

# a VOZ

child Development Lab

THE STUDENT NEWSPAPER OF DE ANZA COLLEGE

# Instructors discuss James vs. James topic

Robert Balicki

A recent James vs. James article entitled "Political" Professors: Freedom of Speech or Liberal Brainwashing?" sparked discussion among faculty that culminated in an hour-long open forum about classroom politics.

The event was held at the California History Center last Tuesday from 12:30 to 1:20 p.m.

The James vs. James article in the Jan. 30 issue of *La Voz* addressed www.UCLAprofs.com, a Web site that offers \$100 to students who can tape their professors teaching outrageously liberal positions.

Philosophy Professor Cynthia Kaufman called such efforts "a new McCarthyism."

"There's actually an organized campaign to shut down left wing views on campuses, and I think it's really scary," she said.

James Schulte, one of the authors of the James vs. James article, defended the McCarthyism.

He said that when the KGB files were opened in the 1990s, historians found that many of those accused by McCarthy were paid communist agents, including the Rosenbergs.

Several students with a variety of political opinions offered their own advice.

Students can make a difference if only by not talking, said Yessenia Ramirez, a student Senator.

"If they disagree, by not feeding into the conversation they're doing their part," said Ramirez.

Sanjeet Heter, another student senator, disagreed.

"When one student speaks up, that one student empowers individuals around them," she said.

#### Reduction in state fees may be on November ballot

Robert Balicki LA VOZ

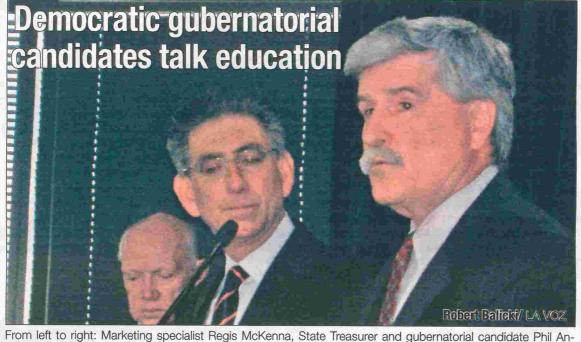
The Student Senate was asked last Wednesday to review and support a ballot initiative to lower student fees and to prevent fees from being increased faster than personal income.

The "Community College Governance, Funding Stabilization, and Student Fee Reduction Act" will lower student fees to \$20 per unit, place numerous checks against increasing student fees, make community college funding independent of K-12 funding, and ensure local control in community college districts.

The Senate voted to postpone action on the ballot measure for one week to give senators time to review the initiative.

Californians for Community Colleges, a group that supports the act, is still gathering

see INITIATIVE, page 2



From left to right: Marketing specialist Regis McKenna, State Treasurer and gubernatorial candidate Phil Angelides and De Anza College President Brian Murphy spoke at the Silicon Valley Leadership Group conference.

Robert Balicki LA VOZ

Two Democrats are vying for their party's nomination to run against Governor Arnold Schwarzenegger this November.

State Treasurer Phil Angelides, a former real-estate developer, is running as the "Anti-Arnold" and has the backing of numerous politicians and unions. State Controller Steve Westly, who earned a fortune as an early executive of eBay, says education is his top priority.

This week, *La Voz* will examine and compare the two candidates' positions on education.

Education

Angelides says his first act as governor will be to roll back college tuition and fees. In addition, he promises to award 10,000 new scholarships for math and science, and double the number of public school counselors helping students about college.

It is a fallacy to assume that we can maintain economic growth if we "disregard investments in human capital," according to Angelides.

Westly, a former professor at Stanford, says he will make education his top priority, including making community college free to any student who transfers to a four-year university or completes a degree within five years.

Additionally, he supports fully funding all schools, making preschool universal, and increasing local control for school districts.

Additionally, in an interview with La Voz, Westly promised to work to "break the oligopoly" of campus bookstores, noting that books often cost as much as classes for many students.

He suggested that students could buy digital copies of the books or buy and sell books amongst themselves.

Westly says he took classes at both Cañada and Foothill Community Colleges.

# Keeping your diet colorful reaps rewards

HOW TO TELL WHICH VEGGIES CONTAIN WHICH NUTRIENTS



#### mary-joLOMAX

Nutritionists and mothers across the land would probably agree that the most difficult food group to get us to eat is vegetables. The U.S. government recommends that we eat five or more fruits and veggies a day (check out www.5aday.org).

#### for your health

For many people, fruits are much easier to get down because they are sweet, but veggies have always been a tough sell. It's too bad because both fruits and vegetables are nutrition powerhouses and seem to be very important in preventing certain diseases, including hypertension, coronary heart disease and cancer.

