

La VOZ

A FIRST AMENDMENT STUDENT NEWSPAPER

Vol. 38. Issue 22 - April 25, 2005

RALLYING THE TROOPS

STUDENTS SWARM THE MAIN QUAD TO JOIN RALLY
SUPPORTING STATEWIDE WALKOUT FOR EDUCATION

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WEARING THE VEIL OF FAITH

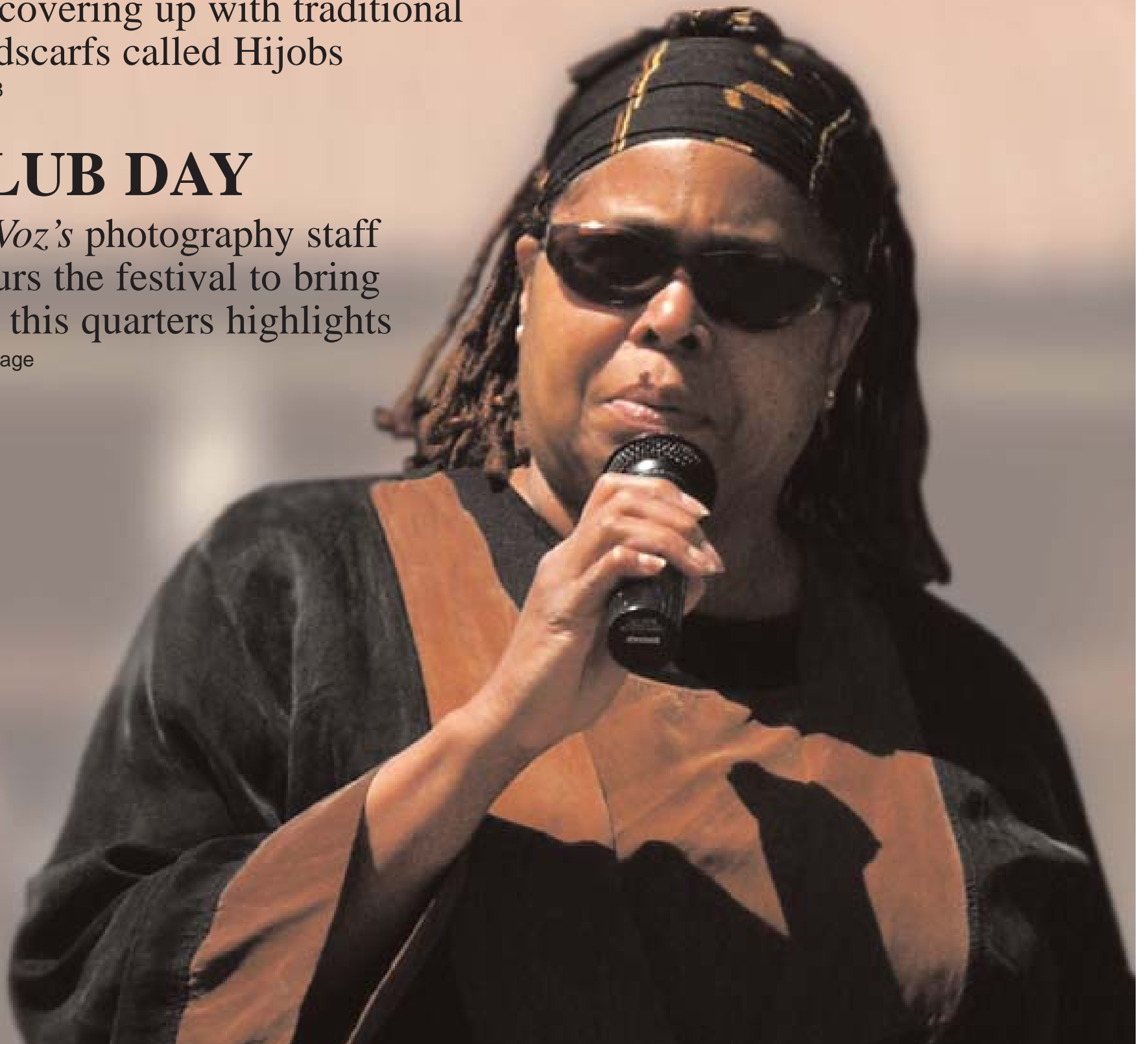
Shrouded in mystery; some women of De Anza
are covering up with traditional
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CLUB DAY

La Voz's photography staff
scours the festival to bring
you this quarters highlights

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La Voz

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Helping the budget hurts students

There's no point in giving a person salsa when they can't afford the burrito.

The De Anza College administration has some skewed priorities when it comes to slashing the budget. They're cutting the essentials to invest in the superfluous.

Layoffs have hurt both classified staff and part-time faculty, the actual people needed to make De Anza function.

It's surprising, then, to hear the school will be investing serious bank installing wireless Internet in the Hinson Campus Center – hence the salsa metaphor.

Students come here expecting an educational feast. The administration has decided that piling on the conditions will hide the fact that they're eliminating the main course.

The Euphrat Museum of Art on the De Anza campus, the only art institution in Cupertino, is losing its director. Paying for that one position is the only

aid the museum receives from the school, and cutting it will effectively shut down the Euphrat.

“They're cutting the essentials to invest in the superflous.”

This is ridiculous. The Euphrat gives many art students their first exposure to the art market.

The museum is a cultural center for the school, especially for those who can't afford the big-ticket events at the Flint Center.

All of the artwork you see displayed on campus is in some way linked to the Euphrat.

The yearly student show, which showcases and purchases some of the best pieces submitted by students, is responsible for the pieces you pass by every day in the library and cafeteria.

Has the administration forgotten what kind of institution they work for?

De Anza isn't just a college, it's a community college. By eliminating the director of the Euphrat, they're eliminating part of our community.

De Anza is constantly lauded for its diversity and specialized programs. It's a place students are willing to flock to because they know they'll get the best no matter the program. Auto Tech, nursing and yes, art, are some of the biggest draws.

Wireless internet may be useful, but the Euphrat is vital to the student body. De Anza is already full of starving artists. Lay off the salsa and make way for the main course.

De Anza Voices

COMPILED BY MELISSA LEWIS
LA VOZ

How do you feel about life support?



“I wouldn't want to be on life support but I think it is something you should tell somebody before it happens.”

-Dana Merschon



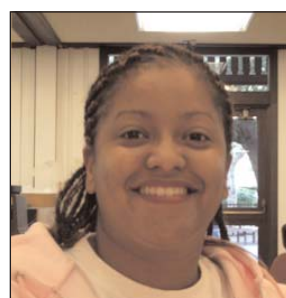
“I think if the person still has the ability to have quality of life, it should be used, but if they don't, then maybe it's a good idea to let them go. I think sometimes they're suffering and we don't know it.”

-Donna Rose



If there families are around, they should make the decision, and if the family knows them well enough they should donate their organs to help other people.”

-Jackie Lastra



“Much like the new donor program starting up online, people should be able to go online and say, 'I want intervention, and I want it for this long,' and what your details are, because it is case by case.”

-Tamika Pittman

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Breaking News
Features
Photos

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Corrections

“Union don purple to resist cuts”

April 18, Page 4

The photo was taken by Anthony Madrid.

Front page illustration by Pedro Paulo Viegas de Sa

Photo by Marjan Sadoughi

Don't criticize Bush for the wrong reasons



DANSEALANA

There is a vast difference between healthy debate and useless name-calling. President George W. Bush has his share of vocal detractors, as most politicians do. There is nothing wrong with criticizing a particular presidential administration -- as long as it's done in a mature and educated way. Casting insults and perpetrating off-the-wall conspiracies defeats the purpose of meaningful dialogue.

A student rally last November, attended mostly by disinterested De Anza College students who were already eating lunch in the Main Quad, focused more on Bush-bashing than speaking against the war.

Educated and rational political dissent was replaced by signs such as, "F**k Bush" and, "Bush = Nazi". Never missing a chance to blame President Bush and the United States for the world's evil. Representatives from local Students For Justice chapters were on hand at the rally as well. Ian Martin, SFJ's regional spokesman -- between expletives -- lodged several insults and accusations against President Bush. During the rally, Martin also told the rally attendees, "George Bush has more in common with Saddam Hussein and Osama Bin Laden than you and me."

