



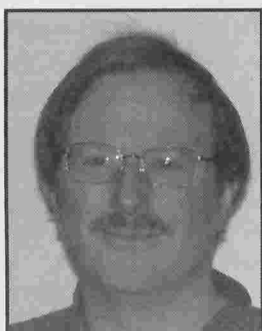
LAVOZ

The voice of De Anza College
A First Amendment student newspaper

February 4, 2002
Volume XXXV - Number 14

Instructor hosts reading, signing to celebrate latest publication

Full-time English instructor Ken Weisner will hold a reading and signing session to introduce his latest publication "The Sacred Geometry of Pedestrians." The event will take place today in room L34 from 6 p.m. to 7:15 p.m., during the first part of Weisner's poetry writing class. A note will be posted on the door in case of a location change.



Ken Weisner

See next week's La Voz for full story

Center helps find major, career

by Vanessa Apkenas
STAFF WRITER

Students who want to choose a major can explore career choices with two specialized computer programs available at the Career Center: EUREKA and DISCOVER.

EUREKA enables students to learn more about particular job fields and preparatory programs available.

DISCOVER assesses job opportunities and occupational information, such as whether a demand for workers will or will not increase in a particular field.

The Career Center offers job searches and posts current local job listings for students and community members each week in "The Bay Area Jobs Weekly."

Those interested can access these lists at the Center and can find them on the Internet at www.deanza.fhda.edu/career.

From the Center's Web site, students can also find links to other job search related Web sites and find articles about properly constructing resumes and giving intelligent interviews.

According to Career Center Coordinator Cindy Lister, more people are coming to the Center due to the current economic environment.

Students can also participate in the Cooperative Education program. This program allows students to earn up to four CSU

transferable units per quarter for their job or volunteer commitments. Program coordinators require students to work 50 hours for each unit of credit and complete a project, as well as a self-evaluation report.

In addition, the Career Center offers specialized counselors. "Career counselors at agencies can charge from \$50 to \$100 per hour, but our services are free.

People should take advantage of this great opportunity," said Lister. The center provides participants with a fax machine, phone and a copier to aid in the job searching

process.

Lister said that about 100 students visit the center a day. The center will be expanding resources to provide more books and instructional videos.

The Career Center will offer several workshops open to the public in the near future, including "The Best You on Paper-Resume" on Thursday, Feb. 7, and Mar. 7, and "How to Ace That Interview," on Feb. 21.

The Career Center also sponsors a job fair on campus twice a year. The next job fair will take place on Wednesday, May 8. "The last job fair in October was very successful," said Lister.

The Center is open Monday, Tuesday, and Thursday 8:30 a.m.-4 p.m., Wednesday 10 a.m.-7 p.m. and Friday 8:30 a.m.-3 p.m.

For further information, call 408-864-5711.

DASB scholarships due this Friday

by K. Joleen Bennett
STAFF WRITER

The deadline for applying for the \$17,000 in De Anza Student Body scholarships is next Friday, Feb. 14, at 4 p.m.

DASB will award 23 full-time student scholarships of \$500 each, five 4.0 grade point average scholarships of \$500 each and two part-time student scholarships of \$250 each. In addition, 25 book grants of \$100 each are available.

Applications are available from a large rotating rack to the left of the Financial Aid Office, which is located on the lower level of the Hinson Campus Center.

Students can apply for all scholarships; however, only one DASB scholarship may be awarded per student each academic year.

All applicants must be a current DASB member, submit a letter of recommendation with their application and be a member of an on- or off-campus activity or local community service organization.

A De Anza College staff member, community leader or employer may complete the recommendation letter.

"[Students should] ask for a letter of recommendation at the time of the activity," said Student Activities Specialist La Donna Yumori-Kaku. "Start documenting [in] a journal all of the things you do ... a scholarship folder," she said.

Students applying for the scholarships must also include a personal statement of up to two pages. Yumori-Kaku says, "You need to take the time to do your homework [on the personal statements]; filling out the application the night before the deadline is not the best way."

Also, it may be helpful to "have someone read your essay," said Yumori-Kaku.

"[We] are looking for someone who is doing something ... giving back ... using life-long skills," said Yumori-Kaku. Remember to include volunteer work in your application. "Read the application," she says, as not all personal statements are asking the same question.

Another hint is to type the application rather than handwrite it, though either will be accepted. Yumori-Kaku

says it can be read easier and shows that the student spent time and put effort into the application.

If anything, Yumori-Kaku wants De Anza students to not be discouraged.

"If you try for a scholarship and don't get it, try again. Don't give up," she said.

The full-time student scholarship requires that the student has a GPA of 3.0 or higher from De Anza, and the part-time student scholarship requires a GPA of 2.5 after at least six De Anza units. The scholarships will be awarded at the end of March.



Massage offers relief for sore muscles, aches, stress

by Ling-Mei Wong
STAFF WRITER

The De Anza College Massage Therapy Clinic, located in PE-12L on the ground floor, offers 45 minute massages to students, faculty, staff and community members.

Appointments are available for Tuesdays and Thursdays at 9:30 a.m., 10:30 a.m. and 11:30 a.m. The clinic prefers appointments in person or by phone.

Massages cost \$10 for students, \$15 for faculty and staff and \$20 for community members. Students need to show their current student body card to enjoy the benefits of a massage.

The clinic is an extension of a



Ling-Mei Wong / La Voz

Two advanced massage therapy students tend to their clients as part of the Massage Therapy Program. Students learn about anatomy, kinesiology, hygiene and diseases.

series of massage classes, where students learn anatomy, kinesiology, specific massages, hygiene and details on different diseases.

Those who are interested can call 408-864-5646 to make an appointment. The clinic ends on March 21.

Out of balance, out of mind?

