

S p e c i a l F a l l O r i e n t a t i o n I s s u e

LA VOZ



The Voice of De Anza College

Volume XXXIII - Number 1

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Published Weekly

Welcome Students!

READ THIS

**for information on
parking, add forms,
a campus map, and
your back-to-school
questions**

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Letters to the Editor Policy

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

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Staff editorials reflect the opinions of the majority of the editorial board and do not necessarily reflect the opinions of the La Voz staff or of De Anza College. Opinions and columns reflect the views of the author and are not necessarily the opinion of the La Voz staff or De Anza College.

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Students can continue adding classes

Returning student offers tips for adding classes on the first day of school

By Kelly Abell
Staff Writer

Classes at De Anza can fill up faster than Parking Lot A on the first day of school. However, there are several ways students can still enroll in full classes.

One method is to choose a class with odd-hours. Try enrolling in an early morning or a late afternoon class. Block-style classes that meet for two hours on Mondays and Wednesdays or on Tuesdays and Thursdays tend to have more open spaces than mid-morning classes.

Another method is to wait list the class. Check the class listings in the Administration Building to see if there is room on the wait list. The lists show the number of students enrolled and the number of students on the wait list for each class.

The De Anza College Fall 1999 Schedule of Classes notes that students must attend the first class meeting. Instructors have the option of dropping students from their class if students fail to show up or if they are more than 30 minutes late.

Arrive early for the first day of class and let the instructor know that you are interested in adding the class. If the instructor permits, you

should attend the class everyday until the last day to add (Friday, Oct. 1). Many registered students drop classes within the first week, opening positions for students on waiting lists.

Distance Learning has all the required courses for general education for any A.A. degree.

Most of the work is done outside of the classroom via online courses, television courses, and mixed-media courses.

If you have the self-discipline and time management skills that are essential for success in Distance learning courses, this may be another method for enrolling in the class you need. Refer to page 166 of the Fall Schedule or call (408) 864-8969 for more information.

For future reference, the following tips gathered from personal experience and the Fall Schedule could help you successfully enroll in the classes that you need.

First, be certain that you have completed any prerequisite course work for that class.

Call the Assessment Office at (408) 864-8416 or (408) 864-8717 before you enroll. They will be able to verify whether or not you have successfully completed the required course work or placement tests.

Make an appointment with a counselor to

clear any confusion as to which courses are needed for your educational goals. They will be able to help you select the classes to register for.

Don't wait until the week before or the week after the new quarter to see a counselor. Schedule an appointment at least four weeks before the next quarter in order to ensure that your academic needs can be satisfied.

If you decide to drop-in rather than scheduling an appointment, the best hours to see a counselor are between 10 a.m. and 12 p.m. Call (408) 864-5400 for more information regarding counseling services.

If you are either academically or athletically gifted, you could try enrolling in the Honors program or joining a sports team on campus. Honors students and athletes receive the benefit of priority registration. See a counselor for more details.

Finally, register for your classes as soon as possible. If your date and time to register is December 27 at 2:10 p.m., by all means, don't wait until 2:30 p.m. to register. Every minute you wait, another student could be adding that class thus filling the slot that could have been yours.

If all these methods fail to get you enrolled in the class you need, remember that Winter Quarter is only three months away.

Adding a class

1. Fill out the "add form" below. The call number is the 4-digit number listed in the Schedule of Classes before the course name.
2. Attend the a class meeting of the class you want to add (first class preferred).
3. Ask the instructor if you can add the class. If the answer is "yes," ask the instructor to sign the bottom line.
4. Turn in the completed form to the Admissions and Records Office by Friday, October 1.

	<h3>ADD FORM</h3> <p>PLEASE PRINT ALL INFORMATION</p>	OFFICE USE ONLY
NAME _____ <div style="display: flex; justify-content: space-around; width: 80%; margin: 0 auto;"> LAST FIRST INITIAL </div>		DATE _____ CLERK _____
SOCIAL SECURITY NUMBER <input type="text"/> <input type="text"/> - <input type="text"/> <input type="text"/> - <input type="text"/> <input type="text"/> <input type="text"/>		
CALL # _____ COURSE _____		QUARTER _____ YEAR _____
<p>NOTE TO STUDENTS: Immediately after you have obtained the instructor's signed approval to add a class, you must submit this form to the Admissions and Records office for processing.</p>		
_____ INSTRUCTOR APPROVAL		_____ DATE

President welcomes students

Advice includes asking the right questions

By Martha Kanter
De Anza College President

Welcome to De Anza! You are here at a very special time in our history, the turn of the century. The year 2000 has personal significance for each of us. As I reflect upon our history, I find it remarkable that, as a college, we have done so much in so little time. Since we opened our doors to the people of this valley just a short thirty-three years ago, we have had a single focus – student success. But our world is different today than it was in 1967.

Today we are inundated with information. To address this reality at De Anza, we offer a learning environment that transforms information into knowledge, knowledge that you can enjoy and use to reach your goals, knowledge that will stimulate your intellectual curiosity. As Peter Drucker artfully discusses in his book *The New Realities*, we now live in “an economy in which knowledge is becoming the true capital” of our world.” What makes knowledge different from information is, I believe, the meaning or understanding we give it.

To gain knowledge, we ask that you do some simple things that are sometimes very hard to do. One of the most important tasks is to make sure that for every hour you spend in class, you devote at least three hours of study to absorb what you learned or heard about in that one hour. If you invest in those hours of study, you will experience how information gets transformed into knowledge.

Another way is to sit in front of the class and devote your full attention to the content under discussion. Concentration, or “singleness of purpose,” is an important key to succeeding as a student. Some people call it academic discipline. But whatever its name, it is a strategy that forces you to give your full attention to the moment.

Asking questions is a third way to begin to transform information into

knowledge. Many times, asking the right question makes the difference between understanding something that seemed difficult at first and just walking away shaking your head saying “I didn’t get it.” Understanding is created when information is transformed into knowledge. Questioning is a strategy that helps create meaning. It is harder to ask the right question. You might ask: “What is the

“ You are at an extraordinary place at an extraordinary time . . . ”
- Martha Kanter

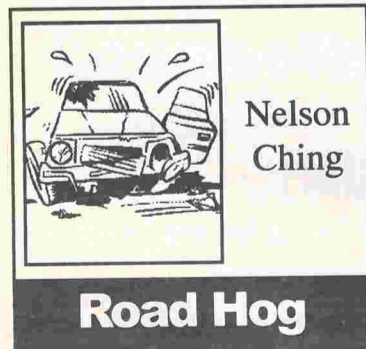
right question?” Who decides what the right question is? Actually we do not know what the right question is until a question is asked. Often, the first question leads to an answer that leads to the second question, and so it goes. It is in the asking and answering that understanding takes place.

