

Vol XXX-A, No. 10

Cupertino, California

April 29, 1997

Fire arm causes concern

Armed Loomis security guard insights scare at ATM

by Dean Carrico Staff Writer

The first thing the student noticed was the gun On Wedne day, April 16, around 00, a min was potted atting near the Wells Fargo ut mated teller ma hine Protrud ng out of the bottom of hi jacket was a holstered firearm. The student not fied security

"I'm well aware of what a 357 m gnum can do say Ben Rodriguez, director of campus e unity at De Anza "I would call for a lot of help before I went in In no way, hape or form would on co ficer armed try to handle an armed person without help

Following procedure, the security department alerted the Cupertino Sheriff Department who, according to Rodriguez, responded within three to five minutes. Student security helped to cordon off the area, the officers moved in slowly, with pistols and apprenenuel i le su peci

After the subject was handcuffed, it was discov ered that the man worked as a guard for Loomis Armory, and was on campus to guard a technician scheduled to perform maintenance on the ATM machines The technician later arrived and on firmed the identity of the guard

'It' just poor judgement, and Rodrigu z. He shouldn't have been in that area."

Part of the problem is with Loom is in the uni forms which Rodriguez feels are not easily identi-

See AT 1, la pa e

Students to

How safe are we? Back Page

Owl-Don merger proposed

Study to decide if consolidation of athletic departments "feasible"

by Frey Dunia Sport Idtr

The Owl-Dons of Fouthill De Anza if a study on at leti a con solid. Iton lead by Foothill's Judy Handa is seen as favorable to the district Bhand of

onsolidation is the wrong word and calls the study a "dialogue about establishing or reaffirming the goals of our athletic program."

De Aiza Vice President Robert Griffin Outions students not to read to much nto the discussions about consolidation. "This is just a program review to determine whether or not we are operating as efficiently as possible

and, if a change did occur, would it be reasonable.

Griffin adds that there are many different areas to be looked at: part-time coaches hired when there are full-time coaches available, maintainance of facilities and the financial aspects.

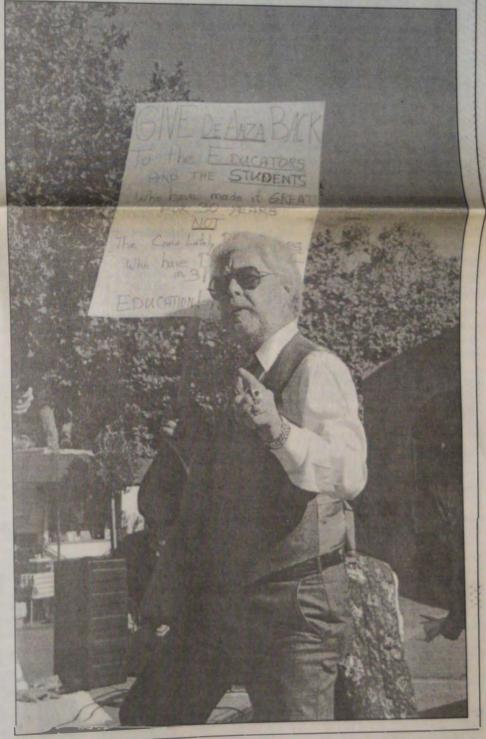
"This is a business" he said, "and, in any business, you need to make sure you are doing everything possible to ensure improvement. Nothing more, nothing less.

The main discussion is whether or not it is feasible to support identical intercollegiate sports in the same college

"Discussions on the subject of athletic consolidation are not new" say Griffin, "they have been ongoing for the past 2 1/2 years, at least."

One study topic focuses on the advantages and disadvantages of a merger between departments. One advantage seems to be a possible financial avings to the district; fewer teams, fewer coaches and travel costs.

Another advantage is a larger pool of athletes trying out for one team instead of two, thereby making the district's See OWL-DO S. page 6



Angry protesters raid Administration for answers



Shelly Duong claps her hands in protest of bok fees and contract negotiations, inside the Administration building April 17.

Students get loud at rally

elect senators

Dean Edwards Staff Writer

For the first time in approximately 18 years, tud ints will directly vote for cand date for DASB pr s dent nd vice president a well a at-large erate politions.

At a spar ely attended meeting two weeks ago, the DASB Senate officially scheduled new tadent body elections for May 22 30 According to Vice President of Communications and election committee charman, Rudolph Ng, candidate in a vobtain application from the student activities office down tair in the Hin cri Student Center which mult be completed and fill d by M y 9

Vice President Ng, responding to quares from other senator, explained that the reason for the extended balloting is that the Labor Day holiday will cetur during the voting period. He said that polls will a qually be open for only five days of thit period

Current DA B President Jose Lesas, commented that the Senate had wanted to involve more students in the election process. "There was a lot of motivation involved in making our elected representatives more accountable. (The campus wide elections) will be a more direct form of democracy.

Controlling a budget in excess of \$825,000 and representing the interests of students on various campus committees, the members of the DASB Senate provide the official voice for students in campus life. These responsibilities include "internal" student senate committees and other campus committees and boards "external" to student government.

Student activities director, Dr. John S. Cognetta, explained later that "the president and executive vice president are going to run as one ticket. So, you cast one vote, in that you are voting for two people exactly like the national elections for president and vice president. The reason for that is that if there is a vacancy in the presidency, the executive wice president will be empowered to See ELECTIONS, back page

by Dean Edwards Staff Viriter

gathered outside the DASB, lillary Sommetad. Administration building our April 17 in protest of test the student response was book fees and the recent excellent "I was nerous that District - Faculty contract we would not get anyone out

The demonstration was organized by several sudent le ders including Vice At least 250 students President of Programs for the Sommerlad said she felt PROTE T, page 3

English instructor, John Milton, passionately upported student and faculty issues at therally hald in what he referred to as "Freedom quiue, in the main quad on April 17.

Foul play benches Dons for a second post season

by Mercedes Adams

The questions surrounding the alleged violation began when De Anza was contacted by San Jose City College with concerns that the Dons had broken the first contact rule while attending a

De Anza later wrote a letter to the athletic director of Cabrillo College, Dale Murray, who is the Coast Conference Commissioner,. The letter detailed the circumstances at the fund raiser. At the hearing to investigate the alleged violaguilty of committing a recruiting violation and then sanctioned.

New information has since surfaced and De Anza College is now pursuing an appeal of the decision that the team broke the first contact rule, section 7.013 of the Commission on Athletics Code, at the 13th Annual Hot Stove Banquet on

Concerned that the baseball team wore their hats and jerseys while selling raffle tickets at the banquet, an event that honors Bay Area baseball players and raises money for amateur baseball, San Jose City College athletic administrator Bert Bonanno contacted De Anza athletic advisor Al Vacio in February.

The attire of the team made them identifiable as De Anza athletes in San ituminen.

Vacio spoke with Commissioner Murray who felt that the team's actions had constituted a violation and also met with then athletic division dean Glen Hanley and Vice President Robert Griffin to discuss the situation.

The baseball team was in the second year of a campus wide athletic probation due to a recruiting violation committed in 1995 by De Anza's marketing department. Due to that probation, any resulting violations of the Athletic Code could produce serious penalties.

Vacio said of the hearing board, They could have put the whole athletic program on the one year probation."

Another option was also available to the board. "If they wanted to, because

tion. De Abra's baseball team wers found. Jose's district, presenting a first contact, we're on probation from that marketing the Conference," sud Vace

Griffin and Hanley told Vacio to write a letter to the Coast Conference See SANCIIONS pare 6

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OPINIONS

April 29, 1997

Coast conference No. 1 in sacrifice lies

On April 11 a Coast Conference hearing board decided that the De nza Don baseball team had committed a recruiting violation by we aring, get thu, their "hats and jerneys" at a fund raiser for amateur ba eball

The Don continued their winning way on the field but off the field a complex war was being waged against them

Vice President of Instruction, Robert Griffin attended a hearing with members of the Coast Conference and was pre-ented with information by a board member that made him "assume" that De Anza wa, guilty of a recruiting violation. This information was presented to the board by Mike Garcia, head coach of Cañada's baseball team, with whom the Dons happened to be in a pennant race with.

The information was that the "Hot Stove Banquet", a local fund raiser, was a function with many high school athletes in attendance this year, as it had been in past years

With this information the Coast Conference sanctioned De Anza by eliminating them from post season play this year.

the first year the Dons were eligible to compete in post season play after their last recruiting debacle (we won't even go there) and the players that joined the team last year joined knowing that, regardless of how good they were, they would not be

Editorial The Opinion of La Voz

able to play in (last years) post season. This year was their saving grace. They had looked forward for two years to being able to 'have the chance' to compete in the post sea-

The post season is where all the scouts go to watch potential athletes for their 4-year universities and professional farm clubs. So you can imagine how important making the post season is. Especially for a student who wants to get an education with an athletic scholarship.

Keep all that in mind and go back to the board meeting when information was being presented to Robert Griffin.

Be aware that the information given by Garcia was in fact false. The "Hot Stove Banquet" was not a function attended by high school athletes.