Feature
Mental illness:
pages 4 and 5



Costly Measures

Perspective
Pro/Con on
Measure E: page 3

Clubs take to court

Campus
Club Day:
backpage



When a culture becomes a trend

two students' perspectives on Asia's sudden popularity

by April Lofgren
STAFF WRITER

Anime. Acura Integras. Sanrio. Do you see anything in common? A trend is sweeping across California.

From Chinese character tattoos, to a slew of new Kung Fu movies, it seems that one cannot go anywhere without finding one of these Asian influenced products. Is being Asian the latest thing and should people be offended by it?

From the view of a white girl fascinated with Asian culture (meaning the guys), I feel that people who wear or drive Asian clothes or cars should not be considered "wannabes." Humans are humans, and we should remember that products do not make who we are.

The fact that I hang out with Asian people, plan on getting a Civic and eat Pho often does not make me Asian washed; it makes me someone with atypical preferences.

I personally become offended when people treat me harshly because of my choices. I am an avid chatter and am constantly in the Asian chat rooms for no particular reason other than the guys. I

The fact that I hang out with Asian people, plan on getting a Civic and eat Pho often does not make me Asian washed; it makes me someone with atypical preferences.

remember more than one occasion when I was in a chatroom

and someone with a screen name like "AzNpRiDe4o8" instant messaged me, asking the most popular question in chat: "a/s/l/n?" (age, sex, location, nationality).

Why should my race matter so much? That guy would only talk to me if I was Asian and

by Ling-Mei Wong
STAFF WRITER

From an Asian's perspective, I have gotten used to seeing Caucasians using "Asian" products that aren't really Asian.

For starters, when I heard

For example, three boys watched "Crouching Tiger, Hidden Dragon" and were inspired to learn Kung Fu. They came to Taiwan for the sole purpose of showing off.

It's nice that they can break bricks with their bare hands, but I doubt they've seen all of the Asian culture.

I'm not trying to put down mah-jongg bracelets, character themed products, or even Kung Fu lessons. I'm taking beginning Karate myself.

However, if they think that they are Asian by wearing or doing those things, they should think again. Scores of my Chinese, Korean, Japanese and Singaporean friends have never touched any of the above and are 100 percent Asian. I represent my culture 24/7 and I have nothing to prove.

Although I don't fit the Asian stereotype of driving a "rice rocket,"

"As long as I know what I am and am happy with it, I don't feel having Asian pride is necessary."

- Ayako Sasaki,
freshman at SFSU

having a through-the-roof SAT math score or worshipping Pokemon, I think that the words of Ayako Sasaki, a freshman at SFSU, sum up my opinion perfectly, "As long as I know what I am and am happy with it, I don't feel having Asian pride is necessary."

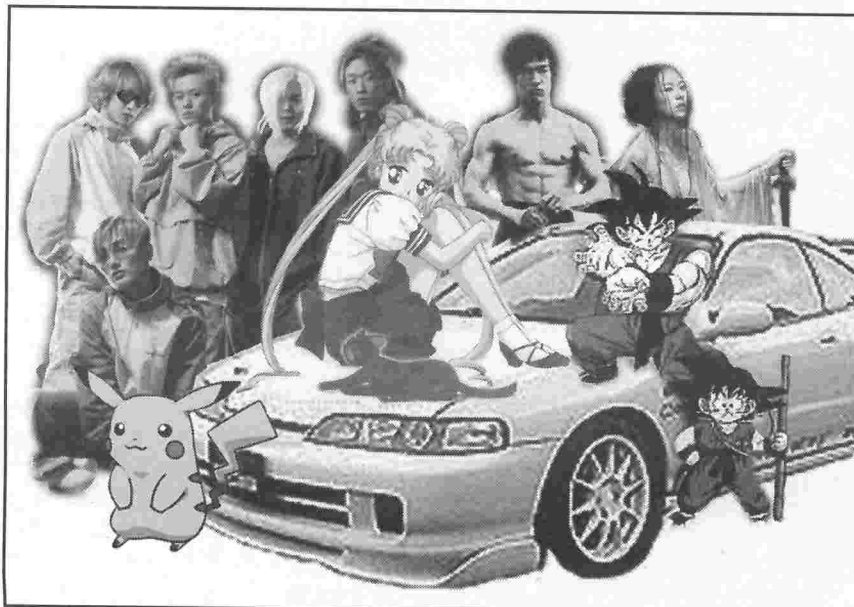


Photo illustration by Erwan Leone and Grace Chung / La Voz

Images courtesy of <http://www.geocities.com/wallstation/index2.htm>, <http://www.mamoru.net/>, <http://www.itrca.com>, <http://brucelee.com/>, <http://www.dreamwater.com/catlady17/pictures.html> and <http://movies.yahoo.com/shop?d+hv&id+18004241228cf+pstills>.

since I'm not, he felt I had no right to be in that chat room.

Being proud of what nationality you are is one thing, but refusing to talk to other people outside your race is completely different.

Regardless of nationalities, we are all people. To me, it's OK to be white and wear Ecko, just like it's OK to be Asian and wear Abercrombie. This trend isn't something to get offended by, or

even worry about; people like what they like.

about mah-jongg bracelets, I thought "Huh?" Hailing as I do from Taiwan, I've never seen these before. I also see incorrect usage of Chinese characters on tattoos, shirts and jewelry and it irritates me. I can tell the difference between the character for "flower" and what the symbol on the shirt claims it means. This means nature and our symbolic bond? Right.

Something else that bothers me is when people learn one thing about the culture and then act as if they know everything.

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. 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. Opinions and viewpoints expressed by staff and contributors are the opinion of the individual, and not necessarily the

opinion of La Voz. For advertising rates, 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 partially funded by the DASB. La Voz is printed on recycled paper. Please recycle. Subscriptions are available. Contact Office Manager, Deborah Perez, at 408-864-5626. ©2002 by the La Voz staff. All rights reserved. No part of this publication may be reproduced without permission.

