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La Voz

The Voice of De Anza College

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Chancellor appears at De Anza

Chavez addresses concerns from students, faculty

by Dean Carrico
Staff Writer

Chancellor Leo Chavez made a rare public appearance at the De Anza campus on May 7. Speaking to a room consisting of almost 80 people, Chavez said the meeting was to encourage dialogue between the students, staff and faculty.

The All Campus Forum dealt with concerns from students and the two major unions for the Foothill/De Anza college community. The Faculty Association (FA) has been engaged in contract negotiations, while the California School Employee Association (CSEA) is still awaiting a decision regarding the 28 custodians placed on administrative leave since Jan. 10.

Both unions expressed concern with the use of the legal firm of Littler, Mendelson, Fastiff, Tichy & Mathiason. The firm, once referred to as "Hitler, Mussolini, and Fascist" in the San Francisco Chronicle was recently spotlighted in consumer advocate Ralph Nader's newest book, "No Contest: Corporate Lawyers and the Perversion of Justice in America," for having a long history of union busting and frivolous lawsuits.

CSEA President Leo Contreras states that the tactics used against the custodians, as well as the "lack of trust" showed by the district can be seen as union busting.

De Anza President Martha Kanter denied that allegation, saying, "There is no attempt that I have ever heard to buy out unions."

Adding to the debate was the decision on May 5 from the FA and CSEA to withdraw from Chancellor's advisory council, as well as the De Anza College Council and the Foothill Round Table.

Cy Gula, a president of the FA, said they did not intend to return until significant change occurs, stating that "harsh governance no longer works at the top level."

In addition, the CSEA recently passed a unanimous vote of "No Confidence" against Leo Chavez and the Board of Trustees.

See CHAVEZ, back page

You're Out!



La Voz / Christopher Anderson

Second baseman Joseph Pasanisi, #10, throws to first in a double play in the first round of Nor Cal playoffs in Visalia.

'Net now available

by Dean Edwards
Staff Writer

Responding to increased demands for INTERNET access, De Anza College now provides students, faculty and staff with a variety of computer and INTERNET services at no additional expense to the users.

On-campus computer laboratories already offer e-mail, world wide web and use of powerful multimedia workstations. The development of these resources will continue at an increasingly rapid pace according to college and student body technology plans.

The newest site, the Learning Center Media Lab, equipped with 45 recently arrived Micron PC clones and an equal number of Macintosh 7600 Power PCs, plans on expanding its equipment to include Silicon Graphics workstations later this year.

The media lab's INTERNET access for its Macintosh computers became available on May 2. The new Microns await further trouble shooting by the AV department. They should be online before the end of this quarter.

Judy Mowrey, public service librarian and lab manager, enthusiastically stated, "these are full, state-of-the-art multimedia machines. They are fully loaded."

The lab also provides VCRs, audio and CD players, instruc-

tional tapes and computer software such as Microsoft Office.

The learning center INTERNET lab and classroom, on the second floor of Learning Center West offers several INTERNET and WWW classes each quarter. These six week courses emphasize practical use of the Net as an educational and business tool.

Currently using 10 Power Macintosh 6100s, Judy Mowrey expects to replace these with 25 newer PCs after relocating to the permanent facility in the main Learning Center building scheduled to open during the fall quarter.

An additional four Macintosh 7200 Power PCs provide users with world wide web and e-mail access as a part of library reference services. Special databases allow users to access magazine articles and library catalogue.

The student body opened its own INTERNET lab on the upper level of the student activities center during the winter quarter. The DASB lab (dasb.fhda.edu) offers www access as well as e-mail accounts for students.

This lab is the only site that offers storage space for e-mail and individual web pages. Standard accounts automatically provide 5 MB of space.

Mercury accounts, provided by the college, have no storage allotment.

See INTERNET, back page

Faculty, students and staff address Trustees



La Voz / Tim Murphy

DAB President Joé Feas addressed the Foothill/De Anza District Board of Trustees during their meeting on Monday, May 5. It was standing room only as students, faculty and representative for the dismissed custodians packed the meeting room, waiting for a chance to speak to the Board.

Award winners lose coach

Women's soccer team wins academic award, may lose Singh

by Mercedes Adams
Sports Writer

Last year's women's soccer team has been awarded the 1996 Fall Scholar Team Award by the Commission on Athletics for their superior achievements in academics and in athletics, but is in jeopardy of losing the coach that helped them win.

The men's and women's soccer coach, Kulwant Singh, has stated recently that he will no longer be coaching the women.

It was told in the middle of March that I would be coaching one team's and Singh and that team would be the men's.

The change in the soccer program comes as a result of a review of the agreement between Foothill/De Anza Community College District and the Foothill/De Anza Faculty Association.

Gene Enright, Director of Human Resources, advised that the coaches in the athletic department at De Anza were not in compliance with the agreement and took action to remedy the situation in October of 1996.

Article 10 of the agreement, section 10.11.2, defines the amount of compensatory salary that will be paid to faculty members who work outside of the ten month employment status.

The agreement allows additional salary in the amount of 2.5 percent of the employee's salary at pay per week of work outside of the year, or one day of compensatory time off for each day worked.

The problem was an interpretation of the agreement that had led to paying Singh and

the other coaches a double stipend. Instead of basing the stipend on the work performed outside of the year, the coaches received a stipend for each team that they coached in those weeks outside of the year.

"We needed to comply with the contract," said Enright of the change in payment of stipend, which took effect this year.

Except for Singh and coaches who will no longer receive the stipend are able to coach both teams at the same time. Singh, however, does not have the facilities available to coach the men and women at the same time and must have separate practice schedules for the teams.

Athletic Director Al Vacio coaches the men's and women's track and field teams and had also been receiving the double stipend.

"One coach can oversee two teams, a women's team and a men's team on the same track coach them both together because the workouts are the same and Vacio of his coaching situation."

"We will have one soccer field. You can have the men and the women on the same field at the same time," said Vacio.

The difference between the two coaches will not have an effect on the payment of coaching stipends.

Singh, who began coaching at De Anza in 1990, was originally hired as a full time instructor and men's soccer coach. After his first season with the men, Singh was offered the head coaching position by the women's team by the then athletic director Ritch Price.

Singh accepted, and began receiving the double stipend for the work he was doing with both teams. He has since compiled outstanding records for both teams. The men's record under Singh is 100-10-9, and the women's is

100-10-18. Both teams have combined to win 3 State Championships in the six years of Singh's coaching.

The move to hire a new coach for the women has been prompted by the issues surrounding the payment of the stipend.

However, Enright said of the situation, "The decision was that he [Singh] could only be paid one stipend, not that he could only coach one team."

Singh feels that the best way to satisfy the needs of the soccer teams is for each team to have its own full time coach, but that the next best situation is what has worked for a year.

Vacio said that Singh may continue to coach the women for one more season while De Anza looks for a new full time coach, but De Anza has not approached Singh formally to request that he remain coaching both teams this fall.

The Lady Don'ts and the possible loss of the head coach, are moving the recruitment of the scholar team award.

The team considered for the award must have better than average athletic ability, must be a high achiever in the field, and must be a team grade

point average over 3.0 for the quarter.

De Anza won the women's GPA award for the quarter.

The team's GPA and academic record of 17.5 in the quarter.

Staff

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Chavez frustrates faculty and staff

After attending a question and answer forum between Chancellor Leo Chavez and De Anza faculty and staff, it has become clearer to us at La Voz why the unions representing Foothill-De Anza instructors and employees delivered votes of no confidence against Chavez and the district's board of trustees.

The informal session, held on May 7, featured Chavez defensively answering questions while pacing back and forth in front of the faculty, staff, and students who attended. Just one glance was all that was needed to detect the frustrated and bitter sentiments that clung to the faces of those in the room.

With the controversy surrounding the recent dismissal of 28 janitors due to misconduct, as well as bitter feelings over retirement benefits and the district's use of a particular law firm, it was no surprise that smiles and laughter were practically absent.

However, the way in which Chavez communicated with the audience signaled a deeper problem. With an attitude that seemed to desire control more than mediation, both the content and delivery style of Chavez's responses displayed a feeling of distance and disinterest with the concerns of the faculty and

Editorial The Opinion of La Voz

At one point, Chavez even considered the concerns of a faculty member to be "bordering on irrational." Of course, Chavez was most likely also frustrated with the situation, triggering this insensitive outburst. Yet, because of his position and power, such a response is much more damaging in its lack of consideration for legitimate feelings than if it were made by another individual.

