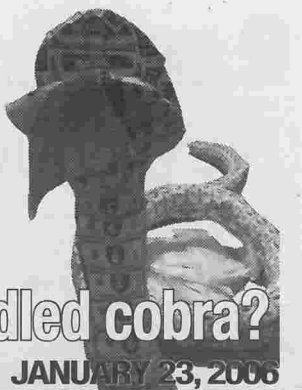




LAVOZDEANZA.COM



Foothill president to retire

BERNADINE FONG WILL LEAVE AFTER ACADEMIC YEAR

Scott Lipsig
LA VOZ

Bernadine Chuck Fong announced Tuesday that she intends to resign as president of Foothill College this summer.



FONG

In a written release to the Foothill community, Fong reflected on her 34 years as a Foothill College employee, including nearly 12 years in the college's

top position.

She wrote that she had "mixed emotions" about leaving because she had spent so much time at the college but emphasized that she was leaving the community with an efficient, healthy college that would pass the upcoming accreditation review slated for later this month.

"...We are assured to be accredited with the highest marks," Fong wrote.

Fong has worked at Foothill College since 1972. She will retire after serving 12 years as president.

She was responsible for founding the Foothill-De Anza College District's Middlefield Campus and the Campus Abroad Program, establishing the College Roundtable system of governance and working to make online courses feasible through the ETUDES system.

Fong also helped found the district's Faculty Association, which recently reached a tentative agreement with the district Board of Trustees on Jan. 5 after threatening a Work-to-Contract protest.

Fong wrote that she wants to see a campus-wide wireless project, as well as the Jason Deep Sea Exploration project and guarantees that construction of new Campus Center buildings will be finished, as well as other projects that will impact the college.

For more information, visit www.foothill.edu

Math center opens



Kristina Cottle / LA VOZ

Language Arts dean John Swensson, and instructor Charlie Klein try out a science experiment during the opening of the new Math and Science Tutorial Center Friday.

Let freedom ring?

In a time when segregation is returning in some areas of our society, a Stanford professor cautions against simplifying the legacy of Martin Luther King Jr. She sees richness in the more complex life and work that sometimes gets overlooked in the yearly celebration of the preacher and civil rights leader.

Aaron Wilcher
LA VOZ

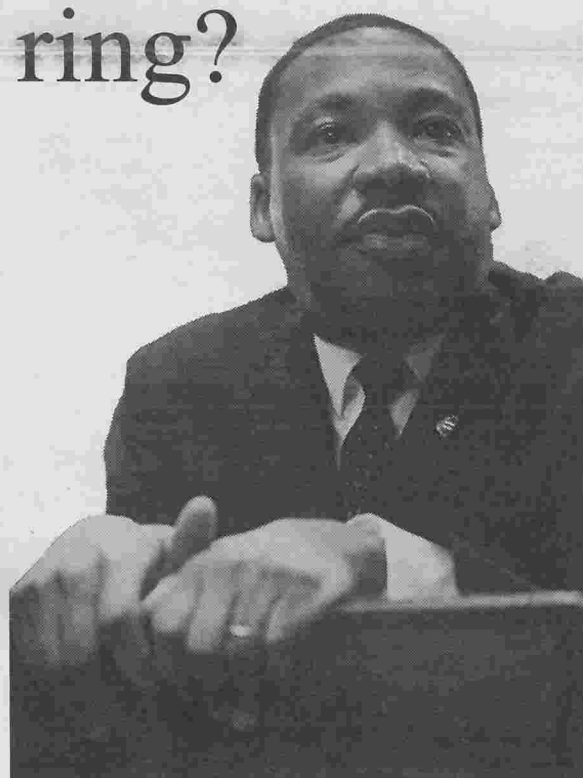
Vera Grant of Stanford University delivered a lecture Tuesday to a crowded hall in the Student Center commemorating the birthday of Martin Luther King Jr. She challenged the audience "to think about what is significant to you in the act of working, talking, and walking with King." Suggesting that followers of his mission take inspiration from "his willingness to change his mind," Grant noted that King is personally accessible through his writings. Most notable is his famous essay on civil disobedience, "A Letter From a Birmingham Jail."

Grant noted that contemporary popular memory tends to create an inaccessible "papier mâché" giant of King, whose biography reveals a more complex life and

work. This work includes battles against economic inequality, his criticism of the Vietnam War, and his considerations of black nationalism. "We have fictions," she said of King. "We have myths. We have ways of sanitizing his memory."

Grant, Associate Director of African and African American Studies at Stanford, drew upon her own academic research to demonstrate her attempts to personally connect with King's legacy. Her historical work focuses, in part, on the contrasting experiences of black and white American soldiers in World War I, both at home and abroad.

"The connection in this work I found was something that I could not only understand, but that I could spend my life studying and communicating to other people that had an effect and make a difference."



She considers her research, writing, and teaching as ways of deconstructing Jim Crow. "This endless journey of human hierarchies and the endless intercultural snobbery that endures is something that we have in America and something that King wanted to break down," she said.

But in the wake of King's integrationist legacy, segregation across America is persisting and even growing in some cases. On the day of Grant's lecture, the San Jose Mercury News reported a new study by the Civil Rights Project at Harvard University. According to the study, several states—including California—have shown an overwhelming return to segregation of blacks, whites, and Latinos in their schools rivaling that of the Civil Rights Movement in the late 1960s.

see KING, page 3

Sleeping your way to health

BEING WELL-RESTED IS CRITICAL FOR KEEPING A HEALTHY LIFESTYLE



mary-joLOMAX

Many Americans consider sleep a luxury; our lives are so jam-packed that there are not enough hours in the day to do everything that needs to be done.

Sleep is as important to our health as a healthy diet. In fact, like an unhealthy diet, lack of sleep can lead to physical problems including a lowered immune system, diabetes and increased blood pressure.

for your health

Lack of sleep is also associated with obesity. Scientists have found that sleep deprived people have a higher level of the hormone, ghrelin, which triggers appetite and a lower levels of leptin, a hormone that indicates a feeling of fullness.

If all of that weren't enough, lack of sleep negatively affects our mental alertness, mood, creativity, memory, language skills and of course, energy level.

For some people, their sleeplessness is the result of a sleep disorder and for others it is the result of bad habits (which could lead to a sleep disorder). Whatever the reason for your bleary eyes, the resulting physical drain on your body is the same.

Common sleep disorders include insomnia, restless leg syndrome and sleep apnea. Insomnia

see LOMAX, page 8

your guide to la voz

news	2/3
culture	4/5
opinion	6/7
de anza voices	6
sports/health	8

This is Vol. 39, Issue 12. Call us at 864-5626 or e-mail us at lavoz@fhda.edu. We're hanging out in L-41.

