

Student senate news and briefs

Senators Resign, New senator Joins

Three senators resigned and one joined last Wednesday. Jonathan David White, who was previously a junior senator, was sworn in and George Edward Smith, Siamack Jamshidipour, and Saleha Pirzada resigned. Smith is now the Inter Club Council Chair. The senate now has three open spots.

Senate Funding

The Senate unanimously approved \$3,500 of new funding for the Massage Therapy Program to send nine students to the California Massage Therapy Convention and voted 11-2 to approve \$2,561 to the Latina Action Day group to cover the cost of travel to and from Sacramento. Both items were urgent, meaning there will be no second vote.

Budget Stipulations

The senate finalized the 2006-2007 budget by approving stipulations that regulate under what conditions DASB money can be spent. Clubs and programs not in compliance with budget stipulations risk having their accounts frozen and being allocated less money in future years. Stipulations can be modified throughout the year.

Better De Anza Student Body Cards

The Senate discussed a

proposal to upgrade DASB cards to store personal information, such as bookmarks and logins, and to allow automatic form-filling, using SMARTcard technology. SMARTcard technology is the same technology used by the Department of Defense, said Spyder Heaney, from Offshoot Systems, the firm that developed the cards. Installing card readers would cost the DASB about \$50 per computer, but not increase the cost of the DASB cards.

Pay to Stay

Last Wednesday, the Student Senate discussed the Pay to Stay policy with Jeanine Hawk, the vice president of Finance and College Services. The Senate expressed concern, saying that the 5 day waiting period was too short. However, the college "shouldn't keep changing the policy all the time," Hawk said. At the very least, the college should try out the program for two years before deciding, said Hawk.

Next Meeting

The senate did not vote on endorsing Measure C (see front page article) or the Statewide Student Senate because the two items were not on the agenda. The Senate will hold a short meeting next Wednesday, at 3:30 in the lower level of the Hinson Campus Center to vote on the two items.

DEGREES: new AAs available at DA

FROM PAGE ONE

ment faced budget cuts and faculty attrition, which resulted in its elimination and a rocky period for this newspaper.

In 1987, Warren Mack, who led *La Voz* for 20 years, retired, which began the period of disarray for the newspaper.

Grobman plans to pursue new certificate programs and an Associate of Arts degree in Mass Communications next year.

The Associate of Arts in Management did an apprenticeship as a certificate, said Michele Fritz, the full-time instructor in the Business Department who led

the effort for the degree.

One of the main goals of offering the degree is to combine career goals and education, said Fritz.

Many of the students who will end up pursuing the degree may use the endeavor for promotions or to show supervisors that they are enriching job skills, she said.

She accorded with Grobman that an associate degree can be a goal by itself or could be something to fall back on if a student falls short of a bachelor's degree.

The new associate degrees accompanied a catalog cleanup, said Mary Clark, curriculum and catalog coordinator for the

Scheduling Office.

Many courses had outdated goals, outdated materials, or had never been offered, she said.

According to Clark, a faculty committee assists the Curriculum Committee and the Vice President of Instruction Judy Miner in evaluating the courses.

The group cut about 400 courses from the general catalog, which had about 3000 total course listings, she said.

The instructional divisions were largely responsible for the brunt of the cleanup, Clark said.

It was not entirely mandated from above and the trimming was not due to budget cuts, Clark said.

PLUS/MINUS: instructor perspective

FROM PAGE ONE

If an instructor decides to raise his or her standards, then that would take place without the adding of plus/minus grades to the mix.

Assuming the instructor is not raising standards in the classroom, "if 400 was an A, it ... should still be an A and then 370 [for example] should become the A minus."

Currently, a certain amount of effort is required to earn each respective base letter grade and "there's nothing inherent in the system of plusses and minuses

to say that there should be any change in that whatsoever."

Though Setziol favors this "standards" system, there is one circumstance that would leave students with a lower grade than they would receive in the "illogical" grading format.

Again, assuming 400 points is the threshold for an A and 370 is that of an A minus, a student with a total of 380 would likely receive an A minus, whereas, "in the previous system...it's possible that [380] might have been generously rounded up."

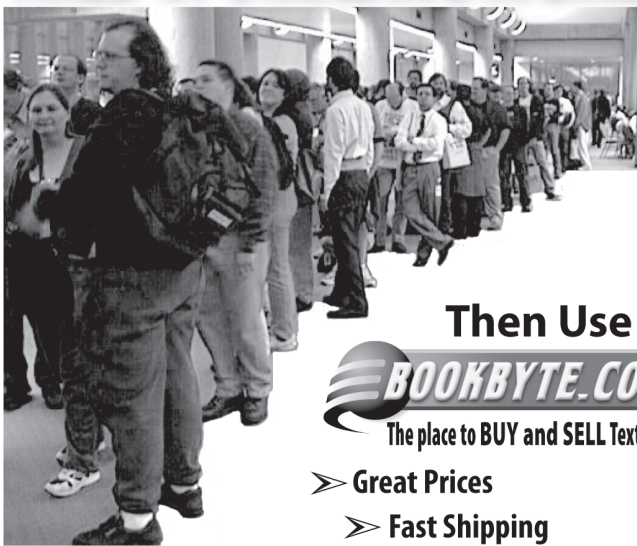
But Setziol is confident that the number of such scenarios would be "very, very small."

"If you have a class of 40, there might be one student who hits that spot," he said.

The main message that Setziol would like to convey is that students should stand up and, in a polite and non-confrontational manner, say "if it was worth an A before, it should be worth an A now. If it was worth a B before, it should be worth a B now. An A minus is not an A. A B minus is not a B."

Ultimately, Setziol believes that those students who have their mind completely set on achieving a 4.0 GPA will adapt and get the A's that they strive for.

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what's happening on campus

All events are held at and around De Anza College and are free, unless otherwise noted. E-mail events to Happenings@LaVozDeAnza.com

Spring Quarter Registration

Spring term registration is now available for all students. Spring quarter begins April 10 and ends June 30. The Admissions and Records Office, in the lobby of the SCS Building, is open Mondays through Thursdays from 8 a.m. to 7 p.m. and on Fridays from 8 a.m. to 1 p.m.

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 meeting times. Final exam schedules are available at the Web site: deanza.edu/calendar/winexams.html.

Employees of the Month Celebration

A celebration to honor De Anza's winter quarter employees-of-the-month Tom Schott, Angelica Strongone and Nancy Cole will take place on Tuesday, March 21 from 2:30 to 3:30 p.m. in Conference Room A. Entertainment and refreshments will follow the awards ceremony.

Transfer Information for This Week

University representatives will be available to talk with students this week:

- UC Davis: Monday, March 20, 9 a.m. to 2 p.m., Transfer Center, 2nd floor of SCS Building. For more information contact Coleman Billingslea at clbillingslea@UCDavis.edu or 510-893-4126.
- SJSU: Wednesday, March 22, 10 a.m. to 2 p.m., Transfer Center, 2nd floor of SCS Building. For more information contact Maile Sing at Maile.Sing@SJSU.edu or 408-924-2551.
- UC Santa Cruz Baskin School of Engineering: Tuesday, March 21 and Thursday, March 23, 9

a.m. to 3 p.m., S43G. For more information contact Ismael Moreno at Imoreno@UCSC.edu or 831-460-3038.

New Personal Finance Course Offered

If you are interested in paying for college, buying a home, or retiring comfortably, learn how you can achieve your financial goals by enrolling in the new course, "Introduction to Personal Finance" (BUS 91) spring quarter. It will be taught Wednesday evenings from 5:30 to 8:10 p.m. and will cover a wide range of personal financial planning topics.

Transfer Information for April

University representatives will be available to talk with students in April:

- UC Davis: Monday, April 10, 17, 24 9 a.m. to 2 p.m., Transfer Center, 2nd floor of SCS Building. For more information contact Coleman Billingslea at clbillingslea@UCDavis.edu or 510-893-4126.
- UC Irvine: Tuesday, April 18, 9 a.m. to 1 p.m., and Wednesday, April 26, 2 to 6 p.m. Transfer Center, 2nd floor of SCS Building. For more information contact Tracy Chung-Tabangcura at ChungTracy@DeAnza.edu or 408-864-8841.
- CSU San Bernardino (for international students): Wednesday, April 12, 9 a.m. to 11 a.m., Transfer Center, 2nd floor of SCS Building. For more information contact Arlena Allende at Aallende@CSUSB.edu or 909-537-3204.
- San Francisco State University: Thursday, April 13, 9:30 a.m. to 1:30 p.m., Main Quad. For more information contact Tracy Chung-Tabangcura at ChungTracy@DeAnza.edu or 408-864-8841.
- Academy of Art University: Thursday, April 14, 11 a.m. to 1 p.m., A-Quad or first floor of ATC Building. For more information contact Tracy Chung-Tabangcura at ChungTracy@DeAnza.edu or 408-864-8841.
- UC Berkeley: Wednesday, April

26, 10:30 to 2:30, Transfer Center, 2nd floor of the SCS Building. For more information contact Keith Schoon at 510-643-7159.

- Palmer College of Chiropractic: West, Tuesday, April 25, 10 a.m. to 1 p.m. Location TBA. For more information contact Tracy Chung-Tabangcura at ChungTracy@DeAnza.edu or 408-864-8841.

Chorale, Vintage Singers, Women's Chorus to Perform

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 featuring De Anza's Vocal Flight will be held on Friday, March 24 at 8 p.m. in the Choral Hall in A-11. The cost is \$10 for the public and \$5 for students and seniors. Special guest is Darryl Rowe, who has worked with Bobby McFerrin, Patrice Rushin, Woody Herman, Dexter Gordon and Sergio Mendez. Tickets available at the door. For information contact Roger Letson at LetsonRoger@DeAnza.edu or 408-864-8879.

Payroll, Personnel and Scheduling Department Location

The Payroll, Personnel and Scheduling Departments are temporarily located in Mod Quad 7 & 8.

Distinguished Educator

Counselor David Coleman has been awarded the De Anza College Distinguished Educator Award for February. Coleman is known for an "approachable style, professional expertise, ability to navigate bureaucracy and for establishing a positive and safe atmosphere." Coleman's advice to students is, "Study yourself. You are your own 'blueprints' for success. Make the effort to find out what moves you and what is important to you. Find your own rhythm and approach.

Learn from others and treat folks the way that you would like to be treated."

Teaching Hybrid Classes Workshop

A workshop for faculty on teaching hybrid (part classroom - part distance learning) courses will be given by Rebecca Board-Liljenstolpe in the Writing and Reading Center in SC3 on Thursday, March 23 from 12:30 to 1:20 p.m. For information call the WRC at 408-864-5840.

Emerging Technologies Workshop

A two-day workshop will provide an overview of the technologies behind the AJAX (Asynchronous JavaScript and XML) platform. Attendees will be able to immediately being to use AJAX to build interactive Web applications and dynamic content. Cost is \$495 for the public, \$295 for World Organization of Webmasters members. Scholarships are available. For more information contact Marie Taylor-Harper at TaylorHarperMarie@fhda.edu.

Online Public Domain Blog

To encourage the use of free public domain materials by De Anza and Foothill faculty and students, the De Anza library staff has created a Public Domain Web site and blog. The site contains links to public domain materials that can be used in the classroom. Users can view and contribute information to the site at: faculty.deanza.fhda.edu/Public-Domain/.

Gossip about De Anza

A student-created message board for De Anza students to "talk about classes, teachers and life" is available on the Web at www.DAGossip.com.

