

## Joe Biden visits De Anza College

Casy Hsu  
STAFF REPORTER

Vice President Joe Biden's speaking engagement at De Anza College at the Flint Center on Oct. 19 drew a sizable, mostly over age 50 crowd who cheered as he commented on all things political and personal.

Biden began his speech defining America as the greatest nation in the world, while foreboding the consequences of the current administration's actions within the U.S. and internationally.

Alex Golzen, a former De Anza student, reflected critically on Biden's words following the speech.

"[Biden] didn't get nitty gritty," he said. "He speaks abstractly and in empty platitudes and talks about phony American ideology."

Biden expressed concern about the current administration's exploitation of the economic insecurity and disempowerment of those pushed out of the middle class to push their own agendas.

"They [middle class] feel shut out of opportunities. These conditions appeal to populism and nationalism, allowing charlatans to aggrandize themselves, consolidate their power and destabilize the world," Biden said. "This new brand of nationalism and populism blame all their troubles on the 'other - the immigrant, the black and etc.' It degrades our standing in the world and diminishes security and prosperity."

"I liked how he described [the issues] in calm, but descriptive terms," audience member Gary



PHOTO FROM @JUDYMINER7 ON TWITTER.

Former Vice President Joe Biden enjoys a moment with Assemblyman Evan Low and Judy Miner, chancellor of the Foothill-De Anza Community College District on Thursday, Oct. 19. Biden spoke at De Anza's Flint Center as part of the Celebrity Forum series.

Baker said after the speech.

Baker also said he appreciated Biden for taking the high ground by not throwing insults or blame, while still being honest about the issues.

Event organizer, Richard L. Henning, questioned Biden on topics such as the dismantling of Obamacare and Biden's new memoir.

Biden also spoke on his contributions as vice president, including his close relationship

with Obama, positive ties to prominent global leaders and his four decades of political service.

Hunny B., an audience member, expressed her growing admiration for Biden. Though she didn't know very much about him before the speech, she said she was impressed by his intelligence.

Biden ended his speech with the introduction of his memoir, "Promise Me, Dad: A Year of Hope, Hardship, and Purpose" scheduled for release next month.

The book centers on the former vice president's experience in finding balance between political duties and family issues as his son, Beau Biden, lost his battle with brain cancer in 2015.

The book tour and memoir occurring so soon after his exit as vice president has experts, such as Washington Post columnist Emily Heil, predicting that Biden will run for the 2020 presidential election.



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Top diets for athletes  
> SEE: TOP DIETS, P.10

## La Voz News staff wins 15 awards at JACC

Vaibhav Vijaykar  
STAFF REPORTER



EDITORIAL CARTOON BY L.E. ASHLEY

This cartoon lampooning Kendall Jenner's Pepsi ad won first place for editorial cartoon, published on April 24 at the Journalism Association of California's NorCal Conference at De Anza College, Oct. 21.

La Voz News won 15 awards across several different platforms for their 2016-2017 newspaper and online publications at the Journalism Association of Community College Northern California Conference held at De Anza College on Saturday, Oct. 21.

Awards were handed out to individuals who displayed excellence through their work, and students had the option to participate in on-the-spot contests on different topics.

Among La Voz students who entered contests, Aysha Rehman, 19, aerospace engineering major, won an award for the on the spot editorial cartoon contest.

The conference showcased how students of various backgrounds could be drawn to journalism.

"I am a very big activist and one time I ran into some trouble after a demonstration. The coverage on it really made a difference and saved me," said Otto Pippenger, 24, San Jose City College journalism major. "It made me aware of the power

of a journalist to affect immense change in someone's life."

Thirteen students from De Anza attended the conference, who were accompanied by 150 other students from 17 different community colleges in Northern California.

The conference comprised of contests and workshops on the topics of reporting, media law, graphics, photojournalism, social media and more.

This year's Northern California Conference had a diverse range of speakers and topics ranging from how to make a real difference through reporting to tackling legal rights and risks in newsgathering.

The most meaningful aspect of the conference was the lessons that were taught through the presentations.

"The Keynote speaker, Robert Trapp, talked about the impact of small, local coverage to make difference in people's lives," Pippenger said. "I related to sitting in board meetings, looking up the actual ordinances, contacting the city, peering through records for

hours and hours. For me, that is what journalism is about."

The organizer of this year's event, Chair of Journalism and advisor to La Voz, Cecilia Deck, was elected president of the association's Northern California Region for 2018-19.

"This is the first time we ever hosted," Deck said. "It was a big job, but I've gotten a lot of emails from my fellow advisors telling me that their students really got a lot out of it."

With a wide range of perspectives, students were exposed to a number of points of view in order to formulate a better understanding about a career in journalism.

"This was a great conference and I'm impressed with the level of speakers here," said Deidre Pike, Journalism Chair and Associate Professor of Journalism at Humboldt State University, who gave a presentation on environmental journalism. "I'm inspired that so many California Community College students are pursuing journalism."



**Thursday, Nov. 9**

**Panel Discussion with Google Employees**  
12:30 - 2 p.m.  
Visual and Performing Arts Center

A panel of Google employees will share their personal stories, including school and work experience before joining Google, technical skills that helped in getting hired, and advice for students to prepare for future job opportunities. For more information, contact Yvette Alva Campbell at 408-864-8386

**Wednesday, Nov. 15**

**Info Meeting: Study Abroad in Vietnam**  
12 - 1:30 p.m.  
Santa Cruz Room  
Learn about how you can spend the summer traveling in Vietnam and earn up to 14 credits in EWRT 1A, 1B, 1C, 2, ELIT 10, HUMA 10, HUMA 50, AND CLP 10 Financial Aid and scholarships are available. For more information, contact KD Le Huynh at 408-864-5673

**Thursday, Nov. 16**

**Fall Mixer**  
6:30 - 8:30 p.m.  
Conference Room A&B  
De Anza Fall Mixer sponsored by DASB and Inter Club Council. Entertainment will include club performances, DJ Aviv and local band Life Size Model. Light refreshments will be served. Tickets can be bought at the Student Accounts Office, lower level of the Campus Center. Some proceeds will benefit the ICC scholarships. Admission is \$5 in advance and \$10 at the door.

**Announcements**

**DASB Flea Market**  
Every month on the first Saturday  
8 a.m. - 4 p.m.  
Parking Lot A&B  
Come to the DASB Flea market to support your student Government!  
**First Thursday: Open Mic Series**  
5 - 7 p.m.  
Euphrat Museum  
Join De Anza students, faculty and staff for open mic in the Euphrat Museum of Art. Poets,

singers, rappers, and spoken word artists are welcome. Come out for good vibes, good beats and good talent!

**Student Success Skills Fall Workshops**  
Through Nov. 16  
Time Varies  
ATC 303

Skills Workshops are presented by staff & faculty in the Student Success Center who lead fun-filled, informative discussions to support classroom instruction by helping students at all levels become better learners and gain skills to achieve success. Visit <http://deanza.edu/studentsuccess/>

**Ohlone Elders and Youth Speak: "Restoring a California Legacy"**  
California History Center  
Monday - Thursdays  
10:00 a.m. - Noon, 1 - 4 p.m.  
This exhibit celebrates the multi-generational efforts of the Ohlone people to keep their cultures alive and thriving. The exhibit reflects the challenges of 21st Century Ohlone. For more information, contact Tom Izu at 404-864-8986

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

**Home Games**

**Men's Soccer**  
Tuesday Nov. 7.  
2 p.m.  
Evergreen vs. De Anza

**Women's Soccer**  
Friday, Nov. 10  
2 p.m.  
Cabrillo vs. De Anza

**VETERAN'S DAY CAMPUS CLOSED Friday, Nov. 10**

Campus will be closed on Friday, Nov 10 in observance of Veteran's Day.