One important piece of advice to remember: you are not alone. At De Anza, we offer many services to help you succeed. We have tutors, counselors, special educational programs, financial aid, a state-of-the-art learning center, a multicultural-international center, and an unparalleled campus life that is rich and diverse.

As president of this college, I think that what is truly extraordinary about us is our constant desire to experiment, to find new ways of turning information into knowledge so that our students can succeed. They do. You will! You are at an extraordinary place at an extraordinary time with extraordinary people, pursuing excellence into the millennium!



Parking tips: Don't park at the Oaks, try churches and Mary Ave.



Park. According to the first definition in Webster's dictionary, it means a tract of land that is used for recreation. But if we add an "ing" to the end of that word and add De Anza to it, it means big headaches.

So what are some of the

options to consider when there are over 20,000 students who take classes at De Anza and there are about 5,000 student parking spaces?

For starters, parking on campus might not be the most convenient solution.

There are about 200 parking spaces across Stevens Creek Boulevard on Mary Ave. behind the Oaks Shopping Center. However, don't park in the Oaks because your car will be towed.

Also, the church parking lots of the Assembly of God and the Latter Day Saints will offer free parking to students during the first week of school.

One lot that doesn't get much action is behind Learning Center West, by the Open Media Lab.

It's not paved, and it is pretty small, but I've had better luck with that one when I am in a rush.

Keep this in mind. There is no free parking on campus.

For those who are considering parking on campus without paying, let me give you some advice.

I parked all last year without a permit. It can get expensive. I tallied about 12 tickets at \$15 a piece, \$33 if not paid on time.

After awhile they knew which car was mine and I think they felt badly for me because I didn't get any tickets during the Spring quarter.

The parking cops are pretty vigilant about patrolling lots A and B and the parking garage. Parking lot E gets its fair share of

tickets too.

But if you insist on parking without a permit, go for the gusto. Park in the staff lot or 30 minute parking. It's much closer to your classes and the ticket is the same price. Don't even consider parking in handicap spaces. It's against the law, and the ticket is upwards of \$200. It's also not very nice. (Editor's note: *La Voz* does not support the breaking of any parking rules.)

Last but not least is the option of not driving at all. The busses, although not too convenient, are a cheap way of getting to school.

A company called Altrans offers an academic year pass for \$75 that allows unlimited use of the Santa Clara Valley Transportation Authority busses

and lightrail for the school year.

VTA busses go all the way from Hollister to Palo Alto and Fremont.

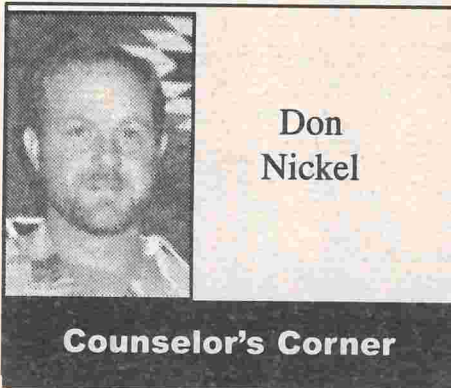
The trade off is time. It takes me about two hours to get to De Anza from my house in South San Jose compared with a 20 minute drive up Highway 85.

A single ride on VTA is \$1.25 for busses and light rail. Express busses cost \$2 per ride. Day passes are \$3 for regular VTA service and \$5 for express service.

The price of a parking permit is \$26.50 for cars, and \$15.00 for mopeds and motorcycles.

One-day parking permits can be purchased for \$2.00 (in quarters) from the red or yellow machines located in every student parking lot.

Counseling Center wants your business



Don Nickel

Counselor's Corner

On behalf of De Anza's Counseling and Advising department, I want to welcome all students – both new, returning and continuing – to another exciting and fruitful year on your academic journey. For many of you who feel like you have been on a seemingly never ending roller coaster ride in pursuing your education, being a student is much of who you are for better or worse. For others returning to school after an absence, coming back can be disconcerting in anticipation of what it means to succeed at college life. As faculty, staff, and administrators,

we are committed to participating in your quest for academic excellence and life success. From the instructors who you have direct contact with, to the many De Anza employees behind the scenes who you may have little interaction with, much of the satisfaction and fun we derive from our work results from our impact on your success.

The Counseling and Advising Center would like to invite students to take advantage of the numerous services we offer including academic, educational, career, and personal counseling. We also teach a variety of classes from the Coun100: Orientation to College for new students to Huma 10: Human Sexuality, one of the most popular GE classes taught at De Anza.

But of all the services the Counseling Center offers, we would like to see every student have an education plan on file, that is a list of courses from quarter to quarter that details the progression of classes you would need to accomplish your academic goal. This could include classes related to your major and classes related to general education. The



Kelly Abell / La Voz

Steve Choi, left, shows Hoang Nguyen and her friend where to sign in for a drop-in appointment in the counseling office on Sept. 17.

research supports the idea that students who complete education plans with counselors are more likely to graduate or transfer sooner.

Yet counselors and advisors do much more than education plans regarding academic advising. We provide information on degree and transfer requirements. We also complete applications for certificates and degrees. We even assist with other paperwork including petitions to the Academic Council, transcript evaluation, and financial aid extensions.

Counselors also assist students in educational counseling in selecting a major, dealing with issues of time management, and probation. Counselor Tony Basques teaches the always popular SKILS 135:

Study Skills Seminar which focuses on students improving more effective study methods including goal setting, note taking, time management, test taking, and strategies for student success.

For students undecided about their major or experiencing a mid-life transition, we offer a career life planning class called CLP 70: Self-Assessment that assists students in determining personality, interests, values, and potential major and career choices. For those of you uncertain about your academic future, Rob Clem is De Anza's foremost career counselor, available for individual appointment and for his Getting Started Workshop focusing on major and career

See COUNSELING, page 5

Part-time
Writing and/or Reading
Instructional Assistants
Needed Immediately

Bachelor's degree preferred
Curriculum provided
Small-group instruction
Flexible hours
Gain teaching experience

De Anza College
Fall Quarter, 1999
(September 21- December 6)

\$11.17/hr

For more information call:
De Anza Writing Lab at (408) 864-5422
De Anza Reading Lab at (408) 864-5421
De Anza ESL Lab at (408) 864-8980

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Counseling Center provides numerous services

■ COUNSELING, from page 4

issues. For more information on the workshop or making an appointment to see the career counselor call 864-5711 or visit the Career Center located in OTI #3.

Finally, counselors also provide personal counseling to students. Being a student can be stressful in itself, but even more when students have to juggle the needs of work and family. In addition to stress management concerns, personal counseling might focus on self-awareness and self-management skills, relationship issues, and even crisis intervention.