What this signifies to us is that when push comes to shove, and effective communication becomes especially important, Chavez is unequal to the task. This was also signified in the way that he danced around questions through lengthy and time-consuming anecdotes and stories. Rather than trying to earnestly answer as many questions and clarify as many issues as possible, we were treated to a marathon of campfire reminiscing.

Furthermore, Chavez's body language and other nonverbal communication were decidedly less than warm or embracing. Rather, words such as antagonistic, defensive, and condescending came to mind. Even though we weren't expecting a love fest of the 60's, Chavez's nervous pacing, gestures, and tone of voice certainly didn't diminish the oppositional discourse being created.



If such communication is the norm between the district and the faculty and staff, we aren't surprised that there is a widening gap of disgruntlement. Without sincerity, concern, respect, honesty, and friendliness, communication is stilted at best.

Even though some of these observations may seem trivial and unimportant on paper, watching them play out in person showed the importance of effective communication on both a verbal and non-verbal level, and the sour mood that is created when these are lacking.

We hope that Chavez, along with the faculty and staff, can rise to the challenge of talking with one another in a constructive, respectful, and supportive way. This will be essential for De Anza to continue its tradition of excellence in higher education.

The great De Anza bicycle parking hunt

Ladies and gents, Simon says "park your bicycles!"

Finding a space in a bicycle rack on campus remains a hotly competitive event among students not yet aware of where to find the space.

On any given weekday, apart from Friday, the great hunt challenges the mind, and creates imaginations of bike riders. Not since Jack Lemon and Tony Curtis battled for first place in The Great Race have so many fought so valiant an effort.

Anyone unfamiliar with the location of existing bike racks quickly learns that finding an open space at times just might prove harder than adding a class during the first week of a quarter. Parking a bike at De Anza requires keen eyesight, determination and a healthy dose of creativity.

When attempting to survey of the available bicycle parking it quickly became evident that more expert assistance may be necessary. Campus security did their own recon-

naissance and verified the locations of nineteen bicycle racks at the college.

At the UC Davis campus the practice of locating these spaces for bikes along major access points to destination points works very well. The local situation seems to require more searching than should be necessary.

So, the hunt continues, with the wiser and more experienced riders savvy to the best information, while the newer bicyclists must keep a keen eye peeled for the racks.

Some positions are quite visible, but the hunt would become much easier with a good guide or map. Even the Great Leslie, the character played by Tony Curtis in "The Great Race", had maps to mark his routes.

When the search for parking makes additional demands on the time of students, the tendency develops to not ride a bicycle onto campus.

Locating additional bicycle parking in more of the logical locations might just be the ticket which can turn the great hunt into a fast sprint.

Of course there are the bicycle lockers owned by the student body. However, these continue to deteriorate in quality as they get older. Student body officials express reluctance about budgeting replacements for these.

And so it goes... And so it goes.

The Little Things In Life

by Dean Edwards

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Letters to the Editor Fitness Funk needs to see a trainer

I am writing in reference to the Ferranti and Lopez article "Pumping iron and proper nutrition for healthy students." The article makes several good points. Weight lifting is great for health and should be a part of every training program along with aerobic training and flexibility exercises. Proper form is extremely important when doing weight exercises, and nutrition cannot be overstated especially for students rushing to classes and work all day long. However, it appears that Ferranti and Lopez didn't take their own advice and seek the expertise of a certified personal trainer or a health instructor before writing their article, as there are several glaring errors that need to be corrected.

Cardiovascular workouts just don't exist in the weight room unless you use the aerobic equipment for at least 20 continuous minutes and then do your weight routine. Those studies that were able to show an improvement in aerobic capacity were done on subjects who were so far out of shape that putting down their remote controls and getting up and physically changing the channel on their TVs would improve their aerobic capacity. Weight training just doesn't improve aerobic capacity very effectively. It can, however, improve muscular endurance, which is the ability to submaximally contract a muscle many times. This is important in any athletic event.

Also, anyone who has done aerobic training would argue that aerobic exercise is as demanding as any other kind of exercise if done correctly. Combining aerobic and anaerobic exercise into circuit training doesn't give you "the best of both worlds." In fact, aerobic training will interfere with your ability to increase strength.

Ferranti and Lopez have also flipped the muscle types used in aerobic vs anaerobic exercise. The red muscle (also referred to as Type I and slow twitch), is your aerobic muscle and would be used in long low intensity type of activities (running, swimming,

cycling, walking). The white muscle (also referred to as Type II and fast twitch) is your sprint, power, and strength muscle.

There is an aerobic component to one type of white muscle, but it is not anywhere near as aerobic as the red muscle fibers. Since you are born with a certain percentage of white and red fibers and these percentages don't change with training, most people will never get Arnold-sized muscles no matter how much weight training they do. Women cannot increase their muscle size the same as men because they only have one tenth of the hormone testosterone which is the major muscle building hormone.

Another misconception is that weight training burns a lot of calories. Unfortunately, the physical act of lifting weights burns very few calories when compared to the same amount of time spent in aerobic exercise. So if weight (fat) loss is your goal, you should be walking or running rather than lifting weights. Weight training is important in weight loss because it will help prevent the loss of muscle tissue while dieting, but it won't burn calories. Using the information from the article, 65 calories are burned per pound of muscle gained. Now a pound of fat is 3500 calories (and it's a big if) you added a pound of muscle to your body every day you would burn a pound of fat in about 4-5 days. You can park your car at the far end of any De Anza parking lot and burn more calories than this each day walking to class.

While there is a lot of misinformation concerning exercise its small amount when compared to the misinformation that surrounds nutrition. The nutrition section of the article is headed by "Balance carb's with protein, fat" and I couldn't agree more. However, their concept of balance would make most nutritionists and dietitians cringe. The article is a good example of how nutrition myths get started. One of the authors stated that his acne cleared up by adding

several sources of fat to his diet. Personal testimonials don't make good science. I'm not sure which of the foods contributed to his cure, but it is an equally valid "scientific" observation that the arrival of the Hale Bopp comet had an effect on clearing up his acne.

The point is that good nutrition and good health go hand in hand, but don't look for easy cures. I'm also concerned with the percentages of carbs, fat, and protein suggested in the article. The number one energy nutrient needed by everyone is carbohydrate. It should make up between 60 and 65% of your diet (even more if you are an athlete). Fat should be 15-20% (not 30%) and protein does not have to be any higher than 12-15% of your total calories. A 45% protein diet can lead to all sorts of health problems.

Eating small meals is a good suggestion as is the advice to eat breakfast and to try to avoid processed foods (or at least cut back on your consumption), because quitting cold turkey won't work in most cases. Speaking of turkey, removing mayonnaise and adding oil won't change the fat content. Removing the cheese will, but adding extra meat is unnecessary unless your deli is really stingy on the meat portion of your sandwich.

I would suggest that all students take classes at De Anza to increase their fitness and nutrition knowledge. There are several nutrition classes offered through the Biology Division and the Physical Education Division offers Exercise Science, which can give you information about exercise. A class I would recommend every De Anza student take is Health/Fitness 51, an interdisciplinary class for students working toward an AA degree at De Anza. In this class, students get both nutrition and exercise information that is based on scientific fact and not weight room fiction.

Richard Schroeder
Director Personal Fitness Trainer

Letters to the Editor Policy

La Voz welcomes Letters to the Editor. Letters must be signed and a phone number should be included so that we can verify that the person whose name is signed is in fact the author. Names will be withheld by request. Letters should not exceed two double-spaced, typed pages. We reserve the right to edit for length and clarity, but will make no attempt to alter meaning. Please drop off letters in L-4 or e-mail to apk38447@tiptoe.fhda.edu

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Beware of the Internet pyramid scheme

I have a two-year old dinosaur. No, I don't have my own Jurassic Park in my backyard. No, I am not a scientist with ground-breaking technology. I have a two-year old computer. Planned obsolescence has lulled my computer into doldrums of the computer age. Sure, I have the simple applications—a word processor, graphics software, and a modem, but I also use the Internet. The Internet has been a productive source of research and I can get up to-the-minute sports scores.

The Internet is incredibly powerful—who would have predicted this? I certainly would not have predicted this 10 years ago. Surprisingly enough, Nostradamus predicted something like the Internet, except he thought that information would be transmitted through whale blubber and not through fiber-optic lines.

Fiber-optic lines are of course the phone lines linking the computer to the "highway." I have an AOL (America Online) account, so I can take a ride on the information super highway whenever I want. If you don't know already, AOL has had some "traffic problems", the network has been a little jammed up. You can't get on because 12-year olds are posing as transvestites and transvestites are posing as 12-year olds.

