

La Voz Weekly

The Voice of De Anza College
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Opinions and viewpoints expressed by the staff and contributors are the opinion of the individual, and not necessarily the opinion of *La Voz*.

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Letters to the editor, submissions and press releases must be signed and include your contact information for verification and follow-up.

Letters must 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 unfounded personal grievances.

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Brian Murphy has more to worry about than Le Cafe

EDITORIAL

Last week, this space was filled with a letter to the incoming president of De Anza College. We have been criticized for being flippant.

We felt levity had its place in welcoming the new president, but we are also aware that this space, a place for *La Voz* to speak its mind, is an important one. This week, we'd like to get serious.

Mr. Murphy will face many challenges as president, dealing with and balancing the needs of De Anza students, staff, and faculty as well as district policies and tight budgets. We're college students, and we have a lot to worry about.

The cost of tuition is rising. Textbooks are expensive. Quality employment is hard to find.

Figuring out how to jump through all the hoops to transfer is a headache and a half, and then we find the University of California and California State University schools are getting so crowded some of the students they accepted will be sent to community colleges like De Anza — with free tuition.

It's hard for De Anza students to get the classes they need as it is. Parking is tight. Construction is loud.

Students who smoke are worried about being banished to the parking lot, and students who don't smoke are wor-

ried about the secondhand junk they're inhaling in the vicinity of someone who is.

The campus is getting scruffy, with greenery in need of a trim and a combination of human laziness and industrious wildlife spreading trash around.

There's a limit to what one person — even the college president — can do to satisfy the diverse and often contradictory desires and needs of a population the size of De Anza's.

But we think that keeping an open dialogue can help. And so, in all seriousness, we at *La Voz* would like to tell President-to-be Brian Murphy: Welcome to De Anza.

LETTERS

LA VOZ SHOULD NOT BE A FORUM FOR DEROGATORY EPITHETS

Regarding Chirag Dave's comment in the May 24th issue of *La Voz*:

I am saddened that a flippant remark like "less of a retard factory" could get published in your paper, given the huge population of students with special needs on this campus.

Speaking as one of them, I can say that I've spent a good 10 years (more, actually) trying to get people to stop using that word in the slang context. For me, the word "retard" is just as painful as I imagine a racial epithet would be.

I am amazed that the editors did not catch this and send Luke Stangel out at once to get more quotes.

It is true that people have a right to their opinions — hence "Opinion Page" — but *La Voz* does not have to be a forum for all of them.

Having said that, I appreciate being given this forum to express mine.

—Mariah Waite

READER DISTRESSED BY THOUGHTLESS WRITING

I have been a student here at De Anza College for a year now. I have been impressed with the *La Voz* paper and the diversity on campus.

However, the May 24, 2004, issue distressed me, particularly the "De Anza Voices" and the "Open letter to the next president."

The student's comment to the new president regarding "less of a retard factory" may have been taken out of context, but the straightforward quote was inappropriate. Printing this comment was irresponsible of *La Voz*.

The open letter did not address serious issues at De Anza. I do not believe that the majority of students hold the same opinion as the editorial. Le Cafe seems to be busy whenever I go by, and the fountains, the cost of taking them out will be far more expensive than what they are worth.

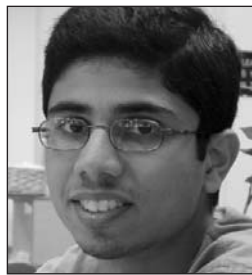
La Voz had the opportunity to print viable suggestions to the incoming president. Instead the paper chose to print thoughtless labeling and sarcasm.

—Karen Hunter

De Anza VOICES

COMPILED BY RACHEL SCHWARTZ
 LA VOZ

Seriously, if you could ask our new president to change one thing about De Anza what would it be?



"I don't think they pay enough attention to student feedback when evaluating teachers."

— Emad Salmon



"I want him to add more classes. There are way too many people in the classes and most are way too overcrowded for instructors."

— Kao Saelee



"There needs to be more open labs. I know I procrastinate, but sometimes I need to do a paper before class."

— Isabel Quinonez

CORRECTIONS

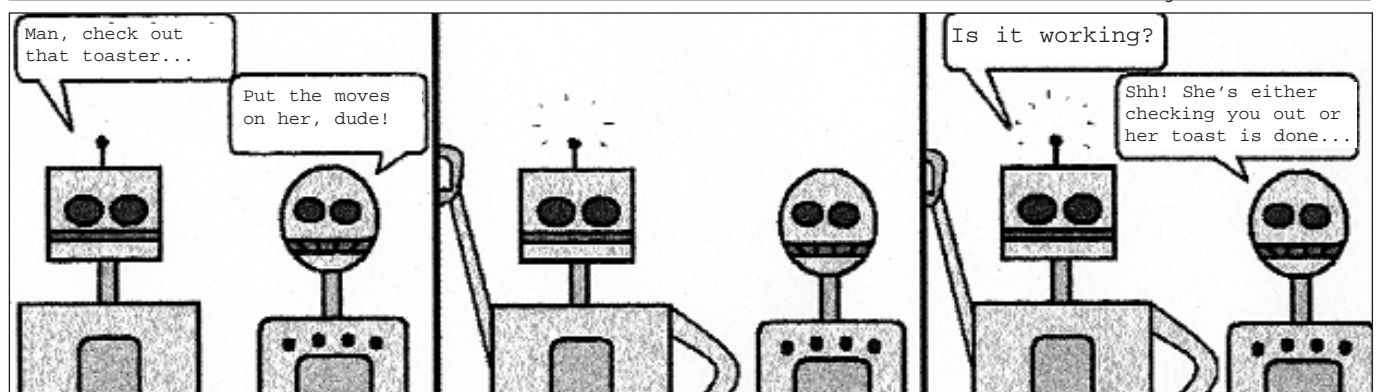
"De Anza Voices"
 May 24, Page 2
 "DA voices" was compiled by Rachel Schwartz.

