



LAVOZ WEEKLY

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A First Amendment student newspaper

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The voice of De Anza College

Listening, speaking lab to open in Fall

by Nami Yasue
STAFF WRITER

Yaeko Riho, a De Anza College student from Japan, says she does not have many opportunities to practice her English skills with native speakers because she spends her time with Japanese speaking friends.

Riho says she does not feel it is necessary to practice pronunciation or to correct her grammar, as most of her friends speak English imperfectly with accents.

However, for those interested in practicing pronunciation, grammar or other rules of the English language, a new practice area called the Listening and Speaking Lab, will open soon at De Anza College.

This lab, intended to help ESL students such as Riho, will provide programs for the listening and speaking requirement of the courses, as well as opportunities for students to learn either independently or in groups in a friendly environment.

Zena Gray, ESL instructor and chair of the Listening and Speaking Lab planning committee, said, "This ... project is the product of hard work from many sources."

Gray said that Enrique Riveras-Schaefer, former dean of Language Arts, conceived a plan for a secure environment for students who are afraid to practice their listening and speaking skills in the open.

Last winter, John Swensson, the new dean, contacted funding sources and found a location for the lab. He and Gray recruited various De Anza staff members to help with the project.

According to George Hein, computer lab coordinator, the lab will feature computers with pilot assessment tests.

The lab will be divided into sections, including a conversation area and a recording area for individual work.

*"This ... project
is the product of
hard work from
many sources."*

*- Zena Gray,
ESL instructor*

ESL students will have the opportunity to practice conversational skills with native speakers coordinated by the

Cross-Cultural Partners Program.

Julie Madigan, Communication Across the Curriculum Project coordinator, said she will include programs for different courses, such as biological sciences and child development, in the lab's curriculum.

The Listening and Speaking Lab is scheduled to open in the Fall Quarter in the Advanced Technology Center, for students who are enrolled in ESL, ICS and Speech courses.

Elections fall short

*unable to obtain required 713 votes after two weeks,
DASB Senate elections continue; Stewart wins Trustee*



Caroline Perez / La Voz

DASB Secretary Bryan Dillon sits at the voting booth in the Main Quad, waiting for voters. The count must reach a minimum of 713 votes from the student population of over 20,000 to end the elections for next year's student government positions. Trustee elections are complete; Deanna Stewart is the new Trustee representative to the District Board.

by Ling-Mei Wong
STAFF WRITER

De Anza students don't seem to care where \$1 million goes.

Out of a minimum 713 required, 566 students voted as of Thursday, during the extended second week of elections.

An open-mic session was intended to introduce the candidates and their platforms to voters.

However the event was rescheduled from the previous Wednesday and posters advertising the event, held on Monday, May 20, were put up late.

"I don't feel [the elections and candidates] advertised well enough. It could have been done a lot better," said De Anza student Tina To, who was unaware of the open-mic event.

Since 1997, this is the first time that elections needed an extension, according to Administrative Assistant Dennis Shannakian. The minimum number of votes needed to end the election in six days was not met.

"[The elections are] a good indication that students are disenchanted with the student government," said Christina Smith, presidential candidate.

Most candidates ran unopposed, with the exceptions of the positions for

President and Executive Vice President, Vice President of Diversity and Events and Student Trustee.

"Last year's election, there was drama ... And this year, there's not as much competition ... these people think, 'Well, I'm not running against anyone, so there's no reason to campaign' ... that makes people go, 'Well, I don't even know who to vote for,' because they haven't seen anyone, so it's ... apathy," said Roshan Pourabdollah, Election Committee co-chair.

"I don't want to vote for somebody unless I know them ... I don't want to vote just because of voting. I would want to know the candidates or at least hear something they have to say versus just reading a paragraph. That doesn't give me anything about their personality or about how well of a job they'll do. I'd rather speak to the person," said To.

The chip in the DASB smart cards, intended to be used as electronic cash and for voting, malfunctioned when students tried to vote on Visor HandSprings last Monday. The ID card voting system was replaced with sign-in sheets and Scantron ballots.

Voting for Student Trustee ended last Tuesday. Deanna Stewart won with 199 votes; opponent Justine Wong received 164.

DASB daily voter tally

as of Thursday, May 30

Saturday, May 18	3
Monday, May 20	40
Tuesday, May 21	100
Wednesday, May 22	147
Thursday, May 23	110
Friday, May 24	20
Tuesday, May 28	27
Wednesday, May 29	77
Thursday, May 30	42

Total 566



Caroline Perez / La Voz

As of May 30, some elections posters were hung while others were left hanging. Some students said the elections were not advertised well.

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La Voz Mission Statement

Produced by students, *La Voz* is dedicated to covering news that matters to the diverse population of De Anza College and the surrounding community. As a First Amendment newspaper, *La Voz* takes full advantage of the freedom of the press afforded to all Americans. However, this freedom comes with a tremendous responsibility to not abuse it. *La Voz* strives to present news in a fair, accurate and unbiased manner. *La Voz* approaches this task with absolute integrity and actively pursues the input of members of the De Anza community to make sure that goal is achieved.

