



LA VOZ NEWS

THE VOICE OF DE ANZA SINCE 1967

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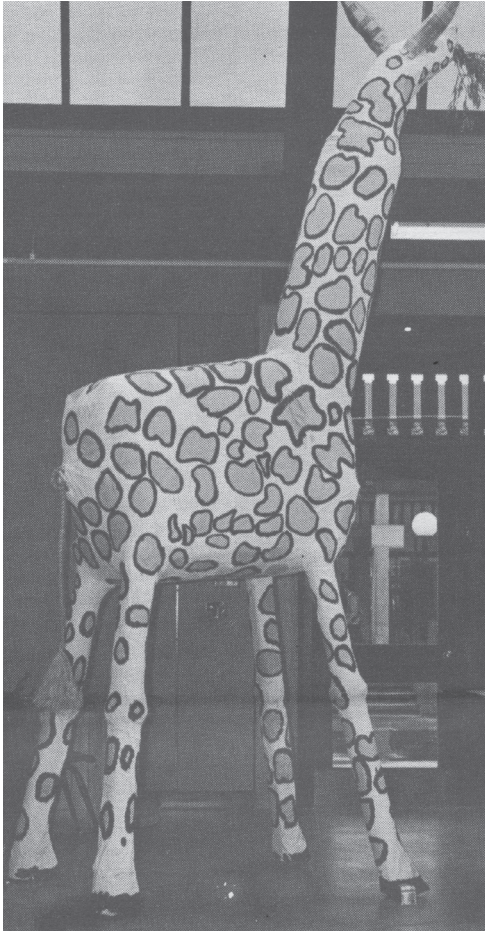
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SEPT. 25, 2017



Then and Now:

DE ANZA COLLEGE, LA VOZ NEWS TURN 50



Industrious art students make a giraffe for the nursery, but it's too big. They plan to make more animals that will fit through the door (Feb. 2, 1968).



Rosalinda is chosen as the Dons' mascot because she represents the Spanish heritage of this area. Her name is given to her in a contest. She is expected to make an appearance at all football games (Nov. 8, 1968).



"My Direction" by Kimberly Cook is a slightly eerie yet remarkably beautiful ceramic sculpture on display at the Euphrat Museum (Oct. 15, 2016).



1959 - Site of the future De Anza College. A quiet orchard, Le Petit Trianon, guest cottages, a swimming pool. De Anza opens in 1967. Today's Sunken Garden and fountain have replaced the pool, and the library (which began construction in 1968) is where the pool house was.



1970 - A new addition to De Anza College is this \$5 million, 2,000-seat auditorium, is expected to be completed by mid-1971 and the first performance to be held next fall. (Sept. 21, 1970).



2015 - The future of the Flint Center is debated; the fountain in the Sunken Garden is filled with water.



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De Anza College history

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Flint parking garage ready for fall quarter

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Key spots on De Anza's campus

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Monday-Wednesday Sept. 25-27

Welcome Week Entertainment

Campus Center Patio
Monday 11:30 a.m. - 1:30 p.m.
 Noah and the Arkitek, Soul and Blues music
Tuesday noon - 1 p.m.
 Japanese style drumming
Wednesday 11:30 a.m. - 1 p.m.
 Super Soul Bros, lively jazz fusion with video theme muwsic

Thursday, Oct. 5

Club Karaoke

11 a.m. - 1 p.m.
Campus Center Patio
 All students and staff are welcome to come down and sing their hearts out. For more information, visit <https://www.deanza.edu/clubs>

Open Mic Series

Every first Thursday of every month
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.
 If you are a poet, singer, rapper, spoken word artist, or someone who wants to come join the show, we hope to see you. Come out for good vibes, good beats and good talent!

Thursday, Oct. 12

Club Day

11 a.m. - 1 p.m.
Main Quad
 Learn about the clubs De Anza has to offer, watch club performances, and get free treats! For more information, visit <https://www.deanza.edu/clubs>

Thursday, Nov. 16

9 p.m. - midnight
Conference Rooms A and B
 Join us for a night of dancing with live DJ music. Proceeds will benefit the ICC Scholarship Fund. Co-Sponsored with DASB. Tickets are \$5 in advance and \$10 at the door. For more information, visit <https://www.deanza.edu/clubs>

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CORRECTIONS

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



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De Anza College
FALL 2017



OPEN CLASSES

For more information about Journalism classes, please contact:
 Cecilia Deck
 Department Chair
deckcecilia@fhda.edu
 408-864-8588
 Room L41

JOUR61A.62Z Student News Media Production I

Be a reporter for *La Voz News* student media! This three-unit hands-on class produces De Anza College's student-run newspaper, website and video. Students find story ideas, interview, report, follow legal and ethical guidelines, and see their work published.