All fruits and vegetables contain vitamins, minerals and cancerfighting phytochemicals. Veggies tend to be higher in B vitamins, calcium and iron than fruit.

Both have fiber; fruits are higher in soluble fiber, which helps to lower cholesterol, and veggies contain more insoluble fiber, which helps waste get through the colon more quickly and efficiently. Both fruits and vegetables are low in calories, too.

It is important to vary the color of the fruits and vegetables you eat. Different colors contain different nutrients and offer various health benefits.

Nutritionists use the rainbow as a metaphor for eating a variety of fruits and veggies. The following guide will help you to build your own rainbow.

see LOMAX, page 8

# Mural creator strikes again



Rodriguez and an informal class of students created this mural on the side of an L-Quad building in 2001. In Spring of 2007, he plans to offer a new course, Introduction to Mural Painting: Community in Action.

Aaron Wilcher LA VOZ

When he finished his MFA in 1994 at Mills College, Eugene Rodriguez knew he wanted to teach, but also that a big-name commercial gallery might pick up his artwork. That would have meant heading for the professional art world, gallery cocktail parties and high society.

It didn't happen.

"Then this job came up," he said, referring to his current po-

sition as director of the painting program at De Anza College, a job he has held for eight years.

As for the big auction houses in New York, Sotheby's and Christie's, that sell artwork to wealthy buyers, he said, "How close is that to me? Not very."

Rodriguez's community college teaching emphasizes the importance of each student's life and work along with wider social contexts on and off campus.

"Is it enough to train artists and then say goodbye? I don't think

so," he said.

On an average day in his oil painting classes, Rodriguez moves between students, giving short critiques while John Coltrane music plays, pausing to consider each painting before offering suggestions and compliments.

But don't let his easygoing demeanor fool you. His critiques reveal a direct and serious attitude toward class and teaching that does not end at the easel.

see RODRIGUEZ, page 4

# your guide to la voz

news 2/3 culture 4/5 opinion 6 community 7 sports/health 8

This is Vol. 39, Issue 19. Call us at 864-5626 or e-mail us at lavoz@fhda.edu. We're hanging out in L-41.

# Disability support services provides help

De Anza College's Disability Support Services is a part of the Special Education Division. It provides support services to students with disabilities in order to help them participate in college programs and activities.

The DSS assists student with physical or psychological differences. It works closely with the Educational Diagnostic Center, a program that provides assistance to those with learning disabilities.

Registration is required for students who are interested in the services provided. The office is located on the first floor of the Student and Community Services Building, opposite the hallway to the restrooms.

#### **Verification Process and Counseling**

Students need to fill out a disability verification form and provide documentation from a treating professional who is qualified to diagnose the disability. Once the verification process is completed, students meet with a counselor to talk about their individual needs.

There are four counselors in the DSS: Deborah Stern, John Butcher, Kevin Glapion and Benita Rashall.

Difference assistance services are "individually determined based on students' disabilities and how that impacts them in the classroom," said Rashall, DSS executive head counselor.

#### **Test Facilitation**

Since many students with disabilities cannot take their exams and quizzes in

the classrooms, DSS assists them with testing facilities.

"We try to use technology a lot. We are using more and more technology everyday," Rashall said.

Exams can be read to blind students, and additional time is given to students with slow processing skills or significant concentration problems. Students who have difficulties using the keyboard can answer verbally using a computer.

The DSS administers 700 to 800 tests every quarter. Some of them are under the individual's administration, some are helped by assistants who sit down and work with students.

#### **Shuttle Service**

DSS's shuttle service is known as "Big Red," with driver Henry Garcia. It transports students with mobility or vision impairment, although all students who have registered are welcome to use the service. Priority is given to students going from class to class.

#### **Registration Assistance**

The DSS's Registration and Accountability service helps students select courses that best match their current skill level and individual limitations. It also provides registration assistance.

#### Computer Access Lab

The Computer Access Lab is located in the back of AT203 for students who need to complete homework or coursework.

There are a number of different computer technologies in the Lab, such as the speech input system and the Kurzweil, which reads and highlights printed materials. The lab offers large print for reading materials and teaches the use of different specialized programs.

The DSS urges other departments to use specialized technologies.

"All the computers on campus should be accessible. It is not just the DSS's responsibility to make sure that students can do things throughout the whole campus," Rashall said.

#### **Faculty Assistance**

Students work with their instructors if they need help with adapting or problem handling. The DSS gives a presentation at new faculty orientations to ensure staff development and sensitivity.

#### **Alternate Format Availability**

Debee Norling is in charge of alternate format availability.

She meets with students to find out the books and materials they need for the coming quarter, and then helps them obtain the items. She also makes sure that alternate formats, such as electronic textbooks, MP3s, large print and Braille, are available to students.

