



Women's basketball pulls together, improves teamwork  
> SEE: , P. 8

# LA VOZ NEWS

THE VOICE OF DE ANZA SINCE 1967

Opinions:  
De Anza president Brian Murphy demonstrates fearless leadership  
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La Voz News

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Jan, 23, 2017

## REMEMBERING LIVES LOST AT



De Anza students hold candles during a vigil in the main quad on Thursday, Jan. 12 for victims of the Syrian Civil War.

PHOTO BY TERRY PON

# ALEPPO

Artillery, airstrikes and attacks by Syrian government forces delay evacuation efforts as civilians attempt to escape fighting in East Aleppo.

Rachel Shin | STAFF REPORTER  
Terry Pon | STAFF PHOTOGRAPHER

The Muslim Student Association and the Vasconcellos Institute for Democracy in Action hosted a candlelight vigil to remember the victims of the Syrian Civil War living in the city of Aleppo on Thursday, Jan. 12.

Candles were passed out to De Anza College students and lit for a moment of silence to pay respect for what happened to those in Aleppo.

The vigil also provided an open mic for people to share their reasons for coming, how they heard about the event and express themselves.

Co-host and VIDA intern-staff David Granado Jr., 21, sociology major, said, "The main thing we were trying to do was pay respect for humanity and humankind that was kind of being

> SEE: ALEPPO, P.3

463

Number of people killed by Syrian government backed attacks and air-strikes in Eastern Aleppo since November 2016.

400,000

Estimated number of people killed since peaceful protests erupted into a full on civil war in 2011.

4,800,000

Number of people, mostly women and children, who have fled Syria to neighboring Lebanon, Jordan and Turkey. Roughly 50,000 of them have fled to Europe.



### NEWS

## DASB Senate supports De Anza/Foothill bus line, meeting ends with FB 'drama'

Kunal Mehta  
STAFF REPORTER

The De Anza Senate unanimously approved a resolution endorsing a proposal to create a direct Valley Transit Authority bus line between the Foothill and De Anza college campuses, and discussed resolutions passed by the Foothill-De Anza Board of Trustees about undocumented students and other minority groups.

The meeting abruptly ended after devolving into discussion over the senate's Facebook group message, in which senate President Matthew Zarate presented prepared screenshots of a private conversation between him and Vice President Stephanie Riggsby.

It currently takes about 90 minutes to travel from De Anza to Foothill, while the proposed bus line would cut it to around 30 minutes, and was endorsed by the Foothill Student Body Senate last week.

"I know I [as a student who was lacking a reliable means of transportation] really wanted to take a lot of classes at Foothill because our two sister schools are designed to complement each other," Senator Dara Streit said.

Student Trustee Elias Kamal said the next steps for the proposal are to receive further endorsements from the Board of Trustees and have students petition the VTA at their open community meetings. Kamal offered to drive students to the meetings if they needed it.

Kamal also presented two resolutions from the previous Board of Trustees meetings about undocumented students and other marginalized groups.

The first, Resolution 2016-43, aligned with UCs and CSUs by expressing support for the Deferred Action for Childhood Arrivals (DACA), even if the Trump administration were to end the program.

The second resolution, 2016-44, affirmed the privacy of student records, and explicitly stated that the college would not cooperate with any federal authorities asking for information about students belonging to marginalized groups.

> SEE: SENATE, P.3

### THE ARTS

## JUSTICE FOR ALL?

Shaun Chatrath | STAFF REPORTER

The Euphrat Museum of Art will feature ceramics, paintings and photographs by De Anza and Foothill college students revolving around injustices in our society, their impact and the desire to invoke change.

The theme for the Winter 2017 is "Justice for All?" The art exhibit will run from Feb. 1 to March 23.

Each work of art seeks to give its

> SEE: JUSTICE ?, P.3



PHOTO BY ADRIAN DISCIPULO

**Tuesday, Jan. 31**

**IMMIGRATION ACTIVIST TO SPEAK**

11:30 a.m. - 12:30 p.m.

TBA

Jose Antonio Vargas, a Pulitzer Prize-winning journalist and activist, is the founder of Define American, a campaign that seeks to elevate the conversation around immigration

**CORRECTIONS**

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



Scan the QR Code to visit [LaVozDeAnza.com](http://LaVozDeAnza.com)

**Thursday, Feb. 2**

**CLUB DAY**

11 a.m. - 1 p.m.  
Main Quad

Check out various clubs, watch the club performances, and get free treats!

**FIRST THURSDAY: OPEN MIC SERIES**  
5 p.m. - 7 p.m.

**Euphrat Museum of Art**  
Join De Anza students, faculty and staff for open mic in the Euphrat Museum of Art. Participate in the fusion of spoken word poetry and hip hop.