Compounding the situation was Now, keep in mind that this is the fact that Jim Hephill, president of the group that hosts the event, had informed the conference commissioner, Dale Murray, (who happens to be the athletic advisor of Cabrillo College which is in first place at the moment) that the banquet was not a high school athletic function. (Hmm

 $1 + 1 = 2^{\gamma}$ Murray refused to allow that

information to be pre-inted to the board, and for some crazy reason Hemphill felt as though he had been intentionally shut out altogether

Could Garcia be presenting false information to the board to strengthen Cañada's chances of reaching the post season? (Now that's not exact. ly out in left field - is it?)

Is Murray's as ociation with Cañada coloring his judgement?

Should Griffin have known about the tight playoff race between the three schools before he "assumed" that we had committed a recruiting violation? Of course, that would have been the informed way to go.

Who is really hurt here? The players on all three baseball teams. We are sure that the players of Cañada and Cabrillo were informed that De Anza had been sanctioned. The Dons were informed, of course.

The Coast Conference needs to look at just how these events took place and whether or not there was any "colored judgement" used in choosing what (facts?) to look at.

If college athletes learn that you can railroad one team in order to win, then exactly what kind of education are they receiving?

If it is found that there was unfair practices used, should the board members involved be sanctioned?

The editorial board of La Voz feels that Griffin should be sanctioned for making an uncharacteristic misinformed decision that has



nur baseball team suffering unnec-

Tell y'all what. Here is a little list of 'slats' easily obtained by a La Voz staff member. Check 'em out an you be the judge. Then maybe a letter or two from any concerned student directed to the board and Vice President Griffin may help out all of those clueless decision maker Of course we can't really blame

It's wonder

Administrators have time to actually make decisions with all the meetings they attend regularly!

ORTH	OVERAL
abrillo 11 - 6	18 - 15
e Anza 10 - 7	18 - 15
Cañada 9-7-1	17 - 1
San Mateo 9-8	16 1
Skyline 5 - 11 - 1	7 - 24
San Fran 1 - 16	

So there it is, in black and white. And no matter how hard we try to understand how such a detrimental decision was made with out any research what o ever, we can't.

Should athletes planning to participate in De Anza sports during the following scholastic year be worned? Worried of training and stressing to balance clas es with practices in an effort to excel, only to be let down by a poor misguided oul?

Need for phone activity

By Dean Edwards **Staff Writer**

ave you ever tried to get an operator by calling the main phone number at De Anza College? It would appear that the time normally available between

classes is not long enough! '' Recently I phoned 864-5678. A recorded voice greeted me, offering several options. After first choosing option 3, the list of frequently requested numbers, my call was redirected to an operator

Time: 11:24 a.m.

' Less than a minute later another pre-recorded message offered further instruction: "All lines are still busy. This is the last message you will hear Please stay on the line for the next available operator."

Time: 11:25 a.m.

It would seem that anyone attempting to phone the campus is met with the silence of the grave. There isn't even muzak; only one message informing the caller to standby. Only the sounds of silence

So what does one do while waiting, waiting, waiting. ? Perhaps the college might offer a special one unit class in creative tele-·phone waiting techniques?

• The course would, in practice, have to be a ·distance learning experience. Perhap your lab and one hour lecture per week? Of ourse, we all know that those classes never dually have lectures, only lab time. Anyone who has ever taken a basic word processing class at the CAOS Lab knows that. Then again, how would such a course be teted? What would be on the final exam? Maybe a tape recording of the silence of a typical phone call to the campus switchboard might suffice?

up on the latest news from CNN.

This may be a clever technique to create a new type of on-line study hall. If so, a speaker phone is highly advisable for course work and lab exercises! Without such an essential augmentation to a home or office phone, Tiger Balm or Ben Gay, while not required, is STRONGLY recommended.

Time: 11:14 a.m. My fifty minute laboratory on the creative aspects of silence in telecommunications being over, its time to log-off, err, hang-up. Choosing to hang around after class for a few minutes, I finally move on.

Time: 11:20 a.m.

It is truly an amazing opportunity. At no time was I interrupted by unwanted phone calls. Only the silence of the ages greeted my patient ears while reflecting on the marvels of modern telecommunications at De Anza.

This new distance learning experience could be made available on demand. Even the normal \$9 registration fee nught be waived. There are no mandatory meeting times. The course would be entirely self-paced and NO TEXTBOOK is required. A special 500 page course syllabus is already available in the campus bookstore for \$29.95 Simply ask for a ream of laser or ink-jet paper

(Hint: most will find it far less expensive to substitute any special materials with a generic ream of paper for \$4.95. These are also avail able in the campus bookstore.) A special help line can also be made available at the same phone number for those requiring additional information on course needs Each student must, of course, demonstrate an ability to act in a responsible, creative and independent manner.

Chip lovers beware, the bag is half empty, and no H₂O

Dotato chi/overs pay special attention the starchy side of life. Thave their own grips. Lately I've thinking that there's a conspiracy linst them. You know what I'm ging at, when you open up the bag, expling it to be full, and what do you see: alf a bag lingering down on the bottom

I how that it's all a matter of perspecte. Is the bag half empty or half full? or me, when I open the potato chip lag, and it's half empty, it's half empty This is no glass of water. I want a fullbag of chips.

I dn't get too philosophical about my foid, many of you know the story of the haf-full glass of water. But for those who you don't remember the parable, here's the classic situation: a glass of water uts on the table. One person (the optimia) say the glass is half full, and the other person (the pessimist) says the glass ishalfempty. I don't fit in to either of the two categories. I'm the third personsitting at the table, who gets up, goesto te cupboard, gets out anoth-



Spencer Hill

look at the layout of the store. You walk in and what is the first thing you see? Right next to the coffee is the potato chip rack just sitt ng there calling your name. Spencer. Spencer.

You know the chips and the coffee are strategically placed so people can get to them easily.

And we all know that coffee isn't addictive either The reason why there's a Starbucks every half mile isn't because of their quality service and immaculately clean kept stores. When you ask people why they go to Starbucks, they don't say, "Because I like the stools," nor do they say, "I just

love their dani hes." You know coffee's addictive There are coffee plates open 24 hours Not

warning label on its cigarette pack & stating explicitly that moking is addictive and ause lung an er

They're imple. harmle Even a child could smoke a cigarette, and the

First I'd like to throw out the standard statistics. There are 419,000 smoking-related illnesses that are attributed to smoking 397 2 b thon dollars are spent each year on hospital costs and the result is the los of productivity of these ill workers Smoking is responsible for 7% of lung cancer cases.

I apologize for the "numbers drill" I now people don't need another lecture I don't intend to lecture The information that I give is intended for those who d not moke

Why?

Bec u e 46 mill on American q'. t m king every year Perhaps you may think that this is hother guilt trip, it s not The 46 m llion people who have quit have done two things kept trying and e ondly had a friend to give them

While waiting for the promised operator, demem be those busy operators?) I did have the opportunity of working on some homework for an English Writing class and caught

Who knows, this telecommunications course might become so popular that additional sections would become a necessity However, who would you call to add the class?

And so it goes And so it goes. ..

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er glass, and tills it up to the top No argument there.

The gus full.

The half-full bag conspiracy is the

least of my mblems The polato chip manufactures have started to dage the size of the packag ing. A promunent potato chip manufacture has decided to make a "Irial Size. I'm a little intimidated by this turn of evens. Is this the official potato chip bag of the Oklahoma bombing trial? Will Lance Ito get a potato chip contract? Did they consult with Johnny Cochran

or Christopher Darden? I wonder if OJ Simpson or Timothy

Mc Veigh like potato chip ? You can't eat just one. They're addi tive. I'm sure the con piracy the sist b is a the ur geon general way paid off by the porato chip manufacture to k ep this one quiet I've heard the control tarch I ev-

Keep it qui e Thi its just between you and me motato chip c anpani s have known this for year You eat one chip nd say good by do y ur hou e You'll have to hawk it to pay for your potato chip eaung habit

It you re h ded don t buy in onion dip

I mu sc a tim you because what I have to har e with you may save your life The onion dip mixed with the starches in the chips speeds up the process so quickly that you won't be able to make it home without stopping at 7-11 to buy abag of chips. Go into the nearest 7-11 and take a

only that, but many coffee places have drive-thrus too

The coffee companies have diversified Ther is coffee candy, coffee ice cream, cotfee

You can't ju t rder coffee

It you went into a coffee ho us and ask d for a cup of coffee they would lo k .1 you in .1 tran g man Fer

"What do you want "

"I know What kind "

"The black kind "

Well, there' Cafe u la t Iri h

Roast with c eam, without cream Hou e Br w etc te

Sug and

Do you need sugar to get the full effect? As if the coffee doesn't quite do it for you. Just hit me with some sugar.

And you know the wanna'-be health freaks out there who are driving to work in the morning., They haven't eaten breakfast, they're late for work, and they think, "Hey I'll just add some milkmilk's healthy.

And then there's Espresso for those people who don't have the time to drink regular coffee, and need a 200 proof shot glass. If you're not addicted by then, you can bear it all. If you can take an Espresso and still be able to walk straight, you're ready for the hard stuff.

Cigarettes.

