



VALENTINE MESSAGES

NEWS

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STRESS

How do other students deal?

Volume XXXIII - Number 14

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Published Weekly

African-American net worth decreasing

ASSOCIATED PRESS

DETROIT (AP) — Researchers at the University of Michigan say the net worth of the average black family has decreased in the last five years, despite an economic boom that saw the net worth of most American households grow.

"We're very, very surprised," said Frank Stafford, director of the school's Panel Survey of Income Dynamics. "But we've done a lot of testing and have corroborating information from external sources that have us very much convinced that this is a real thing."

From 1994 to 1999, the net worth of the median black household decreased to \$7,000, a decline of 17 percent. During the same five-year period, the net worth of the median U.S. household rose 9 percent to \$59,500.

The survey is conducted every five years. The decline comes after a 10 year period where black household net worth more than doubled.

The decline is disturbing because the American economy is doing so well. Black net worth declined despite an exploding stock market and real estate market, Stafford said.

"There were big gains for the 97th percentile (the richest 3 percent of African-American households)," Stafford said. "But much of the rest looks pretty bad."

The results of the survey, conducted in December 1999, were tested twice. The Michigan group also checked their findings with other researchers before presenting the work at a conference last month.

"We spent a lot of time rechecking the data and our sample is too large to be a fluke," Stafford told *The Detroit News*. "... we track the same families over time. We interviewed the same people in 1999 that we did in 1994, so it isn't like [we] were drawing a brand new sample as with other studies. We're very sure that the data are right."

This survey is the latest in a series that suggest black households are having financial trouble. Last year, mortgage lender Freddie Mac reported that almost

■ see NET WORTH page 4



Lynn Edwards / La Voz (2)



Left, Pam Africa speaks on Mumia Abu-Jamal. Above, Inez Parra, far left, hands out literature on Martin Luther King Jr. and Abu-Jamal.

Black history unites two campus clubs

by **Monica Krauth**
FEATURES EDITOR

The celebration of Black History Month at De Anza gives meaning to the Inter Club Council's motto, "Unity and Diversity." Brothers and Sister United, along with Students for Justice sponsored a Black History Month Presentation for students to discuss oppression, discrimination and civil rights issues.

The celebration honored Dr. Martin Luther King, Jr. He devoted most of his adult life to the fight for full citizenship rights of the poor, disadvantaged and racially oppressed. And, thirty-three years after his assassination the struggle for civil rights continues, as some say is evidenced by the present-day case of Mumia Abu-Jamal.

Pam Africa, the chair of the International Concerned Family and Friends of Mumia Abu-Jamal, and Raymond Kohlman, attorney in the King family's wrongful death lawsuit, were the keynote speakers at the presentation on Thursday, February 3 in Conference Room B.

Africa urges Abu-Jamal's supporters and death-penalty opponents to converge on Philadelphia and go "door to door" to counter a new tide of police/government/media attacks. "We need people to come to Philadelphia to help—for a day, a weekend, whatever they can do. We need them to bring a ream of paper or a stack of leaflets and help get the truth out," Africa said.

Abu-Jamal began his journalism career with the Black

Panther Party. According to the Mumia website, the Panthers were the original "affirmative action" employers, and Abu-Jamal was Minister of Information for the Philadelphia chapter at age 15, writing for the national newspaper. After the Panthers fell apart, Abu-Jamal turned to broadcasting. He won critical acclaim for his powerful exposure of police brutality in Philadelphia during the term of Mayor Frank Rizzo.

On Dec. 9, 1981, Abu-Jamal was arrested for the killing of a Caucasian police officer, Daniel Faulkner. On July 3, 1982, Abu-Jamal was convicted and sentenced to death by Judge Albert Sabo. Abu-Jamal has been sitting on death row in Waynesburg, Pennsylvania for more than 17 years appealing for a new trial.

Abu-Jamal's federal appeal recently entered a crucial phase.

On Jan. 14, two days after a high-profile international delegation met with three deputy attorney generals in Washington, Federal District Judge William Yohn accepted a new "Finding of Fact" from defense attorney Leonard Weinglass.

The 100-page document offers details of the many constitutional violations Judge Albert Sabo committed during Abu-Jamal's 1981 murder trial. Abu-Jamal and his supporters contend that he is the victim of a police frame-up.

Yohn's acceptance of the document means he will be reviewing the entire trial record. This could provide an opening to present new evidence in Abu-Jamal's defense.

■ see HISTORY page 6

Scholarships still available for students

by **Michelle Hecht**
ARTS & ENTERTAINMENT EDITOR

The deadline to apply for the various scholarships offered at De Anza for this quarter is Feb. 15. In May, most of these scholarships, which range from \$200 to \$2,000, will be awarded to qualified students. Currently, there are almost 100 scholarships being offered.

Qualifying criteria differs for each scholarship and many of the scholarships

are tailored to fit a specific major. Grade point average, financial need, and units taken are the basic criteria for award selection.

The guidelines that determine who receives the award is decided by the donors of the scholarship. The donors give money to the district, stating the type of student they have in mind for its use. De Anza helps the donor to design reasonable criteria to assure at least one student meets the standard. It is up to the donor,

however, what the final guidelines will be.

There are scholarships that remain unclaimed for a period of time, due to the rigid criteria the occasional scholarship will have. Currently, for example, there is a scholarship for a student majoring in geography, which has not been claimed for several quarters. The most feasible reason is that De Anza does not offer an AA in geography, and many students don't solidify their major until they transfer.

■ see FINANCIAL page 4

La voz de La Voz

Scrutiny of DASB Senate

Editorial
The opinion of La Voz

Students elected to the DASB Senate are faced with a constant stream of difficult and controversial decisions. Their decisions about which efforts to support with student money, how to fight on behalf of different students' views, and which values they defend have a deep impact on and off campus. Add to these an uphill battle against arcane bureaucratic requirements and you have a recipe for supplying a steady supply of ulcers.

Faced with the fact that no individual member of Senate can represent all students' interests at the same time, members of senate are tempted to find an escape route. Recently, the escape routes of choice have been variations of the appeal, "If I take this position (insert opinion here), then some students will be offended or will disagree. Therefore, I cannot take any position at all."

There's bad news for student senators or anyone elected as a representative attempting to use this tired and lame excuse. Not only is it impossible to be neutral (silence aids whatever view is prevalent at the time), but to avoid committing to a clear position is a direct abandonment of the job.

People who aren't ready to present a clear position, acknowledge it as a position, and then fight for it, do not belong in the DASB Senate. It is their difficult job to weather disagreement and controversy. They need to do that difficult job ... or step down.

Viewpoint

Another student worker perspective

by Phuong Nguyen
SPECIAL TO LA VOZ

Students make up a significant number of workers on campus many of whom are international students with visas that do not allow them to work anywhere else except on campus. The rest are mainly students with financial needs who currently receive aid and are working under a work study grant funded by the federal government. Most of them do not have many choices in places of employment, and therefore most are fairly content with whatever job they can find on campus.

After working for several quarters, I was forced to discontinue my work because I exceeded my work-study grant. I applied for work in the library again because my early experiences as a page encouraged me to do so. Also, ever since my father contracted hepatitis he has been forced to undergo treatment which resulted in his being constantly tired, and doesn't want to work until he is completely cured. I became an important source of income in the family. With my paycheck of about \$500 each month, with the help of government housing, and my mother's extra work, we manage to get by.

I'm very glad and thankful for my job at the library, because not only do I get to learn more about the library, interact, and help student, I get to work with a lot of my friends.

As a student worker for almost two years at De Anza, first as a library page then a clerical

assistant, I find that it has been a worthwhile experience. Each job has its own rewards; both demand discipline and patience.

Still, student workers are not often acknowledged for their hard work and dedication; there should be a balance between the reflection of our laws as well as our hard work. We are working at a minimum wage, but that doesn't make us care less about our job. We all try hard, and use the best of our abilities to function as a worker.

Recently, an organized group of student workers pushed for a better wage, from \$5.75 to \$6.75. It's a small change, but a big leap toward the unification of student workers. It shows that we as students have the power to make a difference. We have the power to make changes, but in order for there to be any change for the better we must first work together and support each other.