New student ID numbers assigned

NEW DIGITS REMOVE THE RISK OF USING SOCIAL SECURITY NUMBERS

Katherine Nguyen
LA VOZ

De Anza and Foothill College students are no longer required to use their Social Security Numbers for student identification.

In compliance with a new state anti-identity theft law, the colleges have assigned alternative Student Identification Numbers, or SIDs, to each student, effective Jan. 9.

Students may switch to the new eight-digit SID or continue to use their nine-digit Social Security Numbers for college services, according to an e-mail De Anza College sent to students on Jan. 5.

To obtain the new number, De Anza and Foothill students must log in to their college's online registration system with their Social Security Numbers. The "Student

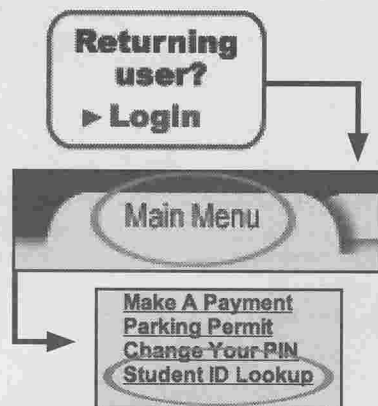
ID Lookup" option is accessible through the main menu.

Student numbers are used for functions like accessing account information, adding and dropping classes and using computer labs. More information is available on Foothill's Web site at www.foothill.edu/cgi/newscenter.display.cgi?000729.

Scott Lipsig contributed to this article.

To get your new student ID number:

- 1 Go to deanza.edu/registration/myinfo.html and click the returning user button
- 2 Click "De Anza Registration System" Login using your Social Security Number
- 3 Choose the "Main Menu" option
- 4 Choose "Student ID Lookup"



It's 3 a.m.
David needs to go home.

Because it's impossible to write with FLIPPERS FOR HANDS!

Give us a break. Become a La Voz editor. Support the anti-flipper hands campaign.

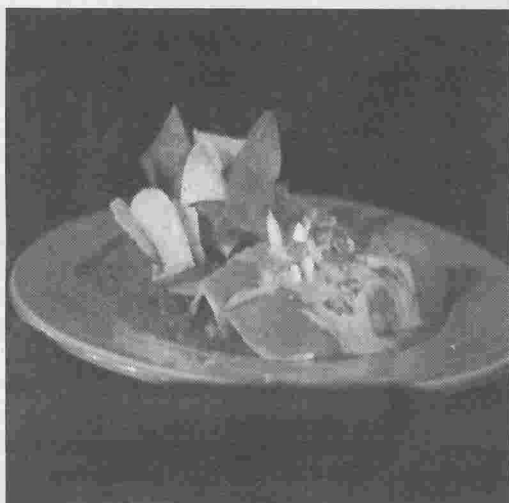
Paid for by the Committee for the Extermination of Flipper Hands. Ask your doctor for more tips on how to avoid Flipper Hands... OR YOU COULD BE NEXT!!!!

Seriously, join La Voz. Submit your 300-word application to L-41 or to adviser@lavozdeanza.com.

RIO ADOBE

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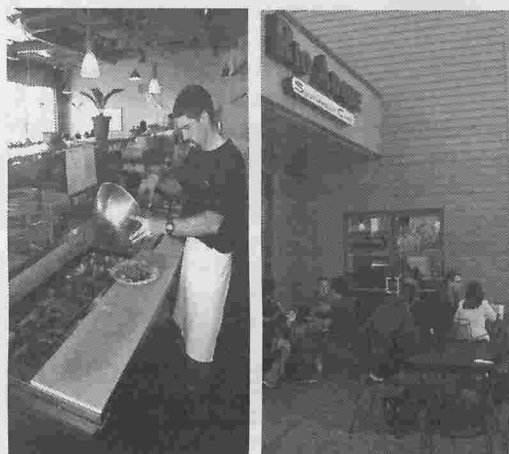
I made a cool discovery recently. Seems the locals were on to Rio Adobe way before me. Rio Adobe is one of those places that automatically gets on your favorites list. I knew even before my food arrived that I was going to return again.

It's ALL about the food! Mexican with a Southwestern accent-- unlike anything I've had before. The food is prepared with fresh ingredients and the flavors have a richness that only comes from slow cooking.

OK, the fresh salsa bar is eight bowls deep, the chips are made fresh, and the beer roster is quite respectable. (It's a bit of a hybrid—you order at a counter, but then your food is brought to your table on ceramic plates.)

The Burrito Mojado was stuffed with citrus marinated char-grilled chicken (or steak), covered with a New-Mex style red sauce, and topped with baked cheese. Good night, now!

What are you waiting for? Get going. Get Rio!



DE ANZA COLLEGE READERSHIP PROGRAM

"Bringing the news to the campus"

LA VOZ

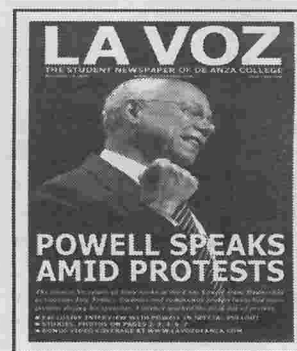
San Jose Mercury News

The New York Times

The Readership Program is brought to you by La Voz Weekly and De Anza College
For more information, contact Reza Kazempour at (408) 864-5626

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THE VOICE OF DE ANZA COLLEGE



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- REPORTERS
 - PHOTOGRAPHERS
 - GRAPHIC ARTISTS
 - COLUMNISTS
 - CARTOONISTS
 - SALES PEOPLE

JOUR 61: NEWSPAPER STAFF (T & TH 3:45 - 5 P.M.)
COVER AND REPORT NEWS AND FEATURES AS A MEMBER OF THE COLLEGE NEWSPAPER STAFF. STAFF INCLUDES REPORTERS, EDITORS, PHOTOJOURNALISTS AND GRAPHIC ARTISTS.

JOUR 62: NEWSPAPER FREELANCING (TBA)
CONTRIBUTE AS A FREELANCER TO THE COLLEGE NEWSPAPER AS A REPORTER, COPY EDITOR, COLUMNIST, GRAPHIC ARTIST, PHOTOGRAPHER OR OTHER POSITION.

JOUR 63: NEWSPAPER ADVERTISING (TBA)
JOIN THE ADVERTISING STAFF OF THE COLLEGE NEWSPAPER. PARTICIPATE IN ADVERTISING AND BUSINESS MANAGEMENT. INCLUDES SALES, DESIGN, PRODUCTION AND BILLING.

