



LA VOZ WEEKLY

VOLUME 43, ISSUE 19

The Voice of De Anza College Since 1967

MARCH 8, 2010

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Spotlight on DA: Dance and Theatre

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Women's History Month: important dates and people in history

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What if De Anza paid you back when you couldn't find a job?

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WIN FREE MOVIE TICKETS TO BLUE LIGHT CINEMAS

The first ten readers to correctly finish our crossword puzzle and turn it in to the La Voz Weekly office in L41 will get two free movie tickets to Bluelight Cinemas! Write your name, a valid e-mail address on the submission and place in the box marked "Crossword Submissions" in our office Monday-Thursday, noon-4 p.m. Winners will be notified by Mon., March 15.

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La Voz Weekly is a First Amendment newspaper, produced by students for the De Anza College community. La Voz Weekly is printed using soy based ink.



JUSTIN TAYLOR/LA VOZ WEEKLY

On March 4, De Anza College students joined a statewide protest in San Francisco against educational budget cuts.

**Vanessa Contreras
Kelsey Lester-Perry**
LA VOZ WEEKLY

De Anza College students marched to San Francisco's Civic Center Plaza for the day of action protest last Thursday. Five buses picked up students at 1 p.m. The buses held around 300 students, while an estimated 400 students drove themselves.

Five additional busses not needed were sent back, according to organizer Kenny Li. The money from those five buses was refunded to DASB.

Over 500 students signed the waivers permitting

them to attend the event. Members of De Anza Restoring Education and Students For Justice members spent the morning rallying and encouraging more students in front of Tent City in the main quad to join the protest in San Francisco.

Before the buses departed for San Francisco, De Anza President Brian Murphy presented students, with 500 red sashes the faculty made for them. "Everyone of us are deeply appreciative of what you're doing. We're in complete solidarity and support this work ... It's very exciting, it's very

See SF MARCH, Page 10

See page 10 for photos of SF MARCH

"Say hey, say ho, 'cali schools', they need more dough!"

students chant at the San Francisco march on March 4

Week long protest, camp in quad ends

Alex Mendiola
LA VOZ WEEKLY

"Teach your children well," read a protest sign made by De Anza College student Pittsburgh Slims, 30, a computer science major. Slims said he hoped the line from the 1960s Crosby, Stills, Nash and Young song of the same title would encourage older politicians to reminisce on the days that they themselves were young, and remind them of the 60s era protests they experienced as young students.

"It's important to link the spirit of the 60s rebellion to today. This simple message has so many meanings to save education, like leading by example," he said. "I think it can help to enlighten the future [of education]."

"De Anza is our home, and if you make it so that we can't afford to live in our homes, we're going to do something about it."

Sarah Jones,
De Anza College student, Tent City participant

On Sunday, Feb. 28, while most students spent the day recuperating from the weekend or watching the final Olympic ceremony on television, others gathered on the De Anza College campus to start a week-long protest of the state's budget cuts by building a Tent City.

"I'm just thinking about the generation before me fighting for their jobs and my fellow students fighting for their education. In my mind and heart, I really feel for everyone. We're doing what I believe is right," said Anmol Mirakur, 18, co-president of the De Anza club Students For Justice.

In its third year at De Anza, Tent City has been organized by students to raise awareness on campus about the impact of the budget cuts and provide information on how other students can help, as well as promote the March 4 rallies to Cupertino City Hall and San Francisco.

"Tent City may look like it's a bunch of fun but it has a purpose, De Anza is our home, and if you make it so that we can't afford to

live in our homes, we're going to do something about it," participant Sarah Jones said. "People need to know about this if they aren't aware. People would be more apathetic to the community."

On the first night, students from groups on campus including SFJ, ¡LEAD!, Wise37, Gay Straight Alliance, IMASS, APASL, DARE and the DASB worked together to assemble tents and organize a community tent, which served as an all-purpose utility center for food, recreation and electricity for students with phones and laptops.

"Happiness is sharing a tent with your friends," Cain Rodriguez said. In a true communal fashion, strangers and friends alike shared their tents with one another, giving a sense of family to the cold and rain-soaked denizens of Tent City.

Cold, rainy, winter weather seemed to not faze any Tent City residents as they planned for and worked toward the March 4 rallies.

See TENT CITY, Page 4

See page 4 for photos of Tent City

Campus Events

Happenings@LaVozDeanza.com

Send event notices to Happenings@LaVozDeAnza.com noon Wednesday preceding the publication week. Please use "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.

Monday, March 8

VISITING SPEAKER SERIES:

DISCUSSION WITH DAVID BACON 1:30-3:40 p.m., Campus Center Room B

David Bacon is a union organizer, photojournalist and author of "Illegal People: How Globalization Creates Migration and Criminalizes Immigrants." He will address the reasons why contemporary migration should be considered from a human rights and workers' rights perspective, and discuss the effects of NAFTA on working people. For information contact Marc Coronado at Coronado.Marc@gmail.com.

Tuesday, March 9

GLOBAL WARMING SOLUTIONS: MOVING BUSINESSES FROM BROWN TO GREEN

9:30-11:30 a.m., Campus Center Rooms A & B
Professors Kristin Jensen Sullivan and Cynthia Kaufman, along with a panel of De Anza students, will talk to representatives from businesses that have moved from brown to green. For information contact Cynthia Kaufman at KaufmanCynthia@fhda.edu or 408-864-8777.

JOURNALISM SPEAKER SERIES:

WRITING AS A CAREER - NON FICTION 5-5:50 p.m., L-42

Indiana University-Purdue University Indianapolis Professor George Dunn will speak with De Anza students by Skype teleconference on his book "True Blood and Philosophy: We Want to Think Bad Things with You" and his upcoming book "Avatar and Philosophy."

Wednesday, March 10

CROSS CULTURAL PARTNERS FINAL GET-TOGETHER

1:30-3 p.m., California History Center
Cross Cultural Partners invites students participating in the CCP program and all administrators, faculty and community friends to the CCP final get-together to celebrate the return of the CCP, hear testimonials from CCP participants, say thanks to helpers and volunteers and welcome past and current supporters. Refreshments will be served.

Thursday, March 11

CAMPUS ABROAD - CHINA MEETING Noon-1 p.m., Campus Center Meeting Room 2

This informational meeting will provide information on the 2010 China Campus Abroad program. For information contact Professor Charles Lee at 408-864-8929.

CHOOSING A MAJOR OR CAREER 3:30-5 p.m., SCS 202

This workshop introduces students to selecting a college major and choosing a career. Space is limited; students should register in advance at the Counseling Center reception desk.

Friday, March 12

SHREYA GHOSHAL & GROUP IN CONCERT 7:30 p.m., Flint Center

Shreya Ghoshal is an accomplished Indian Bollywood playback singer who will perform in a fundraiser for Sankara Eye Foundation, Punjab (India) hospital. To purchase tickets call Jayanthi at 408-807-5611.

DE ANZA DANCERS WINTER CONCERT 8:15-10 p.m., Visual and Performing Arts Center

Enjoy the De Anza Dancers winter performance featuring De Anza dance students. Cost is \$15. For information contact Warren Lucas at LucasWarren@deanza.edu. The event will repeat on Saturday, March 13.

Saturday, March 13

DE ANZA DANCERS WINTER CONCERT 8:15-10 p.m., Visual and Performing Arts Center

The De Anza Dancers concert performance costs \$15. For information contact Warren Lucas at LucasWarren@deanza.edu.

De Anza's Activist Film Festival

The Activist Film Festival presents movies about issues in our society. They are shown every other Thursday from 5:30-8:30 p.m. in Conference Room B in the Hinson Campus Center, and will be followed by discussion. For information contact izzyim@gmail.com.

- March 18: "Capitalism: A Love Story" (2009)
- April 8: "An Inconvenient Truth" (2006)
- April 22: "Bowling for Columbine" (2002)
- May 6: "Roger and Me" (1989)
- May 20: "Milk" (2008)
- June 3: "Food, Inc." (2008)
- June 17: "Maria Full of Grace" (2004)

University Representative Visits

Students are invited to make appointments to meet with representatives from universities and colleges, or to drop by information tables. For more information, contact the Transfer Center on the 2nd floor of the Student and Community Services Building or by calling 408-864-8841.

- UC DAVIS:**
Monday, March 8 and Monday, March 15: 9 a.m.-2 p.m., Transfer Center
- UC PARTNERSHIP (all UC campuses):**
Tuesday, March 2, 10 a.m.-2 p.m., Campus Center Info Table
- MENLO COLLEGE REP VISIT:**
Thursday, March 11, 10 a.m.-12:30 p.m., Campus Center Info Table
- UC BERKELEY:**
Thursday, March 11, 10 a.m.-2:15 p.m., Transfer Center

EL CAMINO YOUTH SYMPHONY ANNUAL BENEFIT CONCERT 7:30 p.m., Flint Center

The El Camino Youth Symphony Annual Benefit Concert will feature special guest artist Claire Huangci on the piano playing Rossini's "Overture to William Tell," Saint-Saens "Piano Concerto No. 2 and Rimsky-Korsakov's "Scheherazade." Tickets available for \$25 for students/seniors and \$35 for adults from Ticketmaster.

Sunday, March 14

SYMPHONIC WINDS WINTER CONCERT 2 p.m., Visual and Performing Arts Center

De Anza music students perform in concert. Admission is \$8 general, \$5 students and seniors. For information contact John Russell at RusselJohn@fhda.edu.

CALIFORNIA YOUTH SYMPHONY 2:30 p.m., Flint Center

Tickets are available from Ticketmaster for \$15 for adults and \$10 for children, students and seniors.

CHAMBER ORCHESTRA CONCERT 7-10 p.m., Visual and Performing Arts Center

The De Anza Chamber Orchestra student concert costs \$10 for general admission and \$5 for students. For information contact Loren Tayerle at TayerleLoren@fhda.edu.

Monday, March 15

FIRST YEAR EXPERIENCE STUDENTS CULTURAL PERFORMANCE: 'FIND YOUR ELEMENTS!'

4-7 p.m., Visual and Performing Arts Center
De Anza First Year Experience students invite the De Anza community to an evening of cultural performances including song, dance, film and spoken word, illustrating some of the concepts and information FYE students learned this year. This year's event honors the memory of Professor Jean Miller, the co-founder of the First Year Experience program, and donations to the Jean Miller First Year Experience Scholarship are welcome.

Tuesday, March 16

CAMPUS ABROAD - VIETNAM MEETING Noon-1, Library 2nd Floor

This informational meeting will provide information on the 2010 August Campus Abroad program. For information contact Professor Vu-Duc Vuong at Vuduc.Vuong@gmail.com.

JOURNALISM SPEAKER SERIES: WRITING AS A CAREER - PR 5-5:50 p.m., L-42

Shelly Gordon, public relations professional and owner of G2 Communications in Palo Alto will speak on the public relations industry.

Wednesday, March 17

CAMPUS ABROAD - CHINA MEETING 2:30-3:30 p.m., Campus Ctr., El Clemente Room

This informational meeting will provide information on the summer 2010 China Campus Abroad program. For information contact Charles Lee at 408-864-8929.

DANCE DEMONSTRATION 7-9 p.m., Visual & Performing Arts Center

For information on this free performance, contact Professor Warren Lucas at LucasWarren@deanza.edu

Thursday, March 18

SANTA CLARA UNIVERSITY FALL 2010 TAA DEADLINE, 4 p.m.

Eligible students interested in transferring to Santa Clara University this fall may consider completing a Transfer Admission Agreement. Specific requirements and procedures are at: http://www.deanza.edu/transfer/pdf/taa_scu_sho_f10.pdf.

Friday, March 19

DADDIOS JAZZ CONCERT 7:30 p.m., Visual & Performing Arts Center

The Six O'Clock and Eight O'Clock "Daddios" jazz ensembles present an evening of contemporary big band jazz. For information contact Steve Tyler at TylerSteven@fhda.edu.

Saturday, March 20

HOLLYWOOD NORTH PODCAST 6-10 p.m., Advanced Technology Center Room 120

Hollywood North Podcast presents the art, craft and business of the screenplay, including story analysis with professional story analyst, screenwriter and author Asher Garfinkle. For information contact Barak Goldman at GoldmanBarak@deanza.edu.

GEORGE HANDEL'S 'ISRAEL IN EUROPE' 7:30 p.m., Visual & Performing Arts Center

Come hear the De Anza Chorale, Vintage Singers and Chamber Orchestra perform George Handel's "Israel in Egypt," under the direction of Dr. Ilan Glasman. Cost is \$10 for general, \$5 for students.

PENINSULA SYMPHONY 8 p.m., Flint Center

Violinist Elizabeth Pitcairn performs. Tickets available from Ticketmaster for \$35 for adults, \$30 for college students and seniors, and \$10 for youth 18 and under.

Sunday, March 21

VOCAL JAZZ ENSEMBLES IN CONCERT 7:30 p.m., Visual & Performing Arts Center

The Vocal Jazz Ensembles performance costs \$10 for general, \$5 for students. For information contact Michelle Hawkins at HawkinsMichelle@fhda.edu.

Monday, March 22

MARCH IN MARCH West Steps, State Capitol, Sacramento

California Community College, CSU and UC students and supporters will march to protest skyrocketing fees, fewer class offerings and cuts to crucial student services.

Friday, March 26

JERRY SEINFELD 7 and 9:30 p.m., Flint Center

Stand-up comedian, actor and writer Jerry Seinfeld will perform. Tickets available from Ticketmaster for \$47, \$62 and \$77.

March 29 - April 2

SPRING BREAK - NO CLASSES

Spring quarter classes begin Monday, April 5.

Monday, March 29

THEATREWORKS USA 'FREEDOM TRAIN' 10 a.m., Flint Center

"Freedom Train" tells the story of Harriet Tubman in a series of theatrical scenes using dance, dialogue and music of the period. Tickets are \$8-\$10 and are available from <http://www.theatreworksusa.org>.

Saturday, April 3

DE ANZA FLEA MARKET 8 a.m.-4 p.m., Parking Lots A & B

The Flea Market is held the first Saturday of every month including holidays, rain or shine.

Tuesday, April 20

SEED BALL MAKING PARTY 11:30 a.m.-1 p.m., Kirsch Center Patio

Seed balls are used by guerrilla gardeners and other folks who don't have time to cultivate the perfect garden bed. Make seed balls for yourself, a community garden or that eyesore of an empty lot in your neighborhood. Event will be repeated April 21 and 22 at the same time.

Friday, April 23

SPEAKER: SHEILA HIMMEL 10 a.m.-noon, Campus Center Room A

Sheila Himmel, former restaurant critic for the San

Jose Mercury News and author of "Hungry: a Daughter Battle Anorexia," discusses her experience of supporting her anorexic daughter working within a very food-centric profession.

Thursday, April 29

LA MESA VERDE/THE GREEN GAR 2-3:50 p.m., Campus Center Room A

La Mesa Verde, a non-profit community group Sacred heart Community Center in San Jose, promotes health and self-sufficiency in their community by building backyard organic gardens for its primarily Latino and low-income residents.

