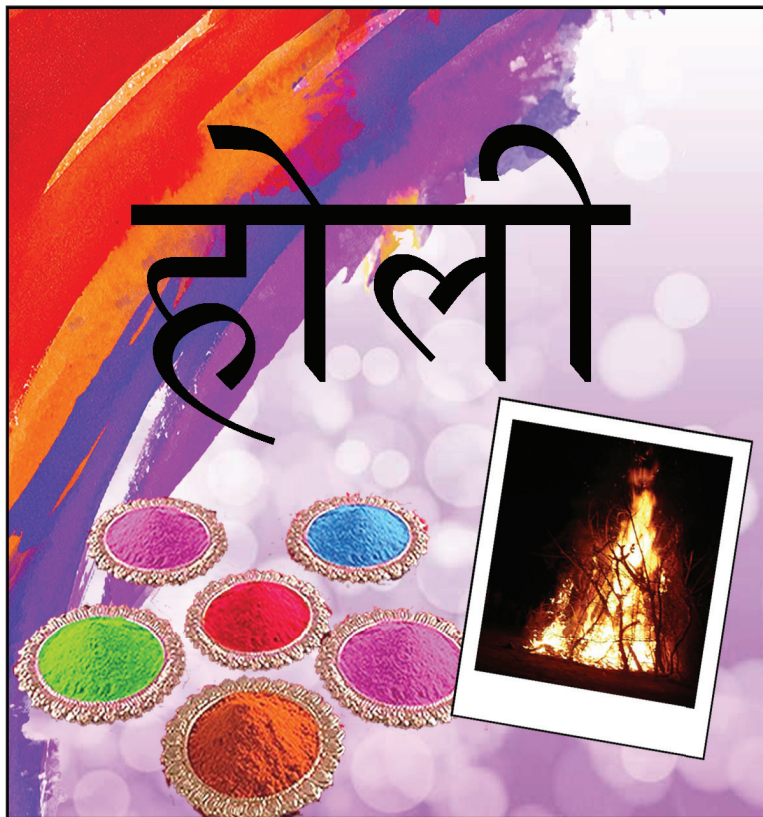




OPINION

Yoga - picking the right instructor is key to success. >> PG. 10



HOLI AND PURIM - March ushers in the beginning of Holi and Purim, Hindu and Jewish religious holidays filled with food, drinks, festivities, and color.

De Anza gears up for rally

ARTHUR HUANG
GRAPHICS EDITOR

Full coverage of the March in March in next week's paper.

De Anza College student activists spent the week of Feb. 27 preparing for the March in March taking place in Sacramento today, March 5.

Students camped out Monday through Thursday in the main quad, held educational meetings and made classroom presentations in an effort to get other students to take part in the protest.

The march is an annual event bringing college students from all over California to protest perceived threats to the education system. In previous years, only community college students took part in the Marches in March. This year, students from the University of California, California State University and K-12 systems will be present.

DASB has provided six buses to shuttle up to 300 students from De Anza to Sacramento. The cost of the buses is estimated at \$6,500, with an additional \$500 being spent to provide breakfast for students.

DASB senator Adrian Asbun said the money was a "long term investment" and said this year's march could have a real impact on budget decisions.

"If it's as big as I think it's going to be, which it should be, then something in the legislation is going to happen," he said. "So in turn, (students) are going to get more money."

DASB senator and chair of student rights and services Meera Suresh was active in getting funding for the buses. She said she was initially concerned about filling the buses because in 2011 De Anza sent between 150 and 200 students to Sacramento. But as of March 1, Suresh said more than 300 students had signed up online and she was concerned about possible overflow.

De Anza College administration, faculty and staff have also shown support for the event. An email signed by De Anza President Brian Murphy, Academic Senate President Karen Chow and Classified Senate President Virginia Marquez was sent out to the faculty and staff Listserv and encouraged managers and teachers to excuse workers and students to allow them to attend the march. The email suggested instructors reschedule exams slated for March 5 and provide extra credit to students attending.

"March in March is a life-changing [See **MARCH PREP** : Page 3]

Hindus and Jews get ready to get down

NICHOLE HENRY
STAFF WRITER

Holi, the annual Hindu festival of colors, is approaching.

Holi begins March 9 and marks the closing of winter and welcomes spring through vibrant, beautiful colors and free-flowing celebration.

The core of the celebration entails dousing celebrants in an array of powerful, colorful powders.

Twenty-year-old business major Meera Suresh said she and many other Indian-Americans celebrate Holi more as a cultural event than a religious celebration.

"This is one of the most engaging activities," Suresh said. "So you have a lot of young Indian-Americans that really go full out."

For Jessica Butwell, a 24-year-old environmental science major, being in Mumbai for the Holi festival was an enlightening experience.

"I went with my best friend who is Indian, so I already felt familiar with the culture ... but even she wasn't prepared for what we encountered," she said.

Butwell was referring to the consumption of bhang ki thandai, a cannabis-based drink. The recipe is about 3,000 years old and believed to assist [See **HOLI** : Page 3]

NADIA BANCHIK
STAFF WRITER

The Jewish holiday Purim arrives on the evening of March 7, featuring street theater, gift-giving and drinking wine.

Purim is known as "Jewish Halloween" or "Jewish Mardi Gras."

According to religionfacts.com, the holiday is rooted in the scroll of Esther, or Megilat Esther. Esther revealed her hidden Jewish identity to her husband Ahasuerus, king of Persia, in order to save Jews from a planned massacre.

The festivities include street theater, dressing up as characters from the Megilat Esther story, and drinking wine.

Hillel of Silicon Valley, a Jewish student organization, is hosting dinners March 9 and 10 open to anyone between 18 and 30 years old.

"Purim is a very amazing holiday that reminds us ... that we can change our destiny and make moral choices," said Rachel Duchin, a Hillel officer and board member on De Anza's Jews, Israelis and Friends club.

"In Israel, this is a very happy holiday," she said, "You see all the children in costumes, I think it's a better Halloween version."

Contact NADIA BANCHIK at lavoz@fhda.edu

Former De Anza faculty recall '60s SJSU

College was home to politically active student-athletes, track and field team nicknamed 'Speed City'

SARA GOBETS
PHOTO EDITOR

"The Black Panther Party was going strong, the free speech movement in Berkeley, the peace march in San Francisco - it was a wonderful time to be alive," former De Anza College administrator Robert Griffin said in a panel discussion on Feb 22.

He was joined by other retired De Anza faculty and staff in a discussion about African-Americans at San Jose State in the 1960s.

Around 100 people watched Eb Hunter, Marion Winters and Griffin speak in the Hinson Campus Center in a talk facilitated by language arts staff member Ulysses Pichon.

During the 1960s, San Jose State boasted an impressive track and field team that earned the nickname "Speed City." Lee Evans, Tommie Smith, John Carlos and former De Anza administrator Robert Griffin were among the African-American student-athletes and social activists on the team who brought

the university into the national spotlight while advocating for racial equality.

Smith and Carlos went on to win gold and bronze medals, respectively, in the 200-meter race in the 1968 Summer Olympics in Mexico City. They were made famous by the iconic image of their raised fists and bowed heads atop the medal stand, symbolizing black power and protesting racism and poverty.

Griffin, former vice president of student services, remembered his teammates Smith and Evans as ordinary young men.

"It's not that they had some amazing political consciousness," he said.

Griffin credited activists and professors at San Jose State, notably Dr. Harry Edwards, "that just refused to let us be naive."

Besides fostering the careers of several celebrated black athletes, San Jose State made national news in 1968 when Valerie Coleman was elected as the university's first black homecoming queen. She would go on to become the first African-American National



"SPEED CITY" - Former De Anza staff member Robert Griffin (top row, second from right) in 1968 with teammates from the San Jose State track and field team, including Tommie Smith (bottom row, far left) and John Carlos (bottom row, far right).

College Queen.

Eb Hunter was on the university's football team at the time and remembered the atmosphere in the locker room and on the field.

"We were really motivated," said Hunter, former chair of African-American studies at De Anza. "We didn't want to let her [Coleman] down."

[See **SAN JOSE STATE** : Page 4]

TUESDAY, MARCH 6

SCHOLARSHIP WORKSHOP: CHICANA LATINA FOUNDATION
3:30 p.m. to 5:30 p.m.
MCC Conference Area
Join in a workshop lead by the Chicana Latina Foundation about applying for one of 40 prestigious \$1,500 scholarships.

This is a great opportunity for young Latina leaders to get help paying for college and receive mentorship from other successful Latinas.