Davis's cuts will hurt everyone

by Sara Leslie
SPECIAL TO LA VOZ

On May 14, Governor Gray Davis approved the revised California State Budget for 2002-2003, which may take affect this July.

California's failing economy has had an ever far-reaching impact where budget cuts affect our future in many ways.

Despite efforts to improve our quality of education, among the programs hit the hardest are our higher educational institutions.

California community colleges will lose over 9 percent of their state funding, which is approximately \$109.3 million if this budget revision is approved.

According to the California State Government Web site, the UC and CSU systems will also receive substantial funding cuts in the 2002-2003 fiscal year.

This includes a \$162.4 million budget cut for the UC system and a \$50.4 million budget cut for the state university system.

The Student Aid Commission, which provides funding for Cal Grants and Work-Study programs throughout our higher education institutions, will also be cut by \$78.9 million.

How does this affect De Anza College students?

Mike Brandy, vice president of Finance

and College Services at De Anza College, says that the recruitment and hiring of new employees and work-study students will be affected immediately if the budget cut is approved.

Are you involved in student activities or perhaps a club on campus? The programs that will be reduced will not be determined until the state assembly approves the revised budget this month.

If it is approved you may be affected as soon as this Fall Quarter. Fewer non-essential programs, student financial grants and on-campus jobs will be available at all of our state-funded colleges in California.

On Wednesday, May 8, students and education policy advocates staged a protest at the Capitol building in Sacramento. Over 300 participants attended, including De Anza students Leila Forouhi and Jon Lynch.

According to Forouhi, the protesters wanted to raise the awareness of our policy makers to the concerns of students all over the state.

She felt that the event was a success and was also able to talk one on one to assemblyman Dennis Hollingsworth about her concerns. As a student, she said, "Put the money into education — this should be our number one priority."

Many of us students rely directly on financial programs while in school — Cal Grants, Work Study and fee waivers to

name a few.

But what many students don't realize is that all of us benefit from these programs, even indirectly.

Did you get a student ID this quarter? Have you stopped by a campus information booth? Ever notice those lab assistants? When budgets get cut, these positions get eliminated and all students are impacted

Please don't wait until this revision is approved to speak out. As Brandy said, "The voices of the students need to be heard at the [legislative] level to let them know that services will be reduced."

Send an e-mail or write a letter to your State Representative or to Governor Davis. You can make a difference, and it only takes a few minutes.

Contact Information

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More information is available at:
www.governor.ca.gov

What it really means to be a woman

"Woman" is a strong word. But what does it really mean? I know it's not just being born with XX chromosomes, rather than XY. And I know not every female is a woman, so who is?

For the longest time, the answer to that question in my mind has been "not needing a man."

"Not needing a man" in my definition is more than not needing financial support. It is doing things that a woman should do on her own, without the guidance and assistance of a man.

On the other hand, "not needing a man" doesn't mean not needing the emotional support, care and love of a partner.

The message is that a woman doesn't belong in a relationship that a man has more power in; the power should be equal. And that is one of the most important things a woman should know.

I am not a feminist, nor were my views shaped by those of others. How I've grown up and the way I choose to see the



Ebru Akcasu
STAFF
WRITER

world, however, are the two things that have been. I don't completely disagree with the traditional roles of the sexes; yet, I do find them very limiting and too precise for both genders.

Women shouldn't be forced into the home. Cooking, cleaning and raising a family shouldn't be her only duties. Just as men shouldn't belong solely to his work and the remote control.

Make no mistake; however, this is where the agreement with the traditional roles comes in. I do believe that a woman should cook, clean and care. So should the man.

If neither the man nor the woman does, it's only safe to assume that people would starve, living in emotionally distant, dysfunctional family in a mess.

A woman should be independent, self-reliant and educated.

I believe that a woman should make her own decisions.

She has the power to do as she wishes.

Corrections

- Nacime Karami is running for Vice President of Student Rights and Services, not Executive Vice President.
- The correct spelling of the 2001-2002 ICC Chair and current DASB Elections Committee co-chair is Roshan Pourabdollah.

About La Voz

La Voz is a First Amendment newspaper written and published by De Anza College students. Staff editorials reflect the opinions of the majority of the editorial board, and do not necessarily reflect the views of the author and the opinion of the *La Voz* staff.

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

The newspaper offices are located in room L-41 at De Anza College, 21250 Stevens Creek Blvd., Cupertino, Calif., 95014.

For advertising rates, please call 408-864-5626. *La Voz* reserves the right to accept or reject any advertisement. Printing an advertisement does not imply endorsement or acceptance by the *La Voz* staff of the service, event, product or idea advertised.

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Letters to the Editor



Ignorance disguised as objectivity *student sees ignorant trend of cowardice and false safety*

The Paradox of Commitment

Dear Editor,

The May 20 editorial by Erwan Leone represents an increasingly popular reactionary ignorance of politics in general and an appeal to cowardice and false safety. This is all too common among champions (intentional or not) of so-called “objectivism,” a tired superstition which effectively holds that if someone else has an opinion on something, then they are to be viewed with suspicion because of their “bias.”

