



## CONDOM WEEK HITS DE ANZA



Linda Hong / LA VOZ

Health Educator Mary Jo Lomax wears her condom hat to publicize the upcoming condom week.

## Latex makes it possible

BY RACHEL SCHWARTZ  
La Voz

With Valentine's Day looming, love is in the air and on the brain. Candlelit dinners, chocolates, flowers and jewelry are fogging the minds of girlfriends and their panicked boyfriends all over campus. But as V-Day approaches, there is one essential item that love-dovey couples need to remember: condoms.

With an estimated five billion condoms being used every year and over 100 different condom brands on the market, it is no surprise that there is an entire week dedicated to the little piece of latex that could.

The 22nd annual National Condom Week begins Feb. 14 and in preparation De Anza College Health Services and the Asian Americans for Community Involvement will be promoting safe sex on campus the week of February 9-12.

see **CONDOM**, Page 7

## INSIDE

### It's a chemical kind of thing

"I love you." Three simple words that mean so much. They conjure up a range of emotions so complex that it can be overwhelming.

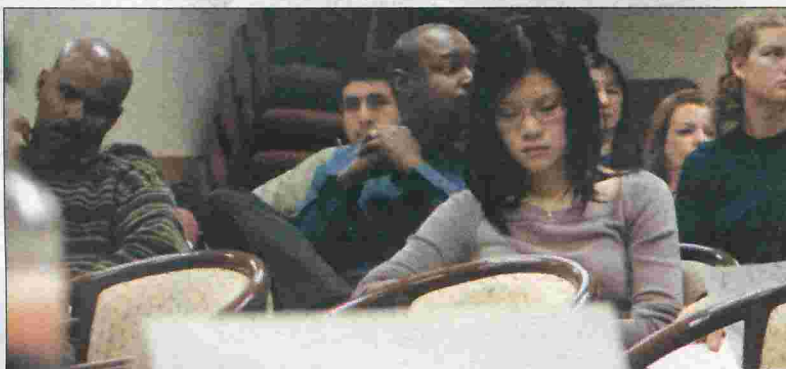
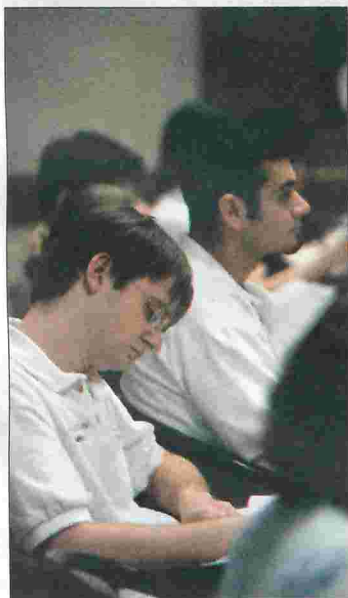
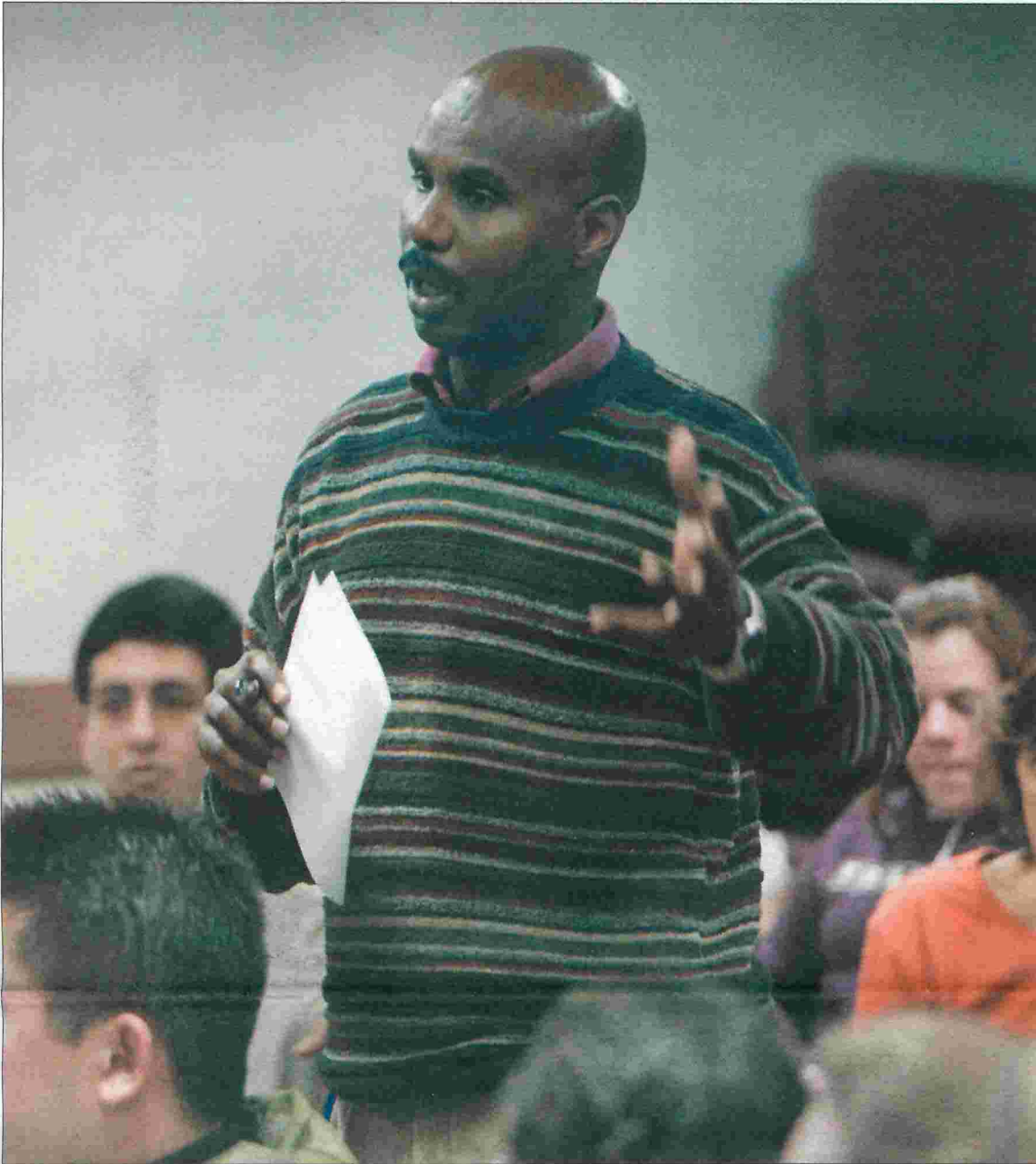


That's right folks, it's that time again. Valentine's Day is right around

the corner, and the media is at it again ... **Read more on page 7**

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# SHOW US THE MONEY



Steven Cabana (3) / LA VOZ

Last Wednesday members from different organizations to asked for more money from the De Anza Student Body. **Top:** Rob Mieso speaks on behalf of the Outreach program. **Bottom:** (left) Executive Vice President James Newburg goes over his notes as members of the audience wait for their turn to speak (right).

## THREE MONTHS, ONE MILLION DOLLARS -- LET THE GOOD TIMES BEGIN

BY LILYA MITELMAN  
News Editor

The De Anza Student Senate approved next year's budget at last Wednesday's meeting.

This Wednesday the senate will have their second and final vote. If any changes are made at this week's meeting, the voting process must restart.

Every year, the DASB Senate handles a budget of over \$1 million. It provides funding for various campus programs.

Representatives from various programs spoke to the senate and asked the body to increase the proposed funding for their programs.

Inter Club Council representa-

tives asked the senate to allocate more money for on-campus club activities. The senate chose to add \$1,000 to the proposed \$54,539 it is offering ICC. The additional money will go toward the Intrafund Transfers account and will add to the previous \$18,000 in the proposal for that account. This year, the ICC received \$25,500 in the Intrafund Transfers account.

However, DASB Vice President of Budget and Finance Drew Golkar said that the finance committee chose to lower the funding to the amount the ICC has been spending, \$18,000. Any unspent money sits for one year

see **BUDGET**, Page 6

## A CLOSER LOOK AT THE DE ANZA BUDGET

INSIDE ON PAGE 6

### THE PROCESS

De Anza's budget process has been notorious for being a long one. *La Voz* lays it out from the beginning to the end.

### ALLOCATIONS

Need to know who is losing funding and who is gaining? We thought so. *La Voz* gives you the lowdown when it comes to the green.

## Three win All-American award

BY STACY VINYARD  
La Voz

De Anza's soccer team received some recognition at the All American conference in North Carolina.

The conference, which took place on January 17, recognized Gricelda Alvarez, Eliza Elbert, and Anne Guina as All-Americans. Guina and Elbert received first team, while Alvarez received second team honors.

Every division of play from high school through Division I NCAA is represented through this award.

see **AWARD**, Page 10

## Students show that it pays to be OTI

BY CAROL WORONOW  
Campus Editor

De Anza College students earn while they learn in the Occupational Training Institute's Computer Technical Support program.

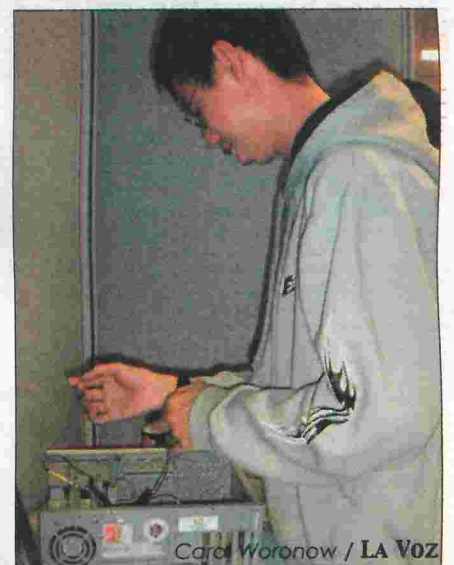
In this program, De Anza student interns learn how to repair PC hardware and install software, while getting paid for real work experience.

When the computers are fixed, De Anza students can have them free through a program in the Financial Aid office.

"This is a little more challenging than most businesses," said technical specialist Joseph Coelho, because of the variety of computer systems that come in for repair. Most businesses have standardized on only a few recent computer models, he said, but the ones he works on are from a large variety of years and models because they are donated.