Chancellor, Board Member Speak to Assembly

Foothill-De Anza Trustee Hal Plotkin and Chancellor Martha Kanter testified on Feb. 28 before the Assembly Committee on Higher Education, which was holding a hearing on the issue of textbook costs. Plotkin and

Kanter's topic was "Creating 21st Century Community College Courses: Building Free Public Domain Textbooks for Students." Foothill-De Anza has established a pioneering board policy encouraging the creation, use, accessibility and maintenance of public domain materials. The testimony can be viewed from the Web site www.fhda.edu/public_domain_testimony.

Women's Pro Basketball

The San Jose Spiders of the NWBL will play a home game against Colorado on Saturday, March 25 at 7 p.m. in the De Anza gym.

De Anza Makes Top 5

In 2005, De Anza was ranked No. 5 in the country for the number of Associate Degrees earned by Asian Americans, No. 30 for Associate Degrees in Liberal Arts and Sciences and in General Studies and Humanities, and No. 70 in the total number of Associate Degrees awarded, according to Community College Week.

Beginner's Surfing Lesson

The De Anza Outdoor Club is holding a beginner's surfing lesson on April 23 at 11 a.m. in Santa Cruz. The cost is \$70 for students and \$60 for club members. Cost includes instruction, wetsuit rental and soft long board rental. To sign up, students must take a swimming test on Saturday, March 25 from noon to 1 p.m. or provide a current Red Cross or YMCA lifeguard card, a scuba certification, or a note from a De Anza swimming instructor. Sign up in person in advance in the P.E. Quad.

Disabled Students Unlimited Club

The DSU meets on the second and last Fridays of the month at 2 p.m. in the Seminar Building. Students do not have to have a physical or psychological disability to join the club. The club has a listserv on the Web at: groups.yahoo.com/group/DeAnza_DSU.

Teach for Tomorrow

The De Anza Child Development Department offers students a chance to participate in the Teach for Tomorrow Program, by registering in Education 1 (An Introduction to Elementary Education in a Diverse Society). The Teach for Tomorrow Program is designed to help students pursue a teaching career. For information, contact Juanita Cordero at CorderoJuanita@fhda.edu or 408-864-8894.

Need a Place to Live?

Use DeAnza's online housing board to find a place to live or to find a roommate. It's at www.deanza.edu/housing.

Bands and Performers Wanted


Does your band want to perform at De Anza? Bring or send a promotional package with a tape or CD to the De Anza Student Activities Office in care of La Donna Yumori-Kaku. The Activities Office is located in the lower level of the Campus Center.

Free Recycled Computers for Students

Free recycled computers, good for word processing and Internet surfing, are available for qualified De Anza students who have filed for Financial Aid. For information on qualifications and how to apply, see the scholarship bulletin board in the lower level of the Campus Center.

Free Income Tax Assistance

No-cost assistance for filling out income tax forms will be available for De Anza students and others who are low-income, disabled, elderly or of limited English speaking ability. The service is available on a first come, first served basis at the Cupertino Library on Saturday, March 25 from 10 a.m. to 3 p.m.. Call 408-235-0651 for an appointment, or just walk in.



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Congratulations to newly tenured instructors

Twenty De Anza College instructors were approved for tenure at the Board of Trustees meeting on March 6 at Foothill College. Tenure status is given to instructors who have successfully completed a four-year review process. Tenure provides instructors with continuous employment without periodical contractual changes. This information was compiled from a memorandum from the President's Office then submitted to the Board of Trustees on February 23, 2006.

Compiled by Katherine Nguyen

DOLI BAMBHANIA mathematics

Doli Bambhania teaches a full range of mathematic courses at De Anza.

As part of her syllabus, students are required to meet with her at least once in the quarter for help or advice.

She serves on the department Textbook and Curriculum Committees. She chaired the committee responsible for the opening of the Math and Science Tutorial Center. The event was fun and informative because of the committee's involvement. Bambhania also organized the division retreat last Spring quarter.

RANDY BRYANT automotive technology

Randy Bryant uses Powerpoint for his lectures as a way to incorporate technology into the classroom. He developed a syllabus to accompany his lectures as well. Bryant also helps with the Automotive Club activities. He is serving on the Academic Senate.

He will be teaching Automotive Brake Systems and Automotive Suspension, Steering and Alignment next quarter. The classes will be held in the Automotive Technology building. Bryant has been teaching at De Anza since 2001.

CHRISTINE CHAI english as a second language

Christine Chai is a faculty member on the Communication Across the Curriculum board. She develops and teaches ESL classes for Health Care workers and Child Care providers.

She is a participant in LINCed classes teaching ESL 5 and History 17A. Chai also taught numerous English courses and led the Study Abroad Florence Group in 2004.

She is active in the Asian Pacific American Student Association, Women's History month and Student Equity issues.

KAREN CHOW english

Karen Chow graduated with a Ph.D. from University of California Santa Barbara and quickly settled into De Anza life.

She is a specialist in Asian literature and contemporary issues. She serves on the Literature Committee, Asian Pacific American Student Association Steering Committee and Asian Pacific American Students for Leadership.

Chow also taught a special class about Maxine Hong Kingston. She has worked with late author Iris Chang and filmmaker Timothy Bui.

CAROL CINI history

Carol Cini teaches a full range of American History courses including Women in American History, California Studies and Women's Studies.

She maintains a media-rich classroom with a consistent representation of multicultural pedagogy.

Cini served in various committees at De Anza during her tenure review period.

Cini has a B.A. from Stanford University and a M.A. from San Francisco State University. She has been teaching at De Anza since 2001.

THOMAS DOLEN library science

Thomas Dolen is an active member of the Library Services Division faculty. He is responsible for Technical Services, a division for collection development, acquisitions, cataloging and processing of library materials.

Dolen is involved in campus and district committees and activities including serving as the division representative to the Academic Senate.

He is a member of the District Educational Technology Advisory Committee.

MICHELE DUBARRY english as a second language

Michele DuBarry supervises and coordinate the ESL Readiness Program. She also trains the Readiness teaching assistants, who help thousands of ESL students every year.

She has served as the curriculum representative for the Language Arts Division. DuBarry also made major contributions to the Developmental Task Force initiated by President Brian Murphy.

DuBarry has a B.A. and M.A. from San Francisco State University. She has been teaching at De Anza since 2002.

SPERANTA GEORGIU computer information systems

Speranta Georgiou uses interactive visuals and hands-on activities in her classes. The courses feature relevant and current issues and topics in technology.

Georgiou served on the De Anza Accreditation Self-Study Committee last year. She is also a member of Rotaract, a service organization.

She has a B.S. from Santa Clara University and a M.S. from University of Illinois, Champaign-Urbana. Georgiou has been teaching at De Anza since 2002.

MAURICE GERAGHTY mathematics

Maurice Geraghty uses two-way discussions as a way to draw students into mathematics. He also uses Excel and Powerpoint presentations and a Web site throughout his curriculum.

Geraghty has participated on textbook and curriculum committees. He worked with De Anza's professional Workforce and Development Program to teach a training course for research assistants at Stanford University. He has a B.A. from the University of California Berkeley and a M.S. from California State University Hayward.

MARSHALL HATTORI english

Marshall Hattori pioneered efforts in the Distance Learning Center and in hybrid courses. He also trains other faculty in these areas.

He served on the Asian Pacific American Students' Association. Hattori also created the Asian Pacific American Film Festival on campus and coaches women's basketball. He is the adviser for Circle K, a collegiate community service club. He has a B.A. and M.A. from the University of California Santa Barbara. He has been teaching at De Anza since 2002.

SCOTT HERTLER physical education

Scott Hertler led his baseball team to rate in the top 20 of the division. His baseball team was also selected as the California Community College Commission of Athletics Scholar Team of 2004.

He is serving as the Division representative on the Academic Senate and regularly attends division meetings. Hertler is a member of the American Association of Collegiate Baseball Coaches. He has a B.S. from San Jose State University and a M.A. from St. Mary's College.

HOWARD IRVIN counseling

Howard Irvin has been the department chairperson of the Counseling Center for the past one and a half years. As a member of the Counseling and Matriculation Division, he has gained trust and developed rapport with both students and faculty. Irvin approaches counseling from a position of support and understanding.

He has a B.S. and M.S. from San Diego State University. He has been a counselor at De Anza since 2002. He is a former Los Angeles Police Department officer.

VICKI JENNINGS biology

Before coming to De Anza, Vicki Jennings was researching deer habitat utilization in the Diablo Range. Her experiences in the field have helped De Anza's own field courses including Imagery and the Environment.

She also works with other faculty members to develop, plan and implement new courses for the division.

Jennings participates in a variety of college activities including the Curriculum Committee, curriculum development and implementation and department and division meetings.

CHARLES LEE english as a second language

Charles Lee is going to lead the first Campus Abroad to Beijing and Shanghai in summer 2006.

He is a member of the ESL Department and the Language Arts Division. He created and taught a special class for international and ESL students. He also used a student-centered classroom with successful results.

Lee has worked with the Writing and Reading Center Task Force.

He has a B.A. from Hebei University of China and a M.A. from San Francisco State University.

MARIA MARIN english as a second language

In one of her LINCed courses on community service, Maria Martin brought her students to the Gilde Memorial to serve meals to the needy.

She served as a Puente mentor, an organization for Latino empowerment. Marin is involved with the Cross Cultural Partners Program, which pairs native English speakers with non-native English speakers as a way to improve communication and learn about different cultures. She will be a faculty member in next year's Campus Abroad Program to London.

WILLIAM NAGEL graphic design

As part of his course, William Nagel encourages his students to become involved in outside service learning projects such as designing a newsletter for Hospice of Sunnyvale Pathways Home Health Bereavement Program.

These projects help students gain professional experience for their portfolios.

Nagel participates in the division and department meetings including the Art on Campus Committee. He has a B.A. from San Jose State University and has been teaching since 2002.

JILL QUIGLEY english

Jill Quigley is the chair of the Literature Committee and member of the English Faculty.

She co-authored the current text for English Writing 160. She also teaches in the Honors Program.

She is the Writing Club adviser, a member of the Developmental Task Force, the Visiting Speakers' series committee and the chair of the Carolyn Keen Essay Prize committee.

She has a M.A. from William Smith College and a B.A. from Boston College.

BECKY ROBERTS english

Becky Roberts started working at De Anza as an organizer for the Puente Program. Since then, she has served as the co-chair of the Developmental Task Force, winning the Innovator of the Year Award.

She also served on the Curriculum Committee and the Division Equity Team, a campus matriculation committee.

She has a B.A. and M.A. from the University of California San Diego and a Ph.D. from the University of California Santa Cruz.

JEFFERSON SHIRLEY mathematics

As part of the classroom experience, Jefferson Shirley believes in establishing a sense of community in the classroom.

He teaches in the Math Performance Success Program. He served on the District Educational Technology Advisory Committee, De Anza's Accreditation Self-Study Committee and the Teaching and Learning Project.

Shirley has a B.A. and M.A. from Michigan State University in East Lansing. He has been teaching at De Anza since 2001.

KRISTIN SULLIVAN biology and environmental studies

Kristin Sullivan's expertise in Environmental Studies is because of her fieldwork including research in watershed management in California.

She uses these skills to encourage student participation and to keep the course's topics current.

Sullivan participated in the Academic Senate, the College Environmental Advisory Group, the Kirsch center for the ES Building and as a club adviser.

She has a B.S. and M.S. from San Jose State University.

