

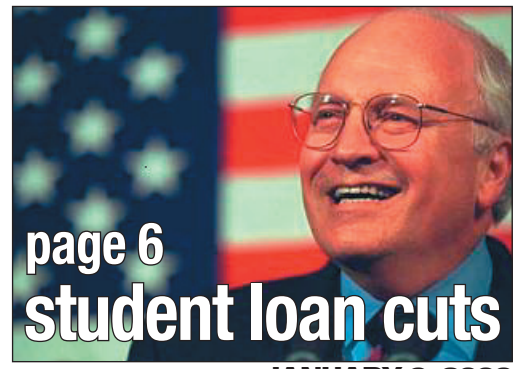


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LAVOZDEANZA.COM

la VOZ

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student loan cuts

JANUARY 9, 2006

De Anza losing students

ENROLLMENT DROPS SEVEN PERCENT FOR WINTER QUARTER

Melissa Lewis
LA VOZ

Enrollment at De Anza College was down 7 percent as of Friday from what it was at the same point before the quarter last winter.

However, according to Vice President of Finance and College Services Jeanine Hawk, enrollment should be up 1 percent when the quarter begins. At this point, enrollment appears to be down because students are waiting longer to register. This is due to a later starting date this quarter and the recently implemented Pay-to-Stay policy, said Hawk.

The district has allocated \$800,000 to initiate special projects to generate weekly student contact hours. These projects include keeping the Open Media Lab and Wellness Center open on Saturdays, increasing distance learning programs, and opening tutorial centers for student athletes and math and science students.

The college relies on enrollment for tuition fees, which are an integral part of the annual budget.

More coverage of student enrollment will be in next week's issue of *La Voz*.

Hearing date set for trial

FORMER DE ANZA EMPLOYEE FACES MURDER CHARGES

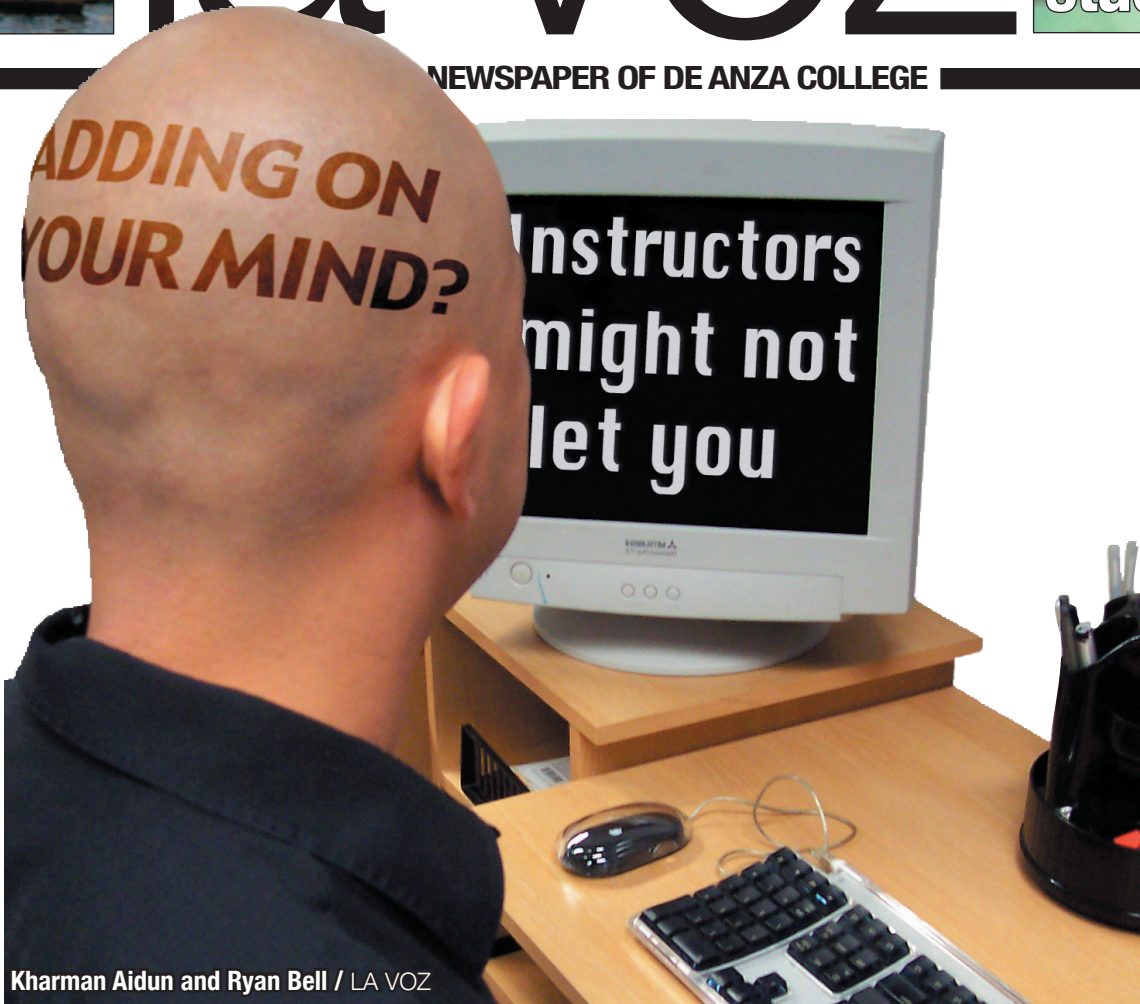
Corinne Reilly
LA VOZ

A preliminary hearing has been set for March 9 in the case of the former De Anza College employee charged with the murder of his long-time girlfriend.

