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La Voz Weekly

The voice of De Anza College since 1967

Football Dons fumble lead in final quarter

Dons lose to Santa Rosa College 35-31
Sports p. 8



ANDREW BOYCE | LA VOZ STAFF

Men's soccer wins 3-0

De Anza breaks through Cabrillo College defense in second half
Sports p. 8

FHDA Board of Trustees bullish on upcoming budget

De Anza student trustee notes other colleges' reactions to recent FHDA Foundation divestments
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DASB Senate votes to fund high school social justice event

Senate approves extra funding for Oct. 26 education forum
News p. 3

De Anza professors talk about Honduras

Discuss upcoming election, environmental issues at social justice event
Student Life p. 5

DASB Senate to hold world fashion show

Nov. 21 event to showcase De Anza's cultural diversity
Student Life p. 4

GOP should dump Tea Party politicians

Stubborn political group threatens nation's progress
Opinions p. 6

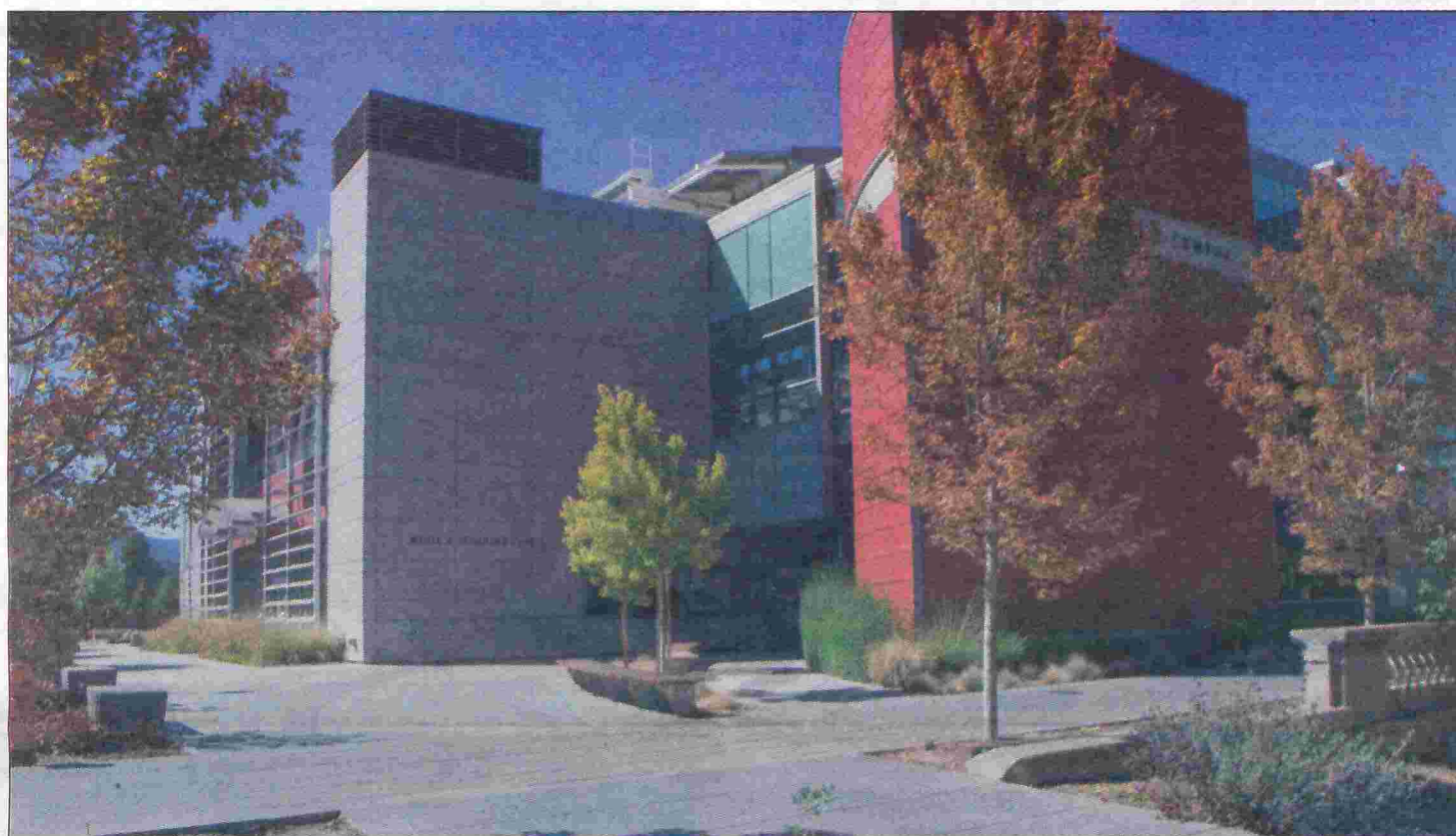
De Anza volleyball beats CCSF 3-1

Team bounces back after losing second set,
Sports p. 7

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DE ANZA STUDENT REPORTS RAPE AT MLC



ADAM CONSTON | LA VOZ STAFF

Foothill-De Anza police and the Santa Clara Sheriff Department are investigating a De Anza student report of a rape in the first-floor women's restroom in De Anza's Media & Learning Center.

By Katie Phan
Staff Writer

A 19-year-old female student reported that she was raped by an acquaintance on De Anza's campus Monday, Nov. 4, according to campus authorities. She reported that a male individual raped her inside the first-floor women's restroom at the Media & Learning Center between 1 p.m. and 2 p.m., according to an email statement to the campus community sent Nov. 6.

The suspect, who is between 18 and 20 years old, had not been arrested by the time La Voz went to press Friday, FHDA District Police Department Chief Ronald Levine wrote in an email.

He wrote that the individual, whom investigators believe is a De Anza student, was the only reported suspect. Levine could not confirm if other people have been questioned.

Alyssa McKay, a second-year undecided major who has class at the MLC, said that the incident did not make her feel safe.

"I've heard about other instances, but not ones during the day and on-campus," McKay said.

"I would've liked to know about it as soon as it happened,

but (De Anza) dealt with it well by sending out that message."