FLINT CENTER: Creative Arts groups find it hard to use build-

FROM PAGE ONE

dance and theater venue with a new location for the Euphrat Museum of Art and an art history classroom. The design footprint calls for the removal of the Mod Quad, the portable trailers that serve as temporary administrative offices. The Mod Quad is located between the Student and Community Services Building and Parking Lot A, on the northeast part of campus.

The Euphrat and art history lecture hall addition mark a sticking point between the President's Office and the building's planning committee, which consists of

to move into the old bookstore building.

For Letson, Farrington and Lucas, whose media — choir singing, music and dance — require a performance space, any compromise is out of the question.

Holler, however, is waiting for back-hoes, concrete and rebar. "I am more bemused than anything about whether or not this building will get built," he said.

Farrington concurred. "I'll believe it when I see it," he said. "Two months ago I was sure it would get built. Now I'm not so sure."

Though both professors commented on the district Chancellor Martha Kantner's commitment for the project, they are

new building project soberly.

"If they came in here and told me the new theater arts building wasn't going to happen, I wouldn't be surprised," said Lucas. "We've had three fake-outs."

According to Holler, in one tragicomic slipup in 1978, a district administrator who forgot to send a form to the state office cost the college a performing arts building. With the passage of Proposition 13, reapplying for state funding was out of the question.

Creative Arts professors have had to improvise to hold performances around campus. Student groups have performed on the roof of the Euphrat museum, on the steps of the Learning Center, in local high schools, at churches, in conference rooms in the Student Center and in the De Anza Choral Hall, which is more of a lecture room than a performance space, said Farrington and Lucas.

Lucas insisted that the Choral Hall and conference rooms are not options for theater and dance, because without an offstage area, there is no way to create illusions.

Bands don't fit in the Choral Hall, and the audience configuration and sound are poor in the conference rooms, said Farrington.

The Flint Center for the Performing Arts, the large, imposing building on the northwest corner of campus, near the Sunken Garden, was used as an educational and performance space for a while in the 1980s and into the 1990s.

Before the 1978 Proposition 13, the initiative which abolished the Community Service Tax and devastated many public educational programs in its wake, instruction and student performance were top priorities for the district's plan for the Flint, according to district archival documents.

A 1975 memo lists 90 events, or half of the total programming, as "district segments including instruction, Associated Students and Community Services."

Year by year, that priority turned into an afterthought.

Explanations for and allegations into this afterthought range from insufficient taxes to a willingness to admit privatization onto a public campus to district mismanagement, policy weakness and neglect. These explanations arose in a number of interviews with faculty and Flint managers, and in district archival documents.

Currently there is no official district policy regarding student access to the Flint Center.

Paula Davis, the General Manager of the Flint, is a private contractor who books events of other private entities such as community non-profit organizations and for-profit promotional companies.

Davis' management company is ultimately accountable to the Board of Trustees. Amid a recession, Davis first took over the Flint from the district in 1994 as an employee of a Houston-based company, PACE Management. In 1997, she formed her own company, Domus Inc., that has run the theater since.

Davis said she has never had a conversation with Mike Brandy, her liaison to the Board of Trustees about student access to the Flint.

"No offense, but why would I," she said. "It's not like we're a Stanford or an-

other big four-year college with a big arts program. Students aren't interested in the programming we offer."

Mike Brandy responded resolutely to the suggestion that the district has not tried to do enough for students at the Flint in recent years. First, there would have to be a proposal on the table for a program for student tickets or instruction at the Flint from either students or faculty, he said. In addition, he said, it is unlikely that a program for discount student tickets or De Anza classes in the Flint could pay for itself.

Many Creative Arts faculty consider their existence in the shadows of the great hall as ironic. Letson, Holler and Lucas referred to the Flint Center as, "a monster," "an 800-pound gorilla" and "a temple."

In March 2005, De Anza students performed for what could be the last time at the Flint. According to Lucas, in the early 1990s he was still able to hold dance performances in the Flint every quarter. In his 15 years of teaching at De Anza he has watched the number of annual dance performances in the Flint diminish from three to two, then to one, then to none, he said.

Along the way, the Theater Tech Program folded in 1985, which eliminated the possibility of having student techs work in the Flint Center for college events like graduation or plays, said Holler. Flint management has hired professionals instead, said Holler.

The last full-time theater professor, Hester Schell, resigned in 2001, in part due to the lack of a performance space and decreasing chances to use the Flint Center.

After Proposition 13, all community service programming has to be self-supporting and pay for itself. Department budgets do not permit the production costs associated with using Flint Center, which is managed by a private company, said the professors.

Though there are 10 rent-free days in the Flint Center for the district per year, costs such as lighting, staffing (including union stagehands) and ticketing are prohibitive costs, the professors said.

Two weeks ago, March 10 and 11, students performed their end of the year dance performance, "Evolution," at the Smithwick Theater, on Foothill's campus.

Going back and forth from Foothill rehearsals to De Anza classes was difficult for students, said Lucas.

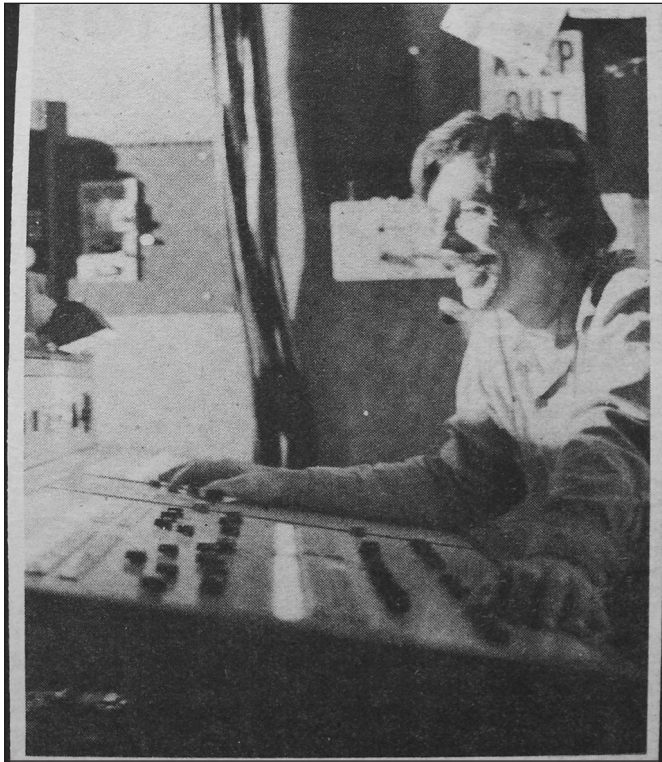
"We're the laughing stock of the state," said Farrington, referring to other music directors who look on the lack of educational programming taking place in the Flint Center.

According to Farrington and Letson, De Anza's music program is one that many community colleges and four-year universities salivate to have, yet it has no performance space.

The national jazz publication Downbeat Magazine has honored Letson's student group Vocal Flight six times as the best collegiate vocal jazz group in the United States.

Letson directed a student choral group from Foothill College at the inaugural event at the Flint in 1971. He hasn't led a group in the Flint in several years.

"They'd have been better off storing blimps in there," he said.



LA VOZ ARCHIVES

Former De Anza College student and Flint Center technician, Clyde Burton uses a computerized light board to simplify lighting changes. The Flint Center was featured in the October 27, 1978 La Voz.

"They'd have been better off storing blimps in there"

- Roger Letson,
director of vocal activities

Creative Arts faculty and the Euphrat staff.

Holler, Farrington and Letson consider the decision from the President's Office to move the Euphrat to the performing arts center and to build an additional classroom as "unilateral" and as compromising the entire project.

The building project is over budget by \$1.1 million, said Jeanine Hawk, vice president of Finance at De Anza. Holler, one of the committee members, said that the decision put the project in jeopardy by over-extending the building budget.

When asked about the decision, Hawk said that in making it, she consulted with the Creative Arts Division Dean, Nancy Canter, who serves on the committee, but not the other committee members. Canter will likely be coordinate programming in the building, according to Farrington.

"[The new performing arts center] will be built," said Hawk. Mike Brandy, who oversees financial matters for the district as vice chancellor of Business Services, also affirmed that the building will go up.

The budget shortfall is mostly due to rising building costs, said Hawk, not the decision to move the Euphrat and to add a classroom.

The project's budget allocated \$1.7 million for the Euphrat component of the building, she added. It was originally set

skeptical that the funding will line up.

Due to the budget shortfall, the design team recently suggested that a back row of seats be removed from the plans, said Letson.

The Creative Arts building committee advises the President's Office and the design team of architects, which then is accountable to the Board of Trustees. The trustees have the final say in all decisions regarding the building, according to the De Anza Measure E Web site.

Holler has served on many performing arts building committees at De Anza — three that were never built — plus, in the early 1980s, several recommended "architectural alternatives" for performance venues, such as a hard-walled tent.

The district did not respond to the alternative recommendations. "All were received without comment and one assumes were unceremoniously filed circularly," wrote Holler in a 2001 memo to college administration officials.

Farrington regarded the programs as having scrambled for decades. "Truly we've been losers since the college opened," he said.

The Creative Arts faculty as a whole has weathered the demise of three prior building projects for student performing arts centers in the last 20 years.

The four faculty members spoke of the

Study abroad in Shanghai, Beijing this summer

Ruth Tepper
LA VOZ

English as a Second Language professor Charles Lee has a philosophy. He said that in order to learn a language properly, one must use it as much as possible in real life application. According to Lee, the China Abroad program is an extremely remarkable opportunity for

students with a 2.8 GPA or higher and at least 12 credits.

The program is a five-week trip, three of which are spent in Beijing and two of which are spent in Shanghai. Classes are on a morning block schedule. This gives students free afternoons and evenings to do homework and "mingle" with other Chinese students and people.

Four classes will be offered:

English Writing 1A, 1B and 1C and Survival Mandarin. But if applicants have already taken all of them, Lee will find another subject for them to study.

The classes will not be taught using the typical lecture technique, but instead will be hands-on and interactive. Student panels and guest speakers will come into classrooms, making the learning experience an

interesting and unique one.

Lee said, it is expected that most things in China will be foreign to De Anza students. It only makes sense for there to be time set aside for site-seeing, which is also an important learning tool.

In Beijing, Lee will take his students to see the historical sites of the Forbidden City, the Xian soldiers, and Tiananmen Square.

Campus Abroad Opportunities

- Spring 2006 - Florence, Italy
- Summer 2006 - Prague, Czech Republic
- Fall 2006 - London, England

Contact:

Art Turmelle, coordinator of the Campus Abroad Program.
Telephone: 650-949-7614
E-mail: TurmelleArt@fhda.edu
www.foothill.edu/programs/campusabroad.html

LA VOZ BRINGS YOU OVER 35 YEARS OF DE ANZA WOMEN

'70s

July 1972

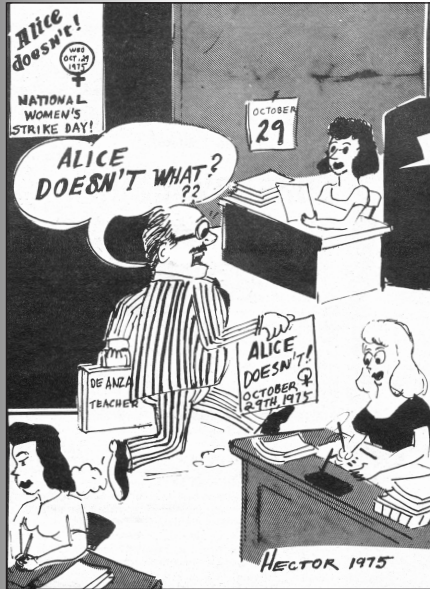
The first regular issue of "Ms." magazine was published. The magazine became the major forum for feminist voices, and co-founder and editor Gloria Steinem became an icon of the modern feminist movement.