Alexandre Hochstraser was arrested in June after police discovered a dismembered human body, later identified as Hochstraser's girlfriend Dolores Gonzales, in a car parked outside the couple's apartment in Santa Clara.

Hochstraser is charged with one count of murder. The state has a strong case against him, according to Santa Clara County District Attorney Ted Kajani.

The preliminary hearing will be held at 8:30 a.m. in Department 23 of the Santa Clara County Superior Court.



Kharman Aidun and Ryan Bell / LA VOZ

DESPITE A LABOR SETTLEMENT BETWEEN DE ANZA FACULTY AND THE COLLEGE DISTRICT, INSTRUCTORS CAN CHOOSE NOT TO ADD STUDENTS

Scott Lipsig and Lilya Mitelman
LA VOZ

For nearly a month, the district faculty union threatened a Work-to-Contract protest that was called off Thursday. Starting today, instructors were asked to turn away students who wanted to add. Their choice was limiting classes to their maximum capacity, or taking the stronger measure of limiting classes to the number of enrolled students prior to the first day. But in a memo to faculty Friday, the Foothill-De Anza Faculty Association rescinded the Work-to-Contract protest due to a tentative settlement with the college district's board of trustees.

This form of protest is consistent with the FA's previous proposed Work-to-Contract actions,

last threatened during the 2001-02 academic year and last implemented in 1997.

"However," the memo stated, "the Board remained unconvinced by FA's productivity arguments, and faculty may want to keep this in mind when deciding whether to add students to a class beyond the contractual maximum seat count established for the course."

Before learning the action had been rescinded, Language Arts Division Dean John Swensson said Friday that he'd prepared for Work-to-Contract by e-mailing waitlisted language arts students information about Work-to-Contract and a list of open courses. With enrollment down, he said, a lot of sections are still open and he's had to cut more classes than any other quarter since becoming

dean five years ago.

"Nobody [in Language Arts] is going to get turned away whether there is a Work-to-Contract or not," said Swensson.

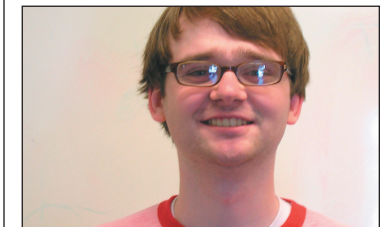
Instructors joining the protest would have avoided work they were not compensated for, including advising student groups and taking part in any special project, task force or committee not purely concerned with faculty welfare.

While Work-to-Contract information was distributed to faculty as a call to action, students and student leaders were unaware of the FA's decision to protest. "I haven't heard anything about it," said De Anza Associated Student Body President Anna Callahan, when asked about her stance on the protest.

see **NEGOTIATIONS**, page 2

Education proposal a bold step

GOVERNOR'S SPEECH MIGHT MEAN RELIEF FOR HIGHER EDUCATION



James NEWBURG

At his annual State of the State speech, a chastened Arnold Schwarzenegger charted a course departing from the reform agenda he outlined as a candidate for governor.

news analysis

The centerpiece of his speech was a sweeping proposal for \$222 billion in new spending over the next 10 years for infrastructure and education. Included in the spending plan is a record \$68 billion in new debt.

The Republican governor framed his vision to the Legislature in conciliatory language.

"The people, who always have the last word, sent a clear message: Cut the warfare, cool the rhetoric, find common ground and fix the problems together. To my fellow Californians I say — message received," Schwarzenegger said.

This gentler side of the governor comes on the heels of a shut-out in last November's special election, strong union opposition and approval ratings languishing around 35 percent.

These shifting political winds have forced Schwarzenegger to tack his sails to the left as he tries to cruise smoothly to reelection in November.

see **ANALYSIS**, page 2

your guide to la voz

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This is Vol. 39, Issue 11. Call us at 864-5626 or e-mail us at lavoz@fhda.edu. We're hanging out in L-41.

Eating protein on a veggie diet (and why nuts are important)



melissaLEWIS

I've been vegan for a year-and-a-half. In that time, I've been asked with a varying mix of dismay and irritation, "What do you eat?" at least twice for every salad I've eaten.

Some may decide to embrace vegetarianism, look at a lump of green substances on their plate, and decide that the Dollar Menu

isn't so bad for the palate or the diet.

Be not dismayed, mine cauliflower cohorts.

This column exists to provide tips on animal-free nutrition, food preparation, restaurant options, etc. And since a vegetarian diet is versatile, even those with "I love animals; they taste good," stickers on their cars can read along and say, "Hmm. I never knew soy had so many hats."

Our topic this week is the Bane of the Vegetarian Existence: protein deficiency and how to remedy it.

Protein is necessary for the structure of red blood cells,

proper functioning of antibodies resisting infection, regulation of enzymes and hormones, growth, and body tissue repair.

The human body needs 20 different types of amino acids, which comprise protein, to function well. The body synthesizes 12 of these. That leaves it up to you to find eight more! Rescue the princess and gently dispose of the Evil Turtle King for bonus points.

The eight amino acids you need can be found in these foods: nuts, soy, sprouted seeds, grains, legumes, and spirulina and chlorella.

see **HEALTH**, page 7

ANALYSIS: Education cuts might not happen

FROM PAGE ONE

In his first year in office, Schwarzenegger dealt with mass demonstrations over the prospect of cuts to the education budget. Nearly 15,000 people protested in front of the state capital on March 15, 2004. It was the first large-scale demonstration in his term as governor and a scene he likely wishes to avoid at the start of his formal reelection campaign.