Martin demonstrated that the truth should never get in the way of a good, crowd-pleasing diatribe. Martin, who appears to have some sort of telepathic connection with

George W. Bush, said to the crowd that the president lied during the 2004 debates regarding the draft. "There is a draft coming up," he told the crowd. Five months after Martin's dire prediction, a military draft has yet to take place, nor has it been proposed by the Bush administration.

Not much more can be expected, though, from those on who are obsessed with Bush-hatred. These are the same people who like to refer to President Bush as a "fascist" or a "Nazi." In fact, a Google image search for "Bush" will reveal many unflattering, images of the president -- many of which contain swastikas.

Many professional Bush-bashers often refer to the president as "dumb." For the record, it's extremely difficult for a "dumb" person to cruise their way through Yale, even with "C" grades, much less become the president of the United States.

DemocraticUnderground.com, a clearinghouse for left-wing paranoia, was overflowing with laughable Bush conspiracy theories prior to the last presidential election.

President Bush's detractors do a disservice to their cause by lowering the bar of political dialogue to insults and ludicrous accusations. There is plenty of ammo for those willing to make legitimate arguments -- which don't have to delve into the world of make-believe.

Instead of wasting time coming up with "My Pet Goat" conspiracy theories, Bush critics may want to ask why four years after Sept. 11, 2001, Osama Bin Laden has not been captured or killed.

Critics of the Bush administration might want to bring attention to the economy. Not even the biggest supporters of the president can claim

that the current economy even comes close to the boom of the Clinton years.

President Bush has also dropped the ball when it comes to protecting our borders. Border security, especially in a post-Sept. 11 society, is essential in defending Americans against terrorism.

Instead of indulging in Bush/Bin Laden family cahoots fantasies -- inspired by the likes of Michael Moore -- wannabe pundits should point their accusatory fingers at the president's dismal handling of the war in Iraq. Even the most die-hard Bush fans can't say post-war Iraq is in good shape.

After several months of scrutiny, the Bush administration finally offered a handful of half-hearted admissions that their pre-war intelligence may have been inaccurate. Unfortunately, Monday morning quarterbacking on behalf of the Bush administration can't bring back the over 1,000 U.S. soldiers who are now dead because of the president's ill-advised decision to go to war.

Many Bush loyalists were willing to give the president the benefit of the doubt -- which must be easier when it is not your son, daughter, neighbor, friend, or parent who comes home in a body bag.

It is essential -- even patriotic -- for the "loyal opposition" to keep a watchful eye on any presidential administration.

However, Bush-bashers deflate the power of their criticisms of the president when the criticism amounts to nothing more than name-calling and wild conspiracies.

This type of political banter only stifles educated civil dialogue and does a disservice to those of all political stripes.



Photo Illustration by Scott Lipsig/ LA VOZ



De Anza gets it weekly.
www.lavozdeanza.com



BY SARAH GAHAN
LA VOZ

Hold *that* Thought: Latte culture

The other day, I walked into Starbucks Coffee and noticed a display of CD's next to the register labeled "CD's we can't stop listening to." To the consumer, it's supposed to sound like an endorsement, but I felt sorry for the baristas -- if you think about it from their perspective, "we can't stop listening" sounds like a cry for help.

They're trapped in the endless cycle of espresso, steamer, and the litany of customer's names, and they have to listen to the same three CD's over and over again.

It's not that I dislike Starbucks. Their coffee is fine. It's just that the presentation can be a bit much.

Lately, I've been puzzled by the mini-op/ed pieces on the back of the cups. I don't know why this company wants me to read a 100-word essay on education or the environment while I drink my soy chai.

It's an interesting way to bring debate over social issues into public spaces, but I don't know what I'm supposed to do with my beverage essays.

Does Starbucks want me to write my response on the cup and turn it back in? Am I being tested somehow?

Speaking of tests, Starbucks has a

mini-manual to teach patrons how to order their coffee in Starbucks-ese. It's called "Make it Your drink: 2005 Guide to Starbucks Beverages." That's Starbucks, promoting individuality. Can we say irony, or is that too late 90s? I can understand why a manual for, say, a car might need to be edited year-by-year. But a manual for your caramel latte -- excuse me, for your "caramel macchiato?"

I understand, Starbucks has its own terms for things, but still -- the people taking your order understand what "medium" means. If you really need a manual to order a drink at the most ubiquitous coffee chain in the nation, you probably shouldn't be allowed to eat solid foods or tie your own shoelaces.

It's disturbing to think about just how many Starbucks locations there are. Walking down Market Street in San Francisco recently, I stood for a full minute flabbergasted at the sight of two buildings across the street from one another, each with its own Starbucks in the lobby.

It's a little disturbing, but not that surprising. The chain has managed to mass-produce something ineffable -- atmosphere. Each store is a combination of cozy, arty and sleek. It's like ordering coffee in a Scandinavian furniture store, but cooler.

"I don't know why [Starbucks] wants me to read a 100-word essay on education or the environment while I drink my soy chai."

The atmosphere isn't the only allure, obviously. Consumers like consistency, and franchises -- both fast-food and fast-beverage -- manage to achieve consistency. Also, the product is addictive.

After reading about heroin and crack addicts lining up to get their fix in David Simon's excellent book "The Corner," I did a double-take the next time I saw a

Starbucks line full of caffeine junkies. It's not just the caffeine -- most of the drinks I hear called out are essentially coffee-flavored fat and sugar.

This isn't big news to any of you. You've been there, you've seen it. But that's part of the weirdness. If a sudden ice age put modern America in a deep freeze, I wonder what future archaeologists would think of the thousands of ancient sites scattered across the country -- each with the same mystical symbol plastered on everything.

I imagine people from the future might puzzle over Starbucks the way archaeologists look at the mysterious prehistoric abstract statuettes of pear-shaped women found all over Europe.

Would they think each location was part of some worldwide religion? Or that ordering these drinks was some sort of government-mandated task?

I don't know what scholars from the future will think.

But as Starbucks becomes the purveyor of more culture and less coffee, I'm thinking more and more about whether I want to buy what they're selling. Thank goodness there's a Peet's just down the street.

Sarah Gahan is a weekly columnist for La Voz. She can be reached at lavoz_holdthatthought@yahoo.com.

Protest hits home for students' rights

BY LESLIE CASAJE
LA VOZ

More than 50 De Anza College students and faculty members gathered around the main quad last Wednesday in support of the statewide walkout in protest of the state's current budget cuts of education funds.

The event on campus was sponsored by the student senate and organized by Students for Justice. The Action in Defense of Education coalition coordinated the walkout for colleges statewide.

"Do we have to sign anywhere to show that we're here in support of the rally?" asked student Etai Freeman, who walked out of his psychology class to support the rally.

A brief march around campus began at 12:45 p.m. and followed a route past the Advanced Technology Center, through the L-Quad, inside the Administration building and back to the main quad.

Starting at noon, students and faculty took turns at the microphone sharing their personal experiences and how the budget cuts are affecting the student body as a whole.

"How many of you know friends who had to drop classes because they couldn't afford it?" asked student Rabiah Khalid to the crowd.

If continually affected by the budget cuts, De Anza will be directly affected. California students' cost per unit might have to jump once again from 17 to 24 dollars. De Anza is also in a one-million dollar debt, according to Randeep Hothi, Students for Justice member.

"Is this an anti-war rally?" asked Udi Adar, student. Because he's not yet a California resident, Adar was especially disappointed to hear later on that increases in tuition might rise again.

"I think there's other ways of controlling the budget other than cutting out education that affects students directly," said Maryam Afaq, a SFJ facilitator. "I know a



Marjan Sadoughi/ LA VOZ

Protestors marched around the De Anza College Campus on April 20 against the recent educational budget cuts. The march circled the Advanced Technology Center, L-Quad and Administration buildings.

lot of students who are losing jobs at school, international students especially... and that's really unfair because international students can't even find jobs outside."

Chants such as "Education, not annihilation," "Drop books, not bombs," and "Build schools, not prisons," were sung during the peak of the protest.

"The reason why people are in jail is

because they don't have an education," said student Laurel Marshall.

Marshall is currently working on a degree at De Anza. She said her Associate of Arts degree does not get her anywhere in the Silicon Valley today.