Mar. 22, 1972

The Equal Rights Amendment (ERA) was passed by Congress and sent to the states for ratification. The amendment died in 1982 when it failed to achieve ratification by a minimum of 38 states.

June 23, 1972

Title IX of the Education Amendments banned sex discrimination in schools. As a result of Title IX, the enrollment of women in athletics programs and professional schools increased dramatically.



October 29, 1975

This cartoon, by *La Voz* reporter Hector Fernandez, was about "Alice Doesn't Day," created by the National Organization of Women (NOW). According to an article in *La Voz*, women on campus did not observe the day by striking or missing class. Said one student, "Why should I miss my classes, when they're for my own benefit?"



January 15, 1971

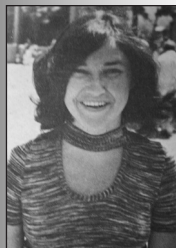
Then-senator Clark Bradley advocated De Anza's Women's Education Program, saying, "Experiments are good, but money is the problem." He came to De Anza in response to student letters.

October 1970

The De Anza Women's Education Program debuted with 29 students and faculty members Beatrice Cossey and Reina Goldseger, including a new course on the "Sociology of Women." Plans also included an English as a Second Language class for mothers in the community. The program later became known as the Women's Re-entry Educational Program (WREP).

March 14, 1975

Sociologist Julie Nash organized the first Special Orientation Day for women, an activity of the Women's Opportunity Center. Counselors Nancy Cozzens and Rena Frabony also participated in the program.



June 1971

Vicki McElroy became the first female elected De Anza College's student body president. According to the *La Voz* article about her election, McElroy wanted more publicity for events scheduled on campus, especially lectures. "We definitely need new ideas," she said.

'80s

March 1981

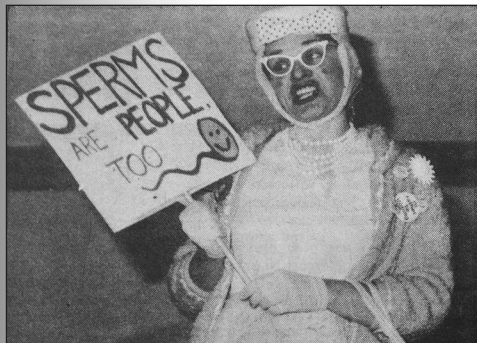
At the request of women's organizations, President Carter proclaimed the first "National Women's History Week," incorporating March 8, International Women's Day.

September 1981

Sandra Day O'Connor was the first woman ever appointed to the US Supreme Court.

1984

EMILY's List (Early Money Is Like Yeast) was established as a financial network for pro-choice Democratic women running for national political office. The organization made a significant impact on the increasing numbers of women elected to Congress.

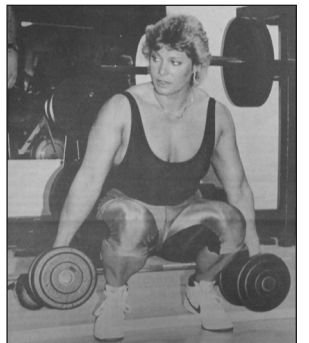


March 1985

"Ladies Against Women," performed by the Plutonium Players, was a play satirizing societal values about women and their roles as a gender.

March 1986

Susan Springsteen, a 1981 graduate of Brown University, won the Miss Santa Cruz Classic bodybuilding title in 1985 and spoke at De Anza.



March 7, 1984

As part of Women's Week, De Anza held a parody of women's beauty contests to show how women are degraded "put on display" according to Ann Simonton, master of ceremonies and a former beauty pageant contestant. Pat Ham, pictured here as "Flesh Gordon," won Mr. De Anza.

March 5, 1984

Ginny Foat, ex-California president of the National Organization of Women, spoke at De Anza. When asked if she believes the country is ready for a female president, she said, "My god, yes. We have helped unqualified men get elected for years. We are ready and overdue."

March 6, 1986

La Voz reporter John Rickman wrote an opinions column calling urging both sexes to work together for gender equality and deemed 19th century women's suffrage a "fashionable cause."

March 13, 1986

De Anza student Caren Zimmerman wrote a letter to the editor in response to Rickman: "Spare me!"

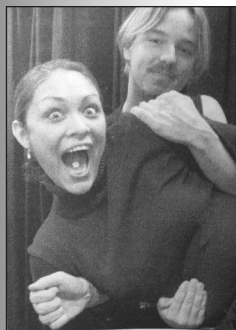
'90s - Today

Early 1990s

Third-wave feminism arose, "designed to give younger women themselves more visibility as feminists and as feminist spokespeople" according to www.feminist.com.

1996

Eve Ensler wrote the first draft of "The Vagina Monologues" after interviewing over 200 women about their views of sexuality, violence against women and interpersonal relationships.



March 2001

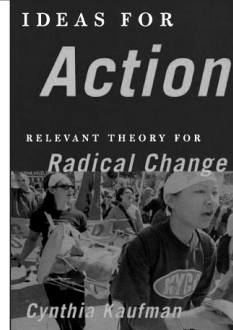
Lena Reyna, pictured here with Jim Hassan, was the only woman in the actor's ensemble doing stand-up comedy at the time and was a member of the De Anza College Actors Ensemble. In an interview with *La Voz* she said that while she enjoys drama, comedy give her a "special rush, this energy on stage."



May 29, 2003

De Anza philosophy and women's studies instructor Cynthia Kaufman released her first book, "Ideas for Action."

In a *La Voz* interview, she said, "If you think back in the last 30 years, things around race and gender have changed a lot . . . because people like you and me said 'I don't really like that.' It's something we often ignore — how much all those little tiny changes add up to big changes."



March 8, 2005

In recognition of International Women's Day and "to show solidarity with women's struggles all over the world," De Anza hosted an event that featured art, poetry, interpretive dance, music and other performance arts.

1995

After several years of organizing, the Women's Studies program began at De Anza. Cynthia Kaufman, Jennifer Myhre, Jean Miller and several other instructors spent years studying such programs and coordinating with instructors at other colleges.

January 1999

De Anza students Corinne Edding and Maria Pugnetti established a Women's Awareness and Allies club. Its purpose was to "achieve awareness concerning women's issues and to create change" according to an article in *La Voz*.

Now

Thanks to the efforts of Cynthia Kaufman, Rowena Tomanang, Jill Quigley, Christine Chai and others, De Anza still celebrates Women's History month.

National timeline sources:
www.infoplease.com
www.time.com

De Anza information compiled by:
The *La Voz* staff
Design: Ryan Bell and Melissa Lewis

Sources: *La Voz* archives
<http://www.deanza.edu/35anniversary/history.html>
Graphic: Marianne Kim
March 8, 2005 International Women's Day photo:
Jeff McGrew

'Stay at school' moms make it work

Kristina Cottle
LA VOZ

Lixin Liu sits and counts ducks with her four-year-old son Justin at De Anza College's Child Development Lab. Liu is one of the countless "stay at school moms" at De Anza.

These women made the decision to balance their full schedule with work, school and raising a young family.

Liu is a full-time nursing major at De Anza. She is currently taking thirteen units with an average of 12 to 17 units per quarter.

When Liu isn't attending classes at the college, she is working in De Anza's Admissions and Records.

Even though she has a demanding major, she finds time to work twenty to thirty-five hours a week to support herself and family. She said this leaves little time to see her son and she tries to free up her weekends to spend with him.

Liu is transferring to California State University Hayward next year, but Justin will stay at De Anza. She will be able to utilize the daycare service in the Child Development Center because her husband works in the area.

Liu said she would miss her son because she knows she won't be as close to him as before.

Marguerite Kasongo, another "stay at school mom," has the opposite problem. She doesn't know where her son is going to go next year. Her son is turning five and will need to go to kindergarten and leave De Anza.

"I will miss the fact that he is just in another building on campus. Right now, if something is wrong or he is sick, they can call me and I'll walk right over to the center. This won't be the case once he is in a different school," Kasongo said.

It will also make things harder because right now we go to school together and leave together, she said.

Kasongo is taking thirteen units and is in the Medical Assistant Program. She is enrolled in an English as a Second Language class and other classes. She is planning to get a degree in the Medical Assistant Program.

Besides being a full time student, Marguerite is looking for work and taking care of her three children, two of whom live with her. This leaves little time for her to organize and schedule a plan for the upcoming year.

This is a common problem for "stay at school moms". Many are fortunate enough to be able to use the programs in the Child Development Center but others would have to find alternative care either because of their child's age or because of the cost.

These mothers are everywhere, whether it's in the classroom, cafeteria or behind a counter at the cashiers' office. Even though they balance a precarious and full schedule, many couldn't tell them apart from the other students on campus.



Marianne Kim/ LA VOZ

Outlet promotes awareness of LGBTQ issues and equal rights

Melissa Lewis
LA VOZ

Outlet, a relatively new club to De Anza College, is a student club for "LGBTQ and straight allies," LGBTQ standing for lesbian, gay, bisexual, transgender, queer and questioning.

Socializing, political and community involvement character-

ize this club of over 30 members including Jordan Eldridge, ICC Chair of Programs.

Part of its purpose is to provide a safe, comfortable environment where students can enjoy each other's company and just hang out. The club follows its business with socializing and games like charades in which

every member participates.

"We're here for everyone," said Outlet President Michelle Shuen.

The political aspect of the club includes promoting awareness of LGBTQ issues on campus and in the community. According to Outlet adviser Marcy Betlach, they plan to bring poli-

tics and activists on campus in June (LGBTQ month).

"The general student population needs to realize that we are everywhere, including sitting next to them in their history, chemistry and math classes," said Betlach.

Some community services Outlet has performed include sponsoring Condom Week for student health services and working currently with an AIDS awareness organization.

They plan to celebrate Pride Week June 5 - 9. Events include political speakers, music and dance, comedians, a drag show, a mock same-sex wedding and a Pride parade, according to Betlach. They will also hold a prom from 7 p.m. to 11 p.m. June 9.

To find out when Outlet will be meeting next quarter, you can look them up on the ICC Web site or look for their flyers in the Hinson Campus Center.

Womics

Wesley Lin
LA VOZ



SMOKEY'S "FIRST DAY AT DE ANZA / WORST NIGHTMARE"



Vice President of Outlet Roseryn Bhudsabourng grimaces as she acts out an elaborate charade for Outlet President Michelle Shuen

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DE ANZA COLLEGE PRESENTS GOLF CART 500

by Reza Kazempour

Imagine the Indy 500 with less horsepower.

Let me be the first to suggest De Anza College host the Golf Cart 500.

This is the ultimate answer to De Anza's budget problems. In essence, De Anza will use resources currently available, and put them to greater use.

The idea hit me last Monday morning when I was delivering the paper. It wasn't like a "Field of Dreams" moment when a voice told me, "Build it and they will come." Instead it was my business savvy mixed with a passion for driving.

De Anza is an enormous campus with beautiful landscaping and lots of angled walkways. It could become the Mecca of all golf cart races. The annual event will draw in the community to witness an exciting day of racing, similar to the thousands who pilgrimage to the campus for the monthly Flea Market. Racing always draws a crowd.

De Anza has numerous golf carts that employees use to accomplish their duties. For example, I use our golf cart to deliver the newspaper every Monday morning and to refill the racks during the week. Duc Nguyen has a golf cart to deliver the mail to departments on campus. The custodians, ground services and ETS use one to carry supplies and deliver equipment.