Students and faculty received the email notification as early as 2:24 p.m. and as late as 11:31 p.m.

"The email was sent promptly after details of the report could be confirmed," Marisa Spatafore, director of marketing and communications for De Anza, wrote in an email.

Kimberley Mejia, a first-year nursing major who also studies at the MLC said she didn't feel safe using that restroom anymore.

"It's not so much the school — it's the attacker," Mejia said.

Devarshi Pandya, a second-year engineering major, said even though his perception of campus safety did not change, the campus needed extra security.

"They should've sent some cops or at least one cop to the building today just to make students feel safer," Pandya said in an interview Thursday Nov. 7.

Levine wrote there will be additional patrols throughout campus.

"We do not expect the investigation to disrupt the academic process," he wrote.

StateUniversity.com, which ranks college campuses by severity and frequency of criminal activity, lists De Anza as the 11th-safest community college in the U.S.

Nicholas Vulpe, a second-year music major, said he was most concerned about the victim.

"I felt a little bit speechless because it's a terrible thing," Vulpe said. "I hope she's OK."



PATRICIA NGUYEN | LA VOZ STAFF

De Anza students talk to a cameraman from KPIX 5, who identified himself as Ed, in the MLC, Friday Nov. 8.

2 CAMPUS EVENTS

Nov. 12, 2013

Wednesday

Nov. 13

VISITING CERAMICS ARTIST NANCY SELVIN
12 p.m. to 3 p.m.
A51

Nancy Selvin's work focuses on the relationship of human beings to objects and the implied history contained in those forms. Her use of clay allows the viewer an instantaneous, intuitive response to the work. Born in Los Angeles, Nancy Selvin has lived and worked in Berkeley California for almost forty years.

POETRY READING: DAVID DENNY

12:30 p.m. to 1:30 p.m.

Conference Room B

Dave Denny, Cupertino's Poet Laureate Emeritus, will be reading his poems. Denny's most recent book, "Fool in the Attic," will be available for purchase, and a signing will take place following the event. Refreshments will also be served.

MAKING SPACE: VISITING ARTIST PRESENTATION WITH TITUS KAPHAR

11:30 a.m. to 12:20 p.m.

Visual Performing Arts Center Theater

For more information about the artist, and the exhibit being shown at the Euphrat, please see the announcement about the exhibit at the end of these listings.

MAKING SPACE: RECEPTION WITH ARTISTS

5:30 p.m. to 7:30 p.m.

Euphrat Museum

For more information about the exhibit, please see announcement at the end of these listings.

Thursday

Nov. 14

PHOTOGRAPHY LECTURE WITH BILL DANE

6:30 p.m. to 8:30 p.m.

Conference Room B

American photographer Bill Dane will be speaking, as part of the photography lecture series put on by the Photography Department at De Anza. For more information, contact Diane Pierce or Chia Wen.

Friday

Nov. 15

"THE DROP!" FALL DANCE

9 p.m. to midnight

Conference Rooms A & B

Tickets are \$10; contact La Donna Yumori-Kaku at YumoriKakuLaDonna@deanza.edu for more information

Monday

Nov. 18

SJSU: TRANSFER INFORMATION SESSION FOR BUSINESS MAJORS

10:30 a.m. to 12 p.m.

Conference Room A

Overview: Students interested in pursuing a business degree at San Jose State University are invited to attend a special presentation by representatives from the Lucas College and Graduate School of Business. Learn

more about:

- Choosing the right business concentration
- Admission process tips
- Student support programs for the SJSU College of Business

Space is limited. Attendance is on a drop-in and first-come, first served basis.

NOTE: Transfer events may be subject to change/cancellation without notice. For the latest information, visit: <http://www.deanza.edu/transfercenter/workshops.html>

TRANSFER ADVISING: UC SAN DIEGO

12:30 p.m. to 1:30 p.m.

Conference Room B

A UC San Diego admissions representative will be on-campus to provide one-on-one transfer advising and answer questions about transfer admission requirements, major requirements, financial aid and scholarship opportunities, housing and campus life. Advising will be available on a by appointment or drop-in (if time permits) basis. To schedule an appointment with a university representative, log on at <http://daappointments.deanza.edu/transfer/esars.asp> (must have valid De Anza College Student ID). For all Transfer Center services, please check in at the Counseling & Advising Center Front Desk first.

Tuesday

Nov. 19

TRANSFER ADVISING: CSU EAST BAY

10 a.m. to 2 p.m.

Transfer Center, SCS Bldg., 2nd Floor

A California State University East Bay admissions representative will be on-campus to provide one-on-one transfer advising for prospective transfer students. Bring your questions about transfer admission, major requirements and other items of concern you may have. Advising will be available on a by appointment or drop-in (if time permits) basis. To schedule an appointment with a university representative, log on at <http://daappointments.deanza.edu/transfer/esars.asp> (must have valid De Anza College Student ID).

Wednesday

Nov. 20

TRANSFER ADVISING: UC BERKELEY

12:30 p.m. to 1:30 p.m.

Conference Room B

Christina Tinsley, a UC Berkeley representative, will be on-campus to provide one-on-one advising with prospective transfer students to answer questions. Students will be seen on a Drop-In basis only. For all Transfer Center services, please check in at the Counseling & Advising Center Front Desk first, unless otherwise noted.

TRANSFER ADVISING: UC SANTA CRUZ

12:30 p.m. to 1:30 p.m.

Information Table, Campus Center Dining Hall

A UC Santa Cruz admissions representative will be available to answer questions about transfer admission requirements, major requirements, financial aid and scholarship opportunities, housing,

campus life, and more. An information table will be set up in the Hinson Campus Center.

PUBLIC POLICY WORKSHOP

12:30 p.m. to 2 p.m.

L84

TOPIC: Sustainable Public Transportation
Chris Lepe, senior community planner at Transform, will talk about sustainable public transportation as part of the Fall 2013 Public Policy Workshops being put on by the Institute of Community and Civic Engagement and Political Science Department. For more information, contact Cynthia Kaufman at 408.864.8739 or kaufmancynthia@deanza.edu

Friday

Nov. 22

STUDENT PIANO RECITAL

2 p.m. to 5 p.m.