**ADVERTISING**

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

**Announcements**

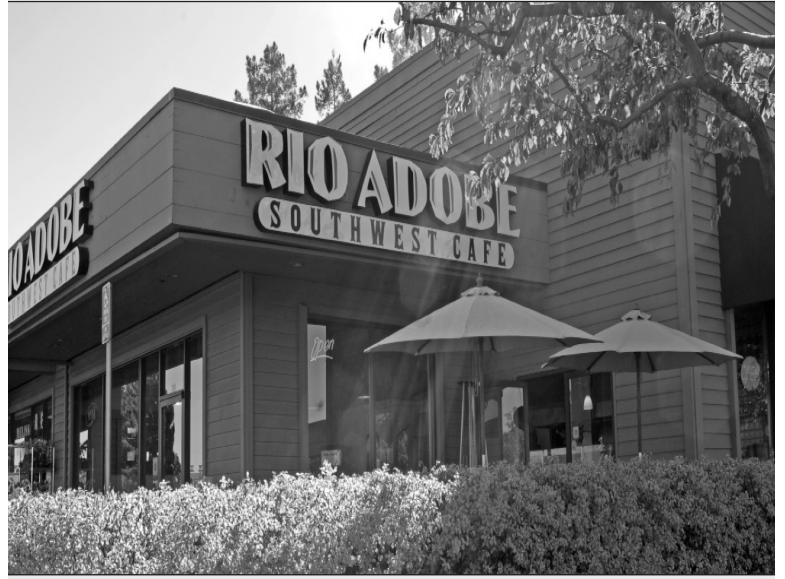
**STUDY ABROAD**

**KENYA: Jul. 1- Aug. 4**  
De Anza Turkana Basin Field School allows you to earn up to nine units while studying abroad in summer 2017. Contact professor Isaiah Nengo for more details at [nengoisaiah@fhda.edu](mailto:nengoisaiah@fhda.edu) or (415)-758-8810.

**ENGLAND: Jul. 10- Jul. 29**  
Study abroad in London and earn class credit! Email Julie Pesano at [pesanojulie@fhda.edu](mailto:pesanojulie@fhda.edu) for more information.

**EUPHRAT EXHIBITION: "JUSTICE FOR ALL?"**

Feb. 1- Mar. 23  
**Museum Hours: Monday - Thursday, 10 a.m. - 3 p.m.**  
**Euphrat Museum of Art**  
"Justice for All?" Features works that look at our collective history and the unconscious bias that impacts our systems and lives. The artists face injustice and its consequences and call for empathy to guide our actions and institutions.



Southwest style Mexican food

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Affordable prices

No reservations required

Take-out available

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Online and catering menus available at [www.rioadobe.com](http://www.rioadobe.com)

**De Anza College Dining Services Menu: Jan. 23 - Jan. 27**

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

**Monday 1/23**  
**SOUP**  
Italian Wedding Meatball  
**PIZZA**  
Roast Chicken  
**BURGER**  
Burger of the week

**Tuesday 1/24**  
**SOUP**  
Baked Potato  
**PIZZA**  
Italian Meat Lovers

**Wednesday 1/25**  
**SOUP**  
Mexican Tortilla  
**PIZZA**  
Hawaiian Ham

**Thursday 1/26**  
**SOUP**  
French Onion  
**PIZZA**  
Mortadella Italian Sausage

**Friday 1/27**  
**SOUP**  
New England Clam Chowder  
**PIZZA**  
Chef's Choice

**MEET YOUR STUDENT GOVERNMENT**

**WHO WE ARE**

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

WITH A YEARLY BUDGET OF \$1.3 MILLION, D.A.S.B. FUNDS SERVICES AND EVENTS THAT PROMOTE STUDENT SUCCESS AND HAPPINESS. WE WANT EVERY DE ANZA STUDENT TO FEEL SUPPORTED, HAPPY, AND SUCCESSFUL AT DE ANZA COLLEGE.

AFTER ALL, WE ARE JUST STUDENTS HELPING STUDENTS.



**INTERCLUB COUNCIL**

CLUB DAY

THURSDAY 10/13

MAIN QUAD

11:30AM - 1:30PM

**DE ANZA ASSOCIATED STUDENT BODY**

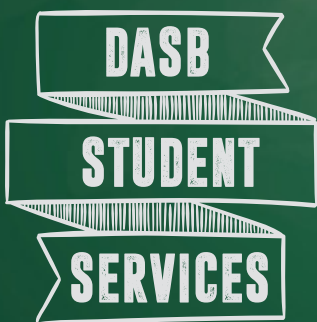
DASB MID TERM ELECTIONS

WEDNESDAY 10/12

STUDENT COUNCIL CHAMBERS

3:30PM+

**COME TO A SENATE MEETING**



- STUDENT SCHOLARSHIPS
- FREE TEXTBOOK VOUCHERS
- FREE LEGAL AID BY APPOINTMENT
- TUTORING SERVICES
- SCHOOL DANCES/FESTIVALS VTA ECOPASS
- DE ANZA BIKE PROGRAM

**GET INVOLVED**

COME SAY HI TO US IN THE SENATE OFFICE, WHICH IS DOWNSTAIRS IN THE HINSON CAMPUS CENTER.

YOU CAN ALSO FIND US ON FACEBOOK AT @DASBSENATE, OR AT [DEANZA.EDU/DASB](http://DEANZA.EDU/DASB).

DASB GENERAL MEETING	STUDENT COUNCIL CHAMBERS	WEDNESDAY	3:30 PM
FINANCE	STUDENT COUNCIL CHAMBERS	MONDAY	3:45 PM
STUDENT RIGHTS AND SERVICES	SENATE OFFICE	TUESDAY	4:30 PM
DIVERSITY AND EVENTS	STUDENT COUNCIL CHAMBERS	MONDAY	4:00 PM
MARKETING	SENATE OFFICE	THURSDAY	1:30 PM
ENVIRONMENTAL SUSTAINABILITY	SENATE OFFICE	FRIDAY	2:30 PM
ADMINISTRATION	SENATE OFFICE	SUNDAY	12:00 PM
TECHNOLOGY	SENATE OFFICE	FRIDAY	9:30 AM
EXECUTIVE ADVISORY	SENATE OFFICE	SUNDAY	10:00 AM

# College president pledges support to DACA and ‘fundamental commitments’ ahead of inauguration

**Yane An**  
EDITOR-IN-CHIEF

De Anza College President Brian Murphy began an initiative to support and protect undocumented students, by way of two resolutions passed unanimously by the Foothill-De Anza Board of Trustees.