"Ditching rush hour traffic"
 May 24, Page 6
 The average price for a day at the track is \$150, not \$50.

"Teachers on weekends"
 May 24, Page 9
 Sarah Joy Callahan contributed to the article.

FRIDGEART

By Ars Robotica



"...purchasing a CD does not purchase the right to share the songs, only to listen to the songs for one's own personal use"

*Thieving people
is easy*

BENHULTIN

Special to La Voz

With such technological advances as A/V compression and faster broadband services, one can now download a movie in the time it takes to watch it. If this trend continues, employment opportunities in the music and film industry could be looking very grim in the future.

In an April 24, 2001 Newsbytes article titled "Music Download Rate Continues To Explode," author Kevin Featherly said downloading in the United States does not vary solely by age, but also by gender. While a comparable number of male and female teens download music or burn copies of friends' CDs, most downloaders are men in their mid-twenties.

According to a Jan. 23, 2001 Newsbytes article by Michael Bartlett, Netizens using the infamous Napster service downloaded 1.75 billion songs in Nov. 2000. Extrapolating those figures, 21 billion songs – or nearly one and a half billion CDs – could be downloaded over the course of a year. This figure is even more alarming when considering that less than one billion CDs were sold in the United States in 2000.

A similar trend has been evident in DVD sales since 1998. According to a June 12, 2003, article in New Media Age, DVD sales lost to piracy increased 66 percent from 1998-2002 and are projected to continue rising.

The increases in online music

piracy have led the Recording Industry Association of America, or RIAA, to begin suing individual users who have committed copyright infringements via free file-sharing Web sites. In recent years, the RIAA held back from filing too many lawsuits in fear of losing fans. As file sharing has increased, however, the RIAA has been changing its stance to a more aggressive one – a trend the film industry has not yet followed.

Many downloaders feel it is acceptable to share music files online if they own the CDs. However, purchasing a CD does not purchase the right to share the songs, only to listen to the songs for one's own personal use. Otherwise, following the logic expressed by many downloaders, only one CD would ever need to be purchased, then shared on the Internet, for everyone to enjoy the music.

Unlikely as this premise is, the rate of CDs purchased has continually fallen in the past few years. Whether this can be directly attributed to piracy, or to other factors such as the quality of music being recorded, is less clear.

It's likely only fear of retribution – or a sudden change of conscience – will stem the growth of downloading and the drop in sales for CDs and DVDs. But even if one couldn't care less about the industries or their sales, one should think of the hard work of the artists and the fact that it is difficult to continually create good product on a shrinking budget.

Pedro Paulo Viegas De Sa / LA VOZ

*Maybe
smoke-free
isn't the
way to be*



ELLENLOCKHART

California colleges are actively reviewing their smoking policies. Many academic policy-makers seem to see a smoke-free campus as the ultimate goal. Currently, smoke-free Bay Area community colleges include Ohlone in Fremont and Cabrillo in Aptos.

In the current rush to the bandwagon, it appears as though smoke-free campuses get bragging rights over those, like De Anza, who have more moderate policies.

Ohlone's prohibits smoking anywhere on campus except in parking lots, a change from its previous policy that designated three or four smoking areas throughout the campus.

Even then, reported Henry K. Lee of the San Francisco Chronicle in a May 11th article, many people smoked outside those areas.

In the designated areas, more butts were on the ground than in the receptacles provided.

Lee said some students predict the failure of the smoke-free policy because people on campus will not be able to get to parking lots in time during a short break.

The guideline for Foothill-De Anza campus smoking policy, spelled out in the "Board Policy Manual," is moderate, meeting state-mandated guidelines. Briefly, smoking is prohibited in all enclosed facilities and vehicles.

Smoking is permitted in outdoor areas except in eating areas and during organized events. Smoking is prohibited within 25 feet of doors, windows and ventilators. Smokers are to clean up after themselves, placing butts in provided receptacles.

Mary-Jo Lomax of Student Health Services has submitted a funding grant which, if successful, will focus on community education. The plan would use De Anza marketing resources to educate staff and students on the college's current policy.

Lomax also has submitted a funding request to DASB and to Facilities for signs to remind people of the policy requirements.

Currently De Anza Student Health Services offers a smoking cessation program through Spring Quarter. Lomax says alternative cessation techniques are offered, such as nicotine patches and gum, hypnosis and acupuncture.

Year-to-date figures show 61 students have signed up for the program, and of those responding to follow-up, a third are still off cigarettes.

Developing a campus smoking policy isn't easy. Enforcement, administration and funding are problems. Even defining success isn't easy.

The goal of any policy is to protect non-smokers, to offer smokers means to stop smoking, and to have a campus that isn't covered with smokers' litter.

De Anza would do well to avoid the rush to unenforceable policies and focus on what is most likely to meet policy goals.

