E-car charging stations - welcome addition or wasted spaces? >> PG.7

More tuition hikes on the horizon

NADIA BANCHIK STAFF WRITER

De Anza College students will find their wallets a little lighter come summer. Starting in July, tuition will increase from \$24 to \$31 per quarter unit.

The increase is a result of the passing of ABX1 32 by the California Legislature in September, 2011. The bill increased tuition for all 112 community colleges in the state. Students going to schools using the semester system will see their fees increased from \$36 to \$46 per unit.

Dean of admissions and registration Kathleen Moberg said De Anza will not directly benefit because the increased tuition will go directly to the state. But she said the tuition hike could negatively affect enrollment.

"In the past, fee increases have discouraged some students from attending, particularly those that do not qualify for the BOG fee waiver," Moberg said.

Eligibility criteria for BOG fee waivers may tighten if the Legislature adopts recommendations recently presented to them by the Student Success Task Force.

Director of financial aid Cindy Castillo said students who don't qualify for the BOG fee waiver should apply for federal aid, but noted that foreign and undocumented students would not be eli-

Students said they were frustrated with the news, with some saying they will increase their work hours to afford the new

"I will look for more work," said Chris Martinez, who is undecided on his major. "There is no other way to continue my education,"

Other students said in order to avoid extra work cutting into their study time, they would find other means to afford their tuition.

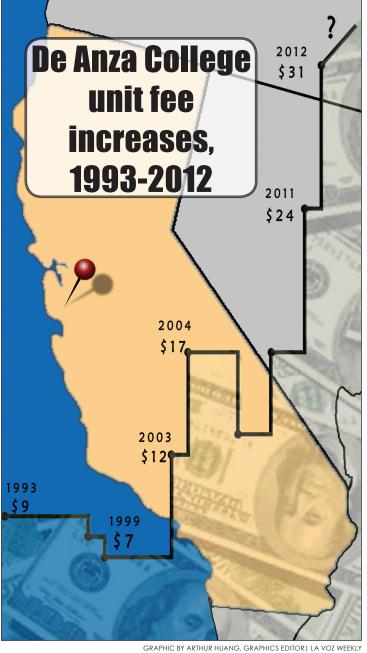
"I will borrow money from a bank," said chemistry major Ryan

Immi Sivia, a business administration major, said students should fight for lower fees.

"Probably we have to get more students to talk to the college administration and take action of going on Sacramento this year, urging to make fees affordable," Sivia said. "My parents pay tuition for me. I have chosen De Anza because its fees were lower than in other colleges. I cannot work, since I have to focus on my studying."

According to Gov. Jerry Brown's website, the increase would raise about \$110 million in additional revenues, which would partially offset the governor's proposal to reduce general fund support for community colleges by \$400 million.

Contact NADIA BANCHIK at



conference to reach out to black students MIGUEL PICHO

De Anza hosts

STAFF WRITER

On Feb. 8 the Office of Outreach partnered with the Black Student Union, the De Anza Associated Student Body senate, and over 15 Bay Area high schools to put on the African American Student Conference.

The goal of the conference was to educate incoming high school students about the college lifestyle, and provide them with information to help them make informed decisions about their future. While the focus was on helping black high school students, students from other races were also present among the several hundred that attended.

The conference started with two representatives of the BSU welcoming students. Host McTate Stroman told students to "embrace this whole experience."

De Anza College President Brian Murphy took the microphone and gave an impassioned speech, encouraging students to continue their education beyond high school.

"What happens here is both your story individually, but it's also this institution's effort to bring you into that bigger story," Murphy said to

The students also heard stories from past participants about how attending college helped them to achieve their dreams in life.

The keynote speaker was Ryan Stroman, a former De Anza student and UC Berkeley graduate who currently works at Google.

The students then broke up into groups, each led by a BSU representative who answered questions and concerns, whether about transportation issues, financial aid or other topics.

The Office of Outreach plans on following up with attendees in a few months time, making sure students know application, registration and other important dates. In the past, it's estimated that at least 25 percent of students who attended the conference have applied to De Anza and registered for the following fall quarter.

The conference was first held in 2008, but budget issues prevented it from running again until 2011.

The Office of Outreach will also be hosting Asian/Filipino and Latino conferences next quarter as well as an open house in May. Last year, the open house drew more than 4,000 parents and students.

Contact MIGUEL PICHO at lavoz@fhda.edu

De Anza mourns chemistry instructor

BRYCE DRUZIN NEWS EDITOR

Chemistry instructor Charles Hiebert's love of chemistry was apparent to students, faculty and his family

"He'd try to teach us as much as he could in an hour's time," chemistry major Thomas Le, 17, said, "and we'd all just sit there and soak it in."

Hiebert died unexpectedly of heart disease on the evening of Feb. 2 at the age of 55. An informal memorial will be held at the Fireside Room in the Hinson Campus Center on Friday, Feb. 24 from 12:30 – 2 p.m.

Coordinator of the chemistry department David Gray described Hiebert as a "very upbeat, jovial type person" who "could talk about chemistry as long as you wanted him to talk."

His enthusiasm led him to teach chemistry not only to his students, but his wife as well.

"We would go for walks at night and he would talk about stuff and I would have no clue," Kathy Hiebert said. "And I would tell him 'You know

Charlie, I really don't understand,' and on our walks he would try to explain orbitals and stuff I still don't under-

Kathy appreciated that despite his lengthy time in the field, he still had

"There's a lot of people when they get his age they get kind of burnt out about what they're doing," she said, "and he was still excited about it."

Hiebert was also known for his informal style, in both dress and relation-

"He was much more of a jeans and polo shirt guy than a suit and tie guy,"

Gray said Hiebert didn't believe in a sharp student-teacher hierarchy and thought "there doesn't have to be a Grand Canyon divide between the two." Students echoed this sentiment.

"The relationship was very casual," Zhiling Zhao, a bio chem major, said. "There was no gap. You can be friends with him, play around."

"He was really friendly," 18-yearold biology student Erfan Faridmoayen said. "He approached all of us, which

not every instructor does."

Before coming to De Anza in 2005, Hiebert worked at SRI International, a research institute, for 15 years. Students said they benefitted from his work experience.

"He knew a lot because he was in the industry," Faridmoayen said, "so basically we had a practical example for everything we studied."

"He really wanted us to know how (chemistry) could be applied to the real world," said Le, "and I think that's something special about him."

Besides his real world experience, Hiebert brought a good dose of humor, at times edgy, to his classes. Topic for his jokes ranged from the chemistry of illicit drugs to comparing protons to men and electrons to women.