For more information, or to download an application, you can go to: <http://www.chicanalatina.org/scholarship.html>

WEDNESDAY, MARCH 7

SUSTAINABILITY CONFERENCE
11:30 a.m. to 3 p.m.
Conference Rooms A
"The more we exploit nature, the more our options are reduced, until we have only one: to fight for survival." ~ Morris K. Udall

Learn about De Anza's green programs and services, including bike rentals, VTA Eco Pass bus transit and the new garden project. Speakers from outside programs and De Anza instructors.

LSC INTERNATIONAL POTLUCK

Noon to 3 p.m. in AT304
The Listening & Speaking Center is one of the many programs in the Student Success Center designed to support language learning experiences at De Anza College. Enjoy conversation over an international lunch and make new friends from different countries around the world. A suggested donation of \$5 supports the LSC. For information, contact the Listening and Speaking Center at 408-864-5385.

PHOTOGRAPHY LECTURE SERIES: Chris McCaw

7 to 8:30 p.m. in A11
Growing up in the punk music scene in the San Francisco Bay Area, McCaw began documenting the culture. He has been involved with photography ever since. After receiving his BFA in photography from the Academy of Art in San Francisco, McCaw has been exhibiting his work both nationally and internationally for the past 20 years.

WEDNESDAY, MARCH 8

FROM GLOBAL TO MOBILE: LEAD'S THIRD ANNUAL GLOBALIZATION CONFERENCE
10:30 a.m. to 4:30 p.m.
Conference Rooms A and B

Join De Anza students and community partners for a day of explorations as we move from being globalized to mobilized. Globalization means the world is getting smaller, the forces of change are moving faster, and the poorest people on the planet are the most at risk. For complete program details, visit <http://www.deanza.edu/lead/globalconference.html> or contact Marc Coronado at coronadomarc@deanza.edu

FILM SCREENING: "TRUST: SECOND ACTS IN YOUNG LIVES"

2 p.m. in AT120
Nancy Kelly will be screening and discussing her documentary "Trust: Second Acts in Young Lives." The event is free of charge and part of the Women's History Month celebration.

Veteran independent filmmaker Kelly wrote, produced and directed the award-winning documentary trilogy about the transformative power of art that includes "Trust: Second Acts in Young Lives," about a young Honduran woman whose life story is unveiled in a daring original play by a neighborhood teen theater company, the Albany Park Theater Project in Chicago; "Smitten," about art collector Rene di Rosa, who is smitten by art; and "Downside Up," about how America's largest museum of contemporary art saved Kelly's dying home town. Currently, she is in post-production on "Rebels with a Cause," a documentary about how the lands that are now the San Francisco Bay Area's two urban national parks were saved from development.

"Trust" (Winner of the United Nations Association Film Festival's Youth Vision Award) Website: <http://www.trustdocumentary.org>

SUNDAY, MARCH 11

SOUND OF SOUL
2 to 3:30 p.m.
Visual & Performing Arts Center
This 90-minute documentary takes viewers to The Fez World Festival of Sacred Music,

an event that brings together Muslim, Christian and Jewish men and women to perform at historic sites in this ancient Arab city. Insightful commentaries from musicians and live discussions from an international symposium of philosophers, scientists and spiritual leaders are inter-cut with compelling musical performances.

Director Stephen Olsson will introduce the film and answer questions after the showing. The Euphrat Museum of Art will be open 12-2 p.m. and 30 minutes after the program so that event participants can also visit the Islamic art exhibit at the Euphrat Museum of Art.

TUESDAY, MARCH 13

WINTER WORKSHOPS 2012 (ANXIETY)

All workshops are in the Don Bautista Room in the Campus Center.
Join Phil Boissiere, MFT of De Anza College Psychological and Health Services to learn about stress, relationships, therapy, anxiety and depression. The workshops are free to De Anza students and guests.

WEDNESDAY, MARCH 14

BEST OF COLLEGE PHOTOGRAPHY 2012 CELEBRATION

6:45 to 8:45 p.m. in A65
Four De Anza students were selected as finalists in the "Photo Forum Magazine" hardcover book: Karan Ahuja, Brian Rose, Alejandro Tapia and Lisa Teng. To celebrate, the Photo Department will host a presentation by photographer Steve Whittaker from American Society of Media Photographers on "Business Practices in Photography." Also, De Anza photo student Yu Jing has her work included in the Triton Museum of Arts State-wide Competition & Exhibition. For more information, contact Wilfredo Q. Castaño at 408-864-8765.

FRIDAY, MARCH 16

REFLECTIONS FROM THE SERIOUS PLAYGROUND

8:15 p.m.
(Also performing Saturday March 17.)
Visual and Performing Arts Center
Reflections from the Serious Playground is a De Anza student dance performance. For more information, contact Warren Lucas at lucaswarren@deanza.edu.

TUESDAY, MARCH 20

WINTER WORKSHOPS 2012 (DEPRESSION)

11:30 a.m. to 12:30 p.m.
All workshops are in the Don Bautista Room in the Campus Center.
Join Phil Boissiere, MFT of De Anza College Psychological and Health Services to learn about stress, relationships, therapy, anxiety and depression. The workshops are free to De Anza students and guests.

FRIDAY, MARCH 23

SYMPHONIC WINDS IN CONCERT

7:30 p.m. in Visual Performing Arts Center
Join us for our winter Symphonic Winds in Concert. Pricing:
\$10 General, \$5 Students, Seniors, and Military
For more information, contact John Russell at russelljohn@fhda.edu

ANNOUNCEMENTS

FARMERS' MARKET EVERY SATURDAY

9 a.m. to 2:30 p.m.
Visual & Performing Arts Center
The De Anza Office of College Life and the DASB are proud to present our new Farmers' Market every Saturday. Located in the area in front of the Visual & Performing Arts Center in Rows J, K, and L.

ASTRONOMY AND LASER SHOWS

FUJITSU PLANETARIUM
Every Saturday
The planetarium holds astronomy and laser shows on Saturday nights throughout the quarter. For more information, go to <http://planetarium.deanza.edu>
\$7 - Astronomy Shows
\$9 - Laser Shows

March 10:
Astronomy shows:
5 p.m. The Little Star that Could
6 p.m. Astronaut
7:30 p.m. Extreme Planets
Laser shows:
9 p.m. Beatles Anthology
10 p.m. Hendrix/Doors Lazer Psychedelia

March 17:
Astronomy shows:
5 p.m. The Zula Patrol
6 p.m. Cosmic Journey
7:30 p.m. Saturn: Jewel of Heavens
Laser shows:
9 p.m. Symphony of the Stars Laser Light Show
10 p.m. Pink Floyd The Wall

March 24:
Astronomy shows:
5 p.m. Magic Tree House
6 p.m. Earth, Moon and Sun
7:30 p.m. The Secret Lives of Stars
Laser shows:
9 p.m. Beatles Sgt. Pepper
10 p.m. Pink Floyd Dark Side of the Moon

IN THE EUPHRAT: INVOKING PEACE

Through Saturday, March 17
Every week, Monday, Tuesday, Wednesday, Thursday, 10 a.m. to 3 p.m.
"Invoking Peace" interweaves tradition and innovation, faith and activism. It emphasizes diversity of Islamic art and reveals shared concerns. Artworks range from site-specific installations, classical and experimental calligraphy and paintings to product designs for cultural needs, digital arts, sculpture and ceramics. For more information, contact Diana Argabrite at 408-864-5464 or argabritediana@deanza.edu.

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

DE ANZA SPORTS

SOFTBALL
Tuesday, March 13 vs. Hartnell, 3 p.m.
Tuesday, March 20 vs. SJCC, 3 p.m.
Thursday, March 29 vs. West Valley, 3 p.m.
BASEBALL
Tuesday, Feb. 28 at Chabot, 2 p.m.
Saturday, March 17 vs. Mission College, 12 p.m.
Tuesday, March 20 vs. Skyline, 2:30 p.m.

AT FOOTHILL COLLEGE

THEATRE ARTS DEPT PRESENTS: "ALL SHOOK UP"
Feb. 23 to March 11
Lohman Theatre

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

HAPPENINGS

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

CHILD AND TEEN DRUG PREVENTION

11 a.m. to 1 p.m. in Forum 3
A proactive, reality-based strategy for all parents and caregivers to keep their children healthy and safe. A fundamental fact of addiction is that it is a childhood disease and must be addressed just like any other early onset chronic condition via early intervention. In this training you will learn:
• What drugs are and why their lure is so strong
• Which children and teens are at the highest risk of addiction
• A reality based proactive model of prevention
• Training in attunement and emotional coaching for raising healthy children
For more information, contact Phil Boisserie at phil@cognitivetherapysf.com.

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

- Are you a registered student of De Anza College?
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- **Still Interested logon to: <https://www.surveymonkey.com/s/DeAnzaExperience>**

DeAnza College - Journalism Department

COURSE ANNOUNCEMENT — SPRING 2012

Special Topics in Journalism (JOUR 78X)

EXPLORING CAREERS IN WRITING

JOUR 78X is a two-unit class in which careers in writing are explored, and features guest speakers who are professional writers.

