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LA VOZ WEEKLY

The voice of De Anza College since 1967

Vol. 47 No. 18

March 3, 2014

"Little Shop of Horrors" arrives at Foothill College



COURTESY OF DAVID ALLEN

Serena Scaglione
STAFF WRITER

Foothill Music Theatre delighted audience members with the rock musical comedy "Little Shop of Horrors" in its debut performance was on Feb. 21. at Foothill College's Lohman Theatre.

"Little Shop of Horrors" was first released in 1960 as a low-budget, comedy-horror film by Roger Corman.

It was later adapted for the stage by the award-winning duo, Howard Ashman and Alan Menken.

The musical version of "Little Shop of Horrors" had a smaller cast, a simplified storyline and plenty of humor.

It also introduced three new characters—a Greek chorus of sassy, street-smart ladies who strengthened the musical and narration.

Foothill's production of "Little Shop of Horrors" tells the story of Seymour, an impoverished floral assistant on skid row.

His life is dangerously changed when he discovers an exotic plant with a carnivorous craving.

The melodious plant, called Audrey II, enralls Seymour with fame and fortune in exchange for satisfying its ravenous appetite for human blood.

The show had numerous strengths, but it was the actors and the development of their characters that made the show so enjoyable to watch.

Orin Scrivello, played by Jeff Clarke, was one of the audience's favorite characters.

Scrivello is a twisted dentist and the abusive boyfriend of another character, Audrey.

Scrivello is described as a "sadistic creep" who is a

SEE FOOTHILL P. 4

FROM MEXICO TO THE U.S

Life experiences connects author, students

Jinwei Zhang
STAFF WRITER

Reyna Grande, an award-winning author, brought her new memoir "The Distance Between Us" to De Anza College on Feb. 24.

She shared her experiences of growing up in Mexico, how she first came to the U.S. as an illegal immigrant and how she became a writer.

Grande, born in Mexico, grew up without her parents since they left the family for the U.S. to pursue a better life.

Feeling abandoned and suffering from loneliness, Grande tried to stay positive.

During that time, the radio became her best friend.

"Listening to stories is a way to understand," Grande said.

She finally understood her parents. She realized her parents didn't abandon her but tried to

protect the family by building a dream home where they could live together.

When Grande was nine, her father came back to get her.

She made her first journey to the U.S. as an undocumented immigrant.

Grande was not ready to live in a new country. She found out her father was not the hero she imagined.

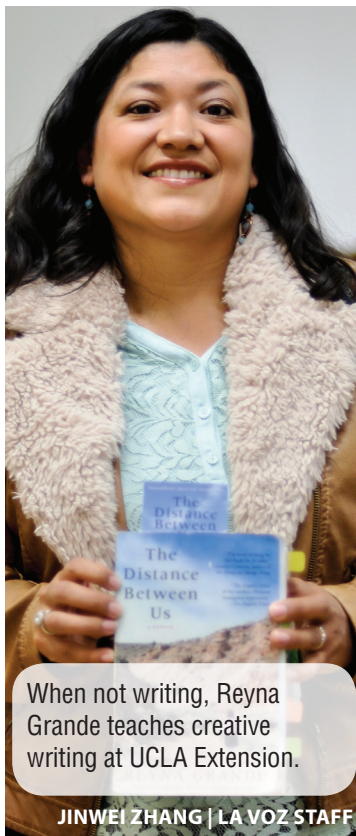
He was an alcoholic with financial problems. Her mom left her too. Her parents became strangers to her.

Not knowing a word of English when she arrived in the U.S. made her life even worse.

She was not able to make new friends and communicate with schoolteachers. Her life was falling apart.

Grande then met with Diana Savas, who in Grande's memoir

SEE AUTHOR P. 4



When not writing, Reyna Grande teaches creative writing at UCLA Extension.

JINWEI ZHANG | LA VOZ STAFF

RECAP: DE ANZA TENT CITY

Abraham Abundis
STAFF WRITER

Not even rain could stop students from participating in Tent City, which ran from Feb. 24 to 27 in the main quad.

"The fact that it started raining was a problem," said organizer Karla Navarro. "For example, Students for Justice was supposed to show a film outside, but we do have alternatives like

showing the film inside (the campus center). The rain isn't a major problem, and it won't stop people who feel really strongly about this."

Tent City taught students about economic inequality and gave them the opportunity to share their experiences.

"There's a lot of frustration

SEE TENT P. 3



Tents glow as students discuss economic inequality at Tent City in De Anza's main quad Tuesday Feb. 25.

ADRIAN DISCIPULO | LA VOZ STAFF

Tuesday
March 4

INTERNATIONAL TRANSFER FAIR
11 a.m. to 2 p.m.
Campus Center, Conference Rooms A & B

More than 65 universities from all over the U.S. will be at De Anza College. This event is open to all students.

The Transfer Fair is the best opportunity to meet face-to-face with an admissions officer. Come and explore your transfer options, scholarship opportunities, and programs. It's your future, so come find out what your chances are of being accepted at the school of your choice. Refreshments and raffle prizes.

Wednesday
March 5

DISCOVER THE UNIVERSE WITH KILUSAN BAUTISTA
11 a.m. to 12:30 p.m.
Campus Center

Conference Rooms A & B
Experience excerpts from Kilusan Bautista's "Universal Self," a one-man show exploring personal and cultural identity in urban America, using spoken word, poetry, martial arts and hip hop.

