




LA VOZ NEWS

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 La Voz News

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Oct. 10, 2016



LOMA PRIETA FIRE RAGES IN SANTA CRUZ MOUNTAINS, FORCES EVACUATIONS

Smoke appeared over the top of the Santa Cruz Mountains and quickly turned into flames. Within hours, a large fire had enveloped hundreds of acres and resulted in the mobilization of fire units all over the county.

Jamie Lamping
STAFF REPORTER

PHOTOS COURTESY OF
Ben Wild

As of Oct. 2 at 12 p.m. the fire was 66% contained; the fire burned over 4,200 acres and destroyed 12 homes and 16 outbuildings, according to fire.ca.gov.

Almost 2000 fire personnel and 100 fire engines have been working to contain the fire since it started on Monday, Sept. 26. The cause of the fire is still being investigated.

The fire is approximately 18 miles away, but some De Anza students and staff who are in the area experienced

> SEE: P.3



Top: Cal Fire helicopters from the Alma Helitack Base in Los Gatos prepare to drop water over the Loma Fire in the Santa Cruz mountains on Monday, Sept. 26.
Above: Cal Fire firefighters load equipment to fight the Loma Fire.

NEWS

Debacle at DASB Senate meeting; two resignations amid the chaos

> SEE: DEBACLE, P. 5

ARTS

Diversity flourishing on TV; less so in film

> SEE: DIVERSITY, P. 9

OPINIONS

College President Brian Murphy and political ideologies

> SEE: PRESIDENT, P.11

Tuesday, Oct. 11

FILM SCREENING: "RIGHT FOOTED"

2- 4 p.m., Campus Center Conference Rooms A&B
"Right Footed" is a documentary about martial artist, disability rights activist and pilot, Filipina American Jessica Cox. Ride along on her journey as she overcomes adversity, finds romance, and inspires the world.

Wednesday, Oct. 12

WHY VOTE AND FOOD FOR THOUGHT

5:30- 9 p.m. Campus Center Conference Room A
At this interactive forum, students can learn from community groups about crucial California ballot measures as well as county and city measures. Free food provided!

Thursday, Oct. 13

WOMEN OF COLOR AND THE VOTE

10:30 a.m.- 11:20 a.m. MLC 112
Join Rev. Wilma Jakobsen in "South African Women's Political Activism."

Thursday, Oct. 13

CLUB DAY 11:30 a.m.- 1:30 p.m.

Main Quad
Learn all about all the different clubs De Anza has to offer!

Monday, Oct. 17

TRANSFER DAY 10 a.m.- 1 p.m.

Main Quad
Reps from more than 60 colleges and universities will be on campus to talk about admissions and transfer requirements.

Tuesday, Oct. 18

HIP HOP EDUCATION SUMMIT

10:30 a.m.- 4 p.m. Conference Rooms A&B
Students are invited to find their voice and empowerment through Hip Hop and Higher Education, and learn about the services provided by the Men of Color Community. The event includes student-led workshops, and lunch is provided.

Wednesday, Oct. 19

WOMEN OF COLOR AND THE VOTE

9:30 a.m.- 10:20 a.m.
Join Mayra Cruz in "Running for Elected Office as a Woman of Color"

Wednesday, Oct. 19- Thursday, Oct. 20

FLU VACCINATION CLINIC

9 a.m.- 3 p.m. Don Bautista Center
Get your free flu shot!

Saturday, Oct. 22

SANTA CLARA VALLEY ARCHIVES CRAWL

10 a.m.- 2 p.m. California History Center
Local History and California Studies are the specialties of the Stockmeir Library and Archives, a program of the California History Center. Participants in the Archive Crawl will test their experience, knowledge, and imagination using historic photographs, maps, and other fascinating items.

Announcements TRANSFER WORKSHOPS AND INFO SESSIONS RSS 202

CSU Workshops

Tuesday, Oct. 11
Thursday, Oct. 13
Tuesday, Oct. 18
Wednesday, Oct. 19
Monday, Oct. 24

UC Workshop

Tuesday, Oct. 25

CORRECTIONS

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

ADVERTISING

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De Anza College Dining Services Menu: Oct.10-Oct. 21

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

<p>10/10 SOUP Roasted Red Pepper Bisque PIZZA Roasted Chicken and Ranch PASTA Pasta Special</p>	<p>10/11 SOUP Cream of Mushroom PIZZA Mediterranean Chicken</p>	<p>10/12 SOUP Mexican Tortilla PIZZA Hawaiian Ham and Pineapple PASTA Three Cheese Mac with Bacon</p>	<p>10/13 SOUP Chicken Noodle Soup PIZZA Spinach, Tomato, and Onion</p>	<p>10/14 SOUP New England Clam Chowder PIZZA Chef's Choice</p>
<p>10/17 SOUP Butternut Squash PIZZA Asian Chicken with Scallions PASTA Pasta Special</p>	<p>10/18 SOUP Broccoli and Cheddar PIZZA Hamburger Cheddar</p>	<p>10/19 SOUP Beef Chili PIZZA Margarita PASTA Beef Stroganoff</p>	<p>10/20 SOUP Buffalo Style Chicken PIZZA Tomato, Onion and Feta</p>	<p>10/21 SOUP New England Clam Chowder PIZZA Chef's Choice</p>

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+



- 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.

COME TO A SENATE MEETING

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

> FROM: P.1

the effects of the fire up close.

“I know people who live on the Santa Cruz side of the mountain who have been quite nervous about it,” said Ken Weisner, an English teacher at De Anza. “A few days ago, the original plume of flame and smoke was very dramatic from Santa Cruz County.”

Weisner said it reminded him of the Summit fire in 2008, which led to more evacuations and destroyed more homes than the Loma Prieta fire, but burned fewer acres of land.

Elizabeth Hogan, 22, a liberal arts major at De Anza, works at Loma Prieta Elementary School, five miles down the road from the fire. She could see the fire from the elementary school, and she had a few kids from the school get evacuated from their homes.

“At about 2:30 p.m. on Monday, there was this huge cloud of white smoke,” She said when recalling the time she first noticed the fire,

“About a half an hour later it was really dark gray smoke, and it just kept growing, and growing.”

She said that many of the children were worried about their own homes or their school catching fire. However, Hogan assured the kids that the fire would not reach the school.

Loma Prieta Elementary was not threatened by the fire and didn’t have to evacuate, but some of the

“At about 2:30 p.m. on Monday there was this huge cloud of white smoke ... About a half an hour later it was really dark gery smoke, and it just kept growing, and growing.”

—Elizabeth Hogan, 22, liberal arts major



Above: Flames and smoke from the Loma Fire illuminate the sky over the Santa Cruz mountains on Monday, Sept. 26.



Left: Cal Fire helicopters from the Alma Helitak Base in Los Gatos drop water over the Loma Fire.



Left: Fire fighters from the Alma Helitak Base in Los Gatos coordinate activities to fight the Loma Fire.



Left: A Cal Fire tanker returns after dropping fire retardant around the Loma Fire.

A welcome from college president, student gov.

Andrew Pouliot
NEWS EDITOR

Every year, De Anza College leadership holds an Opening Day ceremony to honor the staff and faculty and usher in the new school year. This year was no different, with College President Brian Murphy laying out new plans and policies for De Anza.

“We have 22,000 returning students this year,” Murphy said in his speech. “Enrollment is down at colleges across the state, but it is a direct result of higher transfer and graduation rates.”

Murphy began the ceremony by honoring long-serving faculty and staff members at the college, including Forrest O’Brien, an automotive technician who has taught at De Anza for 45 years, and Christoph Newell, a design and manufacturing technician who has taught here for 40 years. The longest-serving faculty were met with applause and cheers.