Topics may include: Journalism, public relations, fiction writing, TV and screenwriting, writing poetry for publication, using social media to network, and getting published.

REGISTRATION INFO

JOUR 78X: Special Topics in Journalism
Day: Tuesdays/Thursdays
Time: 1:30 - 2:20pm
Location: L-42
Instructor: Sunny Malatesta

***JOUR 78X is a requirement for De Anza College's AA degree in Journalism, and is offered one quarter per year.

De Anza gets ready to hold third annual globalization conference

ALICIA RIVERA
STAFF WRITER

De Anza College will host its third annual globalization conference “From Global to Mobile” on Thursday, March 8 in the Hinson Campus Center. The event is sponsored by Latina/o Empowerment at De Anza and is scheduled to run from 9:30 a.m. to 4:30 p.m. in conference rooms A and B.

LEAD program coordinator and English instructor Marc Coronado said the conference hopes to encourage “students to be able to focus on not only the problems that are posed by globalization, but also on what people can do to help make life better in spite of some of the forces that are coming against them.”

The conference will include interactive games such as “Debunking the Myths about Immigration” and

“Globalization Debates: using data & statistics,” awareness seminars such as “Immigration 101” and “The Women of Juarez,” and musical and dance performances by De Anza students.

Photojournalist David Bacon has participated in the past two conferences and will speak this year as well. Much of his work focuses on the stories of immigrants and workers’ rights.

“Students need to first of all learn about what their rights are as workers and then to help figure out with other workers how to make sure that our rights are respected and enforced,” said Bacon. “I think that De Anza students are curious about the world, that they are trying hard to understand it, and they’re not afraid to put that understanding into practice.”

All students are welcome to join

any of the presentations taking place throughout the day.

For more information on the “From Global to Mobile” conference, contact Marc Coronado at coronado.marc@gmail.com or 408.864.8409.

For more information about David Bacon and his work, visit <http://dbacon.igc.org/>.

Contact ALICIA RIVERA at lavoz@fhda.edu

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HOLI: From page 1

in the meditational aspect of the Holi celebration.

“[The drink] definitely helped us relax and get in the spirit...” Butwell said, laughing.

People engage in rhythmic dance and high-pitched song. Spreads of food and drink are in abundance. Holi holds no bars - everyone is free in mind and spirit on this day.

The holiday was born out of reverence for the story of Prahlad, who displayed fierce devotion to Lord Vishnu, a supreme god among gods in Hinduism.

MARCH PREP: From page 1

experience,” said Chow, who attended the last two Marches in March. “It brings the message home and creates a connection for people who attend.”

Student Aaraadhya Narra, an intern at the Institute of Community and Civic Engagement, made five classroom presentations promoting the March in March in the two weeks prior to March 5.

“There were many students who were interested, who were supporting the cause, but they were not willing to march because they have class,” Narra said, “and then I had to explain to them that teachers are excusing you and they’re also giving you extra credit, so then they came forward and signed up.”

Narra said she was not aware of any cases where teachers did not allow students to make presentations about the march in their classes.

Suresh said that when the DASB senate took time out of their meeting on Feb. 29 to march around campus, Murphy joined them and actually led them into the library.

“We actually did some chanting in there,” she said. “It felt really weird but it was in a way really cool and definitely got a lot of people’s attention.”

Philosophy major Peter Chaydez helped promote March in March as a representative of the 4 Elements Hip Hop club. He prepared posters and chants and led a workshop in the main quad.

Chaydez, 21, attended marches in 2010 and 2011 and described the experiences as “vivid in the emotional feeling you get when you’re out there marching with people on a common goal with you.”

He welcomed the added participation of students from the UC and CSU systems.

“If you cut one school it affects another one at some point,” he said.

Students For Justice organizer and Kiyo Ouchida-Sharif has been an active member of Occupy for Education at De Anza and said Oc-

Holi represents the triumph of good over evil and the importance of sticking to one’s beliefs.

“Holi literally means ‘burning’, which comes from the story in which Prahlad survived a burning fire because he was a devotee of Vishnu,” said Deepika Banerjee, a 21-year-old nursing student. “We have bonfires and dance around it drenched in colors and water ... It’s fun to get crazy like that with family and friends.”

Contact NICHOLE HENRY at lavoz@fhda.edu

cupy’s main goal has been to promote the March in March.

Ouchida-Sharif attended last year’s march. While he enjoyed the experience of marching with thousands of other students, he felt the rally was too structured with speakers and students did not get to speak as much as they should.

He looked forward to this year’s march because of the “great coalitions” of students from different colleges that have organized the march.

Twenty-year-old nursing student Roisin Messina has camped out with Occupy for Education for the last six weeks. She attended last year’s march as a Chabot College student and enjoyed the experience.

“It was great besides the rain,” she said, “(but) we didn’t even really mind the rain much. Everybody had their own chants going, people were holding signs.”

Roisin said she’s found the De Anza student body to be much more engaged than Chabot’s.

“The school and DASB are here to help students get there for a peaceful demonstration,” said student trustee Emily Kinner. “(March in March) is an important event for students to remove them from the local scene and bring them to the big picture.”

Many students expressed their hope that student activism extends beyond this year’s march.

“This week our goal is to make (people) aware of March 5,” said Chaydez, “but also make clear this is a movement, not just a one day of action thing. This is actually a continuous effort, because it’s a life struggle that’s going on with education.”

Narra added, “Students who just come for extra credit, if they go and see what’s going on, when they come back I wish they’re really inspired and motivated to stand up for themselves.”

Bryce Druzin contributed to this story.

Contact ARTHUR HUANG at lavoz@fhda.edu

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JOUR 61

Newspaper and Student Media Staff - 3 units
Spring '12 - Tuesday/Thursday 4:30-5:45 p.m., Room L-41

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FH hosts local author who worked 50 jobs in 50 states

RYAN BLAIR
STAFF WRITER

After graduating from the University of Southern California, Los Altos native Daniel Seddiqui failed more than 40 job interviews.

Seddiqui decided he needed a radical change: he traveled to all 50 states in 50 weeks, working 50 different jobs that represented the state he was in.

"I was very desperate to turn my life around," he explained. "I was also very curious about what this country had to offer, what I might be missing out on."

Seddiqui wrote about his experiences in the book "50 Jobs in 50 States: One Man's Journey of Discovery Across America." On Feb. 29, he spoke to Foothill College students as part of the school's Authors Series.

Seddiqui stressed the importance of five "elements of success": adaptability, networking, endurance, risk taking and perseverance.

He said traveling to different states forced him to adapt to different cultures, citing the time he spent living with cowboys in South Dakota. Getting his book published required networking, and driving up to 800 miles between states each weekend required endurance.

Simply undertaking the project required taking a chance.

"I was willing to risk myself financially, emotionally (and) physically because I knew the rewards would outweigh the risks," Seddiqui said.

Manager of the Authors Series Mia Casey said Seddiqui's message was particularly timely.

"His message about what you need in order to be successful, as an employee, to get a job, is really important right now with the recession," Casey said.

Student Jesse Fang said he was inspired by the talk.

"It's awesome because I've been dreaming about traveling around the country," Fang said.

Seddiqui is in the process of creating a summer program for college students to gain the same experience he did.

"It's five jobs, five weeks and potentially five states and they get to earn college credit ... It gives the kids an opportunity to experience any job that they want, that's relevant," Seddiqui said.

Academic and career counselor Volaire Villanueva said she was interested in the program.

"When people first come to college, most of them are told about particular careers because of how much money they're going to make," Villanueva said.

"Daniel elaborates that you should do something you're passionate about and not focus on what other people tell you."

Seddiqui said the job market is tough, but people shouldn't settle.

"Looking for a job is an absolute emotional rollercoaster," Seddiqui said. "But there are ways to get to where you want to go."

For more information visit:
<http://www.livingthemap.com/>

Contact RYAN BLAIR at
lavoz@fhda.edu

SAN JOSE STATE: From page 1

Marion Winters, a friend of Coleman, recalled the impression she and her circle of friends had towards the unprecedented event.

"We thought, 'This is unusual for San Jose State,' but we had no clue that it would have a national impact," said Winters, who previously served as De Anza's director of diversity.

Facilitator Pichon remembered the national attention the event garnered.

"I remember sitting and watching this in Louisiana and not believing it," Pichon said. "Not believing that a black woman was actually going to be homecoming queen at this major university. So San Jose State became this enormous, mythical place in my mind."

While comparing their experiences to those of today's youth attending De Anza and San Jose State, every speaker agreed on a sentiment directed by Griffin to present day students.

"I don't envy you," Griffin said.