For additional information, call 408-864-8753 or visit http://www.deanza. edu/specialed/dss/index.html.

Students can also attend informational meetings held by the DSS once a month in the Educational Diagnostic Center. For more information, call 408-

The next meeting is on March 16 from 2:30 p.m. to 3:20 p.m.



Senior secretary Patricia Whelan behind the reception desk helps student Norbert Harris. The Disability Sup port Services is part of the Special Education Division

Disability Student Services Hours

Monday and Thursday - 8 a.m. to 5 p.m. Tuesday and Wednesday - 8 a.m. to 7 p.m. Friday - 8 a.m. to 4:30 p.m.



Disability Support Services student Todd Quckendus waits for assistance with his mother, Marge.

#### Student senate news and briefs

NOZAEANZA.COM

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**DASB Unanimously Approves Proposed Budget** 

The Student Senate unanimously approved the proposed budget Wednesday. Next meeting, the senate will vote on stipulations, which will specify in more detail under what conditions the money may be spent. The total size of the budget is \$983,000, down over \$130,000 from previous years.

**DASB Takes Stand Against Short Duration of Pay to Stay** 

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The Student Senate voted to endorse a two week pay period for the Pay to Stay policy, citing concerns that five days is not enough, as paychecks come every two

#### **Statewide Senate**

Senators discussed the proposed creation of a statewide student senate, to replace the California Student Association of Community Colleges. The California Community Colleges Chancellor no longer recognizes CalSACC as an official entity recognizing the students of community colleges because CalSACC became too involved with lobbying, said Executive Vice President Bernardo de Seabra.

### TIVE: tuition could be decreased

#### FROM PAGE ONE

signatures to put the initiative on the ballot in November.

The act will require at least 60 days of notification before fees are raised, eliminate mid-semester increases, require a two-thirds vote in the Legislature to raise fees, and prevent the government from increasing unit costs more than the rise in personal income.

"When the times get tough in the state, the state cuts the col-

leges and it raises your fees," said 2010, according to Californian Richard Hansen, president of the FHDA Faculty Association.

The initiative, he said, was important because it took away the incentive from the legislature to

The initiative will make funding for community colleges depend on community college enrollment, and not on K-12.

Current laws mean that community colleges' funding per student may decrease as early as for Community College, a grou pushing for the initiative.

This will be caused by a de crease in K-12 enrollment, sai

Gathering enough signature to put this initiative on the No vember ballot will cost \$2 mi lion, said Hansen.

Anna Callahan, the preside of the Student Senate, called th "a chance for DASB to expar and get involved politically."

# Pay to the Just a fraction of

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An Open Letter to the Faculty and Staff of De Anza College

Greetings!

It has been brought to my attention that some of you are having difficulty in finding physicians who are taking new patients and are preferred providers for Principal Financial Group CCN PPO Insurance.

I believe that all of you make an immeasurable contribution to the lives of your students and to the community as a whole. I have therefore made a special space in my practice for any of you at De Anza College who need a physician and have Principal Financial Group CCN PPO

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Wishing You The Best Of Health!

David J. Waggoner MD FAAFP FASLMS

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#### what's happening on campus

All events are held at De Anza or e-mail CareerCenter@deanza.edu College and are free, unless otherwise noted. E-mail events to Happenings@LaVozDeAnza.com.

#### **Spring Quarter Registration**

Spring term registration is now available for continuing students. New and former student registration begins March 20.

#### **Novelist Nina Revoyr to Speak**

The award-winning author of "The Necessary Hunger" and "South-land" will speak on Monday, March 13 from 1:30 to 3 p.m. in Conference Rooms A & B. Revoyr, who is of Japanese and Polish-American descent, addresses racial, cultural and sexual identities woven through Los Angles settings in her novels.

#### **Using Latino Materials in the Classroom Workshop**

Language Arts faculty members Marc Coronado and Alex Giardino will give a workshop to faculty on "Teaching and Integrating Latino Literature and Multi-Media Materials in the Classroom." The workshop will be offered on Tuesday, March 14 from 12:30 to 1:20 p.m. in the Writing and Reading Center in SC3.

#### **Resume Writing Workshop**

Learn how to write and design a resume to show your best aspects to future employers. A resume writing workshop will be held from 2 to 3 p.m. on Thursday, March 16 in the Career Center in the SCS Building. No pre-registration is necessary. For more information, call 408-864-5711

#### **DSS Informational Meeting**

Disabled Student Services will hold an informational meeting for those interested in finding out about their services on Thursday, March 16, 2:30 to 3:20 p.m. in the Educational Diagnostic Center in LCW.