STOP BY THE LA VOZ OFFICE IN L-41 OR CALL (408) 864-5626



Scott Lipsig / LA VOZ

From left: Senate members discuss agenda items in Wednesday's meeting, which lasted over two hours. Zahra Noor, Sanjeet Heyer, Helen Chung, Secretary Joseph Derflinger, Anna Callahan.

GOVERNMENT BUSINESS: DASB and ICC news briefs

Robert Balicki and Melissa Lewis
LA VOZ

FUNDS ALLOCATED TO COLLEGE PROGRAMS: \$6,160 TO CREATIVE ARTS, \$1,600 TO OUTREACH

The De Anza Associated Student Body Senate allocated \$23,526 for college programs during last Wednesday's meeting.

The Student Film and Video Productions, a part of the Creative Arts Division was allocated \$5,800 for one high density video digital camcorder and three videocassette recorders.

The senate also unanimously approved

\$1,600 for the Outreach program. The money will be used to purchase a new computer.

The Creative Arts Division received \$360 for lumber, nails and screws to make six collapsible display shelves for student pottery sales. This motion also received unanimous approval.

On first vote, the senate approved \$6,364 for the Cross Cultural Partners program, \$1,000 for the Math Performance Success program and \$8,402 for the Wellness Center.

All first-vote motions must pass a second vote before going into effect. The second vote will be held at this Wednesday's meeting, which will take place at 3:30 p.m. in the Student Council Chambers, in the downstairs portion of the Hinson Campus Center.

FREESTYLE RAP EVENT TO BE HOSTED BY SENATE

The student senate is hosting a freestyle rap event next Tuesday. Students can win prizes, including a \$50 Valley Fair gift certificate and five AMC movie passes.

Rapper Derek "Direct" Kan, of the local hip hop group Magnetic North, will also be performing.

Kan's performance will begin the event at 11:45 a.m., followed by the student freestyle competition at 12:15 p.m.

The event is sponsored by the student senate's Diversity and Events Committee.

The committee is now headed by Helen Chung. The former senator filled the vacancy left by former vice president Audrey Lo, who transferred to UCLA.

WINTER CLUB DAY SET FOR THURSDAY IN QUAD

The Inter Club Council will hold this quarter's Club Day Thursday, Jan. 26 from 11 a.m. to 1:30 p.m. in the Main Quad.

Club Day, meant to introduce the student body to the various clubs on campus, features various events and activities to entertain students as well.

Clubs will have information tables with visual aids and handouts featuring their meeting dates, mission statements, activities and events.

Clubs will deliver short presentations and hold contests to provide students with information about what they do, while DJs and live bands provide background music. De Anza clubs are required to participate.

That's hot.

www.lavozdeanza.com



KING: Looking closely at a leader

FROM PAGE ONE

On De Anza College's campus, the Office of Diversity assists in monitoring issues and administrating programs related to race, ethnicity, and language. According to its director, Marion Winters, these include the retention of faculty of color, accessibility of teachers by ESL students, inconsistencies in the granting of AA and certificate completion, and inclusion of the gay, lesbian and transgender community in course curriculum.

The African Ancestry Faculty, Staff and Student Association, and DASB sponsored the commemoration event.

There are Two Types of People in the World:

- ① Those Who Receive Up To 8 Paychecks Each Month.
- ② And Those Who Don't.

Which Group Do YOU Want To Be In?

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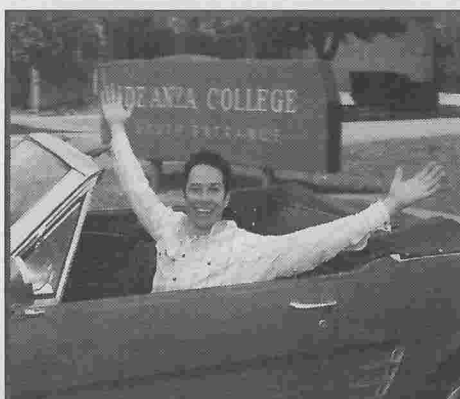
You can be earning up to 8 paychecks a month, receiving double commissions working as a real estate agent and also as a loan officer. Come to our Free information meeting in San Jose, and you will see people collecting their twice-weekly paychecks for thousands of dollars. This is a career opportunity, and so there is no cost or obligation to attend, nor is there any pressure to buy anything. Contact us today to reserve your seat at one of our meetings held in San Jose each week.

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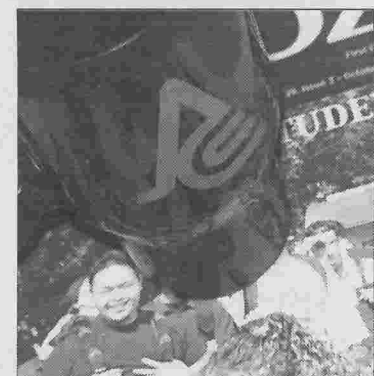


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La Voz:

Part of this wholesome breakfast.

(And pancakes.)

www.lavozdeanza.com

Song for thought

COMPILING THE SOUNDTRACK OF COLLEGE LIFE

Paul Beitsayad
LA VOZ

It's finals week and you're a little overwhelmed. Listen to "Under Pressure" by Queen and David Bowie; this song is so good you'll be glad you're stressed out. Once you're all content with your situation, Weezer's Beverly Hills" will help you maintain focus and keep sight of where a few good grades can get you. And then, before the thought of mansions and housemaids begins to unnerve you, Chumbawamba can build up your self-esteem with "Tubthumping."

Now go in for the kill; pump Survivor's "Eye of the Tiger" into your earphones. If this song could help Rocky knock out Mr. T, it'll make acing a chemistry exam feel like peanuts. Then on your way of out of class, what else could do but "School's Out" from Alice Cooper.

If 'Eye of the Tiger' could help Rocky knock out Mr. T, it'll make acing a chemistry exam feel like peanuts.

Of course, once you're done with finals, paying your new fees is just around the corner. The gals from Destiny's Child will feel your pain and say so in the effectively redundant "Bills, Bills, Bills." Kanye West has money issues, too, in "Gold Digger." And being the big spender you are, you're a little low on cash yourself, which is exactly why you can relate to the Big Tymers' poverty-aggrandizing track "Still Fly."

If you're feeling a little stingy about parting ways with the little dough you do have, so is Barrett Strong in his rendition of "Money (That's What I Want)." But hey, it has to be done, so go out like a champ and fork it over while jamming to Pink Floyd's "Money."