Zariv | Job pressures force president to bow out

continued from front

meeting Wednesday.

Golkar said he was disappointed with the timing of Zariv's leave, but refused to comment further. Zariv said she weighed her responsibilities and felt that the senate is in a time of tying the year up, without extensive or long-term projects that needed her intensive attention.

"I think senate has a lot of capable people in it that can handle the issues that might come up," said Zariv. "I don't want

the weight of my title to make a big issue out of this. I'm not the first, nor will I'll be the last president to deal with the pressure of senate."

At the height of a campaign to protest the budget cuts in Sacramento, Zariv sat on nine committees, while attending school full-time. "I'm a two-year transfer," said Zariv, alluding to previous presidents who were third-year students.

"I also sat in the presidential search committee, which forced me to miss class for a week, in which I had two midterms,"

said Zariv. "Being the president is not fun, and is not easy."

Danielle Johanson, vice-president of student rights, said, "I'm disappointed with a system that does not allow senators to be students also." Other senators and vice-presidents, including Newburg and Golkar, have also previously taken leaves of absences.

Zariv appointed James Nguyen, the vice-president of technology, to fill in for her on the election committee, which she was supposed to co-chair. "In order to

alleviate [the burden] from senate, she distributed her load so the burden wouldn't fall in James [Newburg]," said Nguyen. "He would have to sit in all her committees."

Zariv selected him because she felt that he could be impartial, while other senators were running or working for a slate that is running in the election, said Nguyen. The election committee oversees the election and handle grievances against candidates.

La Voz reporter Stacy Vinyard contributed to this article.



Lily Mitelman/ LA VOZ

Javier Rueda, the president of the district's classified staff union, tells the board about the union's opposition to a mandatory no-work session.

Contract | District backs down

continued from front

have done our fair share to help this district through this deficit," said Alex Hochstraser, a data clerk for De Anza's International Student Programs and union member.

Hochstraser and numerous other attendees implored the board to explore the option of dipping into the district's reserve funds to avoid a no-work session. The district has over seven million dollars in its reserves. That's over two million more than is required to stay off the state's watch list, Hochstraser.

"There are other choices [besides a work furlough] if the leadership, the courage and the will exist to make them," said Hochstraser. "Reserves exist to deal

with temporary crises. If the current crisis warrants slashing the pay of your hard working employees, surely it warrants the use of some reserves which were set aside for just such a crisis."

Rueda threatened legal action if the board refused to stop pursuing the mandatory no-work session as an option in closing the district's \$12 million budget gap.

Attorneys representing the union said that the unilateral imposition of a no-work session is illegal since the district and the union had already established a contract, according to Rueda. The only way the board could legally implement the proposed no-work session would be if the union agreed to reopen negotiations. Rueda said the

union's members had no such intention.

"We knew we had the legal right not to negotiate but we also knew our members were completely behind us," said Rueda.

The board did not take action on the issue at their May 17 meeting and Parman said that the district would no longer seek implementing a furlough. Officials will return to the drawing board to decide how to close the gap in the district's budget.

Parman said that he could not talk more extensively about many of the issues in question, stating that they pertained to personnel issues that could potentially undergo negotiation. Thus, such information was classified.

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News Special Report

BY OWEN RAY
LA VOZ

Up in Smoke

burning facts

De Anza College health services and De Anza student body senators are working on giving the state's "25-foot" smoking rule some teeth.

Health educator Mary Jo Lomax and the DASB requested \$1,500 from the student senate's finance committee to purchase signs to remind students and staff not to smoke within 25 feet of doorways, windows and ventilation systems on campus.

Smoking is also prohibited indoors, in district vehicles and in eating areas.

Currently there are few signs posted on campus telling smokers where smoking is prohibited. Most of the no-smoking signs are on and around the Hinson Campus Center, and there is no official signage explaining the 25-foot rule. Although the rule has been in effect since December 2002, some students are still unaware of the policy's.

"I didn't even know about the [rule] where you had to be away from the classrooms," said Monica Bolyard.

The only signs warning smokers to keep their distance are paper posters displayed in windows and on doors by health center employees and concerned instructors.

The district's smoking policy is enforced through warnings from campus security officers, staff members and students.

Some California community colleges believe that the state's smoking policies do not do enough to protect non-smoking students and staff from secondhand smoke, and they have enacted stricter smoking laws on their campuses.

In 1974, California community college district presidents and superintendents were granted legal authority to establish policy and regulations regarding smoking on district property.

Cabrillo Junior College, Riverside Community College district, San Joaquin Community College and Woodland Community College are all smoke-free campuses. As of Monday, Ohlone College will also be a smoke-free campus. Ohlone College currently restricts smoking to three areas on campus.

Ohlone has been working toward becoming a smoke-free campus since 2001, when the college asked the Alameda County Public Health Department's tobacco control program to help fund a smoking awareness campaign on campus. Ohlone had a 15-foot smoking rule before the 25-foot rule was enforced on state-owned property.

After receiving funding, Ohlone restricted smoking to four areas on campus. One area was soon eliminated because of its proximity to four buildings, one of which housed the respiratory health department. As of Monday, smoking will be restricted to parking lot areas, except for the disabled parking lot.

Patrice Birkedahl, assistant to Ohlone College's president said red lines will be painted in the lots to represent the borders of the smoking area. The purpose of the painted lines is to prevent smokers from gathering near entrances and stairwells.