**ADVERTISING**

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



Scan the QR Code to visit LaVozDeAnza.com

**CORRECTIONS**

Any corrections in a published story? Let us know by email: [lavoz@fhda.edu](mailto:lavoz@fhda.edu)

**Burger of the week:**  
11/6 Patty Melt  
11/13 Steakhouse Burger

**De Anza College Dining Services Menu: Nov. 6**

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

Monday Nov. 6	Tuesday Nov. 7	Wednesday Nov. 8	Thursday Nov. 9	Friday Nov. 10
<b>SOUP</b> Tomato Bisque	<b>SOUP</b> Red Pepper and Crab Bisque	<b>SOUP</b> Beef Pot Roast	<b>SOUP</b> French Onion	<b>SOUP</b> Chef's Choice
<b>PIZZA</b> Korean Chicken	<b>PIZZA</b> West World	<b>PIZZA</b> Margarita	<b>PIZZA</b> Apple, Brie, and Caramelized Onion	<b>PIZZA</b> Chef's Choice

Monday Nov. 13	Tuesday Nov. 14	Wednesday Nov. 15	Thursday Nov. 16	Friday Nov. 17
<b>SOUP</b> Mushroom and Onion Bisque	<b>SOUP</b> Chicken Noodle Soup	<b>SOUP</b> Mushroom Brie	<b>SOUP</b> Minestrone	<b>SOUP</b> Chef's Choice
<b>PIZZA</b> Hawaiian Ham and Pineapple	<b>PIZZA</b> Roast Chicken	<b>PIZZA</b> Vegetarian Combo	<b>PIZZA</b> Mac and Cheese Pizza	<b>PIZZA</b> Chef's Choice

Amount of units being taken during the quarter	Current fee per quarter	Proposed fee per quarter
0.5 - 5.9 units	\$3	\$5.75
6 -11.9 units	\$4	\$6.75
12 or more units	\$5	\$7.75

- The Eco Pass provides unlimited VTA bus and light rail services, excluding Express services.  
- Maintaining the program will ensure our continued commitment to sustainability.  
- Still a better deal than using VTA directly which costs \$80 for a monthly pass.

**Go to MyPortal then click DA Student Voting under Campus events to vote!**

For more information contact the Office of College life at [CollegeLife@fhda.edu](mailto:CollegeLife@fhda.edu) or 408-864-8756



# Eco-pass prices to rise or be discontinued

**Christian Trujano**  
STAFF REPORTER

A student election to increase the Eco-Pass by \$2.75 will be held from Nov. 13 to Nov. 16 on MyPortal adhering to a unanimous decision made by the DASB Senate at their meeting on Wednesday Oct. 25.

The issue was brought to the board's attention at the senate meeting that was held the week prior on Oct. 18.

The logistics as to why there had to be an increase due to a rise in price with the VTA last spring was presented to the board along with propositions to be able to cover the cost

with the school budget.

"They [VTA] had a grant that was going to cover the clipper card cost and that grant ran out so now they're charging us for the clipper card," said Susan Cheu, Vice President of Finance and college operations.

According to the VTA's official website, there has not been a fare increase since 2009.

Cheu presented a powerpoint to the senate, who mainly concerned themselves with what the increase would mean for students and how much more we would have to pay.

The Eco-Pass is being paid for every time one registers for classes and pays for them, whether they use it or not.

An increase in covering the Eco-Pass would also mean an increase in tuition.

This was the reason that it was decided at the Oct. 25 meeting to let the students decide, since the increase will directly affect them.

The motion was passed at this meeting to agree to hold a general student election so that the students can decide whether they want to increase the price or not pay and end funding and use of the Eco-Pass at De Anza.

The advertising and promotion of this topic was a burning issue at this week's meeting as well, as the marketing department, who is responsible for handling tasks

such as publicly communicating to the students what's going on, has been a concern to the senate since last week's meeting.

Brought up as an issue towards the end of the Oct. 18 meeting, the marketing committee has been observed by the rest of the senators as not fulfilling basic requirements such as business-card orders for DASB Senators being ordered incomplete and incorrectly.

This is a crucial element that the senate feels they need to get under control, especially in the upcoming elections involving the Eco-Pass as well as general elections.

Marketing plays a huge role in how students will be able to

take part as a student body and make decisions that will be best for everyone.

"This senate needs to come together," said Foothill-De Anza board Trustee Elias Kamal. "Marketing is essential for the Eco-Pass to go through and this isn't like a one time movie night or club day. This affects the pockets of students for years to come."

Maharshi Mandal, Chair of Marketing, assured the board throughout all of this that calendars are being made and there is actual work that will be getting done including getting the information for the Eco-Pass out there for students.

# De Anza students part of study that finds increase in youth voting 2012-2016

GRAPHIC BY RAMONA WANG

**Jeffrey Windham**  
STAFF REPORTER

De Anza College students took part in a study that found an increase in voting among college students from 2012-2016.

Between the two national elections, student voter participation increased from 45.1 percent to 48.3 percent as represented in the study.

The impact of young voters is rising in the U.S.

Conducted by the National Study of Learning, Voting and Engagement (NSLVE) almost 10,000 students from over 1,000 institutions across all 50 states were used to evaluate how students of different characteristics and demographics vote.

Another study published on civicyouth.org found that about 24 million youth between ages 18-29, or 50 percent of eligible young people, voted in the 2016 general election with 55 percent of them voting for Hillary Clinton

and 37 percent voting for Donald Trump.

Beyond voting, one of the easiest ways to get involved in De Anza's political community would be liking pages on Facebook like De Anza's Political Revolution to connect with other students.

The club works towards progressive change in local politics.

Club president and event coordinator, Eddie Cisneros, 23, anthropology major said, "Considering they make up 31 percent of eligible voters, young people really need to understand that they hold power in their votes."

Especially in local elections when a decision could be made by a few thousand votes, new voters can make the difference.

Introductory political science classes offered at De Anza can meet general education requirements and help students first engage in political activity

as well.

Critical thinking and group work experience along with real world political analysis can be a benefit.

While there is an increasing amount of young people voting, their majority preference in 2016 lost the election. Campus-wide civic engagement is key to rising student voter participation.

Their study found students in wealthier, more affluent areas have the greatest participation, but that voter turnout among minority groups is increasing.

The NSLVE concluded saying, "We hypothesize that pervasive political discussions, strong faculty-student relationships coupled with political learning across disciplines, and vibrant electoral activities are attributes of a robust campus climate for political engagement."



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## Parking lot security cameras: Why not?

**John Bricker**  
STAFF REPORTER

Despite student support for security cameras in De Anza College's parking lots, President Brian Murphy confirmed that camera installation is impossible without a change in budget.

Chief of Campus Police Ron Levine said, "A system capable of monitoring all of the De Anza parking lots would cost several hundred thousand dollars at best."

Levine mentioned several factors that would make such a system expensive, including a wireless network, software and data storage.

Additional personnel would have to be hired to operate and maintain the video system, and the parking lots would have to be trenched in order to lay down cables.

"Students concerned about safety have also been concerned about privacy and not much interested in video footage of their everyday lives," said Murphy.

"Instances like sexual harassment or car accidents can happen all the time and it is important for us to document these and see what causes them," said Prashid Pokharel, 19, business administration major.

Emily Linlangdon-Lassagne, 19, social and behavioral sciences major, said that she almost constantly sees near misses and accidents in the parking lots.

Levine said that a student petition circulated during the spring quarter requesting cameras in the parking lots, with reasons including overall campus safety and traffic accident surveillance.

Campus police department took 37 reports of hit and run accidents during 2016.

"We have rarely received a report of sexual harassment in the parking lots over the 14 plus years that I have been with the district police," Levine said.

Levine supports the use of security cameras as a "force multiplier" citing their usefulness in conducting follow up investigations.

Murphy said that a lack of staffing and budgets would make real-time monitoring impossible, and that the system could lead to "a false sense of security if students believe the cameras are being monitored."