And you thought that there were a lot of impersonators in Las Vegas, 80% of people who chat on the Internet are not who they appear to be. Internet impersonators are not exactly benign. Young girls have been assaulted by men. Where did these women meet these men?—On the Internet.

The Internet isn't exactly harmless, and apparently everyone is doing it. (Peer pressure?) Some people are even on the net for 18 hours a day or more. Is this an addiction? Maybe so.

Now, Internet services offer their "expertise" to treat this debilitating disorder. But I have a question about this type of treatment? Would

You have an AA meeting in a bar? No, I hope not. So why would you have Internet addiction treatment on the web? For those of you who don't believe me, here's the reference: <http://www.geocities.com/SiliconValley/3010/indexrev.html>. Try it.

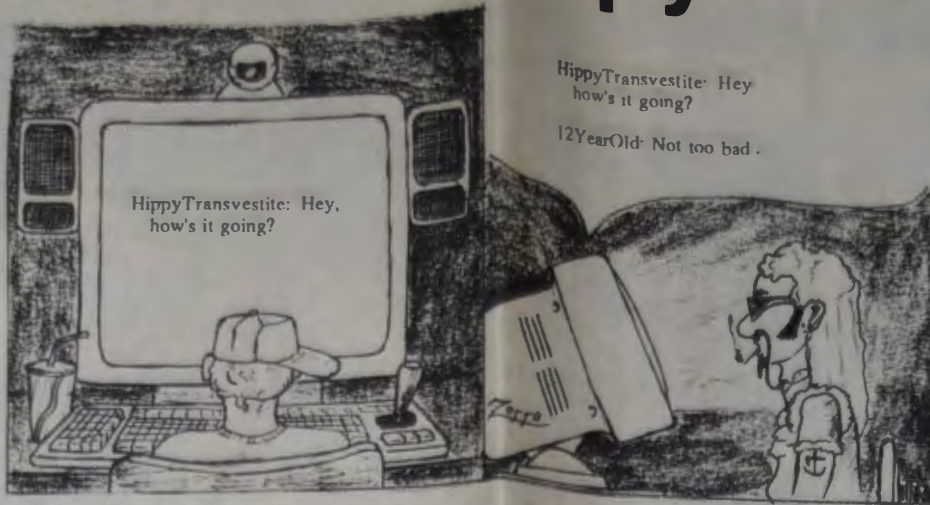
"Regular people" aren't the only ones on the Internet, various members of academia have also jumped on the Internet band wagon. Dr. Kimberly S. Young, at University of Pittsburgh at Bradford, has done extensive research on "Internet Addiction." She has been published in "The Wall Street Journal", "Newsweek" and "USA Today".

According to her research, she has found that, "While many believe the term addiction should only be applied to cases involving the ingestion of a drug, research has shown a number of behaviors as potentially addictive and overlap with other psychoactive substance use or other psychiatric disorders."

Apparently, addicted Internet-users show signs of withdrawal and have been known to develop a craving to gnaw of floppy disks, trying to get to the sweet center inside the plastic shell.

Dr. Young also has a consulting business on the side. She says that if you have experienced, "academic failure, loss of interest in attending classes, and lack of motivation to study" you may have an Internet addiction. However, she does not distinguish academic performance problems from the similar symptoms a student would exhibit if they suffered from a similar psychological disorder: enrollment in a class with a boring instructor.

If you would like to read her



Triviality

Spencer Hill

study, you can find her at: <http://www.pitt.edu/~ksy/>. This is the Center for On-Line Addiction-COLA for short. (COLA—the Internet Coca-Cola-caffeine coincidence? I think not.)

At this point, I should inject a plug for the Internet Center on campus. I know that some of you may feel left out if you don't have access. If you would like to "hitch-hike" on to the Internet, "The Center" is located on the Stevens-Creek-side of the Henson Campus Center. Check it out.

The Campus Center aside, there are alternatives to hook yourself up to the Internet. If you don't want to pick up a modem there may be another route for you to take. There's a company who will remain nameless (unless they pay me to be their spokesperson) who says they can provide, "the news you want, as it happens, straight to your PC—automatically—while you work! No modem required," through the Internet, using a wireless connection.

I'm sure you are wondering how

do they send you the information? Information doesn't appear out of thin air—does it?

Well... Yes it does.

Thanks to the black pyramid-shaped NewsCatcher™ Internet antenna. When you install your little black pyramidal friend, you can decode newsfeeds. He can get all you need and now it's bigger, better, faster, and more than you ever need. For those of you who spent hours upon hours on the Internet, worshipping the great computer god, than perhaps this information service is for you.

Why?

First, let me build-up some background information. California, the state with all the fruits and nuts, also houses numerous New Agers who practice all sorts of transcendent "alternative" religions. One of the New Age beliefs is in the power of the pyramid. (I'm serious.)

Apparently some of these people meditate inside pyramids to harness the mystic powers of the pyramid.

Now, if you buy the black pyramid-shaped NewsCatcher™

Internet antenna, you can have the

best of both worlds! You can gain the mystic healing power of the pyramid and worship your computer at the same time. It's perfect. It's computopia.

I would like to share with you some of the advantages to the NewsCatcher™ computopia provided in their full-color brochure. The first one is, "you will never have to leave

your office to get the latest news, sports, and stocks news." OK, that sound good—doesn't it. I think so.

Then the next one is "you won't have to wait up and sit through the TV news to get the weather report." I am a little confused by this. If you are addicted to the Internet and you don't have to leave your office to get your news—who cares what the weather is because you will never leave your office anyway?

Another perk provided by the NewsCatcher™ is access to Wall Street, now you can "trade stocks" like a pro. This one also left me a little confused. OK, if they're making the product, they've tested it right? So, if they were so successful trading stocks, why do they need to make the software?

Finally, my favorite NewsCatcher™ perk: "you can check your horoscope." If you like astrology—OK fine, but I wonder about these so-called psychics. If they're really psychic, why should you have to go to the newspaper or the Internet to find their predictions? They're just using their powers for good—right?

Instead of you calling them, they should call you. They should have your phone number. They should know exactly what you need to know to solve your problem. You're sitting at home and you hear the phone ring, you pick it up and

hear... "Hello, I am Zelda"—they always have a good name, the secret is the name.

"I know who you are, so you don't need to tell me." After introducing herself, she should say, "Yes, you should get a new job. Dump your girl friend. Watch out for anyone wearing green." And that's it.

No problems, and they're saving the world.

I know that many computer users are skeptical. Many of you who are using the Internet, or another network like the NewsCatcher™, know that you are people who cannot be swindled. You know we live in a scientific world, and you need a scientific answer, so maybe the horoscope information isn't enough for you. Maybe you're asking Spencer, what should I do?

My answer is "Get a second opinion."

What second opinion? Fortune cookies.

Some of you don't like Chinese food, and so you may be wondering how you can get a fortune cookie? Guess what? You can order them on the Internet.

Here are some of them: Evangelistic Food—individually wrapped "fortune" cookies with Scripture verses.

Fancy Fortune Cookies—fat-free fortune cookies in 12 flavors.

FortuneGram—customize your personalized greeting inside our giant fortune cookie; perfect for any occasion, like Fathers Day, graduations & weddings.

Wish List—giant gift fortune cookies for all occasions.

There they are. You can look them up on the Internet because they're not paying me to plug them either.

In closing, my column wouldn't be finished if I didn't give you my e-mail address. Here it is: shill@aol.com

And visit my web site at

<http://www.honfleurhill.com/spencer/triviality.htm>.

Coming soon!! De Anza State Park and Ride

On the back side of forty

by George Taniguchi

When I arrived on campus the other day, I noticed how many redwood trees there are. Why call it "De Anza College?" Why not call it "De Anza State Park?" Then we could charge admission.

No, this is not Paramount's "Great America." This is "Great De Anza." Or maybe we could call it "De Anza State Park and Ride." We could use the empty parking space in the parking lot for commuters for a fee.

Anything to cut the parking fees.

Another thing about parking tickets. Have you ever noticed that wherever you park, none of the cars around you have visible parking permits? Swear to God, Security, nab the culprit and give them tickets!

By the way, have you noticed how many people are hurrying to the Applied Technology Center? It's not a popular class, it's more popular

President Kanter strives for respect, trust

by Martha Kanter
De Anza President

As we begin the fifth week of the quarter, we are working vigorously to assure that our students receive excellent instruction and support while we seek ways to build trust, respect and better working relationships throughout the district. Toward this end, I wanted to share my perspective with you about several key issues now under discussion.