Those measures support the Deferred Action for Childhood Arrivals Program and refuse to create a registry based on protected characteristics.

Resolutions 2016-43 and 2016-44 were passed on Dec. 12 following the release of the joint statement from the University of California, the California State University and the California Community College System to President-elect Donald Trump elaborating the importance of supporting DACA.

Murphy said the board wanted to be on the record as well.

“It was part of a broader

solidarity movement across the state of educational leaders making it clear to students, first of all to their families, but also to the broader public, that we have fundamental commitments that we’re not going to ignore,” Murphy said.

Cynthia Kaufman, director of the Vasconcellos Institute for Democracy in Action, is an ally and resource for undocumented students.

“All humans deserve basic human rights and deserve to be treated well and live well, and that includes people who don’t have papers,” said Kaufman. “I am very happy to be part of an institution that is so supportive of our undocumented students.”

Kaufman said she was impressed by not only the country’s and California’s support, but how all three institutions came together to support undocumented students.

“I know it means a lot to [the Dreamers] to know that everyone

“If you are undocumented, nobody has to know you are. Reach out and find friends who can help you.”

-Brian Murphy,  
De Anza College  
President

really cares about them and [want to] make sure they’re as safe as possible,” Kaufman said.

De Anza College will be holding several events to address any concerns students may have. Some examples include inviting an undocumented Pulitzer prize winner to speak about what’s at stake culturally and politically, as well as bringing in a legal team to provide free consultations for students.

“What this college is going to have to do is figure out how to be creative and thoughtful in responding to all our community who may feel pressure or a threat,” Murphy said.

“We’re really in uncharted waters,” Associate Vice President Marisa Spatafore said. Spatafore said administration would work with organizations such as the Office of Equity and VIDA. She also encouraged undocumented students to reach out to Higher

Education for AB540 Students.

HEFAS is a program that serves as a place of community and advocacy for undocumented and low-income students. Services include helping students with financial aid and providing transfer information.

“If you are undocumented, nobody has to know you are,” Murphy said. “Reach out and find friends who can help you.”

Brenda Pantoja, recruitment coordinator for HEFAS, said she’ll keep on fighting and speak for those who don’t have a voice.

“The US has invested so much in the Dreamers ... who want to pursue higher education and a better life,” said Pantoja. Pantoja was also appreciative of other allies such as the Black Leadership Collective, the Muslim Student Association and VIDA.



**Above:** Aryad Awadh, linguistics major, addresses a crowd at the Aleppo candlelight vigil in the main quad on Thursday, Jan. 12.

**> FROM: ALEPPO, P.1**

neglected for the past six years, and remembering the people that were openly taking videos of themselves being bombed and waiting for the bombings to come.”

“I wanted to raise awareness and remember lives that were forgotten. That was honestly it,” Co-host Anisa Chaudhry, 18, psychology major said. Chaudhry said it was hard to see people go through hardships, because it felt personal as a Muslim-American who experienced oppression.

“Either way, it didn’t matter who or what race that person was. If that person was in trouble, I had to do something about it. These were human lives,” Chaudhry said.

Students stood in front a painted sign that read “Stand with Aleppo,” voicing their thoughts on the turmoil in the Syrian city. Many nodded in agreement, bowing their heads.

The event was launched through a Facebook event, drawing the attention of many people throughout the Bay Area.

“I always had a passion for social justice and global politics,” event attendee Elias Kamal, 19, political science major said. “This let us bring it home.”

Kamal said as a Muslim-American he understood feeling the need to stand up for those with similar religions or neighboring countries who are oppressed or discriminated against for reasons they cannot control.

“I was not going to wait for someone else to speak,” Chaudhry said. “I was just doing my part, and I will keep doing my part.”

Chaudhry said there was criticism while preparing the event, but it only made the event better. “I welcome criticism, but I will not stop working

“I was not going to wait for someone else. I was just doing my part, and I will keep doing my part.”

-Anisa Chaudhry,  
18, psychology  
major

towards this issue which is important to me.”

Granado said, “We’re going to keep on showing support and not [let] people be forgotten.”

Aleppo, Syria’s most populated city, is the most impacted city in the Syrian civil war, which has raged since 2011.

The Syrian government, backed by Russia, has been fighting several groups that rebelled against them, including the Kurdish people and ISIS. Russian and Syrian forces failed to liberate the city from ISIS control, which resulted in heavy civilian casualties.

According to the UN, by December 2016, 400,000 deaths had been reported since the first attack in March 2011.



**Top:** Students observe a moment of silence during the Aleppo Candlelight vigil  
**Above Middle:** Elias Sayed Kamal, Aurora Mendoza, Viana Roland, and Anisa Chaudhry prepare candles for attendees of the Aleppo candlelight vigil  
**Above Bottom:** Students listen to speakers while standing in solidarity with the victims of Aleppo.

**> FROM: SENATE, P.1**

“If any of us want to do one last thing that’s good for this community, it’s to get people to run for the Senate,” said Kamal. “We need to focus on [recruiting] these people who need the most help.”

Senator Carlos Malfitano raised concerns about the senate’s private Facebook group chats and emails.

“It’s regarding professionalism and the chat that we all share, and also the emails,” Malfitano said. “I don’t think it was OK to go back and forth between all the other people ... I just don’t think it was OK for all of that drama to be going on and for Matthew (Zarate) to be removed from the group chat when he’s not the one who started the argument. Not saying he’s right or wrong, but I just don’t think that was okay.”

Zarate said, “Technically we’re not [allowed to have a group chat] because it goes against the Brown act, because there’s the possibility of us making illegal decisions without having public [scrutiny], so that’s been going on for the past year.”