Local businesses donate the computers through ExecutiveWorld, a private network of leading business executives, which also supports De Anza's

see **OTI**, Page 5



Carol Woronow / LA VOZ

Student intern Andy Wen puts on an anti-static wrist band before beginning work on a PC in the computer lab.



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## OUR MISSION

Produced by students, La Voz is dedicated to covering news that matters to the diverse population of De Anza College and the surrounding community. As a First Amendment newspaper, La Voz takes full advantage of the freedom of the press afforded to all Americans. However, this freedom comes with a tremendous responsibility not to abuse it. La Voz strives to present news in a fair and accurate manner. La Voz approaches this task with absolute integrity and actively pursues the input of members of the De Anza community to make sure that goal is achieved.

## ABOUT US

La Voz is a First Amendment newspaper written and published by De Anza College students. Staff editorials reflect the opinions of the majority of the editorial board, and do not necessarily reflect the views of the author or the opinion of the La Voz staff.

Opinions and viewpoints expressed by staff and contributors are the opinion of the individual, and not necessarily the opinion of La Voz.

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La Voz encourages Letters to the Editor. Letters must be signed and include contact information, such as a phone number or e-mail address for verification.

Letters should not exceed 300 words. Letter content must not be libelous or be intended to air unfounded personal grievances.

La Voz reserves the right to edit for length and clarity in accordance with Associated Press style, but will make no attempt to alter the letter's meaning.

## SUBMISSIONS AND PRESS RELEASES

La Voz welcomes submissions and press releases from the De Anza community. Submissions must be signed and include contact information, such as a phone number or e-mail address for verification.

La Voz reserves the right to edit for length and clarity in accordance with Associated Press style, but will make no attempt to alter the submission's meaning.

La Voz does not guarantee all submissions will be printed and does not guarantee coverage of press releases received.

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La Voz strives for fair and accurate coverage. For corrections and clarifications, submissions, letters to the editor and press releases please contact Editor-in-Chief Julio Lara.  
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### Editor's Note:

In adherence to the La Voz Handbook, we are publishing this letter by Karl Schaffer. According to our handbook, "if there are both pro and con letters, those that best present the arguments for their respective sides shall be published," and "in order to promote diversity in subject matter, La Voz shall normally limit discussion of any one subject to three consecutive issues of the paper." Although not consecutive, we believe that this letter meets the criteria. We hope that this serves as an endpoint in this math department issue highlighted in earlier issues of La Voz.

-The Editor in Chief

## SOMETHING SMELLS FISHY IN THE MATH DEPARTMENT

Dear Editor,

Something is rotten in the state of the math department; Scott Peterson's vicious personal attack on me in the Nov. 17 La Voz illustrates the abuse heaped on those of us who support multicultural and reform curricula, or who dissent. He claims, for example, that in a La Voz story dated Nov. 9, I "accused people that supported the changing of the math requirement for the A.A. degree of doing so for financial gain." I didn't write that particular article nor did I consent to be interviewed nor quoted for it, having turned the issues over to the Professional Relations Committee. (I did encourage the La Voz reporters to talk to other people, including those with whom I disagree.) In the past I have raised the issue of conflict of interest, asked for it to be discussed, and asked for those with obvious identifiable conflicts of interest to make financial disclosures and refrain from decision-making that might affect their financial interests. This is not the same as accusing people of supporting changes for financial gain, a simple logical distinction that escapes Peterson.

At a meeting in 1996 called by the dean to discuss issues of conflicts of interest, the math department coordinator denied he had assigned faculty to use software from his company; four longtime faculty immediately stood up and said that he had, indeed, assigned them to use his software - and one of those four faculty members was Peterson! (He claimed he had refused to use it.) I have quite often been retaliated against for raising this issue, and Peterson's letter simply continues that sorry history.

Peterson claims that, "His letters on math reform imply that only he, and people like him, know how to teach mathematics." However, I have campaigned tirelessly for ten years for all math faculty to be allowed and encouraged to teach with texts and pedagogy of their choosing, and I always

# LETTERS TO THE EDITOR WE WRITE AND YOU RESPOND

say and write quite clearly that I think that includes those with whom I disagree most. I have repeatedly asked the Academic Senate to affirm the right of all faculty to choose texts for their classes. The Academic Senate needs to reaffirm these basic academic and first amendment rights.

Contrary to Peterson's statement that the math dept. is open to non-traditional math education (that many in the department actually would like to support), the hostile environment towards those efforts led to the early retirement of Mishka Chudilowsky last year, due to what she called "bullying and personal attacks."

Peterson claims I accused certain PSME division members of "sitting around telling anti-semitic jokes." That claim was actually made to me by a member of the "Windmill Society," a predominantly white male club that used to include the PSME Dean and Coordinators of the Math Department. He appeared unbidden at my office in the Spring of 1995 and proceeded to complain bitterly for an hour that members of his club had filled their meetings with "jokes about women's body parts." When I asked him if there were also racist or anti-semitic jokes, he said there had been anti-semitic jokes. I only repeated his allegations (six months later) after confirming them with two other longtime math faculty members. I was only later to observe that this same person delights in telling off-color and often scatological jokes himself at departmental gatherings.

Scott Peterson's letter is the tip of the "math-berg"; those who hold sway in the math dept. need to embrace rather than vilify dissent and diverse teaching methods and materials; many studies have shown that diversity in teaching, not conformity, supports diversity in student success.

Sincerely,  
Karl Schaffer

## WRONGFUL BLAME

Dear Editor,

I am not surprised by De Anza's math department failure statistics, but I am surprised by SFJ's blame of the Math Department. Having taken Math 11 last quarter from someone who is probably the hardest-nosed "sink or swim" math instructor at De Anza, I am sure that at least half of the students didn't do their assigned homework or sat in the back of the class and didn't ask any questions. I'm not surprised that 30 percent of them failed. Math can be a hard subject.

Unlike basket weaving and PE, it actually takes strong critical thinking skills and out-of-class effort if you want to succeed. Some students have an incorrect mentality that math can be spoon-fed to them. The existing graduation requirement of basic college algebra hardly places a burden on students. Algebra is useful in even the most basic of careers (except maybe basket weaving). If we remove this requirement, all we're accomplishing is lowering the graduation standards. This dilutes

the meaning of the degree for ALL students! I should be concerned about justice for those of us who work hard for that degree and think it means something. We should be raising the bar, not lowering it. Otherwise, it's just another worthless piece of paper.

There are instructors who are poor at explaining concepts, as well as those who turn their class into inappropriate forums for pushing personal views. It IS a department responsibility to weed out those instructors, and to ensure the success rates are relatively uniform among the rest. NOT their responsibility to "serve" students. A teacher's job is to teach. It's the student's job to take responsibility for their own learning.

Sincerely,  
Rick Dexter

## FACT-CHECK WHAT YOU PREACH

Dear Editor,

I have always been impressed with the lack of "preaching" that Lilya Mitelman implies is rampant among the instructors at De Anza in her article, "When Preaching Replaces Teaching." I have taken a wide variety of classes over the past 10 years and the only class in which current political issues were discussed was in Mhaire Frazer's Social Psychology class (winter 2003); an entirely appropriate discussion of a timely topic in that discipline. Instructor Greg Druhl, highlighted on page 8 in the previous issue of La Voz, is a perfect example of a Political Science teacher who never let his personal political agenda surface in class (summer 2003).

So, obviously, Ms. Mitelman and I must be taking classes from different teachers. But she mentions the Old Testament class, which she took last quarter (fall 2003). It is only offered a year and is only taught by one instructor.

I was appalled at her implication that an instructor would make such an inflammatory comment. I have spoken to a number of people who were in this class, as well as the class taught a year before, and not one student remembers such comment being made.

Journalists beware - opinions are one thing if you are planning to defame someone's character; you had better be prepared to face the consequences. Remember the New York Times scandal?

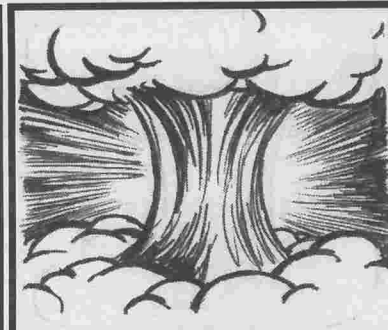
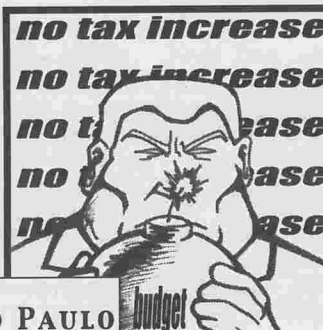
Sincerely,  
Sunny Malatesta

Editor's note:

La Voz would like to clarify that News Editor Lilya Mitelman was not in any way targeting a specific De Anza class or De Anza instructor with her article. She was only making a general statement. La Voz stands behind the written article and would like to apologize for any misunderstanding that may have arisen because of it.

# Crunchy Life Bites

BY PEDRO PAULO VIEGAS DE SA  
La Voz



# CORRECTIONS AND CLARIFICATIONS

February 2, 2004

In the article, "SFJ asks for reform in the math department," Ali Rahnoma's last name was misspelled as 'Rahwoma.'

## Be thankful for how good we have it

Tuition may be going up again next year and books are expensive. But we are fortunate to be at De Anza College.

We could be in New Hampshire, where the tuition at public two-year colleges cost \$4,429 in 2002-2003, according to the National Center for Public Policy and Higher Education. Or in Vermont, where the tuition is \$3,312 per year. These are not private colleges; they are public two-year colleges, just like De Anza.

In contrast, tuition at De Anza is now \$590 per year and even with the proposed increase, tuition would be \$832 next year.

California community college fees are lower than in any other state, said Cindy Castillo, director of Financial Aid and Scholarships at De Anza.

We did some Internet research, and she's right. According to the National Center for Public Policy and Higher Education, in California we pay about half the tuition of the next states on the list -- New Mexico, Texas and Arizona.

In addition, 5,620 De Anza students received a fee waiver this quarter, said Castillo.

Even though community college tuition went up in California and the governor's budget plan recommends an additional increase next year, expanded financial aid programs can help students at De Anza. This is counter to the national trend in which tuition is high and students may not receive the financial aid they need.

And if tuition does go up, De Anza is planning to expand access to financial aid programs to defray the additional cost.

The Board of Governor's Fee Waiver program pays for tuition, and other financial aid programs will also increase their funding if tuition increases, said Castillo.