Now that your cash issues are over (because you don't have any cash to have issues with), it's time to think about your Friday night date potential. "Two Girls" by Paranoid Social Club will surely put you in the mood to flatter. But nobody does romantic like Dean Martin confusing love with the munchies in "That's Amore."

Approach your target keeping in mind what Frankie Valli's "Can't Take My Eyes Off You" did for Heath Ledger in "10 Things I Hate About You." Switch back to our time zone with "You Rock My World;" - a Michael Jackson must. But just in case she rejects you, Bon Jovi will be standing ringside to vent with you with "You Give Love a Bad Name."

And don't forget to save that playlist to your computer as well. You'll need to have it backed up for the following week, when you sell your iPod to defray the ever-increasing cost of textbooks.

What's so special about myPod?

STUDENTS SHARE WHAT THEY LIKE BEST ABOUT THEIR LITTLE WHITE BOX

Sherry Sanguinet
LA VOZ

Ever since Apple introduced the iPod to the world in 2001, sales have flourished, sending competitors packing. The sleek musical devices can be seen everywhere. De Anza College students are enjoying all four types of iPods: the Standard, Mini, Shuffle and Nano. Among the sea of white headphones at the Hinson Center, many were divided when it came to their iPod choice.

"Technology is amazing," Kentaro Fuchi said as he slipped off his headphones

His iPod is his closest companion while he chugs through his grueling chemistry homework.

Fuchi mainly listens to Japanese music on his iPod shuffle and is so happy that he can conveniently listen to his music everywhere. Although the shuffle doesn't hold as many songs as the other models, it is smaller and more convenient to carry.

Film student Jared Rodriquez has a mini 6 gig iPod. He likes to listen to progressive metal, jazz, punk and 80's music. The mini works perfectly for Rodriquez. "It all depends on who you are and what you are doing when you pick

out which iPod is best for you," said Rodriquez.

Johnny Huynh is the owner of a 20 gig iPod and enjoys all the music he can store on it. Huynh listens to hip hop, R & B and jazz. "I like that I can play music and videos all on one MP3 player," said Huynh.

If light weight and convenience are important to you, then you may want to go for the iPod Shuffle or the Nano. You won't be able to store as many songs, but you won't have to carry as much either, if size matters to your individual needs. If you want your whole CD collection in the palm of your hand, than

the Standard or the Mini is for you. Unfortunately, Apple is no longer making the Mini.

First year student Joel Beyrer is the proud owner of a 40 gig iPod that he is not ashamed to admit was a Christmas present from his grandmother. Beyrer listens mainly to classic rock but he also enjoys ScreemO music-hard core and death core. "When studying I like classical music, Beethoven and Mozart."

If 15,000 songs isn't a good enough case for the iPod, Stepani Morales sums it up, "I don't have to worry about my CD player getting crushed."

Have you joined the white-wire cult?

For those of you who haven't been keeping track, here's a recap of the various media players offered by Cupertino-based Apple Computer. If you're in the market for one, this should help you decide. Bad credit? No credit? No problem! (And no, they're not paying us).

SPORTY!



iPod video

The latest generation of iPods can play over 150 hours of full-color video on its 2.5 inch TFT screen (320 x 240 pixels). Comes in white or black, 30 or 60 GB (15,000 or 30,000 songs).

30 or 60 GB:
4.1 x 2.4 x 0.43
\$299-399

PRICED TO MOVE!



iPod shuffle

Don't need to carry your entire music collection with you? The Shuffle plugs directly into a USB drive and carries up to one GB of songs. No screen means only random playback.

0.5 or 1 GB:
3.3 x 0.98 x 0.33
\$99-149

SHINY!



iPod photo

The new standard. Small enough to fit in a change pocket - but substantial enough to hold a 60 GB hard drive (approx. 30,000 songs). Its 220 x 176 pixel color screen plays games and displays album art, too.

20 or 60 GB:
4.1 x 2.4 x 0.43
\$299-399

DISCONTINUED!



iPod mini

The Mini was introduced in 2004, but has already been phased out due to the release of the Nano. Still, it has enough left to not snap in half and offers a larger capacity than the Nano (6GB).

6 GB:
3.6 x 2.0 x 0.5
SeBay

COMPACT!



iPod nano

Fascinated by small objects? Is the Mini not compact enough for your needs? The Nano is scarcely the size of a business card but still manages to fit up to 4 GB (2,000 songs) into its tiny frame.

2 or 4 GB:
3.5 x 1.6 x 0.27
\$199-249

Info compiled from apple.com and wikipedia.com

1st Annual Photography Competition

Brush your teeth and get ready!!! The De Anza Photo Club is having an open photo competition. And you don't need a nice camera. We just need YOU. :)

Prize pool includes \$100 and \$50 Amazon gift certificates and pairs of movie tickets. Event ends Feb 7th!

Rules and enlightenment:
DeAnzaPhotoClub.org



You don't need to major in journalism.

You don't need to be interested in or even good at writing.

You don't need to be a great photographer.

You just need to seek the truth.

ADD JOUR-61 AND JOIN A CLASS WITH NO PREREQUISITES.

LA VOZ. THAT'S HOT.

Art exhibit symbolizes the ravages of drug trafficking

Aaron Wilcher
LA VOZ

Soft-spoken Cristina Cantu Diaz and her colleagues comprise a vanguard of student dedication and achievement in the arts at De Anza College.

As a representational artist, her work confronts social and political controversies and her Mexican heritage.

Cantu Diaz's latest piece, a mixed media installation titled "Narcoatl," greets visitors at the entrance to the Euphrat Museum of Art's Student Art Show.

This is the last exhibition before the museum moves into a temporary location in the same building in March.

"Narcoatl" inverts the native Mexican representation of Quetzalcoatl, a primary deity representing creation and progress

"Narcoatl" inverts the Mexican representation of Quetzalcoatl to symbolize the human cost of Mexican drug trafficking.

for native polytheistic Mexican groups. In mythological representation, the god is a duality, a feathered serpent, a combination of earth and the heavens.

Cantu Diaz replaced her serpent's feathers with money, to raise awareness about the socioeconomic and human costs to communities caused by drug trafficking between Mexico and the United States.

"The traffickers are killing [Mexico]," she says.

Cantu Diaz has been a student at De Anza for seven years, working in ceramics, painting, furniture making and 3-D sculpture.