But if this rhetoric translates into policy, it looks like college students won't have to worry as much about drastic budget cuts at the state level.

However, the recent drop in enrollment at De Anza might be cause for concern. Tuition fees comprise a significant portion of the college district's revenue. A corresponding drop in tuition revenue might spell cuts in class offerings and staff layoffs for the next college year.

Charges not yet filed against peace activists

DE ANZA PROFESSOR AMONG 12 ARRESTED NEAR PRESIDENT'S RANCH IN NOVEMBER

Corinne Reilly
LA VOZ

Charges have not been filed against the De Anza College English professor arrested outside President Bush's Texas ranch for challenging a no-camping ordinance that she says was designed to restrict criticism of the Bush administration and the Iraq war.

Mary Ellen Goodwin was arrested Thanksgiving weekend in McLennan County, Texas with 11 other peace activists for refusing to vacate a roadside camp set up as a direct challenge to the ordinance.

The activists, now known as the Prairie Chapel 12 for the road on which they were arrested, were

among the thousands who flocked to Bush's ranch in August to join grieving mother Cindy Sheehan at Camp Casey, named for Sheehan's son who was killed in

September, prohibits camping and parking on the roads immediately surrounding Bush's ranch.

"They say the ordinance is a necessity for public safety," said

attorney prosecuting the case has not yet filed the charges on which the 12 were originally arrested, said Goodwin.

There is no indication of whether charges will be dropped or filed at a later time. If charged, the protestors will plead not guilty, she said.

Sheehan's sister, Pentagon Papers author Daniel Ellsberg, and former U.S. diplomat and Army Colonel Anne Wright were among the arrestees.

The 12 were originally charged with two misdemeanors: obstructing highway passages and criminal trespassing, the latter of which is a violation of the new ordinance. Arrestees were released on their own recognizance the same afternoon.



After local officials passed an ordinance banning protests in certain areas outside the President's ranch, peace activists went down to Crawford, Texas to challenge it. The activists, including professor Mary Ellen Goodwin (left), say it violates their First Amendment rights.

Iraq in 2004. Sheehan began her month-long encampment in the ditch along Prairie Chapel Road when Bush declined to meet with her to discuss her son's death and his policy on the war.

The ordinance, passed in

Goodwin shortly after her arrest. "But we feel that the ordinance was put in place because we were there in August."

The arraignment in the case, originally scheduled for Jan. 4, did not take place, as the district

NEGOTIATIONS: Work-to-Contract averted

FROM PAGE ONE

According to the FA's Dec. 9 faculty alert, the Foothill-De Anza Community College District showed a trend of increasing management and classified positions while decreasing

those of faculty and giving a higher priority to non-faculty employees.

The FA's analysis of the district's adopted budget for this year also cited a 24-point increase in productivity over the past five years, equivalent to \$1.6 million

in instructional savings, and a 2.4 percent increase in Full Time Enrolled Students, which affects district revenue.

The assessment was based on figures from the 2000-01 academic year and the projected budget for the current academic year. The FA

also stated that faculty members were paid 68 percent of their usual salaries for teaching summer classes, while other district employees receive 100 percent.

Faculty and district representatives were unavailable for comment as of press time.

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?

Where else can you work and have the potential to earn up to 8 paychecks each month?

Free Info Mtgs Every Tues & Thurs at 7:00pm

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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RIO ADOBE
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CUPERTINO, CA 95014
(408) 873-1600

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 clubs plan fundraisers and events for winter quarter

CAMPING, COMPETITIONS AND CHARITY DRIVES ARE ENTERTAINING DIVERSIONS FOR INTERESTED STUDENTS

Kharman Aidun
LA VOZ

Winter vacation may be over, but school doesn't have to be all work. De Anza College has over sixty clubs on campus ranging from political to religious and athletic to academic.

This week the Inter Club Council is setting up booths around campus for Welcome Week. Members from every club are volunteering to work in the booths to direct new students to their classes, promote clubs, and invite students to events.

This quarter the De Anza Photography Club will host its first photography competition. First and second prize winners will receive \$100 and \$50 gift certificates to Amazon.com. Honorable mention winners will receive two movie tickets.

Artists must submit one or two original pieces, matted and framed or mounted, to club supervisor Diane Pierce during her office hours in A-44 in order to participate in the competition. The photographs must be at least 8 by 10 inches and no bigger than

20 by 30 inches.

Students who would like to join the club and compete can submit their work during the Feb. 7 meeting in the Santa Cruz room at 5 p.m. This is the final deadline for submissions. The winners will be announced Feb. 10. For more information about the event students can go to www.deanzaphotoclub.org.

The De Anza Catholic Student Club will be collecting donations for their Change for a Child Campaign this quarter.

The club started the campaign to stop child sex trafficking. Elma Amboy, a member, said, "I watched Oprah one day and they were explaining that child sex trafficking happens here, in America, and not only in third world countries."

Amboy and club president Dan Sealana said the club will give the donations to the Salvation Army's Initiative Against Sexual Trafficking.

According to the club Web site, an estimated 700,000 to four million people are trafficked each year.

"Oprah said that people should write their senators about this," said Amboy. "The

Catholic Student Club thought we could do something more to help."

The Catholic Student Club will collect donations during its meetings three times a week. Times and places will be posted on the club Web site, www.deanzacatholic.com. For more information on the event, e-mail Sealana at info@deanzacatholic.com.