California’s Brown Act restricts publicly elected officials from holding meetings or discussions in private to ensure they receive full public scrutiny.

Zarate also stated he would be willing to provide full copies of his correspondence with Rigsby to anyone who asked in the interests of transparency.

Rigsby stated that she did not provide her consent for her private conversations to be published.

> FROM: JUSTICE 2, P.1

viewers a deeper understanding and outlook of inequity in today's landscape.

The exhibit is part of Silicon Valley Reads and will present two books. Silicon Valley Reads is a community program that focuses on public reading and discussion events. The books are:

"Unfair: The New Science of Criminal Injustice" by Adam Benforado takes a look at the criminal justice system.

"Writing My Wrongs" by Shaka Senghor observes an East Detroit neighborhood during the crack epidemic of the 1980's and how that creates a lasting ideology for those raised there.

With a history that dates back to the early 1970s, the museum continues to help create a platform for various artist to ex-

press their voice.

Euphrat's mission since day one has been "to research, produce and present challenging exhibitions and educational materials that provide a resource of visual ideas and a platform for communications," according to its website.

Gabe Ballard, a De Anza graduate, said about the museum, "They have been irreplaceable in my educational experience, giving me a clear sense of what goes into art preparation and presentation for a real-world audience in a real-world public venue."

"The Euphrat Museum is a cornerstone of the De Anza community, open to anyone and everyone." Clifford Dodd, a De Anza art major said. "Not only is it a venue for student artists to be involved in a



wide spectrum of its services, it provides a place for the community, students and residents alike, to participate in the most rewarding of human experiences."

A reception with the artists will be held Wednesday, Feb. 15, from 5:30 to 7:30 p.m. Regular museum hours during the exhibition will be Monday to Thursday 10 a.m. to 3 p.m.

If you would like more information or want to schedule a tour group viewing of "Justice for All?" contact Diana Argabrite, Euphrat Museum's director, at 408-864-5464.

Left: "Cloak," by Jamil Hellu, screenprint, 2016.

# Diversifying your palette, one tamale at a time

Nick Girard  
STAFF REPORTER

Tamales, cookbooks, and healthy rural Mexican diets were the topics of the day as Luz Calvo and Catriona R. Esquibel, co-authors of a vegetable focused Chicano-Latino cookbook called "Decolonize Your Diet" spoke at De Anza college on Jan. 12.

The event was a collaborative effort between various campus groups and student clubs, according to Juan Antonio Gamboa Jr., professor of Chicano Latino studies in the intercultural studies Division at De Anza.

Audience members were interested in learning more about the book and how they could decolonize their diet, or eat a more Mesoamerican and natural diet.

"The Mexican diet that we're advocating is actually the Mexican rural diet," Calvo said. "If you go to Mexican markets, and I often do, I'm always checking out what people are buying. I see people buying a lot of vegetables and fruits, and smaller amounts of meat."

After the presentation event organizer Juan Gamboa Jr. said,

"Decolonize Your Diet' is a landmark book, the first book where we talked about diet health and nutrition from a Chicano-Latino perspective."

Tamales, an example of a vegetable-based, meatless food option was on display at the followup meal hosted in the Euphrat building. Gamboa called them "energy bars."

The students found the tamales tasty.

Carolina Flores, 18, child development major said, "The black bean and jalapeno tamales



Above: Perla, nursing major, 30 holding a copy of "Decolonize Your Diet"

**"Decolonize Your Diet' is a landmark book, the first book where we talked about diet health and nutrition from a Chicano-Latino perspective."**

-Juan Gamboa Jr., event organizer

were really good."

Daniella Garcia, 19, said the tamales were "hella good."

"I've had some like this in Mexico," she said.

The book also served as an answer to a serious health problem for Gamboa.

When he was 21, he came down with an autoimmune disease, resulting in a complete lifestyle change because there was no cure.

To cope, he turned to his family and other books for help. When Gamboa found out about "Decolonize your Diet," he was

taken by the connection the recipes had to his culture and family.

Esquibel, professor of race and resistance studies at San Francisco State and co-author of the book, said the title implies a less Eurocentric view of healthy food.

"When the mainstream food industry talks about eating healthy they'll often say eat like the Italians or Greeks," Esquibel said. "There's a way in which everything we're taught in university emphasizes Greek and Roman civilization."

"We're trying to say the traditional diet of Americans, Central Americans, the indigenous diet, is inherently healthy and at least as healthy as the Mediterranean diet," Esquibel said.

To summarize the book's purpose, Calvo said, "We're calling on people to decolonize their diets as a way of taking back control over their bodies and their communities, to grow food when they can, to always cook with whole fresh ingredients, to not buy food in boxes and packages and to eat the food that their parents and their grandparents ate."

# Campus Center comes alive with Club Karaoke

Jarra Gojolo  
STAFF REPORTER

Showers moved this quarter's club karaoke into the campus center, but didn't dampen the mood of the singers, whose vocals rang throughout the halls of the dining area last Thursday.

The event kicked off with Sugarhill Gang's "Rapper's Delight," performed by Zane Thivierge, 23, undecided, representing De Anza's Improv Club. "I won't lie to you, I was pretty nervous at first," Thivierge said of his performance. "I listen to Rapper's Delight a lot and once I got the hang of it I was like, 'Alright, I can do this.'"

The crowd was low energy until Matthew Hendrickson, 20, sociology major, did a soulful rendition of Aretha Franklin's "A Natural Woman," and

received healthy applause from the audience.

Other performers on Thursday include Melissa Chavez, 21, law enforcement major, and Aine Kline, 24, undecided. Melissa sang "Unthinkable" by Alicia Keys and Kline sang "Come On the Floor" by Selena to the newly energized audience.