Visual and Performing Arts Center Theater VPA 115

Admission is free; contact Anna Poklewski in the Creative Arts department at poklewskiana@fhda.edu for more information

Wednesday

Nov. 27

PUBLIC POLICY WORKSHOP

12:30 p.m. to 2 p.m.

L84

TOPIC: Bringing the Affordable Health Care Act (Obamacare) to the South Bay
Speaker Rabiha Khalid, advocacy manager for the Asian Americans for Community Involvement will talk, as part of the Fall 2013 Public Policy workshops

Sports

De Anza

VOLLEYBALL

Friday, Nov. 15 vs. Monterey Main Gym, 6:30 p.m.

WOMEN'S SOCCER

Tuesday, Nov. 12 vs. Foothill De Anza Soccer Field, 3 p.m.

MEN'S SOCCER

Friday, Nov. 15 vs. Mission College De Anza Soccer Field, 3 p.m.

UC/CSU APPLICATION WORKSHOPS :

FALL 2014 TRANSFER

Throughout November

SCS Conference Room, Counseling Center (unless stated otherwise)

General guidelines on how to submit the Fall 2014 CSU and/or UC online applications for admission. Workshops will include a page-by-page review of the online application systems. Workshops for the week of Nov. 12 are as follows:

CSU WORKSHOPS

Wednesday: 9 a.m. to 10:30 a.m.

Tuesday: 12:30 p.m. to 2 p.m. and

5:30 p.m. to 7 p.m.

UC WORKSHOPS

Tuesday: 10:30 a.m. to 12 p.m.

Thursday: 12:30 p.m. to 2 p.m.

Friday: 11:30 a.m. to 1 p.m.

ASTRONOMY AND LASER SHOWS

Saturdays throughout the quarter

Fujitsu Planetarium

De Anza College

Laser light shows return to the Planetarium; new this quarter are Friday Night Live Events. For dates, time and information as well as laser light show schedule and times, go to www.deanza.edu/planetarium.

EUPHRAT MUSEUM OF ART

EXHIBITION: MAKING SPACE

Through Dec. 5

Euphrat Museum

Museum Hours:

Monday through Thursday 10 a.m. to 3 p.m.

Group tours available by appointment

Making Space explores physical, cultural and historic space. Special Projects include "Basketball Pyramid," "Mapping Journeys," and "What Can I Do Now?" with De Anza students from Puente, Sankofa Scholar, Color & Design, Intermediate Drawing, Gallery & Exhibition Design and Internship in Art classes.

CORRECTIONS

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

ADVERTISING

Press releases and submissions can be submitted to lavoza@deanza.com. La Voz does not guarantee coverage of events for which it receives press releases.

Contact business manager

Jessica Sun by phone at

(408) 864-5626 or e-mail

lavozaadvertising@gmail.com for rates. Rate sheets can also be found at the website.

HAPPENINGS

Send event notices to lavozaadvertising@gmail.com by noon Wednesday preceding the publication week. Please type "Happenings" in the subject line. La Voz does not guarantee publication. All events that take place on the De Anza College campus and are free, unless stated otherwise.

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De Anza College Dining Services Menu: Nov. 12 - Nov. 15

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> • HOLIDAY 	<ul style="list-style-type: none"> • Soup: Broccoli & Cheddar • Pizza: Italian Meat Lovers Combo • Pasta: Southwestern 	<ul style="list-style-type: none"> • Soup: Chicken Noodle • Pizza: Chicken Pesto 	<ul style="list-style-type: none"> • Soup: Beef Vegetable • Pizza: Chicken Pesto • California Fettucini: with Bay Shrimp, Organic Carrots, Tomato, Green Onion, Basil and Lemon Pepper/Dijon Veloute 	<ul style="list-style-type: none"> • Soup: New England Clam Chowder • Pizza: Chef's Choice

BURGER OF THE WEEK (HAWAIIAN): Teriyaki sauce, provolone, grilled pineapple, caramelized onions, lettuce, tomato and sriracha mayo

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

De Anza Veterans honored at ceremony in Main Quad

By Samuel Reeves
Staff Writer

Students took a break between classes on Wednesday Nov. 6 to gather in the De Anza College Main Quad where veterans were honored in an hour-long pre-Veterans Day ceremony.

As the speakers composed themselves, the De Anza Wind Symphonic Orchestra played a medley of military songs ranging from "Taps" to "The Marine Hymn," culminating in the band's rendition of the national anthem, which signaled the beginning of the ceremony.

De Anza President Bryan Murphy gave a quick address where he stated that De Anza prepares students to enter a democratic society which veterans are responsible for upholding.

Academic Senate President Mayra Cruz said both her uncle and father were members of the military, and her father was able to attain an education under the GI Bill. Cruz stressed the impact veterans have in preserving freedoms

and the necessity of proper compensation for war veterans.

DASB senate president Stacie Rowe explained her family's connection to the military and her work through the Department of Homeland Security. "[I have] nothing but overwhelming appreciation and respect for the men and women serving today," Rowe said.

Closing the ceremony, Rear Adm. Charles Ray spoke on the difficulties veterans face adjusting to society after service.

"There is no way to share what it is like to miss large parts of your family's lives," Ray said. "Our nation should tend to the people who have gone to battle for it."

Army veteran and data communications major Hok Uy, 27, said he was reminded of the veterans who served before him and the importance of their actions. He said he was pleased by the crowd turnout.

Communications major Sam Toumasian, 18, said, "Veterans Day reminds us that these veterans are real people around us constantly."

US Rep. Mike Honda answers students' questions at Public Policy School workshop

By Serena Scaglione
Staff Writer

De Anza College students and faculty had the opportunity to ask questions and raise concerns about political issues to U.S. Rep. Mike Honda, D-San Jose, on Monday Nov. 4.

Honda, who represents California's 17th Congressional District, was the guest speaker at a workshop hosted by De Anza's Institute of Community and Civic Engagement and the political science department, part of a series of Public Policy School workshops.

The workshop served as an open forum rather than a lecture, allowing for a casual discussion of topics important to the De Anza community.