CRN #21818
TTh 3:30-4:45 p.m.

JOUR62A-F Freelance for Student News Media

Join *La Voz News* student media as a reporter, photographer, videographer, graphic designer, digital/social media contributor or copy editor! These one-unit, online, hands-on classes help produce De Anza College's student-run newspaper, website and video.

Various CRNs
 Online with a **required on-campus orientation** on Tuesday, Sept. 26, 6-7:30 p.m. or Wednesday, Sept. 27, from 5-6:30 p.m.
 Room L41

JOUR21A.62Z News Writing and Reporting

Learn about reporting and writing for news media. We'll look at the language and style of news writing; structuring news stories and legal and ethical issues.

CRN #21818
TTh 3:30-4:45 p.m.

JOUR2 Mass Communication and Its Impact on Society

Discuss hot-button issues of today such as fake news, social media, censorship, freedom of speech and the press, and representations of diversity in media, while learning about the history, ethics and law of forms of mass media from books to the internet. This four-unit class fulfills IGETC Area 4 and is a requirement for Journalism and Communication Studies AA degrees.

CRN #01321 JOUR2.01
TTh 9:30-11:20 a.m.

CRN #21817 JOUR2.65Z
Online

- ★ De Anza opened its shiny new doors to 3,000 eager beavers in the fall of 1967, compared to 20,000+ in 2017
- ★ De Anza's original dress code kept the campus appropriate: women couldn't wear pants or miniskirts, and no one could wear jeans, bermuda shorts, thongs, or sandals without socks (!?)
- ★ Voter turnout for DASB elections was 22%, about 10 times that of 2017



Flint garage now open and safer



PHOTO BY MATTHEW FERNANDEZ

Above: The Flint Garage now has seismic upgrades and is open for Fall quarter.

Christian Trujano
STAFF REPORTER

De Anza College's Flint Garage parking structure is confirmed to open on the first day of classes.

"The garage was renovated and modernized, including in terms of seismic upgrades," said Marisa Spatafore, Associate Vice President of Communications and External Relations.

The \$23 million renovation was funded by the Measure C bond and a certification of participation, a type of loan.

However, Spatafore said no parking spaces were added in the one-year renovation.

The main goal was to implement the necessary seismic upgrades to make the structure safer for earthquakes.

Especially relevant after the six earthquakes that hit east San Jose on Sept. 14, this upgrade is meant to help the structure withstand shaking and better protect anyone inside.

"I thought they were adding more parking spaces this whole time but I guess safety is more important so it actually works out better for us students," said Nico Vasquez, 19, nursing major.

New LED lights, emergency phones, and elevator improvements have been added to the parking garage to comply with the new code regulations for the infrastructure.

"I remember when I had a summer class before they closed the garage last year, and it [The Flint Parking Garage] was the quickest garage to park at and get to class from," Vasquez said. "It's good to hear that it's finally going to open."

The renovation was a big problem for students, who were often

late to class because they were struggling to find parking.

It also interfered with the baseball team, who had to give up their playing field so it could be used for drop and go parking.

After a long wait, students can finally start this school year with a safer parking structure.

Cupertino's Coffee Society pushed out by plaza development efforts

Ana Gonzalez
STAFF REPORTER

The De Anza college community lost an invaluable study buddy this summer.

On July 15, Coffee Society Cupertino- located in the Oaks Shopping Center across the street from De Anza College- closed its doors after nearly 30 years of serving the Cupertino community.

With its dim lighting, red tiled roof, and simple menu, this favored study spot of De Anza students also served as something of a time capsule for the old Cupertino.

In its early years, this destination was more than just a plaza with good coffee; it was a community hub.

Independently owned and operated, the cafe provided guests with an experience distinct from the chain coffee shops which now populate the surrounding area.

According to Armando Moreno, long-time local and previous manager of Coffee Society Cupertino for nearly 10 years, Coffee Society's independent ownership allowed for a more open and free environment, endearingly refer-

ring to the coffee shop's vibe as a little more "ratty."