"Men were in the center, full of themselves," Faridmoayen recalled Hiebert saying. "They're really dense (and) lazy, not doing work. Electrons are the ones going around."

Le also recalled the analogy: "Electrons can make orbitals and nice shapes. Protons are just lumpy."

Hiebert was born in 1956 in Iowa.



CHARLES HIEBERT (left) - with wife Kathy and daughter Amanda after her soccer team won the District Cup

He attended Coe College in Cedar Rapids before doing graduate work at the University of Iowa and postdoctorate work at Northwestern.

Kathy and Charles' relationship took a circuitous route. They met in 1974, their freshman year at Coe College, when Charles took her to a department store to buy a winter coat.

|See **HIEBERT**: Page 3|

Campus Events

2 | La Voz Weekly

WEDNESDAY, FEB. 22

BLACK HISTORY MONTH FILM SERIES: A Prince Among Slaves

Conference Rooms A & B 10 a.m. to 12:30 p.m.

Hosted by Orit Mohammed For more information, contact Michele LeBleu Burns at 408-864-8218 or Rob Mieso at 408-

PANEL DISCUSSION: African Americans at San Jose State in the '60s: The Speed City Days and the De Anza Connection

Conference Room B

1 p.m. to 3 p.m. Hosted by California History Center For more information, contact Michele LeBleu Burns at 408-864-8218 or Rob Mieso at 408

BLACK HISTORY MONTH CLOSING EVENT

Main Quad

Noon to 1 p.m.

Music and entertainment by So Timeless For more information, contact Michele LeB-leu Burns at 408-864-8218 or Rob Mieso at

THURSDAY, FEB. 23

NORTHERN CALIFORNIA COLLEGE HONOR BAND CONCERT

7 p.m. to 9 p.m. in Visual Performing Arts Center

For more information, email Bob Farrington at farringtonrobert@deanza.edu.

ANNOUNCEMENTS

DASB SENATE MEETING

3:30 p.m., Conference Room A Held Wednesdays

ASTRONOMY AND LASER SHOWS

FUJITSU PLANETARIUM Every Saturday

The planetarium holds astronomy and laser shows on Saturday nights throughout the quarter. For more information, go to http://planetarium.deanza.edu

\$7 - Astronomy Shows \$9 - Laser Shows

February 25: Astronomy shows:

5 p.m. Magic Tree House

6 p.m. The Secret Lives of Stars 7:30 p.m. The Edge of the Solar System:

IBEX Laser shows:

9 p.m. Beatles Sgt. Pepper 10 p.m. Pink Floyd The Wall

IN THE EUPHRAT: INVOKING PEACE

Through to Saturday, March 17 Every week, Monday, Tuesday,

Wednesday, Thursday, 10 a.m. to 3 p.m. "Invoking Peace" interweaves tradition and innovation, faith and activism. It emphasizes diversity of Islamic art and reveals shared concerns. Artworks range from site-specific installations, classical and experimental calligraphy and paintings to product designs for cultural needs, arts, sculpture and ceramics. For more information, contact Diana Argabrite at 408-864-5464 or argabritediana@ deanza.edu.

Artists include Doris Bittar, Taraneh Hemami, and Saira Wasim with "Legacy of Qur'an: Messages of Peace" artists Um Amina, Salma Arastu, Davi Barker, Bassamat Bahnasy, Manli Chao, Haji Noor Deen, Azeem Khaliq, Ali Khan, Asma Khan, Mark Piercy, David Platford, Nabeela Raza Sajjad, Avesha Samdani, Lubna Shaikh, Arash Shirinibab and Zubair Simab.

DISCOUNTED MOVIE TICKETS AVAILABLE WITH DASB CARD

Discounted movie tickets are available for students who have a DASB card. Prices per ticket:

AMC Gold - \$7.50 AMC Silver - \$6 Century Platinum - \$7.50

To purchase tickets, students should bring their DASB card to the Office of College Life (formerly Student Activities) in the lower level of the Campus Center and go to the window labeled "Student Accounts." Office hours are Monday through Thursday 9 a.m. to 5 p.m. and Friday 9 a.m. to 4:30 p.m.

DE ANZA MASSAGE THERAPY CLINIC

Tuesday and Thursday mornings Clinic Office, PE 12L

The Massage Therapy Program Clinical Class is offering 45-minute massages. Appointment times are 9:15 a.m., 10:15 a.m. and 11:15 a m. through March 22. To make an appointment, call 408-864-5645. Pricing for massages:

\$15 - Students

\$20 - De Anza/Foothill faculty/staff \$25 - Community

For more information, contact Deb Tuck at tuckdeborah@fhda.edu or 408-864-8205.

CELEBRITY FORUM "WAIT, WAIT...DON'T TELL ME! " SPEAKERS SERIES

Wednesday through Friday, Feb. 22 to 24 Three panelists from NPR — Peter Sagal. P.J. O'Rourke and Mo Rocca — will each make presentations and then Peter Sagal will host the game "Wait, Wait . . . Don't Tell Me!" Members of the audience can test their knowledge of current news, figuring out what's real news and what's made up. Flint Center does not sell ticket to the Celebrity Forum Speaker Series. For information on purchasing subscription tickets contact Celebrity Forum at 650-949-7176

WINTER WORKSHOPS 2012

All conferences are in the Don Bautista Room, located in the Campus Center.

Tuesday, Feb. 28 Therapy? Tuesday, Mar. 13 Anxiety Tuesday, Mar. 20 Depression

Join Phil Boissiere, MFT of De Anza College Psychological and Healthy Services to learn about stress, relationships, therapy, anxiety and depression. The workshops are free to De Anza students and guests.

DE ANZA SPORTS

BASEBALL

Friday, Feb. 24 vs. Los Medanos, 2 p.m. Thurs, March 1 vs. West Valley, 3 p.m. Thurs, March 8 vs. Chabot, 10 a.m.

Thurs, March 1 vs. Mission, 3 p.m.

AT FOOTHILL COLLEGE

FOOD PANTRY & SCHOOL **SUPPLY BANK**

Distribution dates are on Tuesdays

Make donations to those in need, ranging from school supplies to non-perishable goods. Drop off donations in the Student Success Center (Room 8103) or Tutorial Center (Room 3526). For more information, contact Lyliana Hernandez at 650-949-7511. Distribution dates are:

Feb. 21 from 11 a.m. to 3 p.m. March 6 from 11 a.m. to 3 p.m. March 20 from 11 a.m. to 3 p.m.