## Foothill-De Anza Chancellor Miner talks to students, gives out cookies

**Casy Hsu**  
STAFF REPORTER

Chancellor of Foothill-De Anza Community College District Judy Miner greeted faculty, staff, and students with a smile and a platter of chocolate chip cookies at an open office hour on Oct. 30, at the Hinson Campus Main Dining Room.

A number of students, unaware of Miner's office hours, stopped by the table inquiring about the cookies. Miner took this opportunity to introduce herself and talk to these students.

As she engaged with them, students asked Miner about her role and experience as chancellor.

"Get resources, remove obstacles," said Miner of her core duties.

To remove obstacles requires awareness of students' issues and needs.

Holding open office hours serves as a vehicle for Miner to directly connect with students about their concerns.

Anisa Chaudhry, 19, psychology major and Desiree Humphers, 21, liberal arts major gave Miner an extensive list

of student concerns such as sustainability on campus.

"There are a lot of concerns and she doesn't have much time. We decided to give her the list so she can look over it at her own pace," said Chaudhry.

Miner told the two students she would put the list on her twitter account, direct the concerns to the department areas responsible for them and thanked them for their input.

Since serving as Foothill President, Miner has held open office hours.

She continues the tradition in her current position as FHDA District Chancellor.

"I think of students as partners as opposed to consumers," Miner said.

She believes in working as a partnership to help meet student goals and improve services.

Miner holds open office hours at least once a year.

Students and staff responded positively to these meetings; Miner hopes to do more if her schedule allows.

## De Anza students have summer study abroad opportunity in Vietnam



PHOTO BY ARCHIE SINGH

**Above:** John Swensson, who will be teaching English in Vietnam, explains the details of the trip to a room of interested students on Monday, Oct. 23, at the De Anza library.

**Archie Singh**  
STAFF REPORTER

Students at De Anza College have the opportunity to study and explore the culture of Vietnam over the summer of 2018.

The summer session will provide interested students the chance to earn up to 14 credits and explore Hanoi, Sa Pa, and Saigon along with local Vietnamese college students.

Classes start from July 2 and the first of the three week session will be here on campus.

Students are to be flown in Vietnam from July 9 to July 30.

The trip is being overseen by the Director of Global Education Partnerships and former Army Officer, John Swensson, who has been to Vietnam during the war in 60s and has been taking students annually to Vietnam since 1996.

"The main goal of this trip is to absorb culture as much as the students can," he said while excitedly uncovering all the details about the trip.

26 students will be going with Mr. Swensson, accompanied by Counselor KD Le, who will be offering HUMA 10 (Sexuality), HUMA 50 (stress management), CLP 70.

The courses EWRT 1A, 1B, 1C, 2 and ELIT 10, are being offered by Mr. Swensson.

Counselor Le expressed her excitement about the trip saying, "This is not only an opportunity for the students, but also for teachers to experience the culture and art."

She also reassured students about their safety as she is fluent in the Vietnamese language and Mr. Swensson has been to Vietnam multiple times and has built up

rapport with the people there.

"John has organized events with university in Vietnam so they can interact with Vietnamese college students," Le said "Students can learn about the culture through experience, compare and contrast the different cultures."

Students are also provided with health insurance for the trip and are also provided with scholarship opportunities and federal aid.

For more details on financial aid, students are encouraged to talk to the Financial Aid Office.

"We are here to provide any kind of help to the students interested in the trip," Swensson said.

International students unsure about their visa status and immigration formalities can contact Mr. Swensson.

Summer Zhao, 21, economics major, originally from Beijing expressed her excitement about the summer session and her sincere liking for South East Asia.

"I love travelling and South East especially. Last year, I went to Thailand and had been wanting to go to Vietnam," said Zhao.

Students are encouraged to explore on their own in Vietnam or any other neighboring country after the end of the trip.

Students have until the first week of May to decide if they want to go to Vietnam. A meeting on Nov. 15 in the Santa Cruz Room at 12pm is being held for more details.



PHOTO BY ARCHIE SINGH

**Left:** Summer Zhao, 21, economics major, lends her eyes and ears to the board that displays artifacts of Vietnam along with details of the courses being offered.



# Print shop gets an upgrade, snacks and phone charging station, supplies loaded

**Stacy Ardoin**  
STAFF REPORTER

The remodeling of De Anza College's print shop turned out to be a good investment and the spacious change has not only created more room for students and staff to maneuver around in, but the shop now has supplies and goodies on deck as well, making the facility more of a "one stop shop."

Print shops at colleges can get busy and jammed because of students and staff's high demand for services on a daily basis. It's impossible to fulfill service request if you don't have the proper space or equipment needed to get the job done, but thanks to Kelley Swanson, Director of De Anza's bookstore and Print Shop Coordinator, for her idea to remodel the print shop taking her students in consideration. "During remodeling process, I took a good look at the student's viewpoint and evaluated the floor plan of the shop in order to remove the big wall that divided the front of the shop from the back and decided if we removed that one wall, that would open useful floor space and make the shop a more comfortable place to visit," Swanson said.

There were several computers lined against the wall for students to use, chairs throughout the area and a few tables for additional work space. At the register was a display full of supplies and snacks. "We understand students work really hard and don't have a lot of time; that's the reason for the snacks, Swanson said. "I was really excited seeing students come into the shop with their parents and take care of all the copy services they needed for enrollment right on campus, purchase basic supplies they needed and even buy a snack if they wanted to, all in one place."

De Anza's print shop was relocated to this primary location because the original location of the shop was somewhat inconvenient for students and staff," said Lily Liang, De Anza's Print Shop Coordinator. "The relocation and now the remodeling has made this place a more work friendly place to be."

In the back space of the print shop were several print equipment and supplies for



**Above:** Gabriel Mercado, 17, undeclared charges his phone in the charging station, "It's really because you can come here between classes and charge your phone than just run to your car and charge it there",

PHOTO BY NATALIE VALENCIA

copy use, still with a lot of available space for more. "This is all for faculty only and even with all this equipment we still have so much space to move and now we're not all crammed in small space," Liang said.

"I really like the remodeling of the print shop now because it has more computers and chairs for us to sit in if we're going to be in here for a while, compared to the old facility before the remodeling," said student Rabina Bisht, 20, business major. "This one is so much more roomy and useful."

Everyone seems to be enjoying the changes and from the sounds of things, there are still more changes to come. "We're working to get financial aid help for students that can't afford our print shop services fees, so that the students that qualify for financial aid, can possibly get grants or vouchers to cover their print shop fees," Swanson said. "But for now, we're just taking one thing at a time."

## Printing services include:

- Duplicating Center (Instructors & Students)**
- Self-service copy**
- Full-service black & white copying**
- Color copies**
- Digital color output**
- Fax Service**
- Scanning Service**
- On-Demand Printing**

## Fall Quarter Hours

- Mon & Tues 7:30 a.m. - 6:00 p.m.**
- Wed & Thurs 7:30 a.m.- 5:00 p.m.**
- Friday 7:30 a.m.-12:00 p.m.**

## Keep your brain fully covered with a good helmet



**Mary Sullivan**  
GUEST COLUMNIST

Bicycling is healthy for relaxation, exercise and the only mode of transportation for many college students. Like seatbelts in cars, helmets are an essential part of cycling gear, but unfortunately not required for adults. Every year in the U.S. more than 6,000 people sustain head injuries requiring a trip to the E.R.- with head trauma accounting for 75% of the cycling fatalities. Bike helmets, when worn properly can prevent 90% of brain injuries. Here are some tips on selecting and properly fitting a helmet:

It must have a U.S. Consumer Product Safety Commission [CPSC] label to meet minimum standards. Don't buy it if it doesn't have CPSC on it! Additional standards can be listed from the Snell Foundation, American Society of Testing and Materials (ASTM), or the American National Standards Institute (ANSI).

Consider the visibility of the helmet. A bright color with additional reflective strips can be a trendy fashion statement, and alert others around you of your presence.