"Students have a choice where to go to school," she said. "They have a lot of flexibility in their schedules and if they feel that [smoking] is important to them they will decide accordingly."

According to Vice President of Student Services Martha Ruiz, De Anza is not currently considering a smoke-free policy in the near future.

"We don't think we should go completely non-smoking because we do have such a large population of smokers [on campus]," said Ruiz. Smokers on campus don't like the notion of De Anza becoming a smoke-free school.

"They should treat us like adults, because we are adults. It would be just like high school again," said De Anza student and smoker Karen Chang.

Non-smokers have mixed feelings about a smoke-free policy at De Anza, but most are receptive. Inter-Club Council chairman Eddie Voss said he would "love it" if De Anza were smoke-free.

"I can't walk to class without breathing in a huge puff of smoke every which way," said Voss.

Other non-smokers, like student Andrew Westphal, would not mind a smoke-free campus, but doubt that the policy could be enforced.

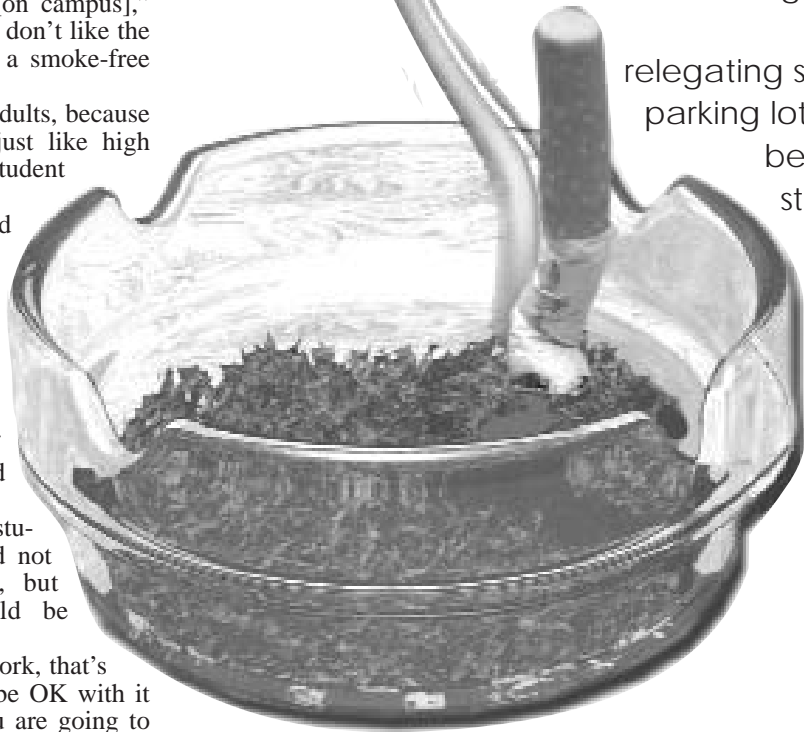
"I don't know if it would work, that's the thing," he said. "I would be OK with it ...but if you are addicted, you are going to smoke no matter what."

Smoke-free campuses: Cabrillo Junior College, Riverside Community College District, San Joaquin Community College, Woodland College and Ohlone College

State law requires that all smoking be done at least 25 feet away from doorways, windows and ventilation systems of state-owned buildings. The law took effect in December 2002.

De Anza College's student senate has requested \$1,500 to make posters designed to increase student awareness about the state's 25-foot rule.

Ohlone College goes smokeless on Monday, relegating smokers to the parking lots. Ohlone has been pursuing a stricter smoking policy since 2001.