The De Anza College Academic Senate memorandum of April 15, 1997 says "that the negotiations process has seriously damaged our working relationship with administration and the Board." I believe the Academic Senate, Faculty Association, district and campus administrators, and the Board can and must work together in new ways—ways that acknowledge and respect the goals, boundaries and responsibilities of the various district leadership groups. Understanding, trust and respect must be earned by all parties together.

Shared governance work is challenging because we often have different points of view on various issues. That is the nature of academic life. That is the foundation upon which learning occurs, and

where consensus takes place. Behavior that seeks to divide or confuse the real issues is not what any of us wants or deserves. I want to emphasize and pledge my professional and personal commitment to supporting and working in a shared governance environment. If we need to revisit particular aspects of our planning, budgeting, and decision-making efforts, internally and district wide, let's do it as soon as possible and move ahead.

While we find better ways to work together, I ask each of us to be respectful of one another in conversations, to ask clarifying questions rather than pointing fingers, to check out the facts first, to hold ourselves and one another accountable for our words and actions, and to direct students, faculty or staff who might have only partial information about a particular issue to the right contact person.

I believe we must find better ways to work together and I ask your help in building a culture of respect and caring for all of us. I invite you to share your perspective and recommendations on this topic with me at any time, and look forward to working with all of our governance leaders to realize the meaning and ideals of true shared governance.

The faculty, staff, students and

administration are committed to finding ways to ease the escalating cost of textbooks. Toward this end, last spring I convened a group of volunteers from the Stanford Business School (the Stanford Alumni Consulting Team) to analyze De Anza's Bookstore operations and to make recommendations on how to lower the prices of books. The Stanford volunteers give their time to assist nonprofit organizations to improve their processes. As part of this effort, Greg Druhl met with the Academic Senate to discuss textbook prices and services to students and he also met with the Campus Center Board, the only college committee with a voting majority made up of De Anza students.

As a result of these efforts, the Bookstore has already significantly increased the number of available used textbooks, which decreases the cost of books for De Anza students this spring quarter. In addition, one of the first jobs of the newly hired Bookstore Director, James Ladd, who begins his duties in mid-May, will be to explore ways of further decreasing the expense of textbooks for students. An ad hoc task force led by the Bookstore director—with faculty, staff and student representation—

will be working collaboratively on this effort. Jose Fesas, our DASB president, has been asked to appoint student representatives. A listserver for the electronic sale of used books has been created at the request of one of our honors students, Mark Ma, and is now available.

Profits from the Bookstore are used to underwrite the costs associated with the maintenance of the Hinson Campus Center, which annually attracts now more than two million students, faculty, staff and community members. As an example, the expenses for operational costs such as custodial services and paper products in 1996 was more than \$250,000 for the Hinson Campus Center facility. Purchasing computers and equipment for the Advanced Technology Center and the A. Robert DeHart Learning Center Expansion—\$600,000 this year from the Campus Center reserve accumulated during the past several years—are other examples of how the Bookstore's operating surplus is typically used to benefit students.

The Stanford study showed that the Bookstore's profit margin for textbooks is 25 percent, comparable to college bookstores throughout the United States. The comparisons included San Jose State,

Robert's-Bookstore in San Jose, Orange Coast College Bookstore, and several others. If you would like more information about the Bookstore and/or Campus Center Board, please contact Greg Druhl at ext. 8238.

Please remember that 67% of our students work while they attend college. Of these, 50% are employed full time. The same percentage of our students come from outside our immediate vicinity, the majority from San Jose. In addition to working, they are also spending their time driving here or using public transit. A great challenge will be to find better ways to help our students succeed at De Anza while they continue to work and have multiple responsibilities in addition to their studies. As our mission says, we are here to help students develop, achieve and serve their community in a diverse and changing world—and to realize their hopes and dreams.

Let's continue to find better ways to work together toward this end. I will be glad to answer any questions or concerns you may have about these topics and I am available for division or other meetings for a continuing dialogue with you. Thank you for all your fine work during this academic year.

Diversity training enriched and changed lives

by John Clarke
Staff Writer

In four words—a life changing experience. Hidden above Ben Lomond in the beautiful Santa Cruz mountains is a place called Quaker Center. It was there that I shared with over fifty other people, in about three days, one of the most enlightening experiences of my life. The Diversity Leadership Training Program, coordinated by

Nicky Yuen Gonzalez, was that experience. The impact, scope, and content of this experience is one that words can never completely convey. I can go on to talk about the kind of experience we did and other such details, but I think I can do that if I'm not justified by telling what I've gained not only as a leader but as a human being. I mean of it.

I have learned vital leadership skills that I don't think could be

taught in any other setting. Being able to spend two and a half days with the group allowed me to develop a trust and sense of security with everyone. I have gained so many new friends—real friends. Friends who know I can trust. I have gained a much better understanding and tolerance of those who are different than me. I now have a much stronger appreciation for diversity. I have gained a new hope for human kind and what we are capa-

ble of.

The reality is that it is impossible to please everybody in every way. While there were some aspects of the training that I was not comfortable with or perhaps did not fully understand, I realize that ultimately I learned from those aspects in a positive way. They stimulated my thinking and led me to realizations I might not have had otherwise.

It is those who attended have ne-

gative attitude toward training, and judge it based on those negative feelings. I think the negative feelings are the whole picture. What the DLPT has done, the triad has done, it has created, then know I do understand it has imparted overwhelmingly outweighing negative aspects that some might choose to look at. I think it would be a tremendous pity if it was judged and prevented by a new fault.

Pow Wow participants celebrate life

■ **Tradition:** People from all over the country came to the De Anza

by Dean Edwards
Staff Writer

Native Ohlone representatives joined with other Native Americans from as far as New York to celebrate life, heritage and community at the seventeenth annual De Anza Pow Wow on May 2-4.

The 1997 gathering included descendants of the Ohlone inhabitants of the central coast region of California. Ancestors of the Ohlone occupied the Santa Clara Valley thousands of years before contact with Europeans.

Linda Yamane of Seaside, opened the Thursday evening reception and the Pow Wow with a traditional greeting in her Ohlone language. She was present at the invitation of Gerri Parker, chairman of De Anza's Native American studies department who said that it was appropriate to have representatives of the original inhabitants of this land.

Cheryl Parker, a student and member of the Pow Wow committee acted as a master of ceremonies at a special pre-Pow Wow reception for Nokowat Hererra, last year's head man dancer, and actor, musician and folksinger, Floyd Red Crow Westerman, perhaps best known for

his role in "Dances with Wolves."

Pow wows remain a major focus of contemporary Native American life. Cheryl Parker observed that people from all over the country come to the De Anza Pow Wow.

She said that old ties are "renewed, new ones are made and children are introduced to the tradition."

Dave Hansen, co-owner of the Dakota Drum Company, Rapid City, South Dakota, said pow wows back home range from very small ones with only 50 people to very large events with 20,000 people.

Hansen said that the pow wow strengthens cultural identity and plays a vital role in American Indian life today.

"Maybe there are little groups and families that are strong and encourage younger people, but it helps to go out and see other dancers and people that are involved with pow wows that keep their traditions alive. I think that is a big part of it, keeping it alive," said Hansen.

Sonja Holy Eagle, Hansen's wife, an actress with "Lakota Woman" and "Dances with Wolves" to her credits, serves as resident artist and co-owner of the drum company.

S. Hansen commented, "it's a way



La Voz / Lynn Edwards

Two children cooled off in the main fountain in front of the administration building during De Anza's 17th annual Pow Wow held on the first weekend in May.

of keeping the music alive. The songs, the dances, they are in their own language.

People get together and meet with old friends and make new friends. It's a celebration of life and

daily activities. Maybe a birthday, a marriage or anniversary." She also indicated that a pow wow might also celebrate the end of a period of mourning, a loss or a death.

Jackie, age 8, an Ohlone, said a

pow wow is sharing your culture, song and dance with others. Respecting elders. Listening to their stories also holds special significance for her.

Other children ages 4 to 8 said

that dancing was the funnest part of a pow wow. Often children have friends, they only see and play with at the event.

Tito Gomez, age 18, a native of Salina, the second place winner in the men's grass dancing category, said that pow wows are a celebration of life and the survival of the Indian people. He said, "the government took the land, but we are still here."

93 registered and about 30 unregistered dancers and 14 drumming groups provided the central focus for the weekend event.