The Counseling Center, located in the Administration building, is open Monday through Thursday from 8 a.m. to 8 p.m. and Fridays 8 a.m. to 4 p.m. during the academic year. The Center is also open during the summer and quarter breaks with less extended hours. Appointments may be made in person by speaking with the receptionist or by calling (408) 864-5400. Appointments can only be made beginning the third week of the quarter and up until the last two weeks of the quarter.

In practice, most students are seen on a first-come, first-served drop-in basis by signing in at the front desk. Students are advised to come in well before closing time if they wish to be seen due to the sometimes long lines on the drop-in list.

The Counseling and Advising Center looks forward to seeing all of you at some point during this next year. Come in to do an education plan or discuss any problems you might be having.

May you get all the classes you register for and may all of your finals not fall on the same day.

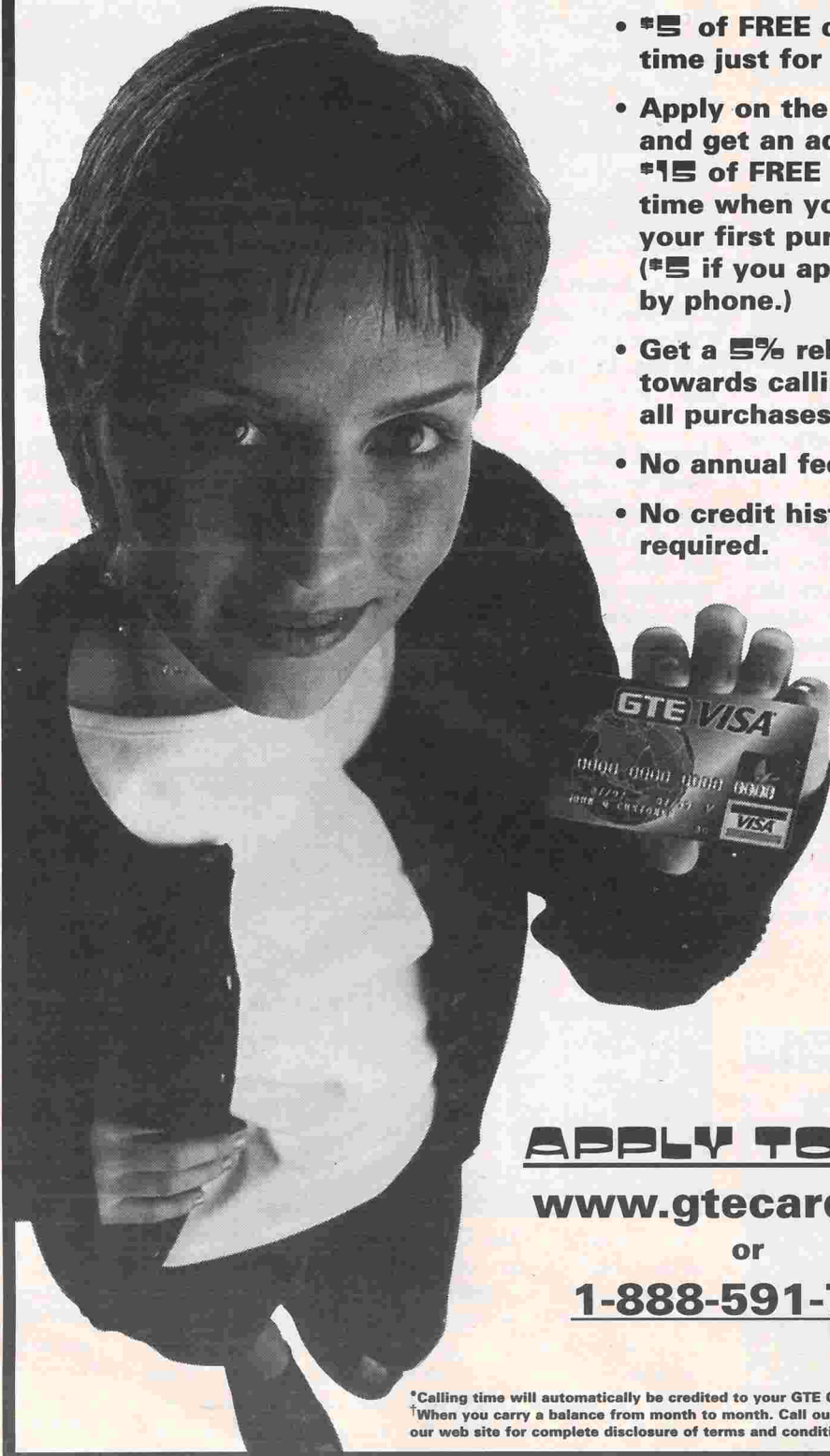
Counseling Center

Monday-Thursday
8 a.m.-8 p.m.

Fridays
8 a.m. to 4 p.m.

For appointments call:
(408) 864-5400
or stop by
for a drop-in visit.

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Read La Voz on the Internet!
<http://saturn.fhda.edu/lavoz/index.html>

College offers services for students

By Kelly Abell
Staff Writer

De Anza College offers a multitude of services in order to help students have a successful college career. Listed below are many of these services and a brief description of what they have to offer.

For further details about college services, refer to the 1999-00 college catalog.

Financial Aid



The Financial Aid office, located in the lower level of the campus center, helps students obtain assistance through grants, scholarships, loans and part-time jobs. For more information regarding financial aid, visit the office or call (408) 864-8718

Bookstore

The De Anza College Bookstore, located adjacent to the Campus Center, sells textbooks, school supplies, bus passes, clothing and much more. The bookstore also sells computer software and some hardware at educational discounts, which can be up to several hundred dollars off the retail price. For more information regarding the Bookstore, visit the store, or call (408) 864-8701.