La Voz Staff

Editor-in-Chief:
Jasmin Bodmer
lavoz@fhda.edu

Managing Editor:
Caroline Perez
managinglavoz@hotmail.com

News Editor:
Allison dePeralta

Opinions Editor:
Grace Chung

Features Editor:
James Newburg

Entertainment Editor:
Sara Spivey

Sports Editor:
Michael Grevelink

Staff Writers:
Ebru Akcasu
Vanessa Apkenas
Kathleen Joleen Bennett
Matt Fink
Kiaran Freitag
Krystal Gibbs
Reza Kazempour
Erwan Leone
April Lofgren
Amy Magruder
Sundip Singh
Thao Tran
Ling-Mei Wong

Photographers/Graphic Artists:
Tina Garcia
Derek Lubich
Camillie Mann
Jack Wong

**Technical Consultant /
Production Manager:**
Joseph Bruna
lavoz_labtech@yahoo.com

Advertising / Office Manager:
Deborah Perez
lavoz_ads@yahoo.com

Adviser:
Beth Grobman-Burruss
grobman@fhda.edu

Editor Emeritus:
Robert Haugh

La Voz strives to be accurate. If you notice any mistakes, contact the Editor-in-Chief at lavoz@fhda.edu.

Would you like to join La Voz? Interested in being a part of an award-winning staff? Open positions include staff writers, photographers, artists and freelancers. Contact Editor-in-Chief, Jasmin Bodmer, at 408-864-5626 or e-mail lavoz@fhda.edu or Managing Editor, Caroline Perez, at managinglavoz@hotmail.com.

Does future end justify inopportune means?

lack of state funding means much needed future benefits outweigh current inconveniences

PRO: desperate times call for desperate measures

by Krystal Gibbs
STAFF WRITER

While Silicon Valley continues to experience economic turmoil, Measure E will sustain De Anza in the areas of construction, renovation and maintenance.

Because of recent budget cuts from California community colleges, the lowest-funded of the public educational sector, many students are experiencing discomfort in the classroom from lack of space, instructional equipment, proper ventilation and damaged roofs. De Anza will, for the most part, steer clear of all of these problems with the simple explanation of Measure E.

Measure E is a \$248 million bond that local taxpayers approved in November 1999. The school will use it to repair and rehabilitate its facilities to meet current health, safety and instructional standards.

Sadly, De Anza has not received a bond since 1972. So when a \$248 million bond is channeled into our district, we must look toward the future and cope with any inconveniences.

However, more square footage added to De Anza means more state funds. There will be newer equipment and up-to-code facilities, which will directly affect the quality of education. In addition, Measure E will qualify the Foothill-De Anza District to receive state-matching funds.

Some of the projects underway include faculty office renovations, Child Development Center expansion, a new parking deck, a VTA transit center and a student and community services building.

The only problem with Measure E is that it is long overdue ... it must be a priority of the district to increase access to community college education and keep facilities up to code.

Facilities must be repaired and updated to meet the latest advances in technology and the increasing demand for high-tech courses. Seismic, health and safety upgrades are also necessary to meet state and federal requirements to safeguard students, faculty and property.

During recent quarters, available parking has been near impossible to find. Enrollment increases have severely congested traffic on campus, helping the issue to become a major focal point in the Environmental Impact

Reports and with the board of trustees.

Logical solutions to this problem are to both add vertical space on a new parking deck and encourage students to rely on public transportation with the new transit center.

Last year, enrollment increased about 5 to 6 percent, about 3 percent higher than usual. Currently, there are approximately more than 20,000 students enrolled at De Anza. However, the campus was originally built to accommodate 10,000 students in 1967. By 2010, administrators estimate the popula-

tion to be at 32,000.

Together, lack of space and funding has already mildly resulted in fewer equipment-intensive classes scheduled, leading to over-crowded classrooms. Science and computer classes, the cornerstone of Silicon Valley's industries, will be most distressed.

With a new Science Center, there will be more classes scheduled and more equipment available. The center will feature chemistry and laboratory classrooms, computer labs, a learning center, faculty offices, work areas and all necessary support areas.

In the athletic department, the projects include repairing the swimming pool, the construction of more lockers and gutting the electrical and plumbing systems to meet current standards.

Orange cones, fumes and noise are inconveniences students will have to tolerate in order to gain the conveniences that will benefit generations to come.

The only problem with Measure E is that it is long overdue. California community colleges represent five times the amount of students than the UC system, yet are funded three-fourths less per student by the state. Community colleges are not exactly California's top priority; therefore it must be a priority of the district to increase access to community college education and keep facilities up to code.



Courtesy of Mike Brandy / La Voz

bigger, better De Anza of tomorrow bungled by parking, overcrowding hassles of today

by James Newburg
FEATURES EDITOR

Examined on its own merits, Measure E appears to be a tremendous windfall that has paved the way for De Anza College to make much-needed improvements to its campus.

The bond measure, approved by Foothill-De Anza Community College District voters in November of 1999, has given the school \$248 million to make improvements over the next few years.

However, in its quest for a bigger and better De Anza, the school has failed to give due attention to a serious problem.

Parking, or a lack thereof, has plagued students since Measure E construction got underway.

It has been a mixed bag of decisions that has

caused this grand inconvenience. Some of these decisions were unavoidable, others self-inflicted wounds caused by poor planning.

For example, it was unavoidable to displace some faculty members to portable buildings in the parking lot, while their offices, originally slated for completion last November, are being refurbished.

On the other hand, it was eminently avoidable for the school to approve the building of a parking structure in Parking Lot C at the time that it did. This was done even as the so-called "Mod Quad" that has housed faculty offices and language arts classes continued to occupy roughly 300 parking spaces in Parking Lot A.

This illogical sequence of events has set off a lethal chain reaction that threatens to turn the parking lots of this school into even more of a hectic, nerve-fraying free-for-all.