For example, the Pell Grant is based on need, so the amount awarded will increase as tuition increases. If the governor's proposed rise in tuition happens next year, Pell Grant awards will increase by \$400, more than the rise in tuition, said Castillo. "Students would actually benefit by the increased fees," she said.

The federal Pell Grant provides financial assistance of \$400 to \$4,050 for eligible part-time and full-time students. This year, \$5.3 million has been awarded to De



**From Left to Right:** N. Truong, J. Lara, A. Thibodeau, C. Woronow, S. Cabana, R. Kazempour, K. Malatesta, L. Mitelman.

Anza students under this program, said Castillo, with an average award of \$3,600.

But federal grant applications do involve many complex forms to fill out. So this quarter, De Anza received funding for additional staff to add a financial aid outreach office in the Administration Building.

"Some students qualify but don't apply for it," said Castillo.

For example, real students who qualified for the fee waiver include:

- A student who is single, living with parents and earned \$25,857.

- A student who is married and earned \$47,312.

Yes, life is tough. Tuition increased in the fall and may increase again next year. But California is a great state in which to get an education. And if you need financial aid, make an effort and apply for it.

But the governor's proposed budget also includes cuts in funding for basic services, and that's another story. Stay tuned.

## Editor's Snap

Hey, we have feelings too! One editor exercises his first amendment right to sound off: *the Managing Editor*



rezakazempour

Cleanliness is next to godliness. Not according to De Anza students, who contribute to the unnecessary trash on campus. They range from coffee customers who leave sugar trails at the condiment stand to the feces-releasers that forget to flush.

What ever happened to cleaning up after ourselves? We recognize the mess, yet we remain too lazy to clean up. Stop thinking that someone will flush after you, or janitors will throw away your garbage, or your friend will clean up the mess you made at his house during last night's party.

I am not a clean freak, but I like things to be in order and not a mess. Yet, I am upset at our untidy society. A garbage can is available next to each light pole, yet we litter the ground with our Starbucks cups, McDonald's Big Mac cartons, and our empty Doritos chip bags.

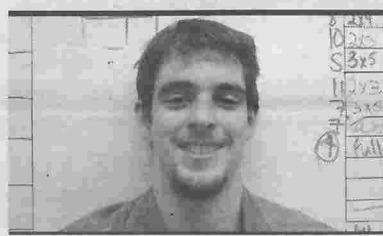
Sugar trails, ketchup stains and abandoned cafeteria trays are some examples of our laziness to throw or put away our belongings. As a barista, I still don't understand how sugar doesn't end up in our coffee cups. What laws of physics allow the sugar to land everywhere except in our coffee? Whether it's at Taco Bell or our very own cafeteria, why can't we ever put our trays away?

So many people, so few bathroom stalls. Why are our bathrooms unclean? Why is there urine on the ground and not in the urinal? We dry our hands with paper towels and we shoot them like a basketball into the nearest garbage can. Yet, when we miss, we don't pick it up and throw it away.

It is true that janitors, cafeteria workers and staff members get paid to clean up the mess. But why put unnecessary burden on an already burdensome job?

Next time you are done with your pizza, or done at the bathroom, just remember to clean up after yourself.

## Caffeine overload: ON A STREET CORNER NEAR YOU



barryskidmore

Congratulations, De Anza.

Starbucks, in their infinite wisdom, have chosen to open yet another monument to your espresso-shooting, soy latte-guzzling, Frappacino-blending, caffeine-addicted lifestyle, this time directly across the street from campus.

I can just see all you bleary-eyed addicts convulsing in glee with the prospect of having four coffee houses located within a mile of campus, allowing you to maintain a state of perennial buzz.

I am a caffeine addict. I need at least two cups of coffee to be able to function most of the time.

I'm currently writing this piece at 4 a.m. (roughly 10 hours past deadline) thanks to the wonders of my sixth 20-ounce cup of black coffee. As far as I'm concerned, the more coffee available to me, the better.

Well, maybe.

I keep asking myself, is this too much of a good thing? Do we really need a Starbucks on every corner?

Whom does it really serve to have Starbucks stores competing with each other? Are we going to sacrifice one of De Anza's most defining features, Coffee Society, on the altar of progress?

This new Starbucks is exactly one half-mile from the one located on De Anza Boulevard. It is one mile from the Starbucks on Homestead Road. It is less than a quarter-mile from Coffee Society. So the real question here is, why should I choose this location for all my coffee-dependency-filling needs?

The De Anza location has a Noah's Bagels connected to it. The Homestead location has a Togos and a mom-and-pop bagel shop next door. As for Society, well, they just have the whole character thing going for them.

Not to mention a loyal clientele of caffeine freaks. What exciting addition does this new Starbucks have to entice me away from my old haunts?

A Panda Express. Hmm, coffee and Chinese food, that could get very interesting. And gassy.

Which brings me to another point: they say location is everything.

Now, what better location for a coffee shop

sleep-deprived bright young scholars? Well in this case, it could be a problem.

All the other stores are conveniently located to be easy to stop in on your way to campus early in the morning.

With this new store's location, the only time it would be convenient to get there is when you're leaving campus.

Sadly, in my case, having gotten some decent nap time in during my three-hour breaks between classes, that is pretty much the only point in the day that I don't need coffee.

Now, time for the bombshell: this humble writer is, in fact, a Starbucks employee. That's right, folks, I jumped at the chance for \$9 an hour, benefits, stock options and all the free coffee my poor stomach can take.

I love the company. They're paying my way through college. So obviously, you would assume I would fully support expansion any ... and everywhere.

You would assume that Starbucks is just out to conquer the world, damn the torpedoes and the little guy, hail the corporate hegemon!

Except, maybe that's not the idea at all. Coffee Society is, in the words of CEO Ralph M. Flynn, "doing something totally different from

Starbucks." Society has been a De Anza community fixture since it opened 1989. In that time, it has served as a cultural hub for both De Anza College and the city of Cupertino.

It provides music and art expositions in addition to coffee. Most importantly, Society has a reputation as the anti-establishment coffee joint.

You're just not one of the cool kids if you haven't been spotted relaxing on one of the large couches inside the lounge area, or sitting outside on a warm summer night shooting the breeze with the security guards.

Starbucks can't compete with this heritage, and shouldn't.

Both stores occupy their own niche markets and would do well to emphasize their strengths.

So can Starbucks even support another store with so much competition nearby? History tells us that the company famous for opening stores directly across the street from each other will probably be able to maintain a foothold.

No doubt, this company has an efficient and profitable business model.

I'm a believer in Starbucks (I mean, come on, I work for them) but in this case, we'll just have





## Fix the Math At De Anza

The Math Department is in desperate need of reform. The situation as it is cannot be allowed to continue. Countless numbers of students at De Anza each year come up against an obstacle that mars their transcripts, delays their transfers, and most importantly, derails and damages their learning process. This obstacle is the current policy of the Math Department. We do not wish to abolish math altogether, nor are we simply "lazy" students who want to get out of a requirement. The fact is that the current state of affairs in the Math Department is such that more than 60% of students who test into basic math go on to fail the first or second course. Such statistics speak to a failure of Math Department policy, not of students. What we ask is that the Math Department take action to implement a program of reform, and we are willing to help in any way necessary. This program of reform should include the following changes:

- \*Institute a support program that will rectify the disproportional failure rates in math among students of color. This could include expansion of the MPS program to a size that would adequately meet the needs of the student body.
- \*Increase funding for programs that assist students in math and create such programs as is necessary.
- \*Allow for student voice in the Math Department, in the form of a student-controlled body that will look out for the interests of students, and make sure that the program of reform is properly and satisfactorily implemented.
- \*Research and implement alternative teaching methods that will not only improve success rates, but also will make math more relevant to practical real-world problems. The goal of the Math Department should be to make math part of the learning process, not an obstacle to it.
- \*Provide the necessary support so that students are not delayed in their transfers, or prevented from transferring due to failed math classes.
- \* Reasses and roll-back the math requirements at De Anza to more reasonable levels.

On February 17, Students For Justice will be having a rally about the math issues. If you feel that your educational process at De Anza has been hurt because of the Math Department policy, contact us at [sfj\\_deanza@yahoo.com](mailto:sfj_deanza@yahoo.com) so you can give your testimonial. The rally will be held at the Main Quad at 11:00 am

# Be there or b<sup>2</sup>!

# OTI | Upstart program teaches computer wisdom

## FROM FRONT PAGE

Business Incubator program. Often the computers are missing parts or are broken, said director Susan Malmgren.

The De Anza Student Senate voted unanimously on Jan. 28 to approve funding for replacing computer parts for 60 computers in the Computer Technical Support program. Additional funding comes from Foothill College and the Packard Foundation.

Students can apply to enter the internship program at any time. It runs for 144 hours at about 12 hours per week for 12 weeks, with flexible hours, said Malmgren.

Entering student interns must have completed classes that include CIS 50A, CNET 51A,

CNET 111 and CNET 119, or show equivalent experience. After successful completion of training as apprentices, students continue to learn and work in the computer refurbishing facility. They are also eligible for paid industry-based internships and job placement assistance.

In the Computer Technical Support program, students learn how to install hardware and software, as well as how to troubleshoot and repair computers.

Instructors also teach students customer service skills for information technology professionals.

Students receive real work experience that they can apply to a future job.

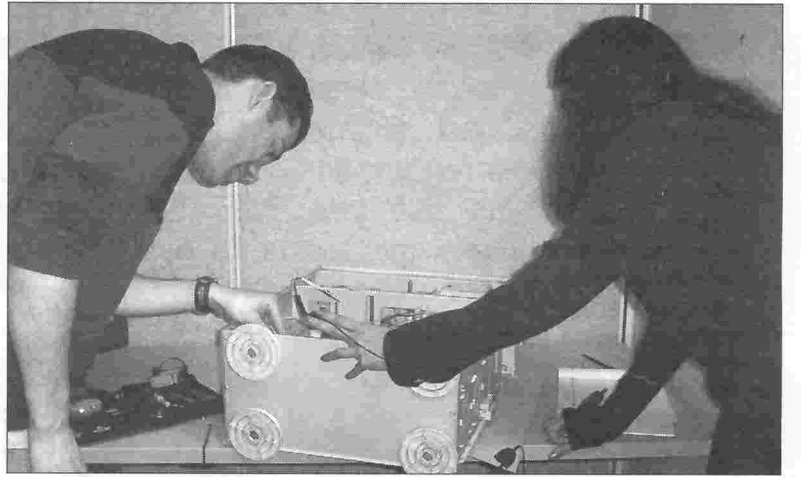
Training coordinator Jane Ostrander is teaching a new class about customer service, which

was recently added to the program.