In an article titled "Student worker responds: important issues overlooked," (La Voz Jan. 31) Adam Welch mentioned that student workers are forming a campus club, United Workers and Allies of De Anza. The purpose of the club is to work for the benefits of student workers, to better the working environment, and to push for higher wages. As a member, I believe that we should all come together, student workers or non-student workers, to support each other, to make our voice stronger. It's the only way that we can be heard, and be heard effectively, for we are each other's allies. We're all workers.

visit La Voz on the web at <http://saturn.fhda.edu/lavoz/index.html>

“ I have also learned there are many more responsibilities in college than in high school.
-Dan Sabraw, Fremont High School and De Anza Student ”

Viewpoint

First time at college

by Dan Sabraw
STAFF WRITER

Being a student in the Fremont High School district is an interesting and busy endeavor. I am currently taking six courses at my Fremont community school. These courses consist of two English classes, two history or government courses and a math and teachers' aid class. I am currently holding a 3.5 GPA. I am also working for Sunnymount produce in Sunnyvale. I work five days a week for six hours and bought a car about six months ago. To create a new challenge I have decided to take the La Voz reporting course to improve my English and grammar skills.

There are many similarities and differences between going to high school and going to college. After visiting De Anza College for one day, I have also learned there are many more responsibilities in college than in High School. After parking my car in parking lot B, I made my way to the registration building where I got lost several times and had to stop and ask for directions. Then, on my way to my instructor's office, I once again got lost. Finally made it to the La Voz reporting class around 11:25 and was ready to go.

The La Voz class was much different than I expected. I thought everybody would be concentrating and writing their articles for the newspaper. Instead, people were sharing their ideas and thoughts for new articles and talking about some issues that would be coming up in the La Voz issue on Monday and the upcoming weeks. Class was over and it was time to go back to high school. As I walked back to my car, I saw a security guard writing out a ticket for me because I didn't have a parking permit. So I pleaded with him, but to no avail. I received a \$25 parking ticket as a nice welcome here at De Anza.

De Anza has more responsibilities and differences than high school. The main difference I found was that, at De Anza, I feel I'm more of a number on a chart than an individual who is expected to succeed in his education, and the teachers have a big part in it.

I feel that going to a high school, and then taking one class at De Anza can help prepare yourself for what is to come when you graduate high school and need to figure out what you want to do.

OpinionSection

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About La Voz

La Voz is a first amendment newspaper written and published by De Anza College students. The newspaper offices are located in room L-41 at De Anza College, 21250 Stevens Creek Bl., Cupertino, California, 95014. La Voz is published weekly from the 3rd through 11th weeks of the fall, winter, and spring quarters. Staff editorials reflect the opinions of the majority of the editorial board and do not necessarily reflect the views of the author and are not necessarily the opinion of the La Voz staff. Advertising rates are available upon request. For information please call 408-864-5626. La Voz reserves the right to accept or reject any advertisement. Printing an advertisement does not imply endorsement or acceptance by La Voz of the service, event, product or idea advertised. La Voz is printed on recycled paper. Please recycle. ©2000 by the La Voz staff. All rights reserved. No part of this publication may be reproduced without permission.

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La Voz encourages Letters to the Editor. Letters must be signed and a phone number included for verification. Names will be withheld upon request. Letters should not exceed two double-spaced, typed pages (300 words). La Voz reserves the right to edit for length and clarity, but will make no attempt to alter meaning. Please e-mail letters to lavoz@fhda.edu or drop letters in the L-41 office or the mailbox outside L-41.

Facing the financial precipice

(U-WIRE) LOS ANGELES — "If you're living in America, at the end of the millennium," the song from "Rent" goes. What does that mean? It means that you are living in the midst of the longest peacetime economic expansion in United States history. As politicians from all sides claim that they're responsible and Americans continue to become more apathetic, one may just wonder when this golden age is going to end.

If things keep going in the same direction, the bull may succumb to the bear, so to speak. Since the spring of 1991, the U.S. economy has grown rapidly and now it seems not even the Federal Reserve can stop it. For 107 straight months we have seen such comforting facts and figures as an unemployment rate at a 30-year low, consumer confidence is at an all-time high and Wall Street records are being set every week.

All of this is whirling into one big mixture that may well rattle the economy in the near future. A recent Time article noted that stock speculation is as rampant as it was right before the Great Depression. The article was referring to any one of the internet stocks now being traded. Many of the companies that have had record-breaking initial public offerings have not made a profit (Amazon.com being the most notable). As of last week, Amazon was trading at more than \$67 and in its history it has yet to see a profit.

No one is immune to the reports that dot coms are hot. Yet, the fact that e-commerce is only a fraction of the traditional consumer market and that internet companies such as Barnesandnoble.com are worth more than companies like Sears & Roebuck is baffling. The current economic boom is happening so fast that the Federal

Reserve Board chairman Alan Greenspan was recently nominated to a fourth term. Many credit Greenspan with the current economic prosperity we have been experiencing. Many also see that the growth has gotten out of his hands.

In his recent confirmation hearings in front of Congress, Greenspan told them that he is most interested

“

... dot coms are hot

”

in stopping inflation. Most likely, Greenspan and the FED board raised interest rates in an attempt to stop inflation like, Greenspan did in 1994 and early 1995. His actions worked back then. Will they work now? Keep in mind we are living in a time when the stock market loses hundreds of points in a day and then recovers the next. We are also living in a time when the stock market, which should periodically undergo readjustments, refuses to do so and just keeps accumulating. Another factor, most economists will tell you, is that the driving force of this economy and any economic action or inaction, is the

psychological feelings of the American people.

Consumer confidence in spending money is the key to why we have prospered for so long. Crime is down, people are feeling safer and most are getting paid higher wages thanks to minimum wage increases. All of this is contributing to our boom economy. But hold on there! This is the same American public that one day loves George W. Bush and the next votes for John McCain.

This is also the land in which less than half the people vote. If consumer confidence wanes, then we can see this golden market go bust. Another interesting fact is that throughout history whenever Congress has balanced the budget and paid off the deficit, shortly afterward the country experiences a depression. This dates back to the Andrew Jackson administration in the 19th Century. Currently Congress is balancing the budget and is paying off the deficit.

As college students about to enter the work force, the question remains: will the economic boom last long enough for us to stay safe in our jobs? Studies show that most Americans will not retire from the company they are currently employed at. "This is an unprecedented economy," said economist David Wyss. "If you are not cheering for this accomplishment, then you have awfully high standards."

This is not intended to make you doubt your economy, but it's meant to make sure you are prepared. When you have experienced such prosperity for so long and you are dealing with something as volatile as the economy, it's easy to assume we live long and prosper. If our economy doesn't slow down we must implore simple logic. What goes up must come down.

Letters to the Editor

Student wins praise for commitment beyond the call of duty

Dear Editor,
A Welcome Week Table is a normal part of every new quarter at De Anza College. The Welcome Week table is usually found outside the Administration Building with a De Anza canopy over it.

What many students may not realize, is that the table is usually staffed by De Anza students. To be a club at De Anza each club must donate two hours of labor to an event, other than Club Day, that benefits students on campus.

On Tuesday, January 4, 2000, Phi Theta Kappa, the International Scholastic Honor Society, fulfilled its obligation. That in itself is not an unusual occurrence; more than twenty clubs donated time to the Welcome Table. Phi Theta Kappa students Connie Jolly, Stacey Wheeler, Jayanth Sridhar, Valerie Vilhuber, and Lani Bondshu answered people's questions, gave out add slips, and pointed people in whatever direction they needed to go, from 2:20 until 5 p.m.

At 5 p.m., the Phi Theta Kappa students were supposed to leave, and another campus club was scheduled to take over. By that time, all of the Phi Theta Kappans had left except Valerie Vilhuber.

The general thinking was that if the other club did not show up, she would close the table down, wheel the catalogs and add slips inside and that would be that. Valerie ended up staying until 7:30 p.m. This went above the call of service. Her commitment to stay helped many new students on campus.

This may not sound like such a big deal, except that Valerie is carrying 19 units this quarter. She has a GPA over 3.5, and works in the Skills Center, as a tutor 16 to 20 hours a week. Valerie is a student extranonaire.