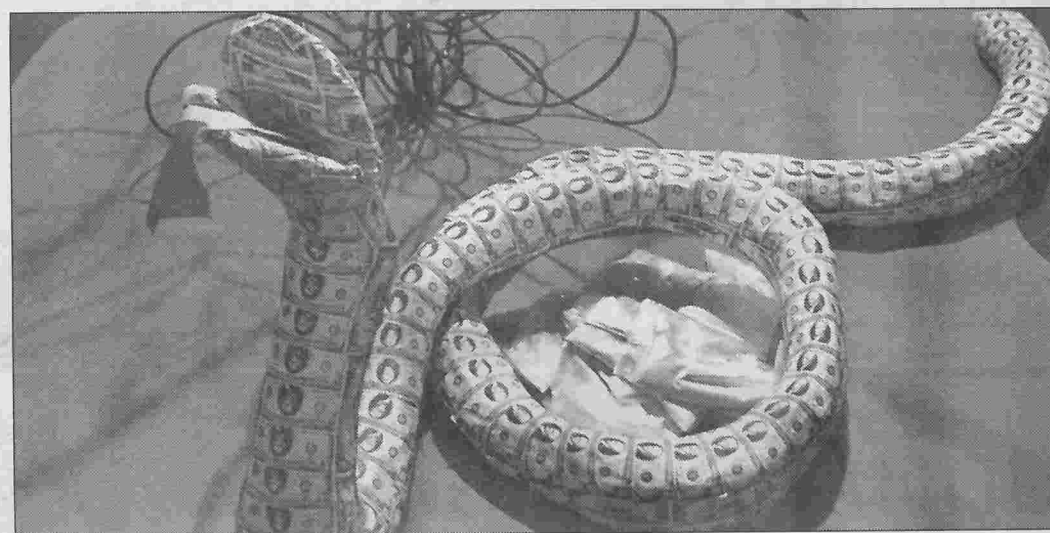
"Deseo/Desire," a five-foot, two-inch looping, intertwining wood sculpture she created, is on display in the Writing and Reading Center.

A dual citizen of Mexico and the United States, Cantu Diaz received her bachelor's degree from the Universidad Nacional Autónoma de México in Monterrey, her master's in psychology from Temple University and a master's in education from Stanford University.



Above, center right: Diaz in her workshop.

Aaron Wilcher (4) / LA VOZ



Above, bottom left: "Narcoatl."



Below: Diaz & "Deseo/Desire."



Places to go for good music (and you don't have to drive an hour to get there!)

Sarah Bogen
LA VOZ

When asked where to find some enjoyable live music venues, students might comfortably point to locations in San Francisco. The City by the Bay is full of auditory pleasures, without a doubt, but the lesser-known South Bay has become well established within the live music scene.

There are several places within the area (some close to the De Anza College campus) where you can catch entertaining live music without wasting precious gas or driving time.

The Blank Club and The

Gaslighter are two very popular student venues. The Blank Club, located in Downtown San Jose, is 21 and over. A darkly-cast red and black anti-nightclub with a fully stocked bar, and no tolerance for pretentious hipsters.

Its assets are the hard-hitting live bands it hosts, playing indie rock, nostalgic 60s, 70s, and 80s tributes, electronic, synthpop, goth, industrial and new wave music on a stage with a silver streamer backdrop.

The cost is a fairly standard \$5 to \$10, and the drinks aren't overpriced. Check out the calendar on their website for upcoming live shows and DJ sets.

The Gaslighter, located in Campbell, is accessible to all ages. Live music usually plays on Sundays and carries on throughout the week. The usual cover charge is also \$5 to \$10.

It's an actual theater, red velvet curtains and all, but don't let that fool you—the bands and their fans turn the Gaslighter into a theatre of rock!

The bands that play here usually fall under the genres of alternative rock, indie rock, hardcore, hard rock, ska, punk, pop punk, hard metal and, of course, the ever-popular "other."

Other places to check out include Cupertino and down-

town San Jose's Britannia Arms, Campbell's The King's Head, JJ's Blues in San Jose.

For all you jazz aficionados,

and two beautiful outdoor Saratoga venues to look forward to once the weather warms up: Villa Montalvo and The Mountain Winery.

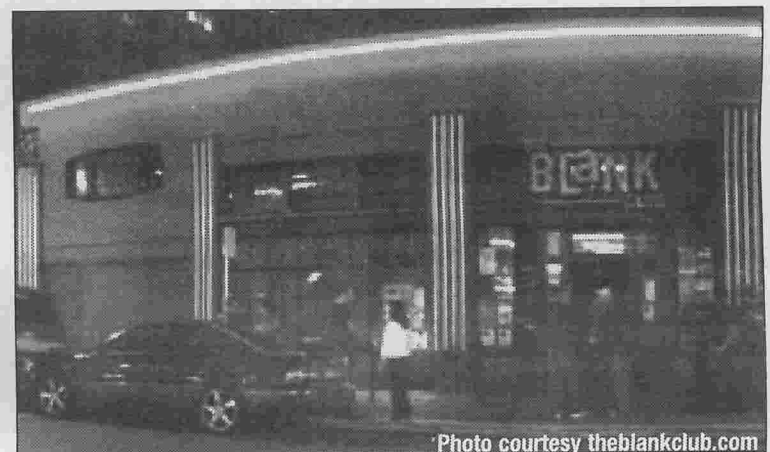


Photo courtesy theblankclub.com

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

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

La Voz will feature a new section as of next week: the Community section.

Its purpose is to provide the De Anza College student body with a variety of volunteering options in the South Bay. It will also include perspectives of those who have volunteered with organizations in the area and will feature unique opportunities every week.

There are many good reasons to volunteer. It contributes to the surrounding community and nourishes the soul. It's a good application-booster for students transferring to four-year colleges and applying for jobs. In short, volunteering feels good and it's good for you.

Many organizations can provide you with work experience similar to an entry-level position that might be difficult to attain as a paying job. But rather than slave at said position for too little money and too much hassle, you can feel good

about what you're doing and not answer to people who can only motivate you with a paycheck. And many universities give more points to those applicants with

Volunteering contributes to the surrounding community and nourishes the soul.

extensive volunteer experience.

It is also beneficial to be involved in the community in which you live because you improve the conditions

for the citizens around you, you have a better emotional connection to your environment, and you are more aware of community events.

In a society whose media is filled with contrived themes of good will and philanthropy, it's refreshing to commit to tangible goals.

Also, volunteering in your community is more practical, particularly when you have conflicts of time, money, and transportation.

As a college student, many of us are incapable of making worldly contributions either monetarily or physically because we have so many responsibilities already.

However, by volunteering, we apply ourselves to important causes and improve our environments on a level that is simultaneously personal and universal.

De Anza and high school: the only difference is two years



ruthTEPPER

Smoke billows from the end of a cigarette protruding oddly from a young man's mouth. Leaning against a wall, he pulls the hood of his sweatshirt up in a feeble attempt to hide his identity and starts the music on the iPod hidden in his pocket.