The event was coordinated by Tiffany Kam, 19, communications major, and a member of the Inter Club Council.

"People really enjoy the stage," Kam said. "They're really confident when they're there." Kam herself wasn't into karaoke until she came to De Anza and did the club event.

The first 30 participants of this quarter's event were awarded with a slip for a free cheeseburger from In-N-Out.



Left: Zane Thivierge, 23, undecided major, from the Improv Club, performs "Rapper's Delight" by Sugarhill Gang.

# De Anza preps for Trump protest

**Yane An**  
EDITOR-IN-CHIEF

De Anza College groups protested the inauguration of President Donald Trump by mobilizing to make signs and attend local marches in San Jose and Oakland.

President of De Anza's Political Revolution Eddie Cisneros, 23, public health major, organized a carpool to the San Jose protest, as well as to Oakland's on Jan. 20.

"Now more than ever, people are frustrated with the current system," Cisneros said.

Marc Coronado, chair of Women's Studies, said social media allowed her to organize a carpool with her friends. She also organized a sign-making event for LEAD Women Studies students on Jan. 19.

Coronado said some of the main issues include women's reproductive rights, immigrant rights, disabled individuals' rights and undocumented individuals' rights.

"Historically, women have led the way in making sure that voices are heard," Coronado said.

Cisneros cited issues such as the environmental protection laws, LGBT rights and a Republican-controlled Congress as well as a Republican majority in the Supreme Court as reasons for concern.

"We are trying to get the attention of our local governments. This protest is not just in Oakland," Cisneros said. "It's across the entire country."

Cisneros said their club wants to make sure people have an outlet where they can express themselves, as well as allowing those who do not feel as if they're directly impacted by the Trump presidency to gain understanding.



**Above:** (from left) Alicia DeToro, environmental science professor, smiles at Marc Coronado, chair of women's studies, while Coronado draws "Speak Up! Speak Out!" in the MCC on Jan. 19.

"They'll be able to see the emotion of a community who has been under attack for a long time now and hopefully that emotion will motivate them to take political action," Cisneros said.

Coronado said she had originally planned to see the march occurring in Washington D.C but couldn't attend because it was logistically difficult. "We started seeing things about local marches so we thought that would be great," Coronado said.

Alicia De Toro, environmental studies professor, said she's happy there are events on the local level.

"It's important that we energize our own communities to be involved in something that's sending such a great message," De Toro said.

De Toro said the event shows the intersectional nature of many important issues and brings people together as a united front.

Chelsea Hammes, 24, Leadership

and Social Change graduate, made a poster that read: "Pussies against patriarchy." Other signs included "You can't comb over racism" and "Sisterhood is Powerful."

"It's also great for us to get together as a group," Hammes said. "If any of us need help doing this, we're here for each other."

Cisneros said his group would take every precaution to make sure all of the students are safe.

"We don't plan to take part in any of illegal activity besides just marching and being support in numbers," Cisneros said.

Cisneros said he would provide safety tips, the number to the National Lawyer's Guild, backup phone chargers, and phone numbers to make sure everyone gets back home.

## Small changes, big payoff

**Mary Sullivan**  
GUEST COLUMNIST

It's been three weeks since the start of 2017. Did you make New Year's resolutions? Often we set unrealistic goals: try to lose 30 lbs in 30 days, run a 10K race by next month and organize everything! If you've fallen off the wagon of good intentions or feel apathetic about your goals, it's never too late to invest in yourself with small, healthy changes.

Here are 10 resolutions you can do in 10 minutes:

- Make a list of five things you are grateful for. This can be done daily or weekly, but write it down! Gratitude boosts happiness and strengthens interpersonal relationships.
- Laughing and singing reduces stress and improve moods. Research even suggests that singing can strengthen immunity - but still get your free flu shot from Health Services.
- Take a power nap. Even a six to ten minute mini-nap improves memory, alertness and boosts cognitive performance. Turn off your phone, put in soft earplugs — available at Health Services. Close your eyes and focus on slow breathing.
- Make small changes in your nutrition. Eat a variety of healthy protein: nuts, beans, seeds egg, lean meats and poultry. Try eating the whole fruit, more than drinking juices. Make at least half of the grains whole grains like oatmeal, whole wheat flour, and popcorn.
- Meditate or mindfulness practices reduces stress and improves well-being. You can download free guided mindfulness meditations from the UCLA Mindful Awareness Research Center: <http://marc.ucla.edu/mindful-meditations>. There are also short mindfulness podcasts on iTunes.
- Try to get in 10,000 steps, or about five miles, each day. Walking a few more steps decreases body mass index and blood pressure. Many phones have free apps that track your steps.
- Stand up! Prolonged sitting is dangerous for your health, even if you exercise regularly. Break up long seated periods every hour with short upright activity: six to ten squats, 20 jumping jacks. Even five minutes is enough to prevent or reduce the adverse effects.
- Chew a piece of gum. Chewing sugarless gum may help lower stress - to enhance alertness and mood. If you still smoke, come to Health Services for free Smoking Cessation & Counseling. We can help.
- Posture makes a difference. All the organs are in a good, supportive position, and you project self-confidence. Take a quick self-check when standing, sitting or walking. Check out this guide on good posture: <http://www.berkeleywellness.com/fitness/injury-prevention/article/guide-good-posture>
- Raise your gaze and smile. Catch whenever you're looking down and frowning. When you notice, raise your gaze at the area and people around you, and share a smile with someone. You will feel better, and so will those you smile at! Smiling is free, and helps you see the positive in the moment: a lovely sky, a song bird, a friendly smile back

Winter can be a gloomy, challenging time of the year, with many stresses, but this year, give yourself the gift of positive thinking. Positive thoughts and action play a significant role in how we feel. If you not sure where to start or need help, reach out to the De Anza's Student Health Services. It's the best gift of any season!