FILM SCREENING: "BLUE GOLD: WORLD WATER WARS" Wednesday, Feb. 22

Hearthside Lounge (Room 2313) at noon Wars of the future will be fought over water, as they are today over oil, as the source of all life enters the global marketplace and political arena. Corporate giants, private investors and corrupt governments vie for control of our dwindling fresh water supply, prompting protests, lawsuits and revolutions from citizens fighting for the right to survive. Past civilizations have collapsed from poor water management. Will our too?

The Foothill Center for a Sustainable Future presents a free screening of the film "Blue Gold: World Water Wars" on Feb. 22 at noon in the Hearthside Lounge. For more information, contact Mia Casey at caseymia@foothill.edu or call 650-949-

THEATRE ARTS DEPT PRSENTS: "ALL SHOOK UP" Feb. 23 to March 11

Lohman Theatre

"All Shook Up" is a musical romp through the 1950s, featuring hit songs made famous by Elvis Presley, and a book by Tony Award winner Joe Dipietro. Natalie, the town's tomboyish mechanic, is swept off her feet when guitar-playing roustabout Chad rides into her sleepy town and turns it upside-down with his contraband rock 'n' roll. Filled with mistaken identities, star-crossed lovers, and peppered with Elvis favorites including "Burning Love," "Jailhouse Rock," "A Little Less Conversation," and "One Night With You." Milissa Carey helms this fresh yet faithful new interpretation, with musical direction by Mark Hanson and choreography

(Preview) Thursday, Feb. 23, 7 p.m. Friday, Feb. 24, 8 p.m. Saturday, Feb. 25, 8 p.m. Sunday, Feb. 26, 2 p.m. Thursday, March 1, 7 p.m. Friday March 2 8 p m Saturday, March 3, 8 p.m. Sunday, March 4, 2 p.m. Thursday, March 8, 7 p.m. Friday, March 9, 8 p.m. Saturday, March 10, 8 p.m.

THURSDAY, MARCH 1

SILICON VALLEY READS 1:30 p.m. to 2:30 p.m.

Visual and Performing Arts Center Q&A with Author Willow Wilson about her book "The Butterflu Mosque". Contact Marisa Spatafore for more information at spataforemarisa@deanza.edu.

THE OPEN MIC SERIES: FIRST THURSDAY

spoken word poetry and hip hop.

5 p.m. to 7 p.m. Visual and Performing Arts Center Hosted by the Black Student Union, poets, rappers, singers join on the first Thursday of every month to participate in the fusion of

FRIDAY, MARCH 2

LAST DAY TO DROP A CLASS WITH A GRADE OF "W".

HAPPENINGS

Send event notices to lavozadvertising@gmail.com by noon Wednesday preceding the publication week. Please type "Happenings" in the subject line. La Voz does not guarantee publication. All events take place on the De Anza College campus and are free, unless stated otherwise

SPECIAL ANNOUNCEMENT:

MEMORIAL SERVICE FOR CHARLES HIEBERT

12:30 p.m. to 2 p.m. **Hinson Campus Center** Fireside Room

De Anza work to be shown at Cinequest

Nader Carun's film "Rest Stop" will be shown at Cinequest 22 in March. The film will be a part of the "Shorts Program 8: Student Shorts" installment. Shorts Program 8 will be shown at the following times and locations:

Tuesday, March 6 at 10 p.m. Camera 12 Tuesday, March 8 at 9:45 p.m. Camera 12

Congratulations Nader! For more information about Cinequest, go to www.cinequest.org

ENERGIZE YOUR EDUCATIONAL DIRECTION!



Environmental Studies classes -

4 Program Areas - where do you fit in?

Informational Meeting:

De Anza College **Kirsch Center for Environmental Studies** Wednesday, February 29 @ 6:00PM

Location: KC 113

- Certificates
- Degrees
- Hands on Labs
- Internships
- Stewardship
- Career Discussions Resume' writing
- And more

Find out what about student opportunities with:

- Stewardship in Coyote Valley
- Joint Venture Silicon Valley
- GreenBiz Cupertino
- Clean Tech Open

Reserve your seat: Pat Cornely @ (408) 864-8628 or cornelypat@fhda.edu



Located in the heart of Chicago's Loo

at saic.edu/ug

School of the Art Institute

AMERICA'S MOST INFLUENTIAL ART AND DESIGN SCHOOL

The School of the Art Institute of Chicago (SAIC) encourages investigation that is interdisciplinary, collaborative, and experimental.

PRIORITY MERIT SCHOLARSHIP DEADLINE: MARCH 15



(BFA 2011), The Conqueror,

2011

News

lavozdeanza.com

Go to facebook.com/lavozweekly to see highlighted stories



TRANSFER PROGRAMS for De Anza Students



Bachelor degrees in Psychology

- · Graduate in 2 years
- Personal attention from Professors
- Small class sizes
- Guaranteed course registration
- Internship opportunities
- **Exceptional professors**
- Admissions to PAU grad programs
- Affordable education
- Financial aid & scholarships
- Day & Evening programs

Apply now for Spring 2012 & Fall 2012

Financial Aid and Scholarships Available!

To learn more, visit our web site www.paloaltou.edu or contact our Admissions Counselor at Tel. (650) 690-5049

BACHELOR'S 2014

"I decided to transfer to Notre Dame because of the personalized attention I got from day one. From the start, Notre Dame made me feel like a person. The whole transfer process was totally stress-free and by the end of it, the admissions office knew me by name."



GET THERE

Notre Dame de Namur University makes transferring simple and gives you access to the classes you need to graduate on time. With smaller class sizes, hands-on advising, financial aid, and a convenient location mid-peninsula, Notre Dame can help get you where you want to be.

Apply now for fall 2012.

To learn more, visit www.ndnu.edu or call (650) 508-3600.



Financial aid head to retire

ALICIA RIVERA STAFF WRITER

After working at De Anza College for 35 years, financial aid director Cindy Castillo is retiring this March.

Castillo arrived at De Anza in 1977, landing a job partly thanks to Spanish-language skills which allowed her to assist the many Chilean refugees arriving in the Silicon Valley following Augosto Pinochet's coup in Chile.

"One of the things that's been so fascinating about working in financial aid is that the world kind of comes to you," Castillo said.

She and her staff assist refugees from different backgrounds, but all with the goal of starting an educational path at De Anza. She even helped her former husband and his siblings immigrate to the U.S. from Mexico. Their family attended school at De Anza and two siblings currently work at the college.

"I'm so proud of their efforts to move to a new country and find their way in a new culture, while preserving their own," she said. "There is nothing better than sharing what we have here."

Marrying an immigrant gave Castillo insight into the challenges faced by immigrants. She said it is important to realize that American society is set up very differently from countries many immigrants come from.

Move our society forward and better the lives of others.