Recurring/Future Event

ASTRONOMY/LASER SHOWS Star shows at 5, 6, 7:30 p.m., Laser shows at 9, 10 p.m., Fujitsu Planetarium

The De Anza Planetarium offers star and laser every Saturday night and astronomy shows at 5 and 7:30 p.m. Cost is \$8 for adults and \$6 for children; laser light shows at 9 and 10 p.m. cost adults and \$7 for children. For a listing of programs go to <http://www.deanza.edu/planetarium/>.

CALIFORNIA HISTORY CENTER

The De Anza College California History Center 'Roots & Wings: Saratoga Community Garden 1972-1987' features an oral history and photos Saratoga Community Garden, which flourished educational demonstration garden for children the community from 1972 to 1987, providing opportunity for visitors to connect with the ways garden and sustainable farming and to glean in from nature. The 10 acre living classroom - with an instructor - inspired thousands of children and adults during its 15 year life.

DASB SENATE MEETINGS

De Anza Associated Student Body Senate meetings are held in the Student Council Chambers in the Student Center at 3:30 p.m. on Wednesdays, except the first meeting of the month which is at 4:30 p.m.

EUPHRAT MUSEUM OF ART

The Euphrat Museum of Art exhibition, "In Between Tension and Attraction of Difference" with special programs has been extended until March 25. The exhibition related programs highlight artists from Silicon Valley the greater Bay Area who do or see things in a fresh way. Hours are Monday-Thursday, 10 a.m.-4 p.m. For information go to <http://www.deanza.edu/euphrat/>.

FIRST YEAR EXPERIENCE PROGRAM

FYE is a De Anza program that empowers first year college students to take on the difficult task of being a college student. The transition from high school to college is tough, and with FYE, students enjoy a supportive relationship with peers, professors and counselors throughout their first year in college, helping them feel confident and assured that they are proceeding in a positive direction. To join First Year Experience, contact Counselor Guignon at GuignonPatty@deanza.edu or Professor Jennifer Myhr at MyhrJennifer@deanza.edu.

FREE LEGAL ADVICE

The De Anza Associated Student Body provides members with free legal advice including employment law, landlord-tenant, automobile accident, insurance and other legal problems and concerns, along with law related education and career counseling by R.A. Goularte. A current DASB card is required. Make appointments in the Office of College Life in the lower level of the Hinson Campus Center or call 408-864-875.

MASSAGE THERAPY CLINIC

The Massage Therapy Program clinical class is offering 45-minute massages Tuesday and Thursday mornings at 9:15, 10:15 and 11:15 a.m. through March 18. Cost \$15/students, \$20/faculty and \$25/community. To make an appointment call 408-864-5645. For information go to <http://www.deanza.edu/pe/massage/clinic.html>.

SUMMER TRIP TO ASHLAND

The De Anza summer trip to Ashland for the Student Body festival will take place Aug. 26-30. It includes Merchant of Venice, Ruined, Twelfth Night, Hamlet, Henry IV Part One, Pride and Prejudice and Throne of Blood. More information to be posted.

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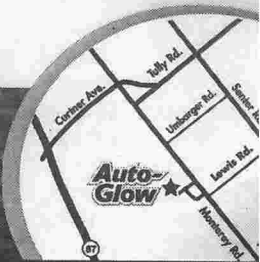
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NEWS & CURRENT EVENTS

DASB budget votes

Senate votes again, programs cut, budget amended De Anza's student government votes to cut funding to programs for minority students, Honors Program

**Coree J. Hogan
Julia Eckhardt**
LA VOZ WEEKLY

The De Anza College Associated Student Body Senate reassessed their distribution of student body funds for 2010-11 in the third budget allocation meeting of the year in the Student Council Chambers last Wednesday. Three programs that serve minority student populations received no funding, along with the Honors Program, Outreach Program and the Writing and Reading Center, leaving students who use those programs confused as to what will happen to them next year.

The budget allocation process asked that De Anza programs submit funding requests in the fall, one year prior to the funding year. Then, in February, the Senate Budget and Finance Committee made recommendations to the Senate on how to divvy up their available funding, which this year totaled \$1,018,123. Campus groups had requested a total of \$1,560,315. The Senate held its first vote on the budget on Feb. 17, then its second confirming vote on Feb. 24.

Latino/a Empowerment At De Anza, Puente Project and the Asian Pacific American Leadership Institute, three programs geared toward minority student groups, were awarded \$0 for next year. For 2009-10, LEAD had been awarded \$1,152, Puente \$3,730 and APALI \$0.

At Wednesday's meeting, the Senate surprised the audience by voting to accept Senator April Seo's

motion to remove \$6,000 allocated to La Voz's printing budget, reducing the previous week's approved \$21,000 to \$15,000. La Voz had originally requested \$29,000, which would cover printing of 29 papers for the next academic year, nine issues per quarter, with an extra orientation issue for the first day of the fall and winter quarters. With this reduced amount, La Voz will be able to publish De Anza's weekly student paper only for the fall and winter quarters next year, and would have to eliminate the paper during the spring quarter, said Beth Grobman, faculty adviser to the paper.

"I'm not the only one who needs these programs ... I don't see the justification in \$80,000 for movie tickets."

De Anza College student

Of the \$6,000 removed from the La Voz budget, \$4,575 was reallocated to the Euphrat Museum, bringing their total to \$10,575. Jan Rindleisch, director of the museum, said that with a commitment of this amount, the Euphrat would be able to build a year-round program and possibly find funding from other sources.

Although the Senate reduced several programs' funding and didn't fund others, they granted \$85,820 for movie tickets under the Office of College Life's Student Events and Activities. This was a \$31,280 increase from this year's \$54,540 budget

for movie tickets. These discounted tickets allow students to attend movies for less than the retail rate at AMC Theatres. This popular program generally recoups its money, with an average 2 percent loss to the budget. Two percent is about \$1,700.

An Honors Program student, who asked to remain anonymous because of her undocumented status, told La Voz she is concerned about the appearance of "a pattern of cutting programs for minority students" and wondered why the Senate didn't use movie ticket funding to fund programs that support academic achievement, such as the Honors Program, Puente, Outreach Program, LEAD and APALI – programs that received \$0.

"I'm not the only one who needs these programs ... I don't see the justification in \$80,000 for movie tickets," she said. "How will [minority students] find support here without these programs? How will they afford college?"

The budget items that were amended will require a second vote. This vote will occur at the next Senate meeting in the Hinson Campus Center on Wednesday at 3:30 p.m. If no budget items are amended, the budget will be finalized. Final decisions must be made by March 31.

The budget goes into effect on July 1, the beginning of the next fiscal year.

Coree J. Hogan is the multimedia editor for La Voz Weekly. Julia Eckhardt is the editor-in-chief of La Voz Weekly. Contact both at lavoz@fhda.edu.

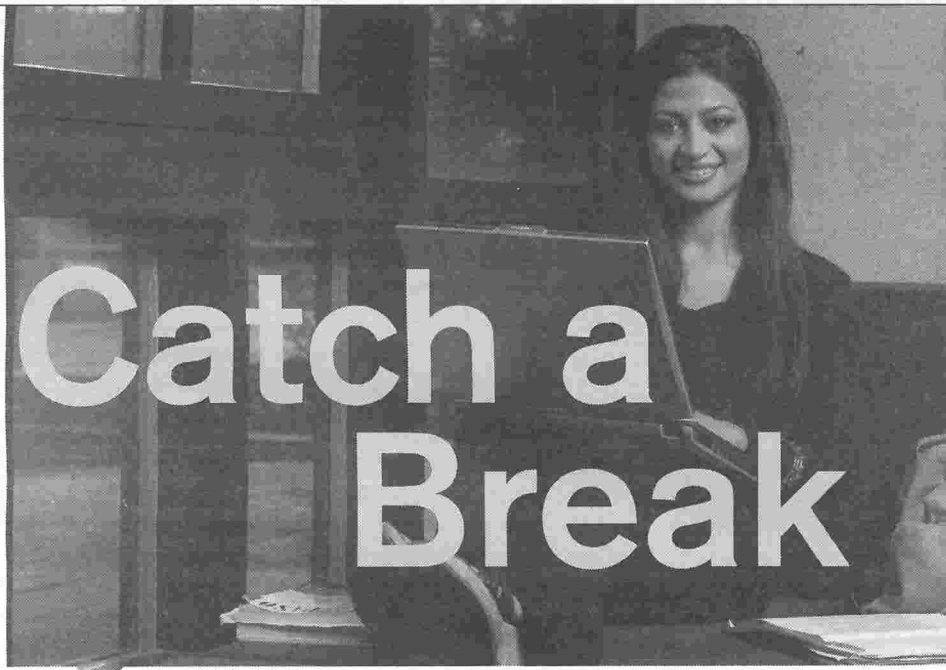
By the Numbers 2010 DASB Budget Highlights

\$85,820
Funds allocated to purchase movie tickets

\$6,000
Funds removed from La Voz Weekly printing budget

\$10,575
Funds granted to the Euphrat Museum of Art

\$0.00
Funds granted to the Honors Program, Puente Program, LEAD, APALI, Outreach Program



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Corrections

- The 3/1 issue's article "DASB President Custodio suspended until March 26" stated that former DASB member Mo Shirazzi had resigned a week later than he actually did. Also, Custodio was granted a leave of absence, not suspended.

- In the 2/22 issue article "Admissions & Records Dept. affected by layoffs," the first paragraph said thirteen staff positions will be cut from Student Services by June 30. Thirteen positions will be cut total, some by June 30, 2010 and the rest by June 30, 2011. Vice President of Student Services Stacey Cook is quoted saying the cuts "will prompt a thorough reorganization." The word "reorganization" should have been "realignment."

POLICE log

Traffic Hazard
Friday, Feb. 26

Service
Vehicle stop Lot A
Saturday, Feb. 27

Service
Pedestrian stop
Sunday, Feb. 28

Property Vandalism
Planetarium
Monday, March, 1

Traffic Collision
Accident-No Injury
Lot C
Tuesday, March 2

Service
Parking Machine
Complaint
Stelling Garage
Wednesday, March 3

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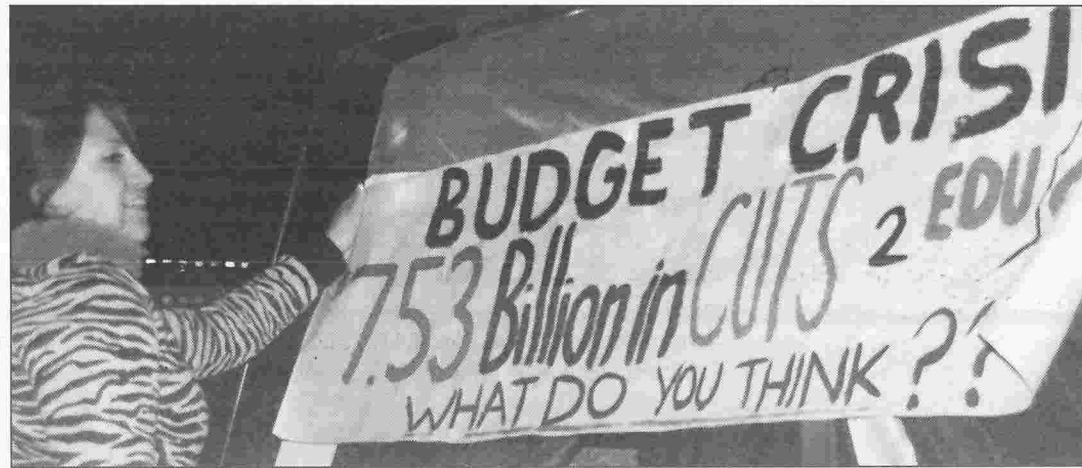
NEWS & CURRENT EVENTS

Tent City | Students move into Main Quad in protest of budget cuts



ALEX MENDIOLA (3)/LA VOZ W

Students built a Tent City in the Main Quad in protest of the current budget cuts in education in California and at De Anza College the week of March 1 through March 5. Participants spent the week gathering support for marches, making signs, speaking to stud



[continued from page 1]

"I've never camped out in the rain," Tent City Organizer Matt Bradley explained. "It's inconvenient but it adds something unique and special to this experience. I think it does add an emphasis on how important this struggle is." Heavy rain caused some tents to flood, with some Tent City residents waking up with unwanted dampness.

Participant Chelši Konsella was one individual whose tent had fallen victim to the rain. Though it was cold and wet, everyone dealt with it. "We had to," she said.

Despite the obstacles from the rain, more students joined Tent City during the week, including nursing major Gabriel Rodriguez, 19.

"I wanted to come out and support the cause. I wasn't going to let a little rain stop me. I'm excited to be here and use the best of my abilities to be another helping hand," said Rodriguez.

Tent City had the support of many on campus. Throughout the week, students, staff and community members stopped by to show their support for the participants, sometimes donating food or supplies.

SFJ Co-President Joseph Certeza said he was amazed at all the support Tent City was receiving.

"It's ten times more support than I ever expected. So many teachers buying food for us and coming around and asking if there is anything they can do to make us more comfortable," he said.

Jeremy Einowski, 20, a biology major, agreed with Certeza. "It's great to have the staff on board and give us any sort of tools we need to

make sure that we're comfortable. They really seem to care," he said.

Student Joseph Chavez, who could not participate in Tent City, stopped by to donate a 20-person tent.

"It's just going to sit in my garage, so I may as well as give it to people who are going to put it to use," Chavez said.

Nursing major, Michelle Nguyen, 19, also did not participate in Tent City, but stopped by the Community Tent to thank the participants for their dedication to protect education.

"Seeing how everyone cares so much is amazing," Nguyen said.

Some students supported the cause by hanging out during school hours to pass out fliers and sign people up to attend March 4 protests.

Members of the Four Elements club stopped by to play music throughout the week, hoping to ignite interest in students who were passing by.

Four Elements member, OJ Custodio, who

Seeing how much everyone cares is amazing.

Michelle Nguyen,
De Anza College student, nursing major

was unable to sleep over at Tent City, was excited to share his gift of music to support the cause because, he is passionate about protecting education.

"I love education and knowledge. Knowledge is a journey, and with budget cuts, no one can explore or work to their full potential, and it's really holding us back," said Custodio. "It irritates me that budget cuts are not only making it difficult to see a counselor, but stopping me from going further with my music."

For contributions to the growth of Tent City, participants creatively used resources and connections for donations like tents, sleeping bags, power strips, water heaters, hot plates, a boom box and a TV.

Knowledge is a journey, and with budget cuts no one can explore or work to their full potential.

Marlo Custodio,
DASB President, De Anza College student

Sharing resources among each other came naturally to Tent City participants Felicia McMullen and Fernando Sanchez.

"I think that in any community, bringing something for others is vital and I should be thinking of [others]. I thought, 'What can I do?' I like to share, so I took advantage of my Whole Foods discount to help everyone," McMullen said.

McMullen, a Whole Foods employee, was able to collect the end of the day's left over food, bringing to Tent City cartons of sushi, slices of pizza, cups of soup and slices of cake for pennies on the dollar.

"I believe in the cause and everyone is sacrificing so much. I can't help enough. I want to do more but I don't have the money, so I use my resources," Sanchez said.

Sanchez was able to bring back pies from his job at Marie Calendar's every night. "It all comes from the heart," Sanchez said.

Protestors bonded over eating donated food, getting to know each other and building cohesiveness during the week.