“I want to take this time to acknowledge our long-time faculty,” Murphy said. “They have spent the best part of their lives dedicated to us.”

Murphy spent much of the ceremony honoring such faculty and staff, but also introduced members of the Academic and Student Senate, including DASB Senate President Matthew Zarate.

Zarate took the time to introduce new policies designed to help students on campus.

“Last year, a new tech committee created a way to livestream senate meetings on the internet,” Zarate said.

“This makes government more accessible to students.”

The tech committee also worked with the school to redesign De Anza’s website, which often was difficult to navigate for new students. Zarate introduced plans to find a cheaper way for students to get educational materials, and create a new navigational application in conjunction with Google Maps to assist students in finding their way around campus, which will be available in 2017.

“I will place emphasis on projects that expand awareness of sexual assault and forms of consent through educational presentations,” Zarate said. “We are also working to protect students from termination because of the excessive unit quota, and improving on quarterly events to expose students to various programs and departments our college offers.”

With a noticeable drop in enrollment comes a loss of revenue for the college. According to Zarate, the DASB Senate has a budget of \$1.3 million, which goes toward student activities and programs. Zarate introduced the creation of an economic task force.

“The Budget Advisory Committee would work hand in hand with directors and experts in our community to develop initiatives for increasing our external revenue for the further funding of various programs sponsored by the DASB,” Zarate announced in his speech. “The committee will present objective recommendations and strategies

“This college has been buffeted by budget cuts, which really hurt us, and one of the ways it hurt us was through the loss of positions or the inability to hire new ones. It is an enormous pleasure to see that we are hiring again.”

—Brian Murphy,
De Anza College
President



for the DASB to maximize our funds and guarantee that every single program has the opportunity to thrive in the upcoming years.”

Murphy also had good news for the staff this year. With the loss of revenue and the tough economy, the school has had to cut staff and student activities, including PE classes on campus. Despite this, Murphy was optimistic.

“This college has been buffeted by budget cuts, which really hurt us, and one of the ways it hurt us was through the loss of positions or the inability to hire new ones. It is an enormous pleasure to see that we are hiring again.”

Murphy revealed smaller changes to make student and staff life on campus more convenient.

“In response to criticisms that nobody knew what the Community and Student Services Building was, it has now been renamed the Registration and Student Services Building,” Murphy said.

A common topic brought up by students and staff so far in the quarter was the parking situation on campus. Murphy revealed changes to staff parking that would benefit both students and staff.

“A huge problem we face is the Flint parking renovation annoyance,” Murphy said. “I assure you that there are still the same number of staff parking spots as before, but they are contained at the Drop and Go at the soccer field. There are still a limited number of self-parking spots for staff. Please don’t park in student spots, because they are

in the same drama as you are, and they are trying desperately to find a spot.”

Murphy encouraged staff to be understanding of students who are late to class because of the parking situation, and also to urge students to carpool or use the VTA Eco-Pass to get to school, which would lessen the effects of traffic on campus.

“Upgrading Flint Garage is necessary to the safety of everyone and was non-negotiable,” Murphy said. “The longer we waited, the more expensive it was. Luckily, the firm that is conducting the renovation is on time to complete the garage by next fall.”

Murphy thanked the Athletics Department for sacrifices and hard work in ensuring the baseball and soccer fields are utilized for extra parking.

“The parking situation has demoralized students and encouraged them to go elsewhere,” Matthew Zarate said. “Over 60 percent of our students commute here from San Jose. The parking has also put pressure on the athletics department, which means the soccer team has to play on the football field.”

The close of the Opening Day ceremony was spent urging staff to educate students on the process to register to vote. Brian Murphy has been especially vocal in politics this year, telling staff it is important that they educate their students on the importance of voting in the upcoming elections.

De Anza check fraud: No new developments in case

Andrew Pouliot
NEWS EDITOR

Several checks from the Student Accounts Office at De Anza were fraudulently copied and cashed at online mobile banking institutions sometime around August 2015. By the time the fraud was discovered by staff, the college had lost over \$14,000 from Student Accounts.

Foothill-De Anza Community College District Police quickly investigated the fraud and unveiled a suspect: Former student Mariam Ahmadi, 41, of San Jose. Police attempted to meet with Ahmadi on three separate occasions to hear her side of the story, to no avail.

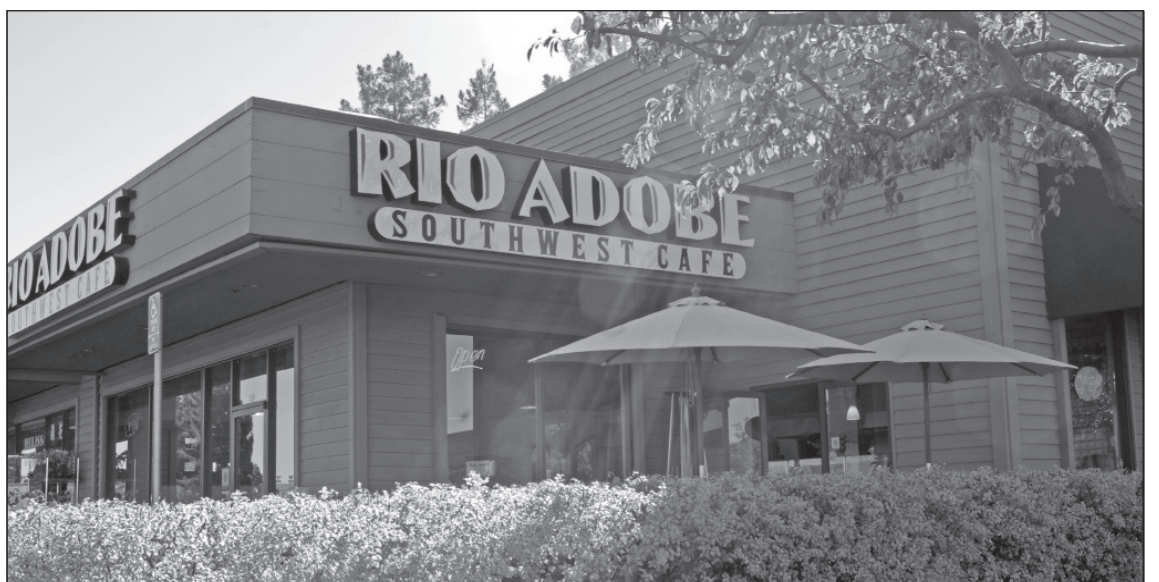
After Ahmadi failed to appear on the third attempt, FHDA Police filed a warrant for her arrest according to the submitted police report.

Ahmadi was arrested and charged with check fraud, according to court documents. She was released on \$50,000 bail, but ordered to appear before a Santa Clara County court in July 2016.

The presiding judge of the case will be Aaron Persky, known for his controversial sentencing of the Stanford rapist, Brock Turner.

Court documents indicated that Ahmadi’s trial date had been pushed back five times by her lawyer with no explanation immediately available.

The court date is set for Nov. 16, when the county lays out charges and sentencing for the crime. Ahmadi had previously served time in state prison and in county jail for fraud in the past.



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DASB Senate meeting erupts into chaos

Amanda Penrod
STAFF WRITER
Andrew Pouliot
NEWS EDITOR

Accusations and parliamentary misbehavior ruled the day at the DASB Senate meeting Oct. 5.

At issue was a budget request for \$7,000 from Umoja, a De Anza program that helps African-American students “increase academic and personal success,” according to its website. Umoja had requested the money to help cover a student trip to a conference at UCLA.