Lani T. Bondshu

Sports section inadequate in its coverage and contents

Dear Editor,
I was not satisfied at all with the sports section of January 24, 2000 (yes, I know this is a little late, but I just now saw this issue).

Normally, what I would expect from a sports section is adequate coverage on various sports happenings around DAC. However, what I got were two articles about men's basketball (isn't that like two articles about the same thing?) and two varying viewpoints about the Superbowl, which I didn't even bother to read. I'm not saying that they were badly written, I'm just saying that there wasn't enough coverage of other sports (although I did noticed editorializing in articles that weren't columns).

The person who originally showed me the paper was a classmate of mine, and she had been complaining about the sports coverage too. What about the other sports, besides just the popular ones? I'm not aware of the sports schedule here, but I'm operating under the assumption that there's got

to be some other sport going on right now besides basketball and professional football.

And I've also noticed that you don't have a scoreboard or schedule of any kind. I'm not sure that this is something you might want to look into, but I would rather read one article about the basketball team's wins and losses. With the rest of the space, I'm prefer a scoreboard, schedule or a different article, so that I can at least have information about other sports too.

Since this is the first issue I've seen of La Voz this year, I can't be sure that this is your usual policy, and perhaps you generally write up to what I consider journalistic standards, so I'll keep an eye out in further issues.

Thanks,
Nicolette Larsen

Paying companies to do scholarship searches is unnecessary: information, applications are available at financial aid

■ FINANCIAL

From front page

"There is a very small number of those [unclaimed scholarships] here," says Cindy Castillo of the financial aid department. With the exception of the scholarship mentioned above, the vast majority receives anywhere from five to 100 applicants, depending on "who walks by, [amount of] homework, and who takes the time," says Castillo.

Scholarship information, applications, and a list of criteria for each is located in front of the financial aid office in the lower level of the campus center. De Anza's website also has a listing.

Many private companies offer assistance in the search for scholarships for a fee. It is never necessary to pay for this information, because schools, web sites, and the financial aid department at De Anza provide this service for free, says Castillo.

If companies ask you to pay for this information, then it is a scam, she says. It is also part of the fear tactic utilized by these companies to gather business.

This fear tactic plays into the notion that there are thousands of scholarships going unclaimed,

which people could receive with the help of these companies.

People believe that these companies must have some "secret insight," says Castillo, so people are willing to pay anything for this information. They figure that it is worth the \$200-\$300 price tag, if there's a guarantee of a \$15,000 scholarship. In actuality, it is not worth it.

Most of these businesses provide their clients with a listing that could have been found for free on the Internet or at school.

They do not find a hidden treasure, such as a scholarship for "a third generation descendent of someone who fought in the American Revolution, who lives in Louisiana and has blue eyes," says Castillo.

No scholarship is kept a secret and most never go unclaimed.

De Anza's financial aid office is open Monday through Thursday 7:00 a.m. to 6:00 p.m. and Friday 9:00 a.m. to 4:30 p.m. To make an appointment with a financial aid counselor or for information, students should call 408-864-8718.

Print information is also available outside of the financial aid office.

African-American net worth drops

■ NET WORTH

From front page

twice as many blacks have bad credit as whites: 47 percent compared to 27 percent. Critics, however, called the Freddie Mac survey flawed and simplistic.

A survey conducted by the Federal Reserve found net worth was rising for the average U.S. household from 1995 to 1998, but was falling in minority households.

That survey did not have a separate report on black net worth.

Researchers at Michigan plan a formal investigation of the data obtained in the survey, and could ask scholars at Boston University, Northwestern University and the Federal Reserve Bank of Chicago for help.

Stafford said he does not know what is behind the decline, but thinks reforms in

the nation's welfare system could be a factor.

That conclusion, he said, is still speculation at this point.

African-Americans interviewed by the News were both stunned, and unsurprised, by the study.

"I talk to a lot of African-American doctors, lawyers, business owners, middle managers and executives, and I don't get that impression at all," said Jerry Scales, 66, a retiree. "The people I talk to are better off economically than they've ever been."

But 44-year-old Leroy Nichols, who has been laid off from his job as construction painter, said his net worth is "basically zero."

"The cost of living is going up and a lot of incomes have been frozen for the last fifteen years," he said. "I've been struggling. I work hard and a lot of hours but I don't have much to show for it."

Freedom to marry

San Francisco groups come together to support Freedom to Marry Day

Freedom to Marry day is Feb. 12. Events in San Francisco include:

Love Makes a Family Photo Exhibit

Feb. 1 through Feb. 11
Lead Organization: OUT-LAW - The LGBT Student Association of UC Hastings, College of the Law

Co-sponsor: The Gay & Lesbian Chapter of the Hastings Alumni Association Gay, Lesbian, Straight Education Network (GLSEN) - San Francisco - East Bay Chapter

Location: Civic Center at 200 McAllister Street (corner of Hyde)

Display of the Love Makes a Family photo-text exhibit in the UC Hastings College of the Law Art Gallery, located in San Francisco's Civic

Center.

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415-421-0944


E.J. Graff on What is Marriage For?

Feb. 13
Lead Organization: MCC San Francisco


Location: MCC San Francisco

EJ Graff gives talks at conventions, university lecture series, churches, synagogues, public forums, and on TV and radio about marriage's politically startling history, and about why same-sex couples belong in civil marriage today.

CONTACT
Rev. Jim Mitulski
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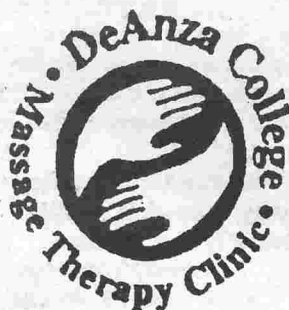
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Division faculty to address diversity issues in general education requirements

by **Natasha Dorsey**
STAFF WRITER

Last March issues arose concerning proposals to strengthen or eliminate integrated diversity in general education classes for an A.A. degree at De Anza. There was also a proposal to add a physical education requirement.

The De Anza Academic Senate made a unanimous decision, approved in May, to keep diversity a required element in each classroom.

The possibility of a required Physical Education course is still pending. As of yet, new requirements will not affect current students or students covered by standards already existing.

De Anza's GE Statement of Philosophy revised this June affirms that the primary purpose of its GE program is to prepare students to live in and contribute to a complex, ever changing, diverse, and multicultural world.

The Academic Senate formed a sub-committee last fall called the Ad Hoc Committee to conduct a review of the existing GE graduation requirements and determine consistency with the new philosophy and criteria.

The committee also compared De

Anza's GE requirements with Foothill's and those of surrounding colleges.

Investigation into different degree options and recommendations to the curriculum were reported to the Academic Senate.

The Academic Senate in turn made recommendations for the ad hoc committee to

look at more information from outside the District. It noted the apparent overemphasis of the ad hoc committee on transfer and minimum standards and an underemphasis on a structure of De Anza based ideas.

A division faculty review will address the following question: Are the existing AA/AS graduation requirements appropriate to the needs of

our students in the workplace and as citizens of a multicultural, democratic society?

Discussion will first focus on the division then on college-wide implications.

The duration of adopting new GE and graduation requirements is very likely to be pushed back to allow for hearings during winter and spring quarters.

The Academic Senate invites divisions as well as students, to give input individually about curriculum as well as their perspectives.

Open Hearings for faculty, students, and administrators regarding General Education / Graduation Requirements will take place:

- Monday, Feb. 14 from 2:30 to 4:00 p.m.
- Tuesday, Feb. 29 from 3:00 to 4:30 P.m.
- Thursday, Mar. 1 from 1:00 to 2:30 p.m.
- Wednesday, April 12 from 2:00 to 3:30 p.m.
- Monday, May 1 from 2:30 to 4:00 p.m.

National Condom Awareness Week Feb. 7-11

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Wednesday, Feb. 9 in the campus Center or try Health Services.

Student stress: De Anza students talk about stress, when they stress out the most and how they deal with it

by **Ashley Johnson**
STAFF WRITER

Numerous students at De Anza are stressed as the winter quarter unfolds. Students like Miguel Villa stress mainly around the same times, which is during tests. Richard Nguyen said he gets stressed at the beginning of the quarter, when he is choosing classes or dropping them and also as finals near and the quarter begins to wind down.