"I already knew some of the people here, but this experience has definitely brought me

closer to the people I already know and me meet a lot of other really cool people Konsella.

Communications major, Ellison I 20, was looking for political involvement when he joined the group Wednesday night.

"Most interaction here at De Anza is so impressive. I wanted to talk to people who are politically active. I thought 'Why not join [Tent City]?', Libiran said.

The Tent City community kept busy after school hours

creating signs for different marches.

"Our posters are a visual example of how budget cuts affect us. They symbolize a single person who wants to have an education but is denied their right for one," said McMullen.

Tent City this year attracted media attention from KTVU2, CBS5, KRON4 and NBC. Matt Bradley was pleased with the coverage and thought it's a good sign that the media is paying attention to positive students."

Thursday afternoon, right before the march in San Francisco, Matt Bradley was pumped about the energy. All the encouragement and media excitement this week has made me feel like a proud

See page 10 and 11 for coverage and photos of student protests in Cupertino and San Francisco.

Alex Mandiola is a staff reporter for La Voiz Weekly. Contact him at lavoz@fhda.edu

Faking my religion



As the World Burns

Soheil Rezaee
La Voz Columnist

Is America a nation that is deeply religious where moral values are held in high regard, or are we pretending to have religious values?

Such a question may seem shocking given how Americans love their faith, but then it becomes obvious when one understands the greed that has polluted the moral fabric of our society.

Most of the major religions of the world have condemned greed, lust and gluttony. But in America, this has become the norm of the society. Rather than using religion as guidance for one to set the standards of his or her values, it has become a tool for one to appease his or her sins. If you want proof, look at the politicians and business leaders in the news, then compare how openly faithful they are versus the controversy regarding their unethical actions.

The best example to look at is Erik Prince, a devout Catholic who is board member of Christian Freedom International as well as the founder of Blackwater USA (now called Xe). Prince has been under investigation by the Justice Department with regard to massacres perpetrated in Iraq by Blackwater mercenaries (as defined by the Oxford Dictionary and the Geneva Code).

This obviously goes against the teachings of the Catholic Church, which has condemned acts of genocide along with apologizing for its past sins or blunders.

In a less extreme example, one could look at the sex scandals that have plagued the Republican Party. At a time when the GOP is in decline and desperate for power, Mark Sanford had to put South Carolina in panic so he could get a quickie in Argentina.

But public and business figures are not the only ones who are faking their religious values. American society itself is guilty of bastardizing religion.

In a 2009 survey by CNN of 742 people, 52 percent of those who attend church regularly supported the use of torture. Oh, and don't forget the eight murders and 217 acts of terrorism committed by pro-life activists, according to the National Abortion Federation (notice the irony).

So who is to blame? We could say it's American society not wanting to change its ways so they indulge themselves in religion. Or you can just blame Jerry Falwell and Ayatollah Khomeini.

If Americans really want to embrace their religion properly, then they should actually try and be decent people. Rather than listening to some fraudulent televangelist, try volunteering at organizations that help underprivileged people.

However, if religion is going to be used as a tool by society to hide its lack of moral fiber while leaders use it to fool a greater power, then pawn your tickets to the second coming and instead just sit back and watch the world burn.

Soheil Rezaee is the investigative projects editor for La Voz Weekly. Contact him at lavoz@fhda.edu.

DE ANZA FACES

Spotlight on Dance

Visual arts receiving the VIP treatment

Aliyah Mohammed
LA VOZ WEEKLY

Change has come to the Dance and Theater department. Not only is the department working from the department is working out of Visual and Performing Arts Center, and will perform on March 12 and 13 said

Dance and Theater department head Warren Lucas.

Lucas said that the performance would be a collection of dance performances in styles that range from contemporary and jazz to hip hop.

DASB Senate President Marlo Custodio will be performing spoken word with his group "The Four Elements."

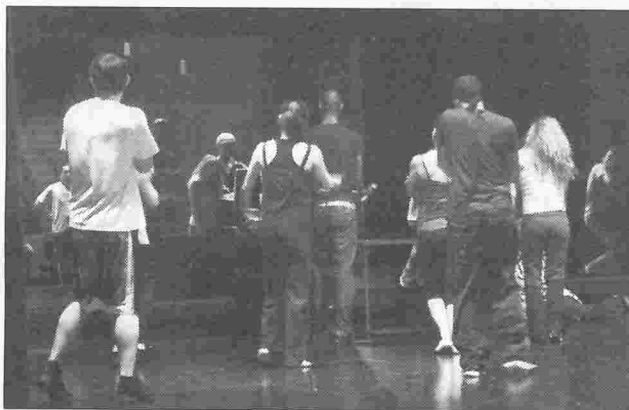
Prior to this performance, all the dances were choreographed by guests and staff choreographers. This quarter the students will be choreographing their own dances. "This will be a good technical production as well; we have equipment that we have not used yet like moving lights," said Lucas.

"All the students are given the chance to choreograph and perform," he said. There are 40 students performing the work of 12 choreographers, some of whom are collaborating.

According to Lucas, only a small percentage of the students who come through the department

"professionally pursue dancing and theater; most continue amateur performances as a hobby and way to de-stress their lives."

Many of the students who are performing in and choreographing for this performance are exploring their own interests. Caitlin Tiffany, a psychology major, jumped at the chance to choreograph a dance when Lucas suggested it to students. "There



ALIVIAH MOHAMMED/LA VOZ WEEKLY
Dancers preparing for March 12 and 13 performances.

are a lot basic dance movements that you build up to create a dance," said Tiffany.

"I'm really excited about performing and working with my fellow dancers, and seeing all our hard work come together," she said.

Since the theater department does

not have a full-time instructor, Lucas, who comes from a dance background has taken on being the head of both departments. Thus the current emphasis is on dance.

General Admission for both nights is \$15, and more information can be found about the dance and theater department at their Web site www.deanza.edu/dance/. Lucas plans to have one big performance in fall, winter and spring of each year.

Aliyah Mohammed is a staff reporter for La Voz Weekly. Contact her at lavoz@fhda.edu.

Return of the stimulus



Economics for Everyone

Stephen Zill
Contributing Columnist

Begrudgingly, the disciples of Adam Smith generally agree that without the \$787 billion stimulus package that was implemented a little over a year ago, the economy would be in worse shape today than it is, but o'boy (or girl), are we going to pay for it later. While followers of John Maynard Keynes have various gripes — for instance, it wasn't big enough and/or it was too "back-loaded" — but nevertheless, we'd surely be worse off without it.

But note a key word used above — generally, not universally. And for those holding out, an often used weapon to shoot down any supposed benefits for fiscal policy is something called the "multiplier-effect." Fiscal multipliers come in two basic forms, spending multipliers and tax multipliers. Such multipliers are the centerpiece of what might be referred to as the crude or vulgar Keynesian model of the macroeconomy. Proponents of government spending as a way out of recession primarily rely on spending multipliers to support their case. It goes something like this: assuming a government expenditures multiplier greater than one of say, two, would mean that for every \$1 spent by the government, the result would be a \$2 increase in real GDP.

The problem is, according to Harvard — some consider Nobel worthy (not me) — Economist Robert Barro, such multipliers are not greater than one, and according to his estimates, during peacetime are not significantly different than zero. Periodically, Professor Barro dusts off his famous oft-repeated, apples and oranges, study of multipliers to argue against fiscal expansion in op-ed pieces for conservative publications like The Wall Street Journal, which show that wartime multipliers are between zero and one, which implies that a \$1 increase in government spending increases real GDP by less than \$1. Hence, he points to World War II as a prima facie case against the use of fiscal stimulus because, heck, with massive spending by the government to fight a world war and unemployment below 3 percent and a multiplier-effect of under one, when would it ever be greater than one?!

But there is at least one problem with Dr. Barro's study and that is, the multiplier effect of government spending depends upon how much is purchased with the government spending generated income — as someone's spending becomes someone else's income — and, well, with wartime rationing and the government gobbling up most everything in sight due to the war effort, there wasn't much to buy. Most studies actually find spending multipliers to be around 1.5, but will obviously differ depending on the condition of the economy and time horizon used.

Ironically, Barro in his early years in academia was a "Keynesian-type" Economist, but would later defect to the Rational Expectationist Camp, which reminds me of the one about the Econ. Professor who, when accused of the fact that over the years she has never changed the questions on her exams, defends her practice by claiming, "Why bother, I just change the answers."

Stephen Zill is an economics professor at De Anza College. He can do the Mashed notato. He can do the Twist.

Campus Snapshot



COREE J. HOGAN/LA VOZ WEEKLY

This provocative bench can be found on the west side of the Euphrat Museum of Art.

New feature: How national issues affect De Anza College students

Nationwide news: The importance of sleep

In this column, La Voz Weekly takes national issues in the news and looks at how they're significant to students at De Anza College.

Briana Bronner
LA VOZ WEEKLY

With all the elements that comprise an average college life, a good night's sleep is often missing from the equation.

Six to eight hours of sleep every night are needed for most people to

operate properly the next day, but studies reveal that approximately 20 percent of college students deal with sleep deprivation, according to an article from <http://www.sleepdeprivation.com>.

The article describes common reasons for sleep deprivation among college students by measuring unusual schedules combined with the usual party habits of late night socializing and alcohol consumption. The stress of tests and late night cramming equals insomnia.

19-year-old nursing major from De Anza College Lauren Hovanis

shared her sleeping woes due to a complicated school schedule.

"I have school, work, and other priorities that keep me from getting enough sleep. I go to bed at 12 p.m. and wake up at 6:20 a.m. every day because I start class at 7:30 a.m.," she said.

The leap from a structured high school schedule to a busy college schedule has the power to keep any student from functioning properly in the real world. With the economy in a recessive state, sleep deprivation can also come from the stress of finding a job and a way to stay in

school, according to the article. This keeps the body tossing and turning at night because of an overload of brain

"Sleep is one of the most important elements of your overall health."

Mary-Jo Lomax

De Anza College Health Educator

information running rampant.

De Anza Health Educator Mary-Jo Lomax from the campus Health Center says that sleep is extremely important, and many students think sleep is something they do not need.

"Sleep is one of the most important elements of your overall health right up there with a good diet and exercise," Lomax said.

Lomax also describes sleep regeneration that the body needs to prevent diseases such as diabetes.

With college students and their tendencies to over schedule themselves, thinking they can get sleep when they're dead, the possibilities of health-illnesses can go up.

Briana Bronner is a staff reporter for La Voz Weekly. Contact her at lavoz@fhda.edu

2010 Career Networking Conference

Networking is a Job Search Strategy! All Foothill & De Anza students are invited to participate in this conference

Tuesday, April 27, 12pm – 4pm

Foothill College Campus Center main dining room

Admission is FREE

Attend this conference to learn effective communication skills, the 3-minute Power Pitch, marketing skills, and motivational stories from students in the workforce. The event will prepare you for job interviewing and networking with industry professionals so you can land your dream job!

Agenda:

- 12:00 p.m. **Keynote Presentation: How to Successfully Market Yourself**
by Norm Cook, Human Resource Executive for Café Press
- 1:00 p.m. **Networking Luncheon**
Facilitated by Oscar Garcia, President and CEO of the Chamber of Commerce Mountain View
- 2:00 p.m. **Keynote Presentation: Effective Communication**
by Jenny Woo, Cisco Human Resources Leadership Program in Executive Management and Talent Management
- 3:00 p.m. **Dress for Success Fashion Show**
Prizes for best dressed male and best dressed female

Space is limited, **RSVP deadline Tuesday, April 20**

Foothill College Career Center

oehkaren@foothill.edu * (650) 949-7229

www.foothill.edu/career/careernet

Additional Info:

- Student Id/Owl Card required
- Mandatory dress code - professional business attire
- Raffles, Prizes, and Gifts!

CAMPUS CULTURE & LIFESTYLES

English professor plays gig at Jupiter Music keeps Anthony Delaney humble

Refugio Garcia
LA VOZ WEEKLY

The three-man band Lagtime laced the Berkeley night with smooth bass lines, funky guitar riffs, creative drumming and even the occasional dialog sample from Charles Bukowski and Jack Kerouac on Feb 27.

Anthony Delaney, 39, of Castro Valley is an English instructor at De Anza College and the bass player. "[Playing music] helps me put my mind frame in the mind of the student," said Delaney. "I think it's always important for teachers to be students while they're teaching."

Delaney was joined on stage by Mark Mercier on guitar and Kyle Mueller on drums. The band describes themselves as being "rooted in funky fusion, but span[ning] topics such as jazz, rock, reggae and blues."

The trio generated grooves from an elevated brick patio beneath a massive redwood tree in the back of the Jupiter Club. The music bathed the back patio, which was completely veiled beneath a massive trellis, creating what looked like a featured destination in Sunset magazine.

People slurped beer and wine while the band seemed to be tuning their instruments. It soon became apparent, however, that what sounded like tuning was gradually becoming a full-on jam session. "We've been working on this lounge, down-tempo thing," Delaney said.

Delaney rarely opened his eyes while he picked at the strings of his bass. Mercier stood above an elaborate pedal pad with multiple gadgets, which he sporadically tapped at, while Mueller

swiveled between programming beats on his MPC (an electronic instrument producing, among other things, synthetic drum beats) to unleashing fast drum lines from his bass drum and snare.

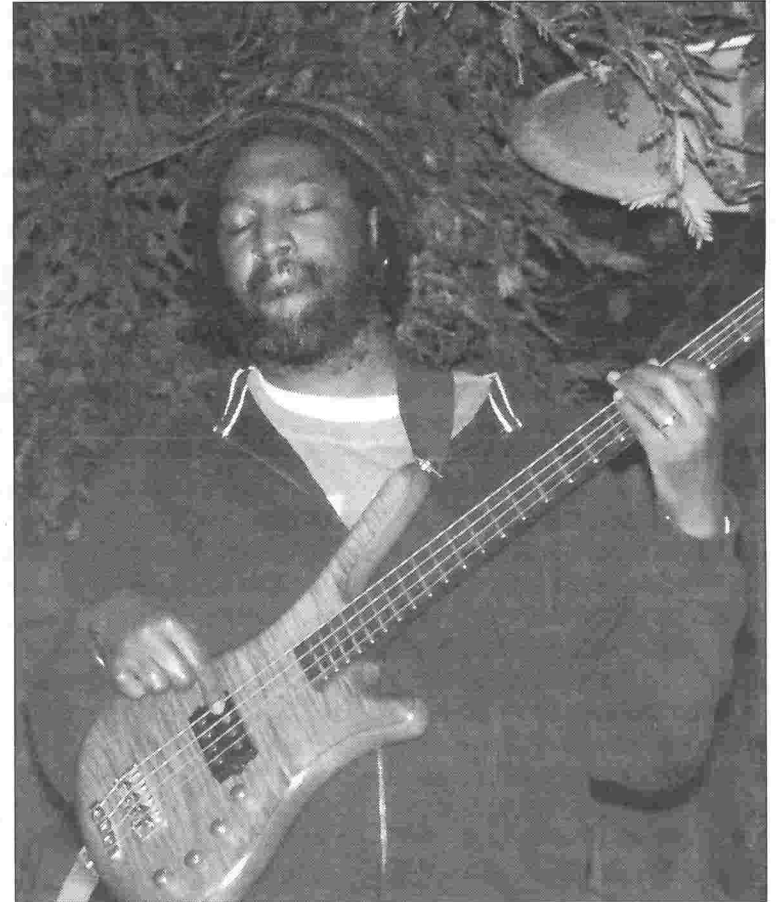
"We're just a couple of guys that are friends, we enjoy each other's company, and hang out and play," Delaney said, laughing. "No one's trying to cut a record deal or make it big. But that's what happens when you get old."