First of all, the 300 parking spots that the Mod Quad sit upon are out of use and will remain so until renovations are completed on the faculty offices in the L Quad. According to the Measure E Web site, construction is expected to be completed during fall quarter 2002. Even with this timeline, the school still feels the need to begin construction on the new parking structure in winter quarter 2003.

The school is taking the chance that the work done on the faculty offices will be completed on time, which is far from a safe bet given the school's track record and today's economy. If there is even a slight delay in that project, the student parking lots could be without 400 to 600 spaces beginning winter 2003.

In its quest for a bigger and better De Anza, the school has failed to give due attention to the serious problem ... Parking ... has plagued the students since Measure E construction got underway.

The school's solutions for the current parking shortages thus far have been little more than bandages on the proverbial shotgun wound. To deal with the current problem, De Anza had allowed students to park on the grassy embankments surrounding the parking lots for a limited amount of time.

What the school proposes to do while this new parking structure is being built is to displace the tennis team to Compact Parking Lot C. One can only hope for better results.

It is important to acknowledge that most De Anza students did not decide whether or not Measure E would pass. Because the students were disenfranchised at that stage of the decision-making process, it is incumbent upon the school and the student government to take action in order to meet the needs of the student body.

For example, the school should actively promote its carpooling service at www.collegerideboard.com, which is currently being used by only a few more than a dozen students.

Also, if the school is not doing so already, it should pony up the extra money for construction workers to work on weekends. This would help to expedite the process in a meaningful fashion. Taking these steps would be meaningful gestures made by the school to make sure the students get through this parking free-for-all relatively unscathed.

After all, the construction may be completed in the end, but how the school gets there should count for something.

CON: future improvements not worth current hassles

Your **MEASURE E** Dollars at Work

MEASURE E RENOVATING REBUILDING REMODELING

PROJECT: Faculty Office Renovations

PROJECT DESCRIPTION: To renovate 97 faculty offices with new mechanical units, carpeting, painting, etc.

PROJECT TIMELINE: Begin July 2001 End November 2001

DeAnza College

Robert Haugh / La Voz

Though this sign says the faculty offices were scheduled for completion last November, renovation continues to this day.

Understand it, don't glamorize it



Jasmin Bodmer
EDITOR-IN-CHIEF

Due to the recent Golden Globe ceremony and the upcoming but already highly hyped Academy Awards, mental illness has once again been bestowed with a touch of glamour and grandeur.

Thanks to Hollywood's latest portrayal of a troubled but nevertheless a beautiful mind, we remember how to spell schizophrenia.

We marvel how actor Russell Crowe masterfully renders the perfect eye twitching, but often fail to notice when our own family members, friends or neighbors expose the same symptoms.

We watch the story of Nobel Laureate John F. Nash in a darkened movie theatre, unaware that those closest to us may be sitting in a similar place of darkness. For them, however, the lights may not come back on after two hours.

Mental imbalance can range from a simple mood shift women may feel monthly, to a severe state of desperation that brings out the worst in people. The tragedy behind mental illness is that, for some, the symptoms seem more easily treatable than the stigmas and stereotypes attached to it.

Dispersed between the occasional ill-behaved and overreacting child or the plainly psychosomatic patient, we find those who truly suffer. They suffer not only because they are unable to control their mental imbalance but also because society brands them as failures, too weak to help themselves out of their misery and get back to their everyday lives. The truth is that mental illness is, for some, more part of everyday life than they can handle.

De Anza College has seen its own share of unfortunate events linked to mental illness. Last spring, a troubled 19-year-old student allegedly plotted to execute a bomb attack and killing spree on campus.

After his arrest, he was diagnosed with depression and remained in the mental health unit for the first four months of his incarceration. Police said he spent two years planning the attack. Perhaps the reason no one noticed his alleged intentions lies in the "air of normalcy" he said he put on at home. "I didn't reach out, and they [the family] didn't ask."

Last December, a sociology instructor, who had been suffering from depression, passed away. Her students and colleagues were equally taken by disbelief and sadness about the news of her parting. "I failed to recognize the signs," said David Tully, a political science instructor. But then again, signs are not always obvious. "[She] just had that warm and friendly way about her," contemplates Tully.

Mental illness deserves open dialogue, not just whispers, frowns and sad afterthoughts. We devote part of this issue of La Voz to mental illness and hope that mental illness will lose its clichés and will be looked at differently. On screen and especially off screen. We encourage our readers to learn about mental illness and develop an open eye, mind and heart to people surrounding them.

The first step is to know how to spell the name of a mental illness, the second to understand what it is and what it entails. The third is to recognize it when we come across it, and to know what we can do to help.

When the mind

Schizophrenia

Approximately 1 percent of the population develops schizophrenia during their lifetime – more than 2 million Americans suffer from the illness. Although schizophrenia affects men and women with equal frequency, the disorder often appears earlier in men.

Symptoms include hearing internal voices, believing that other people are reading one's mind, controlling one's thoughts, or plotting to harm them. This may leave them fearful and withdrawn. Their speech and behavior may become incomprehensible or frightening to others. Treatments can relieve many symptoms, but most people with schizophrenia continue to suffer symptoms throughout their lives; no more than one in five individuals recovers completely.

Information from the National Institute for Mental Health.

Anxiety Disorders

Anxiety disorders are serious medical illnesses that affect approximately 19 million American adults. These disorders fill people's lives with overwhelming anxiety and fear. Anxiety disorders are chronic, relentless, and can grow progressively worse if not treated.

People with panic disorder have feelings of terror that strike suddenly and repeatedly with no warning. Many people develop intense anxiety between episodes, worrying when and where the next one will strike. Panic attacks can occur at any time, even during sleep. An attack generally peaks within 10 minutes, but some symptoms may last much longer.