Why students stress is a question that receives many diversified answers. For some students, home life is a major concern, which can transfer over to their studies. For others students, teachers are the main concern. Abe Menor, a De Anza student, said that those teachers who get involved and interact with the students, and are able to relate to the class, make school less stressful and learning more

enjoyable.

Balancing work and school causes students to be more stressed. Due to the fact that De Anza is a quarter system, students like Villa find themselves with an abundance of homework and little time to do it.

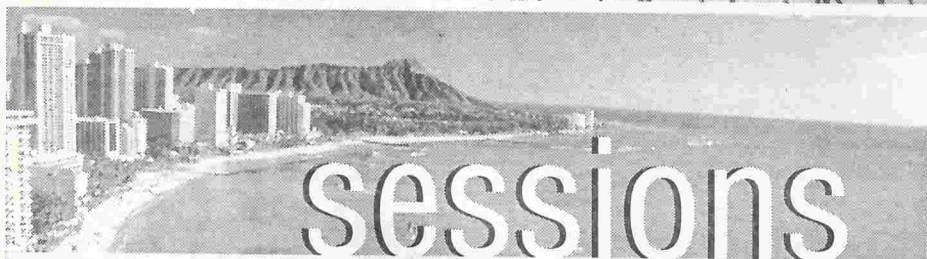
Many students engage in different activities to relieve their stress. Some students work harder at studying for tests and completing major projects early to overcome their stress.

Clubs, school events, and talking to the teachers, says Menor, make school less pressing. In addition, many students feel that being with their friends also alleviates their tension

"I sing Karoke," said Nguyen when asked how he relieves stress. Other stu-

■ **What causes stress? See Setsuko Lutton's article on page 6**

■ see STRESS page 6



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Understanding causes of stress is first step in overcoming issues

by Setsuko Lutton
STAFF WRITER

Want a stress-free life? Unfortunately to say, there is no such a thing. Even if it exists, life with no stress would be extremely dull and boring. There are so many elements in everyday life which cause stress. The best that can be done is to understand these elements, so students can deal with them.

What are the causes?

According to most experts, stress can be caused by a reaction to any kind of stimulus.

■ **Instinctive cause:** Over the years the human body adapted to react effectively to meet any threat. In ancient times, 'stress' was equated with the survival instinct. This is called the fight or flight response. The body releases adrenaline to get ready for dealing with an enemy which, in today's modern world, is equivalent to meeting assignment deadlines or dealing with financial burdens, instead of a running from a dinosaur. Adrenaline can be beneficial for us and allow us to perform better, as long as it stays at appropriate level. A good amount of fear can enhance productivity. Sweat can make us grow.

■ **Internally generated causes:** Always strive to be perfect? Desire to have the admiration of all people important to you? Do

you have excessively high expectation of others and of events? Impossible!

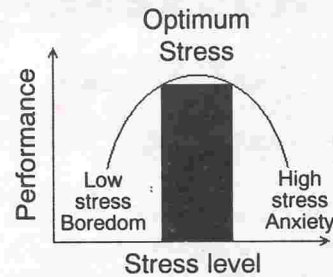
■ **Environmental causes:** Does noise, bad air, or dirty bathrooms on campus bother you?

■ **Chemical and nutritional cause:** Caffeine can make it difficult for you to sleep and make you more irritable. Bursts of sugar can causes a serious energy dip after the sugar high. Too much salt raises your blood pressure.

Once you understand the causes of stress, it can help you to control it. Experts say there are many ways to minimize stress. Yoga, Tai-chi, aroma therapy, music therapy, and stress management courses are just some examples.

According to specialists, these methods can successfully work to make your life more pleasant as long as you enjoy them.

The best and simplest recommendation, however, is to always remember that the biggest problems you have in your life count less than the tip of a needle in this universe.



The relationship between stress and performance

graphic provided by Mind Tools Ltd.

Students talk about stress and how they deal with it.

STRESS

From page 5

dents feel that smoking relieves stress as well as having a good time with their friends.

Some students say they make class easier by spreading out studying and allowing enough time for projects and other class

activities. Cramming makes things more hectic, which is why some students begin to study early for tests and finals.

Other students feel that doing nothing but studying until the test is over is the best way for them.

School just started and midterms are already here. More stress is yet to come as the quarter will eventually begin to wind

down and finals begin to approach. Students confront their stress in all ways.

For \$5 students can receive a 45-minute massage at the massage center. For a place to just relax, students can sit by the fire in the fireside lounge.

To be with other students feeling the same way, students can join various clubs across campus.

Pam Africa discusses Mumia Abu-Jamal

HISTORY

From front page

Yohn's decision on whether to accept the existing trial record or hear new evidence is now expected in April, not in March as previously announced.

A national emergency meeting of Abu-Jamal's supporters is scheduled for Feb 19 at New York's Cathedral of St. John the Divine. Activists are planning a series of spring actions to keep up the political pressure for a new trial.

"There is this attack on the economic basis of Mumia's defense," Africa explained, "and at the same time they are spreading these lies. All the media in Philadelphia are part of it, except for our radio station [Black-owned WHAT-AM where we can get out truthful information."

Last year the Fraternal Order of Police announced a national boycott of individuals, groups and businesses that support Abu-Jamal's right to a new trial.

"This governmental terrorism must be focused on," Africa said, referring to the women, men and children killed when Philadelphia police bombed their home on May 13, 1985.

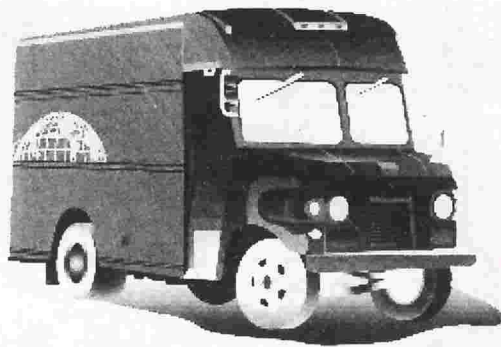
"They dropped a bomb on us, in part because of our support for Mumia. The people are guilty of murder."

La Voz staff writer Lynn Edwards contributed to this article.

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Here's to your health: A review of the 'Natural Healing Guide'



Lynn Edwards
STAFF WRITER

Anne Alexander, Editor in Chief, says "Natural Healing Guide 2000" was made for the great privilege of human healing. I hold this paperback easily with one hand, a major natural healing guide, ready in time for the winter flu season and interesting enough to grab for it during

rain-induced indoor blues.

Jane Seymour, a famous and beautiful actress, tells us about her allergies to antibiotics on page seven. She uses homeopathic remedies. She said, "I ... like the fact that I'm not taking endless drugs to disguise my symptoms."

Chapter One gives short concise descriptions of alternative medical practices and what the fees are for treatment

and/or consultation. Chapter two tells where to find them. Chapter three tells how to buy them. Homeopathy is one of the alternatives listed.

I like homeopathic remedies, which come in small bottles that easily fit in my purse. Last year the flu stomped me down flat with a temperature of 105 degrees. The remedies I had were very helpful. One should follow labeled directions.

Skin and Hair care are covered in chapters four and five. Towel over the head over a bowl of steamy water with flower or common herbs added are used to soften dry skin and tame oil sludge. It's soothing to bathe the face over steaming chamomile or herbal tea.

Rosa Mosqueta Herbal Mask, in a small white plastic canister stamped with an Aubrey Organics label, has most of the ingredients mentioned in the book. A sample advertised from a health food store magazine mail in coupon gave me the incentive to try it. I refrigerated the can. The ingredients still smell fresh and work wonders after a full year of use.

The myth about white clothing reflecting the sun is revealed. The truth is light colored clothes let the sun through. Dark colored clothing absorbs ultraviolet rays. If you don't want age spots you need to rethink hour after hour of sunbathing or sun fun.

A jar of aloe vera gel will tame burns and relieve all the dry places. It cost me \$3.69 for a 14 oz. St. Ives brand I found at Longs Drug Store. While learning to use my left hand I grabbed the heating element in the dishwasher right in the middle of the drying cycle instead of the pan I wanted. After screaming I dunked my scorched hand into the gel. The burn stopped hurting

immediately.

After two days of dousing some gel over the coil brand, which ran across my entire palm and bottoms of all the fingers, the ugly burn began to disappear. In a week there was no mark or pain at all. Natural Healing Guide 2000 recommends aloe vera for burns on page 111.