#### **ARTstor Workshop**

Students, faculty and researchers at De Anza College can access approximately 400,000 visual images online through ARTstor, a non-profit initiative with a mission to use digital technology to enhance scholarship, teaching and learning. Librarian Judy Mowrey will facilitate a workshop "Getting Started with Your ARTstor Account" on Thursday, March 16 from 2 to 3 p.m. in the Library Internet Lab, room LC235. Pre-register with Mary Key Englen at 408-864-8322 or EnglenMaryKay@fhda.edu.

#### Women and Bodies: Finding Voice **Against Violence**

A student and visiting speaker panel will address violence against women, and discuss resources for victims and opportunities for volunteers. A survivor of abuse will give a personal account. The event is on Thursday, March 16 from 1:30 to 3:30 in Conference Rooms A & B.

#### "World Famous" Dance Demo

A dance demonstration will be held on Thursday, March 16 at 7 p.m. in Conference Rooms A & B. For more information, contact Warren Lucas at 408-864-8832

#### **Concert-Wind Ensemble**

A performance by the concert-wind ensemble will take place on Sunday, March 19 at 6 p.m. in A-31. For information, contact Bob Farrington at 408-864-8507.

#### Transfer Information

University representatives will be available to talk with students this

- UC Davis: Monday, March 13, 9 a.m. to 2 p.m., Transfer Center, 2nd floor of SCS Building
- Mills College: Thursday, March 16, 10 a.m. to 1 p.m., Main Quad (or SCS Building in case of rain)
- UC Santa Cruz Baskin School of Engineering: Tuesday, March 13 and Thursday, March 9, 9 a.m. to 3 p.m., S43G.

#### Chorale, Vintage Singers, Women's Chorus

A concert by the Chorale, Vintage Singers and Women's Chorus will be held on Monday, March 20 at 8 p.m., Location TBA. For information, contact Roger Letson at LetsonRoger@DeAnza.edu or 408-864-8879.

#### **Vocal Jazz Concert**

A vocal jazz concert will be held on Friday, March 24 at 8 p.m. in A-11, Choral Hall.

#### **ArchiveGrid Available through May 31** ArchiveGrid (www.archivegrid.org) is a new web site offering faculty, scholars and others access to archive records from museums and

universities throughout the country including the Smithsonian, Radio City Music Hall, the Academy of Motion Picture Arts and Sciences and Harvard University. It will be free through May 31. Two sample searches to see historical documents are:

- Health care history: hospital sanitation smallpox
- Baseball history: baseball Negro league photographs

#### Need a Web page, course curriculum or a technical manual designed?

Students in the advanced technical writing classes will take on professional projects during the spring quarter. Faculty who would like a department Web page created or updated, course curriculum compiled, or an instruction manual or technical publication written should contact Marrietta Reber at ReberMarrietta@fhda.edu or call 408-864-5565.

#### **Final Exams**

Final Exam Week runs from Tuesday, March 28 through Friday, March 31. Exams are two hours long and are usually scheduled at a different time than the class meetings. Final exam schedules are available at the Web site: deanza.edu/calendar/ winexams.html.

#### **Re-Entry Services**

RENEW Re-Entry Services helps reduce obstacles that prevent nontraditional students from returning to school or accomplishing their educational goals. RENEW serves

students who have had a significant break in their education, are married or divorced, are single parents, or are 25 or older. Services include academic advising, early registration, workshops and study groups. For more information contact Renee McGinley at 408-864-5865 or e-mail McGinleyRenee@fhda.edu.

#### Fee Waivers and Financial Aid **Available**

Personnel in the Financial Aid Satellite Office in the Campus Center will help students find out if they qualify for a fee waiver or financial aid. Hours are 6 a.m. to 6 p.m. Mondays through Thursdays, and 6 a.m. to 4:30 p.m. on Fridays. Visit www.deanza.edu/financialaid/ call 408-864-8718.

#### **Suggestion Boxes on Campus**

DASB Suggestion Boxes are located in or in front of the Library, ATC, L47, ISO, Cafeteria, PE Quad and the Science Center. The De Anza Student Body Senate will collect and review the suggestions. Look for white, locked boxes with a slot holding blue suggestion cards.

#### Free Legal Advice

Free legal advice regarding employment, landlord-tenant, automobile accident, insurance and other legal problems and concerns is available in the Lower Level of the Campus Center, along with law-related career counseling. A current DASB card is required for the service. For an appointment, call 408-864-8756.

#### **Internet Accessible Computers** Available in Open Media Lab

Students with a DASB card may use computers in the Open Media Lab to write papers, check their email and search the Internet. The OML is located in the lower level of Learning Center West, behind the library, and houses 76 Windows PC computers and six Macintosh G4 computers.