Steven Cabana and J.Lara./ LA VOZ

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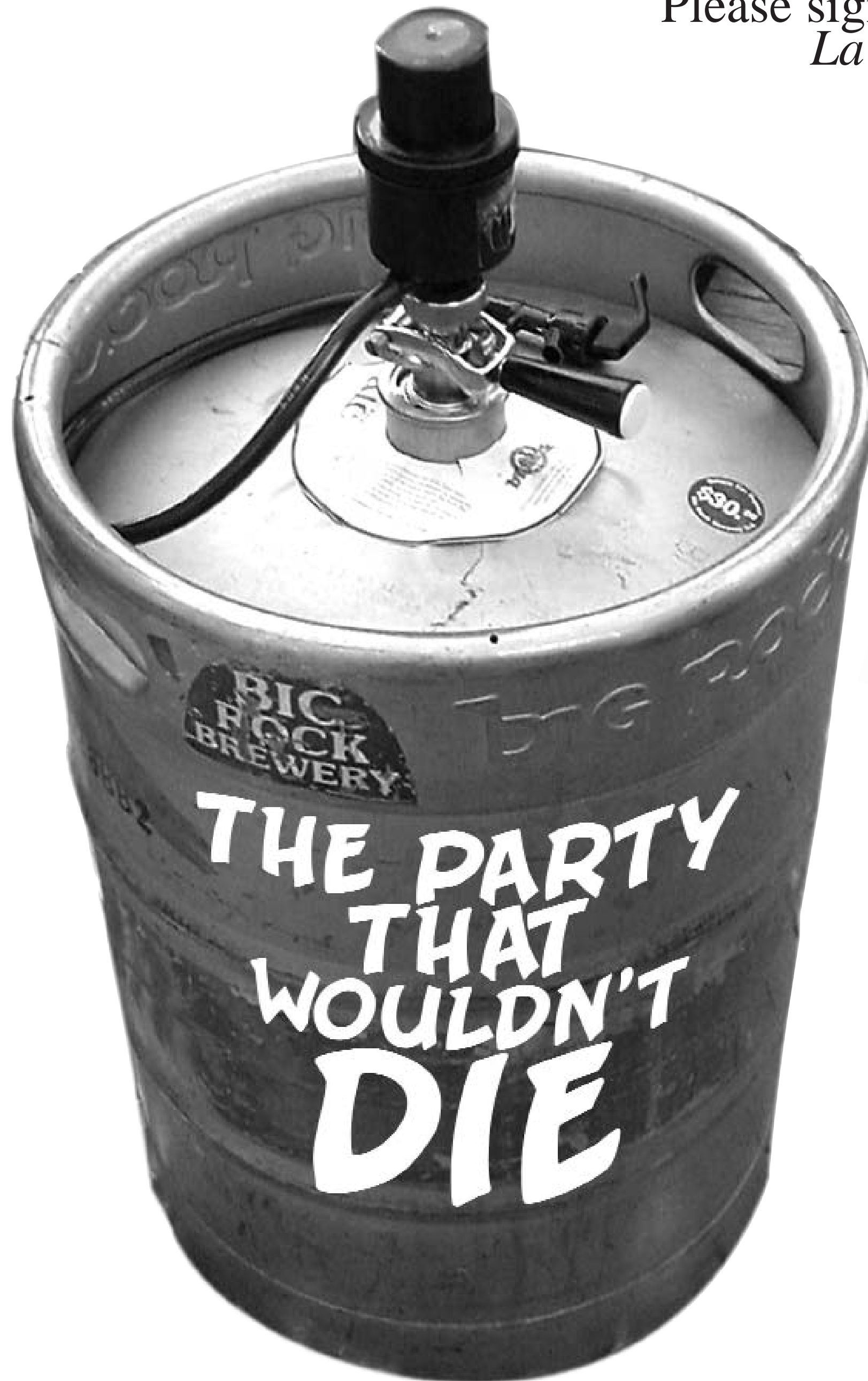
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Date: _____ Signature: _____

BY OWEN RAY, BARRY SKIDMORE AND ARLETTE THIBODEAU / LA VOZ

Throwing a party that will live on in the fuzzy memories of your friends and family for all the rest of their lives is a task of monumental proportions. Telling people they can come to your house and throw up on your shrubbery is only the start to hosting an

unforgettable brouhaha.

Nobody wants to be known all over campus or work for throwing lame get-togethers. As if you didn't already have enough reasons to thank us, we've broken down the different types of killer shindigs for you.

To set up a party of your own, match the party type against the list of party ingredients to the left, dig out your address book and call up as many people as you can, then hope and pray all your neighbors will be out of town for the next week or so.

Small Get-Together

Components:

1, 2, 3, 4, 5, 6, 8, 10, 11, 12, 14, 15, 21

A few friends get together to share a few beers, a few shots and a few laughs.

The critical component of the small gathering is the drinking game. The competition encourages novice drinkers to push their alcohol limits, but keeps the pressure to drink low: nobody notices you're drinking apple juice instead of whiskey when they're screaming challenges at each other and pounding their fists on the table. Bonus: the more alcohol consumed during these games, the more likely you are to have funny drunks to confront with a video camera.

This type of party is best suited to an apartment or similarly sized dwelling. No need for places to crash; there's enough room for everyone. These parties keep rolling until everyone falls asleep sideways on the couch or floor, except for the two people having an incredibly deep conversation at dawn.

Single element to push it over the top: Drunken interviews at 1 a.m. recorded on camera for posterity.

Snooty Black-Tie Soiree

Components:

1, 3, 5, 6, 13, 17, 21

The bourgeoisie gather at one of their many estates, eat hors d'oeuvres and gloat over their enormous wealth.

To set up one of these you'll need plenty of money, a classy house or rented hall, fine cuisine, expensive drinks, intelligent dialogue and a volatile mix of invitees.

Greet everyone by name as they come in, introduce them to other guests and wait for the open bar to do its magic. Before you know it, you'll have half-drunk snobs throwing around veiled insults and doing plenty of backstabbing.

Single element to push it over the top: One pretentious debutante overindulges in Cristal and starts referring to other guests as "peasants."

Wrap Party

Components:

1, 2, 3, 4, 5, 6, 7, 9, 11, 12, 13, 14, 15, 16, 17, 18, 19, 21, 22. You'll probably want extra of 16 and up.

Thespians gather in an enormous house owned by one of the cast's parents after closing night. They release all the repressed loathing and sexual tension built up over the course of production. Everybody hooks up.

This is the party you're most likely to forget, or at least want to forget when you see who you've woken up next to in the morning. Attempt to keep melodramatic outbursts of prima donna starlets in check with judicious use of backhanded slaps, or should that fail, tasers.

Single element to push it over the top: Romantic leads, goaded on by guests, get naked in living room. Others follow example. Cast orgy ensues.

Fratboy Kegger

Components:

1, 2, 4, 5, 7, 8, 11, 12, 14, 15, 18, 21, 22

A whole bunch of frat rats put couches out on the lawn, drag a couple of kegs in to the living room, and a sausage-fest follows.

Absolutely mandatory for a bash like this is lots and lots of cheap alcohol. Several kegs of Coors Light ought to do the trick.