Three years later.

Smoke billows from the end of a cigarette, now protruding expertly from a young man's mouth. Leaning against a wall, he turns his cap backwards and starts the music on the iPod hidden in his pocket.

We expect college to be the final step in preparing for a career, is it so shockingly different from the four years that prepared us for its culture? As a high school-aged student taking community college courses, my perception differs radically

from traditional older students. In the days of defined class numbers per schedule, structured lunch periods, and obnoxious bells designating the start and end of every class, success-oriented students spoke endlessly of building foundations for the next phase in their educational careers: college.

Especially in affluent areas, so-called junkies cutting classes to smoke anything available and hanging out on the streets were considered cool by some, yet frowned upon by most.

Those who knew what they wanted, aspired to achieve and concentrated on priorities were generally identified by teachers, parents and peers as those who would thrive and succeed in the real world, while others who were not so educationally motivated or did not demonstrate much potential were often victimized, given up on and tossed to struggle in the gutter of the public high school system.

In college, the struggle to surface towards the top was rumored to be immense.

On my first day at De Anza College, I noticed similar behaviors to those I observed in high school. Perched in corners

were students leaning on pillars, smoking. Sprawled out on benches were people attempting to squeeze in an afternoon nap before a class.

Walking into the cafeteria, the same overwhelming odor of burgers and fries assaulted my senses. The room was filled with an assortment of students — some studying, some joking around and some actually eating meals.

It can be debated that the academic aspect of college is different from that of high school, and that eager minds need more advanced nurturing and challenges. The relatively easy classes that we encountered during high school years may have been enough to quench our thirsts only because our minds were less mature.

Campus buildings are constructed of similar materials and textbooks are created from paper products.

Both high school teachers and college instructors stand in front of classrooms espousing topics in their disciplines. What delineates high school from college? Is it the immense workload, the intense pressure, the overwhelming fear of failure, or the maturity level demanded of students who walk through campus?

de anza voices

Mya Kwan
LA VOZ



"What could De Anza do to increase enrollment?"

"Try to obtain transfer agreements with UCB or UCLA to increase the transfer rate."

— Andy Lau



"Find a way to retain good instructors, especially in science. There is too much unnecessary competition in getting into Biology classes."

— Irene Lau



"De Anza should consider adding pre-admission counseling hours and hire more counselors to fit students' needs."

— James Schwab



"I think there are not enough sections for popular classes and they are too hard to add."

— Kohei Okimuro



"I hope De Anza could change the regulation on the Pay to Stay policy; it is somewhat too harsh."

— Pedro Hernandez



"De Anza may advertise outside the country to attract more students overseas."

— Racio Roque

Finding the path to transfer

GOING IN TO MEET A COUNSELOR IS SUPRISINGLY EASY



kharmanAIDUN

When I first walked into the counselors' office I was shocked to see it was nothing like the DMV. A half hour after the office opened Tuesday morning and to my surprise, I was the first person. I hadn't made a prior appointment or brought my transcript with me because I didn't expect to actually talk to a human being right away.

The woman behind the front desk was very helpful. She smiled and showed me how to sign in. She told me I could make an appointment or go in right away without waiting.

After signing in, I only waited about a minute before Judy Coleman called my name. Shocked, I wasn't sure what to do. I had already pulled out a book to read.

As she escorted me to her office, I couldn't believe it. I heard many horror stories about counselors, but the hallway was filled with opened doors and alert smiling people.

When we sat down, I told her that I wanted help transferring to San Francisco State University after getting an A.A. degree at De Anza College. I also wanted to know what I should do if De Anza no longer offers a class that is required for the degree.

After giving her my student ID number she left the office briefly and came back with a copy of my transcript, the AA degree requirements and the California State transfer requirements.

Together we looked through everything and listed the classes I have already taken and the classes I still need. She gave me the form to petition my class prerequisites for IGETC and explained to me what I should do when I complete my general requirements.

Coleman told me that I was headed in the right direction and most students who came into her office aren't even sure about their majors. She also asked me which classes and professors I really liked. We talked about my poetry class, and she wrote down Nicole Brodsky's name on a pink post-it. She said that she will recommend Brodsky to other students who had an interest in writing.

Before I left her office, Coleman wrote her name down and told me next time I wanted to stop by, just bring these forms with me and she would be more than happy to assist me.

I returned to the counselor's office at 2:30 p.m. and there were approximately 10 students waiting to see someone. I had heard from many friends that the worst time to see a counselor was at the end of the quarter.

Don't believe the horror stories about the counseling office and go get some help and advice as soon as you need it.

James vs. James

IS SAMUEL ALITO THE RIGHT CHOICE FOR THE SUPREME COURT?



jamesNEWBURG

Have you ever felt totally awkward at a job interview? You're sitting across from the V.P. of Human Resources in your best business professional outfit, doing all you can to look calm and poised. Your resume looks sparkling. It's well-designed and has plenty of fancy titles and bullet-points. You're answering questions in a reasonable, intelligent way.

But you know there's some skeleton in your closet waiting to trip you up. It might be that youthful indiscretion where you found yourself in the county lockup for a couple of days. It might be that failed urine test in your past. Maybe it's the time you went a bit crazy at the office party. Whatever it is, behind that cool poker face of utter professionalism, a voice screams, "Dear God, I hope they don't find out!"

Samuel Alito knows exactly how you feel.

Now, Alito's job interview was a bit different than yours. For one thing, a bunch of politicians weren't asking you pointed ques-

tions on national television. Your loved ones probably didn't run out of your interview crying. And the job you were interviewing for probably didn't have the perks of a lifetime appointment to the Supreme Court.

Alito's problems are a bit worse than a few poppyseeds popping up in a pee sample. His neatly-pressed suit and calm demeanor in front of the Senate masked the brand of radicalism he's supported since college. He proudly listed on an earlier government ap-

Samuel Alito's resume and references aren't enough to earn a seat on the Supreme Court.

plication his membership in the Concerned Alumni of Princeton. This group wanted to preserve the white, male culture of the university by restricting enrollment of women and minorities.

As a judge, Alito supported extreme restrictions on abortion. Liberal activists argue that he would make abortion illegal. He's attacked civil rights. He's suggested that the Family Medical Leave Act is unconstitutional. He says that George W. Bush should have the

freedom to break the law and snoop on people. He even engaged in conflict-of-interest and heard a case for a company in which he had invested over \$400,000 in stock.

He kept all of this hidden during the hearings so the people watching at home wouldn't find out how dangerously out of touch he is.