Hunter said there has been a change in ideals and definitions of heroes since his days in college.

"If you were real bright, well-read and articulate, we thought you were really cool," Hunter said. "I think one of the things that's changed a bit, in terms of what we idolize and respect, is the notion of being a gangster. I think that's one of the things that has changed at San Jose State and in some ways changed in general among today's students."

Awareness of racial and social movements in today's schools was also

scrutinized.

"If you are under 30 years old in this institution please answer this question, if you're over 30 don't say a word," Griffin said before pointedly asking, "When was the civil rights act passed?"

The room was silent. Once the question was opened to those over 30, the room responded with a resounding, "1964."

Griffin asked the question to illustrate his feeling that while young adults today may know about prominent events of the civil rights movement, they do not appreciate how recent the events were or see them as relevant to the present day. He criticized today's youths for living in a "dreamland."

"You have no idea of the institutionalized racism that's threatening you every day," Griffin said, "and you're walking around here and you think things are fine and it's a joke ... It's not fine, and it's time to wake up."

Reflecting on their involvement in this chapter of American history, Griffin said, "We were very fortunate, because at San Jose State we were pushed into waking up politically, socially, and spiritually."

While understanding the significance of their actions in hindsight, Winters summed up the sentiments of the panelists.

"Often times when you're in the midst of it," she said, "you don't really understand the impact of the history that you are involved in making."

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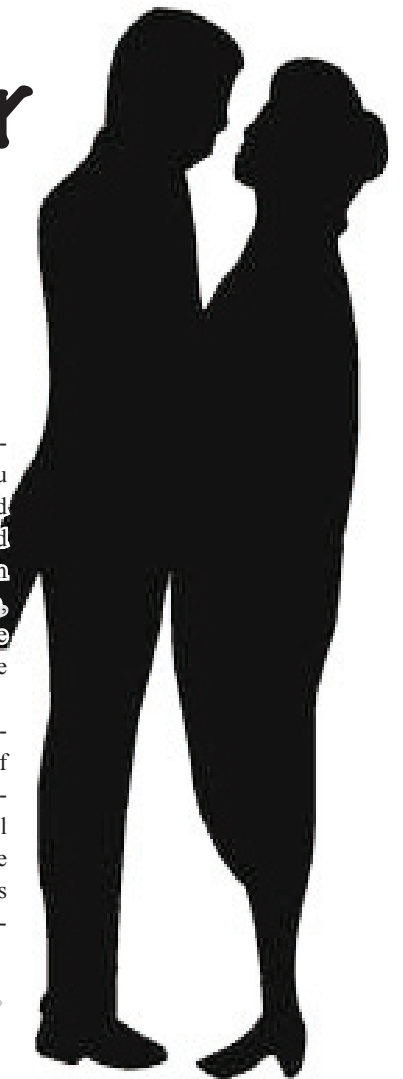
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ALICIA RIVERA
STAFF WRITER

Learn how to manage your SWEET relationship



In the Don Bautista room at Hinson Campus Center, workshop attendees participate in identifying relationship styles, and the quality of those relationships with presenter Phil Boissiere, a psychology professor at De Anza College.

Messages of adoration may translate to frustration, desire, or contempt in a workshop on relationships. A happy pink box can make mock at a sour relationship, or perhaps evoke reassurance on the success of love.

The environment in the room is intimate, and everyone is in attendance for the same purpose of maintaining a healthy relationship with an important someone. Boissiere is informative yet friendly, sharing parts of his own life to exemplify a point.

“Don’t ask for feedback, unless you want an honest answer,” he advises.

He has learned from experience about the ill-fated question, “Do you like what I’m wearing?” To which he once responded, “Oh no, no, no, I don’t like that all. It’s just horrible.” He now answers, “Well it’s not your best outfit.” The room chuckles and moves on to explore the role of conflict.

Students are able to question certain aspects of their relationship through Boissiere’s inquisitive and engaging teaching style.

“When we hear that word ‘conflict,’ what comes to mind?” he asks. Students utter answers like “war,” “hostility” and “fighting.” Boissiere suggests ways to avoid conflict, reasons why conflict occurs, and tips on how to healthily communicate an issue within your relationship.

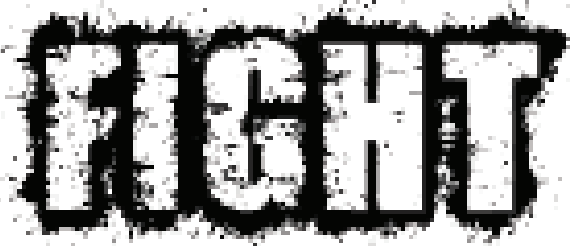
In a relationship there must be a sense of “mu-

tual regard, mutual trust, security,” says Boissiere. “People should feel secure to say, ‘you know what? This is my best friend.’ You should feel secure that they are your best friend, and that they feel the same way,” he says. It is an expression of trust. Though it sounds so simple, security can be overlooked. Just as much as the status of an intimate relationship can become an issue.

Relationship management requires that couples consider details of the everyday course of the relationship strategies and discuss self-disclosure, moral and emotional support, physical expressions of love, and genuine interest in the well-being of your partner. The final minutes of the workshop are left for people to ask questions and express concerns.

Contact ALICIA RIVERA at lavoz@fhda.edu

Choose your favorite and get ready to



TIM COOK
FREELANCER

The two biggest first-person-shooters in video gaming today are undoubtedly “Battlefield 3” and “Call of Duty: Modern Warfare 3.” Both games have an absolutely incredible lineage and have been fine-tuned over the last 10 years to deliver the best gaming experience possible to the players. Each has its own unique style of gaming, but which one is the best?

Storyline

The Battlefield series has been all over the place in regards to its storyline, but “Battlefield: Bad Company” and “Bad Company 2” are very good in terms of the characters, using humor to deflate a lot of situations that would otherwise be taken seriously. “Battlefield 3” however, uses the more traditional serious storyline that you see in other first-person shooters. But the storyline doesn’t tie in well over the series.

The Modern Warfare series has its storyline down. Following the career of a select few soldiers, you pursue a man who has hidden in the shadows and wishes to see Russia rule all of Europe, even if it “must stand on a pile of ashes.” The story more or less follows two main characters, Captain John Price and (later) Captain John “Soap” MacTavish of Her

Majesty’s Special Air Service. From the first Modern Warfare to the third, the storyline twists and turns, taking you places you didn’t quite think would work, yet it does. However, I did have several moments of disbelief in “Modern Warfare 3.” Notably, one particular case that comes to mind was when my character was given a .50-caliber sniper rifle (in the rifle business, this is a large round) with the standard scope on top, but also a red dot sight mounted on the side. This made you have to tilt your weapon “gangsta style,” which made me facepalm in sheer disgust. I really cannot see that being used in real life.

Gameplay

Battlefield is meant largely to be played on the PC, as that is where the series got its debut in “Battlefield: 1942.” In playing on the PC in “Battlefield 3,” both in the smaller “CQB” style levels and in the larger maps, the game was running how I felt it should with the PC. The Digital Rights Media (DRM) client for “Battlefield 3,” Origin, has had its issues in bugs, especially with the anti-hacking measure “Punkbuster.” Thanks to the dedicated staff and the ingenuity of the players on the game’s forums, most of these were worked out in a matter of weeks, if not days.

Gear in this game is earned by playing in one of four classes: Assault, Engineer, Support or Sniper.

You gain points by doing certain actions, including killing the enemy, capturing flags and planting bombs on objectives. Each class has its own subset of weaponry, but your main level does give you extra weaponry and soldier abilities. The game is played best if you join a Squad, giving you much more tactical flexibility within the game itself. The maps in the game are widely varied, from the smaller, more intimate maps like “Metro” to the several square miles of “Operation: Firestorm,” allowing you to pick your own map to match your playing style.

“Modern Warfare 3” is meant to be played on the console. It’s much more of a “run and gun” game compared to “Battlefield 3,” and the console controls pander to that play style. As “Modern Warfare 3” on the console doesn’t have to worry so much about hackers and illegal copies as the PC crowd does, a DRM is not required, nor is an anti-hacking measure. That said, players will always find ways to break a game in ways the designers did not intend.

However, this is very much contained in “Modern Warfare 3.” But where “Modern Warfare 3” fails is its level design. It feels very much like the previous game, “Modern Warfare 2” in that in the campaign, there’s an underwater mission, a sniper mission, a run-down hobotown mission and an AC-130 mission. In the multiplayer, the maps feel the same as well. Close-in, winding and overall, annoying as hell. In this, I felt very disappointed as I was playing, because it was nothing new to the series and felt like Activision was resting on its laurels. Combine this with

the awful killstreak mechanic, which only rewards a few elite players, and this game is not very newbie friendly.