Counseling And Advising

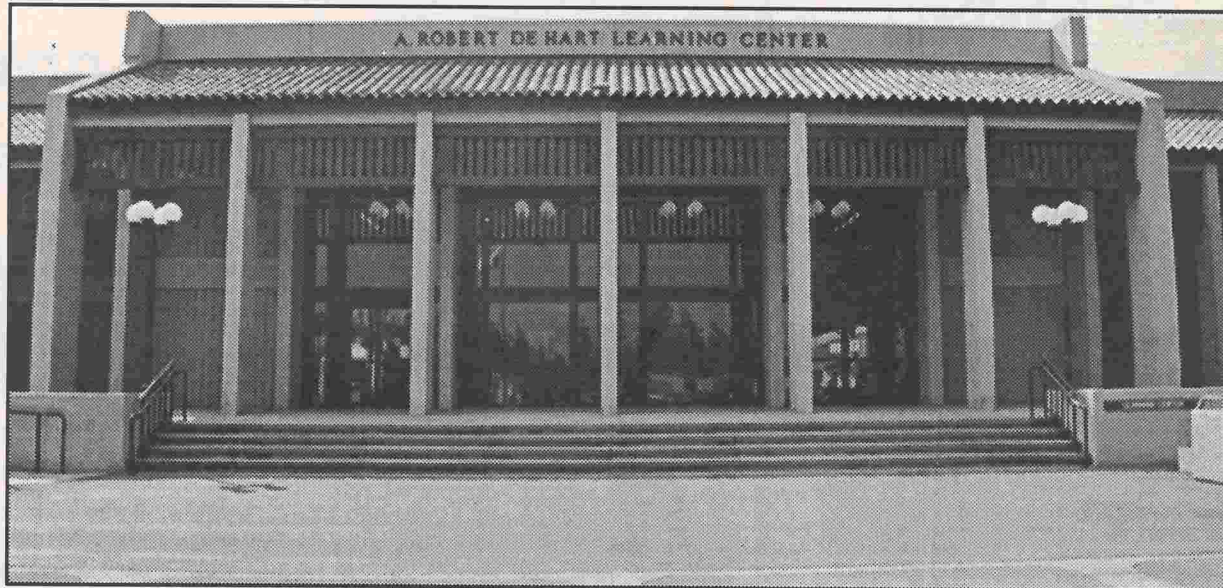
The Counseling and Advising Center, located in the Administration Building, helps students with academic, educational, personal and career questions. Appointments are recommended and can be made in person with the receptionist, or by telephone. For more information regarding counseling, visit the center or call (408) 864-5400.

Campus Safety and Security



De Anza's Campus Safety and Security office, located on the lower level of the campus center, provides emergency car service, emergency message service and lost and found. Campus Security also offers a security escort service for anyone who wants to be escorted to their car at any time of the day or night. Call five minutes in advance to give the officers time to respond. For more information regarding Campus Security, call 864-5555.

Learning Center

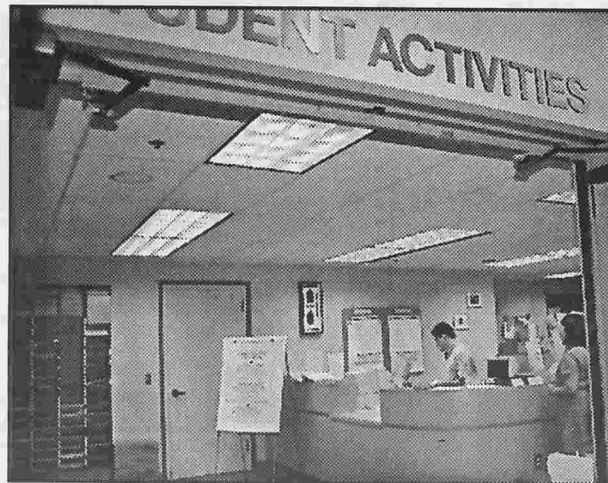


The A. Robert De Hart Learning Center, located in the main quad, houses the Library, Open Media Lab, College Readiness Program, the Educational Diagnostic Center, the Resource Room for the Visually Impaired, the Distance Learning Program and a small internet lab. The Library is located on the first and second floors of the main building. The Internet lab is on the second floor of the main building (it's hidden from view, so ask a librarian if you can't find it.). For more information regarding the Learning Center, call (408) 864-8479

Food Services

Food Services, located on the upper level of the Campus Center, offers breakfast, lunch, dinner and banquet catering services. Snacks, sandwiches, salads and beverages are also available in the cafeteria. Food Services also operates several outdoor vending carts, located just outside of the Campus Center in the main quad, that serve gyros, hamburgers, and grilled chicken kabobs. For operating hours and more information, visit the individual vendors or the cafeteria.

Student Activities



The Student Activities Office, located in the lower level of the Campus Center, offers resources for students, staff and community members. These resources include the housing board, book exchange, bus schedules, approval for posting, free legal advice and discount cards for amusement parks. The Student Accounts Office, located within the Student Activities Office, offers services such as book loan repayments, club and DASB accounts and bike lockers. Student Activities also provides campus tours for students and the community. Tours are given by De Anza College Student Ambassadors. To make arrangements for a tour, call (408) 864-8756. The De Anza Associated Student Body senate is also a part of the Student Activities Office. Students interested in attending DASB meetings or becoming a senator should call 864-8690 or pick up an application in the Student Activities Office.

Health Services

The Health Services Office, located in the lower level of the Campus Center, provides confidential services including health and personal counseling, birth-control information and clinic, pregnancy tests and blood pressure testing. Also offered are dental, health, and vision insurance plans; first aid; medical referrals; over-the-counter immunizations; rest area; TB tests; condom and alcohol and substance abuse information. For more information regarding health services, visit the office, call (408) 864-8732