The performance shaped up to be a casual gathering of a few friends with instruments and some creative ideas on how to play music.

As for any plots or schemes in the band's future, Delaney said, "Me and the guitar player are trying to do a project that's a little rockier than this, but we're having trouble finding a drummer ... So, I guess this right here is what we've been doing as a project more than the band we're really in."

The audience members showed their appreciation as the group wrapped up the show.

Delaney uses his experience playing music to gain insight into different perspectives. "I think that playing music and trying to challenge myself and learn from other people helps me stay humble, and remember that learning isn't easy."



REFUGIO GARCIA/LA VOZ WEEKLY

Refugio Garcia is the News editor for La Voz Weekly. Contact him at lavoz@fhda.edu.

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PHOTOGRAPHERS FOR SPRING 2010.

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A LETTER OF INTENT IS 300 WORDS OR LESS STATING: THE POSITION OF INTEREST,
RELEVANT EXPERIENCE AND WHY YOU THINK YOU'D BE A GREAT FIT FOR THE POSITION.

CAMPUS CULTURE & LIFESTYLES



NADIA BANCHIK/LA VOZ WEEKLY

Elizabeth Mjelde

Nadia Banchik
LA VOZ WEEKLY

Bright blond, in a long, ornate, black and white dress, Elizabeth Mjelde, who teaches a Women in the Arts class at De Anza College, looks like an artist herself. She is open, smiling, and willing to talk about her job.

Mjelde joined a group of De Anza professors to organize a Women Studies class in the mid 1990s. She chaired a committee for Women's History month for many years.

"I created this course specifically for De Anza. Since so many students here are interested in social change, I wanted to include discussion about activism. We consider in this class ways

Instructor of the week

If anyone knows art, it's Mjelde

to change the art world to a more attractive place for women," Mjelde says.

"Women today are very well represented in the academia, there are many women who get their master's degrees in art. But it's still not equal in terms of getting women to galleries, exhibitions, fairs, auctions." Gallery salespeople, Mjelde says, are particularly impatient with artist mothers who need to spend time at home.

"We discuss with the students' alternatives to traditional ways of selling art. For example, a number of women can get together and sell their work as a group where members can take turns to show and sell the works created by the fellow members of the group. Also, the Internet doesn't require specific sanctioning of a dealer to sell art. That's definitely the alternative," she says.

Activism is just part of her course. She devotes most of the time to teaching her students to analyze art works expressing their own positions and thoughts.

"We look at works of art, we also look at documents from the period when the works were created. And then, students are free to interpret the work of art and the document and to write their own art history based on the evidence that we provide."

Her "ideal" students are those who "[are] willing to share their own personal biases and their own personal voices in writing art history. "I think history is a very subjective thing, history is as personal as whoever is writing it. So, my ideal student is somebody who is willing to be very personal. I find students here very motivated and willing to put themselves into their writing."

"We spend part of the course looking at the ways how women have been used as symbolic figures, representing an idea. In particular, a woman embodies the idea of freedom – look at the Statue of Liberty. However, we talk about the disparity between representation of a strong woman as an ideal and her social status at the time when the art work was created." Also, she says, women in art bring a question of morality.

"I think all women are complicated. I think all men are complicated. But in works of art women don't usually get to look complicated, they are either very good or very bad but not something in between," Mjelde says.

Her favorite artist is Vermeer, a Dutch artist

from the 17th century.

"His works are very complex, you can find them in many different ways; I find them intellectually provocative and also wonderful to teach with regard to technique. He painted men and women, mo-

scenes of daily living. Mjelde also loves contemporary photography especially by women photographers.

"We talk about so function of works of art and also about the visual power. One of the subjects

that I focus on are certain decades reflected in the art. And one of the decades that I like to look at is the 1930s. We look at the art produced during this period all over the world."

There are, of course, male students in Mjelde's class. But neither gender nor cultural differences influence understanding the subject matter that she teaches.

"I think those who cannot understand women in the arts should be studied as a separate discipline, they don't enroll in the class she says.

Nadia Banchik is a staff reporter for La Voz Weekly. Contact her at lavoz@fhda.edu.

The Judicial Board is in charge of the DASB elections. If you are interested, please report to the DASB Office (Below the Hinson Center) for an application.

DASB Judicial Board

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WEDNESDAYS at 3:30pm in the
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2010 MASCOT ELECTIONS

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Tuesday: MARCH 9, 2010
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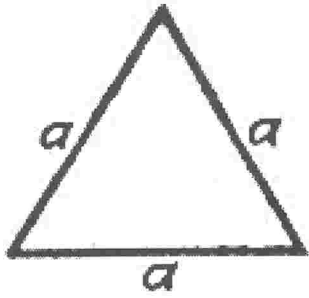
DASB

SPRING CARNIVAL

NEXT QUARTER

Club of the Week

De Anza Math Club: a gathering of numbers



Briana Bronner
LA VOZ WEEKLY

Math is a unique interest, explains Sithparran Vanniasegaram, one of the advisers of De Anza's Math Club.

Teaching math classes at De Anza since the spring quarter of 2008, Vanniasegaram co-advises the math club along with Iaroslav Uryliouk, another math professor at De Anza.

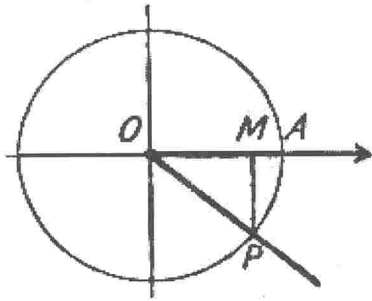
The primary purpose of the math club is to prepare for the American Mathematical Association of Two-Year Colleges scholarship contest.

The De Anza Math Club participated in the AMATYC competition on Feb. 16. De Anza held the championship title in 1999 and 2000.

Each Friday the Math Club, with an average of 12-15 students, meets to discuss and work on five math problems from past AMATYC contests.

Aaron Chan, president of the Math Club, says that he joined the club simply because he likes math.

"I like doing this kind of problems (pre-calculus)," Chan said.



In high school Chan participated in the Math Olympiad contest which is similar to the AMATYC contest, based on pre-calculus problems.

Both advisers of the club participated in math competitions when they were in grade school.

Vanniasegaram participated in the Standard Math Tournament at Monta Vista High School and placed 12th in the calculus division.

At Miller Middle School she competed in the California Math League contest where he placed sixth in the state.

Uryliouk also competed in the Math Olympiad when he was in high school.

Those who are interested in solving math problems outside of class and would like to be a part of the math club should contact Vanniasegaram at vanniasegaramsithparran@fhda.edu.

Briana Bronner is a staff reporter for La Voz Weekly. Contact her at lavoz@fhda.edu.

Poet of the Week

Kelly Olszewski has a way with words

Kelsey Lester-Perry
LA VOZ WEEKLY

Kelly Olszewski, 20, wowed the audience at the Valentine's Day poetry reading on Feb. 11 as the only participant who was daring enough to recite two of her own slam poems.

Slam poetry is a type of spoken word poetry based more around the performance than the poem itself.

During her charismatic performance of "The Lie in Love," an angry poem about exes, the crowd in the De Anza College WRC applauded wildly to acknowledge the subject matter.

"Don't pretend you know who I am," she said, to "yeahs" and "right-ones" shouted from the audience. "Small talk makes love too easy, so erase it completely."

She wrote the piece with her slam poetry group hoping to encourage listeners to "not rely on that one guy."

"Boys Are So Confusing," her second poem, was meant to be an uplifting juxtaposition to "The Lie in Love." It was written as a rebuttal to a poem titled, "Girls Are So Confusing," which she had heard performed at a poetry slam. She wrote it based on the same meter and cleverly changed the wording, transforming the message of the original poem.

"One minute they want to see you/ Then they'll push you far away/ They always want to be there/But they never want to stay," was a line that once again got the audience hooting



Boys Are So Confusing
Kelly Olszewski

*Boys are so confusing,
I'll never understand.
One minute they don't know,
The next they make demands.
They say they know it all,
Then "the decision is up to you."
They know your favorite color,
As long as it's always blue.
They think that something's wrong,
When your happy as can be.
They say they love the movies,
But there's none they want to see.
One minute they want to see you,
Then they'll push you far away.
They always want to be there,
But they never want stay.
They say they'll love you always,
Then it's time they got some space.
To their boys they'll say they played you,
But it's different to your face.
And then it's finally over,
But they want another try.
You see them out and happy,
But they swear they're gonna cry.
He said he hates the phone,
But he calls you everyday.
He says he needs to talk,
But then has nothing to say.
Boys are so confusing,
I wish they could just see.
That because they're so confusing,
They keep losing girls like me.*

in adoration, mostly the high pitched squeals of females.

Olszewski has been writing poetry for six years, since her freshman year at Pioneer High School. She quickly got involved in a Slam Poetry team in which she was the only freshman member among juniors and seniors. The team's motto was, "slam is the difference between poetry for the stage, and poetry for the page."

The veterinary science major is currently taking Elit11, Intro to Poetry, with Professor Bob Dickerson. She decided to take the course because she had been overly focused on her major and lacking the creative outlet that poetry gives her. "He creates an environment that feeds your inspirations," she said of Dickerson.

"I like the way she moves her hands when she recites her own poems. She is a brilliant interpreter of poetry. She always seems to come up with a provocative, exciting way of looking at a poem," said Dickerson.

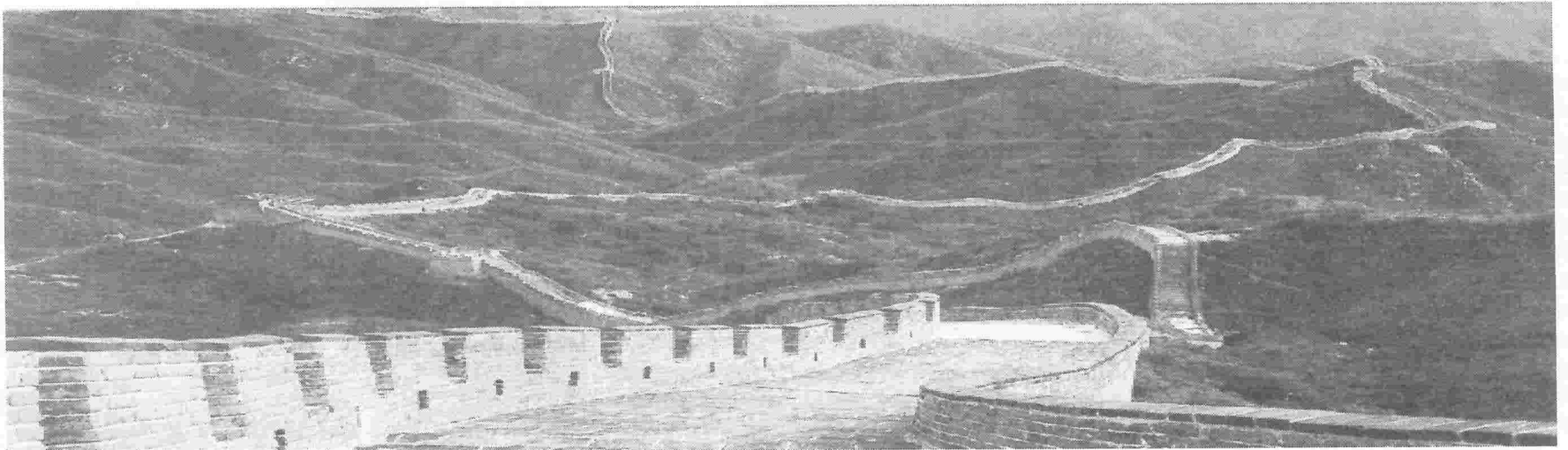
Not only is this Renaissance woman a poet and a future veterinarian, but she is also an amateur model. She likes to have all of her bases covered and grabs at any opportunity that allows her to be a creative individual.

Olszewski suggests to those interested in poetry or under-the-radar art, to check out Movimiento de Arte y Cultura Latino Americana at <http://www.maclaarte.org>.

Kelsey Lester-Perry is a staff reporter for La Voz Weekly. Contact her at lavoz@fhda.edu.



2010 Summer Campus Abroad in China



Orientation Meetings:

De Anza College: March 11, Thursday, 12:00 – 1:00 p.m. in Meeting Room 2, Campus Center
March 17, Wednesday, 2:30 – 3:30 p.m. in El Clemente Room, Campus Center
Foothill College: March 16, Tuesday, 12:00 – 1:00 p.m. in KCI (Room TBD)

Contact: Prof. Charles Lee

(408) 864-8929

LeeCharles@deanza.edu



[Clockwise from top]
Top: Photographers stand on the steps of city hall taking photos of protesters
Right: Marlo Custodio recites his spoken word performance on stage in front of a crowd of protesters
Bottom right: Students march into Civic Center Plaza for education
Left: A crowd joined De Anza students at Civic Center Plaza; they held signs and marched against budget cuts

March on SF | Students gather for statewide protests against budget cuts

[continued from page 1]

heartening,” said Brian just before the buses left the loading zone.

Each bus was led by an organizer who rallied students and motivated them with chants, snacks and sing-alongs. On bus number one, Marlo Custodio used a megaphone to encourage students to chant well known protest hymns including “the students united, will never be divided.” Students were asked to come up with their own chants. One of the more popular chants was “Say hey, say ho, cali schools, they need more dough.”

Students were dropped off on the corner of 24th and Mission Street. The crowd combined with other protestors from various K-12’s and other community colleges along the way. They arrived at the Civic Center after marching through the heart of the Mission district around 4:45 p.m.

“Whoever planned the route was a genius,” said SFJ member Matthew Bradley about walking next to Bart stations and viewing the working poor. “There are a lot of problems out there in the real world.”

A raucous crowd greeted De Anza students. They met in front of a large semi-truck, which was converted into

a stage. There was a band, faculty, teachers, union members, and student speakers atop the flatbed truck. The United Educators of San Francisco hosted the evening’s entertainment.

A crowd of protestors also chanted in front of city hall, closing down the street. Police put up a gate in front of the City Hall steps and made sure protest stayed non-violent.

Custodio opened the ceremonies with a spoken word performance about the importance of student activism, waking up from apathy, and the fact that civic involvement can be very effective.

About 25 other students, teachers and community representatives gave motivational and informative speeches and performances before

northern California!”

The day of action in San Francisco remained non-violent. The San Francisco police department sent out groups of about five officers to watch over various spots of the plaza. They also had two vans, one SUV, and four police cars parked on Polk and Grove streets in case of riots.

De Anza students who took charter buses left the zealous crowd at around 8 p.m. After leaving the rally, student morale was still high. The chanting did not stop in San Francisco.

Students who were registered voters were asked to sign a petition on the way back to De Anza. The petition’s content was about changing legislative voting requirements to pass a budget or to raise taxes from a two-thirds majority vote to a simple majority.