#### **Employment Services Available**

The Occupational Training Institute provides employment services including counseling and advisement, career education, job placement, financial assistance (books and college fees) while concurrently providing employers with qualified employees. Students who have been laid off, are economically disadvantaged or are seeking employment for a better job may qualify. For more information, see www.deanza.edu/oti or call 408-864-8869.

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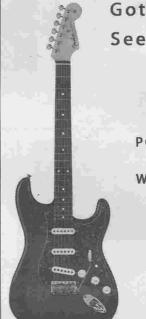
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# RODRIGUEZ: Instructor uses art class to promote social awareness



Art instructor Eugene Rodriguez gives direction to a student about her work. Rodriguez is also responsible

#### FROM PAGE ONE

Many students remember Rodriguez for assigning readings in social criticism, not just technical training.

In 2001, Rodriguez was faculty adviser in an unofficial class to create a student mural at De Anza. The mural is located in the L-Quad, next to the espresso bar.

In spring 2007, Rodriguez will teach a class titled "Intro to Mural Painting: Community in Action." Rodriguez plans to involve De Anza students off campus to create a small mural in the community. Students will read from a bibliography that includes

of mural making and theories of political art.

Between 2002 and 2005, three of Rodriguez's students who helped paint the 2001 mural, Maria Pugnetti, Josh Luke and Rebecca Hartman, received the Irwin Scholarship at the University of California, Santa Cruz. This is an award that takes the place of art department honors and carries a cash prize. Art faculty award it annually to undergraduate art students and showcase the best in a special exhibit.

Pugnetti regards the mural painting course as a touchstone for her work. "Eugene was us in ways that were very compelling," she said. "He kept a fire under us and inspired us by having faith in us."

Erin Kawamata, a former student now in a graduate program for photography, calls Rodriguezher first art teacher. "He is my foundation. He taught me the very first things I learned," she said. "I wouldn't be pursuing [this degree] if it weren't for him."

Rodriguez, a long way from his own art school musings or gallery fame, feels "blessed." It his own words: "I would never have thought I would be able to

### Cartoonist, TV actress speaks at DA

Melissa Lewis

Cartoonist and actress Lela Lee spoke in Conference Rooms A and B on Wednesday for Women's History Month.

The author of "Angry Little Girls" and "Still Angry Little Girls" spoke mainly of her experience as not only a minority, but a female.

Lee grew up one of few Korean-Americans in a conservative Los Angeles suburb and was taught most of her life to be accommodating because she was female. It wasn't until she began attending the University of California, Berkeley that she realized the breadth of the discrimination she had faced.

"I started getting angrier; I felt like [gender and racial issues] had been sugar-coated my whole life."

But Lee's artistic inspiration came after she attended Spike & Mike's Sick and Twisted Animation Festival. She left disgusted because the festival featured offensive racial and sexual content, and the friend who accompanied her challenged her to make her own cartoon.

She spent that evening birthing "Angry Little Asian Girl" with nothing but typing paper, Crayola markers and a camera.

Afterward, surprised by the anger she expressed in it, she put it in a drawer where it would remain for years.

Later, she repeated her project and began showing it to others. When she followed by printing "ALAG" on shirts, the idea spread and soon people were calling her for more shirts.

This inspired a Web site that is now www.angrylittlegirls.com.

Lee created an entire cast of "angry girls" from various ethnicities and backgrounds for her comic

She published these in a book, "Angry Little Girls," which went into its fourth printing only one month after publication.

"Angry Little Girls" deals with issues that girls commonly encounter, like chores and boys, but usually with an angry twist.

"I wanted to address [racism and sexism], but in a fun format that people could relate to," Lee said.

Although she has guest-starred on several popular television shows, she prefers making "Angry Little Girls" as a career.

According to a flyer distributed about Lee, she said, "Nobody wants to talk about racism, overt or slight. But with this comic strip, now I can."

No journalism experience is necessary for reporters, photographers and artists. Simply sign up for JOUR 61 for the spring

Section Editors: APPLICATION DEADLINE IS MARCH 22 AT NOON. THE INTERVIEW DAY IS MARCH 24.

La Voz is accepting applications for Editor in Chief, Managing Editor, and News, Culture, Opinions, Sports, Community, Graphics, Photography and Layout Editors. In a 300-word essay, explain your qualifications to be an editor. It is advantageous to have completed English 1A and JOUR 21, and have previous experience and familiarity with AP style and Adobe InDesign. An open schedule and leadership skills are recommended for potential editors in chief and managing editors.

E-mail applications to grobman@fhda.edu or drop them off in the box on the door of room L-41.

If you have any questions, call 408-864-5626 or e-mail lavoz@fhda.edu.