Students will ski and ice skate, participate in snowball fights and go on night and early morning hikes.

The Outdoor Club will host its annual winter camping trip in Yosemite February 3-5. Students will ski and ice skate, participate in snow ball fights and go on night and early morning hikes.

The Outdoor Club Web site describes trip preparation, gear requirements and

places for budget-minded students to shop.

Members of the club will pay \$10-\$23 per person, depending on parking, plus gas, food and other necessary expenses. Non-members will pay an additional \$10 for the parking fee.

The club does not provide transportation, so students need to arrange for their own. Carpool information is available on the De Anza College Web site, and interested students can send an e-mail to dac_outdoorclub@yahoo.com.

Students can sign up for the trip between 10 a.m. and noon on Jan. 14, 21 and 28 near the pool in the P.E. Quad.

More information on De Anza's clubs and the Inter Club Council's events including Club day, Club Carnival, and Club Karaoke, can be found at www.deanza.edu/clubs.

want more? de anza also offers:

- Psychology Club
- Anime Club
- Mathematics Club
- Game Developers Club
- The Apprentice of De Anza Club
- Earth Awareness & Action Club
- 23 Club

Go online to www.deanza.edu/clubs for meeting times and locations.

by Harry Cantwell



Comics

by John Rivera

Right on! PG&E sent me tips on how to save money on my gas bill...along with a nice BIG gift!



Saratoga Family Health Center

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

Comprehensive care one patient at a time

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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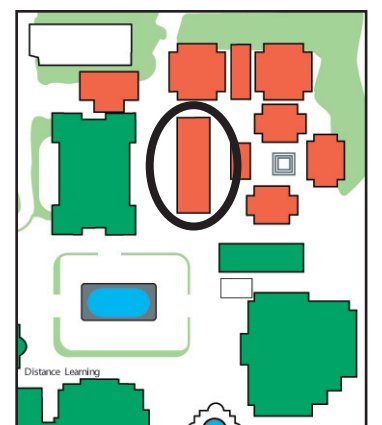
Catch the Euphrat while you can

David Gunderson
LA VOZ

Look, next the Flint Center! It's a mouse-hole, it's a wine cellar...No, it's the Euphrat Museum of Art! On the 23rd of this month the stealthy glass doors opposite the Flint Center will open to reveal the winter edi-

tion of "Change 2005/2006," this year's exhibition. For those who aren't already familiar with the "built-in-Hobbit-town" feel of the Euphrat's current location, take advantage of the standing space built on top of all that cultural impressiveness while you can. See the map to the right to

know exactly where to stand. At the conclusion of this one-month



showing, the Euphrat staff will begin the process of moving everything to a newly-constructed location. Will it be inspiring? Will great artists look back on entering this one amazing museum as the moment they found their inspiration? Stay tuned to find out.

Adverse reactions to prescription and over-the-counter medicines kill more than 100,000 Americans each year.

- Journal of the American Medical Association

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La Voz needs editors!

Inquire to:
adviser@lavozdeanza.com

NEED TO PARK YOUR CAR?

Parking information

Parking permits are required in all campus parking lots. Parking decals are available at the Cashier's Office in the Student and Community Services Building. Decals are valid for the entire quarter. Annual permits will expire June 30. Parking permits are non-refundable. It is important to read the instructions on the back of the decal. A parking permit does not guarantee a parking space. Those who drive a car that has no decal, or do not drive to the main campus on a regular basis can purchase a one-day parking permit from red or yellow machines. One-day permits are valid in student lots only.

Costs:

- Annual permit	\$90
- Quarterly permit for cars	\$26.65
- Quarterly permit for motorcycles	\$15
- One-Day Parking Permits	\$2

Machines are located in every student parking lot, the Flint Center parking structure and the Stelling parking structure. Red machines accept only quarters. Yellow machines accept nickels, dimes, quarters and dollar bills.

AVOID PARKING TICKETS

- Handicapped parking areas require a DMV handicapped placard
- Park only in a marked stall
- Do not back into a stall
- Overnight parking is not permitted

All parking requires a paid fee or permit from 7 a.m. to 10 p.m. seven days a week. Further information is available at the Campus Safety and Security Office located on the lower level, east side, of the Hinson Campus Center. All "white" painted parking stalls designate student and visitor parking; all "yellow" painted stalls are for staff parking only. Visit <http://www.deanza.edu/parking/> for tips about parking and alternative transportation.

NEED TO GET CONNECTED?

Where computers are for student use:

- Advanced Technology Center (more than 900 workstations available)
- Administration Lobby (for registration only)
- Open Media Lab, Learning Center West
- Distance Education, Learning Center West, Room 102
- The Internet Lab, second floor of the Learning Center (Library)
- Financial Aid Office, Hinson Campus Center, lower level
- Business and Computer Systems Lab

NEED TO ADD A CLASS?

If a class is closed when you register, you must use the online registration system, or the STAR (Student Telephone Assisted Registration) system to be placed on the waiting list. Students cannot be wait-listed for a class if they are already enrolled in another section of the course. In addition, the wait-listed class cannot conflict in time with any other class. You should put your name on a waiting list only if you intend to take the class if a seat becomes available. Wait-listed students must be present at the first meeting of the class. Students who receive an instructor's approval to be added to a class from a waiting list must immediately add the class online or bring the completed add form to the Admissions Office for processing.

WANT A LEG UP ON YOUR CAREER?

Cooperative Education/Work Study
Earn up to four units per quarter for learning that takes place on the job. Where: The Co-op office is located in the OTI building #3, located in Parking Lot I behind the California History Center.