Prizes were awarded in thirteen dance categories. For the second year, Red Hawk Singer, from Manteca, won honors for the best drumming and singing.

Two dozen students, faculty and community members participated on this year's De Anza Pow Wow committee. Some received course credit for experiential classes providing instruction and work experience in managing these gatherings.

Pow wows create a temporary village atmosphere. They focus on life and survival of native traditions today.

Those attending experience all the complexities which might be expected when people from many diverse traditions meet and express matters of great value, both as individuals and as sovereign Indian nations.

Photographer brings historic process to DA

by Tim Murphy
Staff Writer

William Duniway, a distinguished historical photographer, made his fourth appearance at De Anza Wednesday, May 7th for a demonstration for photo students. William Duniway is one of only ten photographers today that uses a photography process that dates back before the civil war.

Duniway arrived at De Anza's art quad with a van filled with original 1860's photography equipment and costumes. It took him hours to set up his equipment which includes an original 1860's view camera, a darkroom tent and chemicals.

When I talked with him before the presentation, he told me how he got started in civil-war photography. He stated that he got started in civil war photography at the 125th anniversary of Gettyburg in 1988 where he met a civil war photographer John Coffey. Duniway was so impressed and started to collect the equipment on his own, with the help of Coffey, Duniway started making civil war photographs in two years.

During his presentation he showed students how the wet plate process and how the picture taking proceeded. The wet plate process is a very difficult and lengthy process. It involves taking a black plate and pouring a coat of collodion on it. Then, the plate is dipped in a solution of silver nitrate which then sensitizes the plate to light. While the plate is in the silver



La Voz / Tim Murphy

William Duniway, historical photographer, shows Mr. Castaños history of photography class a pre-Civil War process.

nitrate, the photographer then gets the model ready for the picture. He gets them to stand perfectly straight then, he gets a metal brace to hold the person straight during the exposure. Now he takes the wet plate out of the silver nitrate, and takes the exposure before the plate dries and loses its sensitivity. It is processed in an acid solution and then put in a cyanide solution. The plate is now a photograph.

William Duniway took many photographs of photography instructors and students. Before any of them were taken he would dress them up in the time period of

the late mid 1800's. The pictures look exactly like the ones in the museum when they were done. Duniway says to a student, "you could always make a new picture look old like at Great America, but it takes a certain type of photographer to make a 1800's process today".

The photography students at De Anza had a great insight on the old world of photography with the visit of William Duniway. The students and faculty of De Anza will always welcome Duniway back for another demonstration in the future.

Student bikes to D.C.

By John Clarke
Staff Writer

For 10 weeks this summer, De Anza student Jamel Danesh will ride his bicycle 70 miles a day, six days a week, from San Francisco to Washington D.C.

He will be traveling with 18 others from around the country as part of a project called Bike Aid. The purpose of Bike Aid is to promote environmental awareness and education. This year's theme for Bike Aid is sustainable transportation.

Along the way the Bike Aid crew will spend their nights in schools, hostels, campgrounds, farm commu-

nity centers, and churches. The riders will take a break from their bicycles about once a week to perform community service. They will also give presentations to community groups and the press to increase environmental awareness. When they arrive in Washington D.C. the three groups will meet with congress members to lobby for environment.

Danesh is very enthusiastic about being able to see the country and teach others about the environment. His main goal is to educate others. "I want to do something where I can make a change," he said.

In addition to determination and dedication to the project, each rider is expected to raise one dollar for each mile they ride, totaling at \$3600. Two thousand must be earned before May 31. He pledges that the riders earn support environmental education and community projects around the world. If you are interested in sponsoring Danesh with any amount, please contact him at 408-997-2761.

La Voz will be in correspondence with Danesh throughout his ride. He has generously offered to keep us posted with photographs and reports.

"Flor Y Canto!" Mexican heritage celebrated

Upcoming events:

Tuesday - (Patio)

12:00-1:30 Los Lupeños
Folklorico Dancers
w/Mariachis

Wednesday - (Patio)

11:20-1:30 Dr. Loco! and his
Rockin' Jalapenos
Band
11:30-1:30 Food Sale - Carne
Asada, rice, beans,
Horchata

Friday - (California History Center)

6:30-8:00pm Play "Grito
Serpentino"

Saturday - (Conference Rm A & B)

6:30-1:00am "Homenaje de los
Padres" (Parent
recognition dinner)
6:30-6:45pm Blessing of the four
directions
6:45-7:00pm Aztec Dancers
7:00-8:00pm Dinner w/A
Serenata Trio
8:00-8:30pm Cultural Dance
8:30-9:00pm Keynote Speaker -
Rigo Chacon
9:00-1:00am Dance for the
"familia"



Above: Aztec dancers perform in front of the A. Robert De Hart Learning Center during Flor y Canto festivities. Bottom: Eddie Farington dances to Salsa music in front of the Campus Center.

Photos by Christopher Anderson



Spring fling!



La Voz / Sandy Chiang

Romina Papa along with other members of the Mizike dancers performed a Spring rejuvenation dance in De Anza's sunken gardens on Fri. May 2. The dancers also performed the Spirit dances in the Flint Center Winter quarter.

Students stress need for change

I would like to congratulate and thank everyone who participated in the student demonstrations that took place on Thursday April 24th (on the De Anza Campus) and Monday May 5th (at the Board of Trustees meeting).

The willingness of those present to exercise their right of expression, openly voice their feelings to the De Anza community and take an active role in the welfare of all students was admirable. The participation of faculty members, in the demonstration of the 24th, stressed the need for different campus groups to work together to achieve common goals.

with the Faculty Association can not be allowed to impair a student's access to education.



José Fesas
DASB President

The student demonstrations were concerned primarily with
•Bookstore prices
•Food Service prices
•Proposed transfer of funds from De Anza to Foothill Food Services
•Limited access to classes due to breakdown in faculty contract negotiations

I want to assure the participants that their voices were heard. Greg Druehl, Dean of College Services, was present at the DASB Senate meeting of April 24th to inform us of the college's desire to work with students on campus center issues.

Martha Kanter, President of De Anza College, participated in the DASB Senate meetings of May 5th and 12th to inform the senate on efforts to open classes and sections by the college. Student leaders have also worked closely with our student trustee to get the message back to the Board of Trustees.

Following the May 5th demonstration by students at the Board, Chancellor Leo Chavez reiterated the willingness to pursue meaningful dialogue with students that he first expressed after the April 24th demonstration. It was important for students to be vocal at the college and district level, before initiating dialogue on the issues stated above. As students we needed to impress upon the Foothill/De Anza community the profound nature of these issues.

Furthermore, district negotiations

The Senate will work through the Campus Center Board (CCB) to address the lack of value in Campus Center operations — Bookstore, Food Services and vending machines as well as the proposed subsidy of Foothill's Food Services by De Anza students.

The first order of business at the next CCB meeting will be a review of the proposed transfer of \$600,000 from De Anza's Campus Center to Foothill's. We will ensure that mismanagement and insolvency at Foothill do not translate into gouging of students at De Anza. This discussion should help set the groundwork for an overall discussion about our Food Services.

A detailed summary of the situation and results from the meeting will be posted around campus before the next issue of La Voz is out.

Dealing with the availability of classes is a very complicated issue that involves state funding requirements, long term college planning and balancing the needs of the diverse campus community. The quick response by college administration has been encouraging. We will take full advantage of the invitation to participate in this process so that student needs remain paramount in the scheduling of classes and new sections.

Sending a clear message to the De Anza community that student

are concerned about these issues is the first step towards real change. We hope the District can learn from the partnerships we strive to build here on our campus. When they realize that, as a district, we are ultimately working towards the same ideals, it should allow for compromise and progress.

The student demonstration showed how much we can accomplish when we work together. We are hoping to put this same enthusiasm behind the effort to create a new campus recycling program.

Despite the Senate's long time commitment to recycling on campus, a reduction in next year's budget forced us to cut the \$13,000 cost of the program. We want to see recycling continue as a self-sustaining and possibly income generating enterprise.

We hope to work with the Environmental Studies program and all others concerned to create a new recycling program. Your help would be invaluable in the search for ideas and solutions.

I would like to remind students that in these and other initiatives, information is essential. The DASB, through the efforts of our Technology Committee, has provided an Internet lab in the La Margarita room of the Campus Center.

We have been receiving well over 80 students a day in the lab. It is through the efforts of our stellar lab volunteers, Mimi Stewart and Robert Cronin, that we are making the world available to De Anza students. The lab is open Monday through Thursday from 8:30 a.m. to 6:00 p.m., and Fridays until 2:30 p.m. Thank you Mimi and Robert.