"They want to get me off their list because I cost them too much money because I'm handicapped. I've been on their roll for ten years getting a free edu-

cation, so I'm paying for De Anza this year out of my own money," Marshall said.

With the cries of "What do we want? Education! When do we want it? Now!," the rally attracted curious passerbys.

"I was walking to the Campus Center, but the enthusiastic cries of this crowd definitely caught my attention," said student Jennifer Walker, who followed the latter half of the rally.

The Bay area is seeing drastic effects of the budget cuts on the state's education systems, according to Anthony Choice, Movimiento Estudiantil Chicano de Aztlan member.

Although De Anza didn't participate in the walkout, other colleges such as San Jose State University and University of California Santa Cruz did.

In preparation for Wednesday's walkout, about 200 UCSC students and supporters were arrested at about 10 p.m. Tuesday night for crowding the entrance to the campus during their Tent University Santa Cruz protest. Complaints about excessive noise and illegal activity were called in, according to UCSC's Website.

"Before the arrests were made, Student Affairs staff warned repeatedly of consequences of not dispersing and urged transition to alternative locations," stated Denice D. Denton, Chancellor; David S. Kliger, Interim Campus Provost and Executive Vice Chancellor in a letter to UCSC Staff and Faculty Colleagues.

The demonstration at De Anza ended peacefully around 1 p.m. Police guards stood by, although no action was needed.

"The governor's budget is completely inadequate for community colleges and the state faces a pretty obvious choice, which is, does it continue to underfund education or does it tax people with the means to support it the way it should?" said Brian Murphy, De Anza College President. "I'm very glad for the demonstration, I just wish there were more students out there."

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Katherine Nguyen (2) / LA VOZ



Left: Jane Qi and Rory Miller hand over their gloves and trash to Donna Jones Dulin, Campus Pride Day organizer. Above: Matt Trosper picks up litter in the L-Quad.

College opens doors to future students

BY MELISSA LEWIS
LA VOZ

Outreach and Orientation held a "New Student and Parent College Night" in the Campus Center last Tuesday to acquaint high school students and their parents to become acquainted with De Anza College.

The evening consisted of an overview of a packet distributed to the students and their parents. Brian Murphy, President of De Anza, gave the opening remarks. A presentation with a question and answer segment and an opportunity for the students to visit information booths. The booths gave visitors a chance to check out extracurricular activities, financial aid information, and more.

"This is a remarkably vibrant, musical, engaged place that is filled with students from this region and from all over the world, and the feel of this place will persuade you as much as any presentation," Murphy said.

The presentation covered the courses offered at De Anza, the diversity of clubs and organizations, and gave statistics on the cost of tuition.

When the audience was asked why they decided to attend a community college, most of the audience raised their hands to indicate that they planned to transfer to a four-year university. The presentation showed each of these groups that De Anza College had suitable programs.

The emphasis of the presentation was on the diversity of courses offered at De Anza.

Students take time out to clean up

BY KATHERINE NGUYEN
LA VOZ

De Anza College has 126 acres of land populated by 25,000 students, staff and faculty — with only eight groundskeeper maintaining it.

Campus Pride Day was organized by the student, classified and academic senate as a way to encourage members of the De Anza community to throw away their trash and keep the campus clean.

The event was held in the main quad on April 15. Over 100 students, staff and faculty volunteered their time picking up garbage throughout the campus.

"We've really tried to get the word out to publicize this event to get as many people as possible," said Janice Winkel, media relations coordinator who

helped set up the event.

"We have a lot of senators from DASB who are promoting and supporting the event," said Thai-Ry Chang Urena, a De Anza associated student body senate member.

The senators passed out information through the spring schedule, classes, newsletters, posters and the De Anza website.

Posters were put up instead of passing out flyers to help reduce the possibility of litter, according to Urena.

Winkel came up with the idea at a retreat. The senate voted to support the plan. Winkel and Urena worked on the event since winter quarter.

"Anybody who studies or works here could do a better job keeping the campus clean," Winkel said.

"The grounds department does a really good job, but people put litter down so fast that it's hard to keep up."

The campus was divided into eight areas. In each area, a groundskeeper supervised and taught safety techniques for picking up litter.

Gloves, bags and grabbers were provided by Donna Jones Dulin, Director of College Services.

"America produces 1.1 million pounds of garbage a day and we are part of that equation. We are doing everything we possibly can to keep the De Anza campus as clean as possible," said Robert Covington, Heads Grounds.

Covington has been working at De Anza for six years and supports the event.

Many students, faculty and

staff were excited about the event but shocked at the number of trash there was on campus.

"Most of what we picked today has been cigarette butts and most them were on the ground and not the in ashtrays," said Rich Schroeder, Interim Dean of Physical Education and Athletics.

"The area where we picked up the most trash is around the garbage cans. I think it'll just take a few more seconds to throw the trash in the cans," said Jane Qi, student senate member.

Organizers and helpers were happy with the turnout and number of litter collected throughout the morning and afternoon.

"We had very good participation from the students, staff, and faculty. We are very please with the event," said Dulin.