Some examples she gave were attitudes towards women and distrust of financial institutions. Castillo has seen men trying to sign financial papers for their wives and people cashing their financial aid checks and putting the money underneath their mattress.

Castillo said that in her experience, most people would like to stay in their home countries but have been forced to leave for political and economic reasons. She disagrees with anti-immigrant rhetoric she sometimes hears.

"I have a more welcoming (attitude) to students coming from other places," Castillo said.

After retirement, she plans on staying involved in education through volunteer work. The Fremont High School District has asked her to help with English as a Second Language students, and she will also be part of an interview COURTER OF THE CASHING

THEN AND NOW - Cindy Castillo when she first arrived at De Anza in 1977 (left) and present day (right)

panel next month for the University of California Santa Cruz's Pister Scholarship, awarded to 13 community college students who demonstrate leadership.

Castillo recalled the amusing memories of the days when one week out of every month half the financial aid staff would hand-write every check, "spelling each student's name and the amount in both numbers and words."

Today everything, including checks, applications and award letters, is done electronically. Castillo said that electronic communication has also led to many more former students keeping touch with the financial office whether to say "hello" or to give an update on their personal lives.

"Education is absolutely critical for our community," Castillo said. She added that she is very proud to help educate people and enable their participation in society.

If it were up to Castillo, the U.S. Department of Education would send a letter to families who filed income tax, informing them that "from the first year they claim their child on their income tax return, their government will help them pay for a college education" as long as the family and student ensures a high school graduation.

Although she enjoyed her days in the financial aid department, after years of work that included 12-hour days, Castillo, 59, is looking forward to retirement.

The first thing on her list is a crosscountry road trip with her 83-year-old father. They'll drive to Florida, stopping on the way in Texas to visit a friend

She'll also be dedicating time to Jazzercise classes, reading and spending time with friends and family.

She advises aspiring leaders to not be afraid to share their ideas, and "to find a place of integrity, truth and passion about something you can contribute to that will move our society forward and better the lives of others."

Contact ALICIA RIVERA at layoz@fhda.edu

HIEBERT: From page 1

"I'm from Hawaii originally," Kathy said. "I was shell shocked by the weather."

After college, the two went their separate ways before reconnecting 12 years ago.

"We were somewhat, very occasionally in touch with each other during the intervening years," Kathy said. "But he always thought about me and I always thought about him, so I guess when the timing was right, that was when we got together."

This March would have marked 11 years of marriage.

Hiebert was active in his daughter Amanda's life, taking an interest in soccer as a result of her playing and coaching her basketball team, a sport he played throughout his time at school.

Fellow chemistry instructor Homer Tong worked at SRI before Hiebert arrived. He said that common background gave him a personal connection with Hiebert. He praised his straightforwardness and also commented on how students benefited from his work experience.

"Looking back, I wish we had him earlier ... it's a great transfer of real practical experience to the students," Tong said.

"We lost a great instructor."

Hiebert is survived by his wife Kathy, his daughter Amanda, 10, and brother Terry, 57.

Contact BRYCE DRUZIN at lavoz@fhda.edu

1500 Ralston Avenue, Belmont CA 94002

Black student union's First Thursday, turns heads

MAX KEIL WEB EDITOR

On the first Thursday of every month, De Anza's Black Student Union transforms the Euphrat Museum of Art into a small venue for student art and expression as part of it's First Thursday open mic series.

BSU President Orit Mohammed, 18, said that the BSU chose to host an open mic event because it was the best way to involve fellow students.

"The beauty of the open mic is that it really incorporates the students so that they have a place to come and express themselves artistically where they might not have any other place to do that," Mohamed said. "A lot of other open mics are pretty professional and people feel really nervous and don't want to perform, and this is a really comfortable setting where anyone can just come up and it is really supportive."

Psychology major Sid Monshi, 19, performed at First Thursday for his first time Feb. 2 and said that the event was very welcoming.

"It doesn't seem like anyone is putting pressure on anyone performing," Monshi said. "People can just go up there and do their thing and not worry about being judged."

Monshi played an acoustic version of

a song he wrote, but the performances were not limited to music.

"People just come and they share anything from hip-hop, spoken word, poetry, singing, sometimes people just come up and talk if they feel like talking," Mohamed said. "We used to call it the fusion of poetry and hip-hop and

McTate M. Stroman II, 39, co-advisor of the BSU and one of the originators of First Thursday, said that he was inspired to create an open mic event for students in order to raise awareness of the presence of the Euphrat Museum of Art.

"About two years ago I was reading in La Voz that they were looking to cut the budget for the Euphrat," Stroman said. "As a spoken word artist I know the value of a museum so I proposed that we put something together with poetry and visual arts as well. It's mainly to allow the students a vehicle of expression as well as bringing attention to the fact that we even have a museum on campus. A lot of students aren't aware of that."

Mohamed said that the crowds coming to the monthly open mic events have grown since First Thursday's inception, but the monthly event remains an inti-

"It started off pretty small, and then there were random days where a lot of

people would come, but now we've got a fairly set audience of about 30-40 people," Mohamed said. "It's really comfortable and small."

"I love the turn out," Stroman said. "I swear they've always got me sweating in the beginning, but always we end up running out of chairs and students seem to enjoy it."

More than just De Anza students are filling the Euphrat to see the show.

"We've had faculty, we've had our president Brian Murphy come out," Stroman said. "We've had high school students come out and that gave them access to a college campus at the same time."

"One time, someone came all the way from San Francisco just because he heard about First Thursday," Mohamed said. "He rapped."

Mohamed said that First Thursday is exciting because it is a different show every time, and encouraged all students to come out and see it.

"You don't have to be a performer, it's a really great experience that has added to the culture of De Anza College," Mohamed said. "It's a great place to meet new people and to listen to some cool

Contact MAX KEIL at



TEACHING - Co-advisor of the BSU, McTate M. Stroman II, inspires students on



MAX KEIL, WEB EDITOR | LA VOZ WEEKLY

TELLING - Ben Stevenson, 20-year-old philosophy major, tells about his first college experience at De Anza

De Anza Students learn how to manage stress

RYAN BLAIR

Only a handful of students were present for Psychology professor Phil Boissiere's highly informative workshop on Managing Stress, located in the Don Bautista Room of the Hinson Campus Center Jan. 31.

Sponsored by Health Services and Psychological Services, the workshop was the first of five offered this quarter.

"Two-thirds of doctor visits have something to do with stress," said Boissiere. Stress is defined as a reaction to changes, both positive and negative.

A PowerPoint presentation highlighted the four main domains of stress: workload, people, mind and body.