During the debate, Elias Kamal, a student representative on the Foothill-De Anza Board of Trustees, launched a personal attack on DASB President Matthew Zarate.

Kamal said what’s wrong with the senate and America as a whole is that black students have struggled to come together in years and that the senate would dare to cut \$2,000 from them, “that’s already messed up.”

“You don’t know what it’s like to be a person of color,” Kamal said.

“I’m a gay Latino,” Zarate said with a laugh.

Kamal repeatedly disrupted the meeting, violating parliamentary procedures in place to regulate who speaks and when.

Senate member Sobia Chahal also broke protocol several times during the meeting, standing up and interrupting Zarate to voice personal beliefs on the Umoja funding. Chahal shouted at Zarate and insulted him and the Senate as a whole, berating them for oppressing minorities and

“We need to have a budget session ... I’m really worried ... you guys don’t know your budgeting.”

-John Cognitiona
Director of College Life

causing the suffering of African-American students.

John Cognitiona, the faculty adviser for the DASB Senate, addressed Kamal several times, warning him that he could not speak at meetings without being recognized by Zarate.

“I don’t care,” Kamal shot back.

He said he would speak out and fight “the injustices of the Senate.”

He said black people are already “targeted and oppressed,” and that the senate had vowed to represent such groups on campus.

He said the Umoja trip would be beneficial.

“They’re gonna teach us and better serve,” he said. “Trust them.”

Kamal is not a member of the DASB Senate. He does not have a vote, nor is he allowed to speak without being recognized by the senate president.

“You don’t even know your budget,” Cognitiona said, after explaining to the senators how parliamentary process worked,

something he said they seemed to have forgotten during the meeting. Cognitiona also pointed out their continued violations of the rules, including speaking out of turn and disrupting the meeting with their behavior.

“We need to have a budget session ... I’m really worried ... you guys don’t know your budgeting,” Cognitiona said. He also cited attempts led by Chahal to impeach Zarate in the spring, and other drama within the senate that has prevented them from getting anything done.

Cognitiona indicated that an independent professional facilitator was willing to come in and work with the Senate, something that has been done before, but that it would cost \$6,000.

“We go and stay in nice hotel rooms,” Chahal said. “The whole problem with the senate right now is that they are not representing the students. If we can’t give this money to students then what are we doing?”

Several senators hushed her until she quieted down.

“We only have \$16,000 in our account,” Zarate said. “We’re already spending around \$10,000 in our first meeting.”

He said fall is the biggest quarter for extra funding requests.

At one point, Senator Chi Tran got into an argument with Cognitiona over the amendment they were voting on. Tran did not understand the amount of money indicated for the original motion. “It’s wrong,” she said. “Everyone is confused.”

While Tran pleaded for clarification, Cognitiona decided it was time to move on. Cognitiona disregarded her pleas and had the senate move on; the senators appeared to be still confused about what was going on, so he had to explain the measure once again.

For his part, Zarate spent much of the meeting attempting to maintain order. Things settled after the Umoja delegation departed, their initial budget

request of the much-debated \$7,000 having been granted.

Two senators, Kevin Hoang and Puneet Kaur, had submitted their resignations prior to the meeting. Their resignation letters were read aloud before the end of the meeting. One letter cited “unnecessary drama” and an “atmosphere of fear that kept them from accomplishing their goals” for the reasons for resignation.

“Each time I come into the Senate office, I hear of new conflicts,” the letter said. “I ask myself, what have we done for the student body ... nothing comes to mind. They think they have more power over others. ... I feel the student body has accomplished nothing. ... They are not fulfilling duties. ... I wished to spend my last year with an organization that will make a positive impact.”

Many senators have not attended meetings, and the DASB Senate received a letter from the Academic Senate, which represents faculty at De Anza. The letter explained that they [the Academic Senate] don’t see enough students going to those meetings so they haven’t been involving this senate with their projects.

Editor’s note: La Voz reporters Matthew Granger and Amanda Penrod spoke at the Senate meeting, which is against La Voz editorial guidelines.

Deadline approaching: Time to register to vote

Maria Nieves Ortiz Coll
STAFF WRITER

The Nov. 8 General Election is just around the corner and the deadline for registering to vote in Santa Clara County is Oct. 24.

The Campus Vote Project website shows that 21 percent of young adults did not register for the 2012 elections. In most cases they missed the registration deadline because they didn’t know where to register or were unfamiliar with the registration process. According to the California State Law, you are eligible to pre-register if you are 16 or older.

De Anza is offering help to make voting accessible for students. From

now up to Nov. 8, information desks are being placed in front of the Main Quad to help students register.

“It’s straightforward,” commented Tomo Sabin, 19, a visual arts major who just registered. “Since I’m from Japan and I don’t fully understand English it’s helpful that they have the form translated in Japanese, it was easier.”

In addition, there will be an official ballot drop box attached to the Main Quad flag post from Oct. 13 to Nov. 8. All students who are voting by mail may drop their vote there.

Rash of car thefts hit both Foothill and De Anza campuses

Andrew Pouliot
NEWS EDITOR

Car thefts were reported at both Foothill and De Anza campuses Oct. 6, according to Foothill-De Anza Police.

According to an email sent out to students by De Anza College, the thefts targeted modified sports cars. Police advised students driving such vehicles, especially those with removable aftermarket upgrades, to park in easily visible areas with high foot traffic.

The email went on to say that parking in the Drop & Go lots on the baseball or soccer fields after 10:30 a.m. will ensure that all vehicles are attended during open hours.

No officers at the Foothill-De Anza Police Department could be reached for comment because they cannot talk about current investigations.



Students who see anyone removing parts from any vehicle, or suspicious activity, are directed to call 911, or 408-924-8000.



Super Soul Bros. bring jazz interpretations of retro games

Yane Ahn
STUDENT LIFE EDITOR

Students kicked off the first week of school jamming to and Snapchatting performances by the Super Soul Bros. during Welcome Week; three days of music filled mornings hosted by the Diversity and Events Committee.

The musicians performed hit songs from 90s video games such as Sonic the Hedgehog, Legend of Zelda and Super Mario Bros.

The group consisted of Robbie Benson on keyboard and bass, Brian Sheu on guitar, Chris Haman on drums, Bill Smoli on trumpet and Christian Manzana on trombone. Missing from Wednesday's performance was Alex Popoff on saxophone.

Keyboardist Benson and guitarist Sheu are both De Anza College alumni. Benson said it was great coming back to his school to perform for students.

"I remember when I was attending De Anza I saw a few bands and really got a kick out of it. It's cool being on the other side now," Benson said. He said it is important to play in front of schools and student bodies that appreciate retro gaming music and might not know groups like theirs exist in their neighborhood.

Benson said he benefited from the humanities classes he took at De Anza as they brought different perspectives that influenced what he created in filmmaking and music.

Lim said he believes a good start is a good year and for freshmen, it is important to feel that it will be a good year.

"It's soothing and it calms you down after class while you're enjoying eating," said Kevin Endo, 18, Computer Science major.

Xavier McSwain, 19, Biology major said the performance was great and the group was a good composition.

Diquan Cummings, 22, Liberal Arts major said Welcome Week helps new students who don't know the college life mellow down. Cummings said he likes the jazzy feel the band provided.

The Super Soul Bros. stream every Friday on Twitch.tv and information can be found on their website www.supersoulbros.com. Their merchandise consists of their discography sold on a \$50 USB drive in the shape of a SNES as well as \$20 t-shirts.