The main problems with this type of party are the total lack of ladies and a high occurrence of stupid stunts. To break the shindig up quickly, provide minimal food. This will force partygoers to leave early for Jack in the Crack or a similar late-night drive-through at 1 a.m. in search of food. If this doesn't work, try turning up the stereo really loud and have someone do doughnuts on the front lawn until the cops show up.

Since getting completely hammered is par for the course with this kind of party, for God's sake, have enough designated drivers.

Single element to push it over the top: Someone gets so drunk he bets the crowd he can fly. Others bet that he can do it too and push him off the second-floor balcony.

House Destruction Party

Components:

1, 2, 3, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22.

The tenant of flea-ridden hovel invites 300 of his closest personal friends over on the last day of his lease to take out pent-up frustration on walls, furniture and appliances. The chaos continues until police, fire department and animal control all make an appearance.

To get this one rolling, play the song "Spaz's House Destruction Party" by Anti-Flag ad infinitum. Distribute sledgehammers and bottles of Jagermeister.

Remove most furniture to maximize space, but leave enough chairs and couches to throw through windows. Make sure all guests use the pool as toilet. Remove all doors and cabinets and use them to build a bonfire in the kitchen. Sic goats on any clothing left unattended. For a memorable finish, set fire to the roof.

This kind of party may get you chased by the cops, arrested, thrown into jail and dragged into court on reasonably serious charges. The neighbors will probably remember it for years, and not in a "reminiscing about the good old days" kind of way. If you're a neighbor, a pacifist, afraid of cops, or on parole, you might want to skip this one.

Single element to push it over the top: Invite local punk band to provide live entertainment and pay them with beer.

party components

- 1 Liquor
- 2 Beer
- 3 Women (preferably hot)
- 4 Drinking games
- 5 Music
- 6 Food
- 7 Furniture
- 8 Excuse to party
- 9 Swimming pool
- 10 Video games

11 Lame or silly movies that should only be watched when drunk ("Super Troopers," "Animal House," "Clerks")

12 Token musician who brings his guitar because he has no other way to pick up on women

13 Bartender or someone who can mix drinks

14 Funny drunks

15 Video camera

16 Promiscuous acquaintances

17 Appropriate locations for promiscuous acquaintances to get together

18 Absent authority figures

19 Multiple bathrooms

20 Paid-off neighbors

21 Designated drivers

22 Places to crash

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Deferred students to attend De Anza in fall

BY CAROL WORONOW
LA VOZ

The University of California and the California State Universities agreed to redirect ten percent of their freshman students to California community colleges, as part of their negotiated deal with Gov. Arnold Schwarzenegger in the revised May budget.

So far less than 15 redirected students have chosen De Anza as the community college that they will attend, said Robert Griffin, De Anza Vice President of Student Services and Institutional Research. How many students actually come to community colleges and how the program will be funded "is changing as we sit," he said.

And the situation is changing at the UCs and CSUs as students choose to accept their offers, or not. For example, UCLA is not getting the enrollment they expected, perhaps because of the increased tuition for UCs, Griffin said.

Until the legislature approves the state budget, the budget numbers and proposed plans will continue to change.

Statewide, 7,000 UC and CSU students will be redirected to community colleges out of a total of 1.6 million California community college students in fall 2003, which is less than one-half percent increase in the number of students. At De Anza, that would be an increase of about 100 students, out of a total of 25,000.

Redirected students from UCs and CSUs will have tuition waived at the community college, if the California legislature approves. This fee waiver would be similar to the Board of Governors Fee Waiver program that currently exists, which 5,620 De Anza students received to pay tuition in the winter quarter, said Cindy Castillo, director of Financial Aid and Scholarships at De Anza.

The Board of Governors Fee Waivers will also continue next fall for De Anza students, and the amount will be increased if tuition increases, said Castillo.

The UC system agreed to redirect 3,200 freshmen to California

community colleges in a new Guaranteed Transfer Option (GTO) program, according to UC news "UCNotes" of May 2004.

In March, admission offers went to prospective students. Then, eligible California residents who did not receive offers from any of the UCs where they applied received GTO offers. By June 1, these students must indicate their intent to accept the GTO.

The GTO students then attend a California community college and are guaranteed a transfer to a specific UC as a junior, after they complete the necessary transfer requirements. The UC and community college will provide an academic plan that includes all required courses and necessary grades.

The CSU system agreed to redirect 3,800 freshmen to California community colleges from eight "impacted" CSU campuses, where more eligible students applied than could be admitted, according to a CSU news release of May 7.

These campuses could "apply tougher admission standards to students out of their local areas," according to the "California State Student Association Review" in May.

The impacted campuses include Chico, Fullerton, Long Beach, Pomona, San Diego, San Luis Obispo, San Marcos and Sonoma.

The CSU redirection offer may be to a "specific CSU campus that has room for upper-division transfer students," according to CSU Public Affairs. That campus may not be the one where the student had originally applied.

Transfer plans will be developed for all redirected students, similar to the transfer plans that currently exist at De Anza to guarantee students admission to a UC or CSU campus as a junior after completing a specified set of required courses at De Anza.

The impact to De Anza of another hundred students is less than the variation from fall to winter to spring quarters.

And some students may choose private colleges or to go out of state, rather than attend a community college, so the numbers may be even lower.