You have here two forms of resources: capital and labor. The Golf Cart 500 will be using both resources to provide entertainment to the fans. Imagine Jim Holstein of ETS and Maria Salazares of Custodial crossing the finish line at 12 mph while De Anza President Brian Murphy waves the checkered flag.

This event will involve many segments of the community. Imagine a golf cart stopping at the pit stop and a crew of four Auto Tech students jumping out and changing the tires, cleaning the windshield and giving a pep talk to the driver. Because of electrical requirements, the Auto Tech students would need to modify the carts, so they could go 500 laps.

Health Services and the Massage Therapy students will be on hand alongside the EMT in case there are any accidents or injuries. While De Anza is a beautiful campus, it has a lot of bumps, potholes and other disturbances in the road, which may take a toll on a driver's back.

Student clubs will sell drinks, while Auto Tech monopolizes the food concession with hamburgers. Instructors Jack Lynch and David Stringer will recruit their business students to publicize and manage the event, while the math students compute the race times and statistics. Technical writing students will create manuals explaining how the golf carts function. The involvement is endless.

SPONSORSHIP:

Similar to the NASCAR cars, the golf carts will be covered with ads. Apple will place ads all over the golf cart promoting their education discount at the Bookstore. Pepsi ads will encourage thirsty viewers to visit the vending machines on campus. These ads will come in the form of stickers and peel off easily since the college doesn't like advertising on campus. The sponsorship alone will be the biggest generator of revenue. Imagine seeing a local Rio Adobe ad passing your

section 500 times. You're most likely going to think about it and become hungry. You'll eventually end up getting your burrito fix after the event.

PUBLICITY:

Just like San Jose's Grand Prix, the Golf Cart 500 will have major impact. De Anza will be known for its community education, monthly flea market, former student Teri Hatcher and the Golf Cart 500. Not only will *La Voz* cover the event, but the *San Jose Mercury* and the *Cupertino Courier* will pick up on it as well. NBC 3 will do a report on the six o'clock news. In the past five years, the major coverage De Anza has received has been negative: the Al DeGuzman planned bombing, the Colin Powell protest, and the infamous alleged murder by Alex Hochstraser. It's time that De Anza is recognized for its singular contributions to the community. This race will be good PR for a college that is in dire need of it.

THE RACE:

Please refer to the map on the left. Unlike San Jose's Grand Prix, it won't be necessary to make modifications to the course. The course will have a lot of turns, straight-aways and bumpy roads. The race will begin and end in the Stelling Parking structure.

ENDLESS POSSIBILITIES:

As the race becomes successful, it will turn into a trend at other campuses. Foothill, West Valley and Gavilan Colleges will copy the idea. San Jose State and Santa Clara University will pick up on it as well. Both of these campuses are huge and home to numerous golf carts. De Anza may revolutionize this event and become a pioneer. Who wouldn't want that recognition?

POSSIBLE PROBLEMS:

First of all, insurance is a concern. The De Anza administration is concerned for the safety and health of its students, faculty and staff. Imagine one of these golf carts losing control and heading towards a crowd.

My solution? Add barriers, tire walls and buy insurance. The second problem is with the advertising sponsoring this event. If only the administration will lift its advertising ban for this. If De Anza wants to succeed, it needs to start generating revenue and not depend on government assistance. I'm not the only one who thinks this. Two highly respected (by me) business instructors think the same way. I chose not to publish their names because I can.

If you like this idea, please write to your student senator, school administration or even me and let's get this plan going.

If you oppose this idea, write a letter to the editor. Our editor in chief is upset that we don't receive many letters anymore.

Let's get this race underway as soon as possible. I have a meeting with Kellogg's this afternoon. They're possibly going to sponsor my golf cart. I've already turned down offers from Starbucks, Staples and 3M.



Graphics by Marianne Kim & Reza Kazempour

'V' IS FOR AWESOME

Jarrod Pagan
LA VOZ

When I first learned Hollywood was planning to defile yet another of Alan Moore's brilliant graphics novels, I was certain that comic book films would hit an all-time low. Then I discovered that the screenwriters responsible were the same duo who brought us 7 hours of Keanu Reeves as a Jiu-Jitsu wielding Jesus figure. My hopes for the Wachowski brothers' take on Moore's classic "V for Vendetta" were miniscule at best. But in all fairness this is a movie review and not a "how much this sucked compared to the original work" review.

However, I was engrossed from the first flash of the valiant and vengeful V's visage. Hugo Weaving turns in an astounding and faceless performance as V, the brilliant philanthropist/killing machine bent on taking down the leaders of a future totalitarian Britain, which exists in a reality in which Germany won World War II. In a country ruled through religious zealotry, uncompromising violence and all-powerful media, the only answer is the art of disguise, pyrotechnics, sabotage and more knives than the Swiss Army.

In the midst of his pernicious pursuits V befriends Evey, played solidly by Natalie Portman. Liberated from the stifling grip of George Lucas, she's once again free to portray the kind

of robust characters that gained her notoriety as early as age 12 "The Professional". Her faults in this film lie solely in scenes that were merely trademark Wachowski screenwriting.

Stephen Rea "The Crying Game" is perfect as policeman Finch, the man responsible for bringing "terrorists" to justice. But Rea's role is not that simple; he often finds himself understanding and even sympathizing with V.

The film moves along at a comfortable pace, transitioning well from tense action sequences to subtle character development. The cinematography, editing and sound are all done well. The score is only mediocre and the other down points of the film, though rare, spoon-feed exposition to the audience.

However, the film was enjoyable overall. Its messages about politics, religion and government and how easily the latter can turn on the people it serves seem to ring even more true today than during the original comic's creation in 1988. So if you're looking for something smarter than "The Shaggy Dog," I highly recommend "V for Vendetta." Then go to your local comic book store, pick up the graphic novel for \$15 and have it completely ruined for you.



Photo courtesy of www.vforvendetta.warnerbros.com

Cinéquest Film Festival comes to San Jose



James Schulte
LA VOZ

The final curtain falls, the theater lights come up, and the audience walks out of a theater that has gone quiet. So ends the 16th annual Cinéquest Film Festival.

This March, film lovers from all over the Bay Area came to see the talent that the Cinéquest Institute put together: a collection of over 191 feature and short films, and 35 premieres.

Not content with simply playing films, Cinéquest features forums on critical aspects of movie making, with experts on hand to tell tales of their craft.

And Cinéquest never runs short of stars during the festival. Most appear to

show off an upcoming project.

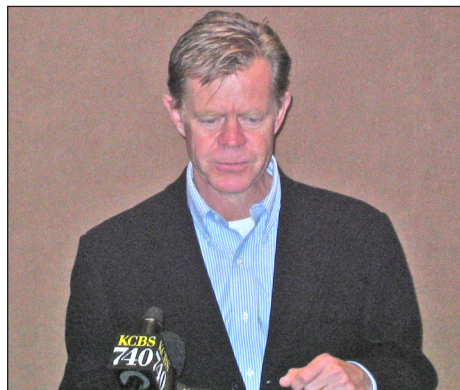
William H. Macy was there to show his new film "Edmond" in addition to another film he starred in on the first night of the festival, "Thank you For Smoking." Kurtwood Smith ("That 70's Show," "RoboCop") came to show off his new film, "Hard Scrambled."

Each year organizers award what they call the Maverick Spirit award.

This year, the award went to Edward James Olmos and Avi Arad, both successful producers.

Olmos has produced and directed "American Me" and "Walkout," which was screened at the festival and will be shown on HBO later this month.

Arad is the CEO of Marvel Studios, and an extremely successful independent

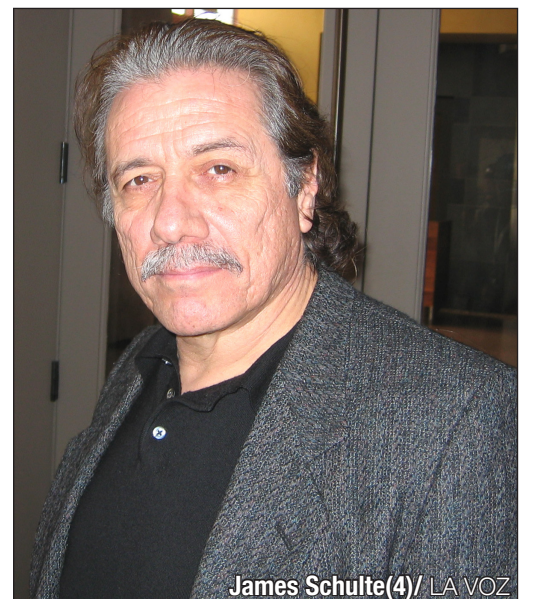


Left: The top floor of Camera 12 Cinemas in San Jose showcases promotional materials for films featured in this year's festival.

Above: William H. Macy speaks to the press prior to screening "Edmond."



Kurtwood Smith, star of "That 70's Show" and "RoboCop," promotes His latest film "Hard Scrambled."



James Schulte(4)/ LA VOZ

Edward James Olmos, star of numerous films and mastermind of the SciFi channel's "Battlestar Galactica" series, recieved the Maverick Spirit award for film artists and technological innovators.

producer who boasts a string of eight consecutive No.1 box offices hits. He is regarded as the driving force behind a Marvel filmmaking renaissance.

In the past, this award has been given to such notables as Sir Ben Kingsley, Spike Lee and Kevin Spacey of American Beauty.

If you're one of the many who couldn't attend, this is not the end; the Web site at <http://www.Cinequestonline.org> is still up.

The site is a gateway to the moviemaking community that provides information on mentoring programs for aspiring filmmakers, the Camp Cinéquest summer program for elementary students, and of course, purchasing DVDs of films from the Cinéquest lineup.



www.LaVozDeAnza.com
Go there or you'll be sleeping with the fishes.

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* staff.

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Letters, Submissions and Press Releases

Letters to the editor, submissions and press releases are welcome 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 length.

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.

Students are reading, are not responding

Over 15,000 De Anza College students may never see this editorial.

They will never see their First Amendment student newspaper tackle issues such as the United States' multi-billion dollar budget cut to student loans, free legal aid on campus and the paper's own freedom to publish the controversial cartoons depicting Muhammad.

And yet thousands of students on campus do read the paper. You see them reading it in the Campus Center, you see them pick up issues from the racks outside their classrooms.

However, *La Voz* receives few online comments and even fewer letters to the editor from De Anza students. We know

that, while we may never reach many of those thousands of students who come on campus solely to earn their credits to transfer, we do reach students who read us weekly to know the fate of the Campus Center, plus/minus grading and the DASB budget.

Every week that goes by without a written response from the student body signals another week that not a single person who may have read and been moved by our paper was so moved as to write a letter.

These letters don't need to be groundbreaking dissertations; more often than not, a letter to the editor is an impassioned rant or brief congratulations.

When you read the contents of *La Voz*, whether you are satisfied, dissatisfied or aren't moved at all, take the time to let us know what we can do to better serve as the voice of this campus.

The DASB approved a 2006-2007 budget of \$20,000 dollars for *La Voz*. Part of that money is yours. Help us to ensure that it is money well-spent.

Write a letter on a piece of scratch paper and drop it in our mailbox on the door of room L-41. Or e-mail it to lavoz@fhda.edu. Or leave a comment on www.lavozdeanza.com. Or call us at 408-864-5626.

All that we need is a way of contacting you to verify your identity before we publish.

Student grades are still in student hands

**annaCALLAHAN**

SPECIAL TO LA VOZ

The topic is officially closed.