Bautista received the Outstanding Artist Award by the Filipino American National History Society of Metro NY in 2012, and the Congressional Community Service Award by California Senator Tom Lantos in 2006. He has performed his "Universal Self" worldwide.

RACISM: AIN'T NOBODY GOT TIME FOR THAT!
4 to 5 p.m.

Campus Center
Conference Rooms A & B
This participatory workshop breaks down stereotypes, uses "conscious comedy," and engages students and staff in new conversations about Race, Identity and Privilege.

Using videos, breakout discussions, and facilitating honest conversations, students will be given social tools to deconstruct interpersonal, as well as institutional patterns

of oppression, so as to heal and proactively address concerns as young agents of change. For more information, contact Jorge Morales at moralesjorge@deanza.edu

THE MUSIC OF LAS CAFETERAS
5 to 6 p.m.

Campus Center
Conference Rooms A & B
A musical performance by Las Cafeteras; the group fuses traditional and modern beats with timely stories from East LA's streets. Known for energetic bi-lingual performances, they combine Afro-Mexican (son jarocho), hip hop, folk, native american sound and more styles with a community-focused message.

Announcements
De Anza

"WAKE UP" PUBLIC ART INSTALLATION

March 3 through March 27
Main Quad

"Wake Up" is an interactive public art installation in the Main Quad that focuses on — borders, physical, cultural and personal.

It's a chain link fence that disrupts traffic and encourages people to add ribbons with their dreams and aspirations, obstacles they have overcome, and struggles they still face.

A Community Conversation around issues and stories related to the "Wake Up" project will be held on March 11, 12:30 – 1:20 p.m. in Admin 101. This will include a student

panel with representatives from HEFAS and APALI sharing personal stories around borders and immigration issues. To receive class sets of ribbons and markers or for more information, email Diana Argabrite at argabritediana@fhda.edu.

EUPHRAT MUSEUM OF ART: DEEP READING

Through March 20
Euphrat Museum

Museum Hours:
Monday - Thursday: 10 a.m. - 3 p.m.
Deep Reading looks at the intersection of humanity and technology and traditional practices in the digital age. Artworks explore banned books, the book as an experience, and the global life of a cell phone or tablet. New technology is used along with ancient art practices—computer woven tapestries and text-based AR (augmented reality). One-of-a-kind and small edition artists' books explore history, memory, and philosophy. An installation of recycled book sculptures rise above in flight speaking to freedom of information.

Deep Reading is offered in conjunction with Silicon Valley Reads 2014. The Silicon Valley Reads program encourages everyone in Santa Clara County to read the same book, at the same time, and talk about it. Presented by the Santa Clara County Office of Education, Santa Clara County Library District and the San Jose Public Library Foundation.

CORRECTIONS

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

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Press releases and submissions can be submitted to lavozdeanza.com
La Voz does not guarantee coverage of events for which it receives press releases.
Contact business manager Jessica Sun by phone at (408) 864-5626 or e-mail lavozadvertising@gmail.com for rates. Rate sheets can also be found at lavozdeanza.com

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



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PRESENTS

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March 3, 2014

FROM TENT P. 1

within the student body with things like tuition costs and difficulties with the education system now," attendee Jaymar Hardesty said. "Showing the film 'Inequality for All' was very important because it got a lot of people passionate about what was actually happening."

Students filled conference rooms for the film screening of "Inequality for All."

"Conference Rooms A and B were packed for the film showing," Navarro said. "There were even people standing because it was so packed."

The amount of people who stayed overnight varied because people needed to study.

"Props to the students because it's a f----- busy week, but these students are out helping us spread awareness and supporting what we're doing," Navarro said.

Although Tent City is over, organizers hope students will stay motivated and continue to spread awareness.

"I think after the event, we're going to have a lot more support in our efforts," attendee Vinay Kowshik said. "We're going to be getting a lot more stuff



Students share dinner under the cover of Christmas lights after discussing economic inequality during Tent City in the main quad.



The insides of tents are elaborately decorated with Christmas lights during De Anza's Tent City.

PHOTOS BY ADRIAN DISCIPULO | LA VOZ STAFF

"Singing Guy" pleads no contest to hit and run

Jay Serrano

NEWS/OPINIONS EDITOR

Joshua "Singing Guy" Lovell pleaded no contest on Wednesday Feb. 26 to felony charges that he hit and injured a De Anza College student with his car on Jan. 14 and fled the scene.

Lovell agreed to be sentenced to five months in county jail and three years on formal probation, according to the current plea deal. The plea could be adjusted at the

sentencing hearing April 10.

The victim suffered a broken nose, cuts to the nose and upper lip and abrasions to his shins.

The plea hearing took place at the Santa Clara County Superior Court in Palo Alto.

The original charges filed against Lovell included assault with a deadly weapon, according to the police report, but that charge was dropped before the plea hearing. Lovell could have faced a sentence of up to four years in state prison if convicted.

At the bail hearing on Jan. 17, the court ordered Lovell to participate in anger management and stay off the Foothill and De Anza premises, according to court records.