Workload, or work stressors, occur when students feel overwhelmed with coursework.

When asked why they chose to attend, students cited the need to "de-stress" themselves and "exams" as the main source of this stress.

Boissiere recommends consulting with a counselor about time management and priority setting or seeking out a tutor or other study skills help.

The second domain of stress, people, can occur through family tensions, incompatibility with a roommate, or the death of a family member.

"Avoidance is not always the best policy," said Boissiere, recommending students talk to a friend or counselor or take an interpersonal communication class to improve their interactions

Another way to cope with people stress is to maintain your emotional reserves:

Develop naturally supportive friendships and relationships, but also expect some frustrations, failures and sorrows.

Also, try to reduce the intensity of your emotional reactions, as you may find you are you expecting to please everyone.

Stress stemming from the mind commonly finds students spending more time thinking about what could or did go wrong within a situation, rather than thinking of what they can do in the future.

It may also include motivational problems. To alleviate this, seek information or counseling on self-thought and irrational thoughts.

"Personal control, which is tied to our thoughts," said Boissiere, "is how much we perceive we can affect our environment and subsequently change our lives."

The final domain of stress, body, includes the symptoms of insufficient sleep, frequent colds and poor nutrition.

"When our body doesn't feel well, our mind doesn't feel well," Boissiere said.

To combat the problem, he recommends regular exercise (cardiovascular fitness three to four times a week,) eating well-balanced and nutritious meals, changing your environment, and reducing or eliminating stimulants such as caffeine, nicotine and alcohol.

It is also important to learn to moderate your physical reactions to stress.

Slow, deep breathing will bring your heart rate and respiration back to normal.

Closing the workshop, Boissiere had the students in attendance practice taking "30 second breaths," attempting to take in a deep breath for 10 seconds, holding for 10 and releasing for 10.

"Focus your attention on your breathing," said Boissiere. "[It's] extremely helpful with

The next workshop in the series, Managing Relationships, will be held on Tuesday, Feb. 14 at 11:30a.m. in the Hinson Campus Center's Don Bautista Room.

Contact RYAN BLAIR at lavoz@fhda.edu

De Anza College?

Like us on Facebook!

Become a fan in **February** and enter to win an iPad 2 from the De Anza College Bookstore.

You have to be at least 18 years old (a legal requirement)

Like us and enter to win an iPad 2 (tell us why you love us, too)

When

Through Feb. 29, 2012 (one entry per person)

Where

www.facebook.com/deanzacollege (the official fan page)

What else

Read complete rules (yeah, you really need to)

Win

We'll let the winner know on March 1, 2012 (it could be you!)



Allya NAQVI, MANAGING EDITOR | LA VOZ WEEKLY
"Homeless" - Seyed Alavi's body of work explores
the notion of home and our sense of belonging
in the world as well as the immigrant's feeling of
homelessness.



"God" - A three-dimensional sculpture spells out "God" in Arabic.



"Transcendence" - Taraneh Hemami's broken glass art work creates a prayer rug facing the Qibla, with a reference to the passageway to paradise.

Invoking Peace 3

among De Anza students

AILYA NAQVIMANAGING EDITOR

From ancient Islamic calligraphy to broken pieces of glittering glass skillfully sculpted onto the floor, the sculptures and paintings in the Invoking Peace Islamic Art exhibit at De Anza College's Euphrat Museum aim to interweave "tradition, innovation, faith and activisim." according to organizers.

An artists' reception on Feb. 9 was promoted as part of Silicon Valley Reads 2012, an annual book reading community that this year features two books about Muslim-Americans.

Among the many varieties of artistic calligraphy, one artist whose Arabic and Persian calligraphy particularly stood out was Arash Shirinbab. "It's all about beauty." Shirinbab explained. "Verses from the Quran that convey peace. Very spiritual. Really important for me to convey that in this exhibition."

De Anza president Brian Murphy welcomed the crowd with a few introductory words about the event and Silicon Valley Reads 2012. "This show symbolizes the remarkable diversity of the college," he said.

Director of Arts and Schools program Diana Argabrite thanked the Islamic Art Exhibit nonprofit organiztion for sponsoring the show.

Nabeela Sajjad, the founder of the non-profit, also contributed to the art displays.

"My purpose with the organization and with the exhibits we host is to educate people more about Islamic Art, and through that about Muslims." said Sajjad. "I want people to know that there is not just one kind of art... much of the art we have here is from Syria, Pakistan, turkey, and even China."

Throughout the event, artist Zubair Simab attracted a crowd at the entrance of the exhibit, where he painted guests' names in Arabic calligraphy, while teaching them the logistics that go into creating such skillful art as body postures and angels.

"I am demonstrating Arabic and Farsi calligraphy," he said. "This is my hobby; it is what I do in my free time. I am trying to build a between the Western and Islamic culture; there are a lot of negativities in the media about Islam and I aim to eradicate them by bridging the gap between these cultures to preserve backgrounds."

Biology major Maheem Khan, 19, critiqued the artwork as she visited the exhibition in between classes. "Everything is so beautiful," she said. "It's difficult to choose a favorite, but the broken glass piece definitely caught my eye." Artist Taraneh Hemami's "Transcendence," consists of piles of broken glass forming a prayer rug facing the Qibla, the direction of daily prayer in Islam.

Contact AILYA NAQVI at lavoz@fhda.edu



HOLY PAINTING- A chapter from the holy Quran painted using acrylic on canvas by Nabeela Sajjad. Founder of Islamic Art Exhibit.



"TEC SAYINGS" - A phase-making installation by Doris Bittar, that focuses on identity



WRITING NAMES IN ARABIC - Artist Zubair Simab demonstrated Islamic calligraphy by writing names of the guests in Arabic.