Contact:
Carmen Pereida
Phone: 408-864-5841
Fax: 408-864-5607
E-mail: pereidacarmen@fhda.edu

Career Center

Where: Second floor of the Student and Community Services Building on the North side of campus
Services:

- Individual Counseling
- Career Exploration
- Resume Writing Information
- Interviewing Information
- Workshops: Job Search, Resume Writing, Interviewing Skills



KEY

- Facilities and Student Services buildings
- Math, Engineering and Science buildings
- Business, Liberal Arts and Social Science buildings
- Physical Education buildings
- Creative Arts buildings
- Portables
- Faculty Offices

THE QUESTIONS TO ASK AT DE ANZA

NEED HELP WITH HOMEWORK?

Tutorial and Academic Skills Center
There students can become a tutor or be tutored in a variety of subjects. Services include adjunct study skills courses, self-paced skills courses and tutoring.

The Tutorial Center is located:

- Room L-47 for Language Arts, Languages, Accounting, and Social Sciences
- Room S-43 for Math, Sciences, and CIS

The Academic Skills Center is at the back of room L-47.

Contact Diana Alves de Lima
E-mail: alvesdelimadiana@fhda.edu
Phone: 408-864-8682

NEED DIRECTION?

Counseling

Where: Student and Community Services building, second floor
When: Monday through Wednesday
8:30 am - 1:00 pm; 2:00 pm to 7:00 pm
Thursday
8:30 to 1:00 pm; 2:00 pm - 5:00 pm
Friday
8:30 am - 1:00 pm

Walk-in counseling/advising sessions are typically 15-30 minutes. The most effective sessions are when students bring transcripts, placement test results, and a list of courses they would like to register for. Financial Aid Extension may be done as an appointment or walk-in during winter and spring quarters. Currently Enrolled Students may wish to take advantage of an appointment with a counselor or advisor during fall, winter, and spring quarters. Beginning in the second week of the quarter, appointments may be made by calling (408) 864-5400 during times noted above.

Veteran Educational Plan-see your college veteran representative before scheduling a required appointment.

NEED MONEY?



Financial Aid

Designed to help students pay for their education. There are grants, loans, scholarships, fee waivers.

Where: Hinson Campus Center, lower and upper levels

When: Monday-Thursday 6 a.m. - 6 p.m.

Friday 6 a.m.- 4:30 p.m.

Contact:

Phone: (408) 864-8718

E-mail: financialaid@deanza.edu

NEED A SMOKE?

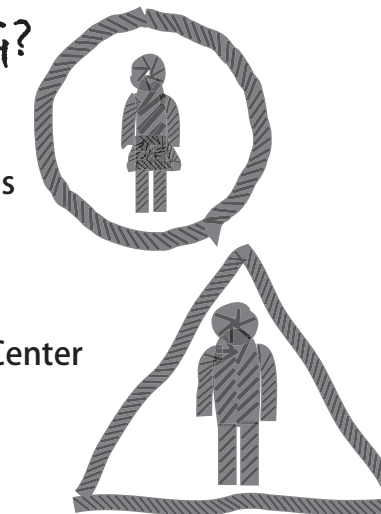
Lighting up is no longer allowed on the De Anza College campus, but if you don't mind a short walk, you can visit one of THESE parking lots that have been designated smoking areas:

- Student Parking Lots A and B
- Top of the Flint Center parking structure
- Lot in front of the Stelling parking structure
- North section of Parking Lot E (near Auto Tech)
- Staff Parking Lot J
- Staff Parking Lot A-1 (near the Student Services building)

NATURE CALLING?

Where the bathrooms are:

- L-quad and S-quad bathrooms are under construction
- Advance Technology Center, floor and lower level
- A1 building next to the Flint Center
- Library entrance
- Hinson Campus Center
- PE quad



LIKE WHAT YOU SEE? OR NOT?

Voice your opinion by participating in De Anza's student forum. Write in and receive a response from the administration! Send campus comments, complaints, critiques and cookies to lavoz@fhda.edu.

WHEN IS IT DUE?

Deadline Calendar

Continuing student registration	December 2-9
New/former student registration	Dec. 12-Jan. 8
Last day to apply and register	January 8
First day of Winter Quarter	January 9
Last day to add quarter-length classes	January 20
" " to add CAOS self-paced classes	March 17
" " to drop for a refund	January 20
" " to drop a class with no record of grade	January 27
" " to request P/NP grade	February 3
" " to drop with a "W"	March 3
Martin Luther King, Jr. Day (college closed)	January 16
Abraham Lincoln's Birthday (college closed)	February 17
Presidents' Day Weekend (college closed)	February 18-19
George Washington's Birthday (college closed)	February 20
Final Exams	March 28-31
Last day to file for a winter degree	March 31
Last day of Winter Quarter	March 31
First day of Spring Quarter	April 10

La Voz

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The Voice of De Anza College

Phone: 408-864-5626

Fax: 408-864-5533

lavoz@fhda.edu

www.lavozdeanza.com

Room L-41

21250 Stevens Creek Blvd.

Cupertino, CA 95014

Editorial Staff**Melissa Lewis**Editor in Chief
lavoz@fhda.edu**Katherine Nguyen**Managing Editor
managing@lavozdeanza.com**Scott Lipsig**News
news@lavozdeanza.com**David Gunderson**Culture
culture@lavozdeanza.com**Kharman Aidun**Photo
photo@lavozdeanza.com**Dan Sealana**

Online Editor

Contributing Staff:

Ryan Bell, Jarrod Pagan, Corinne Reilly, and James Schulte

Business Staff**Beth Grobman**Adviser
grobman@fhda.edu**Cecilia Deck**Freelance/Advertising Adviser
deckcecilia@fhda.edu**Walter Alvarado**Lab Tech
alvaradowalter@fhda.edu**Reza Kazempour**Business Manager
ads@lavozdeanza.com**About Us**

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Opinions expressed by staff and contributors are the opinions of the individuals and not necessarily the opinion of *La Voz*.