Now that Alito is done with his interview, the Senate should check a couple of his references. First on the list is Bush, the man who recommended him for the job. Then they should look at the people Bush nominated for other important jobs. Harriet Miers? A glorified coffee-jockey who thought El Presidente was "the most brilliant man I have ever met." Alberto Gonzales? Nothing says "rule of law" like promoting the legal architect of the Abu Ghraib scandal. Mike Brown? Well, let's just say he won't be celebrating Black History Month in the French Quarter anytime soon.

Let's turn to Robert Bork, a man who Alito praised to the high heavens as one of the most outstanding Supreme Court nominees of the last century. The reason he's not called Associate Justice Bork today is because the Senate judged his views too extreme in 1988. Since then, Bork has written a book blaming society's decline on the civil rights movement, the sexual revolution and feminism.

Let's just hope that Senators are as smart as the V.P. of Human Resources and question Samuel Alito's resume and references.

SAMUEL ALITO: THE MAN WHO WOULD REPLACE SANDRA DAY O'CONNOR



PERSONAL

- Born April 1, 1950 in Trenton, N.J.
- Practicing Roman Catholic
- Family: wife Martha Alito, daughter Laura and son Philip
- Education: B.A., Princeton University (1972). J.D., Yale Law School (1975).

CAREER

- Second Lieutenant in Signal Corps. Captain in Army Reserves. Honorably discharged in 1980.
- Assistant United States Attorney, District of New Jersey
- Assistant to Solicitor General Rex E. Lee
- United States Attorney of the District of New Jersey
- Judge on the United States Third Circuit Court of Appeals
- Adjunct Professor at Seton Hall University School of Law

MAJOR CASE HISTORY

- **Abortion:** Dissenting opinion in Planned Parenthood vs. Casey. Argued that a Pennsylvania law requiring women seeking abortions to inform their husbands should have been upheld.

- **Federalism:** Dissenting opinion in United States vs. Rybar. Argued that a U.S. law banning private citizens from owning sub-machine guns was outside the authority of Congress.
 - **First Amendment:** Majority opinion in Saxe vs. State College Area School District. Holding that the public school district's anti-harassment policy, which prohibited harassment based on sexual orientation among other criteria, was unconstitutionally overbroad and violated the First Amendment.
 - **Civil Rights:** Majority opinion in Williams v. Price. Granted a writ of habeas corpus to a black state prisoner after state courts had refused to consider the testimony of a witness who stated that a juror had uttered derogatory remarks about blacks during an encounter in the courthouse after the conclusion of the trial.
- OTHER**
- Belonged to the New Jersey Federal Bar Association (member of advisory board); the New Jersey State Bar Association; the American Bar Association; and the Federalist Society, a conservative judicial organization.
 - Argued 12 Supreme Court cases and at least two dozen court of appeals cases.
- Info compiled from whitehouse.gov and wikipedia.com



jamesSCHULTE

I know most of you haven't been paying attention to the confirmation hearings for Judge Samuel Alito's appointment to the Supreme Court. If anything, you may have heard small pieces of information on the late night news, or even worse, the Tonight Show with Jay Leno.

If these programs are where you get your information, then all you've heard are the attacks that imply that Alito is a racist, a sexist and a homophobe who wants to end abortion as we know it.

These allegations were originally made by the Democratic members of the Senate Judiciary Committee and then recklessly repeated by the media. The main problem with these attacks is that the accusers never give any solid proof to support their charges.

They hoped these accusations would stain the public's opinion of him. When the senators attacks on his record couldn't hold water, they moved on to Concerned Alumni of Princeton, an organization that he belonged to. This group

was founded to oppose Princeton's opposition to the ROTC.

Alito joined CAP because he was concerned about the hostility towards the ROTC program, but in the hearings it was painted as an organization that hated blacks and didn't want women enrolled in Princeton. CAP was misrepresented because they opposed quotas for women and minorities in the enrollment process at Princeton. This, to any liberal, is automatic racism. CAP thought it was wrong

Liberals are engaging in hypocritical smears to slime the highly-qualified Samuel Alito.

to hold a position open only for a special few and dump the rest. This group thought people should be judged by their skills and talents, not by the color of their skin.

This didn't matter to the Judiciary Committee; it was something they could grab on to and use to beat up this more than qualified candidate. Senator Ted Kennedy read an article from Prospect, a magazine published by CAP, which proved only to him, that this organization was indeed racist. The article talked about

how blacks and Hispanics "don't seem to know their place."

Of course, Kennedy used only this one article, and no other, to prove that CAP supported racism. However, he forgot to mention that the magazine puts a disclaimer in their magazine that states that the opinions in these articles are the author's opinions and not theirs.

Kennedy didn't let that get in his way. No, sir, this was the smoking gun, and nothing was going to get in his way. Kennedy never connected Alito to the article or the magazine.

Guilt by association was the order of the day, but what is overlooked is Kennedy's membership in the OWL Club at Harvard University, a group that bars women for membership. But this kind of hypocrisy is nothing new to these gentlemen.

So why such a fuss over Alito? In one word: abortion. The left will do anything to keep it legal. They're trying to destroy a good man's name for a campaign issue. Let's not forget that his American Bar Association rating is better than the judge he is replacing. With Democratic losses at the ballot box, the Court system has become their only place to unilaterally force their agenda on the public.

This is why the liberals fight any judge that shows signs of diverging from the party line on abortions and other issues. This committee has performed the worst form of judicial tampering that we have ever seen.



Kharman Aidun / LA VOZ

De Anza's defense dominated Hartnell in a 53-33 victory on Jan. 13.

De Anza prevails in defensive struggle

Kayla Hilton and James Newburg
LA VOZ

Nadia Walton's teammates gave her a pretty good birthday present on Friday the thirteenth — an easy win over Hartnell College. The De Anza College women's basketball team (8-11) clamped down on defense, forcing 25 Hartnell turnovers and countless awkward shots in a 53-33 victory.

The team capped off their victory with a birthday song for Walton, who finished with seven points and four rebounds.

Freshman guard Gladia Castro fueled the De Anza win. She was not only the game's top scorer with 11 points, but she also grabbed five rebounds and dished out four assists against just one turnover.

The game was a defensive struggle in the first half, with both teams shooting a frigid 29 percent from the field. De Anza

went into the locker room at half-time with a 20-19 lead.

"We were flat in the first half," said De Anza coach Arden Kragalott. "We came out in the second half with intensity and heart and put the game away."

The second half was a blow-out. De Anza's shooting warmed up and the Hartnell offense went from frigid to positively Siberian. De Anza made 41 percent of their shots, which was more than enough against a Hartnell team that could manage just 18 percent shooting.