The court may order Lovell to pay restitution.

His driver's license may be suspended or revoked at the sentencing.

RECAP: Background to hearing

ANGRY EXCHANGE LEADS TO HIT AND RUN, BROKEN NOSE

From the Foothill De Anza District Police report:

At about 6:15 p.m., on Tuesday Jan. 14, a man walked into the De Anza police substation with blood on his hands and dripping down his face.

He said he had been hit by a car after an altercation in Parking Lot A. Police had a good idea who the driver was once the victim described the driver as someone he had seen singing out loud on campus.

Here is what the victim told police:

He and a male friend were walking toward campus through Parking Lot A. The victim was in a debate with his friend, and was saying "Dude, dude, dude," when he saw the suspect, De Anza "Singing Guy" Josh Lovell getting into a white car with a woman. The two friends went to say "hi" to him.

Lovell yelled something, and the victim responded, "What did you say to me?"

Lovell said, "Oh nothing, I was talking to myself."

The victim started to walk away, but then heard Lovell call him a "white kid in a stupid hat."

Victim: Do you want to fight about it?

Lovell: Dude, I'm with my girlfriend.

Victim: Is she going to fight for you?

Lovell: I'm going to shut my door.

Victim: This time when I turn around, don't talk shit to me.

Lovell: (unintelligible)

The victim gave Lovell the finger and kept walking with his friend.

Then he heard tires squeal and saw Lovell backing out of his parking space.

Lovell drove at about 25 mph between two polls and straight toward the victim, who froze, not believing what was happening.

Lovell's car struck the victim in the shins, and he landed on the hood and then rolled off the passenger's side.

Lovell drove away, hitting two curbs on his way out of the parking lot.

The victim described the driver as a white male with shoulder-length blond hair, about 5 feet 6 inches and 150 pounds and described the car.

He told police he didn't know the driver's name, but had seen him around campus singing out loud.

Also from the police report:

"I recognized the suspect from previous encounters and he was known to the FHDA PD," a police officer wrote.

Lovell had been banned from De Anza for his singing.

Santa Clara Police detained Lovell at his home in Santa Clara.

The victim's friend showed district police the skid marks in Parking Lot A and accompanied an officer to a home in Santa Clara, where he identified Lovell, and police arrested him.

Lovell told police he had said, "I'm nothing but a broke white kid" to his girlfriend just before the altercation began, and the victim had asked, "You talking to me?"

Lovell said the victim walked toward the car and "jumped on the front of the car" as Lovell slammed on his brakes.

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March 3, 2014



PHOTO COURTESY OF DAVID ALLEN

FROM FOOTHILL P. 1

“disgrace to the dental profession.”

He inhales large amounts of laughing gas while torturing his patients with antique dental instruments.

Clark’s version of Scrivello was almost identical to Steve Martin’s original in the 1986 movie musical adaptation directed by Frank Oz.

Like Martin, Clarke played Scrivello with the right balance of humor and eccentricity, which makes this character hard to hate and hard to forget.

The crowd favorite was the sassy Greek Chorus with Crystal, Chiffon and Ronette. The parts were played by Lyn Mehe’ula, Melissa Baxter and Megan Coomans respectively.

The ever-present ladies entertained the audience with their quick wit, attitude and hilarious commentary.

We can’t forget Audrey II, because without “Twoey,” there would be no show. James Devreaux

Lewis voiced the character and it operated by David Kirk and Erik Scilley.

Audrey II became a forceful character that dominated the second act.

Audrey II’s operation coincided with its dialogue and musical numbers perfectly.

It was hard to remember that Audrey II was just an oversized, embellished prop.

Foothill Music Theatre’s “Little Shop of Horrors” is a high-quality performance because the set and costumes are both reminiscent of the 1960s.

The production included precise choreography and uses a small space to stage musical numbers such as “Skid Row,” “Dentist!” and “Feed Me.”

The entire cast and crew put on an outstanding performance of this cult classic.

The only downside of “Little Shop of Horrors” would be missing it.

Little Shop of Horrors

Rating: ★★★★★ /4

Through March 9

Lohman Theatre at
Foothill College

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Tickets: \$10 - \$28

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foothillmusicals.com or
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TOP: Lyn Mehe’ula, Melissa Baxter, Megan Coomans (the Greek Chorus), and Adam Cotugno in “Little Shop of Horrors,” at Foothill College through March 9.

BOTTOM: Audrey (Adrienne Walters), Mushnik (Alex Perez) and Seymour (Adam Cotugno) consider a new plant in “Little Shop of Horrors”



PHOTO COURTESY OF DAVID ALLEN

FROM AUTHOR P. 1

was the person who changed her life.

Savas was the person who encouraged Grande to go to UCSC to pursue her writing career.

She gave Grande confidence despite her poverty and sadness.

Grande said all the gain was worth the loss.

“Worth or not depends on different people and different choices they made,” she said.

Grande reached out to students with similar immigrant experiences.

Her memoir and talk were a reflection of the reality of an immigrant.

TOP: Reyna Grande signs her book for a De Anza student following her talk on Monday, Feb. 24 in the Campus Center.

BOTTOM: Reyna Grande answers questions from audience members after her presentation.



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March 3, 2014

Contouring with makeup

Leticia Castro
STAFF WRITER

Make up is real magic.