The decision to close Coffee Society didn't happen overnight.

Moreno and Paul Ebrahemi, the previous owner of the Cupertino location and current owner of the Campbell branch, explained that the rent went up from \$11,000 when he sold the store in 2010 to as high as \$15,000 when it closed down.

In addition to the skyrocketing rates, the property managers seemed disinterested in giving back to their tenants.

"There was never any quality of life changes to our building or to the roof or to things that you would think a property management team would do to keep their tenants happy," said Moreno. "It didn't seem like they wanted us to be there anyway- or, other businesses."

It turns out the current developers, KT Urban, along with the two other developers to own the property in the past ten years, have all come into ownership with the same idea: rezoning.

In the works for Oak Center right now is a project known as "The New Oaks," which, amongst

the De Anza faculty is assessing their vacant job positions, which are positions left by people who retire or move to another job, to see which need to be replaced and which they could cut back on or do without.

"If we were to eliminate positions they would be open, vacant positions," said Susan Cheu, Vice President of Finance and College Operations, about the college's strategy for the year.

Cheu also mentioned that it's not only De Anza that is experiencing lower enrollment, but many community college districts in the state.

Murphy said in general, community college enrollments go down when the economy is doing well because most people have work.

"We are not sure that dynamic is operating here. In other words, yeah there's a lot of employment

in the valley," Murphy said. "But it's not clear that that's employment that presents the age of our students with the backgrounds of our students coming right out of high school."

Despite the drop in general enrollment, online enrollment increased by 22 percent from Spring 2016 to Spring 2017.

"The bread and butter of this place has always been its campus, the identity of the place is very much tied into the physical place," Murphy said. "But if you need to grow your online enrollment to support the campus then that's what you do."

Although the situation may seem out of the students' hands, they can still help increase enrollment.

"A thing that students can do is encourage other young people to come here," said Murphy. "It's the simplest thing they can organize."



Left: Coffee Society in Cupertino closes after 30 years due to skyrocketing rents and new developments in the plaza.

other possibilities, hopes to develop new office, retail, and residential space, as well as a new hotel.

As developers attempt to revitalize older spaces in the city for new retail and office space, residents have pushed back with fears about a lacking city infrastructure and already unaffordably high property values.

While it remains to be seen where, how, when, and how much Cupertino will develop, one thing is certain: residents are clearly concerned with preserving a sense of community.

On Coffee Society Cupertino's final day of business, many long

time customers came out for one last cup of coffee before the beloved old shop closed its doors for good.

However, there is good news for those residents and students who find Coffee Society irreplaceable: nestled behind construction in the Pruneyard shopping plaza in Campbell is the surviving branch of Coffee Society.

Complete with free wifi, delicious coffee, and the same endearingly "ratty" vibe, the owner of this branch is committed to keeping Coffee Society alive and well.

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Life hack: De Anza key spots to study

Natalie Valencia
FEATURES EDITOR

Audrey Marques
DESIGN EDITOR

1 HEALTH CENTER

The Student Health Service is there to educate and assist students while they are on campus and to try to provide students their wellness in order to be successful academically.

Low fee services: visits for simple health concerns, physical appointments, well woman exam, testing, and also low cost vaccinations.

Free services: counter medications (Tylenol, Motrin, allergy meds, cold & sore throat meds, etc), bandaids, first aid supplies, ointment, toothbrush/paste/floss, feminine products, sun screen, nail lip balm, condoms, lube and other STI barriers. Psychological Services: students can have 12 free visit (maximum) to deal with anxiety, stress or mental health concerns.

Mary Sullivan, the Health Education & Wellness Director encourage students to stop in just once at the Student Health Services (which is right across the hall from where you got your photo ID), to understand what everyone is talking about.

2 OFFICE OF COLLEGE LIFE

The Office of College Life located on the lower level of the College Center, where you can get many services, as your student ID, some Documents and Forms, Housing Information if you are looking for a place, Legal Advice and also the DASB, which is the De Anza Student Body. Students can also have discount movie passes and get their Eco Pass Clipper Card with the Office of College Life. Another thing you get information in that place, is about the Clubs and Diversity/Multicultural Programs.