“It was extremely successful,” D.A.R.E. organizer, Ali Haji, said. “I’m pumped up for the next one. I feel really hopeful and I want the protests to keep growing.”

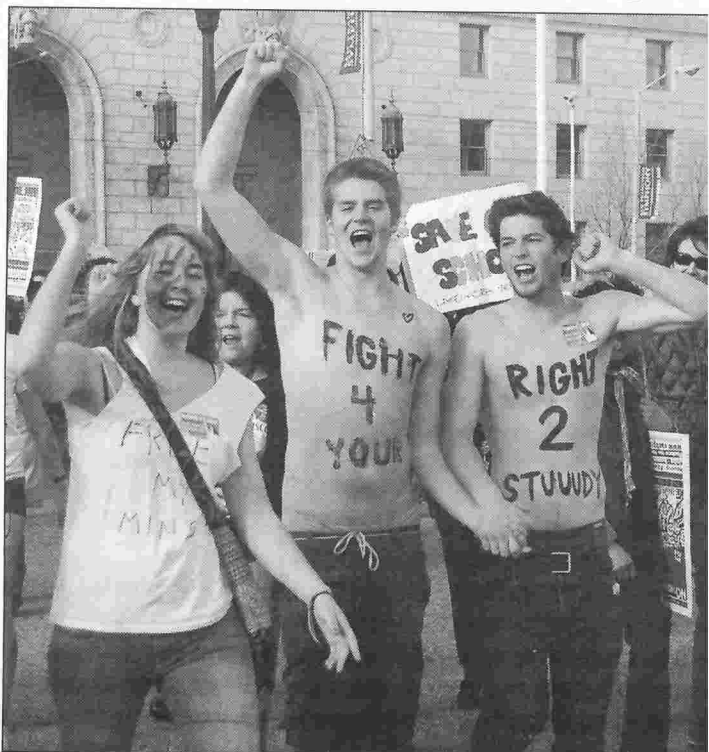
“Just seeing everyone all together was amazing,” said student Amira Farah.

The buses of students returned to a performance by The Blank Manuscript behind the Hinson

“This could fail, but in all honesty, I kept pushing forward, because I was hopeful. I was optimistic. And here I am, speaking before thousands upon thousands of people from all over Northern California!”

Cain Ramirez, De Anza College student

De Anza student Cain Ramirez spoke. “You know what?” Ramirez said. “This could fail, but in all honesty, I kept pushing forward, because I was hopeful. I was optimistic. And here I am speaking before thousands upon thousands of people from all over



JUSTIN TAYLOR (4) / LA VOZ WEEK

Center at De Anza. Students gathered around for one large group photo and conversation of what happened that day.

“Before the march there was a lot of energy. After, there was twice as much,” said Gabriel Rodriguez.

“We succeeded in letting the California government know they are depriving us of our resources to be successful,” said student Tevita Tapabalu.

Vanessa Contreras and Kelsey Lester-Perry are staff reporters for La Voz Weekly. Contact both at lavoz@fhda.edu.

VIDEO COVERAGE OF THE MARCH 4 PROTESTS IN SAN FRANCISCO AT WWW.LAVOZDEANZA.COM



Local action included the teach-in in Conference Room A and a march to Cupertino City Hall Mar. 4. Left: The crowd of 74 De Anza College students and supporters upon their arrival in front of City Hall, where they were received by Mayor Kris Wang.

Center: Two of the first students to join the local march heading toward the S Quad to ask students from classrooms to join. Right: Around thirty students who formed the original protest marched out of the main quad, as organizers announced that they hoped to gather around 1,000 students by the time they would depart for City Hall

Students march on City Hall

Laura Wenus
LA VOZ WEEKLY

“Solidarity” was the word on everyone’s lips throughout the March 4 day of action.

What began with a half empty conference room A at 10:30 a.m. gradually turned into two groups: bus loads of students traveling to San Francisco for a rally, and a crowd of 74 protestors, including De Anza College students, faculty members, alumni, former instructors and bystanders of all ages, who marched to Cupertino City Hall to hear Mayor Kris Wang, Council Member Orrin Mahoney and fellow students speak on the importance of education and social action.

By 11:00 a.m., Conference Room A was filled with attendees of the teach-in. By 11:20, it emptied as students formed a line to receive tickets to provide evidence of their attendance. De Anza President Brian Murphy, a speaker at the teach-in, called attention to the number of people leaving and the dedication of those who chose to remain. “Here, we are a part of something larger than ourselves,” he said.

Murphy emphasized three problems affecting the California educational system. First, he criticized the two-thirds vote required by the California constitution to pass a budget or to raise taxes. Second, he called the tax system in place in California a model for the nineteenth century, outdated and nonfunctional. Third on his list was the “systematic under-investment in all three sectors of higher education.”

“We are genuinely in this together,” Murphy said, and asked students

to make sure that they were being prepared to be well-informed voters, concluding with a plea to students to “Come at us, push us, ask of us.”

Also among the speakers were Edmundo Norte, program coordinator of the Institute of Community and Civic Engagement, David Ledesna, an anti-war activist who competes for high school students’ attention with army recruiters, and Hector Rincon, a Colombian activist working for blue collar workers rights and unionization.

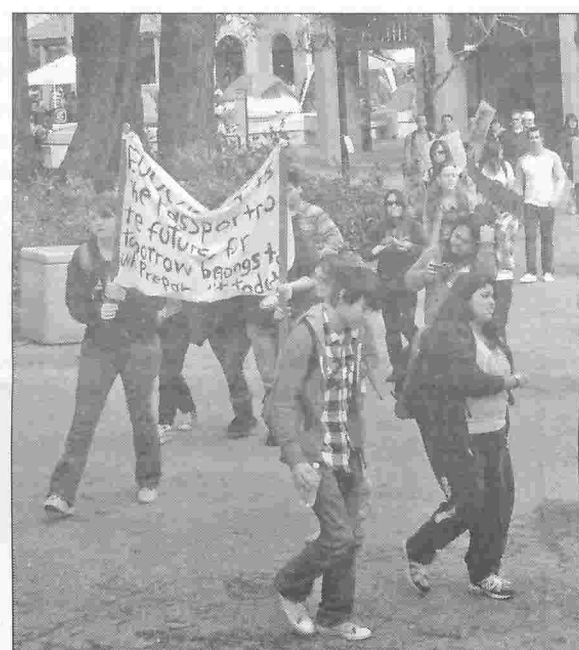
Norte emphasized the importance of being involved in protests and understanding the problems at hand.

“There is more wealth being produced today than ever in the history of humanity ... It’s not a budget crisis, it’s a priorities crisis,” he said. “We have to use our voice in this democracy ... we vote with our dollars.”

Ledesna’s focus was on refuting certain common assumptions about resources and government.

“There really is a draft, don’t let them tell you there’s no draft in the U.S. There’s a poverty draft,” Ledesna said. Despite the limited enthusiasm in the room, one of the frequent microphone failures didn’t stop Ledesna from raising his voice to the level of a protest chant to deliver his final point, that members of society have an obligation to defend their constitutional rights.

Following the speakers, teach-in organizers Isabelle Barrientos Vargas, Felicia McMullen, and Jose Francisco Romero divided the restored crowd into three workshops. Ledesna gave further personal recollections of his work in preventing students from allowing their financial circumstance to force them into the army. Rincon



LAURA WENUS (3) / LA VOZ WEEKLY

recalled the unionization of janitorial staff at Safeway stores. An activist and De Anza student explained the impact of the California Democracy Act, a petition to place a proposition on the November ballot to reduce the percentage of majority required to raise taxes or pass a budget from 67 percent to 51 percent.

At 12:15 p.m., students attending the teach-in filed out through the doors of the Campus Center to join the crowd milling around Tent City in the Main Quad, awaiting the instructions of events organizers who would divide the crowd into those who would board the buses to San Francisco and those who would remain to participate in local action. Music and activist slogans blared, banners were unrolled, and the smell of spray paint filled the air as protestors used makeshift stencils to emblazon protest slogans on shirts and posters.

By 12:40, the protestors had gone their separate ways. Local activists, about 35 strong, wielded posters, banners, pots and cowbells, chanting their slogans into a microphone as they made their way around campus, trying to coax followers from their classes and out onto the streets.

Barrientos Vargas and McMullen opened classroom doors to announce their purpose as their followers cheered outside, but they were often turned away – in some cases by locked doors, in another by a class

member actively pulling the door shut, with McMullen caught between the door and the frame, shouting, “I’m a student, please don’t abuse me.”

The marchers encountered similar levels of enthusiasm as they entered the cafeteria, cheering and urging students having lunch there to join them. Few, if any, diners rose to join them.

“Theres no point in marching for money you don’t have,” said Daniel Yoshi before leaving the cafeteria.

“This is America. You don’t have to go to school if you don’t want to,” a student who wanted to be known only as “Henri” said.

Another reason onlookers gave as to why they chose to remain uninvolved included needing to attend class, often due to a midterm or quiz that had to be completed.

One group of ESL students looking on said they were confused about the purpose of the march because they didn’t speak English, and expressed their wish for Chinese translations of the slogans or signs.

As they made their way down Stevens Creek Boulevard, protestors were accompanied by numerous police cars and honked at frequently by passing cars.

On their arrival at City Hall, the percussion and cheers reached a brief crescendo before petering out quickly as the protestors crowded into the space in front of City Hall’s front doors. A speaker system and

Cupertino Mayor Kris Wang awaited the protestors.

Wang said she would not use her customary welcome to the visitors to City Hall, instead shouting to the protestors, “How are you today? What is innovation without a well supported education system?”

Two more council members spoke briefly before the microphone was offered to impromptu speakers, who were invited to share their reasons why education was important to them and their experiences with the budget cuts.

Speakers included Meredith Watson, an ex-chef with a serious back injury. She walked the roughly three miles round trip to City Hall and back on her cane to protest budget cuts. To her, the budget cuts would harm her ability to get an education that could help her get a job which doesn’t require her to stand for long periods of time. John Milton, a former English professor at De Anza, frequently interjected encouragement and statistics as people spoke into the microphone at City Hall.

“Complacency kills,” warned David Daman, the CEO of a group called Everything Wins, whose purpose is to provide food to the hungry. He continued, “Your education is paramount to your future.”

Laura Wenus is the features editor for La Voz Weekly. Contact her at lavoz@fhda.edu.

CAMPUS CULTURE & LIFESTYLES

A day in the life of a Senate member

Keith Hubbard, Senate VP of campus Environment and Sustainability

Kelsey Lester-Perry
LA VOZ WEEKLY

"Change of plans, I'll be in the senate office," said Keith Joseph Hubbard at 8:07 a.m. on Feb. 24. Hubbard, 28, student Senate Vice President of Campus Environment and Sustainability, usually starts his mornings at Coffee Society drinking tea and collecting his thoughts for the day. Today is different. By 8:30 he is in the Senate office collecting his day's paperwork instead of his sanity before his political science class in an hour.

"You end up being consumed by all of this," says Hubbard as he shuffles through his bicycle messenger bag.

The walls of the president's office in the student senate room are paper thin, Hubbard said. Every time he begins to speak, the senators seated outside the office are silenced by one another. The more risky senators simply peer through the window to see who Hubbard is talking to.

"It's a scary thought," Hubbard says of the politics found in politics. "Each day brings in new challenges."

One challenge that Hubbard struggles with is being an environmentalist in a time of recession. A project of his that fell apart a couple of weeks ago was TGIF, a green initiative. Sustainability projects aren't easily retained because of the lack of instant gratification. When there isn't enough money to go around, people

like it to be spent on projects where results can be seen right away.

Hubbard doesn't let this discourage him and he supports the environment in small ways throughout the office. He prints on both sides of the paper, and urges his senate members to follow his lead. He stands behind clubs who use sustainable practices and supports up and coming groups that are willing to do the same.

By 11:27 a.m. his poli sci class is over; they discussed amendments and talked about the importance of participating in the census. Hubbard heads immediately to the Institute of Community and Civic Engagement building to start work. Hubbard explains that the ICCE represents unrepresented people on the De Anza College campus.

Hubbard pulls out a peanut butter and jelly sandwich as he explains that the next task on his agenda is to attend the Inter Club Council meeting at 1:30 p.m. To prepare for this meeting, he plans on visiting and talking to as many groups as he can. He has two hours to gather his thoughts, and he just got to work.

Between answering e-mails from students and faculty, Hubbard reviews the budget for the Senate meeting at 3:30 p.m. He tries to "powermap" everything while preparing mentally to deal with the meeting, which could last anywhere from six to nine hours. The reason he receives so many e-mails is because he is the liaison between outside organizations and students, his job in the ICCE.

There is a struggle on a daily basis in terms

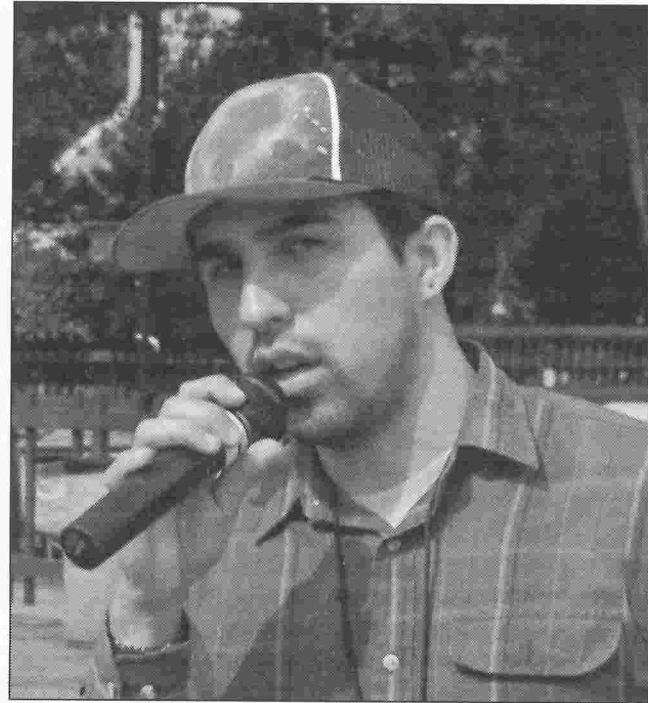
of dealing with interoffice dating and friendship, said Thomasina Russaw, a De Anza Associated Student Body junior senator who also works in the ICCE with Hubbard. You shouldn't mix business with pleasure, Russaw stressed. And don't lose your focus, added Hubbard.

By 1 p.m. Hubbard is on his way to the ICC meeting to give an announcement about Earth Day. He sits next to Dora Ventura, who is running for the ICC Chair of Programs position. The meeting lasts about an hour, and by 2 p.m. Hubbard is on his way to Whole Foods to pick up some snack food for Russaw and himself.

Hubbard is back in the Senate room with veggie lasagna, a container of hummus and a baguette by 3:30 p.m. This is the second budget meeting and tensions are running high.

"I feel the pressure's building," Hubbard said.

The agenda states that the budget is to be discussed first and the election proceedings second. Hubbard expresses his view that nobody is



KELSEY LESTER-PERRY/LA VOZ WEEKLY

Keith Hubbard, DASB Vice President of Campus Environment and Sustainability

going to want to discuss the election after five and a half hours deciding the budget.