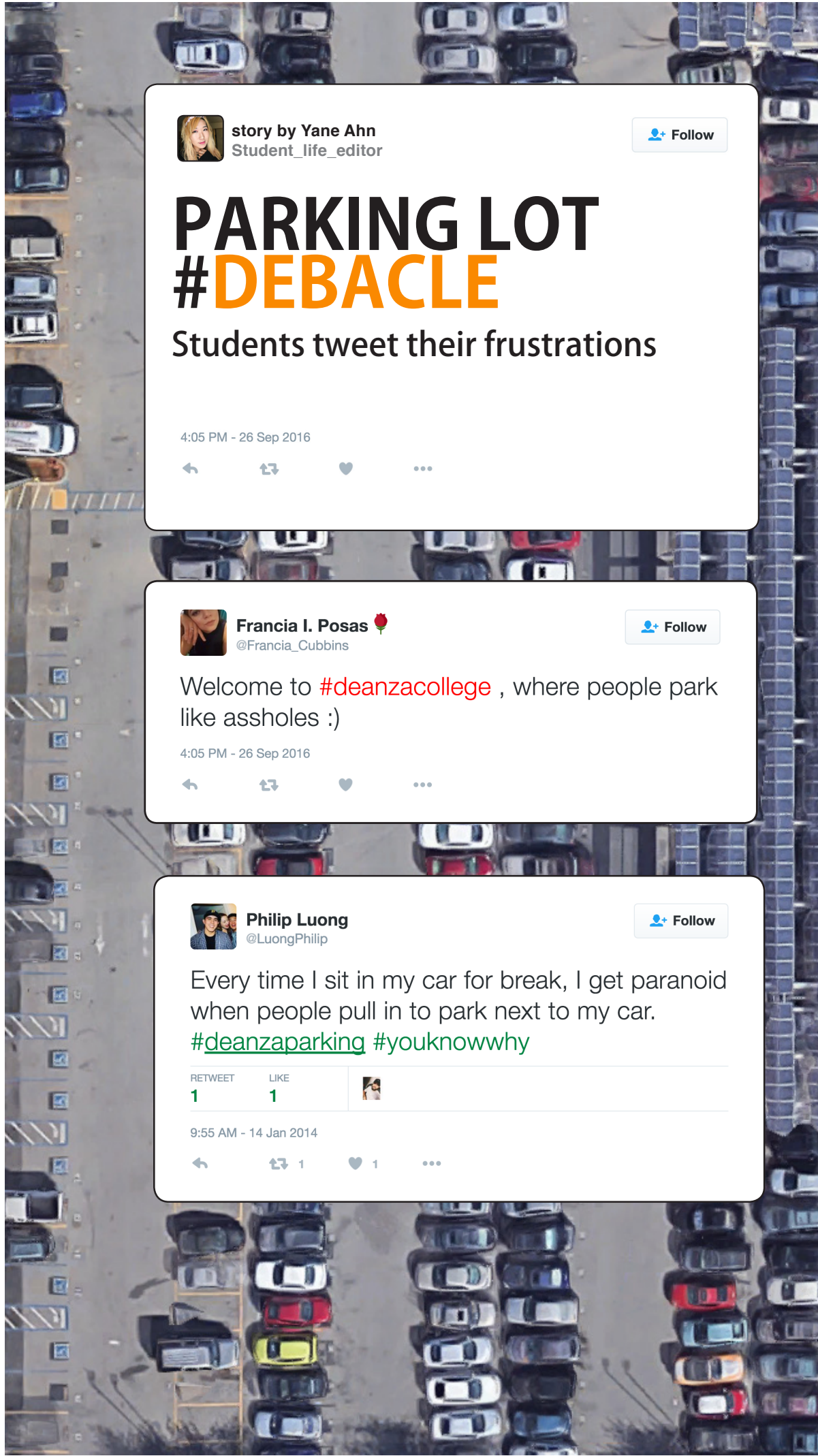
"For aspiring jazz musicians, I'd say get out and sit in at jams, play, write, explore. Just do it. Real world experience has always been the best method for me," Benson said on advice to aspiring De Anza musicians.

Victor Lim, a DASB Senate organizer of the event, said that all of the Welcome Week entertainment was planned by La Donna Yumori-Kaku, the DASB Interclub Council Adviser.

Above: Video game inspired jazz band Super Soul Bros. perform during welcome week in the main quad on Wednesday, Sept. 28.

"I remember when I was attending De Anza College, I saw a few bands and really got a kick out of it. It's cool being on the other side now."

-Robbie Benson, Super Soul Bros.



story by Yane Ahn
Student_life_editor

PARKING LOT #DEBACLE

Students tweet their frustrations

4:05 PM - 26 Sep 2016

Francia I. Posas
@Francia_Cubbins

Welcome to #deanzacollege , where people park like assholes :)

4:05 PM - 26 Sep 2016

Philip Luong
@LuongPhilip

Every time I sit in my car for break, I get paranoid when people pull in to park next to my car.

#deanzaparking #youknowwhy

RETWEET 1 LIKE 1

9:55 AM - 14 Jan 2014

New downtown finally developed, pop



La Voz staff

A hop, skip, and a jump from the campus and one block from the magenta and blue Cupertino's new Main Street plaza and shops.

Besides the free parking opportunities and the breathable layout, the ambiance of the new utopia.

Now a confession: out there: the main Target looks as though it's in the posh hills of Palo Alto.

The tinkling of the mouthwatering

PHOTO BY MATTHEW FERNANDEZ | LA VOZ NEWS



Sleep: It's a big deal

Mary Sullivan
GUEST COLUMNIST

Healthy sleep habits should be a priority for students who find themselves drifting off or failing to pay attention during class. The Center for Disease Control has found one in three U.S. adults typically sleep less than seven hours a night. However, the quantity and quality of sleep have a profound impact on learning and memory.

According to De Anza's National College Health Assessment Survey, 40 percent of students surveyed "felt tired, dragged out, or sleepy during the day," and 41 percent reported not "getting enough sleep to feel rested" three to five days a week.

Sleep allows the brain and central nervous system to function properly. Chronic or low quality sleep is associated with moodiness, and many serious health problems – diabetes, obesity, depression, hypertension, impaired immunity and cognitive functioning.

Tips for healthy sleep habits:

- Limit alcohol – consumed in excess, alcohol helps you fall asleep quickly and deepens sleep initially, but later it disrupts sleep and causes middle-of-the-night wake ups. Overall, it produces unsettled sleep and alters sleep phases, including reduced REM sleep.
- Skip coffee breaks in late afternoon/evening.
- Avoid nicotine – like caffeine, it is a stimulant.
- Reduce noise – use earplugs, which are available free in Health Services, or a white noise machine.
- Be cool & dark – darkening window shades, sleep mask, and comfy, cool bedding result in a conducive sleep environment.
- Keep a consistent sleep routine.
- Avoid big meals two to three hours before bedtime.
- Limit water/fluid intake in the evening.
- Keep naps short and early; they should be less than 30 minutes and before 3 p.m.
- Practice relaxing soothing behavior 30 to 45 minutes before bed. Listen to calming music, try meditating or gently stretch. Identify your stressors and worries. For help, students can make an appointment with De Anza's psych services.
- Exercise regularly, but not strenuously, just before bed. Try to get out in the sunshine before noon each day for 30 minutes to set your body clock. Even just walking helps.
- Limit screen time 1 hour before bed.
- Reserve bed space for sleep (and sex) – not studying or work. Condition your body so that bed space is associated with sleep.

Before taking nonprescription sleep aids, consider seeking medical advice at the Health Services or with a doctor. Use caution with nonprescription sleep aids such as Sominex and Unisom, which contain antihistamine, a drug which causes drowsiness and impairs driving ability the next day. They interfere with the neurotransmitter acetylcholine, causing memory problems, and confusion.