3 FINANCIAL AID

At the Financial Aid & Scholarship students can get assistance in in funding their educational costs and related expenses to be able to attend college. Gary Valentine, the Supervisor, Financial Aid & Scholarships, advise new students to complete the FAFSA application even if they think they don't know if they will qualify for funds or not. The application will be available on October 1st, and he recommend to compete it as soon as possible. Some benefits you can have there include: Federal Pell Grants, California State Grants, Scholarships and many more.

4 MLC

With a green Anza campus the MLC provides flexibl including a balcony and study space on vending machines of sugary snacks, cup a student ask for?

It has a amazing backyard to hang out Behind the MLC the "backyard gar green grass, trees and luscious la pools.

5 KIRSCH CENTER

If you are not an environmental studies student, you might never go to a remote yellow building behind the baseball field called Kirsch Center.

The Kirsch Center for Environmental Studies holds a beautiful sustainable garden that is accessible to students to gather for a place of peace and quiet or to bring a friend and chat with next to beautiful native Californian plants and a pond. And inside, the Kirsch Center offers free peanut butter and jelly sandwiches and tea.

6 VIDA

If students are looking for developing their leadership skills, the Vasconcellos Institute for Democracy in Action (mostly known as VIDA), offers some trainings and paid internships and community service opportunities, and you can also receive an 18 unit certificate in Leadership and Social Change. They also run programs like HEFAS, Higher Education for AB540 and Undocumented Students, students who receive DACA have until October 4th to renew, and they help students get funding for their renewal.

7 STUDENT SUCCESS

At the Student Success help them to get help with their academic Subjects, Writing & Reading and World homework and get some help for that. Bes on study skills, listening/speaking/reading Students can stop by at any time, most of ATC building, you can find out specific website and get your work done. .



PHOTO BY: NATALIE VALENCIA

or chill Where to eat around De Anza College

PHOTO BY: NATALIE VALENCIA



building on the De
le general purpose classrooms and labs
n the second floor (with two TV's and
o o' coffees and gatorade) what else can

in.
den" consists of concrete pathways,
vender, it even had two fountain



CESS CENTER

s Center, students can get
e life, with tutoring for Math, General
Languages, which you can bring your
ides that, they also provide workshops
ng/writing/grammar and other topics.
f the tutoring classes are located at the
lly on their page on De Anza College

Stacy Ardoin
STAFF REPORTER

Student recommendations for coffee, takeout, sit-down restaurant

Panera Bread

A great place to eat that's breadfully delicious according to Mancaela McGarth, biology major is Panera Bread. "Panera Bread is my favorite because I love the Paninis and they're always so fresh as well as healthy". The atmosphere of the place was also an important choice for her. "Besides the delicious food I always enjoy going there because I also like to study at Panera Bread. It's always really quiet and very relaxing".



Panera Bread, 20807 Stevens Creek Blvd



Above: Philz Coffee is at 20686 Stevens Creek Blvd, with cool outdoors seating. PHOTO BY: MATTHEW FERNANDEZ

Philz Coffee

Coffee, the bane of existence for many college students is just right down the street for those who need a pick me up before class. Torie Patsis, liberal arts major at De Anza said, "Philz Coffee is just right across the street from the college and they have really amazing coffee and tea, as well as fresh pastries daily." According to Torie, "the atmosphere is extremely nice."



Above: Arya Restaurant serves Persian food at 19930 Stevens Creek Blvd

PHOTO BY: MATTHEW FERNANDEZ

Arya Restaurant

Another De Anza student prefers more of an exotic and fulfilling meal close to the campus. Angel Rafael Gonzalez, Liberal Arts and Chemistry major suggest Arya Persian restaurant. "All the food there is delicious but the beef kabob and saffron rice is the best. Have this dish once and you're in heaven." For the price there, it is well worth the money according to Gonzalez. The restaurant hails about a 10 minute ride from campus.

LA VOZ NEWS

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EXTREME WEATHER: "THE POINT OF NO RETURN"

Andrew Shinjo
EDITOR-IN-CHIEF

Bill Roeder is a professor in De Anza's Environmental Studies department and oversees the Energy Management and Building Science vocational program, which focuses on design of energy efficient structures. In light of extreme weather events locally and worldwide, La Voz met with Roeder to explore our role in shifting natural order.

Is there a connection between these recent extreme weather events and climate change?