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Also scheduled to appear: Vennis deMarco, James Watkins, JT Hyatt, Killer J, Tommy Angels, Akuma, Kafu, Tito Aquino, Virgil Flynn, Seito Hayashi and MUCH MORE!!!

### Friday, March 17th 2006

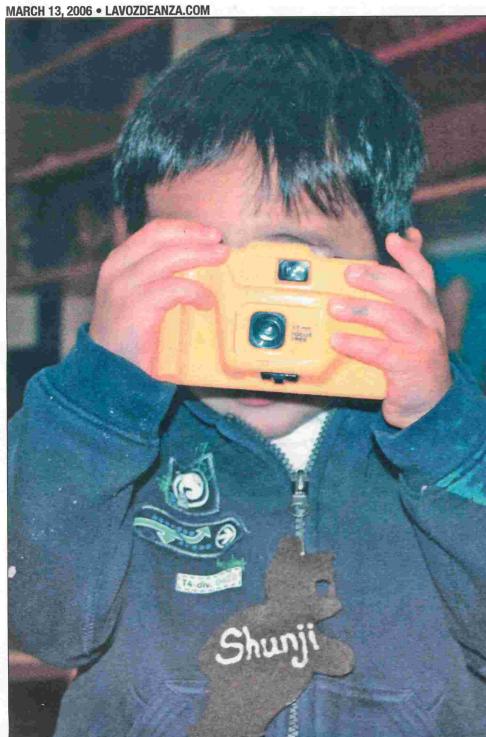
Doors open at 6:30 p.m, Belltime 7 p.m. Admission: \$10 VIP \$15

De Anza College Campus Center Conf. Rooms A & B 21250 Stevens Creek Blvd Cupertino, CA 95014

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PLUS: Local Christian hip-hop/rap group GODSauce

Sponsored by the Chi Alpha Christian Fellowship and De Anza College Catholic Club.



## Campus childcare program is an asset for student parents

Kayla Hilton LA VOZ

De Anza College offers community day care in the Child Development Lab, located in the southwest corner of campus. Child care is not free, but De Anza and Foothill students enrolled in 12 or more units can receive

The lab offers a half day program, from 8:30 to 12:30 p.m., and a full day program, from 7:10 to 5:30 p.m.. Child care is not offered at night. Currently there is a short summer program, which the lab is planning to lengthen.

A month of day care for a toddler (ages 18 months to two years) costs \$900 for half-day and \$1,350 for fullday child care for Foothill-De Anza students. The price of a month of day care for a pre-schooler (ages 3-5) is \$765 for half-day care and \$1,175 for full-day care for students. Other com-munity members are charged about nine percent more.

Until 2003 the center accepted infants from ages eight to 18 months. However, due to budget cuts they were forced to close the infant program.

The children are separated into rooms by age group: toddler, transition and preschool rooms, so teachers can cater to each child's develop-

The Child Development Lab is an

accredited day care center and many people, not just De Anza students, send their children there.

"It's because of our philosophy," said part-time preschool teacher Patti Pigg, who has been at the center for

"It's holistic. We don't just focus on academics, but also focus on developing their social and emotional skills. We teach the whole child."

Teachers at the center also try to cater to every child's learning style and developmental stage. For example, the pre-school aged children are prepared for kindergarten and given literacy activities. Toddlers are given a foundation for their social skills, which are developed more throughout the program. Even though it is a daycare center, they are not only babysitters. "We don't just care for children. We care with intention," said Pigg. "We look at the dynamics of the children, like recently the children were into dinosaurs so we based the curriculum around dinosaurs."

The Child Development Lab not only benefits students by providing

Child development students can gain field experience. Each room has at least two assistant teachers who are De Anza students.

"We couldn't survive without them. Sometimes we'll have people who went to daycare here and come back as assistants," says Pigg.

Kristina Cottle / LA VOZ

Shunji, a child in the De Anza childcare program, hones his photography skills

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#### La Voz

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La Voz is a First Amendment newspaper written and published by De Anza college students. Staff editorials reflect the opinions of the majority of the editorial board and do not necessarily reflect the views of the author or the opinions of the La Voz

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Letters to the editor, submissions and press me and must be signed and include contact information for verification and follow-up. Letters should be 300 words or less; letters more than 300 words may be edited for

Letter content must not be libelous or intended to air personal grievances. La Voz does not guarantee that submissions and letters to the editor will be printed, nor does it guarantee coverage of events for which it receives press releases.

La Voz reserves the right to edit letters and submissions for clarity in accordance with Associated Press writing style.

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**Additional Copies** 

The first copy of each issue of La Voz is free. Additional copies can be purchased through Business Manager Reza Kazempour.