Hubbard decides to leave after the budget portion of the agenda ends at 7 pm, because he is drained after the meeting. After hours of school activities, it's time to do some homework

Kelsey Lester-Perry is a staff reporter for La Voz Weekly. Contact her at lavoz@fhda.edu

AUGUST 2010

SUMMER SESSION  De Anza College

STUDY IN VIETNAM



ORIENTATION MEETINGS:

AT DE ANZA:

MARCH 16, 2010

NOON - 1 PM.,

LIBRARY-SECOND FLOOR

AT FOOTHILL:

MARCH 18, 2010

NOON - 1 PM.,

TOYON ROOM,
CAMPUS CENTER

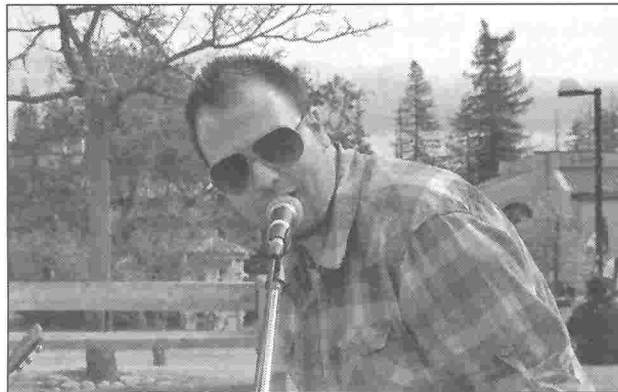
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Q&A with Aivar: local alternative reggae band performs at Tent City

Kelsey Lester-Perry
LA VOZ WEEKLY



Aivar (pronounced Eye-var) performs at Britannia Arms every Wednesday and played at Tent City in the Main Quad March 1.

La Voz: How do you classify your music?

Gardener: Alternative reggae.

Reed: Exactly! If we could classify it, that's what we would say.

Gardener: Rastafar, I be bumba claat!

LV: What sets you apart from other alternative reggae bands?

Reed: There are no other alternative reggae bands!

LV: Okay, what about other reggae bands?

Reed: The thing is, that there are so many different genres of reggae that I feel like ... most people really just stick to raga or dancehall or roots. But we try to incorporate a little of everything. We don't focus on it being one way or the other.

Gardener: Yeah, that's the nice thing about it, we don't just stick to just general reggae, roots reggae, and we do all kinds of different things. We don't want to be classified as just one certain type of category. I mean, it's reggae, but its not your typical reggae. So that's what's cool about it.

LV: Why did you play at De Anza today?

Reed: Ah! Matt-eo, why don't you tell us why?

Gonzales: Well, there are proposed budget cuts in the state of California and also they are going to be cutting around \$4 billion. \$4.7 billion are going to be cut, teachers are going to lose their jobs, kids aren't going to be able to afford school. And also we're here just to kind of use our voice as a vehicle for change and we're taking our stand as well. You know, I don't go to school because I can't afford it.

Reed: Yeah, none of us [can].

LV: And you guys would go to school if you could afford it?

Gardener: I can afford one class, one class next year, yep.

Gonzales: You know, as musicians and as students and as everything, we're really just here to stand up for that cause, you know?

Reed: To raise awareness! That's the biggest thing that we were talking to everybody about. It's fighting apathy all the time. We're fighting an apathetic society. So it's just raising a little

awareness, and hopefully evoking a little hope in someone that they can actually do it, you know? So that's why we're here.

LV: What other causes do you guys promote, with your music?

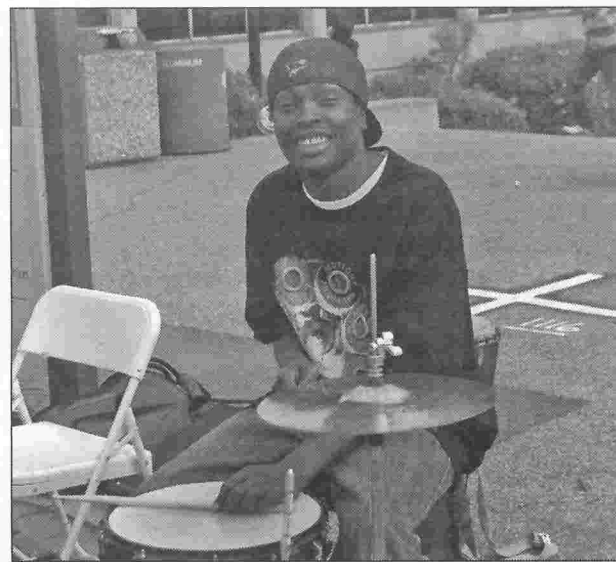


Reed: We've done a lot of benefit shows, we've thrown a lot of benefit shows, and the most recent effort that we're working on really hard right now is for Haiti. So we've done a few benefits, he (Gonzales) has thrown a bunch.

Gonzales: I myself have thrown two already, two benefits in downtown San Jose. We raised about \$3500 to \$4000, and the last one I think it was \$900.

Gardener: We've done a couple of food drives too.

Gonzales: We do a lot of live art music shows and they ask for donations of clothes, food and stuff like that so it's cool.



Aivar performing at Tent City. Left: Chris Reed, vocals. Center: Josh Gardener, on drums. Right: Matt Gonzales, on guitar.

Kelsey Lester-Perry is a staff writer for La Voz Weekly. Contact her at lavoz@fhda.edu.

KELSEY LESTER-PERRY(3)/LA VOZ WEEKLY

DE ANZA COLLEGE CAFETERIA

Monday, March 8

- Vegetable Soup
- BBQ Chicken w/ Green Onions
- Chinese Chicken
- Mediterranean Pasta

Tuesday, March 9

- Tortellini
- Vegetarian Combo
- Spring Greens Salad
- Southwestern Fusilli

Wednesday, March 10

- Tomato
- Chicken Pesto
- Szechwan Beef Salad
- Comfort Station
- Baby Back Pork Ribs

Thursday, March 11

- Beef Vegetable
- Caramelized Onion and Meatball
- Southwestern Chicken
- Broccoli Bow Tie Pasta
- Grilled Halibut, Arugula, Eggplant and Basil Aioli on Sourdough

Friday, March 12

- New England Clam Chowder
- Chef's Choice

Monday, March 15

- Italian Wedding Meatball
- Roast Chicken, Ranch, Tomato, Chiles and Chipotle
- Chinese Chicken
- Mediterranean Pasta

Tuesday, March 16

- Cream of Mushroom
- Italian Meat Lover's Combo
- Spring Greens Salad
- Southwestern Fusilli

Wednesday, March 17

- Mexican Tortilla
- Hawaiian Ham & Pineapple & Green Peppers
- Szechwan Beef Salad
- Comfort Station
- Corned Beef and Cabbage, Parsley SC and Colcannon

Thursday, March 18

- Chicken Noodle Soup
- Mortadella Italian Sausage, Artichoke Hearts, Peppers, Pesto & Caesar
- Southwestern Chicken
- Broccoli Bow Tie Pasta
- Grilled Tuna w/Chile Sun Dried Tomato Butter and Corn Relish Sandwich

Friday, March 19

- New England Clam Chowder
- Chef's Choice

Monday, March 22

- Minestrone
- Asian Chicken with Scallions and Sesame Dressing
- Chinese Chicken
- Mediterranean Pasta

Tuesday, March 23

- Broccoli and Cheddar
- Hamburger Cheddar
- Spring Greens Salad
- Southwestern Fusilli

Wednesday, March 24

- Beef Vegetable
- Margherita
- Szechwan Beef Salad

Thursday, March 25

- Tortellini Vegetable
- Sun Dried Tomato, Caramelized Onion & Feta
- Southwestern Chicken
- Broccoli Bow Tie Pasta

Friday, March 26

- New England Clam Chowder
- Chef's Choice

Cinequest, film festival in downtown San Jose, draws crowds and connoisseurs

**Audrey Barker
Patrick Gartner**
LA VOZ WEEKLY

The bright lights of Cinequest Film Festival shone on Downtown San Jose for two weeks of cinematic delight.

Spanning from February 23 - March 6, over 200 films were spotlighted, including 76 U.S. screenings and world premieres from 45 different countries.

The beacon of this momentous event was opening night at the Historic California Theatre, which had no trouble drawing in eager film enthusiasts despite the cold-blustery winter weather.

After gaining admittance and walking through the impressive front doors, patrons were corralled into the bustling main lobby. The fluttering of cameras excited onlookers as journalists interviewed actors, directors, and other indi-

viduals integral to this cinematic celebration. Finally, 7:00 p.m. came and film devotees were led into the main theater to catch a glimpse of the first film of the festival.

Stepping into the main theatre is an experience just by itself. Originally built in 1927 and newly restored in 2004, the 1,119-seat California Theatre can only be described as a movie palace.

While shuffling around trying to locate a seat in the packed house, moviegoer's were entertained by the Mighty Wurlitzer Organ. Wurlitzer theatre organs were originally manufactured to create a one-man orchestra for silent films, but on this night, it served as a flashback to old movie playhouses and a more elegant time in cinematic history.

The lights were dimmed and the Wurlitzer organ was lowered into the main stage, which meant it was time for the show to begin.

The feature film of the evening was the U.S. premiere of "The Good Heart," directed by Da-

gur Kári. The plot revolves around Jacques, a cantankerous bar owner, who finds a commonality with a young homeless man named Lucas. Jacques takes Lucas into his home and bar and begins teaching him the tricks of the trade. Although both characters are social outcasts, a mutual respect and family-like alliance forms between them and they become hopelessly reliant on one another. Their strange and sometimes comical interactions make for an incredibly engaging film which most effectively kicks off the 20th Cinequest celebration.


"The Good Heart" along with all the other films throughout the festival represent Cinequest's 20-year mission to empower the "Maverick."

As described in their official guide, "Maverick's live to astound and push society to new heights, to torch and electrify your dimming flames, inspire changes that ripple in people's souls, to deliver stories that make you cry, laugh, or quicken your heart, and finally to play

the enviable role of pioneering the next movement amidst nonbelievers and hibernating followers."

Other venues hosting films throughout the festival included Camera 12, Camera 3, The San Jose Repertory Theatre, and the San Jose State University Theatre. Along with the seeming limitless amount of film screenings, patrons had the opportunity to attend numerous aft parties, soirees, Maverick Spirit events, Days of the Writer seminars, award ceremonies, and Maverick Artist and Innovator Forums. This complete film immersion allowed both casual moviegoer's and film devotees to enjoy a well rounded cinematic experience.

Audrey Barker is a contributing reporter for La Voz Weekly. Patrick Gartner is the editor emeritus of La Voz Weekly. Contact both at lavoz@fhda.edu.

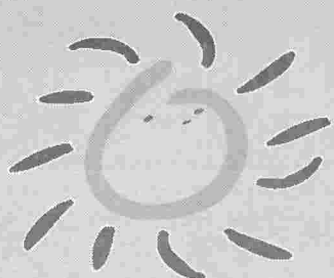


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WOMEN'S MILESTONES IN HISTORY

An integral part of society, women stand out as pioneers. Below are some of the most important events in women rights spanning the 18th to the 21st centuries.



1872

Susan B. Anthony was arrested for attempting to vote.



1890

Women begin to wear knickerbockers instead of skirts for bicycle riding.

2005

Condoleezza Rice becomes the first African-American woman to be appointed Secretary of State.



1868

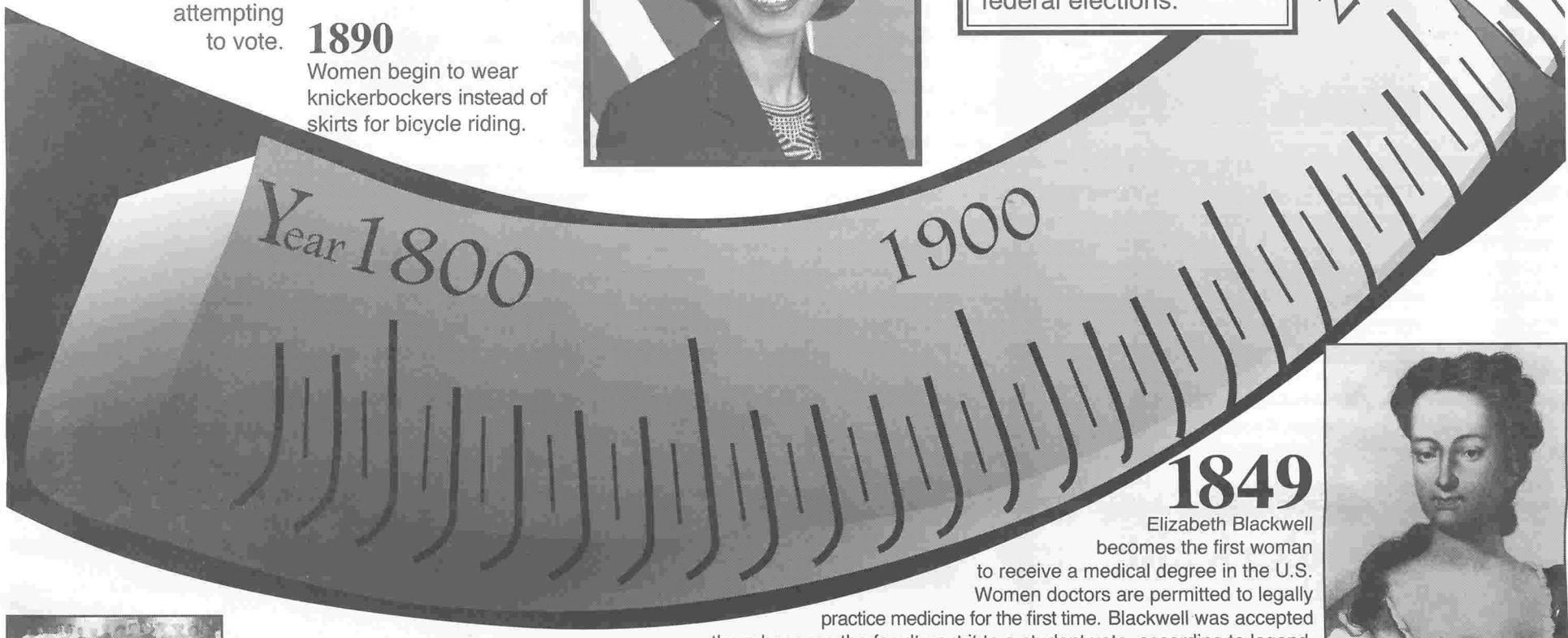
The 14th Amendment denying women the right to vote is ratified. Women lawyers are licensed in U.S.

1920

The 19th Amendment is ratified, allowing women the right to vote in federal elections.

1970

50,000 people march in New York City for the first Women's Strike for Equality.



1849

Elizabeth Blackwell becomes the first woman to receive a medical degree in the U.S. Women doctors are permitted to legally practice medicine for the first time. Blackwell was accepted there because the faculty put it to a student vote, according to legend.



1848

The first Women's Rights Convention is held on July 19 and 20 in Seneca Falls, NY.



1819

Emma Hart Willard writes her "Plan for Improving Female Education," which, although unsuccessful, defines the issue of women's education at that time.