Styles can have sunvisors or multiple vents - it's personal preference.

A helmet should be snug but comfortable, mid-forehead (not tilted back), measuring 1/2 to 1 inch above the eyebrows. The strap adjuster should sit right below each earlobe and the buckle fit snug beneath the chin, so you can't fit more than 2 fingers between your chin and the strap. Some helmets have a small wheel at the back to snug the "headband" of the helmet to give a final adjustment. A good fit ensures the helmet does not move when you shake or rotate your head.

It is not advisable to wear anything between you and your helmet (hair bands, barrettes or headphones) as they can cause injury in an accident.

Prolonged heat can damage the helmet's cushioning capabilities, so store it away from the heat. The Snell Foundation recommends replacing helmets every five years, and never use a helmet that has been in an accident. Even if it doesn't look damaged, structural issues can leave you at risk.

Don't have a bike/helmet? Ask at College Life for free bike rentals, and see me for a helmet fitting! Protect your educational investment! Keep your brain fully covered incase of accidents!

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](mailto:sullivanmary@deanza.edu).

# Drive in movie night at De Anza: "Lights Out"

**John Bricker**  
STAFF REPORTER

Providing free tickets, boba and hot chocolate, the Diversity and Events Committee hosted a showing of "Lights Out" on De Anza College's S Quad on Oct. 26 at 7 p.m..

Once the opening titles started, after a few delays and the showing of a student film, students had filled the lawn behind the library, sitting on and around a giant blue tarp laid over the grass.

Lawrence Liu, the Vice-Chair of the Diversity and Events Committee, was happy with the turnout. "People responded to our film, I think. They all liked it. I enjoyed it too."

Only a few minutes into the movie, with no jump scares in sight, someone in the crowd yelled, causing laughter to ripple through the crowd. Genuine screams from the audience followed a few minutes later.

When asked if it felt strange to be on campus participating in a non-academic activity, Ramona Wang, 29, communication studies major, said, "No, it's so relaxed."

Wang said that she was drawn to the event by the promise of free boba.

Dmitry Grinenko, 23, kinesiology major, said that he came to the event because of the posters set up by the Diversity and Events Committee.

"My class ended and then I was thinking about going to yoga, but I thought that I would rather have a bit of happiness in my life, so I came here," said Grinenko.

The film club faced some technical difficulties when trying to play the student film, a zombie comedy called "Dead Weight," before "Lights Out." Liu said that they did not export the right file.

Eventually, they solved the problem by holding a microphone up to their laptop. "It

didn't sound nice, but still, we got to play it," said Liu.

After about half an hour of the movie, the crowd began to gather around the table where the committee unpacked coolers of boba. The students were shoed away and told to sit down again.

A few minutes later, a shout from behind the table pierced through the ambient horror sounds: "Boba!"

The mob rushed up from their seats and formed a line stretching halfway around the lawn.

According to Liu, "college shouldn't be a place where you just come to school and then go out."

Ramona Wang heard many people say "that they want more events on campus."

Liu said that the next Diversity and Events Committee movie night will be in the Fall of 2018.



# 'Chisimoso' fights American cultural ideas with humor and poetry

**Ana Gonzalez**  
STAFF REPORTER

A De Anza College student took to the stage in Conference Room B of De Anza with a cadence unusual for a story like his on Thursday, Oct. 19.

"I don't know if you can tell," De Anza student Yoshimar Reyes said, "but I'm undocumented and stuff, so if you don't know what an undocumented person looks like, take out your phones and take a picture."

Reyes' workshop is called "Chisme, Chiste, and Survival," and is a part of Define American, a media organization which uses storytelling to change American cultural ideas around immigrants, identity and citizenship.

Reyes joked about many fears of undocumented life, such as the "popularity" of undocumented people in the media and how "hella lit" his deportation bus would be.

"He changed the narrative," said Manuel Espinoza, 19, political science major. "Instead of being victimized, he used it as a way to empower himself, to use humor and poetry and writing as a way to fight back."

The biggest claps and cheers were reserved for Reyes' shout-outs to his self-described "hood" at the corner of Story and Capitol Expressway.

"A lot of times when we think of Silicon Valley, we have this image of all the tech stuff and we don't really look at the people who work in these industries or the people who work in these factories," said Reyes, whose first job was on an assembly line in Fremont.

His neighborhood was the setting for several stories Reyes told about his life. The locations were everyday places: outside a Goodwill, the school playground and the porch of his home where he lived with his grandmother.

His stories' themes ranged from playing kickball with the school bully to coping with alcoholic family members.

Reyes then handed the mic over to audience members during a workshop on storytelling. He encouraged attendees to reflect on their race, class, gender and



PHOTO BY ANA GONZALVEZ

Yosimar Reyes connects with audience over growing up in East Side San Jose, during the "Chisme, Chiste, and Survival," Workshop on Oct. 19. "Chisimoso" is a term in Spanish for someone who gossips.

sexuality, as well as key players in the story of their life, such as friends, teachers and arch-nemeses.

"He brought up a lot of things that school doesn't really talk about like race and gender and, y'know, what makes us, us," said Raquel Chavez, 18, psychology major.

Student involvement in the workshop was particularly important to Juan Gamboa, instructor of Chicanx Latinx studies and organizer of the event.

"In this time where things can be so depressing, I want

students to know that we have agency, we have power and that we should really count our blessings," he said. "There are things that are worth fighting for--and that includes our family, and that includes everybody who is under attack right now, our most vulnerable communities."

The event also ties in with the exhibit currently open at the Euphrat Museum of Art. "Kindness as Resistance" will be open starting Oct. 30 until Dec. 8.

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**VIET NAM**  
2018

**INFO MEETING: Wed Nov 15 Santa Cruz Rm  
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[www.deanza.edu](http://www.deanza.edu)

## DA VOICES: Tra

### How do you feel about t

"Overwhelming! But it's always good to keep my options open, even though my major is only offered in a few art schools."

Charlene De La Cruz, 19  
Interaction Design Major

"It's scary. The competitiveness of it all can be intimidating."

Kyle Nguyen, 20  
Business Administration Major

"Of co  
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Liz Ale  
Psycho



# Euphrat holds emotional exercise for of upcoming exhibition

Matthew Fernandez  
PHOTO EDITOR



PHOTO BY: MATTHEW FERNANDEZ



PHOTO BY: MATTHEW FERNANDEZ

**Left to right:** Vanessa Gomez, environmental science and Eliana Faris, dietetics embrace clay in their hands together



PHOTO BY: MATTHEW FERNANDEZ

**Left to right:** Charisse Nunez, kinesiology and Justin Viado, kinesiology look into each others eyes for thirty seconds while holding clay between their palms/hands during Kindness as resistance art performance on October 11th.

A ball of clay in Anna Xing's, ceramics major, hands before it becomes part of Euphrat show kindness as resistance.

## Transfer day The transfer process?

Sara Ashary  
STAFF REPORTER



**“For the most part I feel excited! As transferring becomes more a reality, it motivates me to work harder.”**

**Houman Iran, 23  
Computer Science Major**



**“Difficult, there’s so much to worry about! But as long as I am confident, everything.”**

**Ying He, 20  
Nursing Major**

**course, like many, I feel nervous and stressed about work load and change, overall it’s positive and looking forward to the future!”**

**exeyev, 20  
Biology Major**

## Vegan bites worth trip to Santa Cruz

Archie Singh  
STAFF REPORTER

Being vegan is more than just a fad; it’s a philosophy. Some restaurants uphold this philosophy not just to accommodate for the lifestyle of vegan customers from a business point of view, but to welcome vegans a safe space.

Located in downtown Santa Cruz, Betty’s Noodle provides a lot of vegan options and a chill vibe. Almost every noodle on the menu board, placed right across the entrance, can be ordered as a vegan or vegetarian order.

The restaurant is owned by a family who migrated from Korea. Oriental art and artifacts which create an authentic ambience from its history and culture cover the restaurant and it provides an experience that is closely reminiscent of being in a local restaurant in Hong Kong.