Contouring is the art of using matte bronzer or concealer to enhance facial features.

It can make faces look flawless and clear.

Many people are fans of contouring because it can help their faces look thinner.

It also makes cheekbones prominent.

Contouring is perfect for people trying to give more structure to their face.

Using makeup a shade darker than your complexion gives a shadow, and a shade lighter gives a highlight.

"I've seen this make up style; it looks amazing. But hard to try," said Kim Malone, 20, business administration major.

Courtesy of makeup artist Kristi Ortega, here is a step-by-step-guide.

1. Prep your face with two shades of base.

Use one shade lighter than your complexion for the center of your face, and one shade darker around the perimeter.

2. Blend the two shades.

Using a blending brush, blend the dark and light shades to create a subtle illusion of depth and dimension.

3. Mark the contours and highlights of your face.

Common areas are the hollows under cheekbones, temples, jawline, the tip of the nose, along the hairline, the side of the nose and eyelid creases.

4. Blend the dark and light colors for the finish.

Set the contour with translucent powder or any that suits your skin tone.

"As far as contouring your face every day, I think if you want to have your face look more structured and subtle on a daily

basis, then I would recommend to use these steps," Ortega said. "But in my opinion, it looks best with full-on eye shadow and lipstick."

Contouring your face is easy enough to do everyday.

But it's a process that can take time, depending on how comfortable you are with makeup.

Contouring also helps facial features stand out when you go out at night and into dimly lit rooms.

Even those who prefer the natural look with no makeup can benefit from contouring.

"I actually prefer natural only because I like the way my face is naturally sculpted and shaped," Ortega said.

The natural look is always in, but contouring, can enhance those natural looks.

When done correctly, contouring can look amazing and can give you a model-esque look.

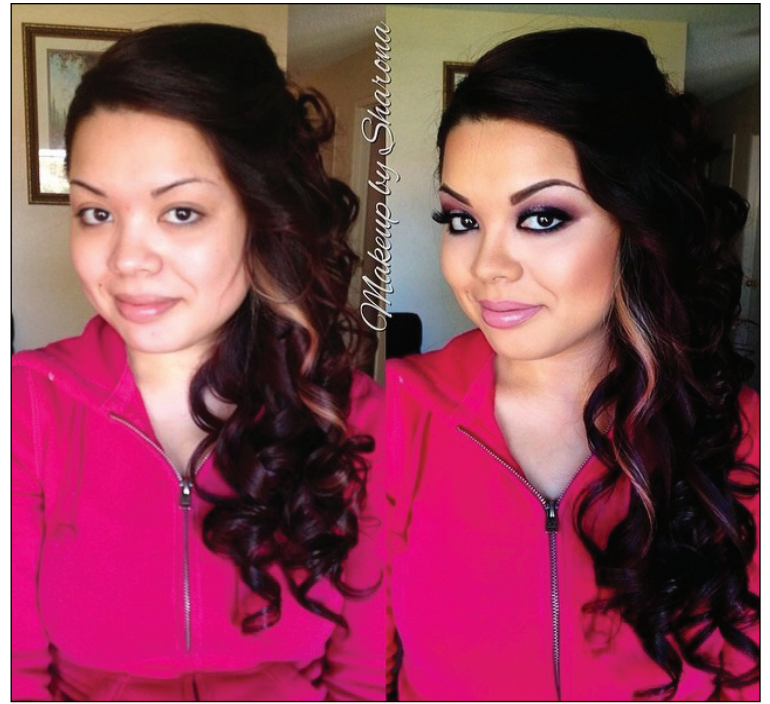


PHOTO COURTESY OF KRISTI ORTEGA

A before and after of Kristi Ortega demonstrating the bold look contouring can create.

Easy Contouring Guide

- Identify highlight and countour points.
- Use makeup a shade lighter than complexion for highlights, and a shade darker for contours.
- Blend together.

New homemade nail art trends for spring

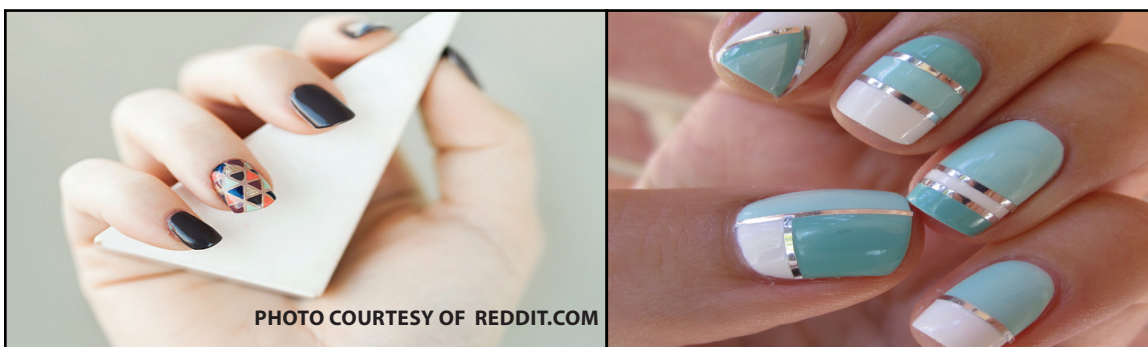


PHOTO COURTESY OF REDDIT.COM

LEFT: Add an interesting geometric design on the ring finger to create color and interest for an otherwise plain look.