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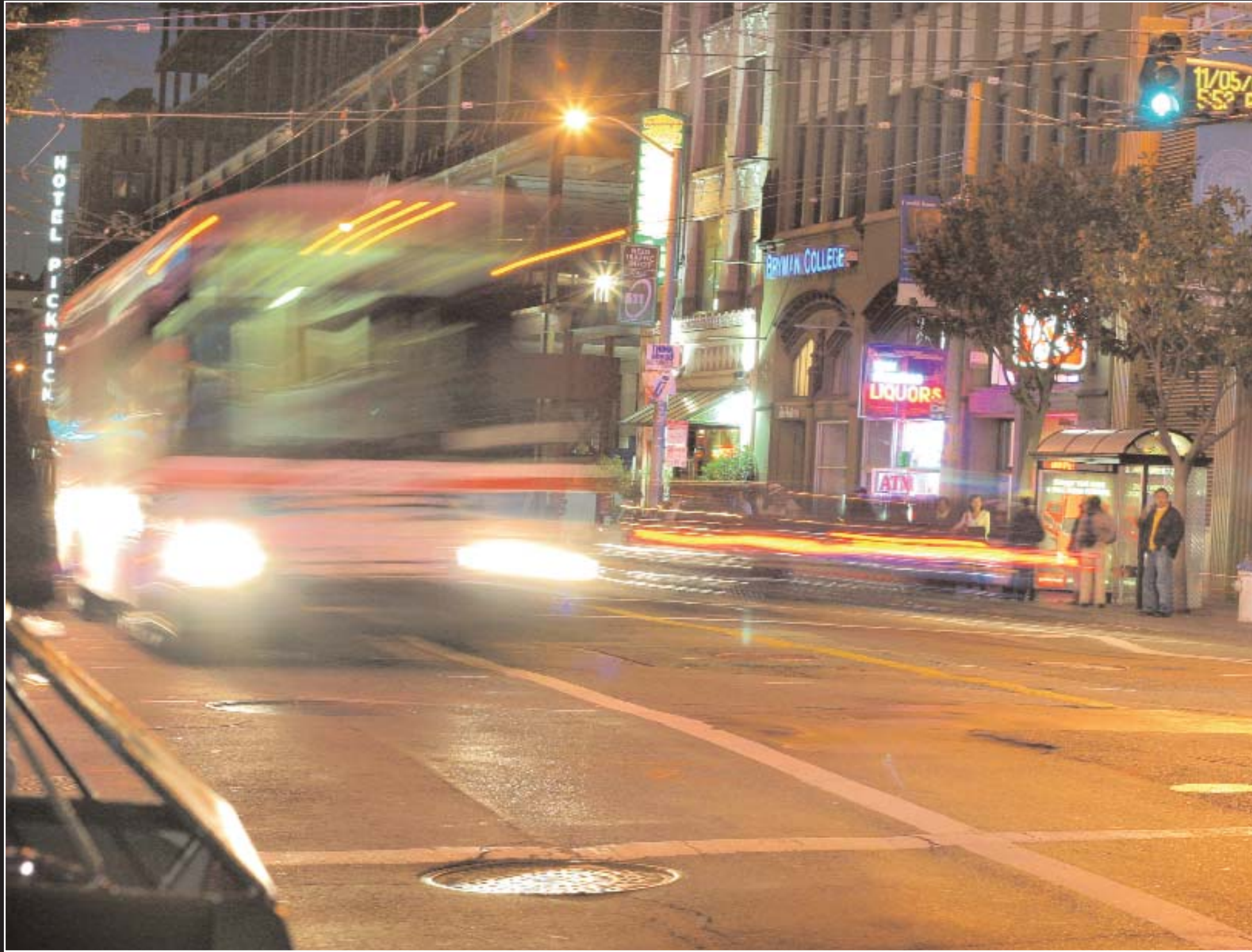
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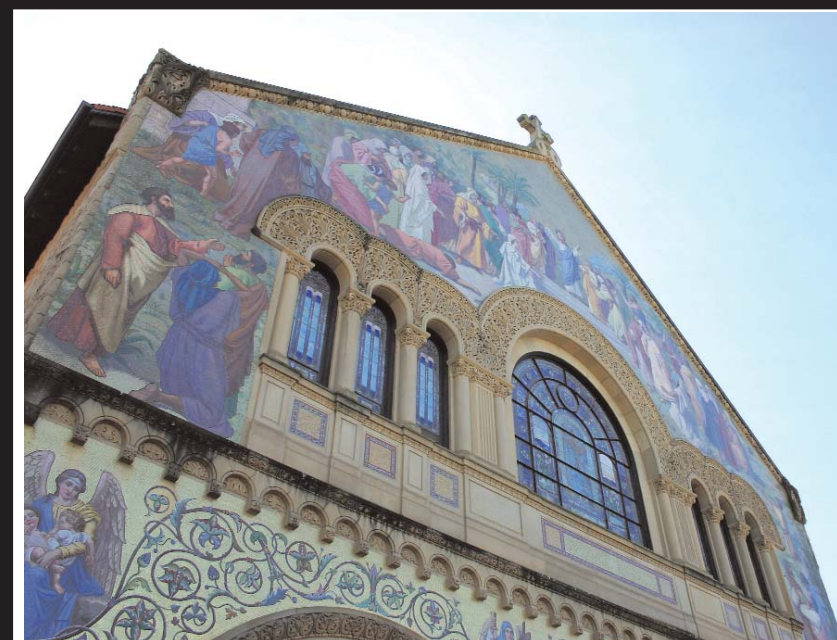
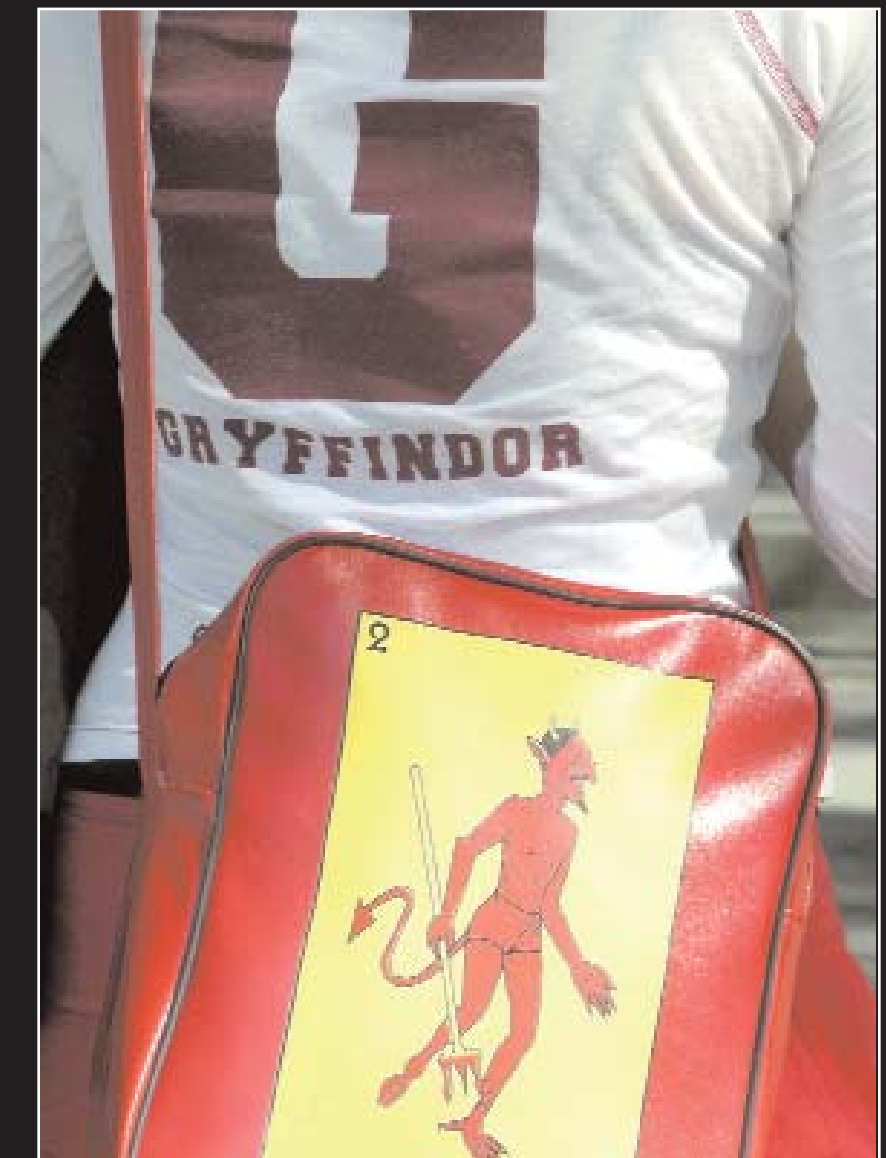
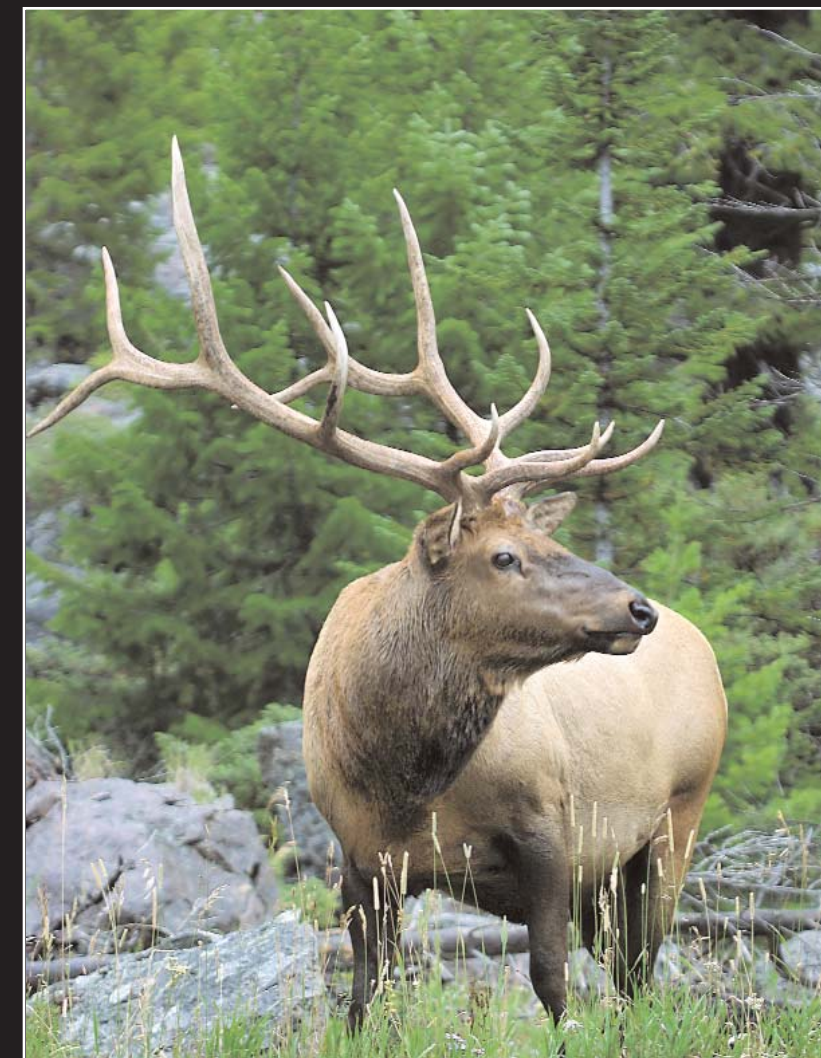
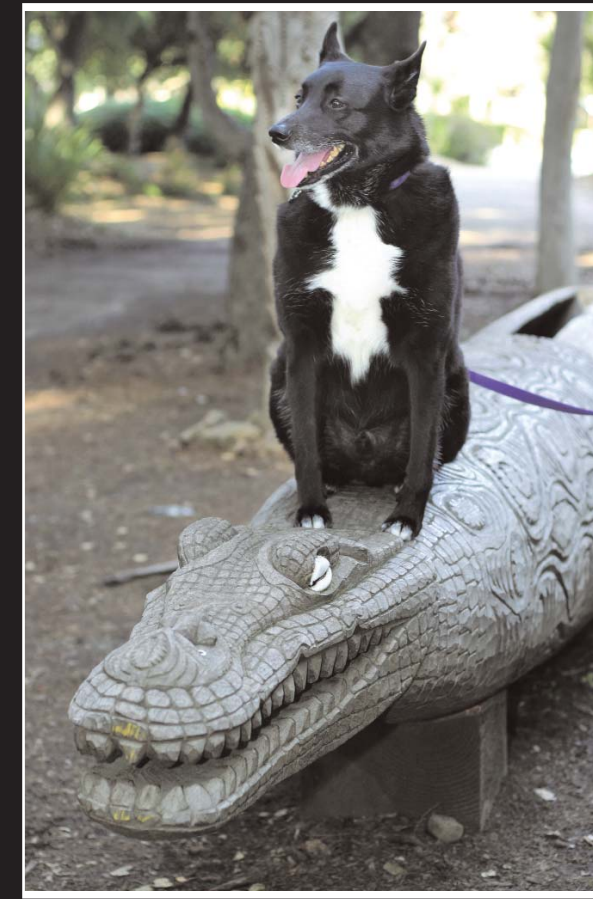
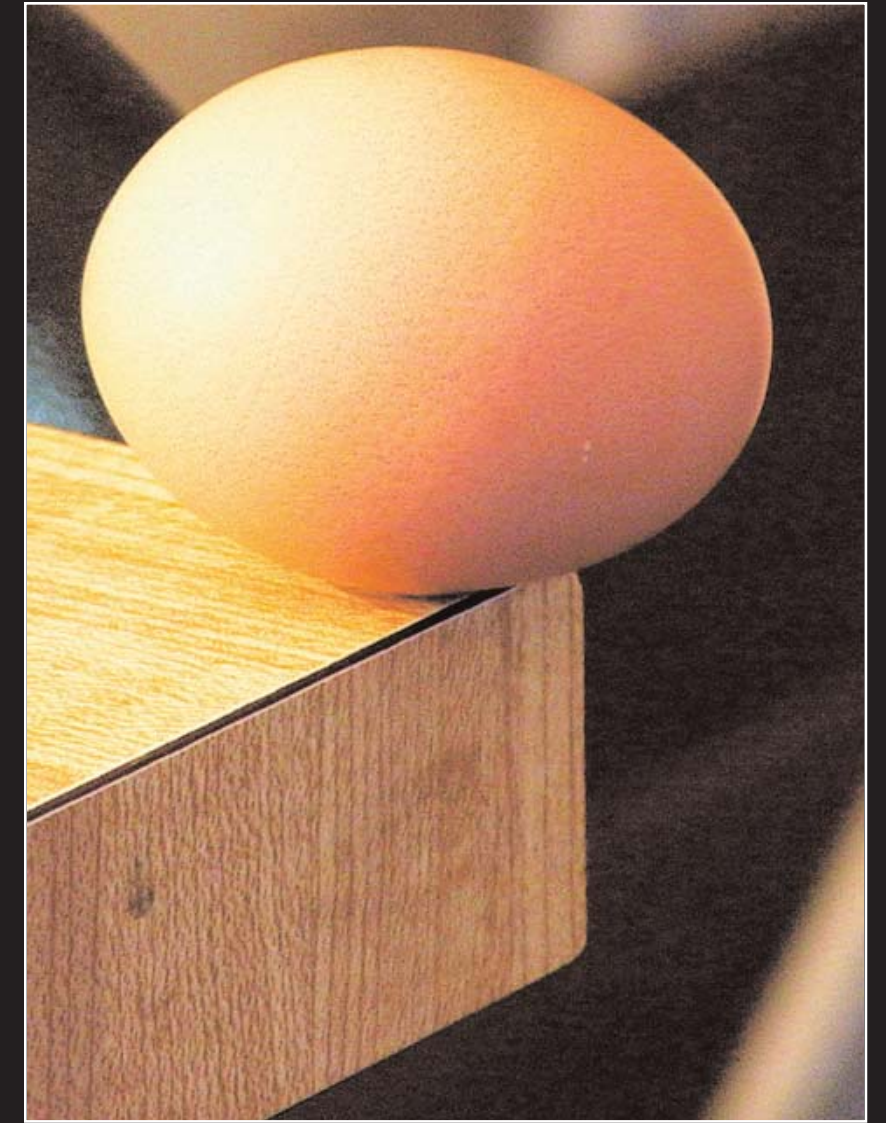
The De Anza College Photo Club, which grew to 70 members in its first year, celebrated its anniversary last week with an ice cream social.