Refurbished computer systems are PCs with Windows 98 or Windows 2000, CD-ROM readers and modems. The systems are ready for word processing and Internet use. Recipients can receive assistance in initial setup and use of their refurbished systems. The goal is to refurbish and give away 100 computers between now and June.

For more information about the Computer Technical Support program, contact Susan Malmgren in the OTI office at 408-864-5713, or apply at their website: <http://oti.fhda.edu>.

For information about getting a free refurbished computer, go to the Financial Aid office, or contact them at 408-864-8718.



Carol Woronow/ LA VOZ

Technical specialist Colin Underwood (left) instructs student intern Shantisri Vadlamudi on putting together a demonstration computer. Both are participants in De Anza's Computer Technical Support program.

## Plus/minus delayed

BY STACY VINYARD

La Voz

The Board of Trustees postponed action on the issue of plus/minus grading until their Feb. 17 meeting, amidst dissension. Students, faculty and administrators discussed the issue for over two hours, while over 15 people gave opinions on the subject.

De Anza Academic Senate President Dan Mitchell suggested amending the proposal passed by faculties at both the Foothill and De Anza colleges.

The original proposition stipulated that the new grading system would be implemented in fall 2005. The De Anza Student Senate unanimously rejected the proposal.

The new plan keeps the original fall 2005 implementation date for full-blown plus/minus grading. However, it also recommends assigning students plus and minus grades beginning in 2004, without the plus/minus notation affecting a student's grade point average.

This trial period would allow administrators, students and instructors to assess the new grading system and address previously unforeseen concerns.

Some thought that the 2005

date for full-blown plus/minus grading would not give officials adequate time to address kinks in the system, as well as assess its overall efficiency. They suggested that it be delayed until the 2006 school year.

Questions about the trial period arose from students, faculty and board members, specifically about the logistics of putting it into action.

Concerns included whether or not pluses and minuses would be recorded on a student's transcripts, which could be a factor in college eligibility. Individuals also wondered if a trial period might cause a financial burden.

Others at the meeting thought it would be unfair if De Anza switched to plus/minus grading while other California community colleges did not.

They said this would disadvantage De Anza students attempting to transfer to a four-year college. They encouraged the district to contact other California community colleges in an effort to adopt a statewide grading policy.

At their Feb. 2 meeting, the Board of Trustees also approved a resolution declaring their support for all four propositions on the March 2 primary election ballot.

## De Anza is the point of no return

### ■ FIFTY PERCENT OF COMMUNITY COLLEGE FRESHMEN DO NOT RETURN FOR A SECOND YEAR, ACCORDING TO NETSCAPE NEWS

BY ADRIAN LONG

La Voz

One in four college freshmen at four-year universities do not return to college for a second year. This number is even higher for community colleges, with only half returning, according to Netscape News.

The Seattle Times reported that the intensity of the pace and the amount of academic work could be overwhelming for new college students.

Even with high schools offering Advanced Placement classes designed to cover similar material as college courses, most high school graduates are not prepared for college.

The Bridge Project at Stanford recently published a report listing the top ten myths students believe

about college, culled from students, educators and parents in six states. The myths stated that students thought:

- They were unable to afford college.
- They would have to be a great athlete or student to receive financial aid.
- Meeting high school graduation requirements would prepare them for college.
- Getting into college would be the hardest part.
- That community colleges do not have academic standards.
- It would be better to take easy classes in high school and get better grades.
- That their senior year did not matter in terms of college eligibility.
- Worrying about grades and classes is not necessary until sophomore year of high school..

- Financial aid does not need to be accounted for until students know which school they will be attending.

- That students can take whatever classes they want when they get into college.

According to De Anza's Dean of Admissions and Records Kathy Kyne, the number of students returning to De Anza is slightly higher than those reported by Netscape News.

"When I worked at a four-year school, nearly half of our freshmen did not return for their second year, but De Anza's numbers are not nearly as bleak."

Currently, De Anza has 22,342 students enrolled for the winter quarter.

Kyne said that by the quarter's end, the number will change slightly after student adds and drops are factored in.

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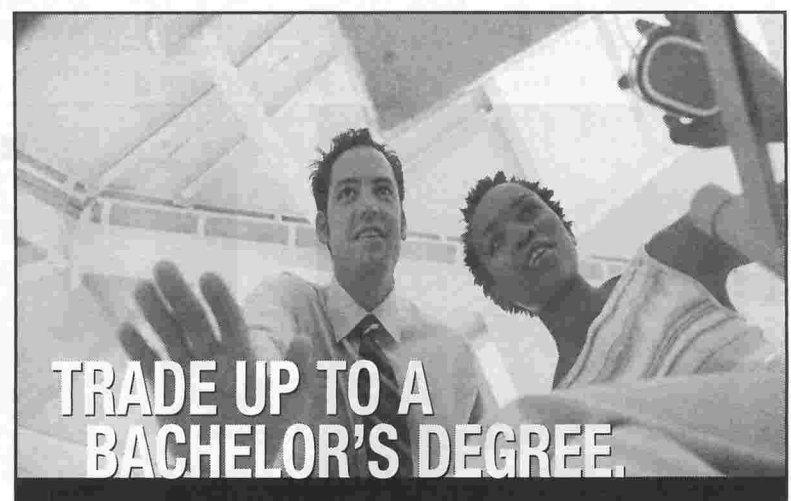
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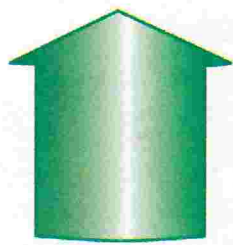
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# BUDGET | Student senate deals out \$1 million



## ■ TUTORIAL & ACADEMIC SKILLS CENTER

After the senate added \$11,092 to the fund at last Wednesday's meeting, the program will receive \$44,367 next year. This year, the fund got \$32,753. The extra money will enable the center to hire two more regular tutors and two more adjunct skills tutors.

DASB President Saba Zariv introduces a program representative. She planned out the budget discussion so senators would propose adding to programs first, vote, and then choose where to cut the money from. At the meeting, she said that she chose this method to encourage senators to view the process as helping programs instead of cutting from them.



Steven Cabana / LA VOZ

## FROM FRONT PAGE

collecting interest and gets recycled in the next budget, he said. At the meeting, he said he would support giving ICC another \$1,000 to allow them room for growth because they say that they have more clubs now.

The original motion was to give the ICC an additional \$8,000 but it was struck down.

Senator Allison Smith said that the ICC doesn't seem to be in desperate need of money while the other programs requesting aid are.

Golkar said that if ICC was in desperate need for more money they could request it next year in special allocations.

Student Success and Retention Services also asked the DASB for more money for the outreach program. Although the senate kept the funding the same for this year and next year's proposal, \$3742, the program requested \$11,244 this year to hire more student employees, purchase additional supplies and banquet supplies and for printing.

DASB Executive Vice President James Newburg moved to give an additional \$1,972 to the program but the motion was struck down. Some senators felt there is currently no need for additional publicity for De Anza.

The largest monetary addition made at the meeting was to the Tutorial and Academic Skills Center. Program representatives urged the senate to allocate more money because their state Partnership for Excellence funds are undergoing cuts and they need the revenue to continue providing services. The proposal offered the tutorial center \$33,275, \$500 more than this year's proposed funding. The original program request was for \$55,458.

The senate voted to give the Tutorial Center an additional \$11,092 to hire two additional regular tutors and two additional



## ■ STUDENT SUCCESS & RETENTION SERVICES

The program will receive \$42,505 next year after the senate added \$7,395 to the proposal for hiring three additional staff members. This year it received \$29,000 before Budget Crisis Allocation. With BCA, the program got \$41,587. It requested \$50,396 for next year.

adjunct skills tutors. Many senators said that the tutorial center deserved additional money more than other areas because it directly helps many students.

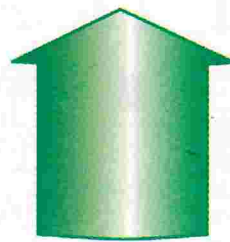
The New Student Orientation Program requested \$6,210, primarily for promotional items. The proposal offered them \$1,770.

La Donna Yumori-Kaku asked the senate to raise the amount of money so that the program could provide highlighter-pens advertising DASB to new students. DASB Vice President of Marketing and Communications Carrie Gotch moved to give the program an additional \$2,000 but the motion was struck down as senators debated the effectiveness of pens for publicizing the student senate.

Newburg opposed providing the additional money because he said the pens would go toward helping the students who can stay in school after budget cuts and without DASB funding to programs that tutor and help students and instead it should go towards keeping students in school in the first place.

The senate struck down motions to allocate more money to SSRS and *La Voz*, then reversed its move after the additions to the other programs were made.

Initially, many senators were skeptical about changing the proposal and offering programs more money because that money would have to come out of another program.



## ■ STUDENT COMPUTER DONATION PROGRAM

The budget proposal offers the program \$10,462, a little more than requested. DASB Vice President of Budget and Finance Dr. Golkar said that the finance committee thought the program was doing a good job and wanted to help it. This year it received \$7,433.

Newburg suggested first freeing money up from the DASB Leadership Scholarships and seeing how much money the senate has to deal with.

However, DASB President Saba Zariv said that she asked for additions first to encourage senators to hold an attitude of helping programs versus cutting from them.

After reconsidering, the senate gave SSRS an additional \$7,395 to hire three more staff members. The senate also gave *La Voz* an additional \$4,000 to cover printing costs.

The total additions the senate made to the budget were \$23,487. The money is to be taken out of the DASB Leadership Scholarship Fund. The fund serves as a scholarship for senators and currently has \$36,300 in it, enough for each senator to receive \$400 per quarter.

Although all the senators agreed that the money should be taken out of the scholarship fund, they debated just how much should be taken out. Some senators felt that the account should be emptied out entirely and the extra money given to more programs while others felt that some money should remain in the fund for future senators.