1826

The first public high schools for girls open in New York and Boston. In 1848, The Girls Normal School was established as the first secondary public school for women in Pennsylvania. It was also the first municipally supported teachers' school in the U.S.



1777

Abigail Smith Adams, wife of the second president (John Adams) and mother of the sixth president (John Quincy Adams) writes that women "will not hold ourselves bound by any laws in which we have no voice."

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Information compiled by Julia Grosman. Julia Grosman is the graphics editor for La Voz Weekly. Contact her at lavoz@fhda.edu.

HEALTH & FITNESS

Nutrition for thought

Refugio Garcia
LA VOZ WEEKLY

Forget about all of those phony diet plans floating around in cyber space or jumping at you from your television screen making false promises to trusting people who only desire a higher level of fitness.

There is a very simple equation that can help anyone shed some pounds. Consume the same amount of calories you burn, which will maintain your weight. For example, a person might sit all day

in a cubicle, completing tasks that amount to a sedentary life style. This person will most likely burn very few calories and therefore should consume very few calories.

Checking nutritional facts on food's packaging and keeping a record is a simple and effective way to know your consumption. From there you could use Web sites like http://www.freedieting.com/tools/calorie_calculator.htm to calculate a healthy calorie intake. Also avoid fast food, sodas and constant snacking. Instead, if you feel the urge for any of these suppress it with fruit or vegetables.

Many people who want to lose weight have

to do so because of poor diet habits. Some diets may try to make claims that their new magical diet pill or supplement will make you lose weight while doing no activity to burn calories. The truth is the only healthy way to lose weight is through good food and exercise.

Implementing an exercise program can be extremely difficult at first, but there are ways to keep from dwelling on what you're trying to accomplish.

Find a work out partner and push each other to reach your goals. Start off slowly with 30 minute walks and increase your time. When you feel comfortable, start running and continue the process of making your workouts more

challenging.

It's good to have hobbies that require some sort of physical effort so that exercise can become more of a natural habit. Take your dog for a walk, or go for a bike ride. Maybe you have a pair of roller blades that haven't seen any action since MC Hammer was telling every one what they can't touch.

Refugio Garcia is the news editor for La Voz Weekly and a fitness trainer at the YMCA. Contact him at lavoz@fhda.edu.



Sleep better, feel better

Sleep related problems are among the most common health issues among college students. According to Brown University's Health Department, students are among the most sleep-deprived demographic. This is due to their poor habits that include pulling all nighters, poor diet and use of stimuli such as caffeine.

Rather than causing unnecessary harm to your body it's important to receive the recommended 7 to 8 hours of sleep every night.

- Limit your caffeine and nicotine several hours before bedtime. It's obvious that caffeine products will keep you awake, but so will products with nicotine (like cigarettes). This is because they act as stimulants in your body.
- Avoid drinking any alcohol. Passing out is not the same as getting good sleep.
- Avoid long naps. Short naps can be quite refreshing during the mid-afternoon slump, but long naps can make it difficult to receive a good night's sleep.
- Try to exercise and stay active during the day. Engage in up to 30 minutes of physical activity to enhance deep sleep. But avoid exercising in the 6 hours before bedtime, as it will affect your sense of alertness.
- Try to relax before going to sleep. Having an alert mind may make it difficult to sleep. Slow the pace of activities before going to bed by light reading or watching TV. This will help you fall asleep naturally with less stress.
- Finally, set a pattern to go to sleep and wake up at the same time every day. Do you remember that lesson in Psychology 1 regarding classical conditioning? Go to bed at the same time every night until you're conditioned to fall asleep at that time. Setting a regular sleep pattern will reduce insomnia along with increasing your mentality during the day.

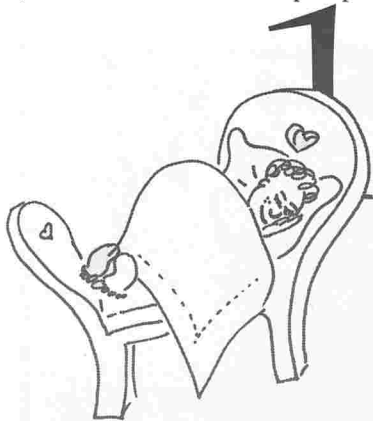
Source: brown.edu/Student_Services/Health_Services/Health_Education/common_college_health_issues/

Soheil Rezaee is the investigate projects editor for La Voz Weekly. Contact him at lavoz@fhda.edu.

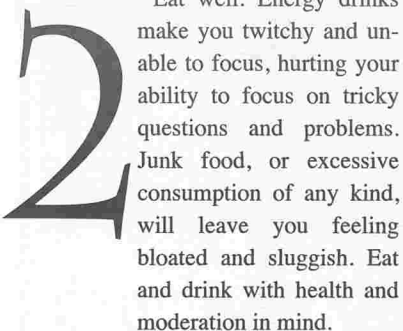
Finals Week Health Tips

James Chen
LA VOZ WEEKLY

When you're facing down those endless inches of scantron bubbles and questions, you want to be quick, alert, knowledgeable and confident. To be so, it's best to follow these simple tips:



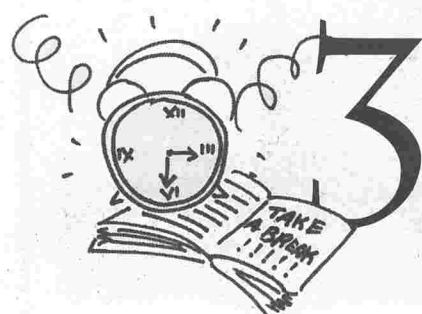
1 Sleep! Don't fall for the temptation of all-night cram sessions. They quickly reach a point of diminishing returns – the later it is and longer you stay up, the less you'll be able to retain. Sleeping, on the other hand, is a vital component of memory retention. Master a segment of work, sleep on it, then review in the morning – it will improve your ability to remember the various facts and formulas for your upcoming calculus test.



2 Eat well. Energy drinks make you twitchy and unable to focus, hurting your ability to focus on tricky questions and problems. Junk food, or excessive consumption of any kind, will leave you feeling bloated and sluggish. Eat and drink with health and moderation in mind.



3 Take breaks. When you've studied for five straight hours and the sentences in your history text seem to be floating and drifting over each other, you're definitely too tired to remember any of it. A short ten-minute break between study sessions, especially stretches and walks, can make all the difference in your test scores.



To quote the late Douglas Adams, "Don't Panic." A combination of good health and good preparation can and will ace any test.

James Chen is a guest contributor to La Voz Weekly. Contact him at lavoz@fhda.edu.

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HEALTH & FITNESS

Eat this, not that:

Navigating food choices in the campus cafeteria

Alex Mendiola
LA VOZ WEEKLY

Why are cheeseburgers so popular? Could it be because of the experience one has when diving into a juicy, charbroiled bite loaded with melted cheese, crunchy vegetables and toasted buns?

Is it at all possible to enjoy eating something that is more nutritious? Of course!

"Flavor is one of the things that makes eating so enjoyable," said art student Rachel Stringari, 19.

There is no need to sacrifice flavor for a satisfying meal.

For a nutritious meal at De Anza College's cafeteria, try ordering the Tuscany tuna sandwich instead of a cheeseburger.

With fewer calories, the tuna contains healthy fish oils and the heart-healthy omega-3 fatty acids while containing no saturated fat. Tuna is also a good source of protein.

The Tuscan tuna sandwich includes olive oil – a fat that protects against heart disease by balancing different cholesterol levels – and fiber-rich artichoke hearts.

Other ingredients are olives, roasted peppers, feta cheese, onion, lettuce, tomato, and provolone cheese, on any choice of bread. Whole wheat is a great complement to the flavor and is not a sugary, refined starch.

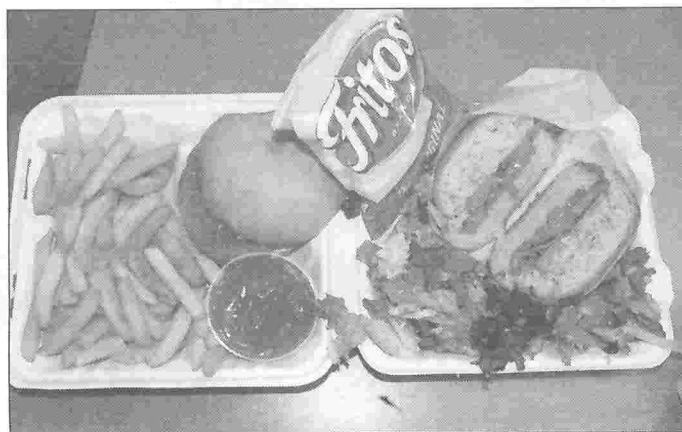
Compared to a cheeseburger combo with fries and a drink, a 4 inch sandwich and a half salad combo packs a punch filled with the benefits of tuna and leafy greens.

Try the combo with the spring greens salad. The salad includes spinach - which can help prevent against type-2 diabetes and even improve sight – and grilled chicken to add more protein to your meal.

Ever try salad without dressing? Dried cranberries in the salad sweeten each bite already. Cut out the dressing and cut

back on fat, sodium, and calories. If you must add flavor to the salad, try sprinkling a little pepper in your salad. And don't forget that each sandwich also comes with chips or fruit. Of course the latter, adds even more nutrition and energy compared to a salty, greasy bag of chips.

Alex Mendiola is a staff reporter for La Voz Weekly. Contact him at lavoz@fhda.edu.



ALEX MENDIOLA/LA VOZ WEEKLY
Which one looks more appetizing to you?

Nutrition facts

Numbers you need to know

Cheese Burger

Serving Size 1 piece (5.3 oz meat patty)

Amount Per Serving	
Calories 651	Calories from Fat 289
% Daily Value *	
Total Fat 32.1g	49%
Saturated Fat 12.8g	64%
Cholesterol 169mg	56%
Sodium 714mg	30%
Total Carbohydrates 36.9g	12%
Dietary Fiber 3g	12%
Protein 53.5	107%

French Fries

Serving Size 1 piece (9 oz. small order)

Amount Per Serving	
Calories 387	Calories from Fat 147
% Daily Value *	
Total Fat 16.4g	25%
Saturated Fat 13.5g	67%
Cholesterol 15mg	5%
Sodium 75mg	3%
Total Carbohydrates 54g	18%
Dietary Fiber 6g	24%
Protein 6	12%

Tuscany Tuna

Serving Size 1 piece (4 inch)

Amount Per Serving	
Calories 443.3	Calories from Fat 113.3
% Daily Value *	
Total Fat 12.6g	19%
Saturated Fat 5.8g	29%
Cholesterol 42mg	14%
Sodium 1188mg	49%
Total Carbohydrates 52.5g	17%
Dietary Fiber 5.1g	20%
Protein 30.1	60%

Spring Green Salad

Serving Size 1 piece (6 oz.)

Amount Per Serving	
Calories 298	Calories from Fat 163.5
% Daily Value *	
Total Fat 18.5g	28%
Saturated Fat 4.5g	22%
Cholesterol 64.5mg	56%
Sodium 254.5mg	30%
Total Carbohydrates 7.35g	2%
Dietary Fiber 2.3g	9%
Protein 26.3	52%

Alex Mendiola is a staff reporter for La Voz Weekly. Contact him at lavoz@fhda.edu.

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OPINIONS & EDITORIAL

Communication and you beyond the college life

The language you use with friends and relatives may hinder you in future job endeavours

Aliyah Mohammed
LA VOZ WEEKLY

Language is an ever-changing, dynamic tool that human's earliest ancestors used to communicate with each other. We continue to use it today. People speak about 5,000 languages in the world today. A new language/lingo emerging is one I call "tween speak."

When my friends text, instant message or e-mail, they use abbreviated phrases and slang such as ROFL, LOL, WTF and ATF which appear to be a time and space saver. However, this may be saving you time and texting space today, but will writing in this shorthand manner have disastrous long-term effects down the road?

We are anxious to be an adult in every way except the one that is the most distinctive – our speaking and writing styles.

Using shorthand whilst on the Internet or your phone can carry over unconsciously to your schoolwork, interaction with people face-to-face and to the workplace. You might be scoffing now,

thinking, "WTF, I don't talk like that in class!" When the use of slang and abbreviations is not limited just to e-mails, text messages or instant messages, people find themselves using it all the time and it becomes an integral part of their writing and speech.

According to a report done by Good Morning America, slang and abbreviation talk is showing up in student's schoolwork, in

Using shorthand whilst on the Internet or your phone can carry over unconsciously to your schoolwork and interaction with people.

their SAT essays and in college admission applications. I hear people on campus speaking and then throwing out an OMG, LOL, JK, or WTF, and no, I'm not trying to save space.

We are all in college to get a degree so we can get a job. We are anxious to be an adult in every way except the one that is the most distinctive – our speaking and writing styles. When you graduate and get a job, there is no magical switch you can flip on to make you start speaking like a professional adult. It is a transitional process that needs to be started when you start college. So am I saying dress in a suit to come to school and start carrying a brief case? No – I'm saying there are some basic changes we can make

to improve our language and writing skills, ones that will take us further toward our goal of achieving a good job.

When you go for a job interview, you get all dressed up, you practice what you are going to say and you make sure to try to speak as professionally as possible. Cursing and speaking in slang during a job interview is not plausible. Cut down on the slang and cursing in your everyday speech and writing, and you will be surprised by how people take you seriously when you communicate in a more structured manner.

Think of it as another way to ensure your successful future.



Aliyah Mohammed is a staff reporter for La Voz Weekly. Contact her at lavoz@fhda.edu.

Letter to the Editor

The time has come to take action. On Feb. 24, the ACE negotiations team was told that the Board of Trustees has said that there will be no "sharing the pain" to resolve these cuts until it gets worse. This means that the District has decided to resolve its budget problems with layoff and therefore devastation of the colleges. ACE believes this is not good for the colleges, the students, nor us, and there are plenty of other ways to resolve this. First we still have \$3 million in the "stabilization fund." It would only take between \$1-2 million to carry over all the positions not affected by re-organization to 2011. The district should use this money first to carry over these workers.

Other institutions have come up with solutions that would keep the colleges and Central Services intact and serve the students better. In fact, most institutions implement these measures before they begin the layoff process. Examples of plans implemented at other institutions that have preserved access and services to the students:

- Furlough days
- Freeze step and column
- Withdraw staff development leaves
- Salary reductions
- Close summer session

Keep in mind these are all negotiated items, but the District is directed by the FHDA Board of Trustees what to put on the table. Carrying over the workers with an additional \$1-2 million is NOT a negotiated item and completely within the power of the District decision makers.

I cannot stress how important it is now for us all to pitch in and take action. Please talk to one person other than the classified staff and ask them to support the students and the ACE (staff) members who support them. This includes faculty, management and students. Give them the e-mail addresses of the Board of Trustees (below) and ask them to participate by emailing them in support of carrying over these workers. Ask them to let the Board know if they are willing to share the pain. Remind them that layoff will only hurt the students and often our most needy and underrepresented students.