What? Cigarettes? They're not dangerous. The tobacco companies say they're not addictive. But recently as part of a legal settlement, one tobacco company agreed to add a more stringent

Simply put, the information I give is intended for the e who do not moke bec use they can have the most powertul tor e in helping other people quit who have had difficulty in de has sol

Iron e lly telling omeon that they 'don t h we any will power" or that They're tu kin high ch o ' is counter produ five Only through understanding can omeone help one another

I recommend that Mh- moker sre & inform tion on what it' like to m ke-In ker know the information well he au e they re the t met Non moker he ald t ke look at the world through the event moker and under t and why.

I have found the American Lung Association to be a good source of information. You can cintact them for more information at 1-00 LU NG-U SA

And, for those of yo who ar e addict ed to the Internet, the American Lung Association can be found at www.lungusa.org. I've found the section entitled, Nicotine Addiction and Cigarettes" to be the most help in understanding the craving a smoker has and how the cigarette functions in their daily lives.

At this point, I apologize if it seems that I sound pretentious. I don't mean to be preachy, just provide some credible source of information. After all, I've never smoked a cigarette. I don't drink coffee. And, I prefer tortilla chips.

FEATURES

April 29, 1997

Students protest high book fees

Lack of participation by the administration creates tension

PROTEST, from front page there. A lot of to d knowledge wa shared and w got the Admini tration' attention," he Said

Student have often complained about te t book price. But when ome of the facult, decided to prote t the District by "working to contract," the DASB Senate office reported numerous student complaints that the were unable to add

However, De Anza's enrollment as a whole has increased this year, due to the opening of new sections in impacted departments.

Vice President of Finance for the DASB, Jewell A. Ramirez commented, "... the college is busy giving us the short end of the stick by not allowing a reasonable number of students in a classroom, which results in students being delayed in their goals!"

Terri O'Connor, director of marketing, communications and development for De Anza College expressed concern regarding the perception by some students that the management at De Anza does not respect them-

Nathan Miller, Executive Vice President of the DASB was impressed with the number of stu-

when 2 elephants

fight the only thing that

dents that took an hour from their class time to show that they were "fed up '

In reference to the fact that no member of the administration accepted repeated invitations to speak at the rally, Miller stated, 'I was di appointed, but not urprised, that members of the administration were unwilling to even acknowledge what the students were saying

Sommerlad stated that Griffin was asked three time to speak. But declined each time

Vice President of Instruction and Student Services, Rohert Griffin was unavailable for comment

However, Miller also noted that Dean of College Services, Gregory Druehl, did attend the following DASB Senate meeting, where he said that he was looking forward to working with students to find ways of reducing bookstore prices.

Druehl also informed members of the Senate about a plan to create an ad hoc committee to investigate the reduction of book store prices, composed of a division dean. two faculty members, two students and the new bookstore manager, as well as staff responsible for ordering textbooks. The two students will be

appointed by DASB President. José Fesas per Druchl's request. Miller reinforced the fact that

the Senate's concern is "with the students. The students have heen caught in the middle."

Sommerlad agreed stating that the faculty was using the students as a "playing chip" with the administration

Students who attended the protest outside the Administration huilding and later marched inside the building, holding signs and chanting, "STOP THE ABUSE!" seemed to show more anger over text book prices than anything else. President Fesas who took the mic several times during the demonstration, at one point even suggested students purchase a few Persian rugs and lay them out in the main quad and hold a student run book "flea market." He argued that by selling used text books back and for th to each other with no administrative interference, students would surely be able to obtain as well as pay "decent, more reasonable" prices.

Druehl's projected deadline for the completion of the proposed book store study is sometime before the Fall quarter begins.

President Martha Kanter previously stated a concern for students needs, but was in a meeting at the time of the demonstration and consequently was not in attendance

Kanter is currently out of town and could not be reached for further comment.

Patty Guerrero and Dean Carrico also contributed to this story.

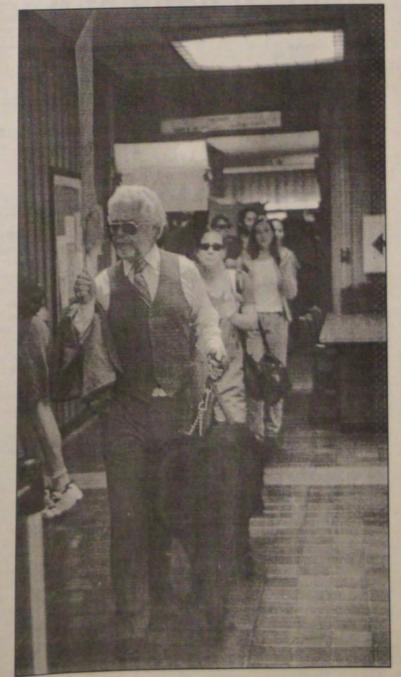




Top: Rhonda Planka speaks to a crowd of students gathered in front of the Administration building in protest of book store prices and District-Faculty contract negotiations, Apr. 17. Top Left: Rashmi Tajani holds a sign in rally. Left: Another student addre sses concerns over book store prices. Bottom Right: John Milton leads a group of students in a procession inside the Admin. building, chanting "Stop the abuse!" Bottom Left: Following the procession, students conducted a 'sit in' in the Admin building.

Photos by Douglas Rider and Tim Murphy

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FEATURES

CAMPUS CENTER

Dead movie turns cold

Virgin director attempts to turn audience on to death

By David R. Brooks Film Critic

4/LA VOZ

When dealing with the love of the dead there is a very fine line hetween interesting and disgusting

In her first movie, "kı sed" Film Lynne Stopkewich, Review the director,

trie careful-

ly not to cros, this line. The movie is about a young woman, played by Molly Parker, who can not help but be erotically turned on by cold flesh.

As a child, she starts off by collecting dead animals and rubbing them onto herself. She soon becomes bored with only dead animals and as a young woman she gets a job in a mortuary. Automatically he is turned on to the embalming process, where she gets easy access to fresh stiffs.

The problem when you make a movie about the basest form of necrophilia, is that you have already crossed the line.

repeatedly make the audience sympathize with the main character. She uses voice-overs and white light to try to make the whole experience seem as though it emanates from some strange sort of holiness.

The story gives no explanation to why this young woman has become a necrophile. It only touches upon the fact that she feels a form of catharsis when she "crosses over".

Then, for some other unexplained reason, our heroine decides to take on a real live lover. Peter Outerbridge.

Outerbridge plays the med student who turns out to be sicker than her. From this point on, it seems that Stopkewich has used up all her tricks, and the movie becomes nauseatingly predictable.

It almost seems like the director

made this movie to shock people, but then in an attempt to make it work tried to make it palatable

Film is an incredibly powerful medium. And the fact that this movie comes close to helping the audience accept, or even like, necrophilia, is scary to say the least.

The subject is not a new one. The newness about this movie is the approach. Never before have films taken such a straight on exploration of the physical side of necrophilia.

Films such as Hitchcock's 'Vertigo" and Soavi's "Cemetery Man" have incorporated necrophiliatic themes. In these movies the protagonists are in love, and when their loves are lost to hooded angel of death, they seek out their love in order to love again. In this way, they are "sleeping with the dead", but not with the physical dead but more of the memory of the dead.

Unlike these movies we have no idea why this young woman sleeps with the deceased. She claims to love each and every body in a different and special way, but she has no reason to love them.

It seems that her affliction is Stopkewich cunningly tries to more of a erotic perversion than a true need for "dead lovin"

If the film had explored why she loved the specific cadavers, say maybe they were old friends of hers, or secret crushes of hers, or even enemies of hers, it might of helped makes this movie enjoyable. Instead, Stopkewich leaves the audience with what one patron claimed to be,"a strange emptiness that is not unlike having your stomach pumped."

Kissed ** Not Rated Director:Lynne Stopkewich Running Time: 1 hour, 28 minutes

Members of the Pilipino United Student Organization stage in front of the Administration building during club

(PUSO) performed a traditional Philipino dance on a day, Thur. in spirit of club promotion and recruitment.

'Flamingos' leaves much to be desired

Club Day: Clubs perform in Club Day contests to promote and recruit new members

By David R. Brooks Film Critic

John Waters once said having people puke during his movies is after watching "Pink Flamingos" I know what

he means. "Perversion Galore" might be a better name for

this movie. Everything transvestitism, form

exhibition help this movie more very sick (perverted) murderer, and than earn its NC-17 rating.

tite, Divine, is both the star ad the have no idea. protagonist in this film. Shelle not only plays the filthiest personalive Raymond and Connie Marble

be the filthiest actress/actor alive as

paper. Divine lives with her mom, Mama Edie, a cradle ridden

who seems to have more than one screw loose. her son.

deed after filthy deed. The movie continues this way until the end where as I mentioned before Divine proves that he/she is truly filthy

god, Divine.

even in real life. After the movie, John Waters shows us some of the scenes that didn't make it. By this time we have been so desensitized that stuff doesn't even seem bad

were overlooked as the filthiest peo-

ple. From this point on it becomes a

war of filthiness, where Raymond

and Connie Marble try to out-filthy

and dethrone the self proclaimed

overall result is shock feast of filthy

The details I will spare but the

There isn't much in this movie that is really good. None of the actors in this film can act. One source states that all they can do is over act. The camera work, done by but in the end of the film proves to decide that it is an outrage that they Waters, is very shaky. The dialogue is extremely bad, and it eems like all of it is the voice of a very flamboyant Waters.