"All the extreme weather conditions we're seeing not just here in the Bay Area, but globally, over the last month or so, are all tied to climate change.

The Earth is getting warmer, and because oceans are getting warmer it's fueling storms and rising sea levels. Cities that are close to the ocean that are sea level or below are clearly, within the next 50 years, going to be underwater at the rate we're going."

Can you give a brief explanation of the science behind climate change?

"We emit a lot of carbon into the atmosphere CO2 with our cars, the food we eat...all these greenhouse gases basically cloud up that atmospheric layer which keeps the infrared rays from moving out of the atmosphere...which starts to

warm the temperature of the Earth. We're seeing ice caps melt, we're seeing very strange atmospheric and weather conditions as a result of that and that's what's causing both the Earth and the ocean to warm up to the point where we're seeing lot of changes...there's clearly something going on and we've seen evidence of it in the last month. It's been pretty dramatic."

What are the consequences you foresee if we don't make any changes?

"It's more than just environmental science. It's about life. It's about social equity. It's about people having things that they need to survive. As the world starts to get warmer, as we start to have less crops, as we start to have more refugees, as we have more rising sea levels in areas that are coastal at sea level or below, people start to get displaced and we have to figure out what we do with them. There's an economic cost, there's a geopolitical cost in terms of who's going to house these people, and there's a resource cost in terms of how expensive these resources become for people to be able to buy them.

So it's an interwoven issue... First day of class when somebody signs up for an environmental studies class, they think they are going to be hugging trees all quarter. I try to explain to them, trees are in-

credibly important...but at the same time, it's more than just hugging trees. It's about our lives. This is about your future, the future of your kids, and the future of your grandchildren if we continue on the path we're on, and we ignore Mother Nature's signs. She's screaming loud right now with all these hurricanes and how hot it has been and the earthquakes and everything that has happened in the last month. If we ignore all this, we may not be able to correct it. We could be beyond the point of no return."

What can students who are passionate about this topic do to help?

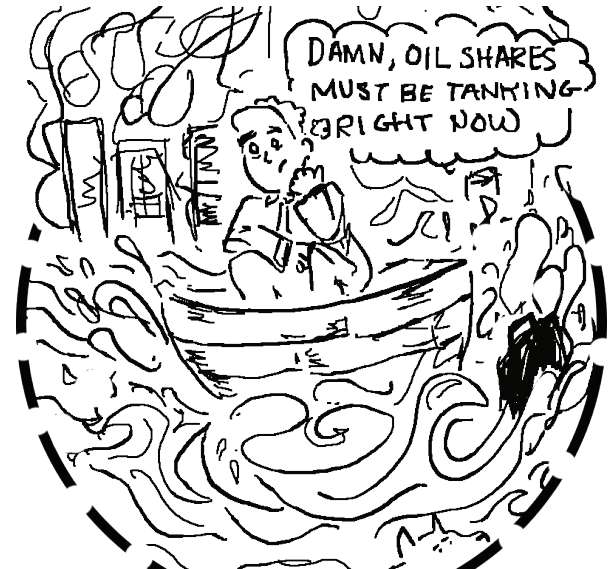
"I'm very sensitive to the fact that students are on a limited budget. There are small things every student can do. You can use your eco-pass, you could take the bus to school, you can car-pool. I'm not going to force anybody to be a vegetarian...but once you start to understand the amount of greenhouse gases created by what I called animal agriculture... You start to look at it differently and eat a lot more

fruits and vegetables.

People look at climate change and think, *wow, that's this big monstrous thing and I can't possibly affect it.* Think about it this way. There are 7.5 billion people on the planet. If everybody did just one thing, think about how powerful that would be. If we wait for somebody else to solve the problem, it's not going to solve itself. We have to take ownership for it."

Are you optimistic about the future?

"I am encouraged by the fact that your generation..is less materialistic than my generation was. I think you guys deep down care about things like this...once you're focused and you understand the issue, you give it importance in your lives. It's not all about making money... yeah, I am pretty optimistic."



Free speech stooges seek to piss off college kids

Genevieve Kolar
OPINIONS EDITOR

As De Anza students flock to campus this week to commence fall term, we should take a moment to appreciate the serenity of a quad that never sees police blockades, riot gear, or rubber bullets. Just across the bay, a band of 'alt-right' political pundits is set to descend upon UC Berkeley, seeking to ignite the long-smoldering dissent of the school's famously vocal student body. While constructive conversation amongst opposing parties is a venerable goal, preying upon the volatility of impassioned young people in order to demonize the political ideals they represent is petty and needlessly divisive.

