf Smat cuts to the outside to make a play in season-ending semifinal 1-0 loss to Taft College on Nov. 22. Left: Sophomore Jorge Quezada holds his head in dismay over the loss on a hard-played game. Upper right: De Anza Dons rally together after their defeat. Right: Freshman Albert Munante charges on towards Taft's goal. Bottom right: Freshman Albert Monate is consoled on the sidelines.

Bottom left: De Anza defender Milton Garcia recives a hug from defender Kevin Perez.









PHOTOS BY MATTHEW FERNANDEZ

Breaking stereotypes as a male cheerleader

Maria Ortiz STAFF REPORTER

Not everyone can handle being the focal point of a team, but Julio Alfaro can.

A 20-year-old music major, Alfaro is the co-captain of the cheer team and the only male cheerleader at De Anza College.

With more than a year as a cheerleader, he's shown his capacity to lead.

According to a 2015 survey by the National Federation of State High School Associations, about 2 percent of cheerleaders are male.

"Being a male cheerleader isn't really easy," Alfaro said. "You get a lot of attention on you because you are the only male cheerleader, which happened to

me [in] high school. Alfaro said he's always put in the center of the team.

"When it comes to stunting at De Anza, you're the base. You're the person that lifts up the whole group."

"Guys in cheerleading have a strong basis," Alfaro said.

"It was originally a male sport and I feel that we are strong bases. Even if they aren't [in] the leadership role, they can still take other important roles."

Though new to the role of co-captain, Alfaro leads the cheerleading team to do their best.

He said his main priorities are motivating the cheerleading team and the players at the games they attend.

"I really try to push myself

"Being a male cheerleader isn't really easy... you're always put in the middle of things. When it comes to stunting at De Anza, you're the base. You're the person that lifts up the whole group. '

-Julio Alfaro, 20 De Anza cheer co-captain



and my team," he said.

Alfaro said there's pressure on him because his team expects the most from him as the main base.

Alfaro has to note the cheers, lead them through dances, guide them through the game and essentially be perfect.

Even though the task is tough, Alfaro said that he has learned about unity, staying together and helping each other.

He has learned how to not only be in the middle of the team as dance support or leader, but also as a friend.

"Not everyone can be a good leader but everyone can be good to each other," said Alfaro.

Alfaro said his biggest challenge was adjusting to De Anza's cheerleading team, since

it is based more on dancing rather than stunting, in contrast to most cheerleading teams.

Alfaro is currently planning to transfer to a school that has a music major degree.

Despite wanting to continue cheer, Alfaro said it might be difficult because of his height.

"Some universities have cheerleading requirements that I don't fit, unfortunately, but if there's a cheer team that would take me, I'll definitely try out," Alfaro said.

Although the sport is still predominantly female, Alfaro invites any male who wants to cheer to join: "The more the merrier!"