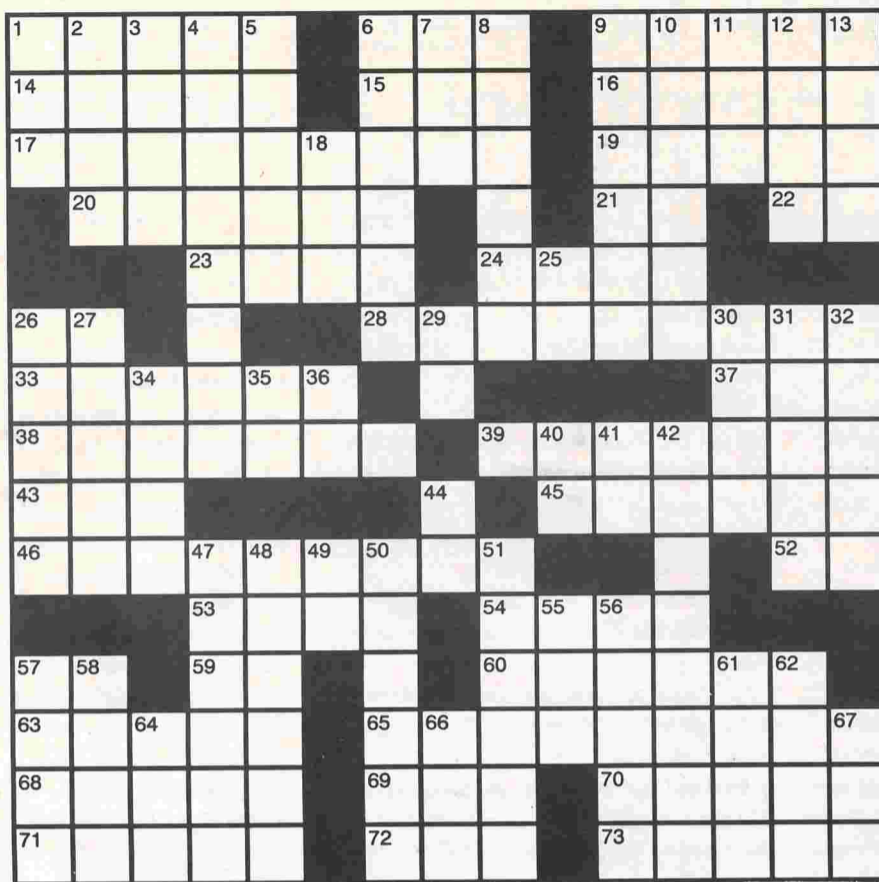
Tutorial Center

The Tutorial Center, located in E-36 (for math and science) and L-47 (for all other subjects), offers free peer tutoring on an individual or group basis. Lists of available tutors, courses, and hours are posted on the board outside of the rooms. Students needing tutoring are advised to apply early in the quarter. For more information about receiving tutoring or becoming a tutor, visit E-36 or L-47, or call (408) 864-8682.

Transfer Center

The Transfer Center, located in Forum 5, assists students who are considering transferring to a four-year degree program. Some of the services offered by the Transfer Center include: academic advisement by appointment; curriculum/transfer guidelines; college catalogs from the University of California and California State Universities, many private colleges and universities, and many out-of-state colleges and universities. The center also gives workshops on guaranteed admission, general education requirements, and application procedures. The Transfer Center sponsors programs throughout the year. All scheduled activities are posted in Forum 5 and the Counseling Office. For more information regarding the Transfer Center, visit Forum 5 or call 864-8234.

photos by Kelly Abell



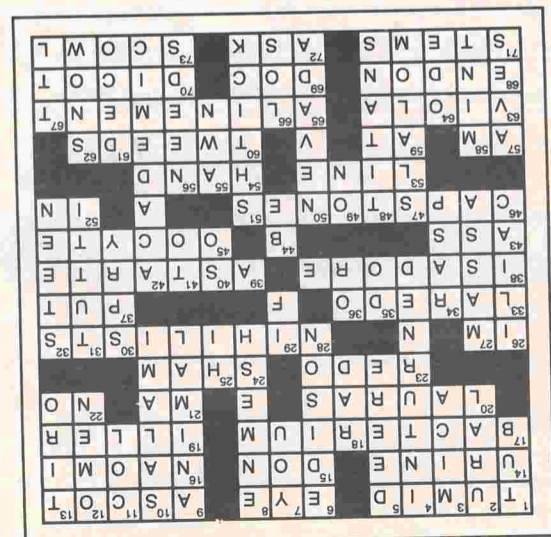
ACROSS

DOWN

1. Swollen
6. See ____ to ____
9. Annual horse race
14. Liquid from a kidney
15. River in central Russia
16. Great grandmother of King David
17. A one celled organism
19. More unwell
20. Huts where monks prayed
21. State North of CT
22. Denial
23. Use an interior designer
24. Accessory for a coverlet
26. Plural ending in Hebrew words
28. Anarchists
33. City on the Rio Grande
37. Set to a duty
38. Name meaning "Gift of Isis"
39. Chestnut clam
43. Beast of burden
45. Immature egg cell of an ovary
46. Crowning achievements
52. Latin origin prefix
53. Shortest distance between two points
54. Cards dealt
57. Before noon
59. "I'll be home tonight ____ 10!"
60. Woven wools
63. Four stringed musical instrument
65. Ground plan of a railroad
68. ____ a happy note
69. "What's up ____?"
70. Angiospermous plant
71. These held up flowers
72. First man in Scandinavian myth
73. Sour look

1. Old boat
2. Russian lake
3. Hydrous silicate of aluminum
4. What a problem foot may be
5. Tractor brand
6. Father of the phonograph
7. "It had to be ____"
8. Tangle up
9. A mammal, e.g.
10. Italian snack
11. Depression in a mountain range
12. Name of movie horror series
13. Novice
18. Slang for "radical"
25. Non continental state
26. Relating to the hipbone
27. Western Italy marble city
29. In case
30. Shortening brand
31. All (musical)
32. Dutch painter Jan
34. Coarse file
35. To perform a duty
36. Yellow metal in heraldry
40. Musical note
41. ____ and pro
42. Scholarly
44. Education degree
47. Ski maneuver
48. "Clash of the ____"
49. Faucet choice
50. Las Vegas home state
51. Comic routine
55. Plant bristle
56. Penuries
57. Latin hellos
58. Coin producer
61. Art ____
62. Ice-crystal precipitation
64. Lyric poem
66. Spanish plural article

Answers



Choices abound**De Anza and on-line bookstores compete for your textbook business**

By Anu Ram
Staff Writer

For the student who hates waiting in line, the idea of buying books online is a very appealing one. There is also the added advantage of being able to compare prices. With the prolific growth and advent of so many Internet bookstores that have been aggressively marketing themselves recently, students now have a wide choice.

The De Anza Bookstore, recognizing this competition, has entered the competition. It set up an online site (<http://books.fhda.edu>) last spring. It is currently a beta test site which lists books needed for all De Anza courses. It is expected to be fully operational for the winter quarter, allowing students to order online.

In order to attract customers, the De Anza bookstore is offering a "Best Price Guarantee" policy on its 3,000 titles. If a student who purchases a book from the bookstore finds that another Bay Area

bookstore (not an online one) offers it for less, the De Anza bookstore, after verification, will give the student back double the difference in price. It will also immediately lower the price on that book.

"We have lowered our prices by three to six percent by cutting down our costs," said Jim Ladd, Director of De Anza and Foothill Bookstores. "We are committed to providing our customers with quality service, and for that we conducting a customer satisfaction survey, says Ladd.

The survey, which will be developed and analyzed by the National Association of College Stores, requests feedback on the store's services, policies and product offerings. According to Ladd, the survey will allow the bookstore staff to identify and address key issues in store operations and customer satisfaction. Customers who complete the survey by Oct. 15 will be eligible to win free textbooks for Winter 2000 classes.

More and more students, however, find it convenient to do their textbook shopping online. The online store

Classbook.com advertises "Buy online not in line." An added incentive is that the books are delivered to your doorstep. A disadvantage is that most of the online bookstores charge a shipping and handling fee, additions to the cost of the book itself.

Both BigWords.com and VarsityBooks.com have refund policies where a full refund can be given if a book is returned within 30 days of receiving it. The shipping and handling fees, however, are to be paid by the student. BigWords.com will refund the shipping and handling if there was an error on their part.

Some online bookstores such as Uzone claim to sell books at cost. The company even entices students to make money by referring Uzone to other students, and promises to pay in cash a percentage of the referred customer's textbook purchases.