If you use hair dye, the recommendation in chapter five says to look for an ingredient called lead acetate. This stuff can load ten times the amount of lead allowed for house paint into your pores and bloodstream, hands, combs, hair-dryers, and phones. Just think, while drying your hair how often you will breathe in the invisible steamed lead acetate floating into your face.

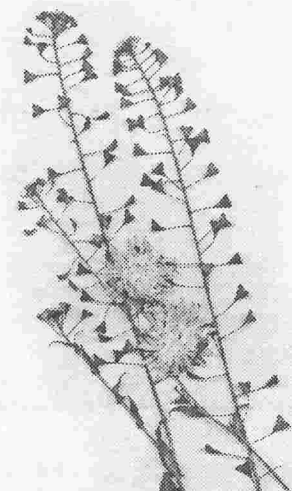
The One A Day section sits in the center of the book. There are nine simplified pages of health recommendations in a graphically pleasing format. Dr. Judith Stern, Ph.D. in nutrition at the University of California at Davis, has a letter at the beginning inviting you to read it.

Cook your way to health in chapter ten. The recipes are mixed with informative stories on what healthy foods are good for. Garlic is under study for use against swimmer's ear, a fungus that causes an aching pain.

The history of herbal prevention, in a story about Trotula of Salerno, Italy, gives us a glimpse of the first woman professor of medicine on page 150. She had an extensive clinical practice in the eleventh century, held a chair in the most prominent medical establishment in Europe of her time, and used herbs extensively.

Many dieting myths are revealed between pages 158-175. This section shows a lot of help. The recommendations are easy to read and there are short psychological pick-me-ups along the way. What about the myth of the perfect figure? Visit the history page on 168.

The perfect walking posture, something I have to learn, shows up on page 180. The diagram illustrates how to maintain the perfect walk. Chapter 18 is mental motivation for wanna'be power



Lynn Edwards / La Voz

walkers. Marilyn Monroe's fitness story tops the history page at the end.

If you want to get in shape in one week try chapter 19, which the authors guarantee. The cartoon diagrams let you imagine what's best for you instead of making you wonder, "Why bother?" which is my usual reaction when looking at gorgeous exercise models on aerobics television programs. Miriam Nelson, Ph.D. author of "Strong Women Stay Young," writes about the benefits of exercise for women in this section.

The psychological and spiritual benefits of exercise are covered in chapters 20-24.

Emotional self-defense spans all of chapter 22. Here there are many ways to circumvent all those school stress problems. A major stress, parking, drives me crazy before class even starts and the disgusting, filthy women's bathrooms in back of the school along the walk to class distresses me even more.

Secret number one on page 212, says it doesn't matter why you're scared. The strategy is to find ways to overcome fears. Dr. Dean Ornish, M.D., the famous heart doctor who proved heart disease can be reversed from stress reduction techniques, low fat-diets, and daily exercise writes a story of human intimacy at the end of the section.

The price of this little paperback is far less than most textbooks. I want to reread parts again and again. It's a book to carry around until the pages fall out.

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Courtesy of Prevention Magazine

Directors Guild gives Spielberg top honor for lifetime

ASSOCIATED PRESS

LOS ANGELES (AP) Steven Spielberg isn't talking about his latest honor, the Directors Guild of America's prestigious Lifetime Achievement Award.

"I don't want to spoil what I'm going to say at the awards," Spielberg told his office spokesman Marvin Levy on Monday.

"He's going to save it all for when he gets the award," Levy said. The award will be given Spielberg during the 52nd annual DGA Awards on March 11.

"Schindler's List," "Saving Private Ryan," "E.T. the Extraterrestrial," "The Color Purple," "Jaws," "Close Encounters of the Third Kind," "Raiders of the Lost Ark,"

"Empire of the Sun" and "Amistad" clearly make him worthy.

Past guild lifetime achievement honors went to Cecil B. De Mille, John Ford, Orson Welles, Billy Wilder, John Huston and Frank Capra.

But Spielberg is only 53.

"It is truly astonishing that Steven Spielberg, with so many great films still ahead of him, is already such a perfect choice for the ultimate directorial honor," DGA president Jack Shea said.

"Although he is still in the prime of his career, Steven has already won a record three DGA feature film awards and been nominated a record nine times in that category."

The DGA's Lifetime Achievement Award was known

until this year as the D.W. Griffith Award. It was a forced retirement by the DGA to dramatize guild disapproval of racial stereotypes in movies by the pioneer filmmaker.

Griffith's 1915 epic "The Birth of a Nation" was regarded as the greatest film of the silent era with its astounding recreations of Civil War battles. But it also stirred controversy because it glorified the Ku Klux Klan.

"There is no question that D.W. Griffith was a brilliant pioneer filmmaker whose innovations as a visionary film artist led the way for generations of directors," Shea said in December when announcing abandonment of the Griffith name for the award.

"However, it is also true that he helped foster intolerable racial stereotypes."



Courtesy of New Line

Watching 'Next Friday' can hold off until next Monday

by Hank Hager
SPECIAL TO LA VOZ

Ice Cube reprises his role as Craig in "Next Friday," the follow-up to "Friday." Ice Cube wrote this sequel, which takes place in Rancho Cucamonga, instead of the ghettos of Los Angeles, as the first was placed. Unlike the first film, "Next Friday" is short on substance, but provides plenty of laughs.

It has been four years since Craig beat-up Debo (Tiny Lister Jr.), which coincides with the timing between films. Rumor has leaked out to Craig and his father that Debo is set to break out from prison, on, you guessed it ... Friday.

For safety, Craig's father (John Witherspoon) sends Craig to live with his Uncle Elroy (Don "DC" Curry) and cousin Day-Day (Mike Epps) in Rancho Cucamonga. To his surprise, Craig finds that there is more trouble in Rancho Cucamonga than there was in the 'hood.

Among his enemies in his new home are the Joker brothers, appropriately named Joker (Jacob Vargas), Lil Joker (Lobo Sebastian) and Baby Joker (Rolando Molina).

These three just recently arrived home from prison. With the absence of Chris Tucker, these three provide most of the laughs throughout the movie. From their moneymaking ploys to their dog Chico, they save the movie. They add a new twist to the story, which adds a bit to the otherwise non-existent plot.

"Next Friday" plays better as a series of vignettes instead of one long film. One could have mistaken this movie for the revival of "In Living Color," as the

humor would have been perfect for the ex-comedic skit show.

You expect Fire Marshall Bill or Homey 'D Clown to break onto the storyline at any moment, which would have been a nice surprise.

But to say this is also a compliment, as "In Living Color" was one of the funnier shows of the '90s. This movie rivals recent comedic performances in "There's Something About Mary" and both "Austin Powers" movies, and surpasses them as well.

But, it also falls short of bad humor, one that was exhibited in "Very Bad Things."

There were three flaws from the first and second movies that were too obvious. Ice Cube turned his character into do-nothing pothead, which is opposite what he was in the first. Make no mistake, he is still very funny, but it takes away from the continuity of the two. Secondly, Debo is underutilized. For being the main part of the story in the first five minutes, he is only mentioned and shown three or four more times.

His ending is particularly weak and under written. The final straw is that Chris Tucker chose not to appear in the sequel, not that this was the fault of the director or anyone involved with the film.

Tucker was the main source of entertainment in the first film, and would have been the same in the second. No matter what the Joker brothers did, Tucker would have surely outdid them. One can only imagine what could have been had he decided to participate in the second film.

Campus Theater

Actors Ensemble: students embody their aesthetic side



Ashley Johnson
STAFF WRITER

Many colleges and universities lack an environment that allows students to express his or herself in an artistic and creative way.

Through Proposition 13, our generation truly suffered. Funding for Arts were cut, which is intrinsic for being a human being.

Actors Ensemble or Theater 22 at De Anza enables students to embody their aesthetic side by giving back to them what once was taken away.

Actors Ensemble is a class that is offered by the dance and theater department and really didn't take off until last summer when the G building was built.

It once was threatened with being shut down unless more students got involved. Through on-campus publicity, students were made aware of this opportunity available to them and took advantage of it.