If you would like to share your ideas on these or any other subjects, please stop in to the Senate offices located downstairs in the Campus Center. You can also attend a DASB Senate meeting. The Senate meets every Monday at 3:30 p.m. (4:30 p.m. on the last Monday of the month) in the Senate Council Chambers.

Bruce Willis faces major embarrassment with "Fifth"

by David R. Brooks
Film Critic

A giant space ship flies overhead. A man is walking in the desert. I recognize this, I have seen this movie. It is Star Wars and the man is Luke Skywalker. Wait a minute, black Luke Skywalker? The man walks into an Egyptian tomb where an archaeologist is studying the runes on the wall. All of a sudden the spaceship lands and five giant scarabs walk out. Hey this sounds a bit like Stargate.

This is the beginning of the all too pretentious "The Fifth Element" movie. After the unneeded Egyptian prologue, the movie continued to remind me of everything from Star Trek, Species and even Nell. The list could go on and on.

The basic story is there is an absolute evil out in the universe and only God and Bruce Willis can stop it. "The Supreme Being" played by Milla Jovovich, reminds me of a cross between a replicant from "Blade Runner" and Jodi Foster in "Nell". Also on the good side is a priest and his assistant, the president, and a very annoying DJ.

The evil side, which is led by a floating ball of evil the size of a small moon, aided by Zorg, played by Gary Oldman, who is aided by the Mangalores, the very ugly aliens who can morph into humans.

Together with good and evil the director, Luc Besson, creates an entire new world inside this movie. A world that is a little too big.

The main problem with this movie is that he tries to do too much. He shouldn't try to paint such a big picture. If half of the movie can be cut out it would be

ten times better.

Another problem, which is not quite as big, is the DJ Ruby Rhon character played by Chris Tucker. Trying to become the Shock Jock of the future, is a mistake. The character is highly annoying and very unnecessary.

Luc Besson is an excellent director and I really hate to trash his movie. He has made such great films as "The Big Blue", "La Femme Nikita", "The Professional", and "The Point of No Return". In this film he should have focused more on the relationship between Bruce and Milla instead of trying to show us everything else. By doing this he might have created a better reason to sit still and watch the movie, as opposed to all the special effects.

Unfortunately I can sum the entire movie up in one word, "superfluous".

The Fifth Element

★★

Rated PG-13

Directed by: Luc Besson

Starring: Bruce Willis

Gary Oldman

Milla Jovovich

Mike Myers creates hilarious spy spoof

by Jason Stephens
Film Critic

Mike Myers, the famed comedian of "SNL" and co-creator of "Wayne's World", returns to the big screen in a hilarious spoof on the 60's spy genre called "Austin Powers".

Myers, who wrote the script, plays Austin Powers, the undercover British Agent disguised as a fashion model photographer and pop-culture sex symbol of the sixties.

Austin's nemesis, Dr. Evil (also Myers) plots to take over the world from the outset of the action, but once Austin foils the plan, Dr. Evil freezes himself for thirty years hoping to thaw-out in 1997—free of the meddling Austin Powers.

In an attempt to pursue Dr. Evil into the future, Powers volunteers for the cryogenic freezing and is thawed out 30 years later when Dr. Evil returns to hold the world for ransom.

Sound generic? Well the one word that best describes this movie is "caricature," which is defined by Webster's as "exaggeration by means of often ludicrous distortion of parts or characteristics."

"Austin Powers" works because of its back handed salute to the beloved 007 movies that have defined this genre for the past 40 years.

The plot, special effects, and characters are all ridiculous imitations of the "Bond" style. The added bonus of this film, however, is the comparison it makes between this parodied spy genre and the modern culture in which the film takes place.

The result is an anachronous comedy that plays upon the overused conventions of the spy-thriller to display and comment on the culture of the politically correct 90's.

Transported into the 90's through a freezing process that mimics the cryo-freeze from "Demolition Man," Austin Powers finds himself teamed up with a Harvard graduate British agent, Vanessa Kensington (Elizabeth Hurley). As the daughter of Austin's former assistant (played by Mimi Rogers), Vanessa's assignment is to help Austin in his adjustment to life in the 90's.

This she accomplishes as a representative of "the modern woman," who, through her demeanor, defines the changes brought about by feminism since the days of Austin's reign as sex symbol of the 60's.

She is determined not to adulate Austin in the same way that all of Bond's women have. This, of course, only lasts long enough for Austin's charm to take effect. Unlike the countless women of Bond, however, Vanessa holds the power of this relationship in a way that pays tribute to the empowerment that women have gained since Bond's time.

This is not to say that feminism itself is not mocked in this film. The gags that center around the objectifi-

cation of women are many. The fem-bots for example take the presence of deadly sex-objects to an outlandish level.

Designed to destroy Austin Powers, this team of female robots dressed in teddies parodies the dangerous female archetype with sarcasm.

Here lies the irony: females portrayed as dangerous sexual objects intending to be caricature of the typical dangerous female.

Dr. Evil is, however, the eminent example of cross-cultural comparison throughout the film. In appearance, he resembles any of the villains from the first few Bond movies with a face of a maskless Darth Vader.

As a newcomer to the 90's, his displacement shocks him as much as it does Austin, perhaps even more so considering the ideas he devises to hold the world ransom.

He first plots to release a rumor about the infidelity of Prince Charles. Upon being informed of the reality of this rumor, he decides to burn a whole into the ozone layer if his outrageous demand of one million dollars is not met.

After an extensive debriefing by his modern-culture advisor, Number 2 (Robert Wagner), Dr. Evil devises a plan that only Powers can foil.

The contrast with 90's culture comes about as Dr. Evil learns that he has a twenty-something year old son.

The relationship then reveals the emotional and historical background of the ultimate villain as we find him in a father and son group therapy.

When the protagonists are caught, just before the proverbial getaway known to every Bond film, Dr. Evil devises what he refers to as "an easily escapable situation" with "overly elaborate machinery." The disagreement he receives for his plan to kill Powers comes from his son who knows the conventions of the spy-genre well.

"You know they're just going to get away," he says, "I've got a gun in my room, why don't we just shoot them right here?" But Dr. Evil refuses, and the plot plays itself out with the intensity that one would expect when James Bond and Mel Brooks cross paths.

Austin Powers

★★★

Rated PG-13

Directed by M. Jay Roach

Written by Mike Myers

Runtime 89 min

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Dons uprooted by Sequoia Giants

by Mercedes Adams
Sports Writer

The Dons' aspirations for a visit to the State Finals were burnt to the ground on May 10th after their second loss in a best of three first round Nor Cal playoff series against the College of the Sequoias.

"They had too much fire for us," said second baseman Joey Passanisi of the C.O.S. Giants.

The Dons, after receiving a restraining order the morning of May 5th on the Coast Conference sanction from postseason play, were seeded in the 16th spot in Northern California. The seeding placed the Dons behind four at large teams.

After word of the seeding reached the Dons, the team was positive despite the fact that they would play number one seeded C.O.S. as their first round playoff opponent.

The Giants, who had a 33-10 season overall, combined for 39 home runs, maintained a team batting average of .320, and stole 72 bases during the season.

"You have to beat those teams eventually, we might as well go for it the very first weekend," said Dons head coach Terry Hardtke. "This first series is like we're playing for the championship."

The Dons traveled to Visalia where temperatures rose into the 90s to play the Giants on their home turf.

The first game on Friday afternoon was a pitching duel between the Dons' freshman star, Jeremy Cunningham (8-5 overall), and the Giants Justin Cuellar (9-3 overall).

The Dons put themselves on the board early, scoring two runs in the third and two more in the fourth. The four run lead gave the Dons some confidence, but the Giants were not stunted.

The bottom of the fifth saw 5 Giants crossing the plate, which quieted the Dons and left them down by one.

The Dons dugout was further silenced by Cuellar, who gave up only one hit after the fifth inning.

The Giants increased their lead by 3 in the eighth and 3 more in the ninth, and won the game 11-4.

Cunningham pitched 7 innings, giving up 13 hits, 4 walks, and earned 9 runs. Reliever Matt DeClerq pitched one inning, giving up 1 hit and earned 1 run.

First baseman Matt Curnutt hit 3 for 3, and catcher Daniel Duke went 1 for 3 with a home run and 2 RBIs.

Despite the loss, the Dons made plans to play two more games to complete the series. Jordan Romero (7-



La Voz / Christopher Anderson

Jordan Romero attempts to tag out a Sequoia base runner at home plate during the first round of Nor Cal playoffs in Visalia, Ca on May 10th.