Members of the club come together once a month for a photo field trips. The trips have ranged from an architectural shoot at Stanford University to a night shoot on the streets of downtown San Jose.

The primary purpose of the club is to have fun and to learn from one another, said club president Clive Charlwood.

Besides being a member of the Inter Club Council, the group of photographers hold weekly informal meetings that include guest speakers and the occasional workshops to help budding photographers gain insight into their craft.

Students interested in joining the club can find out more by attending one of their weekly meetings on Tuesdays at 5 p.m. or by visiting their Web site at <http://deanzaphotoclub.org>



Clockwise from top left: "Bus at night" by Clive Charlwood "Wally on the croc" by Duo Li "Egg" by David Gillett "China" by Clemson Chan "Gryffindor" by Vera Pushnof "Nice Rock" by Clive Charlwood "Building" by Clemson Chan "Stanford Chapel" by Clive Charlwood "Wedding Children" by Clemson Chan "Rose" by Clemson Chan "

It's about respect, not oppression

BY ANNA CALLAHAN
LA VOZ

By wearing a seemingly simple piece of clothing, a few De Anza College women evoke a complex range of reactions.

Some people assume they don't speak English. Men have stepped aside and opened doors for them. One woman has screamed, "Why are you oppressing yourself?" Male classmates seem scared to talk to them. And others simply question, "Why do you wear the headscarf?"

The headscarf is called the "hijab," (pronounced hee-jab.) Dozens of women who attend De Anza have donned a headscarf in compliance with the Muslim holy book, the Koran, which instructs both men and women to "guard their modesty." While the hijab is a style of dress including long sleeves, loose clothing, and figure-concealing garments, the most commonly recognizable element is the fabric covering a woman's hair, neck, part of her forehead, and shoulders. While the cloth is not sacred, often a plain length of mate-

rial, it is symbolic of an "ideology of respect" and a "value of chastity."

Women who wear the veil say they also limit their physical contact with men. "I shake hands for business matters," said Mariam Harasis, a De Anza student who wears the scarf. Even to men who aren't sure about the meaning of the hijab, the women seem to effectively communicate how they wish to be treated. These women are not familiar with whistles, overly friendly strangers, and rude sexual comments.

"When men see us covered up, they give us respect," said Asmaa Mourad, a De Anza student. "[I've gotten] no inappropriate comments," said Luba Shaich, who has been wearing the hijab since before she came to De Anza.

Melannie Dunn is not a Muslim, but at times wears a headwrap because she thinks it protects her from viewed as a sexual object and takes away interference with the focus of her face.

De Anza student Clare Foord said she notices a difference in the way she is treated with and without the hijab. Without the hijab, she will have men ask, "Hey girl, let me get your number."

But wearing the exact same outfit with a hijab, she will not be bothered. She compared it to other women with openly religious clothing. "You don't hit on a nun," she said. Foord said the hijab helps her self-esteem. "I feel like more than a piece of meat."