Panic disorder affects about 2.4 million adult Americans, and most often begins during late adolescence or early adulthood. It is twice as common in women as in men. Risk of developing panic disorder appears to be inherited.

Social phobia, also called social anxiety disorder, involves overwhelming anxiety and excessive self-consciousness in everyday social situations. People with social phobia have a persistent, intense, and chronic fear of being watched and judged by others and being embarrassed or humiliated by their own actions. Their fear may be so severe that it interferes with work or school, and other ordinary activities.

Social phobia can be limited to only one type of situation, or, in its most severe form, a person may experience symptoms anytime they are around other people.

Physical symptoms often accompany the intense anxiety of social phobia and include blushing, profuse sweating, trembling, nausea, and difficulty talking. If you suffer from social phobia, you may be painfully embarrassed by these symptoms and feel as though all eyes are focused on you. You may be afraid of being with people other than your family.

Social phobia affects about 5.3 million adult Americans. It usually begins in childhood or early adolescence, and there is evidence that genetic factors are involved. Women and men are equally likely to develop social phobia. Social phobia often occurs with other anxiety disorders or depression. Substance abuse or dependence may develop in individuals who attempt to "self-medicate" their social phobia by drinking or using drugs. Social phobia can be treated successfully with carefully targeted psychotherapy or medications.

Information taken from the National Institute for Mental Health.

Mental health services offered through De Anza College

by Reza Kazempour and Sara Spivey
STAFF WRITER AND ENTERTAINMENT EDITOR

Recent events involving De Anza faculty and student reaction to mental illness, especially depression. "There so number of students in crisis situations," said Richard counseling center. He continues, "There's a number of students ... family lives, things happening in society ... the to the college as a student."

The Counseling Department, Health Services Office the three primary points of contact at De Anza College with mental illnesses, such as depression or anxiety disorders.

The Counseling Department is located in the Administration building. Counselors have master's degrees in counseling and at least one marriage, family, and child counselors. In addition, there is a counselor, not just the counselors who are MFCC's, are also responsible for the code to counsel in academic, career, and personal issues.

"When students come in, we want to develop a rapport with them," Counselor Laurel Torres. Torres is a full-time counselor and a registered nurse and helps individuals suffering from depression and psychological problems. Though the Counseling Department offers ongoing therapy, those in need are referred to off-campus services.

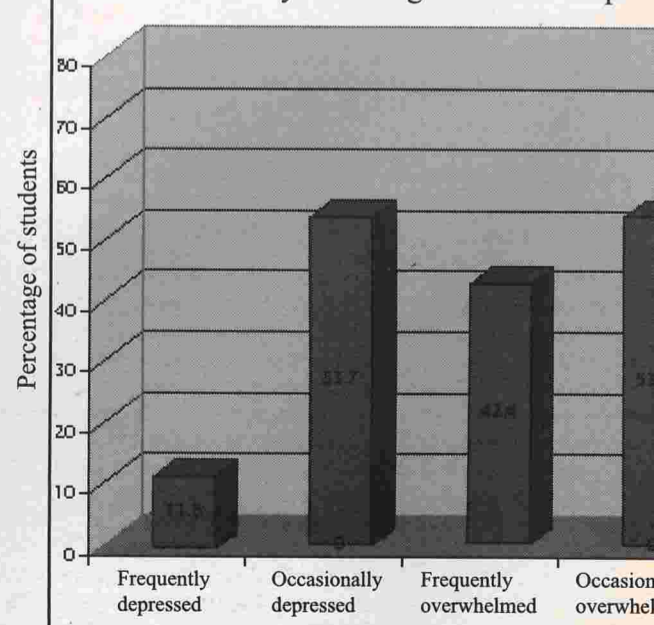
The Health Services Department is located on the lower level of the Administration building, but Rose says the committee is in the final stages of planning.

Rose says that De Anza is in the process of looking at how the services they will work together to do a needs assessment on all campuses that offer psychological services and use them to improve.

In the meantime, Health Educator Mary-Jo Kane, Susan MacCubbin and Lisa Bravo offer a starting point for students to take a moment to be at peace with themselves or talk to someone to go, because they can quickly find someone who can help.

Counseling Department Location: Administration Building, Room 100
p.m. Telephone: 408-864-5400 **Health Services Department**
Monday-Thursday 8 a.m.-8:30 p.m. Friday 8 a.m.-4:30 p.m.

How first year college students adapt to college



Roses balance ...

ces
nza

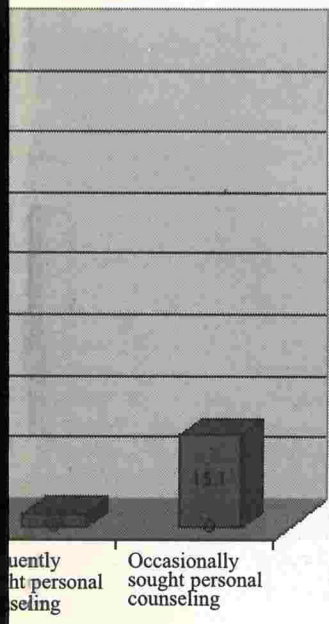
ught atten-
a growing
ctor of the
acting stu-
those things
ructors are
nts dealing
ilding. All
re licensed
that every
by the edu-
hem," said
as a regis-
other psy-
s not support
onals.

the Hinson Campus Center and is another primary source of counseling. The department is temporarily without a coordinator and someone should be hired by spring. Health services; as soon as a coordinator is hired for health services, Rose says they might take a look at college students when looking at how, and to what degree, De Anza can

Sandra Gonsalves, and Health Services Assistants Kris and ... Kane believes that Health Services is the best place to

Hours: Monday-Thursday 8 a.m.-8 p.m. Friday 8 a.m.-4 p.m. Location: Lower level of the Hinson Campus Center Hours: Phone: 408-864-8732.

ew environment



Graphic illustration by Erwan Leone / La Voz

This data is taken from the survey "A Report of the Policy Center on the 1st year of College," and shows the percentage of students who are depressed, overwhelmed and who sought counseling. The report was compiled by the Higher Education Research Institute at UCLA, using responses from over 3,500 freshman at 50 four-year institutions.