Hester Schell, co-chair of the dance/theater department, originally taught the class in trailer five near the Auto Technician building. Last year she resided in a trailer behind the arts building. Due to the lack of classroom, Actors Ensemble worked mainly outdoors.

This provided them with an opportunity to implement alternative spaces and styles. In addition, they presented a variety of programs including Visionaries, Out Of Control, Passages, and Shakespeare's Greatest Hits.

Consequently, once the G building was constructed, Actors Ensemble was able to secure a room in G3 and moved in during the summer. For three quarters they have

remained and thrived.

In the beginning there were roughly six to ten people. Now there are about twenty students. The class is held twice a week and consists of a series of short programs put on by the students. The class room is a very intimate and low-tech room where anything is possible.

Anyone can join Actors Ensemble. There are students with a great deal of experience and there are students with no experience. Students create a variety of material including one act plays, monologues, music, and Broadway songs.

Furthermore, ethnic diversity is stressed.

Hester Schell says that Actors Ensemble "is about taking on challenges." It enables the student to work as a group and think as a team.

Their most recent production is "Rough Cuts," which is a series of short programs and short pieces.

Last quarter their first performance and it will continue to be presented three times a quarter 12:30.

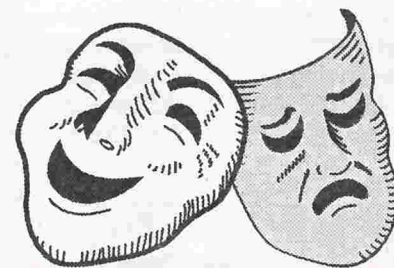
It was such a hit that by their third performance the audience was packed. The next date for "Rough Cuts" is March 1st and the last one is March 15th. As of right now "Rough Cuts" is the most successful performance put on by Actors Ensemble.

If there is a demand for different performances then there will be more. It also depends on the students, how much they work and how much time they put into it.

Through the creation of Actors Ensemble and there has been a lot of interest devoted to starting a theater company.

This would open the doorway for numerous possibilities involving Actors Ensemble and those who love theater.

For more information on Actors Ensemble and Rough Cuts, Contact Hester Schell at 408-864-8872.



Car Accident?

A new free report has recently been released that reveals information every car accident victim should have before they speak to anyone. Research shows that even a "fender bender" can cause pain, headaches, even arthritis. Many car accident victims worry more about their car than they do their rights. If you have been involved in an auto accident, listen to the 24 hour toll-free recorded message by calling 1-888-396-2249. The call is free and so is the report.



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Body

Wrestling
Reviews



Courtesy of Jim Bates / Seattle Times



Robert Haugh
STAFF WRITER

Slam

Listen up all you jabronies! Welcome to the exciting world of professional wrestling. Those of you, who are "real rasslin" fans, hang in there. This week

will serve as an introduction to the zany world of wrestling. Here, you will find the latest news and results from the World Wrestling Federation (WWF), World Championship Wrestling (WCW), Extreme Championship Wrestling (ECW), and All Pro Wrestling (APW).

This week I will include little news and results, to allow for a brief introduction those "non-wrestling" fans. I will only focus on WWF and WCW, coverage and will expand later. Those of you, who hate professional wrestling, keep reading, you'll find some interesting facts to come in the future. Coming soon: interviews, profiles, and other features.

WWF RAW Jan. 3

Al Snow & Steve Blackman NC New Age Outlaws
Christian d. D-Von Dudley
Big show d. Too Cool-handicap match
The Rock d. Kurt Angle

X-Pac d. Chris Jericho (non-title)
Harvina (Harvey Whippleman) d. The Kat (women's title)
The Holly's d. Viscera-handicap match
Buh Buh Ray Dudley d. Matt Hardy
Kane NC HHH

The Radicals (Perry Saturn, Eddie Guerro, Dean Malenko, and Chris Benoit) made their WWF debut. The group attacked D-X after Road Dogg provoked a fight.

The Radicals were announced as guests of Cactus Jack. Cactus Jack is guiding the former WCW wrestlers into the WWF. The Big Show got a haircut and looks terrible. Kurt Angle was finally pinned, by The Rock. Darn jabroni, I really like Kurt Angle (a former NCAA wrestling champion).

The Chyna/Chris Jericho mutual respect angle is heating up. The two are getting involved in a relationship. They are really turning faces quickly. Stone Cold Steve Austin says he'll be back in three months. The Undertaker should be returning soon also.

WCW Nitro Jan. 31

Lash Leroux d. Evan Karagias (CW title tourney)
The Mamlukes d. David Flair & Crowbar

Kidman d. The Wall
Brian Knobs NC Lex Luger
Screamin' Norman Smiley d. Shane Helms (3-count member)
Diamond Dallas Page d. Disco Inferno
Jeff Jarrett & Harris Boys d. Sid & Terry Funk & Ric Flair (didn't compete)

Jeff Jarrett was named interim commissioner, due to Nash's injury. Shane Helms and Shannon Moore (3-count) are looking very good in the ring.

They resemble the Hardy Boyz. Hulk Hogan's return was announced, supposedly due to Lex Luger repeatedly poking jokes at Hogan and Sting. Hogan returned on Thunder later I the week. Norman Smiley's push is working well, but he's not turning heel as originally planned.

"Nature Boy" Ric Flair returned to WCW rings. He conducted a great interview, and was put into the main-event.

He didn't help his team as he attacked Terry Funk. Funk and Flair are in a heated feud. The N.W.O continue to wreak havoc in WCW.

This week they left Sid in the ring destroyed. Bret Hart should be back in the next few weeks. Sting's anticipated return is sometime in March. Goldberg should also be back soon.

Rasslin' terms

- Heel*- bad guy (HHH)
- Babyface/Face*- goodguy (The Rock)
- Jabroni*- comical slang: The Rock
- Gimmick*- the on-screen character, the acted role
- Heel turn*- the Babyface becomes a heel
- Jobber*- person who always loses (Barry Horowitz)
- Job*- losing easily (Gillberg)
- Over*- the amount of crowd pop (noise) cheers or boos
- Angle*- an incident leading to a specific plot
- Bump*-taking a hit
- Dark match*- an untelevised television show match (usually tryouts)
- Push*- escalating a wrestler (a boost, wins)
- House show*- a show not for television (usually more general and not many angles)
- Booker/writer*- person who writes the on-screen script

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De Anza Dons crush Gavilan

by Tom Thygesen
SPECIAL TO LA VOZ

The De Anza men's basketball team crushed Gavilan last Friday night in a Coast Conference match-up by a final score of 87-59.

Avenging a loss to Gavilan earlier this season was the fuel the Dons used to win by 28 points on Friday night. Sophomore center, Craig Gunderson said after the game, "It felt good to redeem our-

selves." The Dons showed their offensive depth, getting points from 8 of their 11 players. Sophomore Derek Monroe led the team with 20 points, sophomore Sean Mullins added 15 points, 9 rebounds. But the night belonged to Gunderson, who scored 11 and grabbed a season-high 19 rebounds and said this about his big night on the boards, "They just seemed to come my way."

On a night when the Dons made only two 3-pointers for the game, they made up for it with

great plays on the defensive side of the ball to create more open shots for the offense. "We are finally starting to play the way I knew we could all along. We are finally getting healthy," said Coach Mike Riley after the trampling of the Rams.

The team seems to be hitting on all cylinders at this point. The Dons are making a strong push at the end of the season to get geared up for the play-offs later this month. When asked why his team was peaking at this time of the season, Riley stated, "We're a quarter school, so we don't get the extra month other

schools do."

The Dons certainly made up for a disappointing loss to San Jose City with a convincing win over the Rams. San Jose, the fourth ranked team in the state and second in northern California, beat the Dons by a final of 76-61 last Wednesday. San Jose expected the game to be a blowout in their favor, but they were caught on their heels for much of the first half.

The Dons ran used what they had left to erase a 20-point deficit to pull within 10, with four minutes left. The team was led by the scoring of sophomores, K.J. Monroe and Gunderson, both with 15 points on the night.



Courtesy Tom Thygesen

Sports Schedule

SWIMMING AND DIVING

Ohlone College Invitational Pentathlon Friday, Feb. 11, TBA

WOMEN'S BASKETBALL

San Jose City College Wednesday, Feb. 9, 7:00 p.m.
City College of San Francisco Friday, Feb. 11, 5:30 p.m.