Newburg suggested taking out all the money and using some of it to fund scholarships that the DASB offers to students. Currently, senators are not permitted to

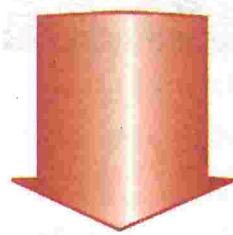
apply for those scholarships but Newburg said that the rules should be changed to allow senators to apply for them so that senators that show a need for financial aid retain the ability to apply for it. The final decision was to take \$23,487 and leave the rest in the leadership scholarship fund. However, the senate change the allocation procedure for running the scholarships to include consideration for the need of financial aid.

The Finance Committee's goal was to keep programs at the same level funding they were last year, said Golkar. Program representatives requested \$1,673,917.22 in funding next year. When the finance committee drafted the proposal, they came out approximately \$85,000 over budget. However, they were able to obtain the additional money from two sources.

When the campus center was expanded approximately a decade ago, the student senate put itself into debt and has been paying off the expenses ever since. At the time of the expansion, the senate put \$130,000 to cover two years' worth of payments for the expansion in case any year the senate runs out of money and is unable to pay the amount.

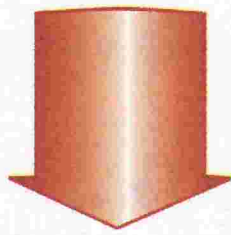
However, there are only two years for which the senate owes money, so the finance committee proposed withdrawing \$65,000, one year's due amount, and adding it on to the budget. The remaining amount was taken out of summer/fall/winter/spring allocations. The total budget ended up as \$1,075,865.67.

The final vote on the budget came at 7 p.m., a record for speed, said DASB Staff Adviser John Cagnetta, with twenty senators in favor of approval and one vote for Newburg, in opposition. In previous years, the budget was discussed until midnight.



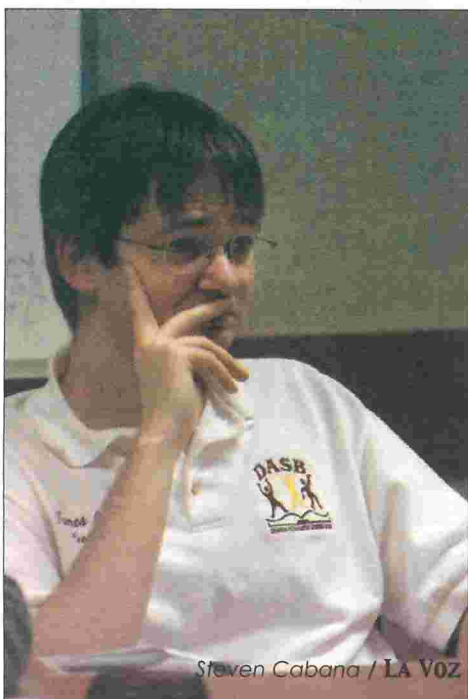
## ■ NEW/PREVIOUSLY UNFUNDED PROGRAMS

Most new account requests did not receive funding. Programs that did not receive funding last year did not receive any this year either for the most part. Golkar said that the finance committee aimed to keep program funding at the same level it was at last year.



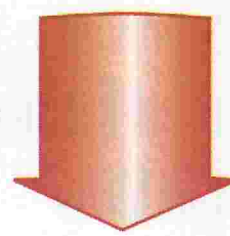
## ■ DASB LEADERSHIP SCHOLARSHIP

The money that the senate added to programs at last week's meeting, \$23,487, was taken out of this fund. Previously the fund had \$36,300, enough to provide \$400 for each senator per quarter. DASB plans to change the application process.



Steven Cabana / LA VOZ

DASB Executive Vice President James Newburg listens to program representatives asking the senate to increase their funding. Newburg urged the senate to do so.



## ■ DASB TRAVEL

The fund went from \$20,000 to \$0. Instead, the finance committee chose to divide the money and put it into two accounts: DASB/ICC Student Leadership Conference and a new account, and ICC Travel. Golkar explained the change at the Jan. 28 meeting.

National Condom Week begins Feb. 14

## Love is in the Air

### FROM FRONT PAGE

At the Health Services table in the Student Center, students will be able to make Valentine cards for the special someone in their life as well as get male and female condoms and literature about safe sex and sexually transmitted infections.

"Even if you aren't sexually active, you can still make a card," said De Anza Health Educator Mary-Jo Lomax. "You don't have to be a condom user to participate."

National Condom Week began in the early 1980s as a way to spread awareness of HIV and AIDS. In more recent years, it has become a way to promote safe-sex practices on college campuses across the country.

During past National Condom Weeks, Health Services has made posters, distributed buttons and made small variety packs of condoms for students to take home.

In past years, the 2500-con-

dom packs would be gone halfway through the week, said Lomax.

In recent years the event has become less popular at De Anza, with fewer students taking advantage of the free condoms offered.

Lomax was unsure of why this happened, but hopes that it is because students have become more accepting of condom use or are choosing not to have sex.

"I'm noticing that when offered condoms, more and more students are saying, 'No thanks, I'm not sexually active,'" said Lomax.

Along with offering condoms year-round, Health Services also

distributes many over-the-counter medications as well as pregnancy tests at no charge to De Anza students.

There are also many other services available to students at a low cost, including emergency contraceptives (the morning-after pill), immunizations, well-woman exams and birth control.

"All students pay the \$9 health fee, so they should really take advantage of the services we offer," said Lomax.

There is a doctor on site every Monday from 10 a.m. until 1 p.m. who can treat most common illnesses as well as prescribe med-

ications such as acne treatments.

Health Services is also currently looking to hire another part-time nurse practitioner to help with the workload.

National Condom Week began in the early 1980s as a way to spread awareness of HIV and AIDS



Health Educator Mary Jo Lomax can be found in the Health Center. Condoms are always available, but not the umbrella.

Linda Hong / LA VOZ

## CONDOM FACTS



A condom can hold approximately four quarts of milk.

Today's condoms are between 0.03 and 0.08 millimeters thick. A sperm has a diameter of 0.003 mm.

Condoms are available in a multitude of types, colors, sizes, and even flavors!

You think you know ... but you have no idea

**DA**  
voices

What's your take on Valentine's Day?

COMPILED BY CHASE NELSON  
La Voz



-Denise Cao

"I'm excited. I'm looking forward to Valentine's Day. It's a 'couple day' for boyfriends and girlfriends, but also a day for families."



-Raymond Manuel

"I'd like Valentine's Day better if I had a girlfriend. I need a valentine."



-Dijana Ilieva

"I make Valentine's Day a big day all the time. It's one of my favorite holidays. If you have a secret crush on someone it's a chance to make a move and let them know."



-Susan Phuma

"You're very aware that you're single on Valentine's Day, and it kinda makes you wish you had someone. It's just another day to feel this way."

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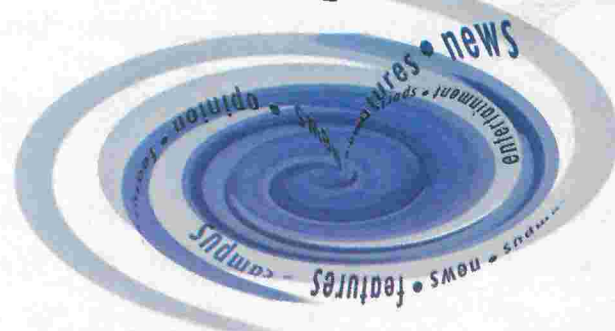
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"I love you": three simple words that mean so much. They conjure up a range of emotions so complex that it can be overwhelming.

That's right folks, it's that time again. Valentine's Day is right around the corner, and the media is at it again, trumping up the significance of a holiday created by the greeting card industry to fill the void between Christmas and Easter.

But I digress.

When it comes to the definition of love, everyone's a Noah Webster, but surely we can all agree on the basics. Love, at its core, is a mixture of mutual trust and companionship between two people. Love is the product of deep and innate forces within each of us.

Psh, whatever. Love can be boiled down to three things: familiarity, sensual stimulation and evolutionary selection.

Ladies and gentlemen, you are slaves to biology. You have no control over it, no

matter how much you believe to the contrary.

Have you ever stopped to seriously think just what is it about that curvy blonde bombshell that makes her so irresistible? Of course not, because by the time you've rolled your tongue back into your mouth and dried the drool off your shirt, she's long gone.

But the reason you almost went into catatonic shock from her passing by may surprise you: a big part of it has to do with symmetry.

What turns you on has little or nothing to do with how blue Brad Pitt's eyes are or how big Pamela Anderson is this week. Instead, those people have incredibly symmetrical faces and bodies.

According to a study published in 1994, an individual's perception of symmetry is "a means of ascertaining the stress susceptibility of developmental regulatory mechanisms."

In plain English, that means that the reason I find Halle Berry so fine is because the alignment of her face tells me that she'll have healthy babies.

It's not just that people are so geometrically perfect that we find them irresistible. There is, of course, the matter of pheromones: that unnoticed aroma wafting off the opposite sex that makes us swoon. You may not have known just how complex these smells are and how much they can tell us about the other person.

A study conducted in the 80s, in which scientists asked women to smell the sweat-stained T-shirts of different guys, found that a woman thought a shirt smelled best if the immune system of the guy was the most dissimilar to theirs.

That cute guy/girl can literally smell if you have a good immune system. Now why would this matter? Because, while you may not be thinking it, your brain is telling you that your kids will have a better chance of surviving disease.

All of this occurs on a subconscious level, without us realizing going on. So what conclusions we draw? Is love a fancy or a

Are we going to be ge our affection in form in a years, like so r love-induc Viagra?

Of course, matter the scie no matter chemicals, it t more than a

electrodes firing in the brain to love really last.

The chemistry behind that gl or the attraction is only half the tle; it takes that human connectio get behind the science of the e tion.

On this Valentine's Day, c brate the emotion and celebrate day. Most importantly, celebrate one you love, because even none-spewing bags of chem need affection every once in a w



barryskidmore

## This is Laura Miller

YOU MIGHT FIND HER JUGGLING A VERY SIMILAR TO YOU

BY FRANCIS ESTRAND  
La Voz

"Why do I wear glitter around the eyes? It makes me look awake," Laura Miller said.

After leaving home when she was 16 years old to live her life, she found herself balancing her goals with her present responsibilities and performing a juggling act that we can all relate to.

No one in her family thought she would go to college. They thought wrong, she graduated from high school with honors and followed that up with her enrollment at De Anza College, "because of the diversity," she said, and its proximity.

This juggling act has evolved into an art. Working her 40 hours a week while maintaining her full-time student status takes its toll. But she still manages to also take care of

Michael, her nine-year-old brother, with whom she has legal custody. She places her role as a sister/mother above those other roles. Her busy schedule can make him feel left out and Miller tries to find ways to connect.