# Ron Goularte, the answer to your legal issue

Part-time business law instructor Ron Goularte's legal office is accessible to De Anza College students. Anyone with a question and a De Anza Student Body membership doesn't have to pay extra to speak to an expert. You won't even have to leave campus.

So here's how it works:

Step one.

You think of a question to ask. For example, you could ask, "I think I'm being treated unfairly at work. What can I do?" or "I'm being kicked out of my apartment, what options do I have?"

Step two.

You make a trip to the Student Activi-

ties Office or call 408-864-8756 to make an appointment. They'll set you up with someone in the Legal Aid Office who can give you answers.

Step three.

Listen to what your legal adviser has to say. If you need a lawyer to represent you or offer more in-depth assistance, the adviser can tell you which other people you need to see.

Repeat as needed.

If you're in trouble, or just need someone to talk you through a tough situation, you're in luck.

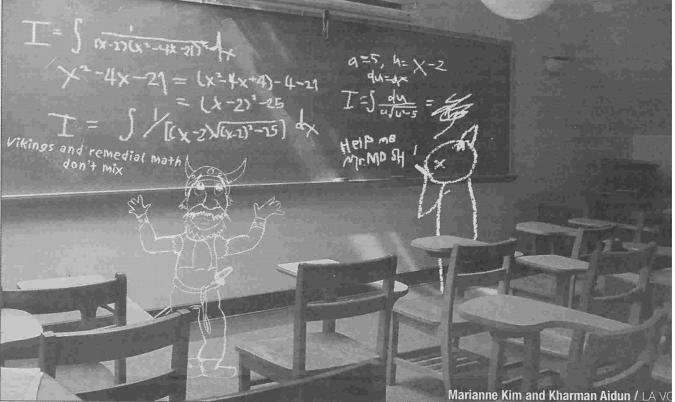
And De Anza students have been in luck for over twenty years.

La Voz featured Goularte, who star the Legal Aid program, and Calvin L ie, then an attorney in the Legal Aid fice, on Dec. 9, 1989. As reported th 15-minute sessions are available.

And advice is free.

Remember, part of your responsibil as a De Anza student is to maximize yo education, and there's a huge toolbox ways you can help yourself.

From Financial Aid's fee waivers the counseling office to Ron Goular you can find just about everything you likely to need on the way to class. T door is in front of you - it's up to you choose to open it.



# MPS: Finding a light in the math

MATH PERFORMANCE SUCCESS PROGRAM HELPED THIS DE ANZA STUDENT

Like many of my fellow De Anza

students, I met a monster in basic

math courses. It was difficult to

be willing to find the extra time to

admit that I needed extra help.



#### annaCALLAHAN

SPECIAL TO LA VOZ

The formulas on the chalkboard blurred into unintelligible sequences of numbers, sign, and letters. The textbook, despite its thickness, cast little illumination.

The instructor's explanations seemed profound, but somehow could not penetrate. I was forced to face an unfortunate truth.

Despite my ability to maintain straight As in my other general education course work, I was going to fail Algebra 1. For the second time.

Like many of my fellow

De Anza students, I met a monster in basic math courses.

It was difficult to be willing to find the extra time to devote to math success, as well as admit that I needed extra help.

Yet it was the thought of failing a third or fourth time, or perhaps even seeing a lack of math completion prevent me from graduating and transferring, that pushed me to investigate and join De Anza's Math Performance Success Program. The MPS program combines a variety of elements to produce a magic formula for student success rates in math.

The key element of the program is the added instruction

time; students spend two hours a day, for a total of ten hou in week, in class. A portion of the class time is spent working collaboratively on activities which review that day's subje

The extended instruction time makes up for the accelerate learning pace of the quarter system, and the in-class group wo does away with passive and unproductive class attendance.

The program also utilizes carefully chosen instructors wi very effective teaching styles, as well as provides both in-cla and out-of-class tutoring.

Students are encouraged to turn to classmates for help as to form study groups of their own.

After I joined MPS, the unimaginable started happenin my quizzes and tests came back not only with As, but with wi

perfect scores.

I was able to stuff my "min zero" exams into my folder whi putting in half as much out-c class study time as before. Ma was no longer an unconquerab

To join MPS, visit Hermin devote to math success, as well as Hernando in the Student ar Community Services Building call him at 408-864-8851. Spo are competitive, so don't delay.

The MPS program starts in fall with Math 112, and co cludes in the spring with Math 10, taking students from b sic algebra to the level of math needed to transfer for majo without additional math requirements. Students may join michael

Happy logarithmic functions.

Anna Callahan is the De Anza Associated Student Body Sena President. If you have a story about the MPS program you like to share, please send letters to: lavoz@fhda.edu.