De Anza College Menu: Dining Services Feb. 20 - Feb. 24

For all of your on-campus dining needs, visit the FOOD COURT in the upper level of the Hinson Campus Center

MONDAY

- Soup: Chicken Noodle Soup
- Pizza: Vegetarian Combo
- Salad: Chinese Chicken
- Pasta: Beef Stroganoff

TUESDAY

- Soup: Cream of Mushroom
- Pizza: Italian Meat Lovers Combo
- Romaine Lettuce,
 Bay Shrimp, Red
 Peppers, Green Onions
 Croutons, Parmesan
 Caesar/Sriacha
 Dressing, Fresh
 Pineapple, Cucumber
- Pasta: Southwestern Pasta

WEDNESDAY

- Soup: Minestrone
- Pizza: Hawaiian Ham & Pineapple
- Salad: Spring Greens, Fresh Apple, Candied Walnuts, Cranberries, Blue Cheese and Oil & Balsamic Dressing
- Smoked BBQ Pork Loin, Cheddar Polenta and Coleslaw

THURSDAY

- Soup: Tortellini Vegetable
- Pizza: North Beach Pizza
- Salad: Southwestern Chicken
- Pasta: Broccoli Bow Tie Pasta

FRIDAY

- Pizza: Chef's Choice
- Soup: New England Clam Chowder

Burger of the Week: Santa Fe – Angus Beef, Pepper Jack, Mild Green Chile, Avocado, Lettuce, Tomato and Chipotle Mayo **Grilled Cheese Mania**: Roast Beef, Cheddar & Jack, Boursin Cheese & Caramelized Onion

Sports&Fitness

6 | La Voz Weekly

West Valley holds first swim meet of season

KEREN LOPEZ STAFF WRITER

De Anza's College swim team attended the first meet of the season at West Valley College on Saturday Feb. 11, against Cuesta College, Cabrillo College and West Valley College.

Consisting of a friendly competition, the first meet was meant for swimmers to get back in the water and to have a fun time with their teammates. The meet included relays, which gave swimmers the opportunity to compete and feel comfortable swimming in a group setting.

"Today was fun," head coach Danielle Von Matt said. "It's an informal meet because it's all relays but it gives us the chance to see some of the swimmers doing different events. It's mainly for them to just have fun and start feeling like a team and having something to look towards to in practice."

The team looks forward to this new season with high hopes to make it to the league championships

"It's just the beginning, but we've got a lot of swimmers with promise, and just as a team we're looking very good. We've got some quality and we've got quantity, good numbers this year," said Von Matt.

Contact KEREN LOPEZ at layoz@fhda.edu



RELAY RACE - Swimmers competed in relays on the first meet of the season on Saturday Feb. 11, 2012. The butterfly stroke is being demonstrated by swimmers.

Baseball: De Anza Dons lose to San Mateo Bulldogs 6-2



MINERVA RAZO, STAFF WRITER | LA VOZ WEER

BATTER UP - Freshman Chris Stavrenos getting ready to swing for a hopeful

MINERVA RAZO STAFF WRITER

The College of San Mateo Bulldogs baseball team defeated the De Anza Dons in the second home game of the season Feb. 10.

The Dons showed promise during the first few innings by advancing in homeruns and their notable offense and defense.

They were able to make the first home run of the game by Gilbert Guerra. By the second inning, the score was 1-0.

But after taking offense in the third inning, the Dons scored

another home run by Guerra making the score 2-0.

It wasn't until the sixth inning that the Bulldogs stepped up their game with their first batter, making the score now 2-1.

The Bulldogs managed to tie the score, but not for long. By the ninth inning, the Bulldogs had tipped the score to favor them.

The final score was 6-2, and the teams shook hands then went their separate ways.

Despite the loss, Dons head coach Scott Hertler complimented his team, saying, "We were better. We were much more offensive this game. We previously lost 2-1 to Monterey and we weren't as offensive as we were today."

"This team's going to be a good team." Hertler added. I don't know if its going to be a good team next week or the week after or two weeks down the road but these guys are going to be a good team,"

Contact MINERVA RAZO at lavoz@fhda.edu

Health tip of the week: How to place your wellbeing above stress

ALICIA RIVERA STAFF WRITER

On top of everyday worries, students have studies, employment, athletics, social events and finances to balance. With so many obligations, stress from student life can seem inevitable. Below are three simple ways to defeat stress and rejuvenate natural delight.

Sustain your Strength

Maintain health by exercising and continuing to follow your belief system, whether it be prayer, meditation or discourse on your most passionate subject. If you currently have no way to indulge in these, join a club or class at De Anza, or sign up to participate on an online forum which suits your interests. Surround yourself with like-minded people who improve your outlook on everyday life, relieving your feelings of stress.

Organize and Prioritize

If you manage your time and finances, you've already taken

down one stressor. It is as simple and cheap as purchasing a planner. Here, you can note your due dates and appointments. With a visual display of important dates, you can prioritize assignments, then schedule time to for your friends and loved ones. If the people in your life truly want to be there for you, they'll be willing to work around your schedule.

Attend the Present

So you've finished your assignments for the week, and are finally eating the sushi you've been hankering for with the friends you haven't seen for two weeks. Everything seems OK, except your mind keeps thinking of tomorrow's to-do list. Whenever that happens, take a moment and remind yourself, "All is well. I have time for everything I need to do today."

Contact ALICIA RIVERA at lavoz@fhda.edu



- ~ Real Food from Local Farms
- ~ Margaritas, Sangria, Mexican Beers
- ~ Family Friendly & Kids Menu



408-873-1600 Dine in or Take out



10525 S. De Anza Blvd. Cupertino

Opinion

lavozdeanza.com

LA VOZ WEEKLY

Editorial and Advertising Offices are located at L-Quad Room 41 21250 Stevens Creek Blvd. Cupertino, CA 95014

P: (408) 864-5626 F: (408) 864-5533 E: lavoz@fhda.edu W: lavozdeanza.com

EDITORIAL BOARD

Andrew Puckett | Editor in Chief Ailya Naqvi | Managing Editor Martin Towar | Opinion Editor Bryce Druzin | News Editor Nicole Grosskopf | Features Editor Alix Metanat | Sports Editor Greg Anderson | Multimedia Editor Sara Gobets | Photo Editor Arthur Huang | Graphics Editor Max Keil | Web Editor

BUSINESS STAFF

Cecilia Deck | Faculty Adviser deckcecilia@fhda.edu Walfer Alvardo | Lab Technician alvaradowalter@fhda.edu Michael Mannina | Business Manager lavozadvertising@gmail.com

ABOUT US

La Voz Weekly is a First Amendment newspaper written and published by De Anza College students.

La Voz Weekly is partially funded by the De Anza Associated Student Body and is printed at San Francisco Newspaper Printing Company. All rights reserved; no part of La Voz Weekly may be reproduced without permission. Staff editorials reflect the opinions of the majority of the editorial board and do not necessarily reflect the views of the author or the opinions of the La Voz staff. Opinions expressed by staff and contributors are the opinions of the individuals and not necessarily the opinion of La Voz Weekly. Editorials are the opinion of the editorial board only and do not necessarily represent those of the entire staff. Columns are the opinion of the writer. Letters are the opinions of the reader.