What does it bring to the genre?

“Battlefield 3” brings many things to the genre of first-person-shooters, although almost all of them were present in the genre to begin with. What it does is bring them all into one game. Bad Company has destructible terrain (makes rocket launchers SO much fun!), realistic ballistics (a.k.a. bullet drop), Squad-based play, serious gameplay, a multitude of available vehicles, and incredibly large maps where a Sniper has some actual real use. You want to kit out your rifle in the game? You can do that, as each main weapon has three slots into which you can attach gear to, making it easy to make a certain assault rifle your very own.

“Modern Warfare 3” does not really bring anything new the genre. A few pieces of new gear like the Unmanned Ground Vehicle and Anti-Grenade device are interesting, but not enough to make me want to spend \$60 on this title. I actually felt that this was more of an expansion pack to “Modern Warfare 2.” In this game, I felt that the company who produced it, Activision, didn’t put much effort into making a new game entirely that would wow me from the start. The beginning of the series did launch the style of “Modern Warfare” gaming into the spotlight of first-person shooters, but had a very weak finish.

Contact TIM COOK at lavoz@fhda.edu

	Battlefield 3	CoD: MW3
Storyline	7.0/10	8.5/10
Gameplay	9.0/10	7.0/10
Contribution to the genre	9.0/10	7.0/10
Overall	8.3/10	7.5/10



Drums in the distance



GREG ANDERSON
MULTIMEDIA EDITOR

The sound could barely be heard at first as uneasy students sat on the edge of the stage by the De Anza Campus Center, while one man beating a large drum slung around his shoulder cheered the students into trying it out.

After students shared wide grins from the initial nervous tension, it quickly broke into the unison of a rhythm, simple beats catching up in speed and stopping suddenly on signal.

At the peak of the hour and a half of this event, more than 20 students carried the beat with the action of their palms striking the hide drum skins. They were all taking part in recreating a very old pastime of a very old culture, in the spirit of not just Black History Month, yet a general spirit that could be seen any day in the right place.

Students walking around campus and by the staged area stopped to either watch the actions of their fellow students, or to be cheered on by friends into joining them on stage.

Even the main coordinator, McTate Stroman II, co-advisor of the Black Student Union, played drums alongside the students and said spoken word poetry over a microphone to the constant drum pattern. He's often had drum circles at an event he frequently coordinates with other members of the BSU. "We started doing the drum circle at the end of First Thursdays," which takes place at the Euphrat, he said.

What made this drum circle really lively was not only the energy of the students, but the friend and mentor Strohman brought to the campus, Chazz Ross, a man who was spent much of his life learning how to play drums under teachers such as Louis Conte, Javuzi, and Carl Lott Jr. He uses the knowledge they passed on to travel around

California and encourage the youth with drums.

Ross said, "I've had autistic children talk to me when they've talked to no one before."

The drums could be heard far across the campus at the height of the event, and all the students who took part in it walked away with a smile. A small measure of unity was shared between them all on that day.

Contact GREG ANDERSON at lavoz@fhda.edu



LEARNING HOW TO PLAY THE DRUMS - Students play along during the Drum Circle Feb. 16 in the main quad.



PROFESSIONAL IN THE CIRCLE - McTate Stroman II joins in with the students.



CREATING A RHYTHM - Chazz Ross brings De Anza a musical experience.

De Anza College hosts Honor Band

KEREN LOPEZ
STAFF WRITER



For the second time in 24 years, De Anza College hosted the Northern California Community College Honor Band and the De Anza Symphonic Winds concert with professional guest clarinet soloist Michael Corner Feb. 23 at the Visual and Performing Arts Center.

The center began to crowd with family members and viewers who looked forward to the performances.

Not only were the viewers' eyes cast upon the talented bands, but also on two others who were an important component of the concert, guest

band director Dr. Royce S. Tevis and the special guest clarinetist Michael Corner.

Tevis is a nationally-recognized conductor with 30 years experience who currently conducts for California State University Chico and is a consultant of concerts in marching and jazz bands throughout the United States.

Corner, a principal clarinetist of Symphony Silicon Valley, has played with other symphonies and orchestras, including the Boston and San Francisco symphonies.

The concert started with the De Anza Symphonic winds, conducted by John Russell, which played "A Symphonic Prelude," "Concerto for Clarinet," and "The Quest for Peace."

After De Anza's band performance, Northern California Community Colleges Honor band,

conducted by Tevis, took the stage. The honor band performed songs from "Klaxon" to "La Fiesta Mexicana," and "Chimes of Liberty March."

"This year, we have 11 community colleges participating and each band director nominates several of their best players to come to the honor band to audition for first chair in each section," said Robert Farrington, Director of Bands at De Anza College. "We have a good and interesting program. The band sounds a lot better than it did last year."

Each of the band members and special guest conductors had to go through a rigorous rehearsal time to prepare for the concert.

"It's a lot of work," said Farrington. "I'm dead tired but it's worth it since we only have to do it every 24 years."

Audience members cheered throughout the performances and eagerly waited to hear more of both bands.

"I thought it was really interesting this was one of the few bands I've heard but I enjoyed the performance," said audience member Eric Runnel, 20.

With a successful night for both bands, the De Anza Music Department now has another 24 years to prepare for another triumphant concert.

Contact KEREN LOPEZ at lavoz@fhda.edu



GETTING READY - De Anza Symphonic's last preparations before the big performance.

De Anza College Dining Services Menu: Mar. 5 - Mar. 9

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Do sports drinks really fuel athletic achievement?

BRENDA NORRIE
STAFF WRITER

What's the dealio with sports drinks anyway?

Gatorade is a popular sports drink that boasts "Is it in you?" to remind athletes and general consumers to hydrate or rehydrate with its neon yellow or blue fluids. It's not the only one on the market, but some sports drinks are just sugary water that look pretty to invite buyers, yet have no nutritional value.

Unless you're going to participate in an ironman or marathon, you don't necessarily need to replace electrolytes that are lost when sweating (potassium, chloride, and sodium). Water alone can maintain

body heat and electrolyte balance when combined with a good diet. So what are electrolytes? It's a substance that, within a solution, conducts an electric current - like nerve impulses. There's a lot of chemical background on how they work and what they do, but let's leave that to a biology or chemistry class.

A look at the electrolytes:

Potassium, "K" on the elemental table, isn't hard for the body to maintain. Even with a low-K diet and sweat losses, a deficiency is rare, so needing a supplement or coconut water to replace it isn't necessary. A large glass of orange juice can replace the potassium lost in two liters of sweat. If you need

to have potassium, citrus fruits and bananas are great sources. But be wary, because excessive K is deadly (talking about 18 grams).

Sodium and chloride are closely associated with one another, notably in table salt, and is easy to come by - most Americans consume more than twice the recommended amount of sodium. Lots of canned soups and vegetables contain tons of salt. There aren't any long-term consequences with deficiencies, and the body secretes a hormone (aldosterone) that stimulates the kidneys to retain more sodium. Conversely, sodium excretes more if there are plenty in the body. With chloride, a deficiency is also rare and it's

responsible for helping the stomach create hydrochloric acid.

So should I drink one?

Dr. Katz, a medical expert and professor at Yale, told "Good Morning America," "I have no doubt about the science of showing that these drinks may be uniquely beneficial for hydrating someone at risk of being dehydrated. But unless you are at risk of being dehydrated, there is no benefit here." Most consumers aren't drinking them as intended, and are intaking extra calories and sugars they don't need. He also pointed out that in our society, diabetes and obesity are more rampant problems than dehydration, so if you're looking for a

refreshing drink, try water, natural fruit juices, or fruit-flavored seltzers for a healthier alternative to that bright orange drink in the vending machine.

I usually opt for a glass of orange juice and some chips and salsa to replace electrolytes through diet, and when it comes to working out, nothing feels more legit than having cold water - a sip of Gatorade or Powerade doesn't do me justice, as I feel a need for something more natural and less sweet (and definitely not artificially colored). But then again, it's all about your preferences.

Contact BRENDA NORRIE at lavoz@fhda.edu

DeAnzaVoices

"Which Major League Baseball team do you support, what do you think their chances are this season?"



Victor Barron, 19, Undeclared

"My favorite team is the Oakland A's. Next season I think they're going to have a lot of challenges ahead of them with the new players coming to other teams in their division, but I think that if they play well and stay healthy they might be able to get into the wild card race."



Osvaldo Cordero, 21, Environmental Studies

"I support the Giants and I think they're going to do well this season. I feel like last season they got too cocky because they had just won. They're going to come back strong. Buster Posey's coming back and I feel like after he comes back they will come together and play a little better."



Roissin Mossina, 20, Nursing

"My favorite baseball team has to be the Yankees, because I was born in New York and I grew up with a New York family, so you've got to represent the home state. I haven't really been following them though, so I don't really know how they're going to do this season."