Tolerance (the need to take larger amounts to get the same effect) to these sleep aids can develop quickly, so don't take them for more than a few nights in a row.

Nighttime pain relievers such as Tylenol PM and Advil PM and cold remedies such as Nyquil also contain such antihistamines to promote drowsiness. If all that is needed is pain relief at night, just take acetaminophen such as Tylenol or ibuprofen such as Advil and Motrin. These drugs are available at Health Services. And if you simply need temporary help sleeping, skip the pain reliever and just take the antihistamine itself, Benadryl.

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.

ulated with interesting eateries and cafes

and a short drive from
may strut the gold,
eige brick roads of
ly constructed Main
opping centre.

parking, limitless photo
initial cleanliness, the
and relaxed modern
square is a millennial

n for all the shopaholics
modern, wood-panelled
ough it belongs in the
Alto.

of busy utensils and
g aroma of sizzling

garlic and onions drift through the open doors of the beautifully refined stone walled restaurants, and there are plenty of scrumptious eateries with Snapchat "story" worthy delicacies to go around.

Oren's Hummus Shop is the place for all those Greek at heart. The heartier meat lovers should stop by the ritzy Lazy Dog Restaurant & Bar. There's also the sleek Philz Coffee shop at the center of the plaza, the literally fiery HAI Di Lao HotPot for those daring Asian-food lovers, and other diverse choices of dives and chains to choose from.

Plus, many places are looking for new hires, so get dressed, grab some friends, bring a polished resume and make a day of it.

The architecture of the plaza is something in and of itself. Though surrounded by dull boxy clumps of Apple office buildings, the earthy materials such as stone, brick, and wood used on the encompassing architecture of the downtown make a nice change.

The downtown successfully shoots for a cozy yet progressive feel. This place is a definite hit for students looking for a stylish weekend after school. Scratch Cupertino, this place is a resounding CupertiYES.

“Miss Peregrine’s Home for Peculiar Children” entertains

Jackielyn Baldinger
STAFF WRITER

Tim Burton’s newest film, “Miss Peregrine’s Home for Peculiar Children,” is a fantastical and creepy cinematic experience. Take “Harry Potter” and “Edward Scissorhands” and you have the Home for Peculiar Children.

Released Sept. 30, a month before Halloween, the film transports you to a world with characters who are nothing less than festive.

In modern day Florida, Jake (Asa Butterfield) deals with an unengaged, alcoholic father, Frank (Chris O’ Dowd), and is ultimately raised by his grandfather (Terence Stamp) who, over time, has filled Jake’s head with mystical stories of his own childhood.

Curious Jake is lead to discover the truths of his grandfather’s stories, though his father thinks the stories have gone to Jake’s head, and thinks it in his best



PHOTO COURTESY OF FOX MOVIES

interests to talk to his therapist, Dr. Golan (Allison Janney).

The film features some big names, such as Samuel L. Jackson, Judi Dench and Eva Green, who perform wonderfully. Jackson and Dench have smaller roles, but deliver nonetheless. Jackson startles us entertainingly,

and Dench performs lovingly. Green plays Miss Peregrine, a character who fascinatingly guides the viewer on a trip to the home for peculiar children.

The film is a drama-fantasy, but gives us well played out comic relief when needed.

Burton includes references to

World War II, which seem like an attempt to include a political level and give us a sense of era. These historical references damage the film by distracting the viewer from the fantastical elements, giving the film a convoluted feel.

There was a lot of action

toward the end of the film and it made us root for the good guys. However, Burton decided to kill off some characters before we even begin to form a connection to them which could have easily been developed. It ultimately takes away from his intent.

Despite stereotypes regarding CGI in films, this movie’s special effects are well done and entertaining. The effects are used to create creepy monsters, and give children awesome abilities in the classical sense of the term, such as flight and power over heat.

“Miss Peregrine’s Home for Peculiar Children” is a film that teens would enjoy with humor that is targeted for adults. The rating of PG-13 means some younger kids might get frightened over some of the content. The film is screened in standard, and 3D XD, if you are willing to pay the extra money.

Eating around campus: A guide beyond the trays

Maria Coll
STAFF WRITER

Students need a quick eating break after a long day of classes and studying, and a glance off campus provides several options.

Love of pizza is practically a national pastime, and **Blast 825 Pizza** provides unlimited toppings. Signature salads are also available, for those who want a lighter meal. The eatery offers signature pizza options such as margherita and pesto chicken as well as giving the option to personalize a pizza.

Ike’s is a fast and filling choice located right across from De Anza College’s campus. They offer a variety of sandwiches including vegetarian options for less than \$10. The restaurant also uses a reward card system and a permanent check-in reward on Yelp. Each purchase comes with a caramel apple lollipop.

For those who get to campus for early classes, the **De Anza Cafeteria** offers the best breakfast options. From 7 to 10 a.m. on Monday to Friday, students can enjoy two combination options

of either scrambled eggs and ham, or eggs with various meats, depending on the day. The combos are offered for \$3.95 and include a drink.

Panda Express is a fast food option where students can choose from Americanized Asian dishes. From healthy options to meaty sauces, Panda Express provides a quick, flavorful meal. Eaters are given sides of chowmein, fried rice or veggies.

J&J Hawaiian BBQ serves plates filled with rice, macaroni and a choice of breaded meat or fish, the most convenient option for the hungriest students, provided in a convenient paper box for students who want a meal to go.

The DASB Card Student Discounts site serves as a helpful resource and lists student discounts for several locations. The website may be found at www.deanza.edu/dasb/discounts/ and delineates over fifteen eateries that discount prices for students with DASB student ID cards including **Subway**, **Snow Lounge** and **Yogurtland**.



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Diversity in TV doing well: Films still engulfed in whiteness

Neil McClintick
OPINIONS EDITOR

Less than a month after the self-congratulatory Emmy Awards, certain media outlets began to criticize Tim Burton's latest film, "Miss Peregrine's Home for Peculiar Children."

Within the confinements of a vacuum, critics ranging from the most exalted of institutional scholars to the most active of Tumblr socialites would likely have gone about their day without complaint.

But no such contextual vacuum exists. This film is criticized because Burton's long-standing list of 36 films have almost entirely been centered around white leads.

Hollywood's notoriety as the epicenter for the revolution of film has always been plagued by white dominance. The slim minority of people of color rarely land a lead role or prominent speaking role, and often find themselves pigeon-holed into stereotypes because of the ultimate goal of having a niche minority character.

Surprisingly, while the face of film continues to be defined by slow, incremental change regarding its overrepresentation of white, heterosexual males, its episodic-series counterpart — manifesting in the form of Netflix, Amazon Prime TV, Hulu and cable television — has made statistically significant strides in bridging the representation divide.