Myah Rodriguez, 19, liberal arts major, asked Honda who and what influences the decisions and actions he makes in Congress.

"I'm interested in how laws are made and how they get passed," Rodriguez said. "I want to know where the power is."

Honda said several factors can influence his decisions, but first research must be done.

Greg Druehl, a political science instructor and personal friend to Honda, asked him why there are more slick politicians and fewer public servants, like Honda, who care about their constituents.

"Mike's not afraid to do that," Druehl said. "He'll come out here and talk to people and listen to people."

Honda, who was laid back and personable throughout the workshop, helped students like

Rodriguez see a different side of politics.

"I think he's a really down-to-earth person and it just gave me hope that you can be genuine and still have an impact on society," Rodriguez said.

The goal of the workshops is to spark students' interest in policy change, said political science instructor Robert Ovetz.

"The idea is to teach students about what it means to do public policy advocacy," Ovetz said. "If you want to engage in changing the way the government works, if you want to change policies and laws and the way that courts rule, that's what the public policy school is all about."

For more information about upcoming workshops on public policy, visit the ICCE page on the De Anza website for dates, times and information on guest speakers.

FHDA Board of Trustees discusses budget

By Supreet Singh
Staff Writer

The Foothill-De Anza Board of Trustees held its monthly meeting on Monday Nov. 4 to discuss financial details and how the budget should be handled over the coming years.

"Once the downturn starts it's too late to marshal your money and marshal your reserves to help you go through it in as smooth a fashion as possible," said board member Bruce Swenson. "That's why we need to have a long-term perspective on what our reserve should be and the importance of having money in the bank."

Swenson discussed the

financial crisis of the past few years and how the board was able to deal with the issues.

Swenson covered the ups and downs of the state economy throughout the years and how the board is preparing for the next downturn.

Swenson brought up the possibility of Proposition 30 not being renewed. The proposition brings in about \$8 million a year to the budget and the board is planning on parallel measures or other sources of funding to combat this possible loss of revenue.

De Anza Student Trustee Anita Adams spoke about the statewide student senate assembly she attended, in which students from other colleges asked about how the FHDA Foundation became the

first to divest from fossil fuels.

"Everyone was asking how they could do it at their college, so it was very interesting and very fun," Adams said.

DASB senate President Stacie Rowe presented what the senate is planning in the upcoming months. The group is focused on environmental issues and presenting options to students to be more green.

Vice Chancellor of Business Kevin McElroy said he was optimistic about the upcoming years. "The revenues for the state's income are meeting or exceeding projections for revenues for the year," McElroy said. "So we believe we have a solid state budget this year."

DASB Senate approves funding for ICCE event and Education Innovation Summit

By Craig Morrison
Staff Writer

The DASB Senate unanimously approved \$4,000 for the Institute of Community and Civic Engagement and the Education Innovation Summit at its meeting on Wednesday Oct. 30.

The \$3,000 acquired for the ICCE will go towards the Youth Voices for Change event taking place on Nov. 22.

The event is a chance for over 300 high school students to discuss social justice. Several De Anza College students serve as student mentors for the

high schoolers.

With the exception of six senators who were ineligible to vote because of personal involvement with the program, the vote to transfer the money passed.

The senate also approved \$1,000 to fund Education Innovation Summit, an event that took place on Oct. 26.

The senate was not able to allocate this money prior to the event because the senate meeting that would have addressed the issue

was cancelled.

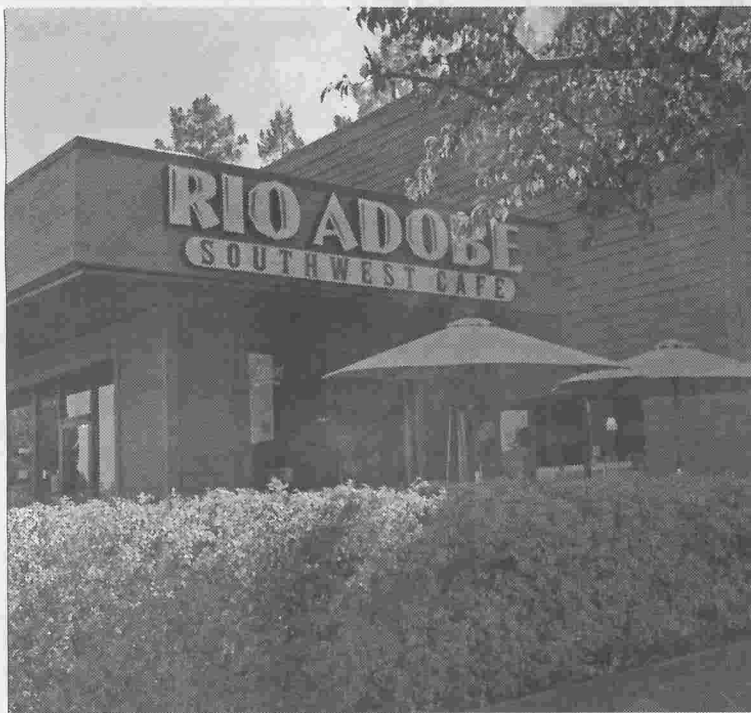
The \$1,000 requested would cover expenses already incurred for technical and professional services.

Presenter Hoi Yung Poon explained the benefits of the meeting, highlighting issues the summit tackled such as student depression.

Four senators abstained from voting because of personal involvement with the meeting.

DASB Senate to hold midterm elections on Wednesday Nov. 13

For information on the candidates go to <http://www.lavozdeanza.com>



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CAMPUS PREVIEW: International fashion show

By Katie Phan
Staff Writer

The DASB Senate plans to host an international fashion show on Nov. 21 in conference rooms A and B at De Anza College's Hinson Campus Center.

The event will feature students strutting down a runway in multi-cultural ensembles, in addition to offering a global cuisine and entertainment.

"The way you dress describes you," said DASB chair of diversity and events Jason Tran. "What better way to represent all the cultures at De Anza than to have a fashion show and announce where this clothing was made, what it was made out of and what it represents?"

Tran said media could be a source of misrepresentation.