Michael Langraf, 19, Engineering

"I guess my favorite team is the Seattle Mariners, because that's where I'm from, but I don't necessarily know how good they're going to be this season. I haven't followed them in years, since Ichiro, Edgar Martinez, were running around. But I'm still always hoping they will do well."



Royce Reinhort-Brown, 20, De Anza Alumni

"I really support the Oakland Athletics, mainly because they have the brightest jerseys in all of baseball. Also their team has a really amazing, powerful and influential chapel."

SARA GOBETS, PHOTO EDITOR | LA VOZ WEEKLY

Dons athletes' eating habits exposed!

LEILA FOROUHI
STAFF WRITER

The daily eating habits of the Dons athletes includes lots of protein, carbohydrates and multiple meals and snacking throughout the day.

Dons football player Tommy Silvas, 20, kinesiology major, starts his day off with an oatmeal-protein shake before his morning workout. Then he comes back to have a full breakfast of eggs, potatoes and bacon.

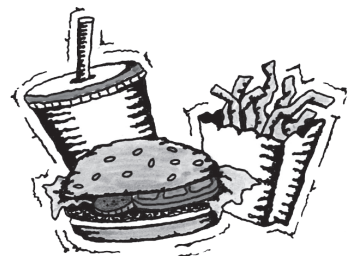
Silva frequents J&J Hawaiian Barbeque down the street for lunch between his classes. Following an

afternoon workout, he will have a protein shake for dinner.

Women's soccer team player Taryn Phillips, 19, psychology major, says she starts the day with cereal and orange juice and gets a deli sandwich from the campus cafeteria.

Phillips loves to eat spaghetti and homemade sauce for dinner. She occasionally splurges and eats ice cream or cookies for desert.

Nutrition is an essential role in maintaining good health, according to the Centers for Disease Control



and Prevention.

The government agency promotes healthy lifestyles as a preventative measure for disease.

CDC recommends establishing an eating plan that incorporates each of the four basic food groups: dairy, meat, grain, and fruits. It also emphasizes that individual diets may differ, and each person should make the right plan for themselves.

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Baseball: Dons beat the Mustangs 4-2

MINERVA RAZO
STAFF WRITER

Clutch hitting and an extinguishing defense made the differences when the De Anza Dons mens baseball team defeated the Los Medanos College Mustangs, with a 4-2 score at the De Anza home game on Feb. 24.

Following their opening run in the top of the first inning, the Mustangs held ground until the bottom of the fourth inning, when De Anza managed to tie the game.

The Dons would then take a 2-1 lead in the bottom of the sixth inning. An inning later, Dons' Gilbert Guerra delivered a two-out RBI, extending the 3 to 1 Dons advantage.

The Dons delivered another timely run courtesy of Chris Stavrenos, who struck a solo home run.

The score became 4-1 and the Mustangs had only one inning left until victory belonged to the Dons.

With the bases loaded and two outs in the, the Mustangs had their chance to take the victory from the Dons. The Mustangs salvaged one run before the Dons' defense retired the side, ending the last-inning threat.

"It was a battle," Guerra said. "Everybody did their job - good defense. Hit when we needed to. Good team effort."

When asked about the season, Chris Stavrenos said, "I think the season's good. I think we have a lot of potential. I think that we have nothing but up from here. We're going to get better."

Contact MINERVA RAZO at lavoz@fhda.edu



WAITING FOR THE PITCH - Mark Miliota (9) is up to bat for the Dons team.

Softball: De Anza Dons triumph over San Mateo Bulldogs 3-2



SPORTSMANSHIP - The Dons and Bulldogs congratulate each other on a good game after the Don's victory.

KEREN LOPEZ
STAFF WRITER

The De Anza Dons women's softball team claimed its second home game a victory over the San Mateo Bulldogs Feb. 21, with a score of 3-2.

The tight and exciting game began scoreless until the third inning, when the Bulldogs took a 1-0 advantage.

With the crazed cheering of the team members, the game proceeded onto the fourth inning, when the Dons managed to advance past the Bulldogs and score two runs, leading to a 2-1 score.

Both the crowd and team members roared as the fifth inning began. The Bulldogs managed to score a run

that tied the game. The Dons had not settled with the score and managed to score another run resulting in a 3-2 lead.

The crowd and the team members cheered in excitement and desperation for the remaining innings that yielded no results. The game came to a finish with the winning advantage for the Dons and ended with the standard handshake of both teams.

The Dons were ecstatic for their first win of the season, and said they had high hopes of nothing but wins for the remainder of their games.

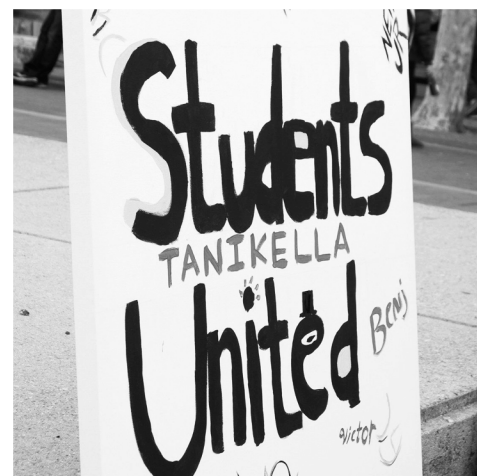
"It was great to come out for our first win and I'm looking forward to

more wins and going to the championships," said outfielder Kirstie Zimmerman.

Going against a strong rival did not intimidate the Dons. "It was a great win against our rival," said utility player Casey Showalter. "We did good as a whole but we could have hit a little better in the first round but other than that we did good."

Zimmerman and Showalter both said they have high hopes of making it to championships and will continue to play with enthusiasm and focus on winning.

Contact KEREN LOPEZ at lavoz@fhda.edu



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Facebook phobia isn't fear of not getting 'the job'



MARTIN TOWAR
 OPINIONS EDITOR

Facebook is big. Just look at the over-inflated asking price on the company's IPO filing. Despite its size, people still shun the site and the company has reported the near stagnation of account creations in the U.S. This begs the question: why would someone not be part of Facebook, or any other social networking site? After all, wedding invitations, job recommendations, baby pictures and even airplane seating is being done via social networks nowadays.

Following two articles from The New York Times and San Jose Mercury News describing the process companies take gathering information on a job applicant over the internet, some have fallen into the logic trap and believe they have an answer: if someone isn't on Facebook/Twitter/Google+/LinkedIn it must be because they regularly drink bottles of marijuana laced vodka while shooting off AK-47s at the American flag after bathing in puppy blood; or just have something normal to hide from employers.

This fear is sensationalist poppycock and it distracts from the real reasons people abstain from social networking.

Unfortunately for the adherents of this belief, the articles saved their last inches for detailing how most of the information employers gather on prospective employees comes from photo sharing sites, blogs or forum posts and not from Facebook and companies already require background and credit checks just to walk through the door to take the company's personality test before the interview even starts.

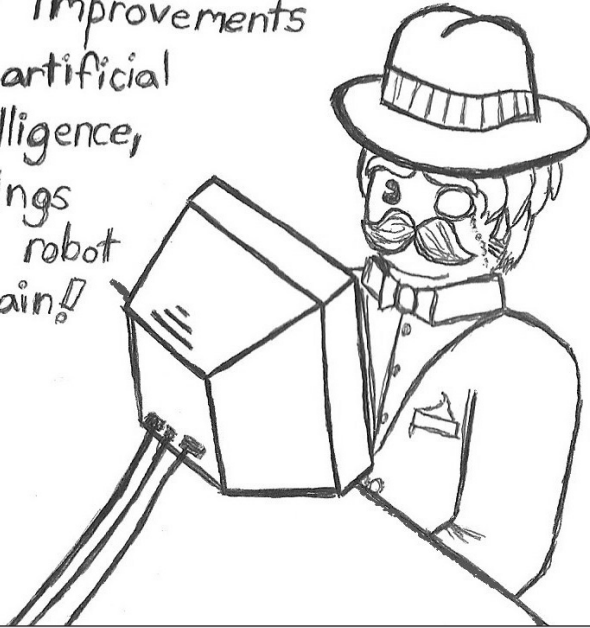
They also remind us that if an employer can't ask you a question during an interview – "So, are you gay?" – they can't hold it against you during the hiring process.

But anecdotes and testimony abound where someone didn't get the job they were aspiring to because of them holding rifles or drinking – something a hospital or finance company didn't want their employees doing.

Truth be told, in the ease-of-access digital age where mere seconds can turn a pot-smoking anti-Semitic who sells TVs at Best Buy into an Internet public relations nightmare, it makes sense that employers would want their employees to maintain a

Illustrator's opinion:

In a matter of years, we'll see vast improvements to artificial intelligence, makings of a robot brain!



damn snipers!
 ...or we could use it for video games. Yea, let's do that.