After 20 years of debate and research, plus/minus grading will be fully implemented at De Anza College in fall 2006.

Last Monday, data was presented to the Board of Trustees, showing no substantial adverse affect to students during a pilot run of the system, and an average GPA drop that was so small it was not statistically significant.

The board listened to and acknowledged student concerns to the contrary, but did not reverse their 2004 decision to implement the system.

Students are not happy. They fear they will not be accepted to transfer, that they will be forced to take fewer classes to maintain their grade point averages, or even that they will leave De Anza to seek a college with a different

grading system.

Students may feel let down by the Board of Trustees for not overruling the Academic Senate's decision to implement the system, and even more disappointed with the faculty for pursuing what could be perceived as a punitive policy against students.

I for one, feel that the extended debate, fears and feelings overshadow the issues of greater importance.

De Anza College is arguably one of the best community colleges in California, with superior student services, transfer rates and course offerings. The quality of instruction and campus life will not be harmed by the new system.

Perhaps students are losing sight of what grades really are: not a randomly arbitrated faculty decision, but to a large extent, a reflection of their own work and dedication.

No students will automatically see their GPAs drop; that is still in their own control. Instead of accepting a minus, a student has the option to do extra credit or extra study to earn that extra few percentage points.

While more work might not sound fun, the new system can encourage students to pursue academics to an even greater extent.

There also seems to be an over-devel-

oped fear of the minus, without consideration of the benefits of a plus.

All students who have painfully accepted Bs for receiving an 89 percent in their class, the exact grade as a student who earned 9 percent lower, will now be able to see a grade that more accurately reflects their performance.

In conclusion, a grade point average does not mean everything, not in life nor in transfer.

The average transfer GPA to Berkeley is 3.5 to 3.89. A student with a 3.97 (who would have been a 4.0 before plus/minus) will still be extremely competitive.

On the other hand, a student with a 4.0, but no other involvement or other experiences, may be rejected. Students should focus on making themselves well-rounded individuals, devoting themselves to the community and activities they believe in.

They should be developing life experiences and resumes, not worrying solely about hundredths of GPA points.

Plus/minus grading may be a lost cause, but student success isn't.

Anna Callahan is the De Anza Associated Student Body Senate President. DASB meetings are held in the Student Council Chambers on Wednesdays at 3:30 p.m.

Good night, and good luck – no, really

**melissaLEWIS**

NO MORE BURRITOS FOR AT LEAST A YEAR

I was one of those kids who knew what they were going to be once they became a big person. From when I was on training wheels to when I was flunking out of high school, journalism was the only certainty I professed.

When I took up the position of editor-in-chief here at *La Voz* last fall, I momentarily wondered if it would ruin me of everything I had dreamt journalism would be. We've all heard of those deflated dreams people come home to at the end of a day filled with repercussions and responsibilities they never expected.

I say "momentarily" because a moment was all I had between when I first sat in this cozy orange chair and when I was wobbling nervously on the edge of the Stelling parking structure to take the cover photo of my first orientation issue.

My predecessors, Steven Cabana and Luke Stangel, joked about "no social life" and "caffeine overdoses" and warned me that it was a difficult job.

I thought that was really funny until I recycled my 50th Red Bull can.

Here's where you hear the inevitable "it was worth every sleepless night" part.

It was.

La Voz and all of its trappings – my fellow editors and reporters, the junk food, the streams of obscenities we call banter and the ubiquitous red pens – made the past six months the best and most rewarding of my life.

When I momentarily wonder now, the thought is always "Did I do a good enough job?"

Sadly, when you are your own worst critic the answer can only remain uncertain at best.

This publication and the talented people behind it prompted me to grow up. When we work on something so much bigger and so much greater than ourselves and are wise enough to realize we are, we forget to be egotistical about it.

This has never been my newspaper. The thin sheet under these letters will rot and the words will fade from everyone's memory, including mine.

All that I hold as my own from the past two quarters is the family I know this staff has become, however dysfunctional (I blame the token conservatives – you know who you are).

My rewards are simple and perfect. I am walking out of this lab with the unshaken certainty I had when I walked in. And that certainty has come from every person who helped me along the way.

Once I see what the world looks like during the daytime again and know what it is like to sleep more than four hours a night, I'll be satisfied that it's over.

But for now this is a hard goodbye - to my family, my coworkers, and the cozy chair.

letters and comments

James vs. James provided worthwhile information

Thank you for informing me that the www.UCLAprofs.com Web site offers money to students for taping their professors' liberal positions. I consider this offer to students not only outrageous but dangerous.

We are living in a society where diverse opinions of all kinds are not valued and where a professor who takes a position needs to fear being monitored for reprisal.

That type of monitoring is what led to the internment of Japanese-Americans during World War II.

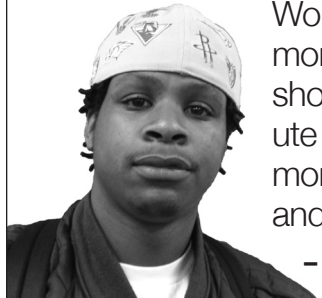
What is unacceptable to me is the dumbing-down of news and information so that being a good citizen is an enormous challenge.

I looked for the James vs. James column in the March 13 issue and was very disappointed not to find it.

Barbara Eisner
Sunnyvale
De Anza College Student

DE ANZA VOICES

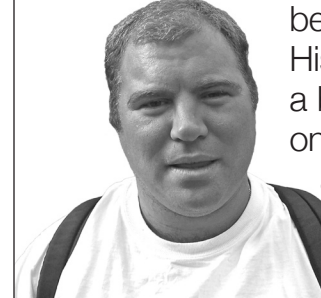
Does De Anza do enough to promote women's history month? COMPILED BY MELISSA LEWIS



"I didn't know it was Women's History month. De Anza should probably distribute more flyers, have more word-of-mouth and hold more events."
- CARLOS PATTERSON



"I saw it advertised on the [De Anza College] Web site when I was registering for classes. I saw a lot of stuff in the Campus Center, too."
- HEIDI NICKELSEN



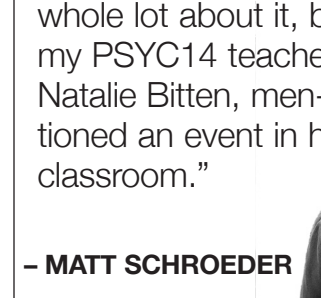
"I'm disappointed because Women's History Month is such a big deal and yet I've only heard of and attended one event."
- MATT LORENC



"De Anza should do more [for Women's History Month] because I didn't even know it existed."
- NATALIE JAVID



"It's been around so long that I would have expected [De Anza College] to do more."
- ROSERYN BHUDSABOURG



"I haven't heard a whole lot about it, but my PSYC14 teacher, Natalie Bitten, mentioned an event in her classroom."
- MATT SCHROEDER

SPEAK OUT Got something to say? About the De Anza community? About the global community? Pass it on to opinion@lavozdeanza.com or write a letter to the editor. We'd like to hear from you. It's as easy as leaving us a comment at www.lavozdeanza.com.

James vs. James

IRAQ THREE YEARS LATER: WORTHWHILE EFFORT OR CLINGING TO THE SS MINNOW?



jamesNEWBURG

George W. Bush brought the fighter jet down for a perfect landing on the USS Abraham Lincoln. He popped the canopy open, exited the cockpit and walked down the flight deck. He looked like the archetypal American hero strutting in his flightsuit, helmet cradled in his left arm, like a running back scoring the winning touchdown. He reached the podium, leaned forward confidently and told the world that major combat operations were over in Iraq. A banner hung on the aircraft carrier read "MISSION ACCOMPLISHED."

That was on May 1, 2003. This photo opportunity, this testimony to American exceptionalism, lasts as a testament to the arrogance of the Bush administration. It is a bitter reminder of the lies and deceptions that have killed hundreds of thousands of people in the last three years. This is a partial list from the past week, as reported in the English newspaper The Guardian:

- Monday, March 13**
 - Two American soldiers assigned to 2-28 Brigade Combat Team "die due to enemy action" while operating in Anbar province.
 - Car bombs kill two civilians and two police officers in two separate attacks in Baghdad.
 - A U.S. soldier dies from his wounds after being hit by a roadside bomb in eastern Baghdad.
 - Five people are killed and 18 wounded when a bomb targeting a police patrol explodes in Tikrit.
 - Two policemen are killed and four are wounded when two car bombs explode in separate attacks on a police patrol in the north of Kirkuk.

Tuesday, March 14

- In the Kamaliya district of south-east Baghdad, children playing soccer notice a terrible smell and report it to police who dig up 29 bodies from a pit, most of them in their underwear, all with gunshot wounds. Some have been gagged and bound and some show signs of having been tortured.
- The bodies of 15 people are found strangled, bound and gagged in a minibus parked between two Sunni districts in western Baghdad.

- Hospitals across Baghdad receive the bodies of 40 people, shot dead in other incidents. Four of those men have been shot in the head and hanged from pylons in Sadr City, wearing signs proclaiming that they are traitors.

- The editor of Alif Baa al-Iraq, a weekly newspaper, is gunned down in a street near his home in a Sunni part of Baghdad.

- Two U.S. soldiers are killed in Anbar province.

Wednesday, March 15

- A roadside bomb explodes near a girls' primary school near the town of Baquba, killing three pupils aged between 12 and 13.
- A U.S. airstrike near Balad kills 11 people, most of whom are women and children, including a six-month-old baby. The U.S. says the target of the raid was a man suspected of helping foreign fighters in Iraq. Ahmed Khalaf, the brother of one of the victims, said, "The dead family was not part of the resistance, they were women and children. The Americans have promised us a better life, but we only get death."
- Iraqi police discover 27 bodies scattered across Baghdad late at night. The victims are all men, all have been executed, some with their hands bound together.
- A U.S. soldier is killed south west of Baghdad by indirect fire.

Thursday, March 16

- Four college students are shot dead by a gunman in Mosul.
- Hundreds of enraged Kurdish protesters destroy a memorial to Saddam Hussein's 1988 gas attack on the northern town of Halabja, setting fire to the museum on the 18th anniversary of the deaths of 5,000 people. One person is killed and eight are injured after Kurdish security forces open fire on the crowd.
- Three civilians are killed and six are wounded after gunmen attack a checkpoint operated by U.S. and Iraqi military personnel near the town of Ramadi.
- A translator working for the American military is shot dead and four members of his family injured when gunmen attack their house in Baiji.

According to the story, which can be found at <http://www.guardian.co.uk/Iraq/Story/0,,1733062,00.html>, 158 Iraqis were killed and 75 wounded in those four days. Six U.S. soldiers also died.

But at least we got Saddam Hussein (and the oil) - MISSION ACCOMPLISHED.

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jamesSCHULTE

Three years ago today, President Bush let the U.S. Army's Third Infantry Division lead the way as the Army rolled out into southern Iraq.

Thus began the war that will shape our perception of the president for years to come.

The War on Terror became a true and deadly thing that we watched intensely in our homes as nearly 20,000 soldiers and 300 tanks and other vehicles from the Army's Third Infantry rolled toward Baghdad.

On May 1, 2003, roughly two months later, President Bush flew on to the USS Abraham Lincoln and declared the end of major combat operations in Iraq. From that point on it was a purely political war.

Our nation has been trying to raise a new country from the ashes of a truly hateful tyrant.

We shouldn't be shocked that it is an uphill battle.

Our type of government hasn't been implemented in the Middle East before, so we've been forced to start from scratch.