Ladd, however, cautions students who buy books online. He questions the discounts given by online bookstores as well

as their return and refund policies. He also points out that students must wait a few days for the books to be delivered.

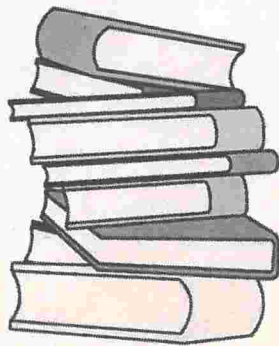
Ladd says that any profit that the bookstore makes goes back to the college and hence to the student. The bookstore employs students, and thus by shopping on campus, the student is supporting the campus community.

Ladd says that the De Anza Bookstore is the "largest volume single campus community college bookstore in America."

Online bookstores say that they offer their own methods of giving back to the campus community. VarsityBooks, for example, offers a partnership program, where the company claims that five percent of the revenue from a sold book is given to the campus bookstore.

The online bookstore, efollet.com, listed De Anza College as an e-commerce partner, but did not have a booklist up for the college. Ladd denies that there is any relationship between the De Anza Bookstore and efollet.com

See **BOOKSTORES**, page 9

You choose: De Anza or online?

	De Anza (http://books.fhda.edu)	Amazon.com (http://www.amazon.com)	efollet (http://www.efollet.com)	TheUzone (http://www.theuzone.com)	Varsity Books (http://varsitybooks.com)	Classbook.com (http://classbook.com)	Bigwords.com (http://bigwords.com)
Essentials of Physical Anthropology, Jurmain, NEW	\$53.90	\$55.95	\$55.33	-	\$51.75	-	\$52.03
Essentials of Physical Anthropology, Jurmain, USED	\$40.45	-	\$41.50	-	-	-	\$41.96
American Promise, Vol. 1 - text, Roark, NEW	\$48.70	\$50.95	\$50.00	-	\$46.65	\$45.16	-
American Promise, Vol. 1 - text, Roark, USED	\$36.55	-	\$37.50	-	-	\$36.91	-
Calculus: Concepts and Contexts, Stewart, NEW	\$102.60	\$106.95	-	\$93.27	\$98.93	\$94.25	\$99.46
Calculus: Concepts and Contexts, Stewart, USED	\$76.95	-	-	\$59.29	-	\$74.61	\$80.21
Zen and the Art of Motorcycle Maintenance, Pirsig, NEW	\$8.00	\$6.39	-	-	\$5.99	-	-
Zen and the Art of Motorcycle Maintenance, Pirsig, USED	\$6.00	-	-	-	-	-	-
Understanding Movies, Giannetti, NEW	\$42.90	\$44.00	\$47.00	-	\$37.40	\$43.18	\$38.06
Understanding Movies, Giannetti, USED	\$32.20	-	\$35.25	-	-	\$34.19	\$33.00

Note that with online ordering: some books are sent within 24 hours, others can take up to two weeks. Shipping costs are extra. Be sure to check the ISBN carefully -- many similar titles are different editions. When no price is given above, a comparable edition was not located.

Students can choose where to buy textbooks

■ BOOKSTORES, from page 8

Due to the size and the relative newness of the online textbook industry, students may want to compare prices and service policies of various online bookstores. This can be done through several searchable database of new and used college textbooks, such as Textbook Information Network and Textbook Source.

VivaSmart.com, a search engine started at Stanford University last year can also help students find a textbook online.

BigWords.com will meet the price of another online bookstore by e-mailing the URL listing of the website showing the price of the book.

If you decide to buy your books from the campus bookstore, Ladd has some recommendations. Come to the bookstore between 7:30 a.m. and 9 a.m., when it is least crowded, he says. It is the busiest between noon and 2 p.m. and after 6:30 p.m.

Ladd also recommends buying used books whenever possible and sell your textbooks back to the bookstore soon after your final exams. If you wait too long, a new edition may replace the book, and it won't be bought back.

Whatever your decision, be aware of the choices you have and carefully study them. Ladd says, "We want students to get the best possible deal regardless of where they shop."

La Voz publication dates change

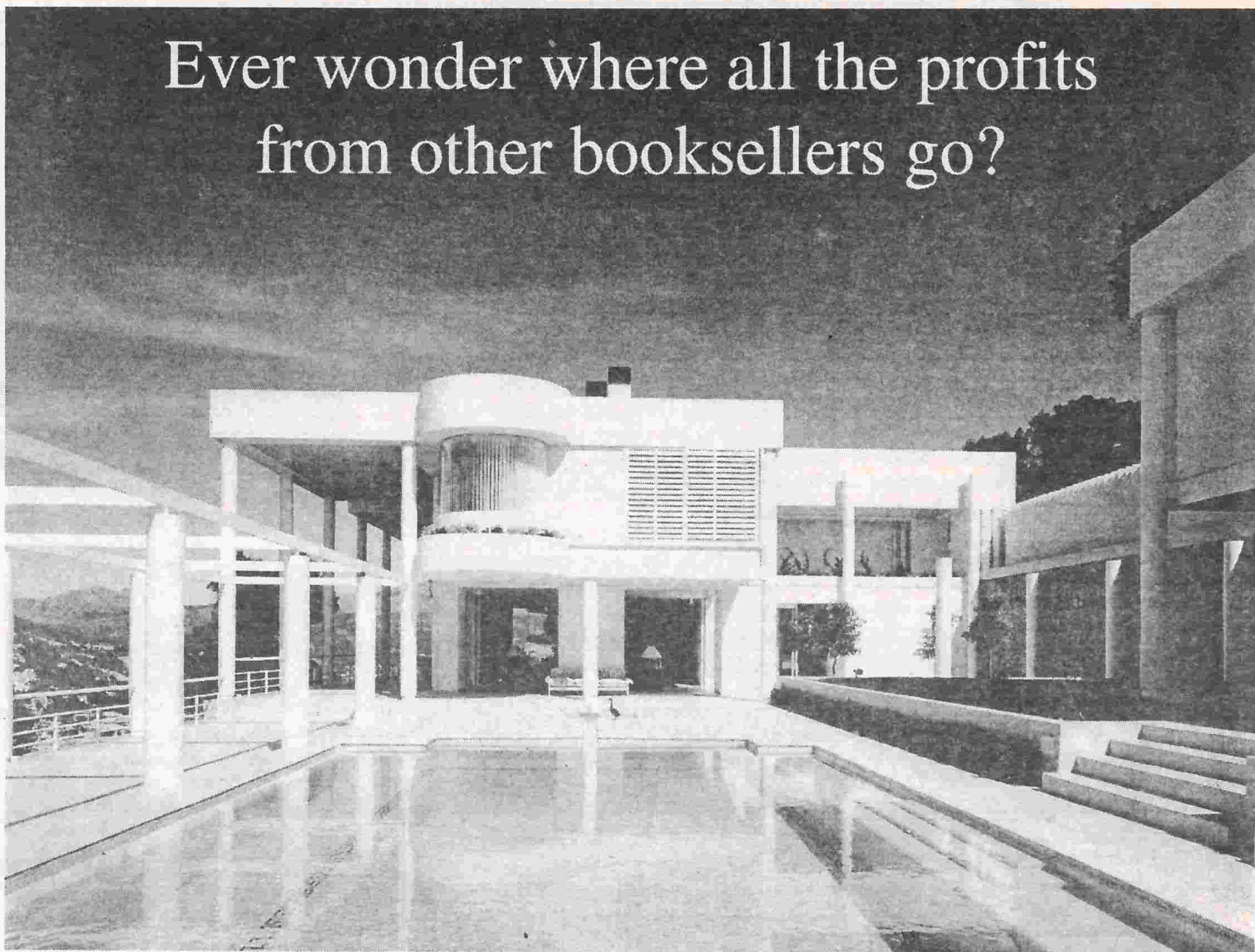
La Voz, the De Anza College student newspaper is changing its publication schedule this year.