"The media doesn't always show everything about other cultures," he said, "so I'm hoping that De Anza students will notice that there's so much to know about the cultures of other people on campus."

Zaneb Khan, DASB chair of marketing, pointed out the appeal of a fashion show.

"I'd rather reach out to the student body this way, rather than reaching out to people who'd read a boring PowerPoint explaining each culture," Khan said.

The committee has enlisted other campus organizations such as ¡LEAD! to participate in the fashion show and hopes to recruit at least two student to model clothes for each represented culture.

Students who participate in the fashion show as models will receive \$5 gift cards.

"All of us – the committee, the models, the performers – must work together before the fashion show," said Khan. "We want to create and show a sense of unity to the people."

For more information or to participate as a model, contact the DASB Diversity and event committee at dasbdiversityevents@deanza.edu

Counting calories on campus

By Vinitra Swamy
Staff Writer

Finding healthier food alternatives in a cafeteria full of burgers and doughnuts can be a challenge.

But the campus offers plenty of tasty, lower calorie food options.

Head Chef Paul Figliomeni recommends the salad bar, the naan flatbread sandwiches, and the grilled portabella mushroom burger available in the food court.

De Anza students can personalize their salads according to their dietary needs at the salad bar, as well as choose from a

variety of signature salads like the Southern Chicken (415 calories) and the Mediterranean Tuna (516 calories).

Another student favorite is naan flatbread sandwiches made from scratch and to order, so students can choose exactly how they want them.

The Bombay naan offers grilled vegetables and a korma sauce on top of freshly-made Indian flatbread, perfect for lunch.

The grill station offers a portabella mushroom burger (250 calories) with less than half of the calories of beef burgers.

Employees of Una Mas, the Mexican takeout next to the cafeteria, recommend the Margarita salad made with fresh romaine lettuce, red and green

cabbage, carrots, radishes, pinto beans, salsa fresca, and Mexican cheese, topped with tangy lime vinaigrette.

Downstairs, Le Café sells fresh fruit that students can enjoy for breakfast. All coffees and teas can be made with nonfat or skim milk and sugar substitutes to reduce calories.

Even though eating healthy might seem like a constant battle, these scrumptious alternatives on campus can help ease the pain.



VINITRA SWAMY | LA VOZ STAFF

Students have the healthy and low-cost option of fresh fruit offered at Le Cafe and in the cafeteria.



VINITRA SWAMY | LA VOZ STAFF

The Bombay naan flatbread is a favored choice for lunch made to order in the pizza station of the De Anza College cafeteria.

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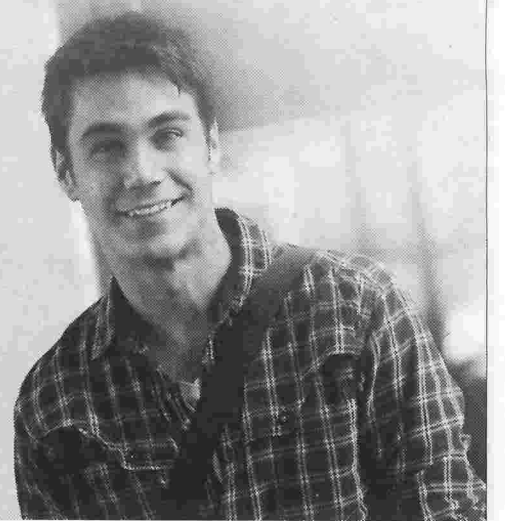
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CAMPUS REVIEW: Untold story of 9/11 women

By Jescelane Valencia
Staff Writer

Author Mary Carouba discussed how she and co-author Susan Hagen published the untold stories and efforts of female rescue workers of 9/11 in "Women of Ground Zero" at the Hinson Campus Center conference room Nov. 5.

Carouba expressed her frustrations with the gender-imbalanced reporting at the time of the 9/11 attack and afterwards.

"Not even Oprah interviewed a woman from Ground Zero on her show," she said.

With Carouba being a former investigative social worker for child abuse and Hagen being not only a journalist, but also a firefighter and emergency medical technician, both knew women in the public

safety sector who served during the 2001 attacks on the World Trade Center in New York.

Carouba said they were inspired to write the book after seeing the media's failure to seek and tell the stories of the women who made noteworthy sacrifices and contributions at Ground Zero.

Carouba showed pictures of the women who lost their lives, and footage of the twin towers falling.

She cited statistics to help the audience understand women's role in the Fire Department of the City of New York.

"Out of 11,500 firefighters in the FDNY, only 25 are women," she said. "Of the nearly 1,000 probationary firefighters hired since Sept. 11, only one was a woman."

At the end, she thanked the students, staff and locals who attended.

Honduras environmental issues in spotlight

By Marion Hohlfeld
Staff Writer

De Anza College co-sponsored the Honduras Resiste event at the Peace and Justice center in San Jose on Nov. 5, featuring Professor Kristin Jensen Sullivan and former student Leila Forouhi.

About 60 attended the event where local social and environmental activists spoke about a trip to this Central American country bordering Guatemala, El Salvador and Nicaragua where they witnessed the Hondurans fighting for social and environmental justice.

Mark Sullivan, environmental attorney and professor at De Anza, said an oligarchy of 10 families controls 95 percent of the local economy, government, military, national police, and court system in Honduras.

A presentation gave insight to a country with 5.5 million of the 8 million inhabitants live in poverty.

Sullivan criticized the corporate, environmental and tourism interest the United States



MARION HOHLFELD | LA VOZ STAFF

has had over the past 100 years. "It's going to be the next Cancun," he said.

According to Sandra Orozco, a public health professional, natives are experiencing severe health impacts due to water being polluted by chemicals used in making mines.

"The indigenous people have been living on this land for centuries, and now with the mega development, they are forced to give it up," said Jensen Sullivan, Morgan Family Chair in Environmental Studies at De Anza College.

Honduras elections on Nov. 24 could mark a turning point

for human rights in Honduras. Presidential candidate Xiomara Zelaya of the Liberty Party is leading in polls.

If she wins the presidency, she will attempt to transform Honduras by forming an assembly to rewrite the constitution.