Always address the Board of Trustees by beginning with "Dear Honorable Trustee(s)." Here is a sample you may use and fill in your own blanks, with the e-mail addresses below:

Dear Honorable Trustees:

I would like to advocate a new and better solution to address the current cuts to classified staff. Please pause for a moment and look away from the numbers and take a long look at the students. I believe we can get through this time if we are able to use another \$1-2 million to carry over the workers on the list. I know the students will be losing _____ (fill in the blank) and this is valuable to retention, completion and success because _____ (fill in the blank). I think we owe it to our students and the excellence of the college/district to retain these services and I would urge you to come up with a better solution resolving this crisis beyond layoff, so we may remain simply The Best (De Anza) or allow all of our students to Upgrade and Advance (Foothill). These cuts will affect our most needy and underrepresented students and deny them the access we have promised them. There is a better way, and many institutions around us have taken that path. Let's join them in coming together as a community to serve our students and retain our excellence.

Names and E-mail addresses for the FHDA Board of Trustees:

Joan Barram, Betsy Bechtel, Laura Casa Frier, Pearl Cheng, Bruce Swenson
barramjoan@fhda.edu, bechtelbetsy@fhda.edu, casafrierlaura@fhda.edu, chengpearl@fhda.edu, swensonbruce@fhda.edu

Thank you,

Blanche Monary
ACE President
(Associated Classified Employees)

OPINIONS & EDITORIAL

LA VOZ WEEKLY

Julia Eckhardt Editor in Chief
lavoz@fhda.edu

Anthony Salos Managing Editor
managing@lavozdeanza.com

Refugio Garcia News Editor

Laura Wenus Features Editor

Michael Mannina Opinions Editor

Tamara Hahn Broadcast Coordinator

Julia Grosman Graphics Editor

Coree J. Hogan Multimedia Editor

Peter Maxwell Assistant Multimedia Editor

Soheil Rezaee Investigative Projects Editor

Business Staff

Beth Grobman Faculty Adviser
grobman@fhda.edu

Walter Alvarado Lab Technician
alvaradowalter@fhda.edu

Julia Eckhardt Business Manager
ads@lavozdeanza.com

Ernie Ybarra Evening Adviser
ybarraernesto@deanza.edu

About Us

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

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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.

Phone: 408-864-5626
Fax: 408-864-5533

lavoz@fhda.edu
www.lavozdeanza.com
Room L-41
21250 Stevens Creek Blvd.
Cupertino, CA 95014

Come to Room L-42 Tuesdays and Thursdays at 3:30 p.m. to attend the newspaper staff class.

Contact Us

Letters to the editor, submissions and press releases are welcome and can be submitted to:

www.lavozdeanza.com/letters

Letters should be 300 words or less; letters more than 300 words may be edited for length. Letter content must not be libelous or intended to air personal grievances. La Voz does not guarantee that submissions and letters to the editor will be printed, nor does it guarantee coverage of events for which it receives press releases. La Voz reserves the right to edit letters and submissions for clarity in accordance with Associated Press writing style.

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Wasting valuable time Don't get frustrated, use a De Anza librarian

John Hogle
LA VOZ WEEKLY

Wasting a lot of time doing research for papers? Frustrated when using Google and finding too many results, and, when you do find something useful, your instructor disallows them, saying that your sources ... well ... suck, that they don't have any validity or authority?

Been assigned or chosen a difficult topic, and you can find zilch on it? Or, if you do find anything, your instructor requires four quality sources, and you only have found one?

Waited until the last minute, and you have to turn in the paper tomorrow, but you are not finding any book or article or Web site that provides the information you need?

You need to properly cite the books or articles or Web pages that you are using according to MLA or APA standards, but

They [librarians] know a lot more than you do on how to efficiently and effectively find information on almost any topic.

you don't understand how to do it?

What do you do?

The answer is simple. Go to the De Anza College Library, find out what resources are available, and talk to that librarian sitting at the reference/information desk. The De Anza College library probably has the best collection of books and databases of magazine and journal articles of any Silicon Valley community college. The librarians may not know as much as you do about what you are studying and writing about, but they know a lot more than you do on how to efficiently and effectively find information on almost any topic.

So what can they do for you? Some examples:

Google

You use Google to do your initial research. In fact, studies have shown that 90+ percent of students go there or to Wikipedia first when they commence research for a paper. Most, though, are frustrated to one degree or another by the wealth of irrelevant results of a search, or by the lack of relevant results.

How do we show you how to improve your search a great deal in only a few minutes? Simple. Use Google Advanced Search. Just click on "Advanced Search" to the right of the entry line in Google. This takes you to a search Web page where you have multiple entry lines for all words that you enter, for phrases, for any of several alternative terms, and to omit Web pages with words that you want to exclude. Thinking about the logical terms and phrases that might be used in the Web pages or documents you are searching for and employing the powerful tools on the Advanced Search interface can

improve your search 1,000 percent. De Anza librarians can help you with all of this.

Article Databases

Your De Anza library provides you with online access to up to as many as 200 million magazine and journal articles in many databases that aren't available from Google. The Gale Infotrac databases alone have over 120 million articles. The library also has large collections of articles in EBSCO and Lexis/Nexis databases plus several specialized databases focusing on literature, newspapers, controversial issues, art, and more. The majority of articles are full-text, and if they are not, we can probably get copies of the articles through interlibrary loan requests.

These databases can be searched in multiple ways, but, just like Google, the most powerful searching is accomplished with advanced search interfaces that allow you to search for all of the words, alternative or synonymous words, phrases, authors, titles, by journal, by date, as well as exclude words. De Anza librarians can show you how to do great searches of these databases in ways that few students know, giving you a leg up on getting that A grade.

Books

Most of you have searched for books in the library by author or title, but searching by general terms (keywords) or standard subject "headings" also requires using the advanced search tools in the library catalog. Again, your De Anza librarians can show you how to do this effectively.

But, there is also an online access to books that few of you are aware of. The library provides the full contents via the Web of over 11,000 books published in the last several years. You still search for these books in the library catalog, but, if you see the phrase "electronic resource" in the Title line of your search results, click on the word "URL" on the right side of the listing. That will take you to the full contents of the book in NetLibrary. You will be able access these books from anywhere in the world, but, if you are off campus, you will be asked to enter the "Lib" number at the bottom of your DASB card or your 8-digit registration number.

So ...

The De Anza Library provides you with a wealth of resources, much of which you can access 24/7 from off campus. Just go to the library's home page at <http://www.deanza.edu/library> to access the catalog, read the eBooks in NetLibrary, find articles in the magazine and journal databases, and use other online information tools.

And be sure to exploit the expertise of De Anza College librarians to help you quickly find the information that you want or need. It will save you time, frustration and should help you get better grades. Just give the library a little credit when you get that "A."

John Hogle is a guest contributor and De Anza College librarian. Contact him at lavoz@fhda.edu.



Job or money back Students stay in with unique incentive

Refugio Garcia
LA VOZ WEEKLY

Lansing Community College in Michigan will begin offering students a refund on their education if they are unable to get a job, following graduation from one of four vocational programs. The offer seems enticing, but it doesn't seem practical for colleges to assume responsibility for something that might be beyond their control.

With the current nature of the job market, it could be financial suicide for a college to make such a bizarre promise to students, especially during times when colleges in California are dealing with their own laundry list of financial issues. "Get a skill, get a job or your money back." This is the slogan being wielded at Lansing.

A potential student needs to consider whether or not an education in a particular field is actually worthwhile, whether or not the job will be lucrative, and if there will, in fact, be any jobs in that particular field by graduation. "Why spend money, take time to learn when you may not get a job?" asks LCC president Brent Knight.

This is a good question, indeed. However, it may not be a good question to be asked by the president of a college, effectively undermining the relevance of getting an education.

So, why should students continue the timeless rigamarole of persuing a higher education? The answer is simple.

Because of the wide-spread layoffs seen over the last couple of years, the manner in which employers select applicants has created a job market that is down right cuthroat. An education and the acquisition of a degree, of any kind, has really become the bare minimum requirement for any job seeker who hopes to stand half a chance at getting hired.

"Many people are discouraged in job seeking," Knight said.

Although this may be true, it doesn't seem reasonable to place the burden of finding a job on the shoulders of a

With the current natures of the job market, it would be financial suicide for an institution ... to make such a bizarre promise to students.

college. For instance, a person could acquire a degree from a prestigious school, but have absolutely no interpersonal skills. Maybe they can't properly conduct themselves in an interview, or they can barely communicate at all. Should the college take responsibility for the student's inability to make themselves hireable?

Colleges also have no control over what field or industry might tank next, making this offer from LCC seem like a fool-proof way to making an education economically viable. It may make this offer seem too good to be true, and that's because it is.

The school won't make this guarantee on just any profession that's out there, but just a select few. These occupations are pharmacy technicians, customer service call center workers, certified quality inspectors and home technology integration technicians. In short, the offer only stands for non-credit training programs that are applied toward jobs in high demand.

Upon agreeing to the terms for this program, students must attend readiness programs, and make a "good faith" effort to find a job. The meaning of "good faith" is unknown, but chances are it means a student must actually try to get a job, which they would most likely do in any case.

If the job market is hopelessly dire, colleges should only be concerned with one question - has getting an education and a degree become obsolete? If so, then no half-hearted guarantee will make a school seem more appealing.

Nothing is certain, and the future of the job market can only be the subject of speculation. The situation may go from bad to worse, or it may do a complete turn around, creating a surplus of jobs. No one knows for sure. Because of this uncertainty, it seems only logical that a responsible person at least try to get ahead. Regardless of any promises, if people start throwing in the towel now, the situation will be doomed for sure.

Refugio Garcia is the news editor for La Voz Weekly. Contact him at lavoz@fhda.edu.

BlueLight Cinemas

Films showing this week

The Princess and the Frog
The Blind Side
Fantastic Mr. Fox
Invictus

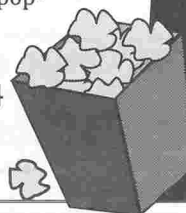
The Book of Eli
Alvin and the Chipmunks:
The Squeakquel

Films opening soon:
Up in the Air (March 12)

All tickets are only \$3.75
On Tuesdays, all tickets are \$2 (not including special engagements).

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WEATHER FORECAST

MONDAY March 8

Cloudy
58 | 41

TUESDAY March 9

Rainy
60 | 44

WEDNESDAY March 10

Rainy
60 | 44

THURSDAY March 11

Partly Sunny
63 | 47

FRIDAY March 12

Rainy
64 | 46

SATURDAY March 13



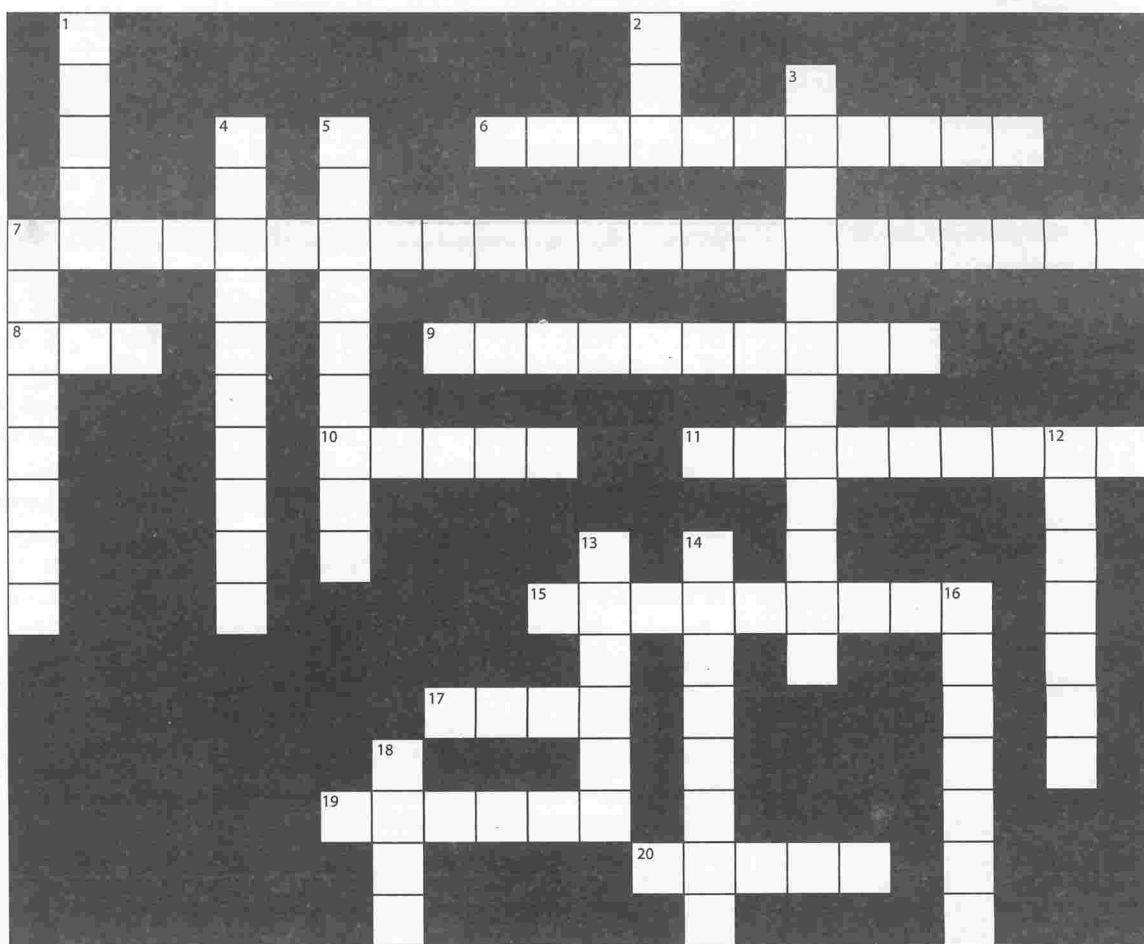
63 | 44

SUNDAY March 14



65 | 43

CROSSWORD PUZZLE, "Zombies"



Across

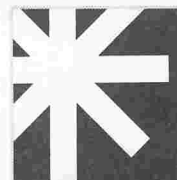
6. " __ Days Later"
7. The layperson's guide to the undead
8. "You've got some __ on you"
9. Urban priority
10. Zombie vital organ
11. Reanimation location
15. Hardest to kill
17. Contagion triggering affliction
19. Rule #1 of Zombieland
20. Stereotypical zombie arms

Down

1. Undead's main dish
2. Modern zombie gait
3. Melee weapon strategy
4. The beginning of the end
5. Better name than Bob Bartleh Cummings
7. Featured the dancing dead
12. Infected virtual city
13. Pioneering zombie film director
14. Admirable zombie trait
16. Firearm of choice
18. Consumer occupied building ... get it? *Consumer*.

Answers to last week's crossword puzzle

Across: 2. jetpacks 5. Benedict 6. Leninade 7. Vancouver 8. ipad 12. Godzilla
13. bebop 14. tweet 15. Sides 16. petrock 19. dispensary
Down: 1. vikings 3. Fire 4. Molepeople 9. protest 10. Mollusk 11. Jinkies 17. chew
18. LSD



THE FIRST TEN READERS TO TURN CORRECTLY FINISHED CROSSWORD PUZZLES IN TO THE LA VOZ WEEKLY OFFICE IN L-41 WILL GET 2 FREE MOVIE TICKETS TO BLUE LIGHT CINEMAS!