RIGHT: The inverted French tip can make use of multiple colors to add an unexpected twist to the original French tip.

Leticia Castro
STAFF WRITER

Many new nail trends for spring are easy to do at home.

Learning nail art on your own can be more efficient and cost less than going to a nail salon.

Here are some nail trends to try:

Ombre:

This nail art is a mix of three or four colors. The colors look best when they synchronize together. An example is white, light blue, blue and dark blue.

Step 1. Paint nails white and let them dry.

Step 2. Pick the colors that will be part of the ombre.

Step 3. Put a liberal amount of each polish on a makeup sponge. Blend the ends just a little.

Step 4. Align the sponge with your nail and press down. Keep applying the color until you are satisfied with the opacity.

Step 5. Clean around your nails.

Backwards French Tip:

Many people know of the original French tip with a white line at the tip of the nails.

Try this unexpected backwards French tip for a new style.

Step 1. Paint your nails any desired color. Let them dry.

Step 2. Pick a color for the french tip.

Step 3. Start painting the bottom of your nail. Add tape to know where to stop if needed.

Step 4. Add some sparkle to make the French tip stand out.

Step 5. Clean around your nails.

Pointed Nails:

The square nail is so 2000. The pointed trend is sweeping everywhere, especially among celebrities.

The design may seem dangerous, but it gives you an edgy look.

Points can be easily trimmed down if you'd like to change to square.

This look can be done either with real, grown-out nails, or fake nails at a salon.

Nails can be filed to be pointed, or a salon can make fake nails that have a point.

Chevron Print:

The chevron nail print is cute and fun. Give one or two nails the chevron print to help add interest to an otherwise plain nail look.

Step 1. Pick two colors.

Step 2. Paint a base coat with one color. Let it dry.


Step 3. Cut tape into the chevron print shape directly, or into small pieces to put together into the overall look.

Step 4. Put the tape on your nails. Paint over the base coat and tape with another color.


Step 5. Take off the tape. Let it dry. Clean around your nails.

Enhance your nails next season with colors and prints using these techniques.

Never have bare nails again. Add new looks for any occasion and become a professional at painting your own nails.



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Twitter, effective protest tool in Venezuela

LA VOZ WEEKLY

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Rika Kumar
FEATURES EDITOR

Twitter and other social networking sites are the best way for young people to organize protests and demonstrations, giving them the right to be furious when the government attempts to silence this voice.

The most recent example of censoring social media is the uprising in Venezuela.

Over the past week, Venezuelan citizens have taken to Twitter to express anger towards president Nicolas Maduro's economic policies.

Using hash tags to rapidly spread ideas and organize protests, citizens took to the web and streets to protest the dismal economic state of their country.

No matter the topic, Twitter provides users a place to find out what like-minded people are saying, doing and thinking.

Political activism is easier when everybody who shares your ideas is an Internet message away.

Social media has helped global citizens protest against the anti-gay Russian laws during the Sochi Olympics, as well as during the Arab Spring activism in 2012.

Twitter can be a legitimate news source, especially during times of mass censorship as exemplified by the events in Venezuela, because of real-time headlines from all kinds of people, according to The Wallstreet Journal.

To counter the protests the Venezuelan government

resorted to censorship.

Last week the government blocked twitter throughout the country.

But blocking twitter, caused an even bigger outbreak of riots and protesting, leading to the deaths of many university students who use Twitter to advocate their cause.

The Venezuelan government imposes threats, fines, manipulation and administrative harassment regarding freedom in news media, according to the Newseum website.

The corruption leads to increases in censorship.

However, the constitution of Venezuela clearly states, "Everyone has the right to express freely his or her thoughts, ideas or opinions orally, in writing or by any other form of expression...and no censorship shall be established."

Citizens should be furious when their right to free speech is infringed upon, especially when they are actively exercising their rights in an

attempt to improve their lives.

Censorship is not an effective tactic.

Instead of using the Internet to stage peaceful protests and demonstrations, protestors were forced to resort to disorganized violence to try and make their point, according to The Atlantic Monthly.

This violence left 11 dead.

The blame falls on the

government. If the government had not blocked Twitter the violence would not have been necessary.

Revoking anyone's right to speak their mind, especially during a protest involving economic matters, will result in an even angrier uproar.



ILLUSTRATION BY: RIKA KUMAR

Movie remakes don't surpass the originals

Adam Conston
PRODUCTION EDITOR

Movie remakes are pale imitations of the original films and exist as a reminder of Hollywood's current creative recession.

Every weekend, people are swindled out of their cold hard cash by the lazy bean counters who have taken over Hollywood and only care about the bottom line. Maximum profit for minimal effort is the name of the game.

There is nothing truly exciting or cutting edge coming out of Hollywood these days, because it is easier and safer to remake and ruin classics. Hollywood is creatively bankrupt and doesn't care because remakes are relatively risk free and guarantee a quick buck.

The latest in a long line of shameful movie releases is "Robocop," a sub-par and disrespectful recreation of a late '80s classic.