La Voz / Sandy Chiang

The film is bad but does have funny, although sometimes disgusting, parts and the interesting style of not cutting but rather moving the camera around as the story dictates is interesting.

After 25 years, we learn that some things don't lose their touch, like "Pink Flamingos"'s ability to shock and turn the stomach of any unfortunate movie goer

> **Pink Flamingos** ** Rated: NC-17



by Patty Guerrero **Staff Writer**

Long time radical political activist, Angela Davis, spoke to a curious student audience at the Flint Center during Club Day.

Film overweight egg eater Review coprophilia, bestiality, masturba- rackers, who at first looks only tion, feet fetishism, incest, rape and the a hippy but then turns into a

Cotton. I have no idea what the rela-This whole circus of perversion tion is, but she is a voyeur and she consists of Waterís usual Balamore sleeps with Divine which would cast. The 300 pound super trasves- make her a lesbian but in this case I

The problem starts when

-Angela Davis

"All of us are afraid of crime, and we assume that prisons are built to protect us from it. In reality, prisons manufacture



Director: John Water. Running Time: 1 hour, 32 minutes.

The story starts out in a little pink motor home where we learn that Divine has been named the filthiest like having a standing ovation, and person alive by a local tabloid news-

Cynthia Kaufman who was on the Women's History Month planning committee, brain stormed the idea for Davis' visit. "She's someone whom I've admired for a really long time and I just thought it would be wonderful to bring her to campus to share her wisdom with the students," said Kaufman.

Davis' visit which cost an approximate \$4,000 and included the Flint Center rental, publicity and speaker fees, was almost completely funded by student: "DASB put in a lot of money for this talk. Some of the money also came from clubs as well," said Kaufman.

Inter-Cultural Studies Instructor, Carolyn Wilkins-Greene, met Davis about 18 years ago when she was tea hing at Santa Clara University where Davi gav a sp ech during a onference "I've always admired the wor of Angela D yı h's a con temporary of mine, we're about the am age ' said Wilkins-Gre ne.

wikins-Greene felt her student and racial stratification related to the pri on nd criminal justi e sy teins, would b n fit from h ing D i i peech entitled the "Prison Industri la Complex "

Con id ring Davi ' reputation a a self pro laimed radical, the wa wa semingly postive climat canong t the faculty surrounding Davis' visit "A lot of people were really e gited Especially a lot of people who ar a

crime."

little bit older than me who really remember her when she was a house hold name," said Kaufman.

Kaufman also commented on the event's apparent success, considering most of the younger students had never heard of Davis before.

"To me that doesn't say anything bad about the students, rather about how the media works, the way our educational system works and the way history is taught and experienced in our culture," commented Kaufman

Wilkin Green agreed and stated, "th re are som people who are being conveniently I fi out of our contein porary hi tory discussions. I m urprised that tudents rally hav n't heard her name

Adinini tration of Justi e student, which are currently studying ethnic Rhonda Planka, truly admires Davisand comment d, " if you don't stand up for omething, you will sit down for ev rything"

> Davi which i one point wa on th FBI's mot want d lit for her political activism, and eventually to a san "epiph my It was a elly just of starting support groups between served time in several Federal and about the way like a reliving starting support groups between Student, served time in several Federal and about the way I had decided to have State correctional facilities across the my lice" bead country, made several personal statements concerning the criminal justice intere stand in dia attenti a to he can all stand up for what we believe system in the United States. Davis work to the he

commented, "all of us are afraid of crime, and we assume that prisons are built to protect us from it In reality, prisons manufacture crime "

Davis remembers learning how to 'boost things,' or hop lift in prison According to Davis there was not very much to do. So the women would take turns showing each other how to hold things under their clothes, between their legs and walk away as if they were leaving a tore She commented that she learned how to be more of a 'criminal' in prion than as a regular citizen

Davr al o beli wes that the prion y tem in this country is viry muchbased on savery with regards to pris this country about change - radical on rs' rights and labor i me change!" A cording to Davis, pri oner are becoming more and more integrated into our economy. "The vestige so r the audience enthusiastically particilavery can ull be sen in the ju on pated in. ystem and they're not ju & making licen plates! he aid

Activism wain to on ething Davi s cam et ar ar cult of wh the refer s

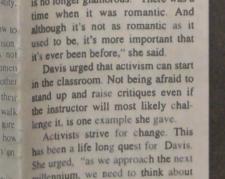
Davi stritu to the lok of publi system in the United States. Davis work to the loss of r manti i m

connected with activism today. She feels that being an activist these days is no longer glamorous. "There was a

millennium, we need to think about how to generate some excitement in

Davis ended her lecture with a question and answer period in which

And after signing books outside the Flint, Davis met with a group of concerned students on the Hinson Campus Center patio to discuss ways students and prisoners. Student, leremiah Calvillo-Zuazua stated, "(Davis) is a living example that we





La Voz / Tim Jurphy

Angela Davis lectured on the "Prison Industrial Comple s" in the Flint Center during Club Day.

April 29, 1997

FEATURES

La Voz / 5

DASB cuts affect recycling program

Recycling center in need of help

b John Clarke Staff Writer

"We have a recycle center?" is a que tion Ami Davis and Leslie Except for the personal time spent Brown hear far too often. The two by the center's adviser Julie Phillips, are the student coordinators of De the operation is run entirely on stu-

round of the campus picking up big blue bins full of cans and bottles. They take them to a little known, far off place (behind the baseball field) to be meticulously sorted by hand. The center consists of three bro-

ken down sheds and a number of bins lining the inside perimeter of the fence. Two of the sheds are the kind found in backyards, one of which is the center's main office.

Another shed, crudely constructed of wood and plastic, facilitates the center's paper sorting operation. Because of the poor construction of the shed however, paper becomes soaked during rains which makes it extremely difficult to sort. In addition, the absence of insulation amount needed to pay for the definite priority. She feels that the makes the winter months almost employees, equipment, and facilitaunbearable to work in. The sheds are tion necessary to keep the operation the centers only source of cover for running. The center estimated that

employee, so the can and bottle 3,000 would be needed to ade must be orted outside rain or shine

It is evident that the campus does Every week the duo make their for recycling many tons of paper, glass, and aluminum since it hegan

> six years ago. The Center has previously relied on the DASB Senate for funding Recently, however the DASB cut the funding down from \$13,000 for '96-'97, to below \$4000 for '97 '98. With this low budget, it is very unlikely that the center will be able to continue without outside help.

DASB President, José Fesas, feels that recycling should be a profit generating enterprise. "It should make money or at least

break even," Fesas remarked. The income from recycling, however, is much less then the

quately run the operation

Fesas believes it is very impor tant for the campus to continue recycling. He is currently working with the DASB Senate on researching ways to keep the center going.

Fesas feels it is possible for the DASB Senate to fund research to start a more efficient recycling pro gram. One program Fesas has in mind, is to bring in organizations such as Sacred Heart, who works to employ the homeless, and had them recycle what is on campus.

"Certainly, our interests are with the students first. So, if the students could come up with a money mak ing or at least a break even idea, we could help them get started. Then, at that point it would be a worth while expenditure of funds because we would know that eventually it will become independent," said Fesas-

For Phillips, who is the head of the Environmental Studies Program. keeping the students involved is a center is an important educational resource.

"Were getting ready to start sub-



La Voz / Sandy Chiang

De Anza's student run recycling center, which is located next to the baseball field, is in danger of becoming a memory after funding for next year's program was cut by the DASB.

mitting plans for a new one of the first two year programs in any sugge tions the center had," Environmental studies building in the state. We want it to be a student Fesas commented. " the recycling area. It will be a two working lab," she said. story building with the bottom floor being a recycling facility. We want and hopes to see the best come of decide for the recycling program to, to make it part of our waste manage- the Recycling Center ment degree program. It would be

He added, "We could certainly

Fesas, like Phillips, is optimistic work with them to make what we be something that's going to please. "I would be willing to listen to everybody

Kennedy demands environmental justice

by Lisa Golden & Patty Guerrero

Copy Editor & Editor in Chief

Robert Kennedy Jr. spoke at the Flint Center on April 18, as part of a speaker series sponsored by Foothill College and organized by Richard Hening dean of community services at De Anza.

In an exclusive interview with La Voz, Kennedy spoke passionately about the effects of global pollution, his personal hobbies and the student protest that occurred on campus earlier in the week.

Kennedy's speech entitled "Our Environmental Destiny," focused on environmental problems including polluted rivers and bays, and the consequent extinction of species in the U.S. due to massive amounts of industrial pollution. Communities should "preserve nature not for natures sake, but because it enriches our lives economically, aesthetically and according to Kennedy, poor culturally," he urged. minorities are the people who get Kennedy belongs to an organihurt the worst by polluters. zation known as "The Hudson Kennedy stated that East L.A. is River Keepers" which he joined in the most contaminated zip code in 1966. The organization supports California. commercial fisheries on the river

cessful actions and forced pol-

bad guys," said Kennedy.