Democracy isn't going to sprout wings and fly without crashing a few times. It took our nation 10 years to come together with a Constitution. But through our example, Iraq is now walking the narrow road to a free nation.

So as we reach the three-year anniversary of the U.S. military presence in Iraq, news reports seem gleeful about how close Iraq has come to civil war and that a new parliament has difficulty selecting a speaker for the legislature and his deputies.

Thank God today's media weren't around when our founding fathers were

floundering in the dark at the helm of the first constitutional republic.

This has been a problem all along. Critics have magnified every mishap as though there were no other news to report.

They keep forcing the president into a defensive position for every little thing that has gone wrong, as though every little thing going on in Iraq was directly his fault.

In order for Iraq to become a self-governing state, it must make its own way.

Soldiers returning from Iraq who pay attention to the media's version of events see an Iraq as different from their experiences as night is from day.

What the soldiers have done for the Iraqi people never gets reported, whereas every setback is headline fodder.

Despite all setbacks, Iraq is still moving toward a stable, free state.

This is truly the time to pay attention to history in the making.

Can Iraq survive this process to become the only stable democratic country in the Middle East? If so, it may show the rest of the Arab countries in the Middle East that democracy can be beneficial to their citizens.

As with all major events, history will be the one to have the last word.

As of this three-year mark, Iraq's people have struggled through difficult times, with more to come. We can only hope that peace and freedom will win the day.

What should never be forgotten is that 2,310 U.S. military personnel have been killed in the war to date.

Lives have been freely given by many of the poorest Americans because of the belief that their mission - fighting on behalf of others and advocating their freedom - was right and just.

Every American is honored by the sacrifices of these men and women.

They did what most people try to avoid - stand for a way of life and bring about change in the world for the betterment of people they have never met before.

Spring break does not have to look like Tara Reid's average night out

Melissa Lewis
LA VOZ

In a society that values 22-inch rims because they are rare and paid hundreds of dollars for comericially-made bean bag animals because they were unique, over 100,000 college students will spend and forget their spring break in the same tired "hot spots." And there, many of these students will spend their week reaching the same level of drunkenness.

College students have been tanning, partying and generally

committing misdemeanor-worthy acts for decades and they will for decades to come. And the story they return to their friends with about that one night in a Mexican jail cell or the girl whose name they can't remember has already been immortalized on their local bathroom wall.

What would truly make that week special is an event wholly unique to each individual: an experience characterized by selflessness and consequences of which he or she can be proud.




College students have heard this from agitated parents and somber counselors before, but this article is borne from

just another college student who looks forward to a single week of the year free from academic responsibilities and (hopefully) rain.

This year, students should apply their mini-vacation to a cause that will benefit themselves and others more than a raging hangover.

Albert Pine may never have seen a Spring Break worthy of late-night infomercials, but his words belong here anyway. "What we do for ourselves dies with us. What we do for others and the world remains and is immortal."

Students can travel and lend a hand to several causes

RESTORATION	<p>One Brick "Spruce up the Moscone Rec Center"</p> <p>Date: April 8 Time: 10 a.m. to 1 p.m. Commitment: 3 hours Location: Moscone Rec Center - Chestnut Street and Buchanan, San Francisco Description: Volunteers will help prune hedges and clean the children's play area in the center. After the event, volunteers will gather for lunch and more socializing. Requirements: None. One Brick will provide tools, gloves, snacks and water. Web site: http://www.onebrick.org/eventdetails.asp?EventID=1737 Contact: elaine@onebrick.org</p>	
CHILDREN	<p>Los Altos Adult School Generation Connection – Literacy in the Garden</p> <p>Date: April 4 to May 30 Time: 12:30 p.m. – 2:30 p.m. Commitment: 2 hours/week Location: Escuela Ave. and Cressanto Ave., Mountain View Description: Volunteers will answer children's questions regarding nature and the garden. Volunteers will not need to perform any maintenance on the garden. Training will be provided on-site. Web site: www.mvlaae.net Contact: Linda McCrary at (650) 940-1333</p>	
ANIMALS	<p>San Diego Audubon Society</p> <p>Date: April 8 Time: 8:30 a.m. to noon Location: Mariner's Point, Mission Bay Park, San Diego, CA 92110 Description: Volunteers will pick up trash and clear the site of invasive plants so the terns can use the site for nesting and rearing their young during the next breeding season, from April to August. Requirements: Work clothes and sunscreen. Volunteers must be 18 or over unless their parents sign waivers for them in advance. Web site: www.sandiegoaudubon.org Contact: Jim Peugh at (619) 224-4591 or the Mission Bay Park Rangers at (858) 581-7602</p>	

Sources: www.volunteermatch.org, www.onebrick.org

Pictures: Wikimedia Commons

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Alcohol absorption is different for men and women



mary-joLOMAX

With Saint Patrick's Day such a recent memory and spring break just two weeks away, there's no better time to share some info about

for your health

alcohol. Here are some facts from the National Institute on Alcohol and Alcoholism:

The U.S. Dietary Guidelines em-

phasize drinking moderately if you do choose to drink. The accepted definition of moderate drinking is up to two drinks a day for men and up to one drink a day for women. The term "one drink" is equivalent to a 12-ounce beer, a five-ounce glass of wine and a 1.5-ounce shot of 80-proof distilled liquor.

Men and women absorb and metabolize alcohol differently based on a variety of factors. First, women tend to have smaller builds than men, so the same amount of alcohol in the bloodstream of a small person is more concentrated than it is in a larger person who has more volume of blood.

Second is body composition. Women tend to have more body fat, and body fat contains less wa-

ter in which to dilute the alcohol. If a man and woman of equal size drank the same amount of alcohol, the woman's BAC (blood alcohol concentration) would be higher.

Women also have less of the enzyme, dehydrogenase, which breaks down some of the alcohol in the stomach before it goes to the bloodstream and brain. This means that for women, more alcohol enters the bloodstream.

And finally, women's monthly hormonal changes play a role. A woman is more sensitive to alcohol when she is premenstrual.

Mary-Jo Lomax is a health educator at De Anza College. For more information, visit the Health Center in the Hinson Campus Center.

1,700

college students between the ages of 18 and 24 die each year from alcohol-related accidents.

25%

report academic consequences of their drinking including missing class, falling behind, doing poorly on exams or papers, and receiving lower grades.

400k

had unprotected sex while under the influence.

100k

report having been too intoxicated to know if they consented to having sex.

2.1m

drove under the influence of alcohol last year.

11%

report that they have damaged property while under the influence of alcohol.

110k

are arrested for alcohol-related violations such as public drunkenness or driving under the influence.

Source: National Institute on Alcohol and Alcoholism



"My ex-girlfriend is a certified piercer and did it for me at a discount. I got them done because my parents had recently gotten a divorce and the pain helped me get through that hard point in my life. Both remain part of me, just like my parents."

— Nick Chavalier, 20

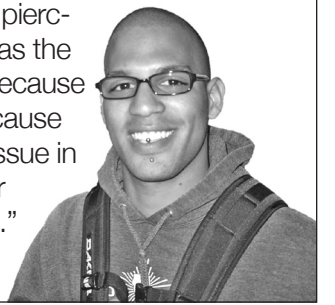
DE ANZA VOICES

Sarah Bogen
LA VOZ

Tell us about your piercings

"For about a month my labret piercing was pretty disgusting. It was the second time I had it pierced because it didn't heal the first time. Because of this there was some scar tissue in there and it was pussing. After some patience it finally healed."

— Junior Graves, 29



"When I was 18 I got my nose pierced. When I flinched, she only got the piercing 3/4 of an inch or so deep so she had to push the rest of it through."

— Iman Rama, 19



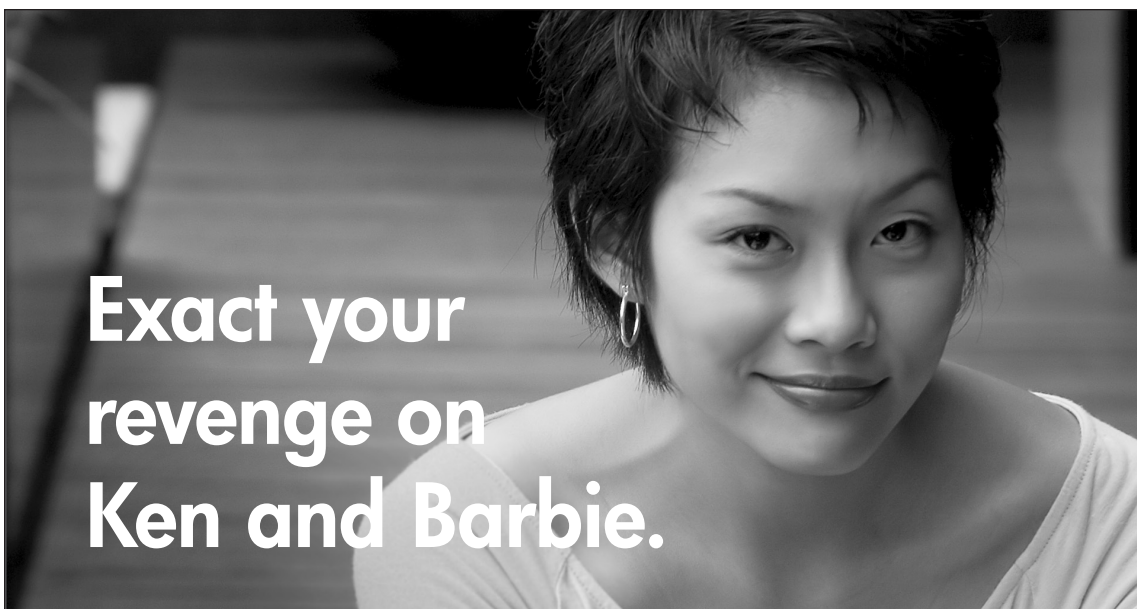
"I forced an 8 gauge plug into a regular 16 gauge piercing hole. My friend did it for me and it hurt really badly but we got it through."

— Nick Long, 19



"Once I got my ears to a 4 gauge size I started wrapping electrical tape around the plug to keep on enlarging the hole."

— Leila McCabe, 24



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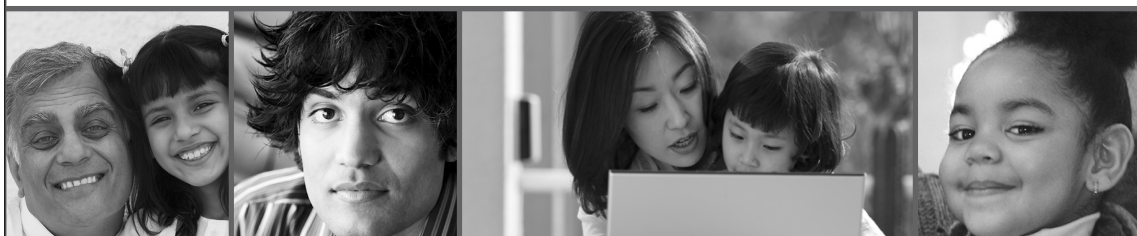
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"I whole-heartedly believe that anyone and everyone who expects to find themselves in a leadership situation either as a leader, follower, or both, would benefit tremendously by taking this class."

—Edgar Pimental
De Anza College
Leadership
Student

Cold Medicine: how it helps

KEEP HEALTHY WHEN NO ONE ELSE IS

Nate Green
LA VOZ

Your nose starts running and you let out a dry cough. Later that night you cough and mucous comes out, but you think nothing of it. Morning comes and you feel like your head has just been filled with lead. Throughout the day you cough and blow your nose trying to shake the cold, but you can't. You muster up the strength to go to the pharmacy and browse through dozens of supposed remedies, not knowing which one to buy.