### Resources

- De Anza Student Health Services: <http://www.deanza.edu/healthservices/>
- De Anza Psychological Services: <http://www.deanza.edu/psychologicalservices/>
- Santa Clara County Behavioral Health Resources: <https://www.sccgov.org/sites/mhd/Pages/default.aspx>
- Text, Talk, Act: <http://www.creatingcommunitysolutions.org/texttalkact> or Text START to 89800.
- Creating a Healthier Life SAMHSA guidelines:

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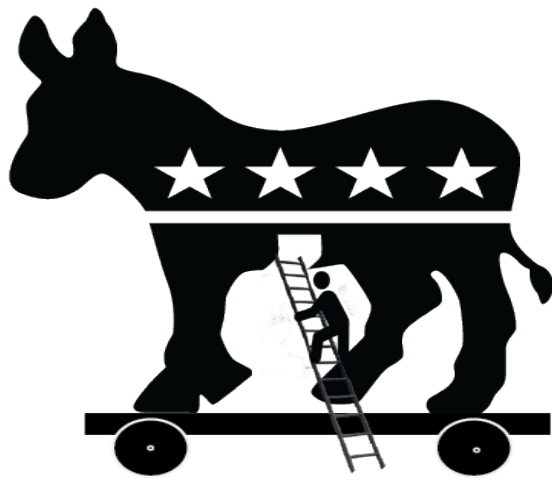
# Dem enter, not #demexit: The young left must infiltrate, not reject, the Democratic Party

**Neil McClintick**  
Opinions Editor

The Democratic Party's donkey is a beyond senile, one-legged donkey with several incurable, fatal diseases. Yet, the pro-Sanders left, after being overruled by the party elite, loses little sleep as the blue continuously dims. While much of the youth now collectively rejects party politics, the collapse of the Democratic Party's aged brand of neoliberalism has created a unique rift — an opportunity — for the people's left to seize the future of the party's soul.

When I walked into my first Democratic Party meeting, my initial observation was that the average age must have been over 50, so when my small coalition of college students begged the party to respect the youth, the future of the party, we were met with a disrespectful tone: "Maybe we would care more if they actually voted." Fortunately, a few weeks ago, the pro-Sanders left, eager to change the status quo, showed up in waves all across the California Democratic Party's Assembly District Election Meetings

I witnessed incredible history being made in San Jose's District 28 caucus as a candidate slate entirely crafted by disgruntled, political outsiders competed and won against a slate endorsed by every level of the



GRAPHIC BY ADRIAN DISIPCULO

local party. I watched as community activists in casual jeans took on the well connected and uninspiring candidates of expensive suits and meaningless rhetoric. All the while, these activists were cheered on by an army of disruptive young progressives carrying around slates probably made on Microsoft Word 2004. Across the many caucuses in California, Sanders Democrats claimed a majority of the delegate seats — 650 of the 1,120 available seats and now have a serious shot at changing the state party's platform and selecting the state party chair.

The success of this grassroots movement will require the youth of America, the only bloc which is comfortable with the word

"socialism," to take up figurative arms and develop a serious stake in the future of the party.

I am not calling upon the apathetic youth to suddenly declare themselves proud Democrats and to suddenly applaud the party's moderate tone toward Wall Street, Israel, and universal healthcare, but we must be willing to join and participate in party politics in order to substantially change the country's tone on such issues.

The immediacy of this movement must not be underestimated, as it will require the party to be reclaimed from the bottom-up; the left cannot simply anticipate the 2020 candidacy of a younger Bernie Sanders. The youth must be

prepared to infiltrate, and perhaps its most significant test will be the 2018 midterms. Reclaiming the party will require young, far-left involvement to prevent a repeat of the 2014 midterms, whereby youth turnout fell to a 40-year historic trough of 19 percent.

Visualize the current Democratic Party as a seesaw; it must choose to either represent grassroots democracy or wealthy cocktail parties. During this identity crisis, whichever way it tilts will be entirely dependent upon how truly determined the youth are in reforming the only viable, somewhat left-wing party in America.

Within every movement for social and economic justice lies a commitment to inside and outside power. The African-American civil rights movement personifies this duality; while powerful demonstrations such as student-led sit-ins no doubt shifted the public narrative, the ultimate amalgamation of these efforts was realized through critical pieces of legislation. The daily anti-Trump protests demonstrate that the progressive youth is ready to berate the system, but they must be equally ready to accept the need for inside power only achievable by having trustworthy friends in positions of power.

## Criticisms from the clubless

**Sarah Helwig**  
STAFF REPORTER

De Anza clubs aim to remedy the effects of commuter school isolation, but club multiplicity is detrimental to productivity and outreach. As a student who has been here for more than three years, I have never felt the need to join a club.

At a community college, where students stay an average of two years, club life is inherently not suited to thrive because of the high turnover rates with club leadership.

Students are constantly coming and going, most never staying longer than necessary. Unless you enroll with friends from high school, making new relationships is one of the hardest things to do at a commuter campus.

De Anza sees more than 20,000 students on its campus and hosts over 60 clubs, yet club involvement on campus goes unseen.

When there are four clubs on campus that gather around Christianity, and five other clubs that revolve around computers, this variety divides what should be common ground.

If clubs were to consolidate, then their attendance numbers would increase, and they would seem more attractive to new students. Larger groups would naturally create a greater club presence overall.

Only seven clubs have their meeting times online. Students have abnormal class schedules and may also be balancing a job, but with consistent meeting times, productivity would likely increase.