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Letters, Submissions and Press Releases

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

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

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

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Ten limited use digital images can be obtained for \$20 or 8x10 prints for \$25. Contact Reza Kazempour at 408-864-5626 or by e-mail at ads@lavozdeanza.com to place an order.

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Contact Business Manager Reza Kazempour at 408-864-5626 or send an e-mail to ads@lavozdeanza.com for rates.

Additional Copies

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

Vice President Dick Cheney cast the tie-breaking vote in a budget bill that included the biggest cut in the history of the federal student loan program.

That cut was \$12.7 billion, enough to give \$15,640 to every one of the 812,000 community college students currently receiving federal loans.

This budget cut is simultaneously detrimental to the parties it affects and insignificant in its benefits. "The deficit cuts included in the five-year bill would amount to only 2.5 percent of projected shortfalls totaling \$1.6 trillion over the same time frame," states the Associated Press. Yet the cuts drastically impair valuable social programs such as Medicare, Medicaid and student loans.

Under this bill, college students and their parents would pay higher interest rates and fees on their loans.

If a student loan interest rate is higher than the bank's guaranteed rate, the bank keeps the profit. Under the budget bill,

that approximately \$18 billion windfall would have to be returned to the federal government.

Rather than apply that comparatively inconsequential sum to our estimated \$331 billion deficit according to the Congressional Budget Office, the government should return it to education by either funding other assistance in higher education or simply lowering loan rates.

The budget cut raises loan limits to \$3,500 for first-year students and from \$3,500 to \$4,500 for second-year students. It also establishes a \$3.7 billion grant program that will give \$4,000 per year to students maintaining a 3.0 GPA and majoring in math, science, engineering, technology or foreign languages critical to national security during their third and fourth years of study at a higher education institution.

The message is clear: the only career pursuits this cut is going to encourage are those that make America more com-

petitive in the world market.

Let us juxtapose the \$56 billion President Bush requested in his Fiscal Year 2006 budget for the No Child Left Behind Act and the fact that one-third of the \$40 billion dollar cut to social programs affects college students.

All 44 Democrats, the only independent, and five Republicans (three of whom are seeking re-election) voted against this measure.

If the welfare of this country's future generations is a priority, it should include the welfare of a generation at the cusp of their secondary education and who will be applying that to the workforce.

The House of Representatives will vote upon this measure early this year. You can write to your local representatives through their Web sites, call them or go to their offices. Let them know that, as a student, you value your educational opportunities and they need to as well.

Education money must be directed to students

**kharmanAIDUN**

De Anza College shows its diversity with the various clubs on campus, cultural programs and worldly classes. But, to the administration, we are numbers and statistics.

The first quarter I attended De Anza, I stood in a long line in the administration building staring at a sign apologizing for the long wait and lack of service due to budget cuts. We are a society that is fixated on making quotas rather than molding our youth into decent human beings.

Faraz Minooei, a 24-year-old student whose parents were both teachers in Iran, said, "I have my own definition of education, which defines teaching as life, not business. Teaching in this country is business, and most [teachers] are not well-educated."

Last spring, the Foothill-De Anza Community College District laid off 22 employees. Vice Chancellor of Human Resources, Jane Enright, said that every one percent of the student population equals an estimated \$1 million.

At this time the district was anticipating an \$84 million deficit. The voters, the administration and the Board of Trustees approved the \$248 million Measure E project, which funded the new Student Services building and the new parking structure. These were a higher priority than hiring new teachers to decrease class sizes, buying school equipment for students or keeping district employees from being laid off.

But the problem is bigger than the district. According to the Jan. 11, 2005 issue of the San Francisco Chronicle, more than \$7 billion will be set aside for the Department of Corrections to hire 15,000 new employees and to open new prisons. This is where our money goes while our tuition continues to increase, and the district continues to lay off staff members.

The governor's idea of success is to sit back and relax as we close classroom doors and open new prisons.

And even still, the problem is bigger than California. It goes as high as the White House. According to the Democratic Policy Committee, Minnesota recently eliminated physical education as a high school graduation requirement.

In Northside, Texas, classroom attendance is so important, due to school funding, that children infected with lice must return to school immediately after only one shampoo treatment, when in the past, children with severe cases were allowed a week off.

I recently found myself back in the student services building worried about being unable to afford my \$1800 out-of-state tuition. I have been working in California for over a year and living here for over three years, but I do not make enough money to qualify as an in-state student. Where's the apologetic sign for that?

My roommate is finally able to return to school after finding a job where she can work full-time graveyard shifts.

And I know many independent students who can barely afford school, buy aren't eligible for financial aid because their parents make too much money. There is something wrong here.

You can make your voice heard! Write in to our student forum

If you are a current De Anza College student and you notice an aspect of the campus you love or loathe, if your education is poor or the student services are legendary, write a letter with a maximum of 100 words to *La Voz*. Express your opinion and/or pose a question for the administration. Include your first and last name, phone number and e-mail address, and title (be it club president, first-year

student, community activist, or other).