The ambience is complemented by the tasty aroma of spices and herbs, that would make hungry for a good noodle experience.

Customers are welcomed in the restaurant by a big board, right on the entrance where patrons can choose

what they want, with vegan options clearly listed.

The family who owns the restaurant can be seen working hard. It is a minimalist restaurant for someone who does not like being pestered by constant services, and a good place to hang out with friends without being interrupted. Usually students from UC Santa Cruz are found chatting about their projects and politics as the prices are very reasonable for the quality of food being provided.

The mouthwatering aroma of the food instantly invokes hunger and the appealing color incites feeling of happiness. It is a challenge to describe how the food feels as it a wholesome experience more than just taste for our tongue. All of the sense tingling at once making the experience hard to describe in words. Isolating only one sense to write about would only be unjustifiable. The spice and the heat of the noodles are somewhat overwhelming at time cause sensory overload that makes you want to take a break, but you just cannot stop eating.

After finishing the bowl anyone will be wanting for more even with full stomach.

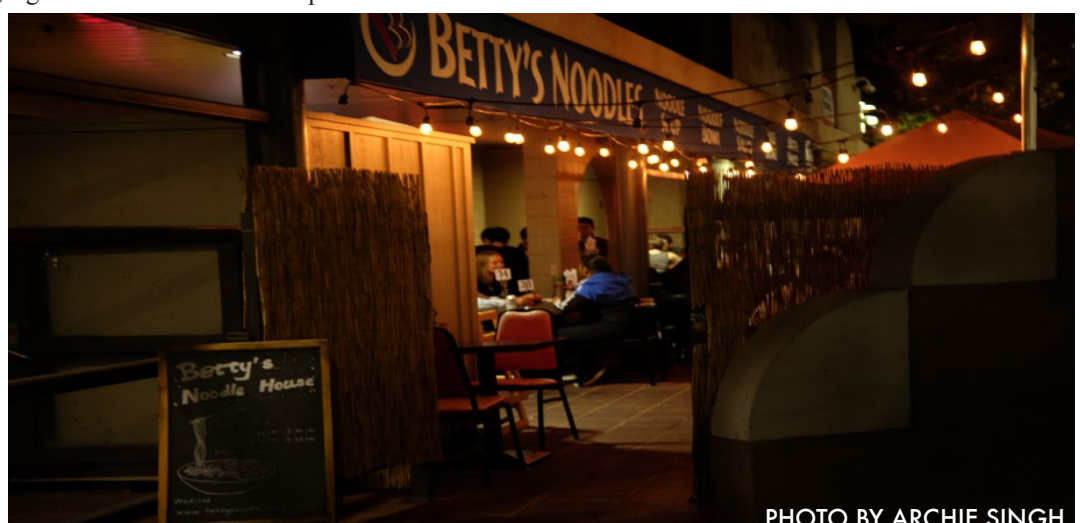


PHOTO BY ARCHIE SINGH

**Above:** Betty’s Noodles in downtown Santa Cruz serves fresh noodles, vegan or veggie option.



# Eco Pass Election: Vote YES, support affordable transportation for all students

## Editorial Board

During last spring quarter, De Anza College students were informed about an incremental Eco Pass fare increase proposal from \$9 to \$40 over the course of several years by the Valley Transportation Authority (VTA).

In response to the news, student activists quickly mobilized by circulating petitions, lobbying VTA board members and attending the June 1 VTA board meeting, where the final decision was made.

De Anza students were not able to completely stop the price increase, but through negotiation, managed to cap it at an immediate price increase to \$20.

Starting week eight of this quarter, the De Anza student body will have to vote to approve of the price increase.

If the student body votes against the price increase, the Eco Pass program here at De Anza may get discontinued and so, the La Voz News editorial board urge all students to vote YES in favor of the price increase to allow the Eco Pass program to continue.

On top of reducing the carbon emissions from transportation, for some students, the Eco Pass is their only form of transportation and is a key for them to receive their education.

Of the almost 20,000 students enrolled at De Anza, about 7,000 students use the Eco Pass and without it, they would have to pay \$70 per month for a regular monthly bus pass compared to \$20 per year, which is completely unfeasible for many students, including three editors on our staff who rely entirely on the bus and Uber for transportation.

Design editor, Audrey Marques,

21, journalism major said that without the Eco Pass, she does not think she would be able to support herself while getting an education.

"I came to the United States from Brazil to get an education because I thought I would be more successful pursuing journalism here. I'm already restricted from services like financial aid for being an international student and without the Eco Pass, the bus would be too expensive for me," she said.

Many students who do not use the bus may question why they should pay for a service they do not use, but De Anza students need to come together as a community and help those who do not have the fortune of having easy and affordable access to transportation.

It is a better outcome for a lot more people if everyone chipped

in some money to subsidize the cost of the bus pass for a large minority of students who use the bus rather than if all of us saved \$20 a year, while those who only have the bus for transportation get

screwed over. The election will be held from Nov. 13 to Nov. 16. Vote to continue funding the Eco Pass so all students can have access to affordable transportation.



GRAPHIC BY RAPHAEL VILLAGRACIA

## Climate change is more real, closer than you may think

**Christian Babcock**  
SPORTS EDITOR

Climate change is real.

97 percent of peer-reviewed scientific essays conclude that the increase in the Earth's mean temperature is due to human activity. The forecasted consequences are drastic, including sea level rise and widespread coastline transformation and increased drought. Yet the seriousness of the problem continues to be met with apathy from a disturbingly high percentage of the American population.

Some opinionists in the national media postulate that those who fail to support efforts combating climate change do so because it presents one of the worst types of problems humans have to face: an issue with relatively minor short-term effects, but disastrous long-term consequences.

That may be, but plenty of those relatively minor warning signs have already hit the planet

with substantial force, and many of them are hitting quite close to home.

Fires have decimated forests and neighborhoods all over California this summer and fall, especially Northern California. Smoke from fires in the North Bay reached all the way down to the South Bay, including De Anza College, where athletic events were cancelled due to the degraded air quality. More importantly, several people in the North Bay lost their lives, and many, many more lost their homes. The expansion of California's fire season into autumn means that more fires of this severity are near-guarantees to happen in the future, and the fire season will continue to grow as climate change leads to drier land outside of the rainy season.

uring the first week of the fires, and the smoke in San Francisco and Berkeley was simply unbelievable. It was particularly surreal to see the smoke around the Port of Oakland coming out

of the BART Transbay Tube. You could barely see anything in the distance. Combined with the fading daylight, it looked like something out of a disaster video game.

Farther from home, rising ocean temperatures fueled Hurricanes Harvey and Irma, two of the worst hurricanes in US history. These too led to widespread devastation and many deaths.

Unprecedented heat waves are sweeping through California and other parts of the world, bringing still more deaths.

It may be that climate change is not a good type of problem for humans to deal with. But the early warning signs are quite evident. We should do our part to heed them, and take aggressive action as a planet regarding climate change. If we don't, disasters like these are going to become much more frequent than in the past, and those far-more-disastrous, 'down-the-road' consequences will come home to roost.



## Chief's Corner: *Remain calm, comply*

**Ronald Levine**  
CHIEF OF POLICE

In this installment of my guest column, I want to share some tips with you on how to respond if you are pulled over by a police officer while driving a vehicle.

Five easy steps to follow if you are stopped:

1. Pull your vehicle to the right as far out of the lane of traffic as possible. Make sure you use your turn signal and indicate to the officer you are going to comply.

2. Stay in your vehicle and if at night, turn on the interior light. Good lighting assists good communication. Relax and remain in your vehicle. If you leave your vehicle, you subject yourself and the officer to the danger of traffic.

3. Keep your hands in view, preferably on the steering wheel. Wait for the officer to request your license, registration, and proof of insurance.