According to an extensive eight-year-long research study conducted by USC Annenberg School for Communication and Journalism,

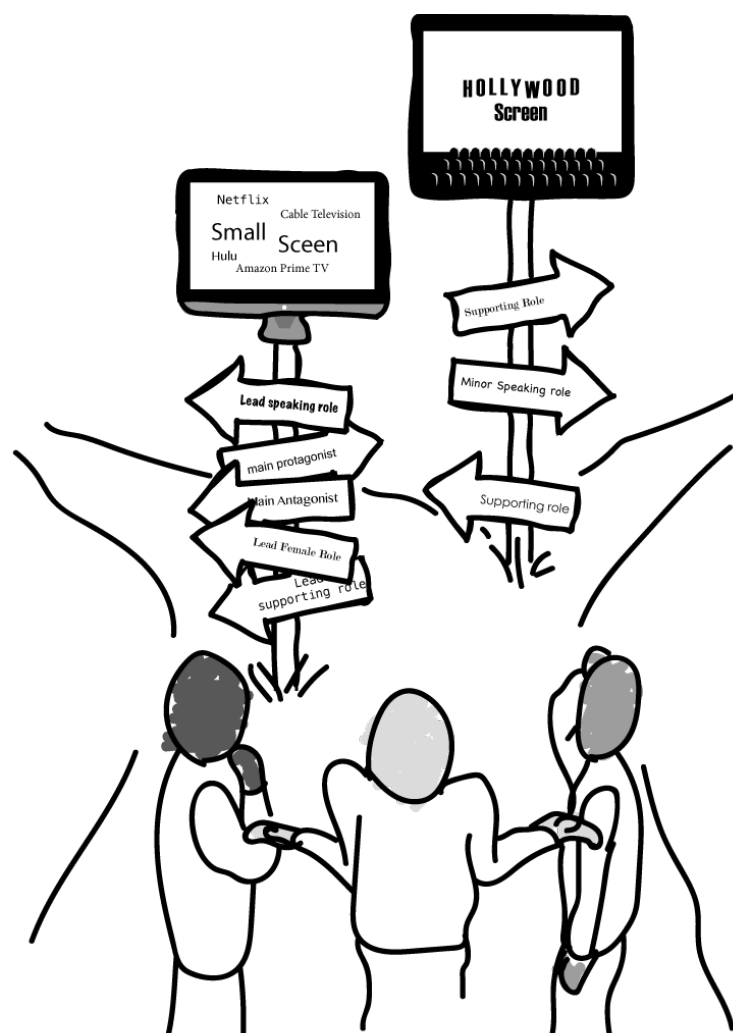


ILLUSTRATION BY JOSHUA LOPEZ | LA VOZ NEWS

"there has been no meaningful change in the percentage of girls and women [in film] between 2007 and 2015," citing an 11-to-5 speaking-role ratio of males to females.

Of those who find themselves in the minority, there is a noticeable correlation between sexual appeal and female roles. Women are three times more likely than men to display partial nudity as

a result of the strong desire for sexually appealing characteristics. Women over 45 have only a fifth of the representation of their male counterparts.

Whispers of the #oscarssowhite controversy seem all but inevitable with the realization that there has been virtually no statistical difference in the number of minorities cast in film since 2008, with only 14 of the 100 top films

depicting a non-white lead or co-lead.

Asians remain nearly invisible on the big screen, netting zero lead or co-lead roles among the top 100 films.

Meanwhile, there's a new aphorism in town, and it's surprisingly accurate with regard to depicting an issue as complex as diversity in television and film.

It goes like this: The smaller the screen, the greater the diversity. Krysten Ritter, the strong female lead in Marvel's "Jessica Jones" and Mike Colter, who plays Marvel's "Luke Cage," a complex black lead in an indefinite stream of white, male superheroes, have essentially become staples for Netflix entertainment and icons for the various mini-series set in Hell's Kitchen, New York.

From the exuberant diversity of "Modern Family," which features a gay, male couple, a retake on binary gender roles, and an adopted Vietnamese child; to more subtle displays such as Kevin Spacey's award-winning portrayal of bisexual, ruthless Frank Underwood in "House of Cards," to "Orange is the New Black's" strong female leads and co-leads of all races, backgrounds, genders and sexualities, episodic entertainment certainly is reaching to make a statement.

The disparity between TV and film is more than likely a result of the market as a whole. The monetary barriers to jump-starting an episodic show tends to be far less risky than a film. Films with female or minority lead and co-leads tend to be a gamble for the mainstream market, often compelling directors

and writers to cast white men at disproportionate rates.

In conjunction with the financial concerns of millionaires, it has been well-documented that African-Americans consume the most television across all demographic groups, and that minorities in general constitute a significant portion of the cable television subscription base.

Streaming services, which tend to boast racial, LGBT and female normalization rates superior to both cable and film, also provide an effective, lower-risk means of establishing a brand, while also appealing to a typically younger demographic.

While the rate of cable subscriptions continues to erode, especially among younger groups, the advent of streaming services also serves as a revitalization for episodic-based pop-culture, thus introducing new ideas, new stars, and more diversity.

False dichotomies are never fun to pass off as fact, and, as such, it is essential to face the harsh reality that while television has taken the avant garde precedent of making serious attempts to cast female and nonwhite speaking roles, remnants of more deeper institutional oppression make an impact on representation regardless.

The mission to close the divide is best described by writer and producer of "Grey's Anatomy" Shonda Rhimes: "[It's] not diversifying television. [It's] 'normalizing it.' There's a difference."

"The Magnificent Seven" remake Entertaining, yet culturally inappropriate

Virgilio Gonzalez
STAFF WRITER

"The Magnificent Seven" may not be an extraordinary cinematic triumph but it sure is entertaining.

The remake of the 1960 film differs from the original plot. But, it shares the same premise, centering its story on a group of misfit cowboys saving a village from bandits.

The film is carried by its heavy-weight actors, namely Denzel Washington, Chris Pratt and Ethan Hawke, who make the best out of the cliched script. All the actors shine, although the limited writing holds them back.

The movie is directed by Antoine Fuqua, who is best known for the Oscar winning film "Training Day." Fuqua does a great job with the film; his directing talents are apparent throughout.

Aesthetically, the film is beautifully lensed. The lush and bright western backdrop is a huge stand out. The cinematography, along with the landscape, carries

the film to the very end.

The cast hosts a range of diversity, yet the film still falls back into old tropes and stereotypes. One character that came across offensive was, in particular, Billy Rocks, who is played by Byung-Hung Lee. The Asian assassin, who coincidentally happens to be good with knives is a blatant riff off of Asian ninja stereotypes.

Manuel Garcia-Rulfo, who plays a Mexican outlaw, is reduced mostly to swearing in Spanish and making fun of the white man: another insulting stereotype.

I was expecting to see more representation from the Asian, Mexican and black actors among the extras; sadly, this didn't happen. The protagonists were the only people of color in the film, a historical inaccuracy.

California, during this time, was thriving with people from all ethnic backgrounds, and for the director to not include this damns the credibility of the film. This film is another example of Hollywood whitewashing history.

"The Magnificent Seven" had the potential to be a great film. Visually it is breathtaking, and uses the Western setting to the film's advantage. The score enhances the visual aesthetic and accompanies the scenes perfectly.

Unfortunately, the script is the movie's ultimate downfall. The dialogue falls flat at parts and the actors struggle to deliver their lines. The characters felt one dimensional. Had they taken the time to flesh out the characters and their backstory, the movie would have been a knockout.

This modern day "Magnificent Seven" is yet another unnecessary remake. This is not to say the remake is a bad film, but by no means is it a good one; it rests in the heart of mediocrity. As an entertaining time killer, there's no rush to go watch it at the theater. I would recommend waiting for the rental or for it to appear on Netflix. For those who truly seek a magnificent film experience, watch the original.