MEN'S BASKETBALL

Hartnell College Wednesday, Feb. 9, 7:30 p.m.
West Valley College Friday, Feb. 11, 7:00 p.m.

MEN'S TENNIS

Modesto Tournament Thur./Sat., Feb. 10/12, TBA

WOMEN'S TENNIS

Diablo Valley College Tuesday, Feb. 8, 2:00 p.m.
College of the Sequoias Saturday, Feb. 12, 11:30 a.m.

WOMEN'S SOFTBALL

Hartnell College Tuesday, Feb. 8, 3:00 p.m.
Gilroy Garlic Tournament Sat./Sun., Feb. 12/13, TBA

TRACK AND FIELD

"Big 4" at West Valley WVC / SRJC / Marin / De Anza Friday, Feb. 11, 2:00 p.m.

Listings in **bold** denote home games

Lady Dons cruise to victory

by Tom Thygesen
SPECIAL TO LA VOZ

The Lady Dons defeated the College of San Mateo last Friday night by a score of 61-45.

In a battle of missed shots and fast breaks, the Lady Dons cruised to victory despite having an off night. The score was 36-23 at the end of the half, but it wasn't really that close. The game was not as exciting a show as the women are used to putting on. The Bulldogs were not suited for the women's style of play, so it was tough for the team to get fired up for an opponent they knew they could easily beat.

There were some bright spots for the Lady Dons though. Freshman guard Rebecca Pina, scored 11 points in the first half of three 3-point goals and freshman forward Jennifer Kennedy led all scorers with 17 points and added 10 rebounds. Kennedy agreed with the fact that it was not an exciting game by stating, "It was a

dragging night, but they [the Bulldogs] weren't a very good team." Freshman forward Melissa Newberg had 8 rebounds the night to help the Lady Dons effort.

The women have been playing well lately, but still show the signs of a young inexperienced team. "We haven't reached our potential yet. We play well against good teams, but have a hard time getting fired up for bad ones," stated Kennedy the team's lack of intensity in this match up.

Overall the team had a good week with two wins, the other coming by way of a point victory over the Renegades Ohlone College. Their record is now 14, 4-2 in league. The Lady Dons face a challenge next Wednesday night at 7 p.m. against cross-town rival San Jose City College at home and then go on the road for a game with San Francisco City which starts at 5:30 p.m.

The women urge the fans to come and support them for the big game Wednesday night

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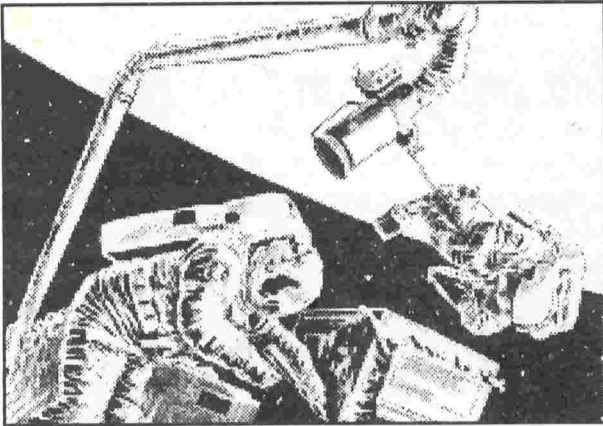


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Campus Notes



Minolta Planetarium Friday Evening Lecture Series

Scientists and experts involved in space science give presentations to the public at the Minolta Planetarium.

Feb. 11: News from Mars. Recent findings from the Mars Global Surveyor.

Feb. 18: The Latest from Jupiter. News about the Galileo Space Probe visiting Jupiter.

March 3: Telescopes as Time Machines. Discussion on the formation of the galaxies.

March 17: Dangers that Lurk in the Night Sky. The many dangers we face from beyond Earth.

April 14: Life Science on the International Space Station. Research on colonizing the moon and travel to Mars.

April 21: Happy Birthday Hubble. Hubble Space Telescope photos from the past ten years.

Lectures begin at 7 p.m. Adults are \$6, children and students with DASB card are \$4. Shows subject to change; please call 408-864-8814 to confirm.

Maestrapeace Art Works

This exhibit, at the Euphrat Museum of Art in the L-Quad, from Feb. 15 to April 6, showcases the collective of seven women who created a monumental collaborative mural which covers the five-story San Francisco Women's Building. On March 7, at 1:30 p.m., the muralists will talk about their work in Conference Room B in the Campus Center.

Robert Moses to speak

The Visiting Speaker Series presents Robert Moses, a pivotal organizer in the Civil Rights Movement of the 1960s and currently a principal trainer with a mathematics education program for traditional underserved 7th and 8th grade students, at 1:30 in Conference Room B in the Campus Center.

President's Open Office Hour

De Anza President Martha Kanter's open office hour is from 1-2 p.m. on Tues. Feb. 8 in the Administration Building.

"Rough Cuts" performance

The De Anza Actors' Ensemble will present an assortment of short scenes, monologues and one-act plays with original material written and performed by students in Building G, Room 3 at 12:30 p.m. on Wed., Feb. 9. Other performances are on Feb. 16 and 23.

Internships at NASA/Ames and Silicon Valley Companies

The application deadline is Tue. Feb. 8, for one-year internship positions which begin April 3. U.S. Citizenship is required for most NASA positions. Internships include the areas of Multimedia/Web,

Communications, Computer Science, Business, Engineering and Science. Call 650-604-5560 for more information.

Tutorial Center needs tutors

The Tutorial Center provides free tutoring to all De Anza students. New individual tutors are paid \$8/hour and take a one-unit training course during their first quarter of tutoring. Tutors especially needed in upper level math, science, EWRT, ESL and social sciences. For an application or information, call 408-864-8485.

Free Legal Counseling Service

Free legal counseling for faculty, staff and students is provided by Ron Goularte in the Student Activities Office. Call 408-864-8757.

Last Day to drop with a "W" and other important dates

Thu. Feb 17 is the last day to drop a class with a "W." Turn in drop forms at the Admissions Office. The last day to submit requests for a winter degree or certificate to the Evaluations office is the last day of winter quarter, Fri. March 24. Winter grades will be available on the Internet and on the STAR (telephone registration) system on Fri. April 14.

Upcoming Holidays

The campus will be closed on Fri. Feb. 18 and Mon. Feb. 21 for Lincoln's and Washington's birthday holidays.

To have your event listed in Campus Notes, fax press releases to 408-864-5533. Press releases can also be dropped off in the mailbox outside room L-41.

Student Activities

Feb. 7 - 11

Food Service Menu:

Monday: Chili Cheese Dog & Fries

Tuesday: Chicken with Artichoke Sauce, Rice & Vegetable

Wednesday: Cheese and Beef Enchilada with Spanish Rice

Thursday: Spaghetti and Meatballs with Garlic Bread

Friday: Fish & Chips

Clubs/ICC/DASB Meetings:

Monday, February 7

Gente del Quinto Sol. 12:00 p.m. - 1:00 p.m., Student Council Chambers

Honors. 12:30 p.m. - 1:20 p.m., L26

DASB Travel. 2:30 p.m. - 3:30 p.m., Student Activities Conference Room

Phi Theta Kappa. 5:00 p.m. - 6:00 p.m., Santa Cruz Room

Tuesday, February 8

Perspective Club - Inter Collegiate Bridge Team. 9:30 a.m. - 10:30 a.m., Student Council Chambers

Chi Alpha Christian Fellowship - Prayer Meeting. 11:30 a.m. - 12:30 p.m., Meeting Room 2

De Anza Students of India. 11:30 a.m. - 12:30 p.m., Student Council Chambers

Students for Justice. 12:30 p.m. - 1:20 p.m., Student Council Chambers

Student Ambassadors. 1:30 p.m. - 3:00 p.m., Student Council Chambers

Lesbian, Gay & Bisexual Association. 3:30 p.m. - 4:30 p.m., L11

Wednesday, February 9

Chi Alpha Christian Fellowship. 11:30 a.m. - 12:30 p.m., Student Council Chambers