Vice President of Student Services Robert Griffin will respond or find appropriate officials to respond to letters we publish if they warrant a response, such as letters posing a question or asking for recourse. Responses will be published the following week. *La Voz* will not publish responses to responses.

We ask that letters submitted be rel-

evant to De Anza College, its campus, programs, etc. and be written without use of profanity or other abusive language. *La Voz* will also need contact information from authors to verify their identities and that they wrote the letter.

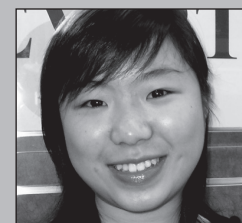
Drop your letters in the mailbox on the door of Room L-42 or e-mail your letters to lavoz@fhda.edu. Write "Student Forum" in the subject header.

de anza voices

Kharman Aidun
LA VOZ

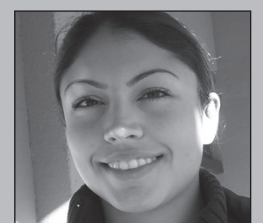
"How are you paying for classes at De Anza?"
"I have to work and go to school. I have a job at Fry's Electronics."

— Stephane Minh



"I work part time at Dairy Queen. I don't use financial aid, I applied for it, but I was not eligible."


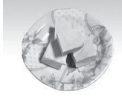
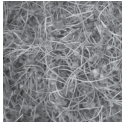



— Cindy Chen



"I support myself by working at Bank of America. They will pay for your school, up to \$2000."

— Cassandra Torres

HEALTH: Vegetarian diets | FROM PAGE 1

 <p>Nuts</p>	<p>1 cup of dry roasted unsalted pistachios contains 26 grams of protein.</p> <p>Half a cup of almond butter, plain with salt added contains 19 grams of protein</p>	<p>Also contains: Omega-3 fatty acids, B-vitamins, vitamin E, iron, phosphorous, magnesium, copper, zinc,</p> <p>Sources: Kathleen Zelman, MPH, RD, LD, director of nutrition for WebMD Health</p>	<p>Preparations: Both a great finger food and salad supplement, nuts need no formal dress. Opt for raw nuts because their nutritional value is higher.</p>
 <p>Soy</p>	<p>1 soy burger patty contains 13 grams of protein</p> <p>1 glass of soymilk, the equivalent of 2 cups, contains 22 grams of protein</p>	<p>Also contains: Unsaturated fats, fiber, B-vitamins, folic acid, potassium, calcium, zinc, and iron</p> <p>Sources: August 2005 WebMD article by Salynn Boyles and Ethan Balk, MD</p>	<p>Preparations: Accessible soy forms are tofu hotdogs, vanilla soy milk over cereal, soy ice cream and tofu burgers.</p>
 <p>Sprouts</p>	<p>1 cup of stir-fried mung bean sprouts contains 5 grams of protein</p> <p>1 cup of raw soybean sprouts contains 10 grams of protein</p>	<p>Also contains: B-vitamins, iron and potassium</p> <p>Source: http://www.wholehealthmd.com</p>	<p>Preparations: Try sprouts on sandwiches, mix them in with salads, stir fry them, or cook them with chow mein.</p>
 <p>Grains</p>	<p>1 cup of quinoa contains 22 grams of protein</p> <p>1 cup of uncooked amaranth contains 28 grams of protein</p> <p>1 cup of cooked oat bran contains 7 grams of protein</p>	<p>Also contains: Complex carbohydrates and a variety of essential vitamins and minerals</p> <p>Sources: http://www.quinograin.com, http://www.netnutritionist.com</p>	<p>Preparations: Quinoa makes a good pilaf, and you can easily find versatile recipes in vegetarian cookbooks and online. I personally enjoy oatmeal, peanut butter, and raisin sandwiches. They're dangerously addictive.</p>
 <p>Legumes</p>	<p>2 tablespoons of smooth peanut butter contain 8 grams of protein</p> <p>1 cup of raw lima beans contains 38g of protein</p> <p>1 cup of black or pinto beans, boiled, contains 15 grams of protein</p>	<p>Also contains: Dietary fiber, folates, iron, calcium</p> <p>Source: The Harvard School of Public Health</p>	<p>Preparations: See addictive sandwich under grains. Also, lima beans tossed with salad are tasty as long as they aren't the main component. And either black or pinto beans are amazing in a burrito with brown rice and salsa.</p>
 <p>Algae</p>	<p>1 cup of spirulina contains 9 grams of protein</p> <p>1 cup of chlorella contains 7 grams of protein</p>	<p>Also contains: Beta carotene, iron, vitamin B-12, and the rare gamma-linolenic acid, lipid, chlorophyll</p> <p>Sources: The Critical Review of Food Science and Nutrition, www.spirulina.com</p>	<p>Preparations: Spirulina and chlorella are more a supplement than a food, so you can either buy them in bulk and put them in vegetarian capsules, or you can add them to smoothies.</p>

Men's Basketball Schedule	Women's Basketball Schedule	San Jose Spiders Schedule
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Day	Date	Opponent	Time
Wed.	Jan. 11	@Cabrillo*	7 PM
Fri.	Jan. 13	West Valley*+	7 PM
Wed.	Jan. 18	Gavilan*	7 PM
Sat.	Jan. 21	@San Jose City*	3 PM
Fri.	Jan. 27	Hartnell*	7 PM
Wed.	Feb. 1	@Monterey Pen.*	7 PM
Fri.	Feb. 3	Cabrillo*+	7 PM
Wed.	Feb. 8	@West Valley*	7 PM
Fri.	Feb. 10	@Gavilan*	7 PM
Wed.	Feb. 15	San Jose City*+	7 PM