Jensen Sullivan advised students to go online to the Rights Action website to see how they can help.

The website includes a petition and instructions on letter writing, emailing, and sending messages to the government.

<http://www.rightsaction.org>

Honduras Resists HONDURAS RESISTE



PHOTO COURTESY OF [HTTP://HONDURASRESISTS.BLOGSPOT.COM/](http://HONDURASRESISTS.BLOGSPOT.COM/)

How To: Staying fit on a tight schedule

By Angel Johnson
Staff Writer

When many college students are busy with work and school, who has time to work out?

Freshmen 15 does not have to be problem with the new Tabata workout.

CJ Jones, fitness center coordinator at De Anza College, said can give you a workout in 15 minute or less with a quick warm up, Tabata training, and a cool down.

Jones, also a personal trainer, creates workout plans for students taking PE 71.

Tabata protocol is a 4-minute high-intensity training program performed four days a week. It helps build endurance and burns body fat without compromising muscle mass.

Japanese scientist Izumi Tabata developed Tabata after he and

his colleagues discovered high-intensity training has more of an impact on the aerobic systems and anaerobic systems than the typical workout does.

An example of a 15-minute workout:

- **First step:** A 5 minute warm up. Run in place to get your blood flowing
- **Next:** The Tabata training. Do each exercise for 20 seconds and take a 10 second rest after. Repeat exercises 1-4 twice.

- 1) **Jumping jacks**
- 2) **Burpees:** Jump high in the air then dropping down to do a push up.
- 3) **High knees:** Stand while bringing knees to chest.
- 4) **V-sits:** Lay down on the ground and bring your legs and arms up at the same time to make a V.

- **Last step:** Cool down with a slow jog.

YOU CAN MAKE A DIFFERENCE

Nov. 22nd, 2013
9:00-2:00 pm
De Anza College
Campus Center

8th annual Youth Voices United for Change
a student leadership conference

WHEN:

I WILL I WILL I WILL I WILL I WILL I WILL

Letter to the Editor

There were several errors of fact in Jay Serrano's recent piece about prison crowding and Realignment:

1. California does not "need to release 9,600 inmates by the end of the year." The current deadline is actually the end of February 2014. Also, the difference between the current population of the state's prisons and the level determined by the court is actually a little over 8,000.

2. Realignment does not "move prisoners to county jails." Realignment was a sentencing reform. Starting October 1, 2011, people convicted of lower-level crimes were sentenced to jail instead of prison. No one was sent or transferred from prison to jail.

3. Realignment does not "fail more often than it succeeds." First, I'm not even sure what that means, or what is being measured. In any case, Realignment has certainly succeeded in significantly reducing the state prison population; it has also succeeded in sending lower-level offenders to a more appropriate environment (jail instead of prison; closer to home instead of hundreds of miles away); it has also been embraced in many counties.

4. Realignment does not "discourage counties from taking alternative approaches." Realignment allows counties to implement it as they see best and many counties are using that chance to further embrace "alternative approaches."

5. The panel of judges has not decided that "realignment has not been effective." In fact, the judges have not expressed any opinion on Realignment, that I'm aware of. Their concern is getting the prison population to a certain level.

6. The state does not want to "move prisoners ... to privately owned prisons." The state is only doing that so as to avoid having to release felons early.

7. The state absolutely agrees that tackling recidivism is the way forward - and that was one of the reasons to implement Realignment because it will help to reduce recidivism among lower-level offenders. But tackling recidivism will have no impact on the prison population in time to comply with the court order.

Thank you.

Jeffrey Callison
Press Secretary, CDCR

Elephant in the room

By Carla Arango
Staff Writer

The reckless behavior of Tea Party extremists will surely weaken the Republican Party's power in the long run.

Despite the fact that Tea Partiers represent only a small fraction of Republicans, the entire party's image has been destroyed by the faction's extremist conservative ideals.

Tea Partiers oppose federal spending, taxes, immigration reform, gay marriage, access to reproductive health services and Obamacare.

After years of obstruction, uncompromising attitude, and most recently, holding the nation's economy hostage, Tea Party members have bestowed upon the GOP an unfavorable reputation.

They allowed sequestration early in the year, attempted to defund Obamacare 40 times and caused the 16-day government shutdown in October.

The GOP pandered to Tea Party extremists' accusations that President Obama has an agenda to upset and antagonize conservative voters.

It impulsively pursued short-term victory without realizing the political costs they would accrue in the long run.

Many voters do not want to elect or re-elect representatives who are associated with a political party that has done nothing but block legislation and stubbornly refuse to compromise.

Voters are disappointed with

the GOP's behavior and will soon replace its members with more contemporary and constructive politicians from another party.

People want Congress to be productive, not to shut down the government because Republicans refuse to come to a compromise on issues, big and small.

Republicans have already lost a lot of support from female, young and Hispanic voters, due to their extremely religious and old-fashioned policies.

Although the Republican Party is trying to gain support from Hispanic voters by reaching an agreement on comprehensive immigration reform, Tea Party affiliated members of Congress such as Senator Ted Cruz, R-Texas and Representative Steve King, R-Iowa, have publicly come out against it.

Comprehensive immigration reform has already been passed in the Democrat-controlled Senate, with bipartisan support, in contrast to the Republican-controlled House.

With Republican Sen. John McCain's support for the bill, the GOP has somewhat increased its chances of gaining support from the Hispanic community.

But, for every good thing a few Republicans do for the country, there are always more on the other side, reminding Americans how close-minded, uncompromising and antiquated they are.

The GOP will now pay for the monster it created inside its own party, and Republican candidates will pay dearly in upcoming elections.

LA VOZ WEEKLY

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LETTERS TO THE EDITOR

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

NSA focus on domestic and ally intelligence is unsettling

By Serena Scaglione
Staff Writer

The National Security Agency having access to the telephone records and Internet activities of millions of Americans is an unnecessary invasion of our privacy.

"[The NSA] will protect security interests by adhering to the highest standards of behavior," according to the agency's website.

The NSA has a distorted interpretation of high standards when it comes to the privacy of the citizens it is meant to protect.