4. Police officers are trained to ask for identification first, and provide an explanation second. First, provide the documentation and then give the officer a

chance to explain the reason you were stopped. Providing your documentation will simplify and speed the process.

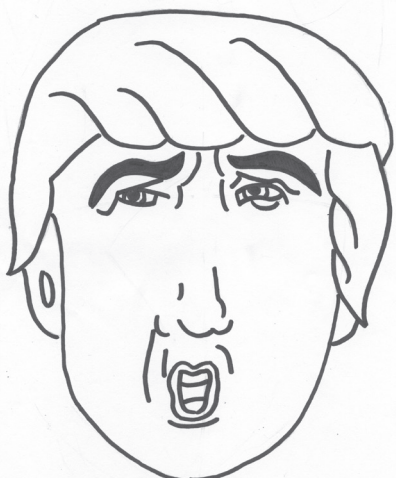
Remember, most often the officer is in uniform with a nametag displayed. You have the advantage of knowing with whom you are dealing. Extend the courtesy by providing the requested identification without argument.

5. If you do not agree with the citation, or the officer's demeanor at the scene, all individuals have the right to contest their citation before a judge. Additionally, every police department has an internal affairs process in place to investigate citizen complaints.

Also, monitor the occupants of your vehicle. As the driver, you are responsible for the conduct of all the occupants. This covers such things as passengers throwing trash out of a window, acting in a disorderly manner, or drinking alcohol.

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

**FAKE NEWS**



GRAPHIC BY ANDREW SHINJO



LA VOZ NEWS

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

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deckcecilia@fhda.edu

**Jamie Lamping**  
BUSINESS / SOCIAL  
MEDIA MANAGER  
lavozadvertising@gmail.com

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Group project debate: good or bad?

**Danny Zhang**  
STAFF REPORTER

When we think of group projects, we always imagine a group of students gathering in a coffee shop to discuss whom is doing what. But in my years of being a student, group projects always start out as meeting new friends, then hating them after the project is done.

I was once involved in an accounting project with two other students. I was excited because I thought this was an opportunity to meet new friends and finish the project early so that we could all take a break and get an easy A.

However, what life taught me is that nothing ever goes according to plan. Right after the professor assigned us into groups, my group partner left without exchanging his contact information. I thought we could exchange information during the next class meeting. Wrong again! He didn't even show up for the next three classes. Finally, on the fifth class, we exchanged contact information.

Because I didn't want to fail a project that was 40 percent

of my grade, I had to do it all myself. I spent an extra five hours of my study time, ignoring my other homework, and finished the project right before we had to turn it in. Because we were a team, we were supposed to check each other's work after we had done our half. Since he didn't do any of it, I gave him the whole project for him to look over. He viewed the project for 15 minutes and signed his name under mine, telling me I did a good job.

At the end of the day, another lazy student got a free ride out of me because if we both slacked off we weren't going to pass the class. Professors are trying too hard to make students work together and ignore the fact that without their advising some students will just enjoy a free ride without any penalties.

Everyone hopes for decent partners with whom to happily finish the assignment. But in reality, there are always slackers that do nothing, leaving one member to do all the work. Say nay to unfair group projects and make those lazy students get the F they deserve on their transcript.

**Ryan Chen**  
STAFF REPORTER

When I entered my first quarter of college, I was overwhelmed by the many classes that were given as options and took longest time to finally choose the ones I wished to take.

Truth be told, I was worried beyond belief that the workload would be difficult to manage between the three classes that I would be juggling throughout the quarter, but the tidal wave of work and stress never truly came surging through.

The large amount of work that I feared I would have to do by myself became a fleeting memory when I was introduced to the idea of working in a group.

When one thinks of group work, I admit that the first thing that one may picture might be of a small group composed of however large the group would be with the idea revolving around only one person doing most- if not all of the work.

That idea became non-existent to me once the professor of my Creative Minds course had the class working in small groups on

each class meet throughout the quarter.

As my Creative Minds professor had the class working in small groups each class meeting.

At first, I was intimidated to open up to the other students of varying ages and walks of life.

Once we all introduced ourselves to each other, however, that fear fell away.

I realized that we all sought to complete this course at the bare minimum, and we all possessed a unique set of perspectives and abilities that would come to define how we would work together to complete each task given to us.

As we progressed through each activity, with trust placed on each group member that every assignment would be completed, something new arose from the time we spent together. Friendship.

We were all students with our own lives just trying to complete work together, and through group work collaboration we were able to do so while learning and keeping up with the course we were taking.

LA VOZ THEN & NOW  
Originally published Jan. 28, 1972

De Anza students relate regrets of their lifetimes

What one thing that you've done during your lifetime will you never do again?



"Join the Marine Corps because I disagree with the military system and its way of thinking. It's a completely different world in itself. It's not the way of life I want. I may never just out of an airplane again.

**Randy Burce**



"I wish I hadn't run into the back of a pick-up truck with my bicycle. It really messed my bike up."

**Jim Johnson**



"Come to California. I'm originally from Michigan and we had a beautiful farm back there. We came out for vacation and ended up staying."

**Helen Weitzel**



"Drinking hard liquor because the last time I did it, I couldn't move or even see. I haven't tried it since. I turned into a wino instead."

**Rich Ruppe**



"Speaking in generalities, I wish I hadn't been born in the twentieth century because to quote Alvin Toffler, 'We're living in a throw away society.' It's difficult to have real direction over your life and the future of our planet."

**Susan Trigg**



"Getting drunk up at the dam and taking a certain teacher's poli-sci class."

**Prunella Gunbody**

Reclaiming the power of paying attention

**Simone Clay**  
STAFF REPORTER

We live in an age where we are very aware of the world and its offsets. Social media has become an outlet for not only entertainment news, but for more dense topics like politics or economics on a comprehensive level.

The downside of this newfound role is the increasingly apparent divide between the two types of media users; those who seek to be intellectually awake, and those who use media to distract and spread confusion, prioritizing personal gain over the betterment of our world. It's imperative that we not let media distractions define our priorities and actions.

Because we let the media consume our minds, we're blinded by of-the-moment topics like Cardi B and her 15-minute breakup with Offset. We get caught up in arbitrary drama instead of allocating attention to things that matter.

There are exceptions: those who take advantage of our distractibility and use it for good. Thank god for the acute awakening that certain popular artists are experiencing; without our young, curious minds, a lot of movements wouldn't be popularized or upgraded like they are today.

Entertainment is a virtual necessity for us today; it's what keeps that smile on our faces. It's also what covers up the sadness and fear we experience. So when we hear about the likes of bombings in Mogadishu, Somalia or gas leaks in the Gulf of Mexico, it's easy to get distracted, because it's not happening to us. Media allows these events to feel distant, and we reflexively turn away from upsetting news that feels

beyond our control. Important world issues only make it to Twitter's trending page and stay there for a day or two before mediocre entertainment news knocks it down again.

People should pay more attention to these tragedies in general. Without the thought, without the curiosity, these topics will be no more than a hashtag. It's so simple. Taking the time to read information and answer seemingly "stupid" questions are the first steps to really getting involved. Additional steps could include taking the time to find good and trustworthy organizations to donate to, talking to local political leaders about what not only you but what they will do to help out.

We, as a people, are all vulnerable to distractions, and thus responsible in part for the misuse of media.

But, who we should really look to and blame are our leaders. From throwing paper towels into crowds to tweeting the military transgender ban announcement, the Trump administration has gotten their hands quite bloody and are some of the main culprits in promoting chaos and promulgating distraction. More reliable entities like the United Nations can only focus on so much, and there's a significant amount of prioritizing to be done. But when it comes to the time to choose who they save, they only save themselves. We need to mindfully consume media and harness the power of our attention. When we reclaim our attention from those who only seek profit, we are capable of much more than we think.



# Squeeze in a 15-minute on-campus workout to stay fit, burn extra fat, improve health

**Keenan McCarty**  
STAFF REPORTER

There just isn't enough time, particularly in college, where time seems impossible to find. Students can barely get classwork done, much less find time to stay fit.