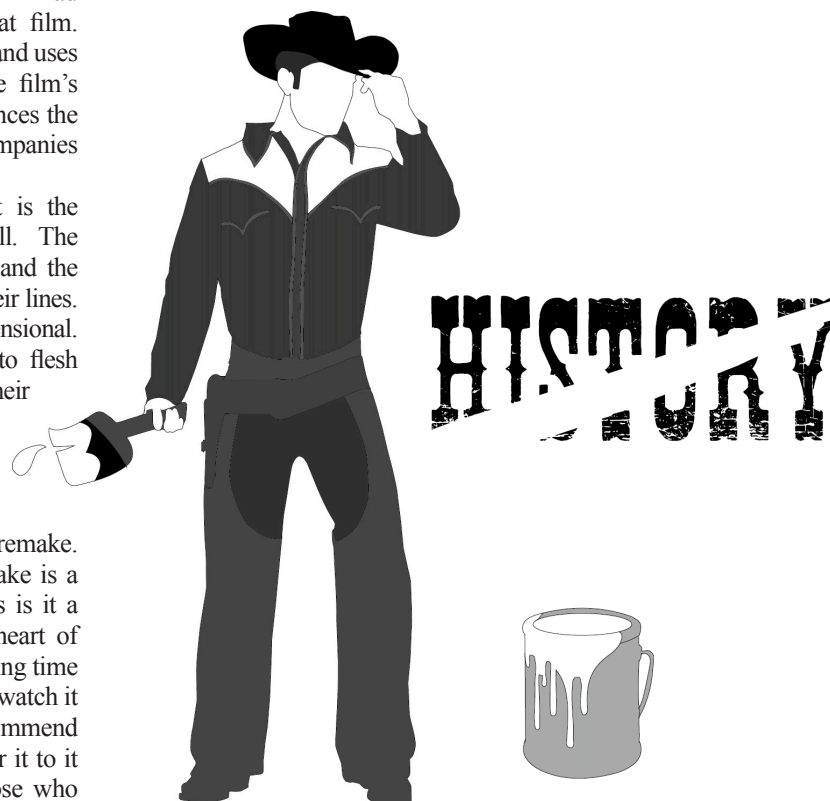


ILLUSTRATION BY BRIANNA SOLANO | LA VOZ NEWS

In Cutthroat Rematch, Mike Honda and Ro Khanna Compete for Most Untrustworthy

Jon Dupin
STAFF WRITER

In hot-button Congressional District 17 rematch between Rep. Mike Honda, D-San Jose, and challenger Ro Khanna, wherein ageism, scandal and logical fallacies take front and center stage, policy rarely makes the books or arises as a serious contention between the candidates. Their 2014 faceoff was chock-full of red herrings and character attacks, often unfounded at even the most primordial of roots.

At the climax of this all, a plurality of voters are likely convinced that esteemed congressman Mike Honda is actually a lazy fat-cat who collects tax dollars for the sole purpose of guaranteeing reelection, even post-mortem. Meanwhile, Ro Khanna must be a right wing tea partier with a case of tunnel vision set to “privatizing social security mode.”

Yet, when it comes their respective images of trustworthiness, the only palpable difference between prospective congressional candidates Mike Honda and Ro Khanna is the manner in which they manipulate systems for their own gain.

Honda is likely guilty of using assistants on congressional payroll to aggregate information and help fundraise for his campaign. More recently, Khanna has been accused, based on fairly damning evidence, of facilitating, encouraging, or at the very least knowing about an ongoing scheme in which his campaign manager illegally accessed his opponent’s sensitive campaign data.

Look no further for arisen allegations that Mike Honda created a list of wealthy donors “who were fast-tracked for VIP treatment on matters like visas and constituent service”. The ultimate



ILLUSTRATION BY JOSHUA LOPEZ | LA VOZ NEWS

intention to accumulate names until it totalled one thousand donors who were wealthy enough to give repeated donations of a thousand dollars each, which would in turn, produce a million dollars every donation cycle. That alone should send a cold chill down the spine of those who have any sort of vested interest in the undemocratic relationship between money and politics.

Khanna has his own issues of transparency. Fast to accept money from tech magnates but slow to provide a real record of his alleged progressiveness, Mr. Khanna seems instantly shrouded in unpredictability. While bypassing the need for PAC and lobbyist funds, Khanna’s list of donors reads “like a who’s who of silicon valley”, with individual donations averaging near the contribution limit. It would seem that he’s a man of the people — if your people are rich technocrats. He has been quick to compare himself to Senator Sanders, but the populist magic number is \$27,

not \$2000.

A severe lack of transparency shows Khanna hasn’t learned from his past mistakes. As early as in college he was denounced by his school’s newspaper for having purposefully tampered with receipts to mask the overspending of his student party. Now he’ll be in charge of holding the very corporations who fund him responsible. It would already be a monumental effort to summon the energy to pretend an honest person is capable of this, much less Khanna.

Having experienced World War II Japanese internment, Honda has fittingly dedicated himself to decades of progressive public service, working from the lowest branches of the government initially as a teacher and eventually the United States House of Representatives upon election in 2000. Ironically, before Khanna challenged Honda in their 2014 faceoff, he had this to say about the district’s incumbent: “Congressman Honda is of course an

outstanding representative. But, he is also the one person in the entire United States Congress, who, if there is an issue concerning the Asian-American community, anywhere, or if there’s an issue the administration wants to know about Asia, they go to Congressman Honda.”

Not unlike his opponent, Khanna also frequently alludes to his personal history as a means of conveying empathy and understanding, reciting his grandfather’s unjust imprisonment for marching alongside Gandhi. While dramatically less decorated in terms of public service, Khanna refines his image through his youthful charisma, quick-wit, intelligence, and his refusal to accept campaign contributions from PACs and lobbyists.

Both of these descriptions paint a fairly hopeful image; one which soothes the anxiety that voters face when having to indecisively choose between two democrats come election day. And yet, despite few differences in terms of policy proposal, CD-17 will inevitably be one of the most-covered congressional races in the country.

While Honda’s team continues to hide within the depths of SEIU, evasive in ways reminiscent of Hillary Clinton’s avoidance of the press, Ro Khanna, as we speak, pushes for a postponement of his campaign’s preliminary hearing, hoping to push it until after the election such that it goes unnoticed. Something is rotten in the state of Denmark; it’s a stench that eludes even the eyes of those most informed. While the smell can be sensed, its source remains uneasy — malleable to the demands of politics and stiff to the calls for transparency.

DA Voices: Should Edward Snowden receive a presidential pardon? **Taylor Ross** STAFF WRITER



Professor Cynthia Kaufman,
Director of V.I.D.A

“I absolutely think he should get the presidential pardon because he did a huge public service for this country. He took an incredible personal risk ... to expose something that was really wrong and was illegal and now that we know it, we are a better country for it, and actually they’ve scaled back that program as a result. So he did a huge public service, and if you think about Daniel Ellsberg and the Pentagon Papers, he did something very similar, people were angry and upset with him at first, and then he became a national hero, so I really hope Obama pardons him.”



Sara Elzeiny, 18,
computer science major

“I definitely think that Edward Snowden should be pardoned. One of the reasons is because we can’t have transparency and accountability if you’re hiding facts and file ... It’s [now] way easier to spy on Americans and I think the important thing to see is that there is some racial profiling, and there is also a great risk for activists to be targeted as well. I’m really uncomfortable with the idea of loyalty versus disloyalty because when does the government decide if someone is disloyal?”



Monica Chicas, 22,
nutrition major

“I definitely think he shouldn’t be [pardoned]. I do thank him for leaking the information [that] he did because that way we do know what is going on – they were lying to us, the government was definitely lying to us. But that being said, he also leaked a lot of other information, financial information as well, that pretty much compromised the U.S., different countries got that information, and the government had to backtrack, kind of undue all of the things that he did. So there was a lot of good, I guess you can say from the leaks [but] I think the bad outweighed the good.”



Marvin McCray, 26,
Mandarin major

“I think Edward Snowden should be pardoned because what he did was he gave an awareness to something that was going on that the government was, you know for the most part, maybe not trying to hide, but didn’t tell the people about. I think that he was just doing his civic duty to tell the world, indeed the world, because they were doing [that,] not just [to] Americans, but other countries too, and I think that he did the right thing.”