A court order required Verizon to provide the NSA with information on all telephone calls in the U.S. as well as calls between the U.S. and other countries, according to British newspaper The Guardian.

While the information collected does not include the contents of the conversations or personal information of the subscribers, it does include enough information to allow the NSA to put together a

picture of who was contacted, as well as when, where and how.

The NSA has also been closely monitoring our Internet activities.

According to The Guardian, XKeyscore, an NSA program "is its widest-searching system for developing intelligence from the Internet."

This advanced program allows NSA analysts to search through several databases containing online chats, emails and the browsing histories of millions of people.

It's hard to understand why an agency focused on collecting foreign intelligence is spending just as much (if not more) of its time and resources collecting information here at home.

The NSA justifies this mass collection of domestic information through its claims of having a limited ability to filter communications that it gathers.

A 2008 amendment to the Foreign Intelligence Surveillance Act allows information on Americans to be collected and

stored on the vague grounds that it is or is likely to become "relevant to a current or future foreign intelligence requirement."

The NSA does direct a significant amount of time and manpower on gathering foreign intelligence, but whom it is gathering intelligence on may be surprising.

In recent weeks, it has been revealed that the NSA has been collecting data on foreign leaders, including our nation's allies.

Most notably, the U.S. is accused of monitoring the phone calls of German Chancellor Angela Merkel.

"That would be a serious breach of trust," Merkel's spokesman Steffen Seibert said. "Such practices must be stopped immediately."

White House spokesman Jay Carney said the U.S. is not and will not monitor Merkel's calls, but did not say that the U.S. has never monitored the calls.

While officials from Italy, France and Brazil have also

Fun P.E. classes for Winter '14

By Angel Johnson
Staff Writer

For those of you who don't want to take typical P.E. classes to fulfill transfer credits, there are alternatives like deep water running, fencing and martial arts.

Students who take deep water running will learn water workouts which help improve endurance, flexibility and strength.

Danielle Von-Matt, De Anza's women's water polo coach said, "Deep water running is good for those who need to recover from an injury," said Danielle Von-Matt, De Anza's women's water polo coach.

Beginning fencing is another fun course to take. Students will be able to exercise their minds while learning the psychological benefits of the sport.

De Anza also offers a number of martial arts classes.

Students who take beginning Karate will learn the art of Japanese Shotokan, which include techniques of blocking, punching and stances.

Winter quarter registration for continuing students starts Monday Nov. 25.

Men's basketball looks for leader

By Rajvir Kaur
Freelance Writer

The 2013-14 De Anza College men's basketball team consists of five sophomores and 10 freshmen.

"The energy has been very good thus far," said head coach Jason Damjanovic. "The guys are excited to play. But there a lot of questions that remain to be answered, given the number of new faces."

He said he believes that because of the youth of the team, they are in search of leadership. Since last year's team leaders transferred or graduated, there is no concrete leadership to guide the team this season.

But, despite the lack of team captains, Damjanovic and his assistant coaches Phillip White and Chris Malloy said they are certain that leaders will emerge.

Damjanovic said versatility and depth is a team strength, as well as team chemistry.

"[The players] have a good rapport with each other, which will help us in times when we hit a rough patch," Damjanovic said.

Sophomore Shaquille Gilbert, wing, said despite the fresh faces, there is more athleticism this year than last year.

He said that while a tougher obstacle lies in the freshmen

players adapting to the college level competition, the team can work on it's chemistry together.

"Everybody gets along with each other, there is no outcast player," said Nate Viera, a freshman point guard.

Transfer sophomore from Notre Dame de Namur University Jack Pasquini, wing, said that along with the chemistry, the Dons have strength in the offensive line.

One thing fueling the Dons is making the playoffs and advancing farther than last year.

Last season, the Dons lost to the San Jose City College Jaguars in the first round of playoffs. This season, the Dons anticipate themselves getting just as far, if not farther.

"Our leaders [sophomores] won't accept us losing," said freshman Tajai McGehee, wing.

Damjanovic said making the playoffs set a standard for returning sophomores as well as incoming freshmen.

"That's what they know now - the playoffs," he said. "I expect us to do and exceed everything we did last year."

McGehee said the team is ready to play. "[We can] go as far as we want to go."

The Dons play their first home game this Wednesday, Nov. 13 at 7 p.m.

Volleyball overcomes for win

By Li Wei Shih
Staff Writer

De Anza College women's volleyball Dons defeated City College of San Francisco Wednesday, Oct. 30.

De Anza scored four points within the first few minutes of the game with CCSF trailing close behind.

De Anza won the first set 25-20.

De Anza scored the first point in the second set, leading CCSF 8-4 after eight minutes.

Ten minutes later, the score was 10-10 and CCSF started to outplay De Anza. The Dons lost the second set 25-20.

In the third set, De Anza struck

down on CCSF and won cheers from spectators.

At the beginning, CCSF was ahead 9-1. After a quick rest, De Anza had a change of pace.

The Dons' score started to climb from 1 to 10, which later tied CCSF 10-10. De Anza then surpassed CCSF and regained the lead, winning the third set 25-18.

"I think De Anza played really well," said Marco Rivera, a fan who came to support De Anza.

"They played phenomenal," said Jila Malek, De Anza's assistant coach. "We had mental toughness when we had a low score, but our strength was pulling out of the gutter and coming together as a team."

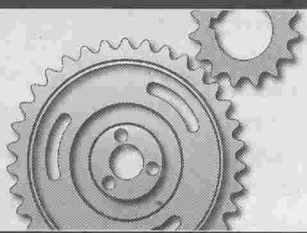


Men's basketball head coach Jason Damjanovic.

LA VOZ FILE PHOTO



de anza associated student body
COMMITTEES



ADMINISTRATION

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



Diversity and Events

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



environmental sustainability

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



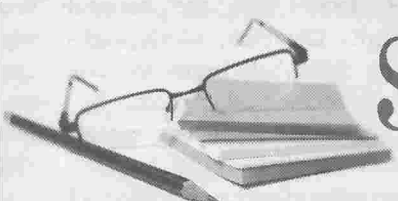
FINANCE

FRIDAY | 3:30 pm | Student Council Chambers B



MARKETING

MONDAY | 12 p.m. | Senate office



STUDENT RIGHTS & SERVICES

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

LATE MISTAKES COST DONS GAME

De Anza football fails to hold onto 17-point lead

By Vinitra Swamy
Staff Writer

The De Anza Dons football team lost a close game to the Santa Rosa Bear Cubs 35-31 Saturday Nov. 1 at the second-to-last home game of the season.