#### Corrections

 Cinequest Student Film article: In the description of "Black Candle," the word Muslim was misspelled.

 Guest perspective on national debt: Dave Tully is a De Anza College political science instructor.

Front page left teaser by Kristina Cottle/ LA VOZ

Front page right teaser courtesy of Roland Champagn

# Second Harvest provides regular volunteering opportunities

Melissa Lewis

Dozens of people from different cities and backgrounds converged March 4 for one purpose: to sort the thousands of pounds of food Second Harvest provides to local families.

Several groups, including One Brick, a nonprofit volunteer-coordinating organization out of San Francisco, a sorority and several individual volunteers worked for approximately three hours sorting food and placing it in large bins.

Volunteers arrived early in

the morning and separated into individual groups. After a brief introduction and explanation of the day's activity, they gathered in one area in the Second Harvest warehouse for training.

The Second Harvest team leaders, immediately engaging and helpful, worked alongside volunteers instead of simply directing them.

Sometimes going several minutes without speaking, volunteers helped each other sort and lift box after box, barrel after barrel of food for people they may never meet.

Sorting is one step of many

in the process, so volunteers are always welcome.

Volunteers can attend these and other opportunities by themselves or with a larger group.

The Second Harvest Distribution sites for Santa Clara and San Mateo serve 163,500 people each month.

Second Harvest holds events during various hours of the day multiple times each week.

Students can help volunteer with the organization by contacting Second Harvest through their Web site, www.2ndharvest. net, or by calling (408) 266-8866



Volunteers sort the food many times before it reaches its destination.

# De Anza's UNICEF club represents communities worldwide



Laotian girls observe De Anza UNICEF organizer as he photographs them.

Melissa Lewis LA VOZ

The United Nations Children's Fund, also known as UNICEF, is an international coalition dedicated to the education, health and overall well-being of children all over the world.

UNICEF specifically helps orphaned, sick, and homeless children who are victims of disasters.

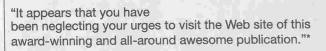
De Anza was the first college in California to have a UNICEF Club. De Anza UNICEF members represent over 20 countries and have donated over \$2,500 to UNICEF projects worldwide. Join this global community by attending the next meeting or by joining unicef\_da in Yahoo! groups or sending an e-mail to: rchamp59@yahoo.com, subject UNICEF.

The next meeting will take place Wednesday, March 15 at 11:30 a.m. in meeting Room 1, which is across from Conference Room A.

#### **UNICEF Statistics**

- Globally 13 million children have lost their parents to AIDS
- 1.2 million are sold and trafficked each year
- 246 million are unable to attend school
- 10 million die annually from preventable diseases
- More than one billion lack proper nutrition, safe drinking water, shelter, and education

Source: De Anza UNICEF presentation



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\*Words not actually spoken by individual pictured \*\*We can't find any scientists who will run tests to prove we're awesome, but we're just so convinced we decided to call it science anyway



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Edgar Pimental De Anza College Leadership

# LOMAX: the hue of your food has a lot to do with its content

FROM PAGE ONE



RED fruits and vegetables are rich in lycopene, an antioxidant that can reduce the risk of many types of cancer including prostate cancer. Examples included tomatoes, pink grapefruit, guava, raspberries, pomegranate and watermelon.

ORANGE fruits and veggies are high in beta-carotene, which protects eyes and skin and can reduce the risk of certain cancers. Squash such as acorn and butternut, apricots, cantaloupe, carrots, mangos, pumpkins and sweet potatoes are examples of orange foods.

ORANGE/YELLOW fruits and veggies have beta cryptoxanthin, another antioxidant that protects cells from the harmful effects of pollutants like cigarette smoke. These include nectarines, oranges, orange juice, papaya, peaches, tangerines and yellow grapefruit.

YELLOW/GREEN fruits and vegetables are rich in lutein and xeazanthin, types of carotenoids that protect eye health and reduce the risk of cataracts and macular degeneration. Some of these are corn, cucumbers (with skin), green beans, lettuce, yellow peppers and zucchini.

GREEN fruits and veggies have sulforaphane, isothiocyanates and indoles, all of which boost the body's ability to fight cancer. Broccoli, Brussels sprouts, green cabbage, collard greens, kale, spinach and Swiss chard are examples.

PURPLE/BLUE fruits and veggies contain a powerful antioxidant called anthocyanins that can reduce your risk of heart disease and stroke. Blackberries, blueberries, purple grapes, figs, raisins and eggplant are examples of purple/blue foods.

WHITE fruits and vergies have chemic that may help protagainst heart disearcholesterol and sto ach cancer. Some, libananas and potato are good sources potassium. Other typare onions, garlinger, jicama, mus rooms and cauliflow.