6 overall) would pitch for the Dons in the first game of the double header, and Jeff Martin (6-1 overall) was penciled in as the afternoon starter.

The Dons were back on the field early Saturday morning to prepare for the second game's 11:00 o'clock start.

Romero took the mound for the Dons and Gabriel Neboyia (7-1 overall) pitched for the Giants.

Both teams remained scoreless until the top of the third, when Romero gave up a hit to Omar Prieto, walked Jo Jo Jones and gave up a single to Andy Salazar. With the bases loaded Hardtke took his first walk to the mound. Romero could not come back with three strikes, and with no outs he walked Johnny Estrada and the Giants led 1-0.

The Dons continued to battle, but after three outs the Giants were up 5-0.

In the fourth Giant infielder Brian Little, who had been hit by a Romero pitch in the third, caught a piece of the ball and sent it deep into the trees. The Giants were up 7-0.

The Dons produced 2 runs off of a blazing Curnutt

home run in the bottom of the fourth.

The top of the fifth Hardtke put Vincent Perez (1-1 overall) in to pitch for the Dons. Perez held the Giants for two more innings.

In the bottom of the sixth Curnutt sent two more Dons home, but De Anza still trailed the Giants 7-4.

Three more runs scored for the Giants in the seventh. De Anza brought in Craig Shara in the eighth, and then Jeff Martin and Brent Mc Cann in the ninth. De Anza used up five pitchers in the game.

The Giants relieved Neboyia with Quinn Uzelman in the ninth.

The Giants won the second game 16-4 and took the series in two.

Curnutt, Duke, and outfielders Mike Gardner and Jordan Dierks all went 2 for 4 in the second game. Curnutt sent all four of the Dons runs across the plate.

Giants head coach Jody Allen said after the win, "We played the game pretty good today. If you pitch and you hit and you make the plays on defense, you've got a good chance to win, and we've been doing that lately."

The Dons were unable to produce much offensively

against the Giants, but Little took three pitchers out of the park on Saturday. Romero in the fourth, Perez in the seventh, and Martin in the ninth all gave up home runs to the giant Little.

"Today was just my day," said Little of his 18th, 19th, and 20th home runs this season.

The Dons' pitching was not as good as it has been in recent weeks, perhaps due to the heat and the unfamiliar mound.

"Today we gave up a lot of walks, which we characteristically don't do. Not only did we give up a lot of walks, we got behind on a lot of counts," said Hardtke.

"That's the best ball club that we've seen," said second baseman Passanisi of the C.O.S. Giants.

Hardtke said, "We played an outstanding team. They were the number one seed in the tournament and they deserve to be the number one seed."

Wiens, team captain with the Dons, said, "They beat us, just not as badly as the score showed. We just didn't step up for the occasion, we didn't rise."

Passanisi said, "We had good momentum coming into the playoffs, but just got outplayed."

The game was the first postseason appearance for the Dons after suffering through last season's playoff cancellation.

With no experience in the postseason even the sophomores felt an intense pressure in Visalia.

"Maybe we put a little too much pressure on ourselves," said Wiens. "We took it seriously, we were pumped to be here."

Despite being knocked out in the first round, the Dons are proud of their accomplishments this season.

"It was a great season," said Passanisi. "I have no regrets or anything about the season. I thought we all played well."

"Being able to go to the playoffs was spectacular," said Hardtke. "At one time it was tough to think that we could make the playoffs, and they finished strong and beat some good ball clubs to do it."

"It was disappointing because we felt we had a better team that should have won the Conference this year, but things didn't work out," said Hardtke.

"The bottom line is I'm proud of the way they performed with all the distractions we had, especially in the last six weeks. I'm very proud of them."

The losses ended a roller coaster ride of a season for the Dons, who battled through sanctions and appeals to reach the playoffs as the sixteenth seed.

The team finished the season 25-11.

Daily duel at De Anza

It all makes sense to me now. The "Duel at De Anza" is the final event in Wannabe Cup Racing.

Unbeknownst to the average student, the entire school year is practice for this made up event pitting the loudest Honda against the fastest Ford.

The event, sponsored by the Auto Tech Club, expects to have approximately 300 participants and over 2000 spectators. Kinda sounds like our average noontime parking fiasco to me.

Now tell me, is there anything more ridiculous than coming to school on the weekend to wear seat belts, helmets and drive like a maniac without an obstacle in sight?

Oh, that's right, there are obstacles... cones. ORANGE CONES! Gimme a break! When I get to school I'll dodge a moron on a mountain bike, brake to avoid hitting a tree, then narrowly miss a squirrel. Then I'll speed up for a cat and pretend not to see my math teacher as I recklessly swerve into a recently vacated "compact only" stall. All this happens while another driver, patiently waiting for the space I so gracefully fanagled,



Trey Dunia
Sports Editor

yells multi-cultural obscenities at me. There are obstacles aplenty during the week and, believe me, you don't need to wear a helmet.

Let's face it, dodging orange cones on an empty lot is a joke. Let's make it interesting and put the Chancellor and his board of trustees on the track instead of the orange cones. Let them wear the helmets. Then we can call it the "Duel for De Anza" and see how firm they stand on certain issues. We could even put book prices on different parts of their body and then, well, you get the idea.

What is even more unbelievable about the Duel is that people come from as far away as Los Angeles and

Nevada to squeal their tires in our parking lot, and pay for the pleasure of doing it. Get a life! Don't you have enough smog and traffic in L.A.? No need to share with us Cupertino folk.

Even the rules are absurd. You have to go around the track 3 times, the first time around is a practice lap. If you need practice driving in a circle in an empty parking lot, you shouldn't be driving.

You receive a one second penalty for every cone you hit, ouch. How about for every spectator you hit, a free pizza?

There are categories for all types of cars, but trucks are not allowed. Why not? And what, pray tell, is classified as a truck? Is a Suburban a truck? Or how about a mini truck with no bed (substitute one large mega-bass speaker)?

Whatever the story of this Duel, I will probably be there with my top down and my helmet on... watch out De Anza!

Trey's column appears in every issue. If you have any comments or questions regarding Trey and his driving ability you can e-mail him at mtd29232@uiploc.frida.edu.

One will quench your thirst.
The other could set you up for rape.

Which would you drink?



Rape is a sad reality. And it can happen to anyone. Even you.

When secretly slipped into a beverage, even a glass of iced tea, sedating substances can leave anyone vulnerable to sexual assault. You may not be able to see it, smell it, or taste it. And you don't have to be at a bar or club. It could happen in any social setting. The tragic fact is that the reasons for rape really have nothing to do with you. It happens only because there are people who wish to harm.

But there are some things that may help reduce your risk:

- Always keep your beverage in sight
- At a bar or club, accept drinks only from the bartender or server

- At social gatherings, don't accept open-container drinks from anyone
- If you experience dizziness, extreme drowsiness, or other sudden and unexplained symptoms, call someone you trust. Go to a hospital emergency room immediately. Try to retain a sample of the beverage for testing.

If you think you've been sexually assaulted, call (800)656-HOPE for a rape crisis center near you, or call the police immediately. Don't be afraid to reach out for help. There are tests to help prove you've been drugged, and a federal law that can put the rapist in prison for 20 years.

So please, help reduce your risk.

Watch your drink!

THIS MESSAGE IS PROVIDED BY HOFFMANN-LA ROCHE IN COLLABORATION WITH THE DC RAPE CRISIS CENTER

Correction

In an article last issue we regret any implication that there were recruiting violations by the Football program. Football coach Marshall Sperbeck has told La Voz he has never been in Hawaii. We regret any misunderstanding this article may have caused.

The Bay Area Lupus Foundation is sponsoring its Third Annual 5K Run and Walk Sunday, June 8, 1997.

This year the race will be held on the West Valley College Campus in Saratoga in conjunction with the 37th Annual Eastfield Ming Quong Strawberry Festival.

Runners and walkers may pre-register for \$20 until May 31, 1997 by calling (408) 954-8600 on weekdays; or register in person for \$22 at the Strawberry Festival, June 7 from 9 a.m. to 5 p.m. Race day registration is also available beginning at 7 a.m.

At the conclusion of the race, all participants may feast on a delicious strawberry, whipped cream and pancake breakfast.

All registered participants receive T-shirts and "goody bags." Special prizes are awarded to first and second place male and female winners in several age categories.

Court throws out sanction

by Mercedes Adams
Sports Writer

The Dons took the Coast Conference to court on May 5th and won a temporary restraining order against the sanction that barred them from postseason play.