Graphic Illustration by Jack Wong / La Voz

Depression

About 18.8 million American adults suffer from depression. The illness involves body, mood, and thoughts, and affects the way a person thinks, eats, sleeps and feels about oneself. According to the National Institute of Mental Health, a depressive disorder is not a sign of personal weakness or a condition that can be willed or wished away.

Some types of depression run in families, suggesting a biological vulnerability can be inherited. This seems to be the case with bipolar disorder. Additional factors, possibly stress at home, work, or school, are involved in its onset. People with low self-esteem, a consistently pessimistic view about themselves and the world, or a low stress tolerance level are prone to depression.

Below are three of the most common types of depressive disorders. They vary in symptoms, severity and persistence.

Major depression: manifested by a combination of symptoms that interfere with the ability to work, study, sleep, eat, and enjoy once pleasurable activities. Episodes of depression may occur only once, but more commonly occur several times in a lifetime.

Dysthymia: less severe type of depression. Involves long-term, chronic symptoms that don't disable, but keep one from functioning well or from feeling good.

Bipolar disorder: also called manic-depressive illness. Less prevalent than the other forms of depressive disorders. Characteristics include cycling mood shifts between severe highs (mania) and lows (depression). Sometimes the mood switches are dramatic and rapid, but most often they are gradual. In the manic cycle, the individual is overactive, overtalkative, and has a great deal of energy.

Depression in Women

Women experience depression about twice as often as men. Hormonal factors may contribute; so do additional stresses such as balancing work and home, single parenthood or caring for children and for aging parents.

Depression in Men

Three to four million men in the United States are affected. Men are less likely to suffer from depression than women, but also less likely to admit to depression. Depression is typically expressed as irritability, anger, and feelings of being discouraged.

Information taken from the National Institute for Mental Health.

How I set out to find counsel

"We've got free condoms in the fish bowl in front ... flavors like banana, strawberry, cola, grape, vanilla, chocolate, ... glow in the dark ones ..."

I blushed at Mary-Jo Kane's security in her audacity. Kane, a confident health educator with a master's of science in Public Health, explained that most students don't realize what they're getting when they pay their quarter fees.

She told me about the over-the-counter drugs available to students for free. She told me about the birth control clinic, the shots and tests that Health Services administrators.

Overall, I was impressed. I came right down to my point. "What happens if a student comes in crying and in need of counsel?"

"We redirect them to the counseling office for further help," she replied. I was surprised at her response. Here was someone contagiously happy, telling me that Health Services redirected depressed persons to the Counseling Office for assistance.

My next stop was the pre-screening room of the Counseling Department. I stood in line like most other students who want to see a drop-in counselor. I wasn't waiting to be seen by a certified counselor or a friendly face but rather by someone who would tell me whether I needed to speak with a certified counselor or a friendly face. As if I didn't already know. I started wondering how I'd react if I were truly in a state of depression or mental imbalance.

A person at the front desk looked me over and said I could go through to the woman at the desk and sign in. Already I was missing Kane, though her jovial animated qualities would have been out of place in this stern environment. The woman at the desk directed me to a computer to sign in, and I couldn't help but think this was making things even more impersonal.

As I began to type I noticed that there were six others in line ahead of me. I aborted my attempt to see a counselor and vacated the premises.

To think that someone in need of counsel would have to wait all that time to let out a few sobs into a listening ear was appalling to me.

The counseling department is known for its great academic consulting, but unfortunately it isn't widely known that it offers other services. Almost nowhere can you find mention of the personal and psychological counseling that the office provides, except for a brief reference in the De Anza college catalogue and a section in a three-and-a-half-by-two-inch pamphlet available at the Counseling Department. I believe the counseling office is greatly negligent in creating enough awareness about this. We can only speculate at the specifics, but isn't it logical to say that had DeGuzman been more aware of his options, he might not have gone off the deep end?

Sadly, the Health Services Department is almost a better place to go if you need immediate attention. Information packets concerning depression, mental illness, suicide, and alcoholism are available here, and Kane explained that if a student is in need of immediate psychological therapy, as in an anxiety attack, she can get a certified counselor over in five minutes.

I know if I were depressed, the jar of flavored condoms would cheer me up faster than the counselors could and the condoms are more readily available.



Erwan Leone
STAFF WRITER

Religious clubs create place for open dialogue

by **Ebru Akcasu**
STAFF WRITER

De Anza College has six religious clubs this quarter. They are the Asian Baptist Student Koinonia, Chi Alpha Christian Fellowship, Grace Fellowship, Muslim Student Association, Students for the Truth, and the Studies of the Old and New Testament.

These clubs meet on campus, once a week, at an assigned time. They talk, discuss, learn and teach each other, and create a bond around something they have in common. The groups also reach out to other students.

Wendell Ames, 21, and Sulaiman Hyatt, 20, are both members of the Muslim Student Association. Ames converted to Islam over three years ago and Hyatt was born into it.

Ames, whose Muslim name is Uthman, expounded upon the fundamentals of Islam.

"Islam means peace. We believe in all the prophets. Everyone is united through the statement that there's one God, Allah, and that the last prophet is Muhammad," said Uthman.

According to Hyatt, there are 300 students signed up as members of the club and approximately 50 students who attend meetings.

"[Islam is] a global community and people connect right away," said Uthman.

The Muslim Student Association meets Thursdays at 1:30 p.m.

Wendy Phorman, 22, is the president of Chi Alpha Christian Fellowship.