With a four-game losing streak, the Dons were looking to turn the season around with a win against the Cubs.

De Anza started off strong with a 29-yard touchdown pass from sophomore Jack Singler to sophomore Tyler Lucas. Shawn Henner completed a field goal for the extra point, giving the Dons an early 7-0 lead.

Santa Rosa countered with a quick touchdown pass tying the score 7-7 by the first quarter.

The pace slowed drastically in the second quarter. Santa Rosa scored a touchdown in the last two

minutes with a one yard run and Henner made a 27-yard field goal at 37 seconds, giving the Cubs a lead of 10-14.

By the third quarter, the Dons' defense was on fire with great sacks by Alfonso Bristor and tackles by Brandon Martinez. Offensively, the Singler-Fobbs duo was successful by making long passes and getting the ball down the field.

The Dons scored three touchdowns in a row, starting with a 9-yard pass to Fobbs, a spectacular 49-yard pass to Lucas, and another 13-yard pass to Fobbs. All three of the field goal attempts by Henner were good. At the end of the third, De Anza was up 31-14.

"They knew I could catch the ball and score, so when they blocked me, it made opportunities for my teammates to come and make plays," said Fobbs,

By the fourth quarter, the Cubs turned the game around by scoring three consecutive touchdowns. A fumble turned into an 8-yard touch down for the Cubs, followed by a 1-yard touch down run, and an impressive 56 yard pass from the Cub's quarterback, making the final score 35-31.

The Dons made an effort in the last five minutes but were not successful, resulting in a Santa Rosa win.

"We went in the fourth quarter up 17 points and I thought we could hang on, but young kids make big mistakes," said head coach Dan Atencio. "We play A-Division, which is the best junior college football in California. The issue is there's less room for error."

The next home game is on Saturday Nov. 16, where the Dons will be playing the Foothill Owls for their last game of the season.

Men's soccer dominates 3-0

By Krystal Alvarado
Staff Writer

The De Anza college men's soccer team defeated the Cabrillo college Seahawks on Friday Nov. 1. The Dons secured a 3-0 victory with an exciting second half.

De Anza dictated the pace in the first half where they controlled most of the possession of the ball, but could not successfully score a goal.

The second half was filled with dominating plays beginning with a spectacular penalty kick saved by the goalie after a questionable foul was called.

The Dons finally broke through at the 57-minute mark off a deflected bicycle kick to take a 1-0 lead. The Seahawks nearly found an opportunity to even the score at the 65th minute, ringing a shot off the post.

The Dons made a second goal off a set play on a throw-in from

freshman Evan Leedeman to fellow freshman Jasper Kolp in the 71st minute of the game, which was nearly saved by the opposing goalie.

The Dons nearly extended their lead further as sophomore Jorge Hernandez drilled a shot off the crossbar at the 81st minute. They found that insurance goal five minutes later as freshman Ake Qumu buried a shot from the top of the 18-yard box.

"The ref clearly lost control of the game after the second goal. He didn't call the blatant fouls but I'm glad De Anza still won," said Troy Varanchodom, 25, who was there cheering on a friend. "The goalie was clearly the Man of the Match. He had a clean sheet and kept his team in the game."



FOOTBALL:
Top Left: A De Anza college football player takes a dive for a first down against Santa Rosa Saturday Nov. 2 at De Anza. **Bottom Left:** Leaping for the catch, wide receiver Bryan Fobbs completes the pass for a touchdown despite the three-man coverage. **Bottom middle left:** Sophomore wide receiver Bryan Fobbs (1) scores a touchdown in the third quarter. **Photos by Andrew Boyce.**



SOCCER:
Top right: Freshman forward Bobak Ohadi (18) attempts to get past Serta Gemici (23) Tuesday, Oct. 29 against Foothill College. **Bottom middle right:** Rajaeed Delane (9) defends the ball as a Foothill defender attempts to intercept. **Bottom right:** Freshman Rainer Plantinos (21) fights it out for the ball. **Photos by Chris Padilla**



Right: Sophomore Dubem Awuzie shows his support for Breast Cancer Awareness month by wearing pink gear during football practice Thursday, Oct. 24. **Bottom:** The men's soccer team supports Breast Cancer Awareness Month by wearing pink uniforms Thursday Oct. 24. **Photos by Patricia Nguyen.**



De Anza athletes unite for awareness month

By Samuel Reeves
Staff Writer

Throughout the month of October, De Anza college athletes added pink to their practice uniforms in honor of Breast Cancer awareness.

"A lot of players wear pink tape, or socks, or armbands," said football sophomore offensive tackle Austin McNinch. "I think that the popularity of football helps bring further attention to the cause."

He said Breast Cancer Awareness Month does not take attention away from sports and that it is appropriate to the larger De Anza community because it's an issue people should be aware of.

McNinch is a supporter of Breast Cancer Awareness month, saying that despite not personally wearing pink clothing, he believes the cause needs more attention in the media.

Volleyball head coach Dawnis Guevara said she has had family members have survived breast cancer, and she believes everyone knows someone who has been affected.

Guevara helped De Anza coordinate with the national charity Dig Pink, which works with volleyball teams to raise funds for medical research.

Volleyball sophomore outside hitter Valerie Evans said she is a supporter of the cause despite not having anyone afflicted by the

disease in her immediate family. Evans said donations to Dig Pink are greatly appreciated, but more should be done throughout the school year.

Soccer head coach Kulwant Singh said the team is unable to wear pink jerseys during games because it would cost too much.

The college got a fortunate deal on pink jerseys and the team wore them during practice.

The players usually take their own initiative to come to practice dressed in pink to show their support. In addition to wearing the uniforms, soccer players are taught statistics related to breast cancer, that they recite to students to raise awareness.