Over the past few years, La Voz has been published every other Tuesday during the fall, winter and spring quarters.

This year La Voz will be published weekly on Mondays during the three terms. An exception will be made during the first two weeks of each quarter while new students are learning the reporting, editing and production skills needed to produce the paper.

The next issue of La Voz (pronounced with a long "o") will be published Oct. 4. "La Voz" is Spanish for "The Voice."

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Ever wonder where all the profits from other booksellers go?

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Journalism and Mass Communication Classes still available

✓ Jour 2-62z (#1063)	Mass Communication and its Impact on Society	Distance Learning Section
✓ Jour 60 (#2264)	Editorial Board - La Voz	T/W 11:30 L-41
✓ Jour 61 (#2265)	La Voz Staff (Reporters, photographers)	M/W 11:30 L-41
✓ Jour 62 (#2266)	La Voz Production	Th 11:30 L-41
✓ Ewrt 66w (#2622)	Page Design/Desktop Publishing (QuarkXpress)	Th 12:30-3:50 L-41

Access to computers and the Internet is available throughout the D.A. campus

By Anu Ram
Staff Writer

De Anza College provides several computer labs for students to work on their projects, check their e-mail and cruise the Internet. The labs give students without access to a computer the opportunity to type papers and work online in a relatively quiet atmosphere.

Open Media Lab

The Open Media Lab is located in the basement level of Learning Center West, the building behind the Learning Center (library). This is the most commonly used lab. It houses 90 computers. You need to have a DASB card for identification. Students have access to either Macs or PCs, as well as video and audio equipment and typewriters. There is a charge for printing.

The Open Media Lab is available to all De Anza students. There is a two-hour limit on each computer, but if no one is waiting, you can use the computer for a second or third two-hour time block.

The Open Media lab is open from 7:30 a.m. to 9 p.m. Monday through Thursday, 7:30 to 4 p.m. on Fridays, and 9 a.m. to 4:30 p.m. on Saturday.

Internet Lab

The Internet Lab is located in the south-

east corner of the upper level of the Learning Center. It can be used by De Anza students when the Learning Center is open unless it is being used by a class.

DASB Lab

The DASB Lab, funded by the De Anza Student Body is located in the Campus Center near the ATM bank machine. All De Anza students are welcome in this lab. Contact the DASB for details or look for signs posted on the door for hours.

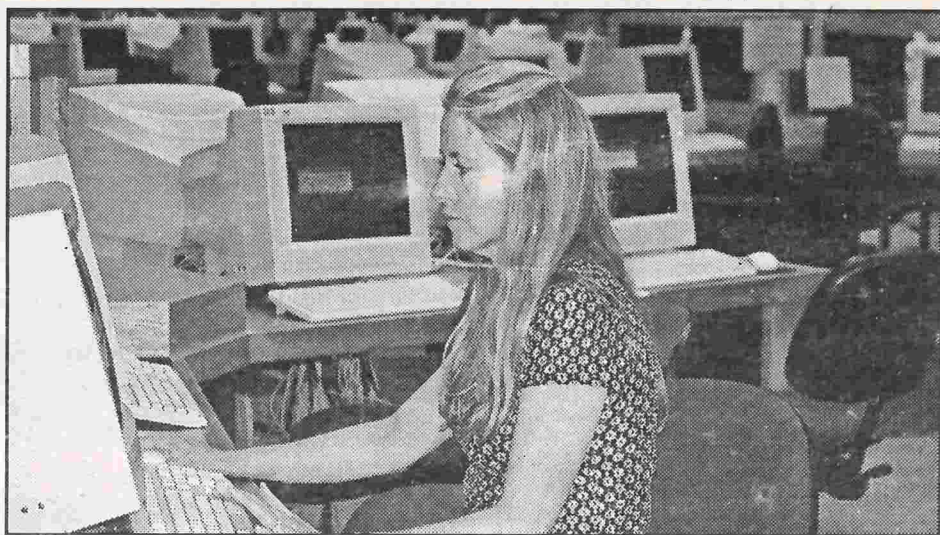
Language Arts Lab

The two labs are located in Room 102 and 103 of the ATC (Advanced Technology Building) building, near Parking Lot A. These labs are reserved for students who are taking classes from the Language Arts division (English, ESL, Journalism, Reading, Technical Writing, and Speech).

The schedule for open lab times will be posted outside the door every Monday morning. The hours may be anytime from 7:30 a.m. to 9 or 10 p.m., and is closed periodically throughout the day when classes are using it.

The lab has word processing software and connections to the Internet. The lab has older Macs which were installed in 1994, so if you need more modern equipment, you should use the computers in the Open Media lab.

Printing is free in the Language Arts



Kelly Abell / La Voz

CIS instructor Mary Roberts works on a computer in the CAOS lab on Sept. 17.

Lab, but students are requested to keep it to a minimum.

ATC Labs

The other ATC labs are open only to those enrolled in subject specific courses.

The CIS lab is open from 8 a.m. to 11:15 p.m. Monday through Thursday, and until 4 p.m. on Friday and Saturday.

The CAOS lab is open from 9 a.m. to 9

p.m. Monday through Thursday, and 9 a.m. to 3 p.m. Friday and Saturday.

For hours and regulations for the Math lab, contact the Physical Sciences, Math and Engineering Department in the S Quad. For the Film/TV and Creative Arts labs, contact the Creative Arts Department in the A Quad.