"What are you talking about, oppression?" said Zahra Rizvi, a De

Anza history major, in response the American media portrayal of Islamic women. She pointed out that half of the Islamic country of Iran's legislators are women, and that Pakistan, a country not much more than fifty years old, has elected two women as prime minister (one who wore a hijab). The United States, on the other hand, has existed for more than 200 years without a female president.

These countries did not have women's liberation movements similar to those in the United States. "Women never had to struggle to be treated as human; it was already written in the Koran."

"Oppression is a loss of self-empowerment," Rizvi said, "going along with popular ideals." While women don't want to be viewed as "stupid sex objects," by wearing revealing clothing, they "fall into the trap of self-imposed inferiority."

She said, "Reducing a person to a body as property is a disgusting thing." Under the hijab, "beauty is not the basis of value," Rizvi said. Under the hijab, women are "not being objectified, [viewed as] a pair of breasts or a pair of legs."

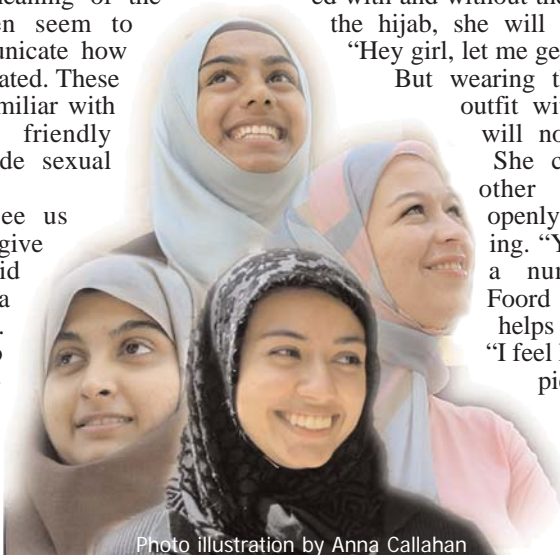




Photo illustration by Anna Callahan

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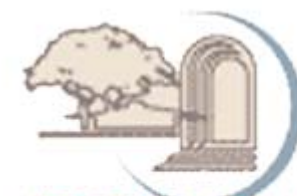
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- Maintain at least a 2.0 GPA at the time of election and throughout term of office.
- Be currently enrolled in a minimum of 8 units at De Anza College.

Responsibilities

- Attend and participate in all public board meetings.
- Prepare for meetings by studying the issues and asking questions.
- Influence decisions by wisely participating in discussions.
- Attend Student Government meetings at least once a month but recommended twice a month.
- Meet at least once a month with the Chancellor or his/her designee.
- Meet at least quarterly with the College President.
- Represent the Board of Trustees at meetings and social events outside of regular Board meetings (shenever possible)

The Student Trustee may not hold any other position in student government during his/her term of office.

Privileges

- Casting an advisory vote
- The right to make and second motions.
- Receive compensation as determined by the Trustees (Currently the Trustees receive a taxable stipend of \$225.00 per Board Meeting).

- For more information, pick up your application in the Student Activities office or outside the DASB Senate Offices located downstairs in the Hinson Campus Center. Don't procrastinate! Application filling deadline is Friday April 29, 2005 @ 4 p.m. in the Student Activities Office.

- Elections will be conducted from May 23 - 27th, 2005

Employees gather to petition, protest layoffs

By KHARMAN AIDUN
LA VOZ

Concerned De Anza College employees gathered at the fountain in the main quad last Tuesday after Monday night's administrative board meeting.

The De Anza administration decided to lay off 22 union workers and several non-union workers.

As of right now, the laid-off workers choose to remain nameless, but some are willing to come forward and speak at next Wednesday's Board Agenda meeting.

"This was slap in the face. These people were hard workers, not slackers," said Blanche Monary, the steward for the Service Employees International Union, during her speech.

While the union members were listening to the speeches, a petition and purple T-shirts with the "SEIU" logo were given out.

This event was called "Purple Tuesday". The Service Employees International Union members planned to dye the fountain water purple, the union color, to make a statement. The union members decided not to dye the water purple after discovering the dye would permanently stain the fountain.

Monary mentioned that the union was under enough pressure with the layoffs, so it was wise not to take the

risk.

In efforts to try and protect employees from the layoffs, the SEIU drafted and passed around a petition.

The petition was for a bill that would protect the Public Employees Retirement System.

Leah Berlanga, the worksite organizer for the SEIU, gave a speech and said that the governor may try and get rid of the retirement program if the union didn't take a stand.

The union only had until last Friday to collect the signatures needed to place the bill on the ballot.

What seemed to be even more upsetting to the union was that the Board of Trustees decided to protect the administration from layoffs by renewing their contracts on March 7.

"It is unfair," Berlanga said. "Because of the layoffs, some administrators are only supervising one or two employees"

According to Berlanga, they are still making the same amount of money.

There must be another way said Monary, "What about early retirement for those who are ready?"

The Board will decide if the layoffs will be final on May 2.

"We must stand by each other, we don't stand together enough." Monary said.



su salud



Mary-Jo Lomax

Fighting Americans top killer starts with habits

You might think that heart disease is something you don't have to worry about until you're much older, but many of the habits you develop now are major risk factors for heart disease. Heart disease, also known as cardiovascular disease, is the number one killer of Americans, accounting for 41 percent of all deaths in the U.S. Deaths by CVD are nearly three times the rate of lung cancer, the number two cause of death.

More people die from CVD than from all other causes combined!

In addition to heart attacks, CVD includes a range of diseases such as stroke, hardening of the arteries, and high blood pressure.

CVD is often referred to as a "lifestyle" disease because many of the factors that increase your risk are within your control.

These external risk fac-

tors, as opposed to internal risk factors such as genetics, and age, include smoking, being overweight and being inactive.

controls, drive-thrus, and computers all may make our lives easier, but they also make us less active. Most of us have to build exercise into our day because we don't get it during our daily activities.

Exercise improves cardiovascular health, helps keep weight off, reduces stress, and enhances your overall physique. If you don't currently exercise, one way to help you get started is to do an activity you enjoy.

3. Quit smoking. You already know the association between smoking and lung cancer, but did you know that smokers are 70 percent more likely to develop CVD than non-smokers? When you are interested in quitting smoking, come see me about getting free nicotine replacement patches or gum.

What can you do to reduce your risk of CVD?

1. Don't "super-size" it! "Super-sizing" your fries, or getting a second burger or larger size smoothie for just pennies more may sound good to your wallet, but it's not good for your waistline. In the end, the only winners are the restaurants. It's actually cheaper for them to give customers 30 cents' worth of more food than to cut their prices by a dollar.

2. Don't just sit there; get moving! Cars, remote con-



Mary-Jo Lomax is a health educator for De Anza College. If you have any health questions for her, e-mail La Voz at managing@lavozdeanza.com or stop by her office at the De Anza health center



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Melinda and Melinda repetitious, less graceful than classic Allen

BY SHONA SANZGIRI
LA VOZ

Woody Allen's latest film "Melinda and Melinda" is reminiscent of classic Allen but fails to surprise or enchant to the extent that his older films once did. He resorts to uninspired, self-deprecating formula.

As he has always done, Allen creates the most unrealistic of environments. It's the world of Upper East Side aristocrats and their pretentious introspections into love, life, and literature, all the while surrounded by the finest furnishings.

Usually, their stories are humorous, due largely in part to the rich and intellectual dialogue. While the nuances of his work usually evolve, in "Melinda and Melinda" the documentation of the relationship between comedy and drama is predictable.

The plot follows the story of young Melinda, played dynamically by Radha Mitchell, and is told through the interpretations of two writers—one comedic, and one dramatic. The film opens with the two playwrights at a ritzy Manhattan restaurant (played by the amiable Wallace Shawn and the equally enigmatic Larry Pine) offering their opposing interpretations of the story of love-lorn Melinda.

Both interpretations involve Melinda crashing a dinner party; however, in the dramatic segment she enters desperate and distressed. She relays the tale of her woes to her close friend Laurel, a trust-fund princess



Photo courtesy of Fox Searchlight pictures

Will Ferrell and Radha Mitchell.

played delicately by indie starlet Chloë Sevigny and her tenacious actor husband Lee (Jonny Lee Miller).

Melinda eventually finds herself involved in a love triangle between debonair piano player Ellis and Laurel, who has also fallen for Ellis. Both perspectives are steeped in romance but not without difference.