The original "Robocop," released in 1987, has an memorable and invigorating soundtrack, satisfying special

effects and a talented cast. It is also a biting satire of late '80s politics, corruption, corporate greed and overindulgent excess. Sadly, none of these qualities were recreated in the remake.

As a result, the remake has a below average rating of 6.7 stars on IMDB.com. The original received 7.5 stars, an above average rating.

Remakes today tend to be soulless and cheap cash-ins of popular classics. Studios are counting on brand recognition to draw crowds.

These films are a quick buck and while they might have fairly strong opening weekends, they sacrifice artistic quality and receive very poor reviews.

Occasionally, when the stars align just right, a good remake is produced. The 2006 remake of 1977's "The Hills Have Eyes" added new plot elements that enhance the story.

Unfortunately, good remakes are the exception, not the rule.

"Red Dawn" is a shining example of an entirely unnecessary and disgraceful remake of a film

whose political message is no longer relevant in today's world.

When the original "Red Dawn" was released in 1984 at the height of the Cold War, the threat of a Soviet invasion was not a far stretch.

In the remake, North Korea stands in for the Russians as the bad guys, which makes absolutely no sense from a logical standpoint. North Korea doesn't have half the military power of the United States, making a full scale land invasion implausible.

The remake exists only to empty the wallets of paranoid, weapon and canned food hoarding neo-conservative nutbags who are just looking for an excuse to use their guns.

The only way to stop remakes from ruining the original classics is to protest with your wallet.

Whenever a remake comes out in theaters, stay home and watch the original on Netflix instead.

The Worst of the Worst: Remakes

"Friday the 13th"
Original ★1980★
Remake ★2009★

The Remake of Friday the 13th adds absolutely nothing new to the franchise and is a prime example of why remakes are a waste of time.

"Total Recall"
Original ★1990★
Remake ★2012★

Len Wiseman's reinterpretation of this science fiction classic lacks all the qualities that made the original enjoyable.

"The Karate Kid"
Original ★1984★
Remake ★2010★

Not only is the remake a lackluster film on its own, it is so bad it manages to ruin the original.

March 3, 2014

Got a break between classes? Try these tips to pass the time

Leticia Castro
STAFF WRITER

Going from class to class while juggling homework and work, busy college students hardly have any time to think about staying in shape and getting daily exercise.

"I only have a few minutes between my classes and I do homework when I have time, not exercise," said Michael Lopez, 19, business major.

Daily exercise is a must. There is no need to go to the

school gym to get fit. Here are a few tips to get your daily exercise in between classes.

WALK AROUND CAMPUS FOR A MILE OR TAKE A TRIP TO THE TRACK

Either way you are getting your heart pumping. Don't just sit down in between classes and stay on your phone. Get active. Walking helps to maintain body weight, lower the risk of obesity, improve blood pressure and blood sugar levels and enhance mental well-being

(we all need this to keep up with school work).

Ride Your Bike

Riding your bike to school is a great way to get your exercise in for the day. Also ride it from class to class. You will notice amazing benefits, a boost in energy, better quads, glutes and calves.

"I ride my bike to school whenever the weather is nice," said Desirea Neilson, 20, communications major. "It doesn't even feel like a

workout. I enjoy the scenery."

MAKE TIME FOR A FIVE TO TEN MINUTE WORKOUT

Go to a nice secluded area or just anywhere you feel comfortable. Anything from stretching, squats or even intense cardio will improve your well-being. Here are a few exercises to try around campus.

CALF RAISES

Find a curb and put only your toes on top. Keep your heels off the edge. Rise up onto the tips

of your toes. Repeat 50-100 times for three reps.

SQUATS

Squat in a plie 20 times for three sets.

TRICEP DIPS

Find a chair or something to set your palms on. While facing your feet, put your legs out straight into a pike. Bend your arms in a 90-degree angle up and down. Repeat 10 to 15 times for three reps.

With these tips, any student with a busy schedule can improve his or her health.

DONS DROP BOTH GAMES OF DOUBLE HEADER

Baseball team loses against Los Medanos in pre-conference tune up



PHOTOS BY JINWEI ZHANG | LA VOZ STAFF

Above: Sophomore right-handed pitcher Jack Rader (22) releases the ball toward the plate. Rader threw seven innings and gave up one earned run in a 13-0 loss in the first game of the doubleheader against Los Medanos College on Feb. 22. The Dons lost the second game 7-5.

Right: Sophomore first baseman Joseph Garo (13) completes his swing after hitting the ball.



De Anza College Dining Services Menu: March 3 - March 7

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> • Soup: Italian wedding meatball • Pizza: Roast chicken, Ranch • Pasta: Beef Stroganoff 	<ul style="list-style-type: none"> • Soup: Cream of mushroom • Pizza: Italian lover's meat combo • Pasta: Southwestern 	<ul style="list-style-type: none"> • Soup: Mexican tortilla • Pizza: Hawaiian ham & pineapple • Comfort Station: Roast pot winter vegetables 	<ul style="list-style-type: none"> • Soup: Chicken noodle • Pizza: Mortadella Italian sausage, artichoke hearts, peppers, pesto & caesar • Pasta: Broccoli bow tie pasta 	<ul style="list-style-type: none"> • Soup: New England clam chowder • Pizza: Chef's choice

BURGER OF THE WEEK (Thai Beef): Curried ground beef burger, spicy sweet mango salsa, cilantro, tomato and iceberg on White **SALAD DAZE MAKE YOUR OWN SALAD:** Chef specialty salads everyday: Chicken Caesar, Spring greens, apple, candied walnuts, cranberries, blue cheese and oil & balsamic dressing, Southwest Chicken, Vietnamese chicken or shrimp, Chinese Chicken Salad

March 3, 2014

Giants come into season healthier

Vince Cestone
STAFF WRITER

The San Francisco Giants would probably admit they were not in the best physical shape in 2013.