Patrick Tillman, the De Anza baseball team's lawyer, visited Coast Conference Commissioner Dale Murray in the Santa Clara County Courthouse at 8:30 a.m. in an appearance before Superior Court Judge John A. Flaherty.

Tillman, obtained by the baseball players to represent them in the court appearance, won the restraining order against Murray and the Coast Conference decision based on evidence that the Dons had been denied their constitutional rights.

By enforcing the sanction that restricted the Dons from the postseason play that they had earned, the Coast Conference was not playing by its own rules. The judgement of the Coast Conference was not in question at the hearing, only the manner in which the Dons were sanctioned.

On February third the Dons wore their away team uniforms while selling raffle tickets at the Hot Steve Banquet, an out of district event that honors Bay Area athletes.

In April a Coast Conference hearing board made a unanimous decision to sanction the Dons from postseason play based on information presented at the hearing

that the team broke the first contact rule. This decision hinged on comments made by Cahada coach Mike Garcia at the hearing. He contended that the event was a high school related activity, which put the Dons in a first contact situation.

Information later surfaced that the event was in fact not a high school event. President of the Santa Clara Valley Baseball Fundraiser and founder of the banquet Jim Hemphill said, "It is not and has never been a high school event."

This prompted De Anza to pursue an appeal of the Coast Conference's sanction, but the Northern California appeals board turned down the team on May 2nd.

Not willing to sacrifice their season, the Dons sent Tillman to court on the 5th to obtain the restraining order. It was awarded to the team because the Coast Conference had not allowed the team its due process of appeals before carrying out its punishment.

The Dons, who were sanctioned over two months after the violation, had only gone through one of the four appellate hearing boards. Prohibiting the team from the playoffs this season is not in compliance with the Commission on Athletics own rules unless the team has exhausted each of its appeals.

Tillman said, "It went up on the first level of appeals. That appeal was rejected. There are three more levels of appeals left. It's only once those appeals have been

exhausted that the punishment can be enforced. You don't take things from people without allowing them the process."

The Dons, immediately after receiving the restraint on the sanction, were seeded in the Northern California playoffs. The team fell into the sixteenth spot, apparently due to the sanction and the close call in court.

Falling behind all four at large teams, the Dons were matched up against the number one team in Northern California, the College of the Siskiyous in Yreka.

Despite this unwarranted seeding, the team was excited to have won the restraining order and to be allowed into the playoffs.

Head coach Terry Hardike said, "We felt that we'd have a good shot with the evidence that we had, and we'd be able to get a restraining order and be able to go on."

The team now must think about the appeals process that they are pursuing.

"We're asking the Nor Cal hearing board to actually have a hearing," said Hardike.

"That is within the guidelines of the (Commission on Athletics) code that if we request a hearing we should get a hearing," said the coach. The team will be present to make their case this time.

If the Dons eventually lose the appeal, a sanction can be levied against next season's baseball team.

Jennifer Lloyd NorCal champ

Schaeffer, McGowan, Guidicatti State qualifiers

by Trey Dunia
Sports Editor

Spearheaded by Jennifer Lloyd, the men's and women's track team qualified four team members and three alternates for the State Championships by placing in seven of the ten events entered at the Nor Cal Finals in San Joaquin last weekend.

The best performance for the Dons was by Lloyd who threw it all together when she posted a 125 foot 3 inch mark with the javelin.

Lloyd said it feels "really good" to be the Nor Cal Champion because all of her hard work paid off.

Lloyd was looking forward to being in her first big track meet because De Anza was on probation last year and couldn't go to the championships.

When asked how she was feeling before her winning throw Lloyd said she felt "confident, but nervous."

Lloyd has been throwing the javelin since the 7th grade and is hoping to use the javelin to propel herself into a four-year university. Although Humboldt State has shown an interest in her athletic ability, her first choice is to attend UC Davis.

Lloyd will also compete in the discus at the State Championships.

The next big winner, ironically in another

throwing event, was Chris Schaeffer. His toss of 152 feet was good enough for a third place finish in the discus.

Head track coach Jim Linthicum said Schaeffer has been at or near the top all season. "He really met the challenge this year," said Linthicum.

Aisha McGowan placed fourth in the 100 meter low hurdles with a time of 15.83 seconds, just a fraction of a second off her qualifying time one week ago.

In the most grueling women's event, the heptathlon, Natina Guidicatti matched up well and has now been named as a finalist after first being named an alternate.

It took Rihan Park only 48.13 seconds to run 400 meters. Good enough for a berth as an alternate in the State Championships.

Dony Vloo increased her hot put over foot by launching the metal ball 36 feet 7 1/4 inches. Her 7th place finish against tough competition reserved her a spot as an alternate at the State Championship.

The men's 4x400 relay was run in 3 minutes 20.17 seconds by Brent Conrad, Nick Gugliemelli, Rashaan Park and Nick Tuttle. Although this is an excellent time, it was not good enough to qualify for state.

The California Community College Track and Field Championships will be held this weekend at Fresno City College.

Circuit training good way to eliminate excess fat

Circuit Training

When people think of circuit training, they envision beginners doing twenty different exercises using extremely light weights. The truth is if done correctly, weight lifters, strength trainers, and health enthusiasts of any discipline can make significant gains.

Circuit training refers to a method of weightlifting where an athlete executes one exercise and quickly moves to the next one. This type of training offers many advantages. It may well be the best routine for gaining strength and size while concurrently making aerobic gains. By performing your routine in circuit fashion, you may cut your workout time in half.

First, to improve aerobic capacity, you should be within 60-80% of your maximum heart rate (approximately 220 beats per minute minus your age.) You need to maintain this for no less than 20 minutes at a time (studies suggest women need to maintain their heart rate ten to fifteen minutes longer than men to obtain the same results.)

Secondly, the exercises need to be done consecutively with a steady pace.

Next, to make strength and size gains, you need to use weight that challenges you. If geared towards strength, you want to use weight that you can do between 10 and 15 reps. If size is your goal, you should use weight that you can do between 6 and 10 reps.

When you design your routine you should start off doing basic exercises for the three major muscle groups (your back, legs, and chest.) When you can do the circuit relatively easily, incorporate exercises that isolate your secondary muscles in the major groups.

Choose simple exercises and concentrate on doing them well. Add variety in your routine, use cable and free weights.

Also practice varying your circuit speed as well as weight. Do the most demanding exercises first, don't hit the smaller muscle before hitting the bigger first. Gains should be expected to be made gradually, never rapidly. Your body needs time to adjust. Persistence and patience are an underlying value that all successful athletes share in common.

Fat is not where it's at

While high calorie snacks are popping up like weeds in a neglected garden, it's easy to stuff your face and announce that your diet starts tomorrow.

Many Americans have struggled to lose weight. According to researchers at the National Center for Health Statistics, 4.7 million American children ages 6 to 17 are obese.

Worse yet, 11% of the entire U.S. population is overweight. This has gone up by 25% over the last 10 years.

The statistics are shocking, and many of us have weight loss in mind. I have heard people say "I'm fat", or "I need to lose 10 pounds but I can't." Don't complain, do something about it.

The great thing about the human body is that it can be conditioned or manipulated in many ways. For example, if you dislike the extra weight you're carrying, you can take action by eating right. Yes, you should also exercise to get good results, but I believe following a strict diet is the hardest part.



Dale Ferranti
Steve Lopez
Fitness Park

Losing weight dehydrates your body. You'll want to drink an ample

amount of water to replenish lost fluids (60-80 Oz./day).

I also recommend that you record your caloric intake. Counting calories can be a major hassle, but who said anything beneficial comes easy.

Our goal consists of burning more calories than we take in. Many experienced weight trainers suggest you multiply your weight by 8. This will give you an estimate of the ideal caloric intake to begin

losing weight.

In addition, I believe balancing your protein, carbohydrates and fat intake helps stabilize energy levels. Since we are trying to lose weight, it's a good idea to lower your carbohydrate intake and increase your protein intake.

I feel that 45% protein, 35% carbohydrate and 20% fat works efficiently. Everyone has a different metabolism, therefore you may want to alter this plan to fit your

need.

If you expect instant gratification then give up now. Moderate weight loss is the key to continuous progress. If you're shedding 1 or 2 lbs a week, you're in great shape. You'll want to avoid losing too much weight too fast. If you don't lose gradually, then half the weight lost will be muscle, the other half fat. Besides, when you resume a normal eating pattern, you'll gain most of it at.

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