According to webMD and pharmacists, there is no cure for the common cold. The most important thing to do is drink a lot of fluids to keep your body hydrated. This will help prevent another infection from setting in.

Avoid drinks such as coffee, tea and colas – anything with caffeine. It robs your system of fluids. When you eat, follow your appetite. If you're not really hungry, try to eat simple foods like white rice or broth.

Chicken soup is comforting and the steam helps break up nasal congestion.

Ginger settles an upset stomach. A hot toddy may help you sleep, but beware of mixing alcohol with other cold remedies.

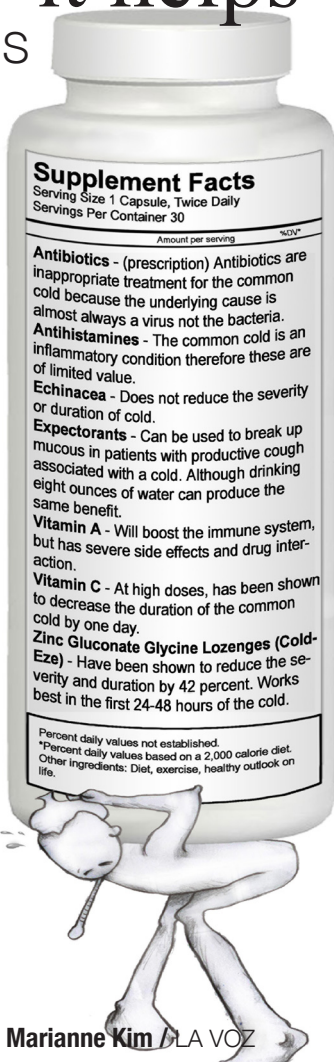
Over-the-counter cold medicines can offer relief from aches and fever, though young people and children should not take aspirin because of the risk of Reye's syndrome.

Decongestants and saline nasal sprays can help make breathing easier by shrinking swollen mucous membranes in the nose. Gargling with salt water can help with a sore throat.

There are a few other things that can be done to help prevent the spread of the cold virus. Wash your hands frequently. Cough or sneeze into a tissue or your shoulder.

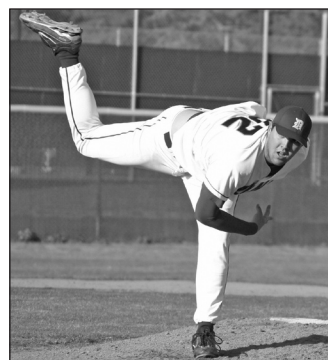
Don't touch your eyes, nose or mouth. Wash any shared surfaces frequently. Viruses can live on surfaces for several hours. Stay away from crowds during the cold season.

Sources: www.webMD.com, Takashi Yoshida, Ph.D.



Marianne Kim / LA VOZ

Dons fail vs. San Mateo



De Anza Dons Pitcher Trevor Scribner sends the ball to the plate.

College of San Mateo 7, De Anza 3

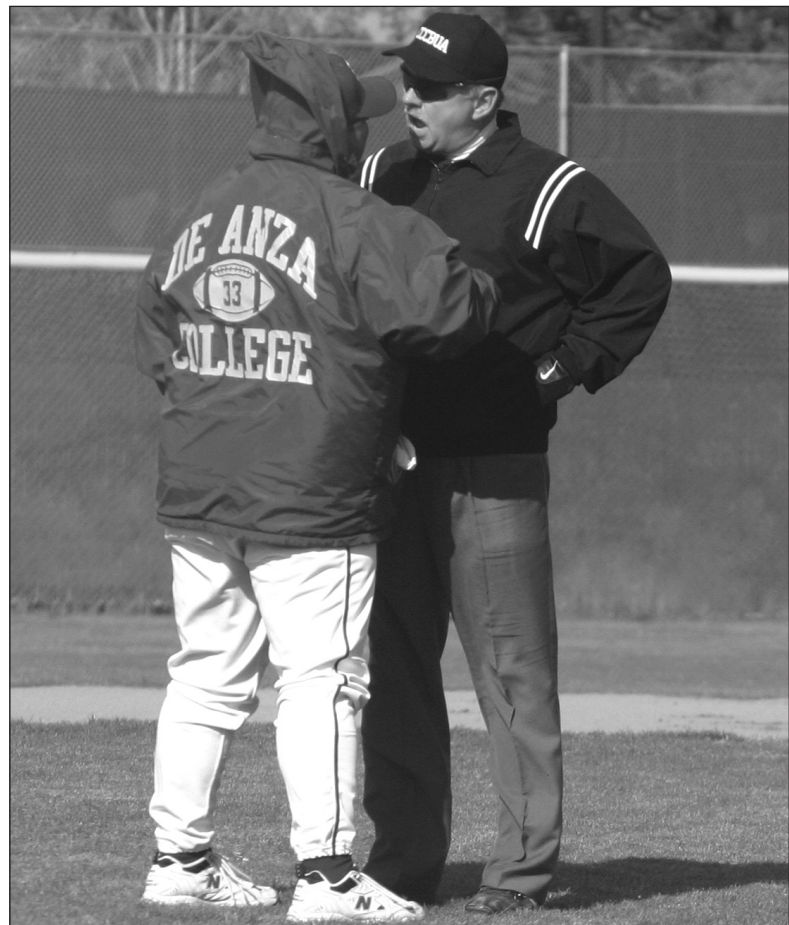
San Mateo 031102000 - 7 10 1

De Anza 000210000 - 3 10 3

WP - Grant (5-0). **LP** - Parker (0-2). 2B - Mascolo, Scoma (CSM); Bomarito, Lazar (DA).

HR - Boyd (CSM). 2 hits - Van Orden, Mascolo, Boyd (CSM); Madrigal, Samuels (DA). 3

RBI - Mascolo, Boyd (CSM). 2 RBI - Bomarito (DA). Records - College of San Mateo 13-6, 4-0; De Anza 6-13, 1-3.



Above: Standing strong to his call, the umpire denies De Anza Coach Scott Hertler's request for help on a call made at first base. The umpire said the San Mateo runner was safe on first because the first baseman's foot was not on the bag. Hertler thought otherwise.

Left: De Anza Catcher Cody Guarnera is poised to make a hit while runner Travis Lazar stands on third base, waiting to come home.



Kristina Cottle (3) / LA VOZ

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How much sodium is too much?

Mya Kwan
LA VOZ

Sodium is essential to life. In order to regulate blood pressure and blood volume, sodium is necessary. It hydrates cells and maintains water balance in the body. Sodium is needed for muscles and nerves to function properly.

Sodium occurs naturally in nearly all foods, most commonly in table salt, milk, celery and drinking water. Moreover, sodium is added to many processed foods, condiments and seasonings such as soy sauce, canned soup and sausages. Certain drugs have high amounts of sodium as well.

"Healthy American adults should eat no more than 2,300 milligrams of sodium a day," according to the American Heart Association (AHA). The amount suggested is about one teaspoon of sodium chloride (table salt). However, suggested sodium intake depends on each person's medical conditions.







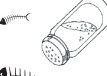

The average sodium intake for Americans is between 4,000 and 5,000 milligrams per day, which is twice as much as the amount suggested by the AHA.

Excessively consuming sodium on a regular basis may lead to hypertension, which is "a key risk factor for heart attack and stroke," says the AHA. Sodium can also be a factor in causing edema and osteoporosis, as sodium can increase urinary calcium losses.

People who have high blood pressure are advised by doctors to reduce sodium intake to less than 2,300 milligrams a day for blood pressure management.



Here are ways to reduce sodium in your diet (from American Health Association):

-  Choose fresh, frozen or canned food items without added salts.
-  Select unsalted nuts or seeds, dried beans, peas, and lentils.
-  Limit the amount of salty snacks you eat, like chips and pretzels.
-  Avoid adding salt and canned vegetables to homemade dishes.
-  Select unsalted, fat-free broths, bouillions or soups.
-  Select fat-free or low-fat milk, low-sodium, low-fat cheeses, as well as low-fat yogurt.
-  Specify what you want and how you want it prepared when dining out. Ask for your dish to be prepared without salt.
-  Use spices and herbs to enhance the taste of your food.

Marianne Kim / LA VOZ

Milk: doesn't do a body good

Mya Kwan
LA VOZ

The goal of The National Milk Mustache "got milk?"® Campaign "is to educate consumers on the benefits of milk and to raise milk consumption," according to the International Dairy Foods Association.

For years, the whole world seems to emphasize the benefits from drinking cow's milk, especially to human bones. Children are raised to think of cow's milk as nature's perfect food. There are advertisements everywhere encouraging milk consumption; doctors highly recommend milk, and parents often suggest their children drink milk.

The recommendation to drink three glasses of low-fat milk per day "adds more than 300 calories a day" and "it ignores the possible increases in risk of ovarian cancer and prostate cancer associated with dairy products," according to Consumption of Dairy Products, a 2005 report done by the Harvard School of Public Health. Moreover, various researchers have shown that cow's milk harms animals, the environment and human health.

With intensive production technologies and genetic mutation, dairy cows are made into milk machines to produce about one hundred pounds of milk a day, ten times more than their natural ability. By age four or five, cows become stressed because of diseases and reproduction problems. Cows are then slaughtered, as they are worthless.

Even though there are thirteen million fewer cows living on U.S. dairy farms today than the 1950s, milk production has continued to increase from 116 billion pounds per year in 1950 to 170 billion in 2003, according to the National Agriculture Statistics Service's "Milk Production" from the United States Department of Agriculture on Feb 17, 2004.

Due to the massive milk production, cows can no longer have their natural diet - grass. Instead, they are

fed high-protein diets, which often contain other animals' meat. Such unnatural diets cause infections and overuse of antibiotics in cows.

Besides torturing cows, production of milk is polluting water as well. "A dairy cow produces 120 pounds of waste every day - equal to that of two dozen people, but with no toilets, sewers, or treatment plants much of which ends up in our waterways and drinking water," states the People for the Ethical Treatment of Animals.

The cows in the Central Valley of California produce as much excrement as a city of 21 million people every day according to the U.S. Senate report on animal waste. In fact, hundreds of square miles of groundwater, rivers and streams in the state have been infected by manure from dairy farms.

Dairy products contain no dietary fiber but are loaded with saturated fat and cholesterol. Cow's milk is defiled with cow blood and pus, along with frequent contamination of pesticides, hormones and antibiotics.

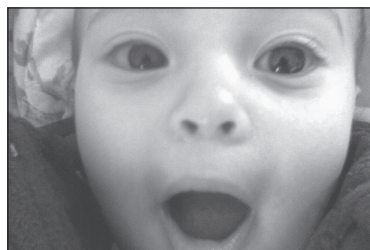
Dairy products are also linked to allergies, constipation, obesity, heart disease and cancer.

"The association between the intake of animal protein and fracture rates appears to be as strong as that between cigarette smoking and lung cancer," says T. Colin Campbell, professor of nutritional biochemistry at Cornell University.

Moreover, a Harvard nurses' study of more than 77,000 women from ages 34 to 59, found that cow's milk may cause osteoporosis instead of preventing it since its high-protein content leaches calcium from the body.

Cows, like all mammals, make milk to feed their own babies, not humans.

"There's no reason to drink cow's milk at any time in your life. It was designed for calves, not humans, and we should all stop drinking it today," says Dr. Frank A. Oski, Former Director of Pediatrics, Johns Hopkins University.



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