COMIC BY GREG ANDERSON, MULTIMEDIA EDITOR | LA VOZ WEEKLY

blemish free public face.

But a blemish free face won't save you since the problem is any footprint of you on the internet; for the same reason you are told to wear a suit or nice clothing to an interview.

Wearing a suit de-personalizes you to the interviewer and focuses the attention of the interview on the actual interview. Simply having pictures of yourself in pajama pants could dissuade a hiring manager from calling you back.

Not that employers will worry you will show up to work in PJs, though some of you might, but it gives the researcher a glimpse into who you are, allowing them to make a judgment of you.

If the company had come to find these personal aspects of you later, say after you were hired, it would either face a wrongful termination suit brought on them or management wouldn't even notice since their core judgement of you has already been made.

Having any trace of yourself on the Internet takes the prospect of not getting "that job" away from one's qualifications and places it square in the eye of the beholder. Someone

might not find holding an AK-47 and a bottle of Jack as a sign you're going to assassinate a senator, but one can instead see that you are an enthusiast with a taste for timeless liquor, making you a great fit for their company.

Some companies have obtained from the gut-reaction to photos and instead hired personality experts to analyze what kind of a person makes a duck-face in half their profile photos and what that means for their productivity. You are now just as likely to have that drunken photo of you in the hot-tub land you that job rather than lose it.

Not having a Facebook account does not mean someone is secretly Stalin's love child plotting a communist resurgence and is afraid of long-term unemployment but, and I know this will sound crazy, that person might have an aversion to being stalked and/or a desire to connect on a genuine personal level with someone.

Contact MARTIN TOWAR at lavoz@fhda.edu

Foothill-De Anza Board of Trustees ain't broke, does not need fixing



BRIAN ROSE
 FREELANER

The Foothill-De Anza Community District's election of trustees, unlike the rest of representative elections we are used to, is on an at-large basis rather than district voting. And as with all at-large elections, there is always the danger of representatives coming from a small self-selected group who know each other, live in the right neighborhood, went to the right schools and all others need not apply.

Instead of being representatives, they act like they are elected nobility ruling over the masses from on high.

However, this is not the case with Foothill-De Anza, our trustees are not a board of nobles spending taxpayer money on the Taj Mahal of posh offices, while ignoring the needs of students, instructors and the community.

The district is compact enough that voters are represented in spite of the absence of local districts elections, yet large enough that the board will always be diverse. Our district is not the rigid high school districts of Los Angeles where poor minorities are ruled over by

the wealthy and white.

The current trustees have a strong background in education and community service setting a precedent that, hopefully, future elections will keep. It is unlikely that in our district we will see the election of an entire board that would seek to run our colleges as a company, maximizing outcome while minimizing costs.

However, in some districts this is not the case and the

It is unlikely that in our district we will see the election of an entire board that would seek to run our colleges as a company.

state government has attempted to rectify the problem by allowing college districts to opt in to district voting. While a study should be done on what the districts would look like, and should be commissioned even with the study's \$30,000 price tag, full implementation is not something our board should consider as a whole.

De Anza students come from as far as Hayward and Gilroy; there is no way the board of trustees will be representative of everyone. Instead of viewing this as a detriment, I believe this gives our board a greater sense of statesmanship, one it has diligently practiced.

Contact BRIAN ROSE at lavoz@fhda.edu

The right yoga instructor can save time and avoid pain, injury and misery

BRENDA NORRIE
STAFF WRITER



Now that yoga has gone mainstream and become popular with college students, moms and athletes, it's no surprise the New York Times published the article "How yoga can wreck your body." Many people still think of yoga as a hippie activity and forget that, as with any exercise, yoga can be dangerous — especially to the over-achiever and the under-trained.

This is why I'm not fond of yoga home videos for beginners. Yes, yoga classes are expensive, but trying "the plow" — the one with your feet over your head — can be dangerous if done improperly and should be practiced for the benefits it yields over time, not for short term appeal.

Yoga instructors can prevent injury to the those fresh into exercising by showing alternatives and modifications to a pose which can't be found on mail order DVDs. A good teacher

will also guide you step-by-step so you're not lost or inaccurately holding a confusing pose.

If I can't touch my toes I shouldn't expect to walk into a quiet yoga session being able to do a perfect downward dog, nor should I expect to do that within a month as it takes time and perfect practice to perform even basic poses well.

And just like other classes, your love for or hatred of yoga depends entirely upon the instructor.

While more advanced yoga poses such as vertical splits and aerial yoga classes are appealing, they also pose greater risk. I'm just now getting into them and I've been practicing every week for three years.

While yoga has many benefits — my regular practices have definitely decreased my anxiety

and stress levels — it is still an exercise and it should be monitored to keep the student on track and safe.

Attending a class keeps you in check and accountable, and the instructor can give feedback on progress. I don't have the discipline to do that on my own and come summer I'll let days slip by without stretching if not in a class.

And just like other classes, your love for or hatred of yoga depends entirely upon the instructor. If it feels like a chore, rather than a fun workout to explore, find a new instructor. The inexperienced instructor can also be a danger, as they will lack the knowledge to provide you with pose modifications that can keep you safe.

What you want when you find a class is an instructor who will make you appreciate the ancient and spiritual enlightenment that yoga provides.

Contact BRENDA NORRIE at lavoz@fhda.edu

Open house for wayward students

RYAN BLAIR
STAFF WRITER



To all De Anza College students who have any interest in writing, reporting, broadcast or simply learning to hear and tell stories: attend the La Voz Weekly open house March 8 from 10:30 a.m. to 12:30 p.m. in room L-41.

I joined La Voz during the fall quarter of 2011 after going through a crisis: I was unhappy with my current major and I didn't get into any of the classes I needed for it. I had a wasted quarter ahead of me, and the summer before I found myself intrigued by the works of "Gonzo" journalist Hunter S. Thompson, stirring up a hunger for journalism in me.

I decided to join La Voz with the intention it would be a diversion for myself that quarter before I would return to my business major classes in the winter.

Things did not go as planned. After only a few weeks with the paper I officially changed my major to journalism.

I am now in my second quarter as a staff reporter for La Voz and plan to continue until I transfer.

In my short time with the paper I've been privileged to speak to many interesting people and attend events I never would have known otherwise. Being a reporter for La Voz has opened my eyes to see De Anza as more than just a placeholder for a four-year university.

You may see La Voz as just a student endeavor but the paper, as with all experiences, is limited only by our own unwillingness to jump into the possibilities that are presented.

I urge you to attend our open house and become involved in something that students have not only a control over, but also a responsibility to continue improving.

Contact RYAN BLAIR at lavoz@fhda.edu

EDITOR'S CORNER COLUMN
EMPHASIS ON OUR SHADOW WEB 2.0
MAX KEIL



In the last issue of La Voz Weekly I wrote a story about a speech Dr. Jeff Duncan-Andrade made at De Anza College, but not everything he said made it into the article.

In this case, what was left out was Duncan-Andrade's argument that in the U.S., people are taught to be ahistorical or know "no history before America." This stuck with me.

As many of you know, the California State University system requires De Anza students to have taken history 17A, B, or C before they can transfer. These classes collectively cover the entire history of the U.S. and the same subjects that many U.S. students are taught from the first grade.

College is an incredible opportunity to learn about cultures that aren't even touched on in one's remedial education. Yet instead of encouraging students to become better versed in the history of a foreign country, De Anza pushes the history of the U.S. upon every student wishing to transfer.

Now, as a U.S. citizen it is clearly important to have some grasp of U.S. history and government, but the history doesn't change from grade school to high school, and, as someone whose German and Portuguese grandparents didn't move to America until after World War II, I don't want to be forced to relearn the the American Revolution for the 10th time in my academic career because I couldn't get into one of the slightly more interesting history classes that every other transfer seeking student is cramming into.

America's founding fathers are not my forefathers, and I'm not sorry for having a greater interest in the latter.

I don't blame De Anza for not offering history of Germany or Portugal classes, or for having these transfer requirements. De Anza does a decent job of offering courses reflecting the background of its students with classes such as modern Latin history, history of Asian civilization and history of Africa.

No, the problem is systemic in U.S. education. Instead of requiring that students learn the history of the U.S. colleges should require students to learn the history of a different country, perhaps even one that they actually have ancestors from.

Contact MAX KEIL at lavoz@fhda.edu

De Anza's pedestrian dangers: streets, cross walks, parking lots — sidewalks?

GREG ANDERSON
MULTIMEDIA EDITOR



De Anza College's streets can only be as safe as the people who are lugging two-ton blocks of metal and explosive liquid though the lanes make them.