From the comedic perspective, Melinda accidentally crashes the dinner party while under the influence of a variety of sleeping pills. This time Melinda is the focus of a love triangle between her neighbor Hobie, a struggling actor, and Hobie's wife's rich and shallow dentist friend.

Hobie's character is the bearer of Allen's hilariously biting one-liners and anecdotes but not nearly with the same charming

hostility or wit as Allen does.

Many of the supporting actors do not appear to have any real connection with their roles, as most Allen characters used to famously. We remember the stoic confidence of Meryl Streep in "Manhattan," and in "Annie Hall," the narcissism of Tony Roberts and aloof, absent-minded beauty of Diane Keaton.

In "Melinda and Melinda," both of the stories present the ability of comedy to coincide seamlessly with drama, something that Allen captures with far less elegance than he did in his earlier work, "Crimes and Misdemeanors."

While it has its moments, the movie fails to spark anything in the viewer. As much of a piece of art as Allan may desire it to be, it is nothing more than an exercise in repetition.

The cable is mightier than the network

BY SARAH GAHAN
LA VOZ

The network TV landscape is a bleak and terrible place, now that the second season of "Arrested Development" has ended.

There are, however, some bright spots preventing TV from becoming a total apocalyptic wasteland – not the least of which is the fact that the FOX mockumentary-style sitcom has not been canceled (yet).

HBO's "Deadwood" is still going strong in its second season. If you don't have HBO, buy or rent the first season on DVD.

"Deadwood" has some of the most brilliant writing since Shakespeare, and that's not hyperbole. The show is based on the actual town of Deadwood and real historical figures, including Wild Bill Hickok, Calamity Jane, and Seth Bullock.

While "Deadwood" isn't for the faint of heart, its profanity and violence serve a purpose. The show constantly explores themes of morality and the nature of civilization.

"Deadwood" is a Western, but it is also so much more. It is a sometimes brutal, sometimes tender look at the shaping of America.

On the lighter side, the final "Invader Zim" DVD has just come out. If you've never seen the Nickelodeon cartoon created by former De Anza College student Jhonen Vasquez, check it out. The show revolves around

an incompetent alien invader, Zim, his robot sidekick Gir, and their human nemesis Dib.

Each half-hour show consists of two short episodes. The plots, the one-liners, the art direction – it's all good. If you're a fan of the Adult Swim lineup on Cartoon Network, you're almost guaranteed to love "Invader Zim." How could anyone not love a show featuring a robot that eats a box of fundraiser candy bars and then vomits on his master? It's still in reruns on Nickelodeon, but the DVD's are worth the purchase.

Most of the network productions airing right now aren't worth the time it takes to watch.

The American remake of "The Office" is disappointing, to say the least.

"Life on a Stick" doesn't compare to the creators' earlier, cancelled effort "Andy Richter Controls the Universe."

"Stacked" should be shelved permanently on principle alone. What were the show's creators thinking? Oh, yeah – "An attractive woman with large breasts – in a bookstore! It's comedy gold!"

As usual, cable is way ahead of the networks when it comes to quality.

The latest "South Park" season has already given me one of my all-time favorite television moments: Cartman, greedily peeling and eating the skin from every piece of chicken in a bucket of Kentucky Fried Chicken.

Oh, television – I love you so. Why can't you always be this good?

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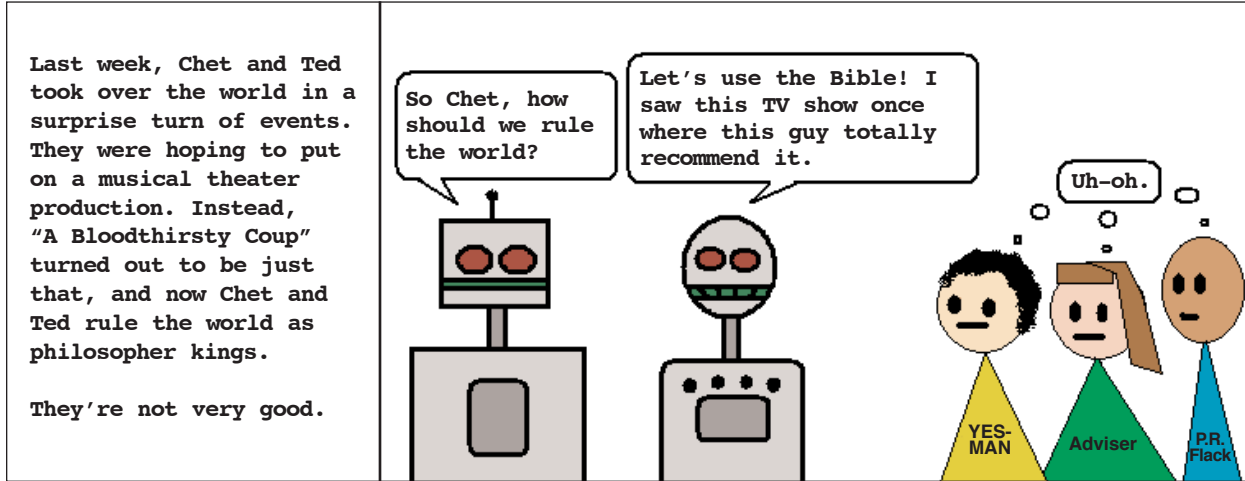
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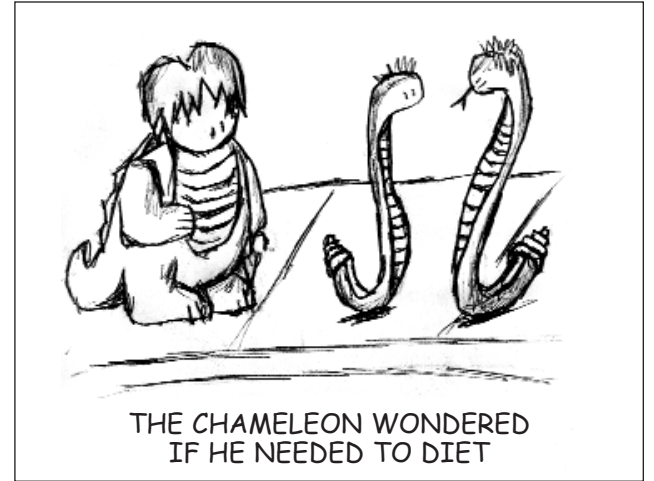
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The Rebooted | Sarah Gahan



Joy Comes Bottled | Sarah Joy Callahan



Crunchy Life Bites | Pedro Paulo Viegas de Sa



Horoscope | Sarah Gahan

It's time for another edition of... alternate universe horoscopes! Find out what your alternate self is doing in an alternate universe! Using the lavatory ... in space? Crashing his or her hovercar? Only by reading the words below will you ever know!

Aquarius – Right now, in another universe like our own (but not) you are weeding a garden. And the weeds are, like, pods from space or something. Eerie!

Pisces – In an alternate universe, you experienced a meteoric rise to stardom and a totally meteoritic (yeah, I made that one up) fall to earth, because in this alternate universe you were ... Vanilla Ice! Each day is a waking nightmare.

Aries – This will completely blow your mind: In one alternate universe, YOU AREN'T EVEN AN ARIES! Minds blown: 1 jillion trillion. Minds not blown: 0.

Taurus – The stars tell me that in one alternate universe, you will invent a time-travel device, which you will use to travel back in time – but you will accidentally decapitate one of your ancestors with a wombat and thus prevent yourself from ever being born! I think the moral of that story is: when going on a trip through time, leave your wombat at home.

Gemini – In your alternate universe, your parents shoot you into space in a rocketship just before your home planet explodes, and you end up being taken in by a childless couple in a small town. You're kind of like Superman except in this case, everyone else can fly, run at supersonic speeds, and blow stuff up with their eyes, and you can't. Each day is a waking nightmare.

Leo – Right now in an alternate universe, you are sitting, alone, on a swiftly-melting ice floe drifting out into the middle of the sea. Will you go mad when confronted with the vastness of your solitude? Will you be rescued before you devour your own extremities to fend off starvation? Well, the moon is in the sixth house of Mercury, so I think we all know how things will turn out!

Virgo – Just the other day in an alternate universe, you got your third Nobel Prize. This time, it was for eliminating all diseases forever, and solving the problem of world hunger. Kinda makes life in this universe seem trivial, doesn't it?