The play of the game came late in the second half when De Anza guard Timena Solia faked out a Hartnell defender with a strong crossover dribble. The Hartnell player lost her balance and hit the floor, prompting a loud reaction from the crowd.

The team hosts San Mateo on Wednesday at 7 p.m.

Super foods unite!

Melissa Lewis
LA VOZ

In the spirit of healthy vegetarianism, I bring you "super foods," foods so rich in valuable nutrients that doctors recommend that they be a part of your daily diet to "prevent disease and extend our health span, and perhaps our life span, as well," according to "SuperFoods Rx" author Steven Pratt, MD.

This is the first part of a series of three articles designed to be attached to your hydrogenated oil-free refrigerator.

Oranges

"Citrus fruit . . . reportedly reduce the risk of cardiovascular diseases and some forms of cancer."

- Texas A&M University
Phytochemicals in Fruits
and Vegetables Web site

Tea

"Research studies indicate that drinking tea may protect against cancer, heart disease and stroke."

- Cynthia Boock, MS, RD
of the Medical College of
Wisconsin

Broccoli

"Eating a few portions of broccoli each week may help to reduce the risk of cancer."

- Professor Richard Mithen
of the Institute of Food
Research



LOMAX: Avoid bad habits to get a good night's sleep

FROM PAGE ONE

is characterized by a difficulty getting to sleep and staying asleep. Restless leg syndrome is a neurological disorder that involves an overwhelming urge to move one's legs and is often accompanied by uncomfortable sensations in the leg. Sleep apnea occurs when the muscles at the back of the throat relax to such a degree that the airway is blocked. This blockage not only causes a disrupted sleep but also leads to a lack of oxygen in the blood.

Bad sleep habits include consuming too much caffeine or alcohol and having an erratic sleep schedule.

Too much caffeine over the course of the day, or consuming it even six hours before going to bed, can make it difficult to get to sleep.

Moderate caffeine intake — about 250 milligrams per day — is okay for most people, but don't forget that caffeine is in more than just coffee. For instance, a can

of Red Bull energy drink has about 80 mg of caffeine, an 8-ounce cola has 23 mg, and a one-ounce piece of milk chocolate has 6 mg. While caffeine can temporarily perk you up, it is not a substitute for sleep.

Alcohol can make you fall asleep faster but it increases snoring, which can lead to sleep apnea.

An example of an erratic sleep schedule is getting up at 6 a.m. during the week and then sleeping till noon on the weekends. At 11 p.m. Sunday night, your biological sleep clock thinks it's only 8 p.m. You not only have difficulty getting to sleep, but also getting up in the morning. Sleep experts suggest getting up around the same time every day.

If you are among the millions of Americans who isn't getting your requisite seven to nine hours of sleep,

one resource to learn more about what's causing your sleeplessness is the National Sleep Foundation Web site, www.sleepfoundation.org.

Consuming caffeine even six hours before going to bed can make it difficult to sleep.

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Margaret A. Cochran, MS, MSW, PhD, LCSW, ACSW
David J. Waggoner, MD, FAAFP, FASLMS

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

Greetings!

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

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

At Saratoga Family Health Center, we specialize in individual care, same or next day appointments and "in office" weekend emergency treatment. We do not use physician assistant or nurse practitioners; you will see me personally each and every time you come in.

At Saratoga Family Health Center, we believe in taking care of you, all of you. That means you and your family can come to us for everything from your child's sniffles, to laser surgery, to life counseling.

We are conveniently located just off Highway 85 at Bascom. You can call (408) 358-1955 or check us out on the web at www.sfhc.com for more information and directions. See you soon.

Wishing You The Best Of Health!

David J. Waggoner MD FAAFP FASLMS

(PHONE) 408-358-1955
(FAX) 408-358-1652

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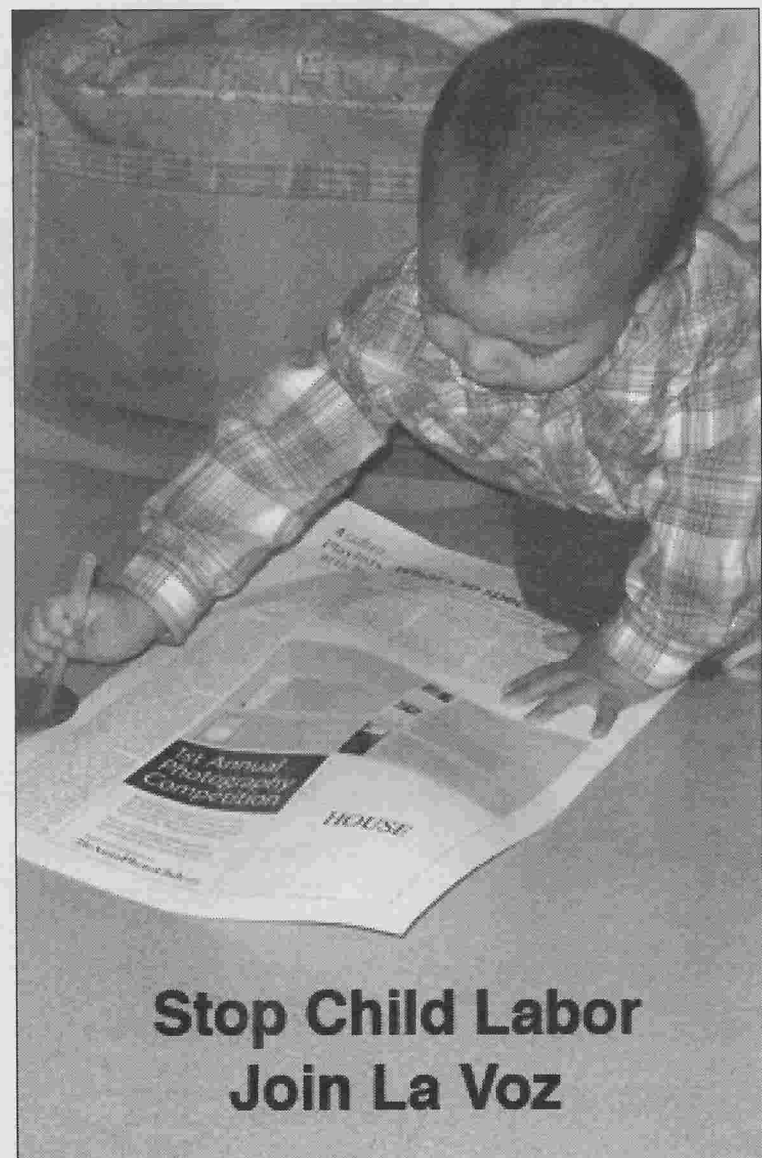
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