Under the guise of celebrating free speech, former Breitbart News editor Milo Yiannopoulos, a Brit whose

non-citizen status makes his xenophobia all the more perplexing and racially-loaded, has assembled a group of high-profile bigots to present on an array of political topics. Publicized themes include "Feminism Awareness" and "Islamic Peace and Tolerance," both ironic, as the hosts' rhetoric is conspicuously anti-feminist and anti-Islam. The theme of the finale, "Mario Savio is Dead," makes it clear that the week's events do not align with Berkeley's hallowed culture of progressive activism, considering Mario Savio was the leader of the Free Speech Movement that rocked the school's campus in the 1960's.

Speakers include James Damore, the former Google employee who shot to infamy when his anti-diversity manifesto was publicized; Pamela Geller, a vocal anti-Islam 'activist' who is so publicly hateful she was barred entry to Great Britain; Steve Bannon; Ann Coulter; and a slew of other right-wing figures.

The event seems to be an attempt on Yiannopoulos's part to level with university students following the violent

protests that disrupted his last visit. Across campus, ads that are provocative for the sake of provocation declare that "Milo is cumming," perhaps alluding to the masturbatory nature of Yiannopoulos's gratuitous return to Berkeley.

◆◆◆◆◆
In seeking
to incite
violence, there
is nothing to be
gained.
◆◆◆◆◆

Revelatory press coverage seems to indicate that Free Speech Week is poorly organized, perhaps fated to die out before it even occurs. Nonetheless, the effort to be incendiary has not gone unnoticed by students of Berkeley and onlookers nationwide. TWhen a concept loaded with such history and emotional potency is invoked as an excuse to pass off hate speech, stereotypes, and slurs as legitimate political rhetoric, we are called to question the nature of 'free speech' and the responsibility innate in our ardent preservation of such a right. Their speech aligns with ideals of oppression, exclusion, and prejudice; declaring hatred is not liberation, it's ceding control to fear and ignorance.

The best course of action is to deprive them of the reaction they seek. As children, we are told to "be the bigger person" when a bully tries to get

a rise out of us. In the situation at hand, the leaders of Free Speech Week are bullies, using media clout to finesse their way into Berkeley's confines and get a rise out of students. In doing so, however, they are promoting needless vitriol and division amongst people of a shared nation whose fates are inextricably intertwined. Violence in response to violence will only serve to validate their views and strengthen their resolve.

There is immense value in understanding others' perspectives. However, Free Speech Week's speakers know their audience is unreceptive and, in many cases, directly opposed to their message. They do not promote empathy for others' perspectives, nor do they seek to evolve their own world views to accommodate the ever-diversifying landscape of America, which is well-represented in Berkeley's student body. In speaking discrimination to those who see unity amidst a vast array of ethnicities, religions, backgrounds, cultures, and sexualities, in preaching cynicism to students whose pursuit of higher knowledge embodies hope for the future; in seeking to incite violence—there is nothing to be gained.

DA alum hosts “Sunnyvaleans”

Christian Trujano
STAFF REPORTER

College education was important for former De Anza student, Misuk Park, who created a cable TV show based on the city of Sunnyvale. Park, who attended De Anza College, then transferred to UC Berkeley details her experience owning a cable access tv show.

According to Park, it was the practical real world application of this community college that really prepared her for the discipline of having a TV show. “That’s part of the reason why college education is so important in the real world because it shows the rest of the world, hey, this guy knows how to follow through,” explains Park. “Just the fact that you went through the rigor of signing up for the class and showing up and paying tuition and paying classes, all those things are logistical things. But when you’re a producer, when you’re doing your own tv show, well that’s basically what you’re doing. You have to follow the steps in order to get anything done,” said Park. “That’s like a life lesson,” Park continues as she recalls her educational journey. In De Anza, Park took a film class that began her interest in the media world.

This experience helped shape Park into being a self driven woman and weave through the local cable TV show media world.



Above: (from right) Misuk Park interviews Sunnyvale Mayor Glenn Hendricks in “Sunnyvaleans”

Being a current resident of the city of Sunnyvale, she saw the opportunity to create a community based TV show called “Sunnyvaleans” to present authentic information to the people of Sunnyvale from local events to politics, news, and even cultural background.