"Our faith is based on having a rela-

tionship with God and living our lives according to the Bible. I could talk directly to God through Jesus Christ because he died on the cross for my sins," said Phorman, who has practiced Christianity for the past 12 years.

In the club meetings, the group comes together, sings songs, prays and studies the Bible.

The Chi Alpha Christian Fellowship meets Wednesdays from 11:30 a.m. to 12:30 p.m. in Meeting Room 1. They also have prayer meetings at the same time and place every Thursday.

Participation in these religious clubs is not contingent upon practicing a particular religious belief.

Club Meeting Times

Asian Baptist Student Koinonia: Thursdays, 4:45 p.m. to 6 p.m. in Meeting Room 1

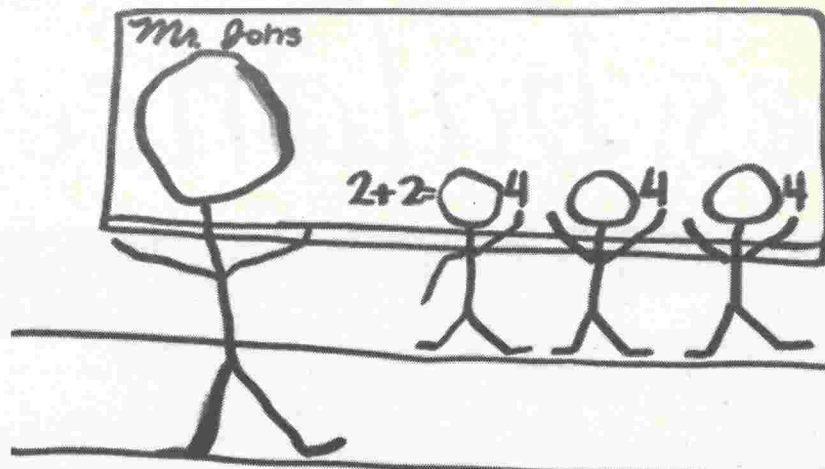
Chi Alpha Christian Fellowship: Wednesdays, 11:30 a.m. to 12:30 p.m. in the Student Council Chambers

Grace Fellowship: Thursdays, 3:30 p.m. to 6 p.m. in the Student Council Chambers

Muslim Student Association: Thursdays, starting at 1:30 p.m. in the Student Council Chambers

Students for the Truth: Wednesdays, 2:30 p.m. to 3:30 p.m. in Meeting Room 2

Studies of the Old and New Testament: Thursdays, 12:30 p.m. to 1:30 p.m. in L-34



Line illustration by Tina Garcia / La Voz

Program trains students for teaching profession

by **April Lofgren**
STAFF WRITER

Want a chance to get hands-on teaching skill while earning school credit? There is an excellent program available at De Anza created for students who are thinking about a career in teaching.

The program is called Teach for Tomorrow and is available not only at De Anza, but at eight other community colleges throughout the South Bay and Monterey Peninsula.

According to Child Development and Education instructor Juanita Cordero, it provides the opportunity for students to test the waters of a teaching career.

Teach for Tomorrow is a three-unit class in which students assume some of

the responsibilities of a teacher.

They work directly with elementary and middle school students. Some of the tasks they do include the tutoring of individuals and groups, responding to writing and math assignments. They also receive academic and career information to further the progress of their teaching careers.

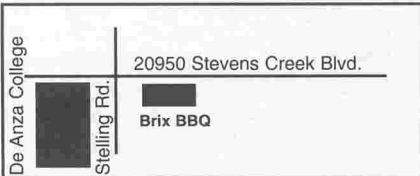
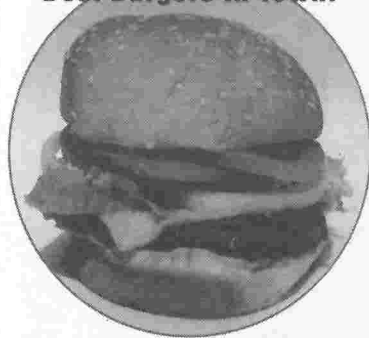
Students enrolled in the program choose to work in one of five elementary schools, and one middle school in Cupertino Union and Sunnyvale School Districts.

For more information on this class, contact Juanita Cordero by telephone at 408-864-8894, or reach her by e-mail at corderojuanita@fhda.edu.

Classes meet on Fridays, from 9 a.m. to 11:20 a.m.

- We Cook on a BBQ Grill using Charcoal "Brix"
- Our Burgers are made from Fresh Beef...Never Frozen
- We Cook our Food to Order
- Our Produce is Always Fresh
- We hand-make our Shakes from real ice-cream...tons of Flavors
- We have Burgers, Chicken, Veggies, Ribs, Hot Dogs, Steak, Salads, Fish and more!

"Best Burgers In Town!"



10% OFF
Present this ad and get
10% discount on your order.
Combos are not included
Expires 02-11-02

20950 STEVENS CREEK BLVD. 408-446-BRIX

Build on your success.



Soon you'll earn your Associate Degree. And then what? How about a Bachelor's Degree from DeVry?

Professors with real-world experience will teach you in small classes and well equipped labs. You'll enjoy hands-on learning that gives you the skills you need to compete and succeed in today's technology based business world.

Choose from Bachelor's Degrees in Business Administration, Computer Engineering Technology, Computer Information Systems, Electronics Engineering Technology, Information Technology, Technical Management, and Telecommunications Management. You're just that close to fulfilling your dreams... as close as a degree from DeVry.

For a higher degree of success, call DeVry's Fremont campus at (888) 393-3879.

www.**DEVRY**.edu
A higher degree of success.*

EARN A BACHELOR'S DEGREE IN BUSINESS. ANYTIME. ONLINE. LOG-ON TO HTTP://ONLINE.DEVRY.EDU OR CALL TOLL FREE 877.496.9000



Line Illustration by Michael Sandborn / La Voz

Abuse of supplements cause for concern

by Sundip Singh
STAFF WRITER

Hoping to enhance performance, becoming bigger, faster, and stronger

many college athletes are using over-the-counter nutritional supplements. Forty-two percent of college athletes admit to using nutritional supplements, according

to the NCAA's survey of athlete substance use habits.