Other

Lozeau, is the most successful

Kennedy's speech included "wel-

fare cowboys" and foreign com-

panies that nune on U.S. soil and

rai ed the point that federal tax-

payers pay \$250,000 to build

road, so that foreign logging com-

panies can come into American

And because of a law passed in

1872 (never changed becau e of

companies can buy land to mine

on for a m re \$2.50 an acre. They

then suck out the lands natural

resource, dump toxic waste u h

as mercury in nearby rivers, then

forests and cut trees

highlights from



La Voz / Sandy Chiang

Robert Kennedy Jr. takes a passionate stab at environmental polluters and other "bad guys" during his speech at the Flint April 18.

shaft ... Capitol Hill loves to treat

Kennedy's childhood memothe planet as if it were a business ries, religious upbringing and and liquidation," said Kennedy. respect for nature have long played a key role in his environif that wasn't bad enough,

La Voz On Air receives new viewing schedule for Spring

After one successful quarter, La Voz on Air is back.

La Voz on Air is a public access television show. The show was created by Gino Do, former La Voz (print) Editor in Chief. Gino's vision was to create a "newscast with a personality"

In Gino's vision he saw an opportunity for actors to get experience acting, for writers to get expeience writing, for grips and gaffers and whatever other little technical niches of TV/Film to experience in their respective little slots. Basically he created an environment where things happen.

Notonly does La Voz on Air provide a experience for hard working students but it also provides an actual service. It brings what La Voz brings to newsprint, to the television set, the news. This news is not any ordinary news, it is news pertinent

La Voz on Air can be seen Tuesdays and Fridays on Cable Co-op Ch. 50, TCI of San Jose: Ch. 34A, TCI of Los Gatos, Milpitas, Mountain View and Saratoga: Ch. 15, TCI of Cupertino, Los Altos and Sunnyvale: Ch. 30

to the students of De Anza.

beautiful and talented Gina Vakili. She introduces the different segments and delivers the news brief. Sports editor and gourmet chef, Trey Dunia, contributes his part by presenting the sporting news to La

Voz on Air. David Rigel Brooks plays the double role of "film critter" and director of the show

look on life and his perception of David at La Voz in L41

what is really going on

Hosting the show is the very Out of the studio, La Voz on Air has four beauti ul and talented on location reporters, Mercedes, Adams, Patty Guerrero, Gina Whitson and the fashion queen 'Shadı

> The Talent along with the crew. put it all together to create a half of an hour of not just news but pure viewing satisfa tion.

If you want to be a part of La Voz With enough personality to on Air, or want to see old show or share, Spencer Hill gives his out- are just curious contact Gino or:

Ironically, while some of the and protects the river by reporting country is being polluted beyond polluters. So far to date, the orgarecognition, the U.S. is desperatenization has filed over 100 sucly trying to preserve its natural treasures. Kennedy contrasted luters to spend approximately Europe's exquisite man made gar-\$150,000 in damages "I love my dens and giant cathedrals to the Job. . . I love fighting against the forests and the Grand Canyon. There are now over 19 River Kennedy stated that Americans Keeper organizations in the U.S didn't have the architectural gems And our very own San Francisco Bay Keepers, directed by Michael

God.'

Kennedy's true passion outside of the public eye is to raise and cut our trees and then dump their beaming polish d grin. The falpollutants in our rivers. Kennedy an incredible 200 inph

Jokingly during hi peech, he admitted that it had been more interesting to watch the birds woop down and natch pigeons out 1d the White Hou e winforeign political clout), foreign dow, than to watch what was going on inside when he used to vr it his un le (Pre id nt John I-Kennedy) there "My children will never see that because (that particular fal on) 1 now extinct sell the land for an average of due to DD1 If we lose mgle \$10,000 n acre to Amerian. specie we lo e a en of the "You get the gold and we get the Drvine," and Kennedy

mental activism. Born into one of. if not the most powerful political families in America, Kennedy's love of nature is what lead him to practice and teach environmental law. However, it is obvious that in a very humble way Kennedy uses his influence to rally support for his causes

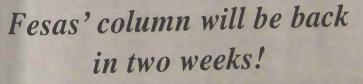
He believes in standing up for worth while causes, and stated in regards to De Anza's recent student protest, "I believe it (student U.S.' awe inspiring national protests) are the most effective way to get their needs met. I would upport it '

Kennedy also added that stuof Europe, "we chose instead dent government on campus was a to memorialize the handiwork of good way for students to practice and become involved in democratic student leadership.

In a greater sense, the lack of race falcons. "I've done that ince responsible government leader-I was 11 years old," he said with a ship which has cultiminated attacks on the environment such as the cons he admired as a cluld were a recent attempt to kill the salinon-pink color and could fly Endangered Spe ies Act, has contributed to the deprivation of much of the countries wild life On a more alarming scale, the amount of global daily de trutron remains a constant heart ache tor Kennedy

> He empha ized that "we didn't inherit this plan t from our sheestor We borrow it from our chil dren

For more information on how you can become involved with the San Francisco Bay Keepers call I BOU KEEP BAY.



DASB President, José

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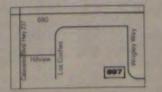
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SPORTS

Priate,

One team for both schools

OVL-DOI'S, from front page team's more competitive

Furmer De Anza head football coa h Charlie Elder agrees. He think that consolidation would help field a b tter football team for the diffrict and adds that "If an athlete wants to play

football he will go to whi hever of the two chools that offer football. If not I wouldn t want him on my team anyway

De Anza Athletic Director Al Vacio doesn't think so. He e plains that "the concept for consolidation relies heavily on the a sumption that students who want to participate in (intercollegiate) sports will try out for that sport regardless of which chool they happen to be attending," say Vacio. "It just doesn't happen that way You will end up losing players because of the lack of continuity."

Vacio gives examples of successful sports at De Anza that have been consolidated and tran ferred to Foothill, such as men's volleyball, and

cites that because of the lack of continuity between the two schools, there is no longer a men's volleyball program at Foothill.

"This is true," says Foothill's athletic director Sue Gatlin, "we no longer have a men's volleyball program, but not because of consolidation. If we kept men's volleyball we would only have one, maybe two other schools to compete against because there are few schools in our conference who offer this sport.'

When asked about her feelings on consolidation, Gatlin said she would support the decision of the Board of Trustees but added that if consolidation does occur, "there is a chance that some students could be hurt.'

There are some opinions within the district that think Foothill's athletic department is faltering and is in need of consolidation just to stay afloat, "They don't even have a baseball team for crying' out loud!" says one district employee who asked not to be identified, "What's next, football?

One rumor has Marshall Sperbeck, Foothill's head football coach, pushing for consolidation in order to strengthen his team When asked about this rumor Sperbeck replied that consolidation was "not an issue" and refused further comment

"If an athlete wants to play football he will go to whichever of the two schools that offer football. If not, I wouldn't want him on my team anyway."

> -Charlie Elder Former De Anza head football coach

Dons playoff chance in jeopardy

SANCTIONS, from front page Commi sion r d tailing the circum

tan e urroundin the po sible ath-1"ti violation Jim Hemphill President of Santa

Clara Valle / Baseball Fund raiser and founder of the Hot Stove Banquet, knew that the Coast Conference was holding the hearing on April 11th, and wrote a letter to Murray stating that he would provide information about the Hot Stove Banquet to the board Hemphill said that he told Griffin

Commissioner Murray, "I would be glad to go before their committee at this hearing and explain exactly what happened.

"[Murray] made the exact quote to me," said Hemphill, "Your pre ence is not necessary.

At the hearing, the board made their decision based on the comments of Cañada baseball coach Mike tionally had recognized and provided Garcia that the out of district event at which the Dons wore partial uniforms was a high school related activity.

Griffin was the acting athletic administrator for De Anza at the hearing, and said that he abstained from the unanimous vote against De Anza. Despite their top standing with Cañada and Cabrillo Colleges in the north Coast Conference division, the sanctioned Dons would have to sacrifice their play off spot to the next eli-

gible team. The athletes, who believed that no said, "I think I was intentionally not violation had ever been committed, submitted an appeal to the Nothern California appeals board on April 23rd.

The following day, Griffin was presented with evidence from Hemphill that the team had not been in violation of the code, and De Anza decided to support the team in their appeal.

"It is not and never has been a high school event," said Hemphill of the Hot Stove Banquet.

Of the nine awards given the baseball players at the Banquet each year, only one is awarded to a high school athlete for the previous season's accomplishments.

This year's recipient, John Gall, was already at Stanford.

award winners in the 13 years...was already in college," said Hemphill. have a restraining order placed on the

The only player to receive the award while attending high school did to 7 or 8 year ago, according to Hemphil] The critical data prompted De

Anza to appeal the hearing board's decision "If it is not clearly a high school

related activity, then I think it "It's like [the sanctioning] i inapprohaving a said piece of "My feeling of it is that a

you ripped significant portion of the out" decision by the

hearing board was based on -Ricky Wiens the comment of one gentleman. that the activity tradiawards to high school athletes. That

was the head coach for Cañada College," said Griffin. "I have to assume that people would be offering me accurate information," said Griffin of the Cañada coach's comments.