A De Anza College student winds up to throw a tennis ball in an attempt to drop John Swensson, dean of language arts, into a tank of water. The dunk tank was part of the Interclub Council's May 20 Club Carnival. Students, and even some of his colleagues, dunked Swensson repeatedly.

Draft bill targets college students

BY MARISA JUAREZ
U-WIRE

A bill presented to the 108th Congress in January 2003 has brought the issue of a national military draft too close for comfort for many students.

Known as the Universal National Service Act of 2003-2004, House Resolution 163 would reinstate a draft which – unlike Vietnam – would not exempt college students.

If passed, HR 163 would require all Americans between the 18 and 26 years of age to enter into some form of national service for a minimum of two years.

Although the bill is currently in both houses of Congress and may not pass for some time – if at all – the possibility is enough to make some students concerned.

"Everyone knows that Bush is the one who wants to reinstate the draft. We saw what happened in Vietnam. It's mass death. Half the people that go don't want to go," said De

Anza College student Bruce Mollakarimi.

Nick Nomm, also a De Anza student, echoed concern:

"It would obviously suck if I got drafted or if anyone I knew got drafted. At first I thought [the war in Iraq] was OK. But the more people die and the less progress we're making, my opinion on the war in Iraq goes down. Before I supported it, now I totally don't."

Service would consist of joining one of the four military branches, the National Oceanic and Atmospheric Administration, Public Health Service or serving "in a civilian capacity that, as determined by the president, promotes the national defense, including national or community service and homeland security."

The only exemptions for service will be granted to those who are already serving in a branch of the military, who are high school students in good standing, who have a mental or

physical disability or to those chosen personally by the president. Conscientious objectors would not be exempt from service, but would participate in military activities that would not include any combat training -- unless, at the discretion of the president, they are transferred to civilian service.

Stanford Sophomore Bob Sensenbrenner, president of the College Republicans, said he was unconcerned by the bill.

"I don't think this legislation will affect students at Stanford since it has no chance of being passed," he said. "This bill is an obvious political ploy by Democratic members to try to scare the American public ... The Department of Defense has specifically stated that it does not want to reinstate the draft or anything like it."

Herrera predicted that the inclusion of women in the bill would hurt its chance for passage. Jonathan Edwards contributed to this article.

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Sarah Joy Callahan/ LA VOZ

Listen to my hands

LIVING IN A VERBAL WORLD WITHOUT THE ABILITY TO HEAR, EVERYDAY HAPPENINGS CAN BECOME EXTRAORDINARY EXPERIENCES

BY SARAH JOY CALLAHAN
LA VOZ

Imagine that a friend is giving you a ride when you suddenly see the car is about to collide with a huge truck. You want to alert him, but you have to catch his attention only with your hands. This happened to deaf student Tonie Taylor, whose right arm was in a sling when she talked to *La Voz*.

Taylor shared her experiences by writing with her left hand and talking through a sign language interpreter provided by De Anza. Taylor lost almost all of her hearing at the age of two from an infection. She wears hearing aids and sometimes uses her voice to communicate in carefully articulated syllables. She can communicate much of what she is thinking just through vivid facial expressions.

The oddest thing about a conversation with Taylor is that her voice is coming from her interpreter. She has an interpreter for all of her classes, but day to day tasks can be a challenge. When ordering food, Taylor must point to what she wants on the menu. When getting her hair cut, she shows the stylist a picture of what she wants. She watches TV with subtitles but relies on images alone when she sees a movie in the theater.

Deaf people don't lose the luxury

of talking on the telephone, although calling them is a little different from a typical phone conversation. A caller dials the 711 relay service, from which they get in contact with an operator who dials the deaf person's phone number on their special TTY phone.

The operator then types what the caller says and text appears on the deaf person's screen. The deaf person's typed response appears on the operator's screen and is read aloud to the caller.

The necessity of communicating in a different way can affect a deaf person's friendships.

Taylor said that most of her friends are fluent in sign language and so communication with them is not a major struggle.

Being deaf also puts an interesting spin on romantic relationships. Taylor said she has dated other deaf people

in the past, although she prefers relationships with hearing people. Her reason is that in her perspective, two deaf people together have to work too hard in order to communicate. Aspects of the life style of another deaf person also bother her.

Without the ability to hear, someone must depend on visual clues instead. The most common is having lights all over the place.

phone. Taylor said the lights in a deaf boyfriend's home drove her crazy.

Taylor's biggest concern about her own safety as a deaf person comes from not being able to hear alarms.

She wrote a letter proposing that a fire alarm that vibrates a sleeper's bed should be invented. While that invention is in the making, Taylor has created her own vibrating alarm clock.

Without the ability to hear, someone must depend on visual clues instead. The most common is having lights all over the place.

She does not wake up every morning to the sound of an alarm clock beeping like most of us do, but sleeps with an old phone programmed to vibrate at the proper time. Maybe this early morning strategy is what puts Taylor in a good mood. Even with her arm in a sling, she still continues to smile.

For more information on learning how to sign, you can visit these informational Web sites:

- www.handspeak.com
- www.deaflibrary.org
- www.signingonline.com
- www.deafness.about.com
- www.icommunicator.com

If you are interested in taking classes, De Anza offers level one American Sign Language every fall quarter. You can visit the disabled student's center for more information.