Publication dates for La Voz in 99-00

Fall Quarter

Monday, September 20
Monday, October 4
Monday, October 11
Monday, October 18
Monday, October 25
Monday, November 1
Monday, November 8
Monday, November 15
Monday, November 22
Monday, November 29

Winter Quarter

Monday, January 17
Monday, January 24
Monday, January 31
Monday, February 7
Monday, February 17
Monday, February 21
Monday, February 28
Monday, March 6
Monday, March 13

Spring Quarter

Monday, April 17
Monday, April 24
Monday, May 1
Monday, May 8
Monday, May 15
Monday, May 22
Monday, May 29
Monday, June 5
Monday, June 12



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Classes for Biology majors:

- * Bio 1 General Biology (Call #2820)
Friday (Lecture) 6-9:30 p.m.
Saturday (Lab) 9-11:30 a.m. and 12:30-3 p.m.
- * Bio 3 General Botany (Call #2810 and 2819)
Friday (Lecture) 6-9:30 p.m.
Saturday (Lab) 9-11:30 a.m. or 12:30-3 p.m.

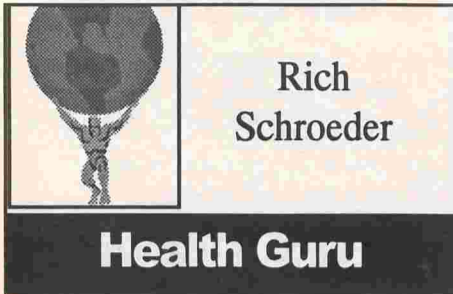
Classes for non-majors:

- Bio 19 Environmental Biology
- Bio 10 Introductory Biology

* These classes will NOT appear in the Schedule of Classes.

De Anza College
For more information:
Call (408) 864-8773 • Fax (408) 864-5630 • kmf8080@mercury.fhda.edu

New P.E. Lifetime Fitness and Wellness Center welcomes students to its state-of-the-art facility



Rich Schroeder

Health Guru

Welcome back to another year at De Anza College from the Physical Education Division.

I was approached last year and asked if I would be interested in writing a regular column for La Voz that would focus on fitness. It seemed like a perfect opportunity to inform students about our division and some of the new and exciting programs we offer.

But I also have another reason for wanting to write this column and that is to educate De Anza students and staff about health and fitness claims that are so abundant everywhere.

My background is in exercise physiology and physical fitness. I ran the Exercise Physiology laboratory for 10 years before it was closed in 1993.

During the time the laboratory was open, we assessed the fitness of over 15,000 people from students to world class and professional athletes both able-bodied and disabled whose ages ranged from 6 years to 90 years.

When we lost the laboratory, we lost a world class facility that was well known around the country.

I am now starting my 23rd year of teaching at De Anza College and in those 23 years it seems that everyone I talk to is an expert in health, fitness, and nutrition

even if they have no background in any of those areas.

Authors with a Ph.D. in any discipline take on the appearance of being an expert in all disciplines and write best selling books on diet, nutrition, exercise with just enough pseudo-science to sound reasonable so even well educated individuals are taken in.

In each column, I will pick a topic and write a short article. Subjects will include nutritional supplements, fad diets, exercise, fitness, and body composition. I also hope that you will write to me with questions on topics that concern you and I will take some space each issue to answer your concerns. That way, we can all learn something.

This week, I would like to let you know about a new Physical Education program that is starting this fall - our Lifetime Fitness and Wellness Center. The faculty of the Physical Education division has been working on starting this program for the last 15 years. During that time, many community colleges have started their own centers. While we can no longer be the first college to offer this program, we can still have the best facility of any school.

The Lifetime Fitness and Wellness Center is a state-of-the-art exercise facility. When we open this fall, we will have 12 Star Trac treadmills, six recumbent and six upright Star Trac cycles, three Star Trac stair climbers, and three cross trainers, all equipped with heart rate monitors. There will be video (six monitors) and audio to listen to and watch while you exercise. The Center will also have a 24 station Super Circuit (weights and aerobics together and a great way to get your exercise in a short time).

Most of the time, you will also have access to the regular weight room for free weight and machine workouts.

In the future, we will have all of the aerobic and weight equipment hooked up to computers so that you will be able to punch in a code and your workout will appear at each machine and the work you do will be recorded and analyzed to check your progress.

The best part of the whole thing is that you can come any time you want to do your workout during the Center's open hours. Come on by PE 15 to take a look this fall, or even better, sign up for a class and try it out.

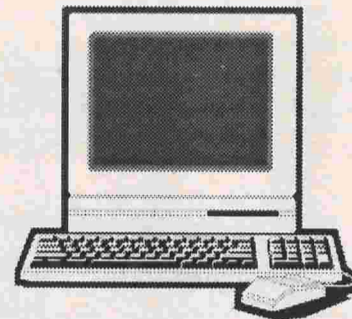
To use the Lifetime Fitness and Wellness Center, you have to sign up for a 2-unit class - PE 70. This class is one hour of lecture a week and three hours of laboratory. The section you sign up for is the hour of your weekly lecture. This part of the class will inform you of fitness concepts, provide you with an analysis of your fitness, and set you on the path to developing a healthy lifestyle.

The rest of the class is working out in the Center at least three hours a week, any time we are open. Want to work out more? No problem, you can come as many hours as you want as long as it's at least three hours a week. This program will really take off once people hear about it, so don't be left out. Also check out our other programs. We have everything from swimming to aerobics to archery and several degree and certificate programs as well. And, don't forget to send me any questions you may have about health and fitness.

Send any question for Rich in care of La Voz, Room L-41 or email: Lavoz@fhda.edu

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Classified Advertising

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Tutors wanted for De Anza Tutorial Center. Must have completed class in subject area with an A or B. Faculty recommendation required. \$6.75/hr. Stop by the Tutoring Center in L-47 or call (408) 864-8682.

Ad Manager/Office Manager for La Voz. Answer phones, take messages, invoice clients, FAX rate sheets, keep records. Need to be organized, pleasant, reliable, flexible. \$6.50/hr. Aprx. 10-12 hours a week. Call Beth at (408) 864-8588.

POLICY: Classified Ads cost \$5.00 for 20 words and 25 cents for each additional word, per issue. Copy should be submitted with payment to La Voz by the Wednesday prior to the Monday publication date.

La Voz needs

- Reporters
- Cartoonists
- Photographers
- Editors
- Columnists
- Artists

To join the staff or freelance, contact Kelly in L-41, at (408) 864-5626 or or by email at Lavoz@fhda.edu

De Anza Campus Map



LEGEND

- ♣ RESTROOMS
- ☎ PHONE
- ★ EMERGENCY PHONE
- ☎ TTY PHONE
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- ⬆ ELEVATORS
- ♿ HANDICAPPED PARKING
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- P PARKING PERMITS
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