Garcia refused to comment about the statement he made to the hearing board

Hemphill felt as though his attendance was intentionally kept from the board. "Not only was I shut out," he wanted at the hearing. They wanted to railroad [the charges] through."

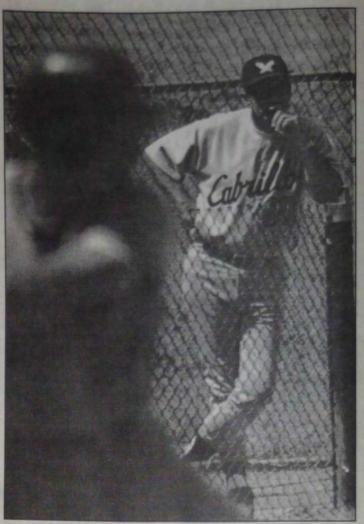
Bonanno said that if no high school students were a part of the event, then it would "probably not" be a violation of the first contact rule.

Commissioner Murray, who did not think Hemphill's attendance at the hearing was necessary, was unable to comment on the situation due to the pending appeal of the sanctioning.

The baseball team, now backed by De Anza, is waiting for the Nor Cal appeals board to consider the appeal.

Times running out for the Dons. They me be re-admitted to post season plaby Friday afternoon in order

"All but one of our high school favor of the Dons by Friday, the team plans to take their case to court and



La Voz / Christopher Anderson

The Dons shut out Cabrillo in their 7-0 victory at De Anza on April 26th, but the coaches continue to overshadow the athletes in the Coast Conference decision to sanction the Dons.

Coast Conference's ruling. The order do the same thing for an action that would then allow the Dons in this year's post season, but if the team later loses the appeal, a sanction will be enforced against next year's team.

said, "These guys are the pawns in the entire process because its not about them. They are the victims in the whole thing, they were doing a good thing that night."

"We didn't do anything wrong," said Ricky Wiens, team captain of the Dons, "We were on probation last year for something we had nothing to do with. This year they're trying to been taken away from us."

isn't even illegal.

The Dons are second in the north division with a 15-10 record in the Coast Conference (23-18 overall). Dons head coach Terry Hardtke Cañada is in first with a 16-9 record (24-17 overall). The team can till win the league Championship, but post lea on play means a lot to the athlete.

"It's I ke having a piece of you ripped out," s.ud Wiens "Everything that we've worked for on the this baseball field, everything that we've done for the past two year shas ju \$

Mafileo and Kaizuka qualify for Nor Cal Tourney

by Gino Do **Staff Writer**

Losaline Mafileo and Chisato the finals where she lost to Kyrina Kaizuka have qualified for the Nor Cal Tournament after advancing as far as the finals for singles and finals after defeating three other

19 at the College of San Mateo.

Mafileo, seeded 2 on the De Anza women tennis players women's tennis team, lasted until Kent of Chabot in straight sets 6-2, 6-3. Mafileo advanced to the semifinal for doubles in the Coast Chabot players. Mafileo won her

Conference Competition on April first 3 matches in straight sets and Kaizuka breezed through the tour- The De Anza team lasted to the player from Chabot, in the semifi- straight sets. nals 6-1, 0-6, 6-4.

62,64

defeated Monica Aitken, the no. 2 nament defeating her opponents in third set but eventually lost the

Mafileo and Kaizuka also Kaizuka advanced to the quarterfi- tournament. The De Anza duo Before confronting Aitken, sis from Chabot: Kent and Aitken College.

match 6-3, 2-6, 6-2.

By making it to the finals for De Anza no. I player Chisato teamed up to play doubles at the singles and semifinal for doubles, Mafileo and Kaizuka qualified for nals where she lost to Aitken 2-6, made as far as the semifinals the Nor Cal Tournament scheduled where they confronted their neme- on May 9-11 at Fresno City

I m really proud of the players for the way they performed at the tournament. They have ome a long way from the beginning of the year," said women's tennis coach Colleen-Lee Wheat of Mafileo and Kaizuka.

Wheat indicated that both players will be back next year

to be shuded in the May 4th playoff seedia If a decision has not been made in

Pumping iron and proper nutrition key for healthy students

reight lifting is great for everyone's health. Studies show that weight lifting helps reduce the signs of aging and reduces your body fat percentage by rai ing your metaboli m. The benefits of weightlifting are endle s What I want to concentrate on is the process.

You need to take into account what you want to achieve. Do you want to build a lot of muscle, lose weight, or tone your body? Secondly, educate yourself. You need to have several routines planned out

On e you have in mind what you want to chieve, go for it What's that you ay "an't I ju t walk into a gym and simply lift wight any way I hoo e' " Hello my naive little friend, this is a reality check. It is not that imple 1 it w re, everyon would look like Arnold Schwarzen gger Sunply lifting weights isn't enough

One routine i n't for everyone You need to find a routine with your go l in mind im d in your dir ction How do you find a rou ting that is right for you' R ad a fitness book or m gazin, talk to h, alth in tru, tor or a per onal train

Every routine will not work a. intend d Ev ryon i diff rent,

therefore, not everyone responds the same to a single routine. Trial and error is the key element in finding an essential routine. In order to succeed you need to take chances and add variety. Your body has an uncanny ability to adapt to physical routines. This means you have to change your routines p modically. I recommend every two weeks minimum Have several different routines in mind

Here are the elements of some ba ic routines.

We have the Cardiovascular workout otherwie known as aer obic training These v orkouts are less demanding "Cardio" training is ideal for people who want to lose weight 1h se routine timulate your "long term" mu cle (or white oxidative mus les) Th se muscles are good for light intensity use. When these muscles are stimulated they speed up your metabolism A faster metabolism buins more calo.

Then we have anaerobic (weight) training. Anaerobic training is optimal for muscle gains and is on the other end of the scale compared to cardio training. Weight training works the "short-term" muscles (short-term muscles are also known as red oxidative muscle cells). These muscles are used for



Dale Ferranti Steve Lopez Fitness Funk

explosive bursts. They fatigue relatively fast because they are the biggest. When you work these muscles, you do not lose weight . If you build a pound of red muscle, you burn up to 65 extra calories a day without doing anything.

Finally, our last basic routine is a combination of anaerobic and aerobic routines. This is called circuit training. Like I mentioned before, aerobic stimulates the long-term muscles and anaerobic stimulates the short term muscles. When you combine the two together, you get the best of both worlds.

There is one thing I can not stress enough, PROPER FORM! In order for your body to reach its fullest potential you need to execute every movement properly.

Going through every movement correctly stresses the muscle more thoroughly. This makes your workout more efficient.

The foremost important element is proper nutrition. No matter how well you tram, you will get absolutely nowhere if you eat poorly. Remember, you are what you eat In order to keep your mind in tune with your body, set small goals for yourself Don't expect to be lean and mean by the end of the week. Once you have your plan, WORK IT' If you work for your plan, your plan will work for you

Balance carbs with protein, fat

"I'll take a Big Mac, large fries, chicken nuggets and a Coke.

Does this sound like your daily routine? If you have exams, work, and no time to cook, McDonald's is a convenient alternative. However, it's high in fat and loaded with unnecessary calories. Don't get me wrong, we need fat, but not in the abundance which is packed into ast food meals.

The fat which is essential to our health is polyunsaturated.

monounsaturated, and a small portion of saturated fat. The right amount of essential fat will help you attain and maintain your nor mal weight

Include these fats in your diet by eating fish, nuts, avocado, and oil like olive and canola. In addition, healthy fats do wonders for your overall kin tone and acne pr b lems. I had a bad case of ache dir ing winter quarter I began to include these fats in my diet and my face cleared up.

Equally important to essential fats are proteins and carbohydrates. Proper intake raises your energy level and improves the way you look. A diet consisting of 35% carbohydrates, 35% proteins and 30% fats is excellent. 35-45% of my calories coming from protein. A few good protein sources are lean cuts of beef, chicken and turkey. For carbohydrates you can eat fresh fruits, vegetables, oatmeal, rice, potatoes and pasta.

Now that we have an idea of what to eat, when and how much should we eat? First of all, don't skip breakfast! I suggest eating 5-6 meals every day, but no Genghis Khan size meals! Try eating small portioned meals every 3 hours. Also, drinking water frequently is

beneficial because the average human body contains 50-65% water

While tollowing a healthy diet there are many foods you'll want to avoid like c ke, c ok es and all proce ed food s For sinity sike, don t cut the e foods out of your diet cold turke w This is omething you hould eare into the athy tart, try e clud n that morning doughnut from Klau s c. feteria . It's far from nutr flous and loaded with siturated fat Chesting one tim every week or two i fine I I ke to indul e in Ben and Jerry's i e cr im

We know what foed to av ad, but what b uld w eat when w're on the 10' Aturkey and wich from the deliar quick and nutritious H wever I recomm and e cluding the charge and mayonnais e They h y exces that that your body doesn't need. To replace the g it m h ve the lerk add e tra meat with oil and vinegar Pre 10' You have meal with the me amount of pr tein and carbohydrate

Di cipline and determination will get you a colleg degree similarly, staining agre 1 phy ique and healthy mind t k es the , m tun and dedication

April 29, 1997

SPORTS

La Voz /7

Questions about **Owls recruiting**

by Tre ' Dunia **Sports Editor**

Aarshall Sperbeck, head football coach of the Foothill Owls, may be looking for more than just a good tan in Hawaii.