Fortunately, there are ways to maximize every second of your routine in your daily schedule with 15 minutes extra time in your day. These can significantly improve your health, burn fat, and help you stay more active.

**Park far away:** This may be hard to rationalize, but on a tight schedule with zero time to work out, you need your cardio where you can get it. Parking a bit further away and jogging to class gets in just that little extra for your heart rate. If that isn't feasible, jog to and from classes across campus.



**Find stairs:** There's a little stairwell in the side of the ATC that's basically abandoned. Get there early before class; it'll give you a couple minutes to do some extra work.



## High Intensity Interval Workout:

Find a nice, secluded spot. The little gardens and fountains next to the Media Learning Center are a perfect spot that is both scenic and relatively depopulated later in the day. This short exercise should be a "fast and efficient way to lose excess body weight" and "increase...cardiopulmonary health," according to The American College of Sports Medicine's Health & Fitness Journal.

They recommend doing these with only 10 seconds of downtime between each one, with a relative difficulty of 7-8/10 for 30 seconds each. For greater intensity, increase the rate at which you perform each exercise or modify the exercise for greater activity--no sets with this one. That means it'll be hard, but if you want to get in a full workout between classes, this is the scientifically-supported best way.



**Jumping Jacks:** warm up/cardio



**Squats:** arms/legs

## Situps/Crunches:

 core


## Plank:

 arms


## Las Positas dominates depleted Dons women's soccer in 8-0 loss

**Danny Zhang**  
STAFF REPORTER

On Oct. 20, De Anza College's women's soccer team received another devastating 8-0 loss at the hands of Las Positas.

The team competed without several of its players.

"We have six players injured, some still sick at home," head coach Cheryl Oswieny said.

With an incomplete roster, the Dons still managed to hold off a few major offense made by Las Positas.

During the first half of the game, De Anza didn't have much possession of the ball and the defense wasn't strong enough to defend against Las Positas's offensive.

There was a strong offensive play by De Anza, but a strong defense made by Las Positas caused a De Anza team player get injured.

Las Positas owned first half with 0-5. However, De Anza didn't give up. After a time out they got back on the field with positive attitude.

During second half, De Anza improved their

defense, gained more possession of the ball and stopped some attempts to score by Las Positas.

Although the Dons put up a strong defense, Las Positas still managed to score three more goals during the second half.

There was offensive play by Las Positas that caused two more injuries for De Anza. Towards the end of the second half, De Anza had two free kick chances that turned into a missed opportunity.

That missed opportunity could've helped Dons break the zero on the scoreboard. Las Positas increased their defense against De Anza's offensive line because of the pressure De Anza made.

With another loss on their record, injured players, and the absent players who weren't be able to participate; head coach Cheryl Oswieny wasn't satisfied at all by the end of the game.

"We need a lot of ice and figure out what to do next game," said head coach Cheryl Oswieny after a devastating loss for De Anza.

## Forward Lunges:

 legs




# De Anza athletes, coaches share diet secrets

**Megan Wong**  
STAFF REPORTER

One thing is certain: the athletes at De Anza College are serious about their sports. Ranging from high-protein to high-carbohydrate diets, De Anza's athletes put in quite the effort to maintain superior athletic performance.

Cross country coach Nick Mattis has mentored students for 11 years at De Anza, and has helped athletes with their diets over the years.

"A big issue I see [is] iron deficiencies in female athletes, often because female athletes typically do not eat red meats," Mattis said.

Students tend to eat chicken because it is lean, but it does not provide high supplements of iron

and minerals like red meats do.

If an athlete is consistently slow or taking a long time to recover from workouts, the cause is often anemic responses from iron deficiencies.

Student athletes on campus have similar stances on diet choices, all from a range of sports: basketball, women's soccer, men's soccer, cheerleading, and baseball.

6 in 8 interviewed student athletes prioritize lean protein in their diet. However, only one of the eight prioritized red meat in their diet. All eight students were not vegan or vegetarian.

But all eight athletes prioritize grains and fruit in the morning.

"[Maintain] a balanced diet. Don't limit yourself to one item on the food pyramid," said Valerie Rodriguez, 20, early child

education major and cheerleading co-captain.

Rodriguez adds that eating too many processed sugars makes members of her team feel lethargic during game days.

"The day of a game, I eat lots of fruit to feel as light as possible," said Christian Mendoza, 19, kinesiology major and a right back men's soccer player. He states how he prepares for a game by eating lots of carbohydrates a day before a game.

For student-athletes, a lot of thought goes into maintaining high energy to perform at a great level.



PHOTO BY: MEGAN WONG

Christian Mendoza, 19, kinesiology major practices for the upcoming game on Nov. 7 at 2 p.m. He says eating fruit helps him feel light on game day.

## De Anza volleyball makes it 12 straight-set wins

**Jeffrey Windham**  
STAFF REPORTER

De Anza College's women's volleyball team defeated San Jose City College in the first three matches of a best of five 25-9, 25-9 and 25-10 on Friday Oct. 20.

After the game, coach Dawnis Guevara said, "I never have expectations of how we're going to win. I always expect to win. I was happy with how my team performed tonight."

On her general coaching strategy she said, "Win, play with energy, and play as a team."

During the first set, things were played tightly at 9-7 until a spike from De Anza was called in by one line judge, but was argued by all three San Jose City coaches who were sitting directly in front

of the line.

The call was upheld by the head referee and De Anza proceeded to run away with the game on a 16-2 run.

Each of the next two matches De Anza would go on regular scoring streaks before giving up a point.

"I usually play middle. Our outside got injured during practice so I'm covering," said middle blocker Melissa Izquierdo.

Delivering kills throughout the game from the outside hitter position, Melissa certainly made the adjustment to outside hitter and contributed a large share of De Anza's points.

"De Anza played very well. I feel bad for the other team. It was definitely a mismatch," said parent, Steve O'Leary.

## Dons women's soccer falls 3-0 to Evergreen, injuries blamed

**Kevin Coletto**  
STAFF REPORTER

On Oct. 24, De Anza College's women's soccer team faced off against the Evergreen Valley Hawks in a hard-fought soccer match that ended in a 3-0 loss for De Anza.

In the first half, the Dons put on defensive stops to prevent Evergreen from scoring on multiple attempts.

The second half proved to be especially difficult for the Dons, as they battled fatigue and the hot sun to rally against the Hawks in attempt to put up numbers on the board.

"We have half of our team injured," said Morgan Becker, captain of the team. "We had to put out two substitute players in order to make up for our numbers. Our main goalie is also out, so we had field players out there playing goalie. I think if we had our whole squad, including our goalie, we would've had a better chance against our opponent."

This loss drops the Dons' overall record to 3-10 this season and 0-5 in the conference.

> FROM: SANBORN, P.12

at least an hour or two, depending on what each student decides to share and should be done by 12.

After we finish our sharing, we will jumprope our way on into the

day. Everyone will grab a jump rope from the bag and group up with another individual to prepare for our jump rope spelling bee, where each student will be given a word to spell while jumping with the jump rope, getting rid of all those calories from breakfast. Since this is a game, the winners won't have to help prepare for lunch and will be the first ones up to take on the next activity. Lunch will then be prepared and served by 3 p.m. and everyone will sit and enjoy an array of sandwiches, fruit and salads. As soon as lunch is over, all the students can relax until it's time for our horseshoe-tossing competition.

We will meet up at the horseshoe-tossing pits at about 6. The pits are conveniently located next to the major picnic and group-gathering areas of the campsite. When everyone has arrived, the activity will start with the winners of the last competition. Giving it all they have, each student will get an opportunity to toss a horseshoe to see who has the power to land their shoe on the target.