They study at the library because it gives them some private time. He sometimes likes to make her quesadillas because she doesn't have time to cook at home and with her studies she doesn't have any days off. "My brother can see how important school is because of my situation," she said.

Despite difficulties and hardships Miller wouldn't change anything in her life. Although she has a desire to be an insect, "I would like to be a butterfly because of its beauty, short lifespan and simplicity. They don't have much to worry about. Monarchs only migrate," she said.

Her shift manager job at the Boston Market pays the bills and

she enjoys it. Her day starts with work in the morning and ends with school at night. This doesn't leave much wiggle room. Luckily, her organizational skills give her an advantage a lot of students would envy. "I make a checklist, go through it and prioritize."

Miller has kept up her grades and plans to major in psychology and music.

Miller doesn't believe in drugs, she believes in her brother. What helps her is to go to Natural Bridges, the state park in Santa Cruz, as often as she can with him.

He is her anti-drug.

Since she doesn't want to change anything in her own life, "I would give more money to the schools and remove insanity," she said.

Miller is a student who resembles a lot of other students in our parking lots, in our classes and in the student center. They are all pushing their rocks up their respective hills.



Francis Estrand / LA

Laura Miller is among the growing number of students who are full-time students balancing full-time work schedules. "It pays the bills and I enjoy the employees and customers," Miller said.

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DA  
voices

What's your favorite part of the Human Sexuality class?

Rachel Schwartz / LA VOZ

**Natasha Joplin, instructor**

"If students take away one thing from my class, I hope that it is that we all come from a wide variety of experiences and anatomy and that it is all good. We are all different and unique and acceptance of these differences would make for a better world. Also, take care of yourself. We only have one body and it is up to us as individuals to take care of and nurture ourselves."

**Quan Truong**

"It's fun that we talk about things in class that we wouldn't normally discuss with our peers, but in here, everybody is open about it."

**Marevie Tepora**

"I'm taking this class so that I can be aware of what's going on in my body. You have to learn about sex as you're growing up, so I think that it is an important class to take."

**Stephanie Truong**

"Taking this class I get to learn all about myself, my body and my partner. Because of the class, I'm more aware of what can happen, so I know to be careful."

**Ron Belong**

"My favorite part of class is when we watch graphic videos [that show in detail what we are studying]. We get to see, almost first hand, what is going on in the human body. It's almost like being there."

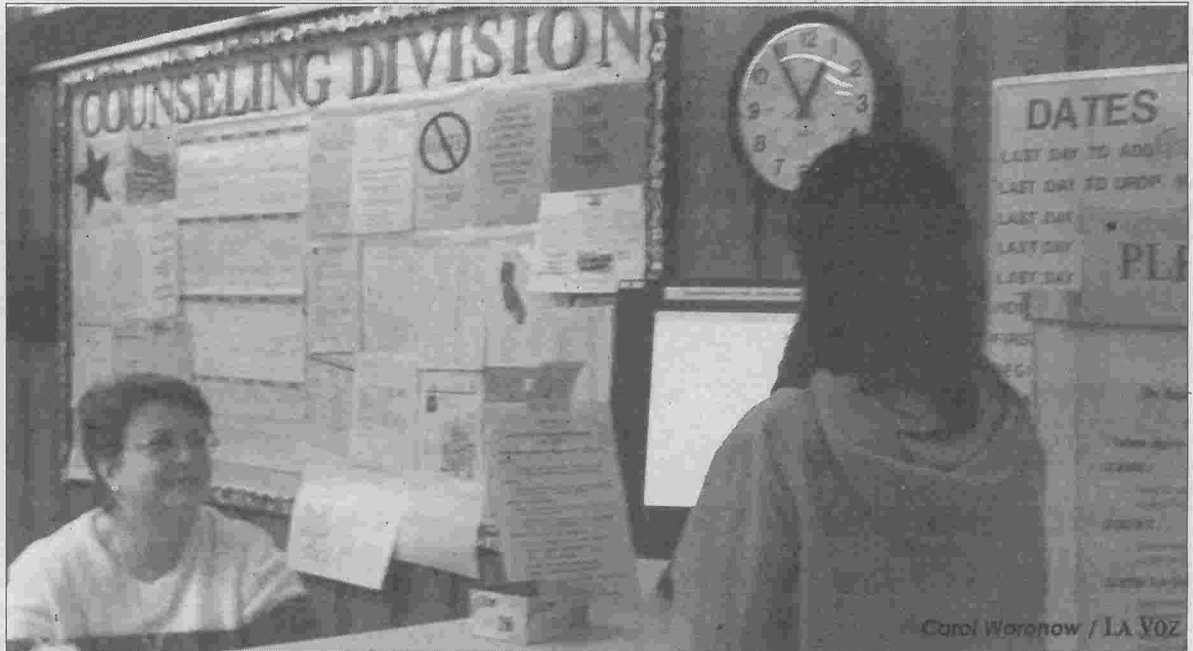
**Meyanka Goldstein**

"The coolest thing that we've studied so far was female circumcision. We studied why it's done and why it's dangerous."



-DIVISION FOCUS SERIES-

## Counseling Division



Gail Vandiver, senior secretary of the Counseling and Matriculation Division, talks with student assistant Manami Hashimoto as she demonstrates how to sign in for counseling.

## Counseling offers more than transfer agreements

BY STACY VINYARD

La Voz

De Anza's counselors do more than just help students with education plans, transfer agreements, and course selection. While they do handle those areas, they also provide classes and personal counseling.

The counseling department offers a class, Career Life Planning, to help students decide on a major or a career. "Mind over Math" is designed to help students get over their anxieties about math. Another counseling class teaches De Anza students about peer counseling. Of course,

the most popular class offered by the counseling department teaches students about their bodies and the myriad uses for it. That class is Human Sexuality.

While counselors spend most of their time dealing with the academic side of advising, they also support De Anza's students through life's difficulties with personal and crisis counseling. Students who end up in a counselor's office for such problems usually arrive there because of recommendations from a worried instructor who notices depression or excessive emotional reactions, said counselor Adrienne Pierre. Then the instructor sends or takes the student to see a counselor.

Personal counseling includes family or relationship problems and self-esteem or anxiety issues. Crisis counseling generally deals with such problems as severe depression or suicidal thoughts, as well as physical abuse such as

domestic violence.

In most of these cases, De Anza counselors act as liaisons, said counselor Victoria Moreno. They assess the problems students are experiencing and then refer them to either free or sliding-scale community counseling resources or to counselors through the students' medical insurance.

Counselors at De Anza have one underlying purpose: helping students. Though academic counseling is essential for most students' success, counselors do much more than just tell a student which classes they should take or what they need to do to get into a school. Counselor Don Nickel summed it up when he said, "Counselors are not always there to advise. Sometimes students just need someone to listen." There is a reason the lines get so long in the counseling office — people need them.

## Adviser loves her job

BY CAROL WORONOW

Campus Editor

Renee McGinley loves her job. She is the program coordinator of the RENEW program for returning or non-traditional students and is also an academic adviser in the Counseling Division.

When McGinley grew up in a small town in Iowa, her high school counselor told her that she was not college material. "I did not know how to study," said McGinley.

But when her daughter went off to UC Davis, she asked herself, "Why not me?"

She began taking classes at De

Anza and received help from the RENEW program. When she took her first counseling class, she received a boost from the instructor, Marion Winters, "an awesome mentor," said McGinley.

McGinley discovered that she loved helping people. She became a peer adviser and then got a part-time position with EQPS so she could work and go to school.

She stayed at De Anza for three years as a part-time employee and then got a job as an academic adviser. She began coordinating the SLAMS program.

In 2001 when she got funding from DASB, she restarted the RENEW program.

She communicates with some students by phone or e-mail. "If you have three kids and are at home, you may not be able to come in for advising," she said.

She does referrals to help students with housing, finances and



Renee McGinley

child care. "Some students want to come to De Anza so badly but don't have money for books," she said.

The campus can be intimidating. Students ask her, "What do I do first?"

Sometimes they just need encouragement, she said, like "You can do it." They might be scared of math and she refers them to tutors. They come back to her and say, "We did it. We passed the class."

## Counseling makes success story

BY FRANCIS ESTRAND

La Voz

Angela DeLosSantos is divorced with four children — 3, 5, 7 and 11 years old — to care for. On top of it, she needed to upgrade her skills to face her family responsibilities and the job market. As a result, she signed up for a medical assistant Associate of Arts degree at De Anza College. She is so happy about the way things turned out, she volunteered to talk to *La Voz* about it.

Not long ago, she had a hard time keep-

ing up with her studies because the CalWorks program she is in requires a minimum of 17 to 19 units per quarter. She was struggling so much that she lost her financial aid. She went to the EOPS office to see a counselor who helped her define her problems and find the right solutions. "I want to acknowledge counselor Truly Hunter because of her keeping track with me, seeing me twice a quarter and finding the help I needed," she said.

She was taking a bad combination of classes that required a lot of reading and work. Hunter developed a balanced plan for her and referred her to the Educational Diagnostic Center lab to be tested for learning disabilities. "I am in the process now of being tested for a math learning disability," she said. "My counselor sent me to the tutor

study group and she helped me keep the pace instead of falling behind. She helped to eliminate the unnecessary and focus on the essential. Now I am taking 12 units because she helped me settle the problem with CalWorks. The EOPS care office paid for books, waived classes fees, gave me \$25 to go buy supplies like notebooks, also gas cards and a backpack. They refer us to other places that can give us resources and information," she said.

EOPS also helped with non-academic needs. The Equal Opportunity Services (ESO) helped to pay bills, get food and clothes and provided family counseling.