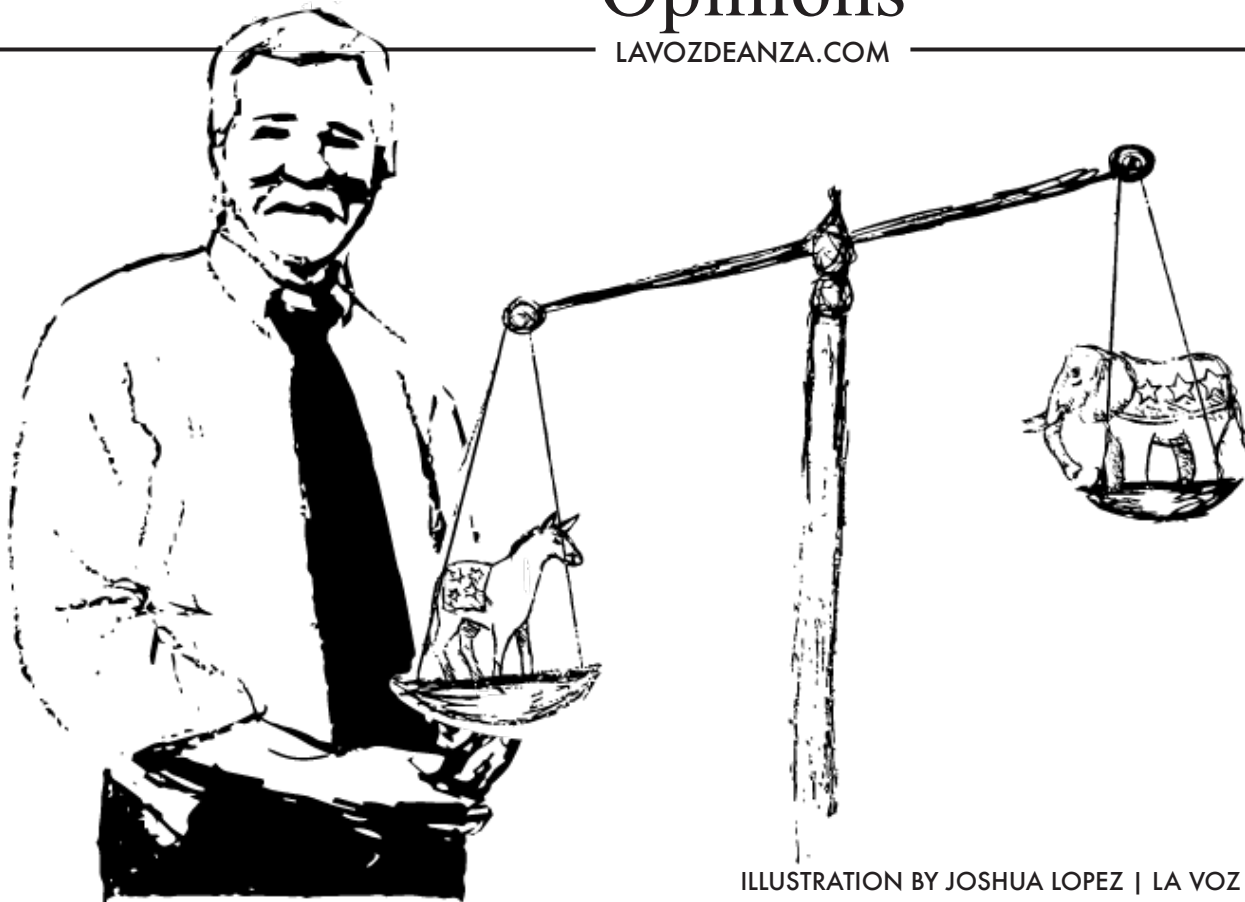


ILLUSTRATION BY JOSHUA LOPEZ | LA VOZ NEWS

College President Brian Murphy should not politicize campus

Andrew Pouliot
NEWS EDITOR

Educating and advocating are two entirely different things, and De Anza College President Brian Murphy does not appear to understand that. From politically charged statements during De Anza's Opening Day ceremony, to his op-ed to the San Jose Mercury News, Murphy has taken the initial steps toward politicizing De Anza's campus.

While it is ok for politics to be discussed or even advocated by students when in the classroom, faculty and staff are rightfully barred by law from using public resources to carry out political advocacy. Murphy skirted these restrictions during his speech in the VPAC.

At the Opening Day ceremony for De Anza College on Sept. 23, Murphy and various faculty members took the time to honor long-time staff and to promote new policies in student government. Murphy took several minutes to talk about the renewed push to focus on students registering to vote and participating in the voting process.

"We have to admit that it is a difficult and tension-laden election," Murphy said. "There are one or two elements of it that bear calling out."

Those elements involved the treatment of minorities and how that affects the classroom, a clear allusion to presidential candidate Donald Trump, who has made controversial comments regarding minorities and assorted issues in the United States.

"Members of our community, especially Latinos and Muslim-Americans may be feeling pressure, anxiety, legitimate fear," Murphy said. "That is going to affect your classroom. It is silly to pretend otherwise. It is not partisan to admit that."

Murphy turned the Opening Day

As the college president, Murphy should encourage education and participation of the political system, but what he must not do is favor one political ideology over another

ceremony into 'De Anza Votes 2016,' encouraging Democratic policies and shunning anything Republican.

This isn't the first time Murphy has stepped into the limelight, advocating politicizing higher education. He wrote an op-ed to the San Jose Mercury over the summer, encouraging higher-education leadership to take a political stance in the wake of Donald Trump's comments.

"Are those of us in the public sector to remain silent for fear of appearing partisan?" Murphy wrote in the op-ed. "Are we supposed to accept patently unconstitutional proposals simply because they are now the public currency of a campaign?"

No, Brian Murphy. Those in the public sector are to remain silent because they are not supposed to act as private entities while serving the public.

During a student panel that was held at the ceremony, Murphy attacked campus open-carry laws in Texas, despite the fact those laws have no bearing on California politics.

"I spoke with a friend of mine who is the president of a community college in Texas, and he has two issues," Murphy said. "One is that there is a campus divided between those who support one presidential candidate and those who support the other, and they do so with great emotion. And in Texas, it's an open-carry state. He's anxious. All the stakes are immediately pretty high."

As the college president, Murphy should encourage education and participation of the political system, but what he must not do is favor one political ideology over another through platforms available only because of public sector responsibilities. Schools exist to teach, not to opine.

Texas gun laws have no bearing on De Anza, and promoting a

Democratic agenda by emailing one's op-ed to the entire De Anza faculty is at the least over-zealous and at the most borderline code-breaking.

As the college president, Murphy is free to express his opinion – just not at work. He can encourage political education, but he can not advocate for one candidate, no matter how extreme the opponent's platform is.

In order to promote open dialogue, objective critical thinking must be encouraged. Otherwise, the end result will be a generation that may become irrationally offended at the mere existence of ideas contrary to their opinions, a situation already underway in certain schools

Being tolerant of various social groups does not grant a special privilege to be intolerant of those with ideas that could be perceived to be radical or reactionary.

As college president, it is his job to oversee the education of college students, not to advocate for a candidate based on your narrow understanding of politics in the United States. There is a time and place for political advocacy. Having a representative democracy gifts us with unique rights that many other countries do not have — precisely that we have a right to freedom of speech, but ultimately educational policy dictates that such a freedom must be limited when public servants utilize school resources.

Murphy knows this better than anyone, as evidenced by his statement that his words were "not partisan," yet he fails to understand that followers of Trump – or even non-Trump republicans – should not feel politically uncomfortable in the context of an educational ceremony, especially if it is the result of the leadership of an education establishment.

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