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LEGAL NOTICE

I was arrested and convicted of criminal misbehavior in Stateline, Nevada. Lake Tahoe is a great place to visit and vacation, but please remember to behave responsibly. I didn't, so I was sentenced to 10 days in the Douglas County Jail. As a condition of my release, I agreed to publish this reminder to others.

- Garrett Thrasher

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12 Features

Counting the proverbial sheep

JUNE 1, 2004 * WWW.LAVOZDEANZA.COM

BY ANNA CALLAHAN
LA VOZ

Outside, students mingle and compare the bags under their eyes. Inside a classroom, a student sits with his head down on his desk, his eyes closed.

In between classes, students plod along, weighed down with books and lack of sleep. With the combined pressures of academics, work and social life, college students considering what activities to cut often chose sleep. More than 75 percent of all college students do not get enough sleep, according to a recent study by Harvard Medical School.

Sleep is part of the circadian rhythm regulating all the body processes, including digestion and the conditioning of body temperature.

During sleep, growth hormone is released, blood cells and body tissues rebuild, energy levels are restored, and there is an increase of blood flow and renewed protein levels in brain.

The frontal cortex of the brain, responsible for higher thought, reasoning and planning, needs the body rested in order to function effectively.

Lack of sleep harms the frontal cortex's ability to control speech, access memory and solve problems. Creativity is stunted.

"You cumulatively lose I.Q. points the more you go without sleep," Kim Dolgin Ohio Wesleyan psychology professor said. "You can regain these points only if you regain the amount of sleep needed for you to be rested."

Perhaps the best choice the night before an exam is to spend time in bed rather than with your books.

Sleep deprivation can also result in weight gain because glucose and cortisol rise in the blood stream, increasing the appetite.

Lack of rest hinders the body's ability to regulate glucose and produce insulin.

Sleep deprivation can have some of the same hazardous effects as being drunk, according to a study published in 2000 by the British journal Occupational and Environmental Medicine.

People who drove after being awake for 17 to 19 hours had impaired coordination, reaction time and judgment, and performed worse than those with a blood alcohol level of .05 percent, the study found.

Researchers said that up to 60 percent of road accidents involve sleep deprivation, and they have suggested laws against sleep-deprived driving

similar to the ban on drunk driving.

Sleep deprivation is so harmful that it has been used to force prisoners into submission or prepare them for interrogation.

In a BBC magazine report, Andrew Hogg, of the Medical Foundation for the Care of Victims of Torture, said, "[Sleep deprivation] is such a standard form of torture that basically everybody has used it at one time or another."

Menachem Begin, Israeli prime minister from 1977-1983 and once a prisoner of the KGB wrote, "In the head of the interrogated prisoner, a haze begins to form. His spirit is wearied to death, and he has one sole desire: to sleep... Anyone who has experienced this desire knows that not even hunger and thirst are comparable."

John Schlapobersky, who was also tortured through sleep deprivation, said, "I was kept without sleep for a week in all. After two nights without sleep, the hallucinations start, and after three nights, people are having dreams while fairly awake, which is a form of psychosis."

"By the week's end, people lose their orientation in place and time. To deprive someone of sleep is to tamper with their equilibrium and their sanity."

Entrepreneurs who have opened coffee shops on or nearby college campuses understand the needs of students like De Anza's Jessica Carreira.

"Coffee is definitely my best friend. I completely rely on it; I can't function a day without it," she said. "If I didn't have coffee, even if I got eight hours of sleep, I'm like, dead."

"Buying two coffees a day, I spend more than \$35 on coffee a week. It keeps me alive, it's kept me surviving."

Fellow student Kevin Andrea has a different view.

"Caffeine is the worst thing that you can possibly do to yourself when you're working on reduced sleep," He said. "With any type of stimulant, you're getting your body to start cranking a lot faster. Caffeine is the harshest stimulant for you, because it puts you into overtime immediately, but when you stop, your body is ready to completely shut off."

"Soda is as far as I recommend anyone going — just a quick pick-me-up, not to hit you quite as hard."

Stimulants or not, there are going to be a lot of sleep-deprived students wandering around campus as we head into finals. Treat them kindly.

The NYU Sleep Disorders Center offers the following tips in to help you end those sleepless nights

Get regular exercise every day

Select and keep a regular wake time

Set aside relaxation time for 30 minutes in the afternoon

Do not nap throughout the day

Brief periods of napping are not as refreshing as consolidated periods of rest

If you smoke, do not do so in the evening or quit altogether

Katy Malatesta/ LA VOZ

Are you sleep deprived? Take this quiz and find out!

1. On average, what time do you go to bed?

- Always before midnight
- Usually by 1 a.m.
- Never before the sun comes up

2. How often do you nap during the day?

- Never
- Once or twice a week
- Every day in the afternoon

3. Do you regularly take sleeping pills in order to sleep soundly?

- Never touched the stuff
- Once in a great while
- Only on days ending in "y"

4. When you wake up in the morning how do you generally feel ... ?

- Genuinely refreshed
- A little sleepy, but ready for the day
- Groggy and sluggish

THE RESULTS:

if you answered mostly ...

A's: You are one peaceful sleeper. You are in tune with your body and treat it right. Keep up the good work.

B's: While you are pretty good about sleeping, you should take more time to work out a regular sleep schedule so your body is always fully rested.

C's: Chances are your body is on its last legs, and unless you take some measures to deal with your sleep deprivation, you could be in for an increased chance of health problems in the future.