Over the past four year 60 Hawanan football players have joined the Owls and played football

mer

for Sperbeck. Sperbeck Marshall said "Coach Sperbeck Fairchild (for-Foothill

head football coach) started working with football players in Hawaii long ago and in the 80's there was a large decline (of Hawaiian players). I got It going again '

Foothill- De Anza Community College District Chancellor Leo Chavez says,"the goal of our athletic program is not to rely on out-ofstate athlete ."

Dennis Anderson of the Honolulu Advertiser keeps track of football players from Hawaii and says that in 1996 there were eighteen players from Hawaii wearing an Owls uniform, up from fourteen in '95, twelve in '94 and sixteen in ·93

Anderson also said that he mails Sperbeck high school All-star rosters from Hawaii each year

When questioned as to why so many players from out of-state, specifically Hawaii, joined his team sperbeck replied, "The players in Hawaii do a lot of 'word of mouth' recruiting."

An out-of-district football player from Hawaii who asked not to be identified said that Sperbeck "visited his high school, passed out Tshirts and brochures." He also "cosigns for an apartment" says this player.

Bobby Enosa, defensive end for the Owls and a Hawaiian, says that he never saw Sperbeck at his high school in Hawaii and that he was introduced to Sperbeck by a San elses, lease agreement

Jose State football coach. He added that there were many

Foothill players living in the Sequoia Woods Apartments in Mountain View but knows nothing about Sperbeck co-signing their leases.

Deanna Tuohe of the Sequoia Woods Apartments said that many Foothill football players were evicted from an apartment and knows that Sperbeck is their coach but could not find his name on any lease agreement and added, "We don't do co-signers."

Defensive end Robert Scanlan said, "Yeah, he co-signs (for our apartment) but we pay for everything.

Scanlan lives with other players at the Meadow Oaks Apartments in Mountain View

Meadow Oaks employee David Bissonet says about 15 people have moved in and out of Scanlan's apartment since August of 1995 but the name Marshall Sperbeck has never appeared on Scanlan's, or anyone

Women right on track

Mc Gowan new best Lloyd, Vloo advance

by Trey Dunia Sports Editor

Running the Coast Conference Champion hip track meet at West Valley College last weekend with mixed results was the story for the men's and women's track teams

The women led De Anza to an impressive fourth place finish with strong performances by Aisha McGowan, Natina Guidicatti, Jennifer Lloyd and Dony Vloo.

Aisha McGowan won the 100 meter low hurdles with an imposing time of 15.59 seconds, more than a full second off her previous best, and qualified for the Nor Cal Trials.

Placing in the 400 meter hurdles was Natina Guidicatti who also ran on two relay teams and qualified for Nor Cal.

The Lady Dons were also throwing well with Jennifer Lloyd and Donnie Vloo competing in the javelin, discuss, hammer and shot put. Lloyd threw the javelin 115'05" and Vloo put the shot 35'07.25", both qualifying marks for the Nor Cal trials.

Marcella Guerriero and Melissa Monahan both placed in the 3000, 5000 and 10,000 meter run and will also compete at Nor Cal.

"This is just a terrific finish for them," said Jim Linthicum, head coach of the track team, "they did a super job.'

The men's team finish was not as impressive, but there were individual performances that stood out. Cire Clarke improved his long jump by over a foot

to finish fifth in the conference.

"Clarke's preseason goal was to make it to the finals in the long jump" said Linthicum, "and for him to place in the long jump is just an outstanding performance."

Linthicum added, "As a coach, working with a person like Clarke -being around his work ethic and his team loyalty- is what we really enjoy to do."

Placing in the javelin was Mike Fraasch with a fifth place throw.

Up next for the track teams are the Nor Cal trials at San Francisco City College on Friday.

In order to qualify for Nor Cal you have to be in



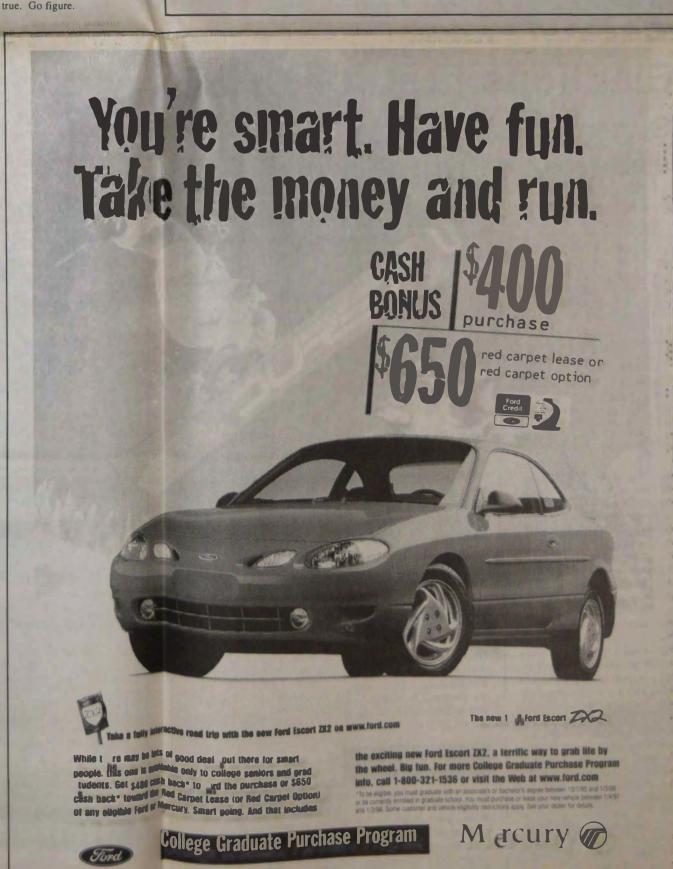
La Voz / Christopher Ander on Dony Vloo, who put the shot 35'07.25" at the Coast Conference Championships on Saturday, prepares for the ^bor Cal trials.

the top 27 in your respective event

Each player listed has qualified for Nor Cal and, according to Linthicum. " has an excellent chance of doing well at the trials and possibly making it to State.

The top performers then go to the for Cal final at San Joaqin Delta College on May 10

The State Championships are being held Aay 16-17 at Fresno City College.



Athletic code unrealistic

n looking over the California **Community College Athletic** Code I noticed some odd rules and interpretations. I decided to share some of them with you.

Question: A De Anza College coach wishes to know the rules governing intercollegiate competition in California. What does the Commission on Athletics tell the coach to do?

Answer: Read the book.

Question: Can a De Anza cafeteria worker tell a Redwood High School athlete to talk to a De Anza coach about track and field? Answer: No. This is a recruiting

violation. Question: Can a De Anza coach, after being approached by a basketball player from Sequoia High

School while they are both at an awards banquet in San Francisco, give out his phone number for the purpose of talking about De Anza college and it's athletic department? Answer: Yes. As long as the

coach is not wearing a De Anza hat.

Question: Can a De Anza coach accept a dinner invitation at the home of the Sequoia High basketball player to discuss the student's future with her parents. Although they have never met, they only live one block away from each other.

Answer: No, this is a recruiting



Trey Dunia Sports Editor

Galaxy play an exhibition game at **Buchser Middle School's soccer** field to raise money for a local charity. In the last few minutes of play, a De Anza soccer player is invited on the field to participate. The De Anza player never comes within 200 feet of the ball and, of course, is never paid. Can this student still play for the De Anza soccer team?

Answer: No. This student-athlete is now a professional.

Question: If De Anza's baseball team plays the San Francisco Giants at 3Com Park. Are the De

Anza players now professionals? Answer: No. They are still amateurs

Question: Can a 12-year old male student play right field on De bridge partner has a son who coaches golf at De Anza. All three have dined together on several occasions. Grandma Jones tells her next door neighbor that the best golf coach is at De Anza and he should play there. Is this a recruiting violation?

Answer: Yes. Grandma Jones 15 acting as an agent of De Anza Question: Are these ridiculous?

Answer: Yes. But they are all

violation

Question: Can a De Anza football player who signs a multi-million dollar contract with the Oakland Raiders still play for De Anza's baseball team?

Answer: Yes. He is still an amateur in baseball

Question: The Cla h and the

Anza's softball team? Answer: No. Question: Can a 12-year old

female student play defensive tackle on De Anza's football team? Answer: Yes.

Question: Grandma Jones lives In New York City. She graduated from De Anza college in 1967. Her

	AN THE PARTY		
Sports Schedule			
Baseball Day Thur day Saturday	Opponent at San Mateo at Cabrillo	Time 2 p.m. 2 p.m.	
Men's and Women's Track and Field Day Opponent Site			
Friday May 10 May 16 17	Nor Cal Irial Nor Cal Final State Champion hips	San I rancisco City College San Joaquin Delta Fre no City College	
Golf Day Hinday May 12	Opponent Nor al Regional Stat hampion hips	Site Ang 1 - C mp Chico	
	nd women's tennis		
Day M y 1-3 May 9-11	Opponent Nor Cal Playoff State Tournament	Site Chabot Fresno C ^{ity} C ^{olleg} e	

8 / La Voz

NEWS

April 29, 1997

How secure are we on campus?