After winning the World Series in 2012, the Giants suffered their first losing season in five years, with a 76-86 record. Part of that was because of the number of injuries sustained, but poor offseason conditioning was a factor as well.

Fans could point fingers at Pablo Sandoval's weight gain or Buster Posey's breakdown in the second half of 2013, but the Giants learned from their mistakes and have hit the gym for 2014.

After Sandoval tweeted pictures showing his new-and-improved body, the Giants saw the slimmer, quicker Panda firsthand when he reported to Scottsdale.

Sandoval stayed in game shape this offseason by playing in the Venezuelan Winter Leagues and eating healthy meals prepared by a professional cook — his brother Luis.

If the weight loss leads to improved range at third base, there may not be a need for a late-inning defensive replacement. Sandoval hopes that is the case.

"I'm preparing in my mind to play nine innings. For 162 games," he told Alex Pavlovic, Giants beat writer for the San Jose Mercury News.

An enigma last season was Posey's second half. After the All-Star break, he hit just .244 with two

home runs and 16 RBIs.

This followed a Posey-like first half, when he hit .325 with 13 home runs.

The Giants' All-Star catcher doesn't want a repeat of his sluggish second half. Posey said he added 10 pounds of muscle this offseason and he looked noticeably more muscular when he showed up to FanFest on Feb. 1.

One of the newest Giants, outfielder Michael Morse, is trying to overcome health issues of his own. According to the San Francisco Chronicle, Morse is blaming his abysmal 2013 season — when he hit just .251 and had a .651 OPS with the Mariners and Orioles — on a wrist injury.

After finding the proper hand specialist, with the help of former Giant Mark DeRosa, Morse told reporters last week he is now pain free.

If Morse's wrist has indeed healed, the Giants may get to see the 2012 slugger who hit .291 with 18 home runs and 62 RBIs in 102 games. That is not bad for a potential seven-hole hitter.

Although the Giants have bolstered their lineup with a healthy Morse and solidified their starting pitching with Tim Hudson, the team does have flaws.

San Francisco did little to upgrade its pitching depth. If any of the starters go down to injury, the Giants will have to rely on a minor-leaguer to fill the spot, since they lost Chad Gaudin to free agency. The Giants' AAA affiliate, the

Fresno Grizzlies, had a combined 4.62 ERA in the Pacific Coast League, and most of their top pitching prospects, such as Kyle Crick, are in the lower minors.

The Giants have the same depth issues on the bench. They do not have adequate replacements if a key player goes down.

If Angel Pagan were to go down to injury again, the Giants would have to rely on Gregor Blanco to fill the spot. That did not go so well last year.

Time will tell if the hard work at the gym will pay off for the Giants, but in a time when baseball is full of complete athletes, the Giants have put themselves in a good position to have a memorable 2014 season.

If they stay healthy, the Giants should win anywhere between 88 and 92 games in 2014.

KEY SIGNINGS:

Hunter Pence

Five year \$90 million
Contract extension

Tim Lincecum

Two year \$35 million
Re-signing

Ryan Vogelsong

One year \$5 million
Re-signing

Michael Morse

One year \$6 million
Signing

Javier Lopez

Three year \$13 million
Re-signing

DA VOICES: How will the SF Giants do this season?



Chris O'Conner
19
Agricultural engineering
The Giants "will make the playoffs and hopefully win the World Series."



Chris O'Neill
18
Psychology
"It's going to be phenomenal. (The Giants are) going to destroy the A's."

Oakland A's add depth in offseason

Jacob Sisneros
SPORTS EDITOR

After being ousted from the playoffs by Justin Verlander and the Detroit Tigers for the second year in a row, general manager Billy Beane responded with one of his busiest offseasons.

To prepare for this season, Beane added veteran Scott Kazmir to the starting rotation, signed closer Jim Johnson and brought in some new players to give manager Bob Melvin more options for his famed platoons.

Overall, the Oakland A's starting lineup will look similar to last year, since most of their offseason moves aim to add depth to their bench and bullpen.

Switch-hitting infielder Nick Punto provides a veteran glove and will most likely play a role similar to the one Alberto Callaspo played last year. Outfielder Craig Gentry will likely be in a platoon with Josh Reddick in right field and could see some time as designated hitter.

The bullpen has been overhauled with the additions of Johnson, Luke Gregerson and Fernando Abad to replace Grant Balfour, Jerry Blevins and Pat Neshek. Because of the restructuring, the A's bullpen, which still includes relief pitchers Sean Doolittle and Ryan Cook, should be stronger than last year.

The last two seasons, the A's success has come from solid

pitching, defense and clutch hitting. This year will be no different.