LETTER TO THE EDITOR

Letters to the editor can be submitted to **lavoz@fhda.edu** or at: www.lavozdeanza.com. Letters should be 300 words or less; letters more than 300 words may be edited for length. Letter authors must include a phone number in submissions. Letter content must not be libelous or intended to air personal grievances. La Voz does not guarantee that submissions and letters to the editor will be printed. La Voz reserves the right to edit letters and submissions for clarity in accordance with Associated Press writing style. Letters submitted for the printed edition of La Voz Weekly may be published in the online edition.

ADVERTISING

Press releases and submissions can be submitted to: www.lavozdeanza.com

La Voz does not guarantee coverage of events for which it receives press releases. Contact Business Manager Michael Mannina by phone at 408-864-5626 or e-mail to lavozadvertising@gmail.com for rates. Rate sheets can also be found at

www.lavozdeanza.com.

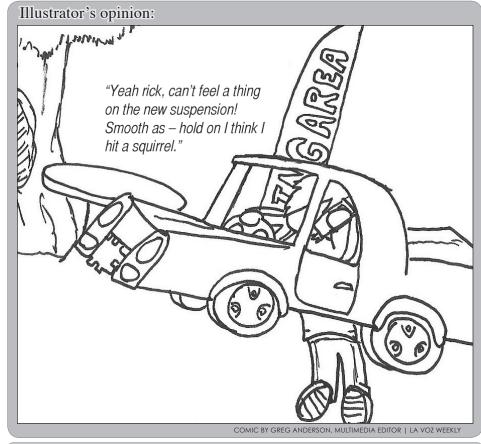
PHOTO REPRINTS

Images published in La Voz Weekly or online at www. lavozdeanza.com are available for purchase. Ten limited use digital images can be obtained for \$20 or 8x10 prints for \$25. Contact Business Manager Michael Mannina to place an order.

LA VOZ CORRECTIONS

Any corrections in a published story? Please let us know by sending an email to the following address:

lavoz@fhda.edu



Explanations for vacant electric car chargers are needed

ALICIA RIVERA STAFF WRITE



"How was it decided that De Anza College would install electric vehicle parking spaces? What are the long-term intentions and plans that De Anza has for the current electric vehicle parking?" These are just two simple questions I emailed Marisa Spatafore, De Anza's marketing, communications, and development director, regarding the recent electric vehicle spaces located in parking Lot B.

"I do apologize, but I won't be able to obtain the detail level (cost, space, etc.) before next week," Spatafore responded via email.

After reading the disappointing response I told her I could wait but asked that I be given a contact of someone who could answer these questions. She must have only read the first part as over a week later, still no response. This is no result of Spatafore's own shortcoming, but it does raise a few new questions:

How come we, as students, cannot access information on the new electric vehicle parking spaces at our college? What benefit does electric car parking provide De Anza?

Until there are detailed answers to these questions, electric car parking spaces are not justified at De Anza.

Part of Measure C, a bond measure funding construction at De Anza, went to various photovoltaic projects at De Anza such as the solar panels in Lot B and included funding for the housing, and installation of, electric car chargers. However, as La Voz has reported, the actual chargers were not installed and must be run by an independent company.

Why then were these chargers even added to the project? Well, to earn De Anza a platinum rating on the Leadership in Energy and Environmental Design green building rating system.

How many students and faculty are willing to dish out \$30,000 to take a chance on new technology?

With electric cars running on the same lithium battery technology found in a 13-inch laptop, and given the unreliable history of electric vehicles, how many students and faculty are willing to dish out \$30,000 to take a chance on new technology?

As a community college population, students here pay \$24 per unit if not less given low-income fee waivers, and part-time instructors out number full-time. It isn't reasonable to expect that such a community can afford to pay a huge premium on a car with unproven

technological reliability. Moreover, De Anza could get dented by the cost of energy.

Charged at its fastest, the \$130,000 Tesla Roadster electric sports car will use 16,800 watts or enough power to run 37 new computers simultaneously. One car is worth 37 computers and the spaces allow for up to 20 charging stations. Even if half of the spaces are being used that's enough power to black out the ATC.

Where will all the power come from for these cars? At the expense of lighting, air conditioning or the computer lab? Why should De Anza risk the shutdown of a classroom for a gold star from LEED?

To put into perspective the severity of electric car drain, utility companies are currently gathering information and making adjustments to their power grids to avoid just such a blowout with the projected increase in eclectic vehicles, despite J. D. Power and Associates estimating that by 2015 electric vehicles will only account for 0.3 percent of car sales. Is our infrastructure ready?

The likelihood that you will see a fellow student driving the latest Nissan Leaf is as about as high as seeing Whitney Houston singing on stage again. Electric vehicles may appear good on paper, but that does not mean they are good for De Anza.

Contact ALICIA RIVERA at lavoz@fhda.edu

Anti-Counterfeiting Trade Agreement is back door SOPA

ARTHUR HUANG GRAPHICS EDITOR



With the recent demise of the stop online piracy act and protect IP act the general public has become more knowledgeable about potential bills that try to limit and censor our access to the Internet. Although SOPA and PIPA both crashed and burned, a long-standing but often overlooked treaty has been biding its time, or rather, our government has kept it out of sight.

The Anti-Counterfeiting Trade Agreement is a treaty that would bring back both bills the U.S. Congress refused to enact.

ACTA was never broadcast to the public by either Bush nor Obama, and information on the bill was made public only through a recent revelation by the infamous WikiLeaks.

Although not exactly a copy of SOPA or PIPA, the goals of ACTA are disturbingly similar. It would limit the people's creativity and ability to find information through the Internet and, as with SOPA and PIPA, the censorship goes far beyond just protecting intellectual property.

As the U.S. populace, our duty is not just to know what our government is trying to do, not just to us but to the world. We are citizens of the world and ACTA has been, for all intents and purposes, developed in secret.

Not a lot of information has been released about ACTA, but since the WikiLeak incident, a multitude of uprisings and protests have broken out, especially in Europe.

If Polish politicians can walk into Parliament in protest of the bill with Guy Fawkes masks, made popular by the Internet activist group Anonymous, we, as the American public, can do so much more.

SOPA and PIPA have often been cast as the public versus Hollywood and in the spirit of a squeal now it's Hollywood vs. the world.

I urge everybody to find out more about ACTA. The first step towards battling such a large bill is not to run out screaming like headless chickens, but to properly inform ourselves of the situation then take action. Our government crafted this treaty; our government can kill it.

Contact ARTHUR HUANG at lavoz@fhda.edu

Courts uphold Constitution, not tyranny

LEILA FOROUHI STAFF WRITE



The U.S. federal court ruling against California's Proposition 8 earlier this month is an example of how the judicial branch of government can work effectively to uphold the democratic principles in the U.S. Constitution even when the citizenry will not.