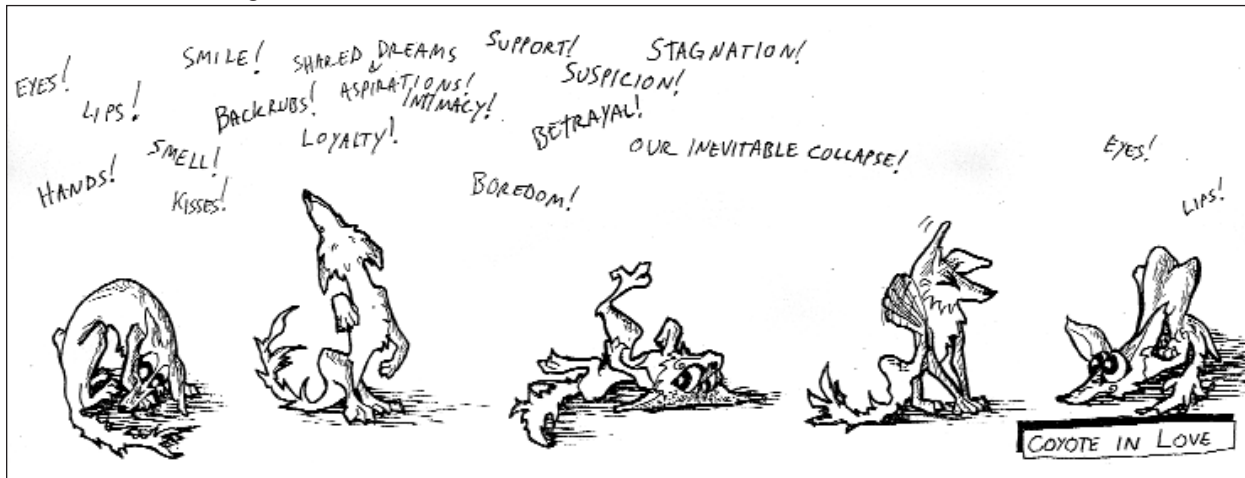
Libra – You have an alternate self living in an alternate universe where dinosaurs still roam the earth, and ponchos are still "in." Each day is a waking nightmare.

Scorpio – In one alternate universe, you are a rogue cop who has teamed up with an unlikely sidekick to fight crime. Your lieutenant says you're a loose cannon, but by allowing you 24 hours to hunt down your ex-wife's kidnappers, he's giving you a second chance ... for love.

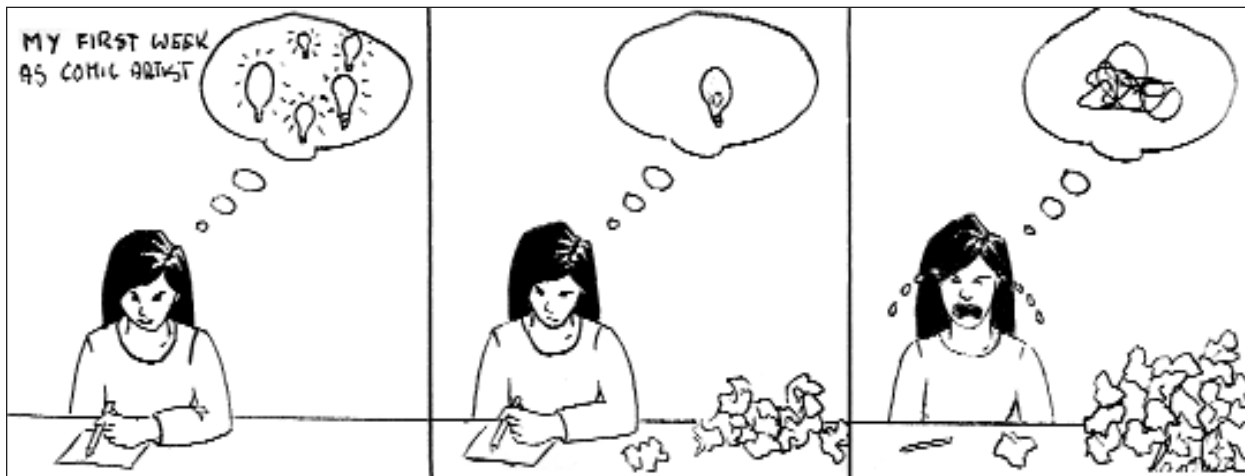
Sagittarius – There is an alternate you in an alternate universe who is kind of allergic to peanuts. It's not fatal, but alternate – you get all puffy and stuff. Each day is a waking nightmare.

Capricorn – There is one alternate universe where you are a sentient tub of ice-cream. Each day is a waking nightm – wait, nevermind. It's actually not that bad.

Not Nowhere | Dodge Stewart



Untitled | Karolina Lewis



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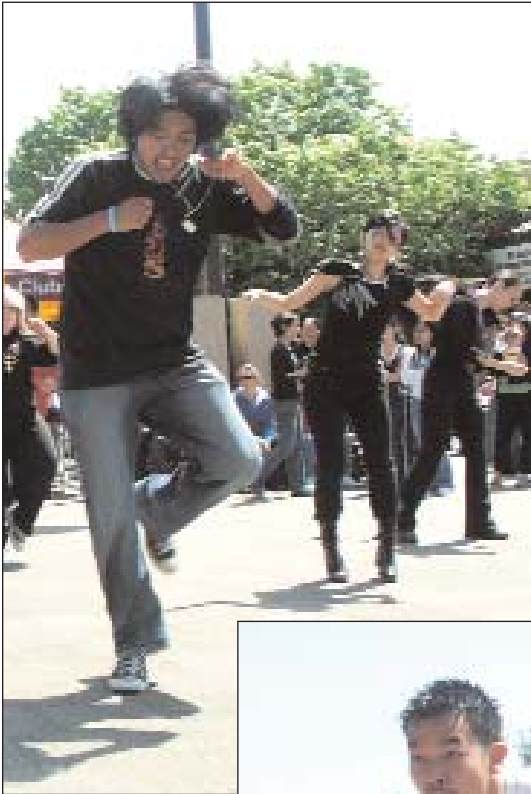
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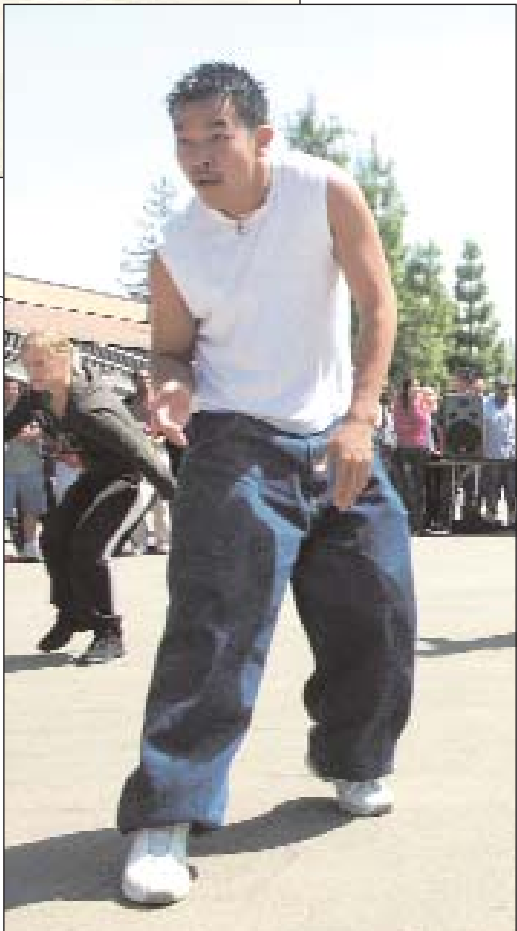
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Above:
Marta
Nguyen and
Kazumo Seto
perform a
Spanish
dance.
Above right:
Huan Dam
signs up new
members for
the Friends
Club. Right:
"Prolific DJs"
bring the
funk to club
day.



Above and
right: The Hip
Hop Dance
Club shows off
their moves.
Below: The
Korean
Student
Association
perform with
traditional
percussion
instruments.



Marjan Sadoughi(5)/ LA VOZ

Sylvia Lam/ LA VOZ