In most cases, safety is not much of a concern for the pedestrian. Then again, most people drive on the streets and not the sidewalks.

Sure, being hit on the sidewalks happens much less than other forms of automotive accidents, but many people who ride bikes, skateboards, or rollerblades will opt for the sidewalks because vehicles just can't stay out of the bike lanes.

The most dangerous places for pedestrians and cyclists are at the corners during red lights. If walkers, bikers, skateboarders and other recreational riders were unfortunate enough to cross the street when the lights say "go," they could be slammed by an un-welcoming bumper.

Even when drivers are not blatantly breaking the law, little to no regard is given to us pedestrians. Drivers seem to see the act of crossing the street

as an affront to the vehicle's natural right of way. I have taken to the habit of staring these drivers down, wondering if they see me while they drive by. While it does nothing to stop the behavior, at the very least I've developed one fine stink eye.

But despite a place where people are supposed to pull less than 15 miles per hour drivers still universally act entitled and self absorbed when behind the wheel.

The De Anza parking lots have seen plenty of accidents, including just recently, an extreme case

involving damage inflicted to several parked cars by a blue Camry that slammed into the broadside of a car, nicking the tail of another one and pushing it into another two cars before fleeing the scene. Strangely enough, this is not the worst accident I've seen in the surrounding area, though safety has gotten better since the cell phone driving laws were implemented.

But despite a place where people are supposed to pull less than 15 miles per hour, drivers still universally act entitled and self absorbed when behind the wheel.

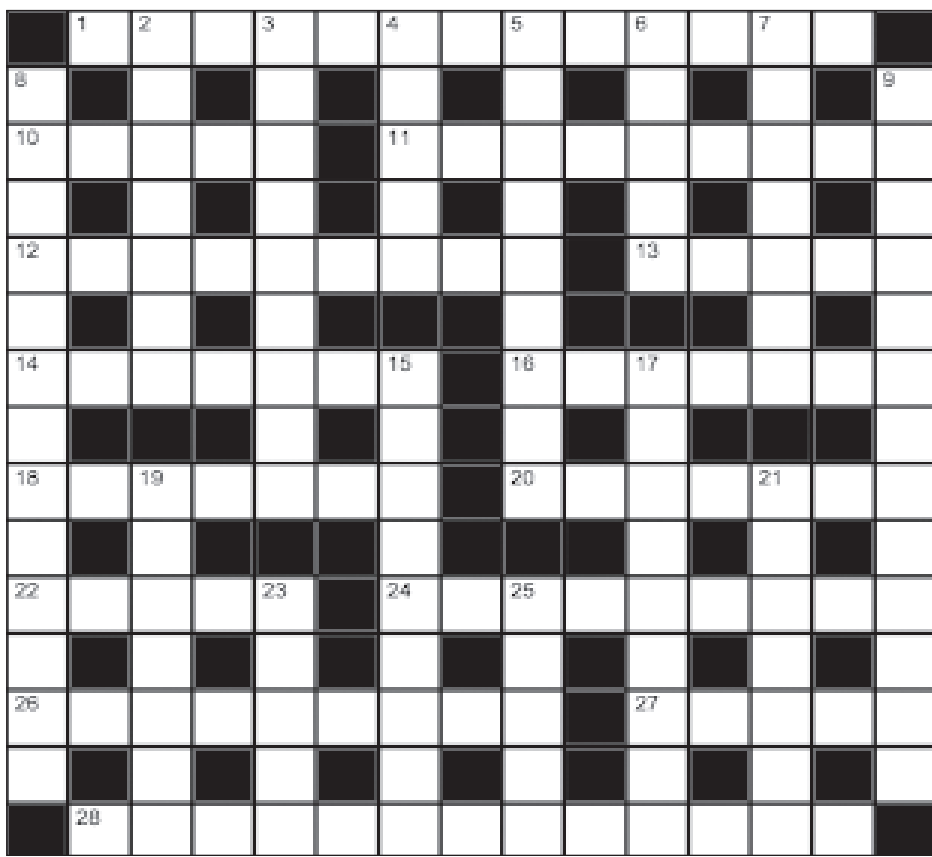
Slow down De Anza!

We know you're stressed, and that you may be late for a class or late to catch a new episode of Dexter, or something, but all the folks you have a chance of hitting likely prefer spending their afternoons at home rather than in a hospital room.

At whatever speed, is it not a lot to ask of drivers to stop for a few moments and let a pedestrian, who's stressed, and may be late for class or a new episode of Dexter, cross the street unmolested?

Contact GREG ANDERSON at lavoz@fhda.edu

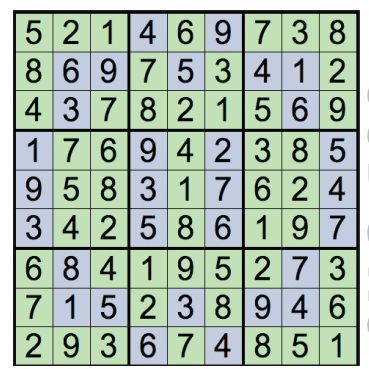
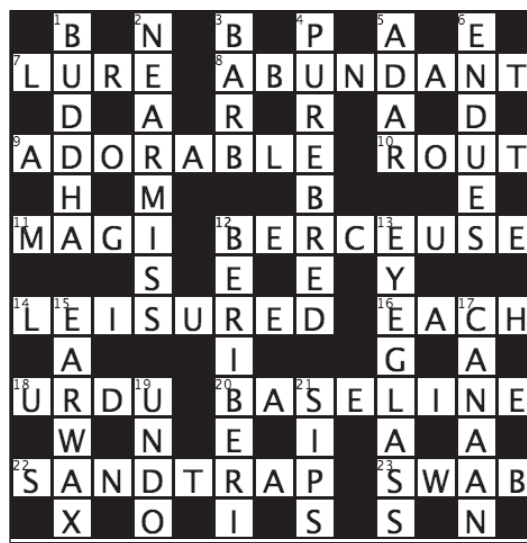
Crossword (Potpourri)



- Across**
- Dustin Hoffman in "Tootsie" and Tony Curtis in "Some Like it Hot" e.g.
 - Agenda entries
 - Hardly graceful
 - Largest item in some trail mixes
 - Constructed
 - Gwen Stefani's band
 - Like some fertilization
 - Dramatic scene
 - Dannon product (var.)
 - Artist's stand
 - Power, so they say
 - Made another adjustment
 - Fertilizer ingredient
 - Doesn't understand

- Down**
- May birthstone
 - Scratch or gash, e.g.
 - Occupy the throne
 - Take one's breath away
 - Dork
 - Pragmatist
 - CBS sitcom about physicists, with "The"
 - Technologically advanced
 - Big rig service station
 - Watchfulness
 - Long-grain rice of the Punjab
 - Not listing date of creation or expiration
 - Peruvian beast
 - Any Platters platter

Answers from last week:



SUDOKU ANSWERS

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

- Include name and email on - submissions.
- Winners picking up tickets please visit the newsroom on the following days:
Tuesdays/Thursdays between 9:30 a.m. and 1:20 p.m.

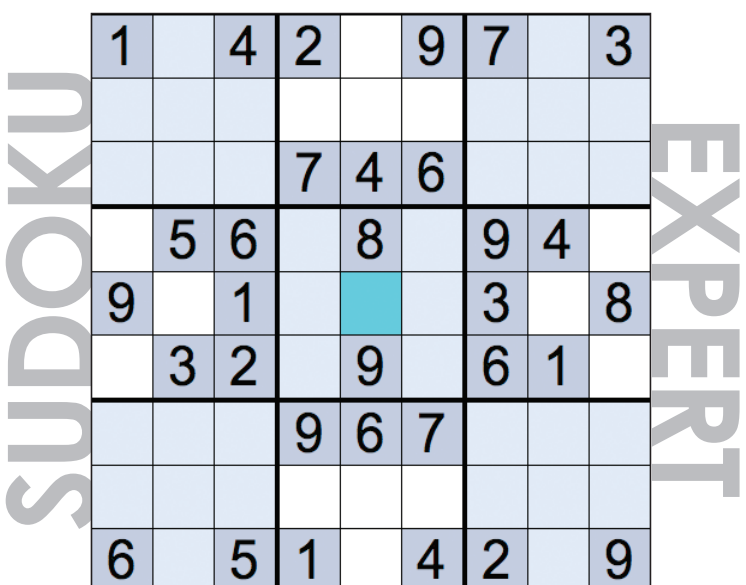
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Submit a crossword? Check our Facebook profile for a list of winners from the week. See your name, and come claim your prize!



SUDOKU

EXPERT



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JOUR 62

Newspaper and Media Freelancing - 1 unit
Online distance learning class
Required orientation Thursday April 12, 6-7 pm. in Room L-26