“I try to present a very entertaining but informational show. So, if anybody is looking from a media point of view, you can study a real life example of how information can be disseminated through one single viewpoint,” Park said. Her show strives to provide reliable information which Park fact checks herself to uphold its credibility.

According to Park, In order to have a successful TV show, you just have to put yourself out there. Sign up at your local TV station, try taking some classes, build a solid network of people, and keep developing experience.

PHOTO COURTESY KMVT

“Sunnyvaleans”

Airs locally on KMVT

- Los Altos
- Sunnyvale
- Mountain View

Watch Mondays at 7:30 p.m. on Comcast channel 26 AT&T U-Verse channel 99 and on the KMVT YouTube channel.

DIMENSIONS OF WELLNESS

Finding your balance



Mary Sullivan
GUEST COLUMNIST

“When health is absent, wisdom cannot reveal itself, art cannot manifest, strength cannot fight, wealth becomes useless, and intelligence cannot be applied.”

-Philosopher Herophilus (300 BC)

This week I look at dimensions of wellness. Wellness and life satisfaction are closely related to the availability of basic needs (nutritious food, safe shelter, steady income) as well as availability of modern conveniences (e.g., electricity, clean water). Mental wellness and a positive attitude are also important.

Having supportive relationships is one of the strongest predictors of well-being. Relying on Facebook does not count. Consider cultivating and sustaining positive, in-person relationships. Get involved with clubs or groups of like-minded people. Share fun activities that are good for the body, such as walking or hiking, or invite friends to see a movie and share laughter. Work on good communication, mutual trust, respect, equal support and boundaries for each of you. Do it for your health.

You can adjust the levels of happiness and sadness that affect your life. We have a choice to focus on silver linings. As you go through a day, try to only comment on the positive aspects. Instead of complaining, “it is so hot today,” try “what a beautifully clear day today is!”

Another aspect of wellness involves purposeful activity. As students, you are busy with classes, family and friends. For some, paid employment is satisfying because of the steady income, but volunteering can also foster satisfaction, meaning and purpose. While unemployment negatively affects well-being, volunteering to help others makes you feel better.

Find your balance through all aspects of wellness. Develop positive emotions by looking for beauty in the day as you walk to class. Take time to cultivate healthy in-person relationships. Tough times happen to all of us, and with the help of human connection, often the weight of the problem feels lighter. At Student Health Services, we care about all aspects of your wellness. We have our Chill City event with our Furry Friendly dogs coming up June 22 to prepare you for finals. If you have questions, stop by and we can talk about healthy changes to consider.

Mary Sullivan is the Director of Health Education and Wellness, and can be reached at 408-864-8733 or at her email, sullivanmary@deanza.edu.

OPINION

Social media dump

Natalie Valencia
FEATURES EDITOR

About two weeks ago I quit social media. Deleted all apps. By “all” I mean Snapchat and Instagram. Why? Social media sucks.

Deleting social media felt like a huge weight being lifted from my shoulders.

Instagram and Snapchat and even Facebook are dangerous. There’s even a word to describe such danger: FOMO. Fear of Missing Out. We see the classic beach pic that you wish you were there, someone posting a #tbt of a concert? Or the people you have never had an actual conversation with, who don’t know anything about you-vice versa and yet you follow them? And Snapchat, which allows you to post stories and send pictures to people, it’s cool until you’re snapchatting every single moment of your life and forget to put the phone down and enjoy whatever you’re doing in the moment. Even to the local artists, who use it as a platform to get their work out into the world. I encourage them to pursue that with their accounts but art isn’t in the world- walls, museums, coffee shops, books. It belongs out there, not in a virtual reality.

I’ve been there too. I’ve even been there to the point that I’m obsessing over why I don’t have enough likes on my photo or what my ex has been up to or that or why I can’t be prettier, smarter, popular, talented, the list goes on. All these why can’t I’s start affecting your self esteem and it begins to crumble. Sure, you can learn to ignore the bad and focus on the good parts of these apps like seeing new artists, memes, news, Rihanna Fenty Makeup drops. But in the back of your mind, you still have that urge, the urge to compare. There’s no actual connection on social media. No human connection. And while of course it is important to stay connected with friendships, relationships and all, real relationships that matter take effort and work. A snap or a like is not gonna make it stronger. And if you’re gonna keep social media, that’s great, but at least be mindful who you let into your life. Just like you wouldn’t marry the first person you go on a date with, same with your social media. Keep ya circle tight.