Of those who admitted using supplements, 27.3 percent said they did so to improve their athletic performance, 19.7 percent for weight-loss efforts and 19.6 percent for general health benefits, while 18.8 percent said they took the supplements to improve their appearance.

The NCAA bans 90 substances. Supplements may contain banned substances whose use carries harsh penalties. First time offenders lose a year of eligibility, and those who are caught a second time face permanent bans. The NCAA randomly tests athletes during championships and has a short notice year-round testing program for Divisions I and II football, and Division I men's and women's track and field. Only one to two percent of the 10,000 to 11,000 tests each year are positive, said Frank Uryasz, director of the National Center for Drug Free Sport, which administers the NCAA's drug testing.

The most popular performance enhanc-

ing supplement right now is creatine. Makers of creatine say that it increases short bursts of energy and speeds up the body's recovery time after exercise. Short term studies on creatine have found muscle cramps to be the only serious side effect, but some studies have also linked creatine with liver and kidney damage if a user doesn't drink enough water.

Anabolic androgens build muscles, hasten bone and increase development of characteristics including deep voice, high muscle to fat ratio, and growth of facial hair. Because of this risk, not many women take it for long, or in large doses.

Steroids effects on muscle building are most dramatic when they are combined with a high protein diet and a program of strenuous exercise, which requires time and determination. Most steroid users experience rapid weight gain, anywhere from 10 to 25 pounds within a couple of months, increased muscle mass and greater physical strength, as well as energy and endurance.

But there are also undesirable side effects, which disappear when the drugs are discontinued. These effects include acne, changes in hair growth, shrinkage of testicles, sleep disturbances and mood swings.

There are also problems which don't disappear when steroid use stops. These problems include breast enlargement in males, which requires surgery if the breast tissue becomes unacceptable.

Because steroids cause rapid muscle development, tendons and ligaments can't keep up and usually weaken and become injured.

Steroids can stunt growth in users who are still growing, and cause masculinizing changes in females.

Usually, steroids are smuggled into the United States, then sold in gyms, competitions and through mail order operations. Also, a number of counterfeit products are sold as anabolic steroids. Many legal supplements are available in health stores.

De Anza College does not conduct drug tests. "The unlawful possession, use or distribution of any illicit drug or alcohol by students or employees on District property or at District activities or events is prohibited," states the Drug-Free Schools and Campuses Act.

"Drug use by athletes on campus is not condoned or tolerated," says Shannon Bracy, athletics trainer.

SPECIAL STUDENT OFFER Do Your Taxes Online **Only \$17.95** **FREE e-Filing OPTION**

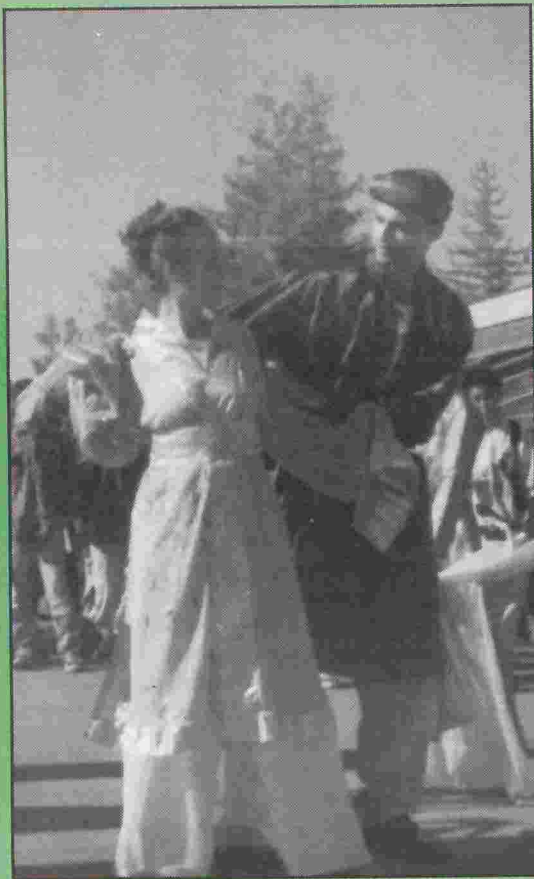
Go to - www.collegetax.com
No obligation until you print or e-file
Get Your Refund In Time For Spring Break
Chance To Win A mp3 Player or PDA

Simple Professional Secure
Powered by CCH's ProsystemFx-
the software used by American's leading CPA firms

A I M E !

DALLAS BLACK DANCE THEATRE
ONE NIGHT ONLY
FRIDAY, FEB. 8, AT 8 P.M. SMITHWICK THEATER AT FOOTHILL COLLEGE
\$25, GENERAL; \$15, STUDENTS WITH ID
TO PURCHASE TICKETS, CALL (650) 948-4444.

FOOTHILL COLLEGE
12345 El Monte Road • Los Altos Hills, CA • 94022-4599
www.foothillcollege.org Upgrade. Advance.



Tina Garcia (6) / La Voz

Club Day

Drawing the interest of students, Club Day appealed to a wide array of onlookers with its diverse selection of activities and performances.

Clubs offered food, candy and informational pamphlets to attract potential members.

Winter Club Day on Jan. 24 included demonstrations by the Wrestling Appreciation Club, an environmental skit by the Earth Renaissance Club, and cultural dances by the Drishti Indian Club and the Vietnamese Student Association.

Many club members dressed in cultural attire and costumes for their performances.

Club Day is presented quarterly by the Inter Club Council, in cooperation with more than 40 clubs on campus.