Dinner will be prepared by 8 and everyone will enjoy food that each student prepared. Be creative and serve a dish that's not only healthy, but good. After dinner is finished, the night will end with a shared homework activity

involving each student helping another finish up whatever homework they brought to the weekend camping adventure. Everyone's lights should be out no later than 8, because on Sunday morning, students will take a hiking trip to tour the trails of the campsite.

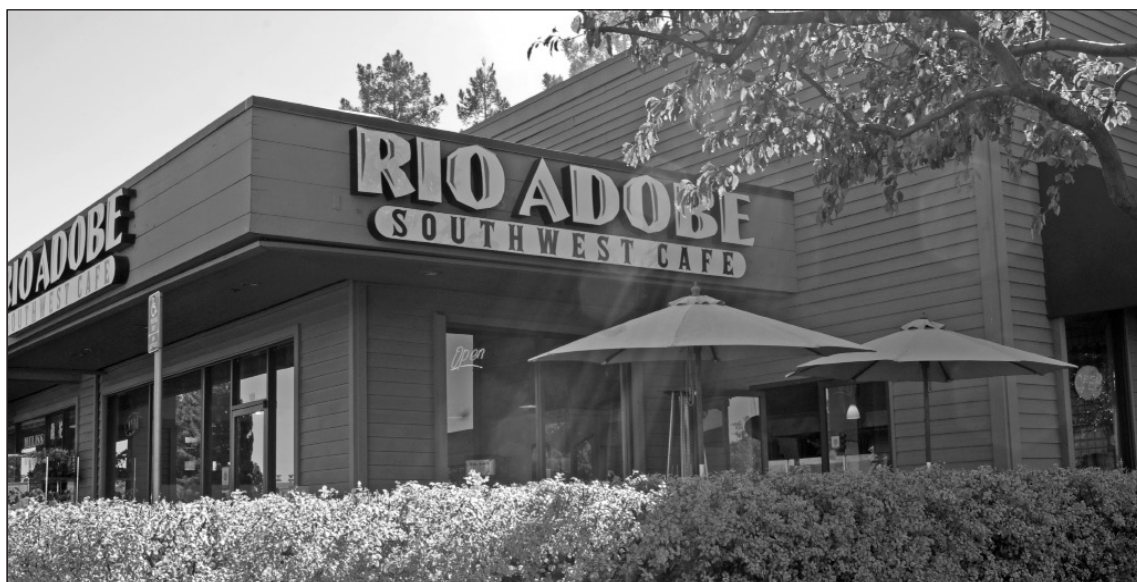
Hiking starts at 10 a.m. Sunday morning, so students should start the preparation for breakfast by 8. Right after breakfast cleanup, it will be time to head for the trail. Everyone will meet up at the trail and the hiking will begin. Experience the solitude of deep forest trails, explore the pathways of our urban centers, or just discover miles of beautiful and scenic trails, many virtually untouched and unknown to but a knowledgeable few. Get in gear and let's get in motion for a little exercise while you're at it.

Each student will meet up at the end of the trail at 1 p.m. to make their way back to the campsite for a nice healthy lunch consisting of the same menu from Saturday's lunch.

It's that time again for each student to share something special with the group for about an hour or maybe two at the volleyball area. Students should all be there by 4, prepared and ready to share and play.

### If you're going ...

Sanborn County Park is 16055 Sanborn Road in Saratoga. Head south on Saratoga Road, From and proceed two miles west on Highway 9 to Sanborn Road. Turn left onto Sanborn Road. In one mile, enter the park. Open 8 a.m. to sunset.



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# Volleyball captain: Leader at net, off court

**Stacy Ardoin**  
STAFF REPORTER

Say no more about the De Anza College's women's volleyball team, which has "dumped" right into the season this year with a new captain that is far from a new player to this game.

Kaitlyn Keller, 19, psychology and sociology major at De Anza, has been playing for the women's volleyball team for two years.

"It was crazy that we all-I mean like the whole team voted for Kaitlyn. I knew from the get-go she was a leader as well as the voice for our team," said teammate Olivia Keyser, 18, biology major and defensive specialist.

Kaitlyn's cousins were her inspiration to get into the sport, since they played before she did.

"They would take me to their tournaments, where I would sit and watch volleyball for seven hours. I fell in love with the way it was played; the drive that players showed when they wouldn't let a

ball drop," Keller said.

Kaitlyn has had years of experience with volleyball as well because she is also a former captain for her high school volleyball team along with a slew of random clubs.

She has been playing volleyball for about seven years now.

"I started very late in the game in eighth grade, while others had been playing volleyball since the age of 8 and I had to work twice as hard to get up to the level they were at," she said.

Not only does Kaitlyn hold down her title as captain of her team, but as a setter, she doesn't earn many points. The few points she earns are from her aces off of serves and dumps.

"At just the right time I look to see if the center of the court is open on the opposite side and if it is I use two hands to set the ball over the net. I have scored a lot of points that way," she said.

Keyser mentioned that one of Kaitlyn's strengths is her serving, as she is definitely one of the

team's best servers. She plays hard on the court while continuing to remain calm.

Being a team player and encouraging her team to play together is what Kaitlyn strives to do besides winning.

"My goal as a captain is to bring the team together through teamwork on the court and friendships off the court," she said.

As a leader, she takes responsibility for what happens on the court by taking pressure off her team mates when mistakes are made. "Our winning technique is relaxing," Kaitlyn said proudly.

Teammate Melanie Baron, 19, kinesiology major, describes Kaitlyn as a hard worker because she's constantly touching the ball every play, works on the passes she gets and they aren't always right to her.

"She has passion and effort she puts into how she plays and I admire her for that because I don't think anyone else on the team loves volleyball as much as



PHOTO BY: STACY ARDOIN

Kaitlyn Keller prepares to serve.

her," Baron said.

As a captain, Kaitlyn says her main role is to lead by example. And leading games through support keeping everybody on track.

"Some of us on the team are best friends and hang out with each other on and off the court, whereas, some of the other players only see each other on the court, but we are all friends," said Kaitlyn.

Although Kaitlyn has expressed

her interest in being a coach instead of a player (since she has coached for 4 years), leading a team with a 14-3 win not only demonstrates her commitment to being the team captain of De Anza women's volleyball team, but proves the one thing she says before the game that gets her teammates hype is, "We want this, so let's go out there and get it."

## Sanborn County Park perfect spot for sporty weekend getaway

**Stacy Ardoin**  
STAFF REPORTER

Alright, students! Let's have some fun! It's time to put away your homework, toss those books aside and enjoy a nice weekend adventure that you'll never forget.

With the weather still nice, it gives us great opportunity to get out and enjoy some bonding time with one another, which we're not allowed often. Usually as a college student, many of us get stuck on the weekends, sitting in the house all day, working hard to finish up homework due for the week to come. Never is there enough time in a day for us to enjoy ourselves and let down our hair. Well, this weekend, the plans have changed and we're going to get our homework done, while enjoying time with each other in the process.

At Sanborn County Park, 16055 Sanborn Road in Saratoga, we're going to turn up and turn out for a great weekend camping adventure. Sanborn has so much to offer, and is a wonderful place to camp and hike because of its nice environment, great activities

and beautiful areas to explore. We can all exercise, eat and get our homework done while never eliminating the fun and this is how it's all going down:

Saturday, the meet up is at 8 a.m. at the drive-in campsite at Sanborn County Park. We will meet in the parking area, which is right near our campsite. Once all of the students have arrived, the cars will all be unloaded and all the camping equipment will be set up on the sites reserved for our stay. Once we finish setting up all our equipment, which should be about 10, we will prepare and enjoy a nice healthy breakfast. The breakfast menu includes fresh fruit, boiled eggs, cereal, bagels, turkey bacon and fresh orange juice as well as coffee for all those coffee lovers. After breakfast is done, we will clean up and get ready for check-in time, which is everyone introducing themselves and sharing a special thought, moment or memory. The entire check-in should take at least an hour or two depending on what each student decides to share and should be done by 12.

> SEE: SANBORN, P.11

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