I would like to see clubs stay as a symbol of unification among a diverse student body, but their leadership bodies must also adapt to the Community College culture, which is intrinsically at odds with their success.

## Amid angst, De Anza College President Brian Murphy demonstrates true leadership

**Neil McClintick**  
Opinions Editor

In a December email addressed to the student body in support of undocumented students, De Anza College President Brian Murphy and the college administration demonstrated their progressive leadership in a resolute statement detailing the need for administrative action as Donald Trump's fascistic administration takes power.

Thus far, Murphy's persistent message of solidarity and his vocal opposition toward Trump's demagoguery should be celebrated because above all else, his job should be to serve as a symbol of De Anza's unique and extraordinary commitment to social justice, as a school which espouses an incredibly diverse student body and which according to Marisa Spatafore, Associate Vice President of communications and external relations, easily has more than 1,000 undocumented students.

Within the statement was a summary of two recent resolutions unanimously passed by the Foothill-De Anza Board of trustees — one upholding a continued support for DACA and the second a statement of non-compliance for any potential discriminatory registries based on religion or nationality. As well, he laid out the school's commitment to immigrant rights education for the upcoming quarter.

De Anza College is well-known as an epicenter for equity, social justice, and political volunteerism, and thus Murphy's commitment to the aforementioned values seems hardly surprising. But, his vocalized opposition toward Trump and his policies, comes



Above: President Brian Murphy speaks to a crowd.

at a time when resistance to xenophobia and the rise of fascism is erroneously portrayed as an act of partisanship. Just last month, Milpitas high school's president was forcibly placed on academic leave after he led a walk out demonstration which culminated with him loudly



- 92% pursued educational opportunities previously unavailable
- 57% obtained a driver's license
- 59% became employed
- 49% opened their first bank account

Measuring the Success of DACA; Data: American Immigration Council

saying "f\*\*\* Donald Trump."

Already, president-elect Donald Trump has called for an end to the Deferred Action for Childhood Arrivals (DACA) program, the need for a Muslim registry, and mass deportations. Backed by GOP-domination within every single level of government, the ability for his rhetoric to coalesce as actual

policy is vastly underestimated, and it is why now, more than ever, the faculty and administration of every educational institution must embrace solidarity and actively take a stand against the incoming White House.

Murphy's willingness to see danger and racism as it is, even correctly denouncing Donald Trump as a "dog of a racist pig," has set a standard of leadership worthy of respect.

All members of the student and faculty body, especially the senate which serves as a meaningful voice for several thousand students, should proudly embrace any administrative member, Murphy or otherwise, who is clearly willing to challenge the noxious boat that is about to set sail — a boat which will be doomed to sink from the get go and one which will take millions of working class Americans (white and not), immigrants, and students along with it.

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# After tough transition, women's basketball pulls together, improves overall teamwork

**Sarah Helwig**  
STAFF REPORTER

After a rough start, coach Mike Riley has taken over De Anza College's women's basketball team mid-season and brought the team back to the basics of the game: fundamentals and attitude.

"From the time I took over they were averaging giving up 80 points a game, and now it's down to 59 so we've gotten incredibly better," said Riley, who coached his first game for the team on Dec. 9.

Riley has seen a huge improvement in the players throughout the season and said, "the sophomores have provided a lot of leadership."

Team captain Angela Obasohan, returning sophomore and English major, said this season has been a roller coaster for the team. After having their head coach leave for another job, she said, their assistant coach moved up and the transition was rocky.

"The power got out of control," Obasohan said. "Some of the girls weren't really having it."

Under the assistant coach's leadership, Obasohan lost the joy of playing basketball.

"I didn't want to go to practice," she said. "Games were like, 'Well, we're gonna lose anyway. Our new coach came, Coach Riley, and



**Above:** Team captain and front Olivia Wissig preps for a basket, pushing her opponent aside.



**Above:** Guard Abrianna Guido dribbles the ball to journey up the court despite the opposing defense.

the whole situation changed."

After Riley started to coach the team with a little over a month's notice, Obasohan felt a positive change in the players.

"All the girls had their love again. We had fun, we laughed, we had so much fun at practice, and when we won our first game, it was the most exciting thing in the entire world," she said.

While the players are starting to come together, Riley sees room for improvement.

"We're struggling with shots. We don't shoot very well," said Riley.

"They're the hardest working

group I've ever had, and they're getting better at fundamentals every day. I think that's why they're starting to be better; they're starting to learn about the game," Riley said.

Team Captain Olivia Wissig, returning sophomore and computer science major, said the biggest difference this year is the team's mentality. Wissig said last year the team had an older mindset, but this year, "we're focused more on developing and looking forward to the future," which is a positive thing to have with a young team.

"Both years we had a lot of

skill, but I feel like this year our knowledge is a lot better and we're starting to glue a lot better," said captain Abrianna Guido, returning sophomore and kinesiology major.

Riley identifies Mission and Foothill as two teams in the league that are tough to beat, "but we should be able to compete with everybody else in the league and

beat them."

"I'd like to finish over 500 in the league and I think that's doable," Riley said. "The biggest thing is trying to make sure they all do well in school and that they have a place to go play if they want to play."

## WOMEN'S BASKETBALL HOME GAMES

Date	Day	Opponent	Time
Feb. 1	Wednesday	Mission	5 p.m.
Feb. 3	Friday	Foothill	5 p.m.
Feb. 17	Friday	Cabrillo	5 p.m.

# Men's basketball takes on conference with a three-game winning streak, lots of hope

**Vince Aguilar**  
STAFF REPORTER

Despite a rocky 2015-16 season that ended in a loss, and a rough start to the 2016-17 season, the De Anza College men's basketball team is beginning to turn around.