De Anza security does not have the resources to fully protect the students

Dean Carrico Staff Writer

Immediately after the incident with Loomis Armory, questions began to form about reliance with the Cupertino Sheriffs Department. How safe are we? If an actual emergency involving weapons occurred, would our unarmed security be equipped to handle it?

Some students wondered if they were placed at a higher risk by relying on the response time of the sheriffs.

Tom Conom, manager of police and safe ty services at Foothill college thinks wait. ing for a response could be potentially dan gerous. "You need someone who can be there in a minute, not wait for someone to come in five to ten minutes," said Conom.

Foothill's security department consists of 10 Peace Officers who are certified to carry weapons.

Escalation of violence at educational institutions have raised safety concerns nationwide. Some high schools have implemented tougher security with large metal detectors at the doors. Recently, safety on California Campuses suffered two tragedies.

On August 15, 1996 in San Diego, Frederick Davidson, upset over his master thesis paper, shot and killed three faculty members, at the same time Bob Dole was preparing his acceptance speech for the Republican National Convention.

On Sept. 25, Christopher Robinson was gunned down by two men while waiting in line at the bookstore at Contra Costa Community College. He was shot 28 times.

The presence of an armed police force at Foothill, Conom says. is a "preventive" measure. The district for Foothill and De Anza created a police department in 1985, "It was a little difficult when we first started. It was unusual to see armed police walking around.'

De Anza faculty opted to operate instead with an unarmed security staff. But, Conom warns, "at some point, I think you will see a

regular police Department on the De Anza campus That seems to be the Crection that you are heading Dean of College Services Greg Druchl

says he strongly disagrees. "What I've seen is a fairly peace loving and safe environment here at De Anza," he said

"I don't make value judgements against Foothill, because they have unique circum stances and philosophies that are very dif. ferent from ours. We rely heavily on student officers and other kinds of patrols."

Druehl believes the role of security is to protect and "be supportive of students." Stating that De Anza has not had an armed security force in the twenty years that he has been employed here, he is wary of a change in policy.

"I do not want any heavy-handed police mentality pushing around students," he said. "I grew up during the sixties [and], I saw police actions on college campuses. I want this campus to be very student friendly."

Part of the student friendly environment involves hiring students to serve as part time security, a tactic that Vice President of Student Services Robert Griffin feels strengthens respect between students and security. But, he acknowledges, it's a tough call to know what is best.

"I like the response of our officers here. They recognize that this is a college environment and we often don't do things the way that police officers might do them.

Our security is sensitive to the fact that there are students who may decide to protest, and we can accept the fact that this is a college environment and we're not going to behave or react aggressively."

Ben Rodriguez, director of campus safety, agrees. "We have a lot of student officers, we have community officers, parking officers, and peace officers. What that means is we have a line of defense and a lot of eyes and ears on this campus."

The difference between Foothill and De Anza, according to Rodriguez, is the loca-

docs. Yet I don't think we need an armed presence on campus, We have a three to five minute response [from the Sherifts department]

De Anza has a "Memorandum of Understanding" with the Cupertino Sheriffs' Department which insures that De Anza receives priority response time to police emergencies

And, as Griffin, Rodriguez, and Druehl all point out, a college could have all the preventive measures in the world and tragedies can still occur

"At Contra Costa, they carry weapons," says Griffin. "They're armed! And with armed officers, that person still got shot. So where is your protection?"

Griffin says the primary issue is safety and health for people that are on campus. He

"We have more incidents than Foothill notes the paradox that comes with security that student security are "doing quite a good verses safety with a question: "If you have security with firearms on campus, you have a person with a weapon. If another person with a weapon sees a guard with a weapon, is the response going to be more aggres.

Druehl elaborated on that point, "Whether or not having an officer with a gun on campus would prevent a discharge of a weapon is highly debatable. Some of the biggest tragedics, where people are shot and killed have been in situations where there were armed police," he said

"Weapons themselves do not prevent the discharge of a weapon. Firing can easily ensue, and bad things can happen It's no longer a gunfight at the O.K Corral mentality with police and criminals.

Jose Fesas, president of the DASB said

job," and they were the backbone for a campus that he feels is very safe As things stand now, he feels there is no reason to consider having an armed force here

"Even if society is becoming more and more violent, it's up to us to take a position and take a stand

If, in anticipation of a violent society, we turn around and get more violent, then we're sending the wrong message." said Fesas However, nobody will rule out that

things may change in the future Times do change," Druehl said "It may

be in the future that Foothill may decide that they don't need armed security

Likewise. we may say that we do need guns for some unique reason

Gun spotted, police called Lack of proper uniform on Loomis guard causes panic

ATM, from front page

Roger James, from vendor management for Wells Fargo explained the lack of identifying marks for Loomis uniforms, saying, "there are cases where we don't want to be real conspicuous about being there or working on the machines.

The discrepancy involves campus security not being informed when armed escorts will be on Campus

"That's something that I am going to discuss with them to make sure that they do call us," Rodriguez said, "or at least let us know the times that they do repair, because next time, something could go very wrong. We have to be able to identify them. Especially in this kind of situation. We pay them, so they need to do what we say."

The ATM machines are contracted though the district. Rodriguez stated he and district, as well as the sheriffs department, are currently setting up meetings with Loomis to make sure that this kind of thing doesn't happen again. But Randy Johnson,

manager for Loomis Armory, claims that his He read the incident report, but that doesn't employee, whom Johnson refused to identify, was adequately uniformed and did nothing against normal procedure.

"It's a common occurrence, we've even had cases of mistaken identity in banks,"he continued. "There is no reason to discipline said. Johnson stated that past procedure has him in any way. He did nothing against our never involved informing campus security of their presence on campus.

Dean of College Services Greg Druehl spoke with displeasure on Loomis. "I have not been happy with what I've seen lately, and this is just one more incident that is bothersome to me." Druehl said he has also witnessed drivers for Loomis using fire lanes at unsafe speeds.

When asked if the guard should be terminated, or at least reprimanded, Rodriguez replied, "I think so. There's got he said he is open to listening to any griev to be a change. We don't want any more problems like that."

But Johnson said that Loomis has no plans to discipline the guard

"Does he [Rodriguez] know the details?

mean he knows the facts," Johnson said. "I think for him to make a blanket statement like that is just completely off the collar

"There is no reason to terminate him," he policies.

"If that is their response, that they were in proper uniform, I would recommend that we terminate our contract with them,' Druehl said. "I don't want that kind of behavior on campus. That was absolutely inappropriate for him, and it precipitated the problem.

Johnson said that he could not freely divulge procedure information, as it might compromise the safety of Loomis staff. But ances or suggestions De Anza may have

"If they want to meet with us and try to rearrange the system, that's fine," he said But until I hear from them, we will continue to operate as usual

Elections first for DASB

Students to elect reps

ELECTIONS, from front page assume the powers of the president

"All the other executive positions will be voted on individually," he continued "That does not mean that a student slate cannot pull together and have all the positions, but the president and vice president

New Trustee needed

by Trey Dunia Staff Writer

The De Anza-Foothill District is looking for a student who will articulate the needs and desires of the students to the Board of Trustees

The Activities Office on campus is accepting applications for this position through April 30.

be looking out for students needs, not their own.

Senator Mike Swift explains, "A trustee must be articulate and interested in the student body. They will be rubbing shoulders with very educated members of our education system and need to be schooled in the proper way to address issues regarding policy so they will be taken seriously."



will take one vote and individual votes would be cast for all the other positions.'

Vice President of Technology, Scott Bechtel felt that the process of opening the elections to the student body could have been done a lot better "We are following rules that are published, but not generally known," stated Bechtel.

All thirty student senate offices are to be filled during the May elections providing enough candidates file for the positions. Besides student body president and executive vice president, there are also 23 at large senators and five additional vice presidential slots

After investigating past elections Dr Cognetta reported that the last time that a student body president was elected by popular vote was under the old Associated Students of De Anza constitution at least 18 years ago. He also pointed out that this is the first time that the vice presidents of finance, student rights and services, communications, programs and technology have ever been elected position.

Accord ng to the Elections Code, those interested in running for election must be currently registered tudents in good standing at D Anza College, maintain at least 2.0 GPA and be taking at least 7

4 (campaigning) makes people a little more vocal about the goals they want to accomplish in the Senate," said lesa 🔬

To qualify for Student Trustee you must be a California resident, maintain a 2.0 GPA, and be carrying at least 8 units of college credits with a majority of them in the De Anza-Foothill

Current DASB Senator cations. Clarence Wong, is looking for a trustee who will "...work for the best interests of the students and Vanessa Reyes at 864-8520, or who is not afraid to stand up to authority."

It is important for Wong to know that a Student Trustee will Senate offices.

De Anza's current Student Trustee, Vanessa Reyes, is very enthusiastic about meeting her Successor

Interviews will be held for the trustee position May 6 and May 8 from all of the qualified appli-

For applications or more information you may contact simply stop by her office located on the first floor of the Hinson Campus Center inside the

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