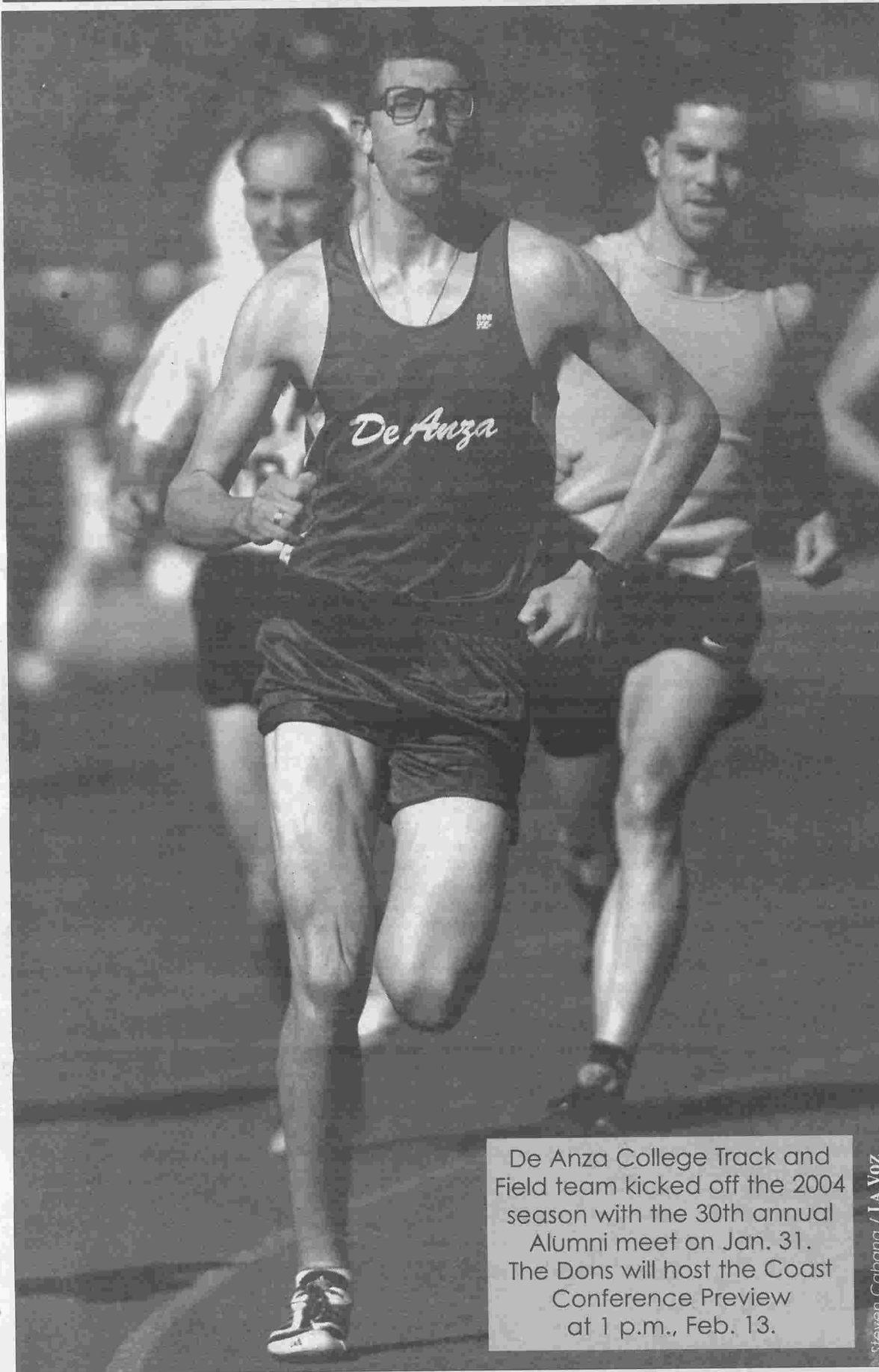


Angela DeLosSantos

Looking for other resources to mention, she exclaimed, "Oh my God, there are so many things ESO does for us!" There are scholarships at De Anza she applied for through the Occupational Training Institute, and EOPS took her kids to after-school activities. An outreach service provided for resources like financial help to send her children to school along with childcare and transportation.

"I get a lot of help in a lot of areas here in school, and not only for the education," said DeLosSantos. However, CalWorks doesn't help anymore with housing because of budget cuts.

## TRACK AND FIELD



De Anza College Track and Field team kicked off the 2004 season with the 30th annual Alumni meet on Jan. 31. The Dons will host the Coast Conference Preview at 1 p.m., Feb. 13.

Steven Cabana / LA VOZ

## WOMEN'S SOCCER

## AWARD | Three athletes honored

## FROM FRONT PAGE

Other divisions included are NCAA II and III, NAIA, and community college, the division into which De Anza fits.

To choose players who will receive this honor, coaches within each region vote, basing their decisions on qualities such as coaching ability, on-field performance, leadership, and statistics.

Academic achievement also plays a key role in the selection of All-American athletes said women's soccer coach Cheryl Oweisney.

Coaches want to make sure that the players they choose for this elite award will transfer to a four-year university to continue their athletic and academic successes.

The All-American award is given only to the very best athletes in the country, and having three players from one team earn this accolade proves what a force De Anza's women's soccer team is.

"It's not very common," Oweisney said, "for three All-Americans to be chosen from one team, so it's very rewarding. I think it shows the respect other schools have for De Anza."

Even less common was Guina

winning the award as a freshman, especially since she came into the season after three months without training due to a fractured ankle.

Despite her shaky season opening, Guina thought that this was the best season of soccer she had ever played.

She said that what made the season even better for her were the friendships she had on the team.

"Playing what you love and having it be fun - that's the best thing possible," Guina said.

Though Elbert spent her summer training five to six days a week in sweltering heat, winning the All American award is such an honor that team captain Elbert thought it was a joke when Oweisney first told her.

"I couldn't say anything at first," Elbert said.

She then went on to explain how she felt that all of the years of hard work she had put into training had finally paid off.

"I've played for years and never won anything big," Elbert said. "Now I've got the holy grail of soccer awards."

As of now Elbert has no definite plans for where she will play next year, but her first choice is California Polytechnic State

University in San Luis Obispo.

Goalkeeper Alvarez came to De Anza three years ago as a red shirt, only practicing with the team.

Two years ago Alvarez became the team's back-up keeper until she was given the chance to shine when the starting keeper started missing practices and games.

She quickly earned the role of starting keeper and now is not only an All-American, but the second ranked goalkeeper in California.

To prepare for the success of her season, Alvarez trained religiously throughout the summer even taking a trip to Mexico for a boot-camp-like week of training.

Though Alvarez said she was very proud to win All-American, she attributes much of her season's success to her teammates.

"The entire team's defensive skills kept me from having to make too many saves," Alvarez said. "They played a key role in my shut-out record and deserve much of the credit."

Three seasons ago De Anza's women's soccer team had one All-American. Two seasons ago there were two. This last year they had three. The only answer for next year is four.

## OPINION

## Paying the price for excellence



katymalatesta

I think Queen said it best when they sang, "No time for losers, for we are the champions."

It seems to sum up the mentality that we have in America.

A great emphasis is put on winning and doing what it takes to achieve the highest level of success.

We have no time for losers, because losing is looked at as nothing more than failure, and failure is unacceptable.

It seems if you look at athletic fields across the nation you will find parents, teachers and coaches yelling, encouraging and sometimes even berating the players on the field.

Why? Because they think pressure is the way to force players to succeed. But when does pushing become more like shoving?

When do parents cross the line from encouraging their children to forcing them to practice far too much and demanding unreasonable results?

Athletes receive pressure from more than just their parents; it also comes from coaches and peers.

Eating disorders seem to be increasing among athletes at an alarming rate, as is the use of legal and illegal performance-enhancing substances.

A Health Scout News Report,

printed in the New York Times stated, "ephedrine and its kin have been linked to more than 100 deaths. They account for more cases of heart attack, stroke, blood pressure and other effects than all other diet products combined, according to the agency group Public Citizen. The group has been petitioning the U.S. Food and Drug Administration to pull ephedrine and related products from the market."

The pressure is great for athletes to compete with such physical ability that they have turned to abusing their bodies in order to maintain unrealistic strength.

By pushing so hard, people are causing athletes to harm themselves rather than improve.

Physical ability is not the thing that players are struggling to be the best at.

When children play a sport seriously compete in one, parents often try to live vicariously through them.

Parents give them accolades when they succeed and punish them when they fail. What kind of message is that sending to the child?

Pressuring people only works for so long, and then they realize they are no longer doing anything for themselves anymore. When kids are pushed too hard, they either end up injuring themselves or hating the sport they play.

Who wants that to happen? Pressure may not be directed with malicious intent, but anyone who causes someone to hate what they once loved needs to rethink their method of "encouragement."



Pedro Paulo Viegas de Sa / LA VOZ

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# ENTERTAINMENT



San Jose band Firme playing after the reception.



A photograph by Nathalie Viera: "My mom put her in my basket and I thought it was a perfect picture."



## ON THE SAME WAVELENGTH : THE PAPER BRAIN ART SHOW

BY FRANCIS ESTRAND  
*La Voz*

Nathalie Viera, a De Anza student, and Sara Bettencourt have been best friends since they were 5 years old and planned to conquer the world together.

They have ambition, organization and plans for Paper Brain, a future magazine for local artists.

On Jan. 25 they laid the first stone of this project by creating an exhibit to finance the magazine, turning Viera's father's San Jose warehouse into a gallery to host it.

Firme, a Latin/punk/ska band from San Jose, played after the exhibit and the reception for two hundred guests.

But who are the organizers, and what is Paper Brain?

"My passion is creative writing, poetry, music and art," Bettencourt said. Viera said, "I enjoy art, photo and painting." Together they built up the necessary energy to "go somewhere," as Viera put it.

They are on the same wavelength. Their clothes and look are designed to market their image as one business. The

two even use each other as photography models.

"It is because we have been together for so long that we do things the same way," Viera noted.

She considers herself a photography addict. "In Brazil, walking over a bridge, I took a picture of the train tracks fading into the horizon in the sunset, and there I had this shadow over the tracks. Looking at the picture, I thought, wow, I want to do this more."

And she did. They photographed anything that came their way. "I went to Brazil," Viera said. "I liked to be a witness of everyday life."

"My dad was saying, 'Why do you waste film taking these? It is so ugly.' Taking pictures of the street is taking pictures of what make this country," she said. "I want to show happy things, bad things, and emotions."

Viera exhibited pictures of her cousin's daughter at the show.

Viera and Bettencourt didn't stop with taking pictures: they came up with the idea of a Paper Brain art show.

They brought together a group of artists in the spirit of their future maga-

zine to showcase the artists' work along with their own. They asked the artists to assist them with hanging their own exhibits in the gallery and distributed 1,000 invitations to the show.

The core of the exhibit was made up of art by painters and photographers including Frank Graciano, Randy Diaz, Virgina Valdez and Francisco Ochoa.