Remember the three branches of government? Although the majority of Californians voted in 2008 to ban same-sex marriage with a majority of 52 to 48 percent, the checks and balances inherent in the U.S. Constitution have been able to stall this discriminatory law passed by the prejudiced majority in California. For now, same-sex marriage advocates can celebrate.

The 2-1 decision by the U.S. 9th Circuit Court of Appeals Feb. 7 upheld an earlier 2010 decision by a lower appellate court that the law violated the

Constitution's equal protection clause. While some may claim that Chief U.S. District Judge Vaughn R. Walker, who has come out as a homosexual, was biased against the bill because of his sexual orientation, the argument would also make any heterosexual judge who rules in favor of the ban biased as well.

This is the precise discretion that judges have, all the way up to the U.S. Supreme Court, which currently is wrestling with whether to hear the case and issue a ruling affecting the entire nation, or not.

The sad, and suprising reality is that for a state usually associated with progressive laws and ideas, a campaign against same-sex marriage based around religous law was effective in uniting ignorant people of faith across many political spectrums to form a simple majority yet again intent on discriminating against the LGBTQ community.

Contact LEILA FOROUHI at lavoz@fhda.edu

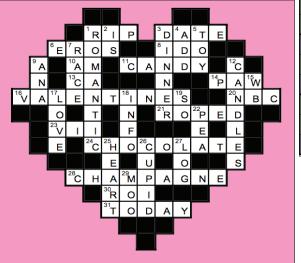
8 | La Voz Weekly

lavozdeanza.com

Crossword (French Lesson for Fat Tuesday)

12 13 15 16 18 23 25 26 27 28 31 33 34 35 36 37 38 42 43 48 46 49 50 51 52 53 55 58 57 60 61 62 63 64 65 66 68 69 67

Answers from last week:



5	2	3	9	1	7	6	8	4
7	1	8	3	4	6	5	2	9
9	4	6	2	5	8	7	3	1
1	5	9	8	7	2	4	6	3
6	3	4	5	9	1	2	7	8
8	7	2	6	3	4	1	9	5
4	8	7	1	2	9	3	5	6
2	9	5	4	6	3	8	1	7
3	6	1	7	8	5	9	4	2

SUDOKU **ANSWERS**

Submit a correct crossword and receive two free tickets to Bluelight Theatres (while supplies last). Submit entries to the La Voz Weekly office Room L-41,

- Include name and email on submissions.
- Winners picking up tickets please visit the newsroom on the following days:

Tuesdays/Thursdays between 9:30 a.m. and 1:20 p.m.

Across

- 1. "___ _ not!''
- 4. Particle
- 8. Strike caller
- 11. Victorian, for one
- 12. Jack
- 13. Whatsoever
- 15. Fete du jour
- 17. Musical show 18. Entirely
- 19. Body pics
- 21.911 respondent
- 22. To the point
- 24. Queen of the ball
- 26. Columbus Day mo. **Down** 29. Beaver's work
- 30. Neither Rep. nor
- Dem.
- 31. Go a-courting 32. Strengthened
- by heating, as glass or metal
- 37. The Big Easy
- 42. Vibrating musical effects
- 43. Norma ___ (Sally Fields role)
- 44. Part of E.U.: Abbr.
- 45. "Dig in!"
- 48. Atl. crosser
- 49. Bead
- 51. Neighbor of Israel
- 53. ___ Jose

- 54. "By yesterday!"
- 56. Just ____ (as a precaution)
- 60. Sit in on
- 62. "Laissez les _
- _rouler!" ("Let the good times roll!"
- 64. Hand warmer
- 65. Sites for earrings 66. Top-40 fare
- 67. Shock's partner
- 68. Joie de vivre 69. Farm pen

- 1. Half, to the Huguenots
- 2. Persia, now
- 3. Blowgun ammo
- 5. Black gunk
- 6. Egg-shaped
- 7. Tableland
- 8. Adaptable truck, 52. Expert
- for short
- 9. Buff
- 10. Feather
- 12. Passed, as a forged check
- 13. Army storehouse
- 14. Lease 16. Period, in Web
- addresses
- 20. Judge
- 23. Like some talk

- 25. Doing nothing
- 26. Control
- 27. Codger
- 28. ___ de force 33. "The Matrix"
- hero 34. Compulsively
- curious 35. Servings of corn
- 36. Genetic info carriers
- 38. Swerve
- 39. Strive to be as
- good as 40. Oral traditions
- 41. Band
- performance
- 46. Up and about
- 47. Salon supply 4. Sweater material 49. Singer Abdul
 - 50. Furnish with a
 - fund
 - 51. Ribbon holder
 - 53. Hang loosely
 - 55. ___-bodied
 - 57. Intensifies, with "up"
 - 58. Provide a cash
 - advance
 - 59. Catch a glimpse of 61. "___ had it!"
 - 63. Jeremy Lin's
 - league

BLUELIGHT CINEMAS

Tickets only \$3.75!*

For showtimes, visit www.bluelightcinemas.com

Excludes Indian and special engagement films)

or call (408) 255-2552 21275 Stevens Creek Blvd., Cupertino, 95014

<u>Interested in being entered in a raffle for an ipad2 or one of three \$100</u> **American Express Gift Cards?**

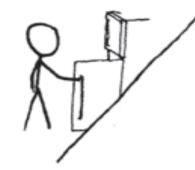
Are you a registered student of De Anza College?

(with a valid student ID.

- Are you 18+?
- Do you have computer access?
- If so, you are eligible to take part in a Palo Alto University study by completing a (40 to 60 min) online survey assessing a number of different risky and non-risky thoughts, behaviors and feelings among college students.
- One Raffle drawing will be held at De Anza College and your participation and responses will be kept confidential.
- Still Interested logon to: https://www.surveymonkey.com/s/DeAnzaExperience

Illustration

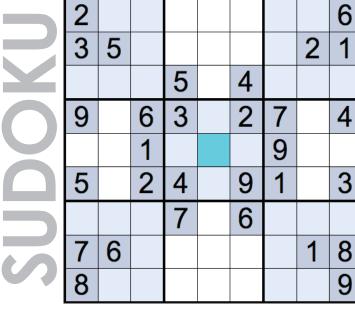
I HAVE LEFTOVER CHEESE. I SHOULD GET CHIPS AND MAKE NACHOS.



I HAVE LEFTOVER CHIPS. I SHOULD GET CHEESE AND MAKE NACHOS.



A DELICIOUS CYCLE



43° - 65°



Thur. 234 44° - 71°

Fri. 24 41° - 67°

Sat. 2 🚣 40° - 60°

Sun. 26 42° - 63°

Mon. 27 41° - 65°