Day	Date	Opponent	Time
Wed.	Jan. 11	@Ohlone+	7 PM
Fri.	Jan. 13	Hartnell+	5:30 PM
Wed.	Jan. 18	@Chabot*	5:30 PM
Fri.	Jan. 20	San Francisco City*	7 PM
Wed.	Jan. 25	San Mateo*	7 PM
Fri.	Jan. 27	@Gavilan*	7 PM
Wed.	Feb. 1	@Foothill*	7 PM
Fri.	Feb. 3	Chabot*	5:30 PM
Wed.	Feb. 8	@San Francisco City*	7 PM
Sat.	Feb. 11	@ San Mateo*	5:30 PM
Wed.	Feb. 15	Gavilan*	5:30 PM
Fri.	Feb. 17	Foothill*	7 PM

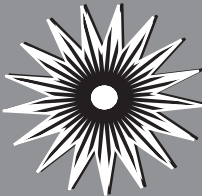
The National Women's Basketball League's San Jose Spiders will use the De Anza College gym for home games. This is their second season playing at De Anza.

Day	Date	Opponent	Time
Sat.	Feb. 4	San Francisco	7 PM
Thu.	Feb. 9	@Colorado	7 PM
Sun.	Feb. 12	San Diego	4 PM
Sat.	Feb. 18	@San Diego	7 PM
Thu.	Feb. 23	@San Francisco	7 PM
Sun.	Feb. 26	San Francisco	7 PM
Tue.	Feb. 28	@San Diego	7 PM
Fri.	Mar. 3	Colorado	7 PM
Sat.	Mar. 4	San Diego	7 PM
Mon.	Mar. 6	NWBL All-Star Game	7 PM
Tue.	Mar. 7	San Diego	7 PM
Sat.	Mar. 11	Colorado	7 PM
Sun.	Mar. 12	@San Francisco	4 PM
Tue.	Mar. 14	@Colorado	7 PM
Fri.	Mar. 17	San Diego	7 PM
Sat.	Mar. 18	San Francisco	7 PM
Sun.	Mar. 19	@Colorado	3 PM
Sat.	Mar. 25	Colorado	7 PM
Sun.	Mar. 26	@San Francisco	4 PM
Thu.	Mar. 30	NWBL Pro-Cup	TBA
Sun.	Mar. 31	NWBL Championship	TBA

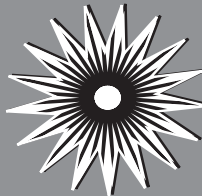
*conference game + crossover game

LA VOZ NEEDS EDITORS

IF YOU HAVE ANY EXPERIENCE IN JOURNALISM, WRITING OR LEADERSHIP,
E-MAIL: ADVISER@LAVOZDEANZA.COM



STARTING JANUARY 14
THE LIBRARY AND OPEN MEDIA LAB
WILL BE OPEN
ON SATURDAY FROM 9:00 AM TO 5:00 PM



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Friday 8:00 AM - 4:00 PM
Saturday 9:00 AM - 5:00 PM
Sunday Closed

CLASSIFIEDS

ATTENTION DE ANZA STUDENTS!

Take this opportunity to post a free classified ad.

Contact Reza Kazempour for more information.

*ads@lavozdeanza.com
or
(408) 864-5626*

De Anza College
FINANCIAL AID OFFICE



YOU COULD QUALIFY
FOR \$CHOLARSHIPS

Did you know there are dozens of scholarships
available to De Anza College students?
You could qualify for one of the following:

**FHDA BOARD OF TRUSTEES
SCHOLARSHIP (\$1,000)**

Must have completed at least 24 units with a GPA of
3.5 or higher by the end of the winter quarter 2006 and
will be returning full time in fall 2006

**SAN JOSE MERCURY NEWS WISH BOOK
SCHOLARSHIP (\$1,500)**

Could be yours if you're a single parent enrolled in at least
9 units at De Anza, can show financial need and have at
least a 2.0 cumulative GPA.

**JOHN LONG MEMORIAL PHOTOGRAPHY
SCHOLARSHIP (\$1,000)**

For any student interested in photography and enrolled in
at least 9 units at De Anza. You must have completed 6
units in De Anza photo courses by the time of the award
with a 2.5 GPA.

**ALICE VIRGINIA DE BAR MEMORIAL
SCHOLARSHIP (\$1,000)**

For art students enrolled in 9 or more units who have
evidence of art work in the form of 15 slides, completed 15
or more Fine Arts classes at De Anza with a cumulative
GPA of 3.0 higher.

HERITAGE SCHOLARSHIP (\$1,000)

Could be yours if your parent attended De Anza between
1967 and 2003. You must be enrolled in at least 6 units
and have a 2.5 cumulative GPA or higher.

KLAUS DEHN SCHOLARSHIP (1,000)

For a re-entry student enrolled in 6 units or more who has
completed 20 units at De Anza with a cumulative GPA
of 2.5 or higher.

That's just a sampling of the opportunities waiting for you at De Anza. The
deadline to apply for these scholarships
is Feb. 11, 2006 at 3 p.m.

VISIT WWW.DEANZA.EDU/FINANCIALAID/SCHOLIST.HTML FOR A COMPLETE
LIST OF POSSIBILITIES AND OUR ONLINE SCHOLARSHIP APPLICATIONS.