The Dons started the season 3-10 and entered the California Community College Athletic Association conference needing a lot of work, with the "highlights still to come," coach Jason Damjanovic said.

The Dons opened the conference with another loss but are now riding a three-game winning streak. The Don's most recent game ended 77-76 over Hartnell on Wednesday, Jan. 18.

"We're 3-1 in conference and we have played a very difficult pre-season schedule which I'm hoping is preparing us for a good run in conference," Damjanovic said.

The hard start to the season has warmed them up, with close games becoming the motivating factor in the team's continued improvement.

Returning player Chris Turner, 20, one of the rising stars, has grown

over the seasons. Turner said having "new team members with such raw potential" gives him high hopes for the conference.

Turner said that the team has a higher energy this year, with a competitive edge that makes the game more exciting.

"We just knew that we couldn't get down on ourselves," Turner said of the Don's victory over Hartell. "We needed to continue to go out there and be aggressive and play to our strengths. I knew we would eventually click and get things together."

Marquel Hodge, 19, said that the losses earlier in the season motivate and push him to do better for his team and himself.

"Our hopes are always to win conference," Damjanovic said. "Our goals don't change. Those are always our goals going into the season."

Point guard Ifeanyi Ekechukwu, 20, said the team has to keep the mentality that winning one game does not mean anything. "We have to come prepared like we are ready to win," he said.



**Left:** Guard Michael Orlich revs for a basket amidst opposition, while Josh Bongers looks on.



**Left:** Wing and post Josh Bongers manages the ball to safety to prevent a steal.

## MEN'S BASKETBALL HOME GAMES

Date	Day	Opponent	Time
Feb. 1	Wednesday	West Valley	7 p.m.
Feb. 3	Friday	San Jose City	7 p.m.
Feb. 17	Friday	Cabrillo	7 p.m.

# Dons attain third straight win over Hartnell Panthers

**Terry Pon**  
STAFF REPORTER

The De Anza Men's Dons won their third-straight win against the Hartnell Panthers on Jan. 18.

De Anza's defense struggled in the first half, giving up 40 points.

Coach Jason Damjanovic said, "You missed that!" after the referee made a questionable no call on one of Damjanovic's players.

The Dons went into halftime with a three point deficit of 37 to 40.

"We have to play better defense," said Michael Orlich, 20, point guard, psychology, when the team went into the locker room.

The second half was no different than the first. With 11 minutes and 42 seconds left in the game, the Dons trailed the Panthers 44-54.

"I thought in the second half, we played really bad up until the last four or five minutes," Orlich said. "Then we just turned it on and wanted to win."

Five minutes was all the Dons needed to take momentum. The team forced several turnovers during the last five minutes and prevented Hartnell from scoring.

Orlich marched down the court and put up two points to tie the game at 73 to 73 with one minute and three seconds left.

Shooting guard Chris Turner, 20, environmental studies major, jumped from the free throw line and sank the game winning three point shot with 24 seconds left on the clock.

"It felt really good," Turner said. "I just wanted to help out my team and I know that that is my job and role to knock down the shots."

The Dons maintained their lead and beat the Panthers 77-76.

The Dons now have a record of six wins and 11 losses overall with a three and one conference record. With three consecutive conference wins, the Dons have the potential to steamroll



the entire conference.

"What's next? Another win! Then another one and another one," Turner said. "'Steamroll mentality' is what we say."

The De Anza is in second place behind Cabrillo College who is undefeated in the Coast-South conference. The Dons now turn their attention to the two and 13 Gavilan College.

"We have to focus for Gavilan on Friday and if we win that we go to Cabrillo to play for first place," Orlich said. A win over Gavilan and Cabrillo would put the Dons at a record of 5-1 in their conference.

**Above:** Forward Marquel Hodge leaps over his opponent to secure two points in De Anza College's 77-76 victory over Hartnell College on Jan. 18.

**Above top:** Forward Josh Bongers goes for a lay-up.

**Above bottom:** Shooting guard Chris Turner sinks the game winning three-pointer.

PHOTOS BY TERRY PON

# Women Dons command a lead over Panthers

**Virgilio Gonzalez**  
STAFF REPORTER

The De Anza Women Dons' basketball team beat Hartnell College 67-52 Wednesday, Jan. 18 at De Anza College, to end a two-game losing streak and bring their record to 5-13.

Leading the way for the Dons was Olivia Wissig, with 17 points, and Conner Bennett, with 14 points.

The game went back and forth with De Anza falling behind first. The Dons managed to tie and eventually took the lead in the first quarter, which they would keep for the game's duration.

The team has struggled this season. Coach Mike Riley attributed their losses to their tough schedule, but credited those tough games for their improvements.

Riley took over the team for the Solano College Tournament last month.

"We had a coaching change



**Above:** Center Angela Obasohan reaches higher than her opponent to guide the Dons to a 67-52 win on Wednesday, Jan. 18.

**Above:** Center Angela Obasohan speeds down the court, determined to beat the clock.

PHOTOS BY TERRY PON

at the beginning of the season and Coach Riley took over at our game in Solano," Olivia Wissig said. "He didn't draw up any plays. He just sent us out to play."

Wissig said since Coach Riley

came to the team, the players have gotten better.

"Our coach has come a long way, we had a big coaching change at the beginning of the season so the changes and the adjustments he's made have

helped our progress," Wissig said.

Despite not being the biggest or tallest team, they use that to their advantage.

"We've always been a small team. Conner is our big girl and

she's only 6 feet, but it's fun to be able to run with her," Wissig said. "She gets up the court and sets up plays for us."