Each artist hung a pair of shoes underneath their art, unifying a very diverse collection of art.

"Everybody wear shoes and they represent their styles, what they do, their personalities," Bettencourt said.

Interestingly, the only high-heeled shoes didn't belong to a woman. They were "from a guy, and the funny part is that it represents totally who he is, an awesome person, totally off the wall," Bettencourt said.

"It was a group effort," said Bettencourt of the show. Viera and Bettencourt said that the Paper Brain exhibit was able to exist because of the support of family and friends.

When asked what's next for them, they laughed as they looked at each other and said, "Now the world is our oyster."



A photograph by Sara Bettencourt, with Nathalie Viera as her model.



Nathalie Viera, left, and Sara Bettencourt, right, best friends who organized the Paper Brain art show.

Photographs provided by Nathalie Viera.

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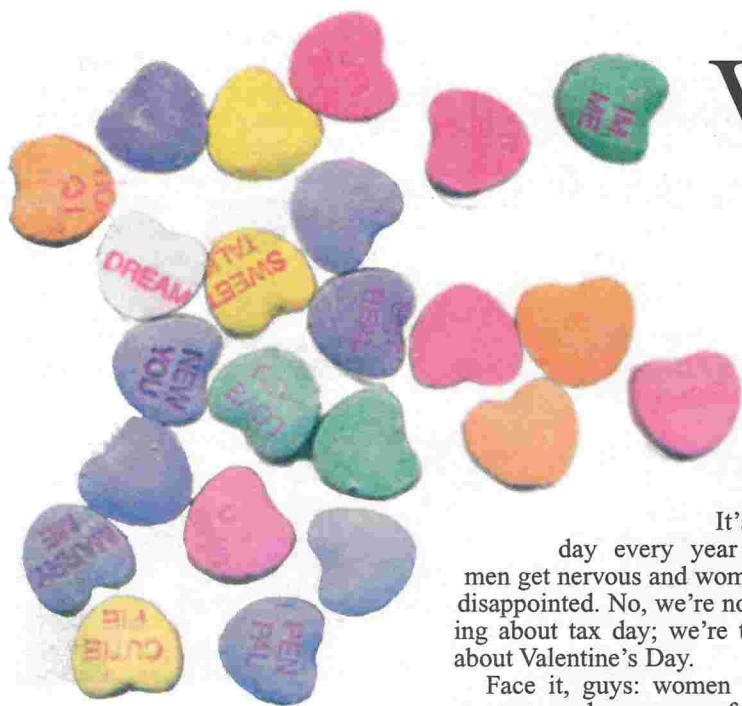
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## Valentine's Day 101

A GUY'S GUIDE TO MAKING THE GRA



by

STEVEN  
CABANA

Sports Editor

Ariette Thibodeau(2)

DA  
voicesWhat was your  
best or worst  
Valentine's Day?

"My first Valentine's Day with my boyfriend, we got drunk and got into a fight, and he left. I

couldn't find him for three days and I don't even remember what we fought about."

- Amy Frizell

"My friend and I were sitting at a bus stop and two guys came up to us asking if we wanted to 'do it' in the bushes because it was Valentine's Day and we were single. They wouldn't leave us alone, even after 30 minutes of saying no."

- Eileen Custudio



"My boyfriend sent me a dozen roses, got me a Build-A-Bear and a bunch of balloons, then took me to Monterey."

- Jaime Otoguro

"I had a date with a pretty cute girl I had met. The morning of the date I had got a book called 'Eleven Minutes' and spent most of the day and then the evening reading it because I was so into it. I completely forgot about the date, and got chewed out the next morning. It was both the best and worst Valentine's Day ever."

- Ilya Gershov



It's the day every year when men get nervous and women get disappointed. No, we're not talking about tax day; we're talking about Valentine's Day.

Face it, guys: women expect romance and no woman falls for the "I don't do Valentines Day" line. You'll be judged on what you do, but more importantly what you don't do. It's only once a year, so stop playing the part of a poor college kid and step up.

Before you start walking through the minefield of love, you'll need to know the basics.

**Appearance**

If you can wow her when you meet for your date, your night will be smooth sailing. Iron your shirt, get a tie and swap the jeans for some slacks.

Dressing to impress is only as strong as the weakest link, so spiff up the footwear. The two most commonly overlooked shortcuts to neatness are clipping your mop and trimming your nails, so get them taken care of. Don't forget that it's the little details that matter.

**Flowers**

If you make her feel loved, she'll go out of her way to make sure you feel it, too. Quite simply, the best way to do this is with flowers. But avoid red roses unless you've been dating awhile — it's a little trite and it's a known fact that florists jack up the prices to gouge the amateurs. Instead go with colored tulips, or better yet an arrangement that doesn't look

like it was bought in the checkout line of your local mega-mart.

Smaller florists will custom-arrange something personal and charge you less.

If you want extra style points, have the flowers delivered to her work. She'll think about you all day and the jealousy of her coworkers will make it all the more special.

But don't bring flowers with you if you're meeting her anywhere but her house: the excitement of the gift will only give way to a feeling of awkwardness as she carries them around to the wonderful activities you arranged. Because you did make plans — didn't you?

**Dinner**

Make your plans fun. You should know what she likes, so build around that. If you have no clue, coyly ask her what she wants to do and take it one step further.

Romance isn't always about being gooey-eyed and loving. Cut the uncomfortable silences by selecting a restaurant that is upscale but not snobby.

If you've budgeted a little extra, find that hidden gem and go all-out. Restaurants such as the Shadowbrook in Capitola and Bella Mia in San Jose both fit the bill, but avoid places that force the servers to wear costumes and have neon signs hawking \$2 margaritas.

Valentine's Day is always busy for the hot spots, so reservations are key. Sure, waiting two hours for a table will give you time to talk about the ever-growing squirrel infestation at De Anza, but in the end a short phone

call today will avoid the frustration of watching happy couples enjoying themselves at a table as you lurk outside with your date.

Cover your bets by securing a reservation 30 minutes later at another restaurant down the street in case your princess makes you late.

Once you're inside, know what you're doing. You know when you see the guy in the movie sniffing the wine cork but you never understood why? Mold, my friend. Occasionally a bottle will not be airtight and spoilage can occur. So take a quick sniff, but don't linger — it's a sure sign of a rookie.

Though wine is a nice touch, avoid overdoing it. It's expensive but more importantly, if you overdo it she'll feel like a babysitter and you'll be sleeping alone.

**Activities**

Your activities should be geared to how long you've been dating. Though a weekend retreat is definitely romantic, she'll think differently if it's your first date.

Did dinner blow your budget? Think chick flick, but not so overly mushy that you pray for a cataclysmic power failure to end the agony.

If you're in a group, get with the others and pool your resources. Though somewhat overdonation, limos are ideal group transports and reasonable with three couples.

**After activity**

Coffee is a great way to give you some time to talk, flirt and analyze your position on the

field. So you can sleep later decaf and say yes to sha dessert: its saves money and adds to the romance.

If the weather is nice, a might be your speed — go Highway 9 and admire the from the top. But be car mountain roads aren't racetr and scaring your date isn't e ly the quickest way to the fi line.

**Home**

If going out and spendin few hundred bucks isn't thing, think candlelight. It's a that women like men who c There isn't a better time to p you can than on Valentine's I

As with any culinary exp tion, planning and experience crucial. Pasta dishes are simp make and require no ninja-chef skills. Go on the Internet find recipes that are simple elegant. If at all possible, pre a similar meal a few days be and get some practice.

When your date arrives, meal should be almost comp Plan accordingly so that the is set and decorations are place. Think tasteful ca placement, but don't go o board. Avoid scented candle the dining room, as they can flavors of the food.

Wine is again the perfect e to pair with dinner, but be su taste it first to make sure it's c patible with the meal.

**Final notes**

If there is one thing should remember, it's to relax have fun.

The night is for both of and if you stack a few tricks, some solid planning and a pla attitude, you can turn an ov symbolic Hallmark holiday i wonderful time.

## Ruining romance A CYNIC'S GUIDE TO THE YEAR'S SAPPYEST HOLIDAY

BY PAMELA PAPAS  
La Voz

Valentine's Day is laden with culturally-imposed expectations. You're supposed to shower a significant other with specific gifts such as roses, chocolate and frilly pink cards, dine by candlelight at a frou-frou restaurant, kiss and hold hands and be cute and happy.

You can't escape the day. You can, however, be obnoxious and create havoc for others, ruining their perfect sappy holiday.

Visit a slaughterhouse. You can drive to the Central Valley and watch live animals go in and meat come out.

Make a day trip to the Tenderloin district in San Francisco. Get propositioned, robbed or urinated upon, or if you're lucky, all three.

Pay a visit to Chuck E. Cheese's. Soak up the atmosphere, savor the constant sounds of the arcade and the whining, screaming children, and watch young teens in heat flaunting bared bellybuttons and butt cracks.

Wal-Mart is another hot spot to visit. Get in the express line with 20 items in your cart. After the cashier has scanned everything, pull out a fistful of coupons.

**For Men**

Drag her out shopping for a big-screen TV. Ignore her as you pester salespeople about the features of every TV that catches your eye.

If you really want to impress your date, go to a cockfight. Lose your bet, get arrested and spend the night in jail.

Take your date to a strip club — the Kit Kat Club and the Pink Poodle are outstanding choices — and make your date pay the cover charge.

Sign up for several porn mailing lists with your ex's e-mail address.

Go to a country bar. Drink several beers. Ride the mechanical bull. Get into a fight. You won't go home alone that night!

Take your sweetie to see the biggest, messiest film you can find with as much testosterone and exploding stuff as possible. Spray popcorn out of your mouth every time you laugh.

Be sure to begin the evening with an exotic dinner date at Taco Bell.

**For women**

Invite your guy to the sappiest chick flick on the market. Burst into tears whenever the romantic leads stare into each other's eyes.

Find out where your ex is taking his date for Valentine's Day. Show up dressed as an exotic dancer. Throw a scene. Tell him you have the results of the paternity test and you must speak to him, *now*.

Go into a crowded bar. Scream hysterically and uncontrollably, then sit down and say "I feel better now."

Publish your ex's nude photos on the web and use Photoshop to diminish his, uh, assets.

**Gift ideas**

Purchase a \$1 gift certificate for that special person.

Send a fruitcake via registered mail, forcing the recipient to go down to the post office to retrieve it.

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