Quitting social media may seem scary but it’s a lot better to remember what it was like to be present in the moment than looking it from a screen.

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Dons football team optimistic for a winning season



Above: De Anza football team members perform their intense daily training at De Anza College Sept. 21.

PHOTO BY MATTHEW FERNANDEZ

Susan Garcia SPORTS EDITOR

The De Anza College Dons Football team has been putting in hard work as games started early this fall season. Head coach Anthony Santos said leadership is the team's main focus and players have been working on it as he said they would.

"This year we had select representatives from their groups: They meet once a week to see how the team culture is, see their needs are met, and if there are things that could be improved. Having a structure so that the players have a voice, to us that was

very important," said Santos.

Assistant head coach Burt Codera agreed that leadership is a huge deal, and said coaches try to implement that on these young men; it's a lifestyle.

"We are teaching them minor details and to focus on them, so when it adds up it'll create something bigger. Winning isn't the main priority and it's something we try to put it aside and focus on our tasks so that when we do all those things, winning is just a product of what we do on the daily," said Codera.

The team is feeling excited about this season. "I feel optimistic. We have a very

talented group of young men. We have students with different life situations. Different areas of the country, mindsets and we are just trying to push them all together and blend them," said Cordero.

The team works hard, and meets every single practice with enthusiasm. There is a downside, but they don't let it affect their game performance.

"I feel excited; the downside, it's De Anza has a part-time head coach, and all the other teams we play have three to six full-time coaches. That's why we train in the evenings, most of us are teachers and this is our second job," said Santos.

This makes the Dons work even harder. Santos said the team's diversity, and its hardworking students who have had to overcome the odds is something they celebrate.

"Football is a way of hope for them; their future doesn't have to be negative. They're part of a team that has a coaching staff who celebrates, supports and empowers each other," said Santos.

The Dons' current record was 1-2 going into their a Sept. 22 match against Laney College.

Their next home game will be on Sept. 30 at 1 p.m. vs. Chabot College.

Men's soccer crushes game 3-2

Andrew Shinjo EDITOR-IN-CHIEF

De Anza College's men's soccer team managed to score a last-minute goal with a stylish bicycle kick to defeat Lassen 3-2 in a very close game on Sept. 19.

When asked about how confident he was about today's game, player coach Alexis Estrella, business communication major, said, "We expect to win every game."

Throughout the game, the momentum was back and forth as both teams exchanged goals at one another, but De Anza always maintained the initiative by never allowing the opposing team to score ahead of them.

Rusty Johnson, head coach for the men's soccer team, said, "Lassen hasn't given away many goals and so it was kind of a surprise that it was as high scoring an affair as it was."

Around the middle of the second half, Lassen scored a goal that set the score to 2-2, which placed both teams in a brawl to get a third and final winning point.

Frustrated with how the De Anza players were playing, a spectator who was supporting De Anza yelled, "Stop dribbling! Pass the ball!"

Within the last few minutes of the game, De

Anza had the opportunity at a corner kick, and Arturo Meza took full advantage of it by scoring with a bicycle kick to close the game out.

After this third goal from De Anza, Lassen aggressively went for one final counterattack and got dangerously close to De Anza's goal, but the Don's defense held strong and secured them the victory.

When asked who he thought was the MVP for the day, Johnson said, "With a goal like that, you gotta give it to Arturo Meza. You know, but overall, I thought the team did a lot of the simple things pretty poorly today," he said. "We did an awful job of managing the game today. We did a lot of silly things that we try and teach our guys to take care of. I'd say the little things that help you in games, we failed at today and so we kind of gave them an opportunity to be in the game and I don't think we played well today at all."

To better prepare for future games this season, Johnson said, "We need to focus on how we attack in the final third and how we get behind teams. You know I think our build up is fine, but when we get up to the forward third, we struggle. So we need to work on moving the ball up a bit."

Johnson nominated Meza as MVP of the game.



PHOTO BY MATTHEW FERNANDEZ

Above: Dons celebrate a last-minute goal that broke a tie and led let the to a 3-2 victory over Lassen College Sept. 19