The performance of the starting rotation will play the biggest role in determining the success of the A's 2014 season. The starting staff has a high ceiling for potential, despite the fact the pitchers are young and unproven.

Veteran starting pitcher Bartolo Colon signing with the New York Mets was a big blow to the rotation, but Kazmir should help to soften it.

Kazmir had a 4.04 ERA last year with the Cleveland Indians, according to Baseball-Reference.com. It was his first full season at the big league level since 2010. If he continues his resurgence, he could fit nicely into the number two spot in the rotation.

Sonny Gray was a key component down the stretch last year and held his own in two playoff starts against one of the game's best pitchers, Justin Verlander.

Gray posted a 2.67 ERA in 10 regular season starts and had a 2.08 ERA in two postseason starts according to Baseball-Reference.com. These are outstanding numbers for a rookie, but this year he will handle the workload of a full season.

Last year, Jarrod Parker, A.J. Griffin and Dan Straily all had solid seasons and if they repeat their 2013 performance, the A's will be a force to be reckoned with this season.

The A's won the American

League West with ease last year, but it won't be so easy this season.

The Texas Rangers, Los Angeles Angels and Seattle Mariners all had busy offseasons as well.

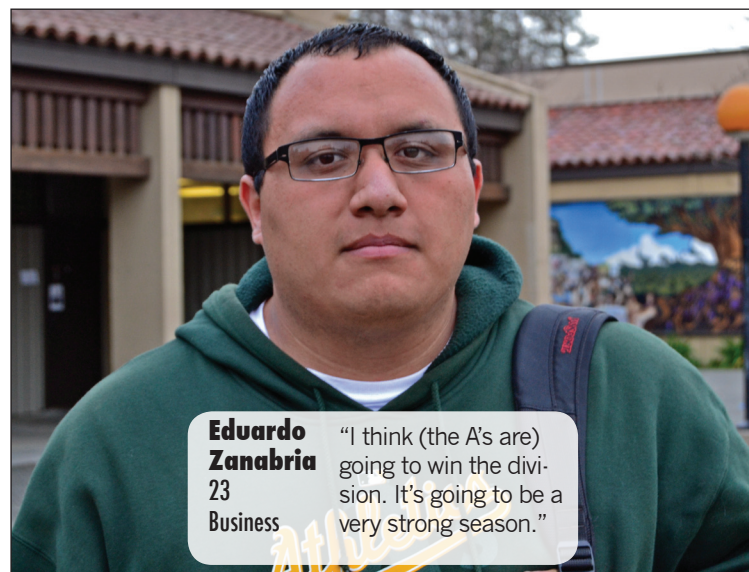
The Rangers upgraded their lineup by trading Ian Kinsler for Prince Fielder, the Angels signed David Freese and Raul Ibanez, and the Mariners signed Robinson Cano and Fernando Rodney.

As long as the pitching staff performs the way it is capable of, the A's should have no problem capturing their third consecutive pennant and breezing through the American League to reach the World Series.

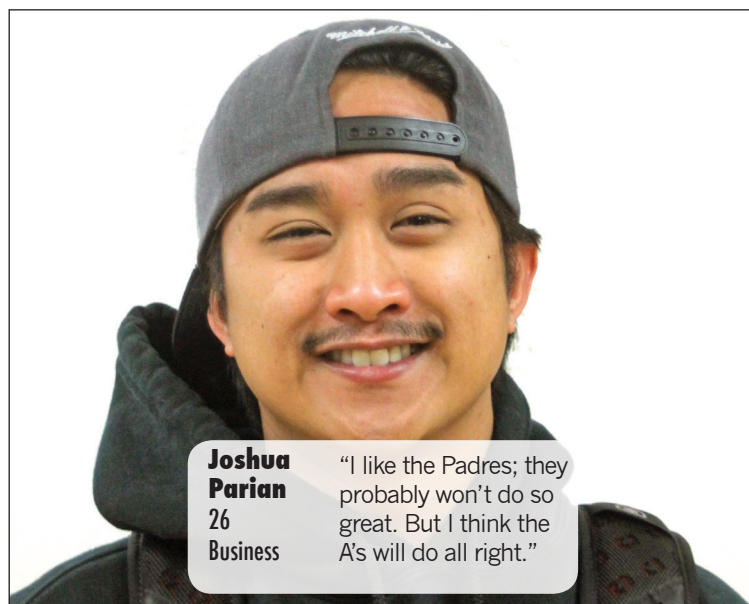
NOTABLE DEPARTURES:

Bartolo Colon, SP
Grant Balfour, RP
Seth Smith, OF/DH
Brett Anderson, SP
Chris Young, OF
Kurt Suzuki, C
Pat Neshek, RP
Jerry Blevins, RP
NOTABLE ARRIVALS:
Scott Kazmir, SP
Jim Johnson, RP
Nick Punto, IF
Craig Gentry, OF
Luke Gregerson, RP
Phillip Humber, SP
Fernando Abad, RP
Drew Pomeranz, P
Sam Fuld, OF

DA VOICES: How will the Oakland A's do this season?



Eduardo Zañabria
23
Business
"I think (the A's are) going to win the division. It's going to be a very strong season."



Joshua Parian
26
Business
"I like the Padres; they probably won't do so great. But I think the A's will do all right."