Disabled Students Unlimited. 12:30 p.m. - 1:20 p.m., Student Council Chambers

Women Awareness & Allies. 12:30 p.m. - 1:20 p.m., L83

Inter Club Council (ICC). 1:30 p.m. - 2:30 p.m., Student Council Chambers

DASB Finance. 2:00 p.m. - 3:00 p.m., Meeting Room 2

DASB Senate. 3:30 p.m. - 5:30 p.m., Student Council Chambers

Bottomfish. 5:10 p.m. - 8:00 p.m., Administrative Conference Room

Thursday, February 10

Honors Club Council. 8:30 a.m. - 9:30 a.m., Meeting Room 1

Muslim Student Association. 11:30 a.m. - 12:20 p.m., Student Council Chambers

Brothers & Sisters United. 12:30 p.m. - 1:30 p.m., Student Council Chambers

Students for Justice. 12:30 p.m. - 1:20 p.m., L31

Students for the Truth. 2:00 p.m. - 4:30 p.m., Student Council Chambers

Grace Fellowship. 4:30 p.m. - 6:30 p.m., Student Council Chambers

Friday, February 11

DASB Programs. 9:30 a.m. - 10:30 a.m., Student Activities Conference Room

Grace Fellowship - Club Activities. 11:00 a.m. - 1:00 p.m., L72

Film & TV Guild. 11:30 a.m. - 12:30 p.m., Student Council Chambers

Indonesian Student Organization. 12:30 p.m. - 1:30 p.m., L24

Vietnamese Students Association. 12:30 p.m. - 4:00 p.m., Student Council Chambers.

Dance Connection. 1:30 p.m. - 5:30 p.m., PE 11U

DASB Executive. 1:30 p.m. - 4:30 p.m., Santa Cruz Room

Film & TV Guild. 8:45 p.m. - 12:00 a.m., AT 120

Dance Connection. 1:30 p.m. - 5:30 p.m., PE 11U

Saturday, February 12

Dance Connection. 1:30 p.m. - 5:30 p.m., PE 11U

Sunday, February 13

Dance Connection - Rehearsals. 12:00 p.m. - 5:00 p.m., L72

Our Valentine's Day gift to you ...

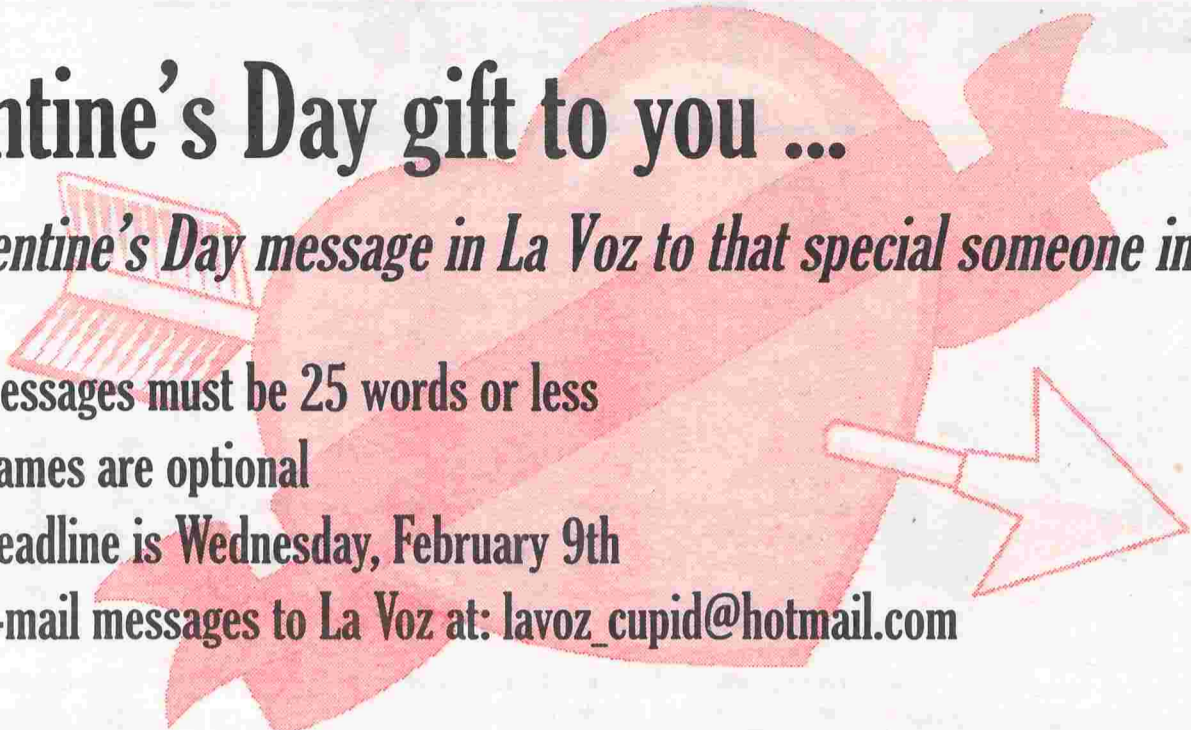
A free Valentine's Day message in La Voz to that special someone in your life

Messages must be 25 words or less

Names are optional

Deadline is Wednesday, February 9th

E-mail messages to La Voz at: lavoz_cupid@hotmail.com



Backtalk
Backtalk Compiled and photographed by Michelle Hecht

What would be the perfect Valentine's evening?



Asal Forotan
 "Being with your loved one."



Celeste Roschuni
 "You [both] go to Ripley's Believe It or Not, then he takes you out for sushi and ice cream. You then look at the stars."



John Tsai
 "Whatever she says."



Ninad Bhave
 "An evening like any other. When you love a person, you love her everyday of your life. And the Dow Jones would hit 15,000."



Sharla Stevens
 "Endless exotic, erotic lovemaking, champagne, gourmet chocolate, and fine food."



Adrienne Hypolite & Lydia Lescalleet
 "Non-recognition of Valentine's Day by the whole, entire world."

Classified
Classified

Employment Opportunities

Customer Service

Seasonal customer service reps for box office at performing arts venue. Telephone/window ticket sales and related duties. Computer, customer service skills. P/T flexible hours days/weekend/eves available. EOE Send resume to PO Box 158, Saratoga, CA or fax 408-961-5850.

Experienced Tutors Needed

Monday through Friday 3-8 p.m. Tutoring for Jr. High and High School. All areas of math and science, etc. \$1,000 per month. Call 408-255-5247.

Love Children?

And want to Earn Extra Money? Top Pay. Immediate temp/perm substitute positions as Teachers or assistants at After School Programs, Day Care Centers, Etc. 408-866-8550.

Palo Alto Hills Swim Team

needs Head, Diving and Assistant Coaches MAY - JULY. For information call: 650-948-1800 or fax resume: 650-948-9532.

Retail Sales Associate.

Install watch batteries, adjust bands, cashier. Flex. hours. Will train. \$7/hr to start. Pick up application at the watch repair depot at Sears, Valco Mall.

Teach Driving.

Company car. Good pay. After school and weekends. H.S. grad. Clean DMV. (408) 971-7557 <http://www.deluxedriving.com>

Telemarketers SJ Startup needs a few driven, entergetic P/T telemarketers. Experience in te.e/customer service required. Flexible hours, friendly environment, growth opportunities. \$16/hr DOE. Fax/email resume to 408-260-8731 /ldoan@datasoftconsulting.com

Announcements

The Spirit, a new age African-American feminist lez-gay literary news magazine, is looking for stories, cartoons, essays and features for the Spring Women's Issue (deadline Mar. 15) and for the Summer Millennium Issue (deadline July 1). Fax 408-279-6636* (star key) or email womanin-moon@earthlink.net for details. Reading fee includes written evaluation. Visit the web site at www.womaninthemoon.com.

The next issue of La Voz, the weekly student newspaper of De Anza College, will be available Feb. 14. Look for it!

Personals

La Voz wants to publish your Valentine's Day messages... FOR FREE! email: lavoz_cupid@hotmail.com

LA VOZ

THE VOICE OF DE ANZA COLLEGE
 CLASSIFIED ADVERTISING
 INFORMATION

To place your classified ad, call 408-864-5626. Non-commercial classified ads are free for faculty and students. Rates for non-students are \$5.00 for 20 words and 25 cents for each additional word.