The problem with this superstition is that in the real world (that dimension Ayn Rand cultists studiously avoid), meaning and importance are directly dependent upon having such “bias.” You literally could not make a decision about anything if you had no priorities.

The good news is that we all inevitably have and demonstrate bias. The bad news is that many people still pretend that their opinion isn't an opinion, this produces a Catch-22 situation in which it is impossible to accept any informed opinion at all, because: 1) if you express a view passionately, then your view is dismissed as “biased;” 2) if you don't have much passion about a particular issue, then the chances are overwhelmingly high that you have not and will not put much effort into finding out more about it, this leaves us with a ridiculous case where, in trying to work from “informed by objective” sources, we end up choosing between “biased” people who have information but who must be ignored, vs. “objective” people who don't care. I'll take neither, thank you.

One may realize objections to a view using a far less extreme notion of “bias,” the notion of suspecting that someone's passions overshadow their commitment to accuracy, but that version of “bias” can be checked for: go do some research of your own instead of whining.

Morality, As Long As It's Free

Leone seems to consider soda prices and a change of computer operating systems to be concerns on equivalent moral ground with economic support for governments like Israel's which use bullets and tank shells to suppress dissidents, appropriate land and block journalistic coverage. He writes “I advocate moral codes and ethics, but isn't this a little much?”

Apparently Leone's concern for humanity is trumped by his desire for cheap soda. To be fair, he's not alone; the rabid individualism of the United States' popular culture openly indoctrinates people here to favor complicity; if a political goal isn't achievable by individual effort alone (as most aren't), then it is treated as being beyond reach.

Since you or I personally can't impact the Israeli economy enough to challenge its apartheid policies or its imperial expansion, then we all should just give up trying, right?

This is the same fatalist view at work in the classic “prisoner's dilemma,” where no one wants to participate in any kind of risk because evaluated individually such actions have a negligible chance of success. One face in a crowd taking a risky position fears being overwhelmed. One student government out of many

faces a similar situation on a larger scale. This contributes to a larger pattern I've seen in DASB battles.

Leone laments Hyatt's “supposed research” and “lack of tactful information, yet he also writes, “we can never expect a mere community college student body to accomplish a task of this caliber.”

The rabid individualism of the United States' popular culture openly indoctrinates people here to favor complicity; if a political goal isn't achievable by individual effort alone (as most aren't), then it is treated as being beyond reach.

Of course, had Leone bothered to pay any attention, he'd know that the United Student Front members have never presented De Anza College divestment alone as an effective political strategy. Had Leone bothered to find some “tactful facts” of his own, he'd already know that divestment strategies are almost always based upon participation in much broader movements.

The current international campaign to divest from Israel is no exception.

Cowardly Positions, Taken Efficiently!

Any DASB Senator claiming that an issue is “too controversial for Senate” should be quickly and decisively removed on grounds of direct evasion of responsibility. DASB representatives are supposed to handle difficult decisions. The point of institutions like student governments is to address problems, not avoid them.

If you feel you need more information, then fine ... clearly define what information you need, and bust your ass to find it. The DASB Senate has computers, Internet access and a library at their disposal, not to mention dozens, if not hundreds, of potential consultants (members of the campus community with personal experience with or exposure to an issue).

You are not in office to give people the false appearance of unity where people in fact disagree; you are in office to actively fight for the interests of the constituents who put you there, and to do so means regularly getting involved with messy, difficult, complicated problems.

If you're playing it safe, you're not doing your job. I've known many DASB Senators such as Kim Cofer who are very smart, consistently respectful and hardworking. However, DASB Senators still occasionally resort to the lame “too controversial excuse.”

Since this isn't an issue of brainpower or effort, what else is involved? Well, if the moral cowardice born of material convenience (what, no more cheap Cokes?) wasn't enough, the moral cowardice born of busy schedules takes over: “You mean we might actually have to argue about this, and give it more than a half-hour? I've got to go to class/another meeting/a dinner date and I can't be bothered with that.”

This is where unreflective adherence to bureaucratic principles like “Robert's Rules” comes in; finishing the day's agenda is given higher priority than addressing the substance of an issue.

This kind of reasoning sends a clear message: I'll do my job only as long as it's convenient. I guess we'll just have to hope that all major crises make the proper appointments, occur during the regularly scheduled meetings and don't run beyond their allotted time.

Chad Makaio Zichterman,
student, essay composition instructor

Letter ridiculous and weak

Dear Editor,

Last week someone wrote a letter calling the Palestine rally a joke.

I was not present at the rally, but I find the student's letter too laughable and pathetically weak. My favorite part was when the letter said that the students were only doing it to “exploit their coolness.”

I'm gonna make a wild guess and say that I don't think anyone really cares about being “cool” anymore. Whatever “cool” means. This is college, not high school. This is a place where we come to share ideas and form opinions.

The students who protested had reasonable explanations as to why they were protesting, unlike others who obviously have no idea as to what is going on in the Middle East, or simply just don't want to hear about the Palestinian suffering caused by Israel.

There were other parts of the letter that I found to be ridiculous. “If this is such a terrible country then why are you here? If you are so passionate about what is going on in Palestine then why aren't you over there?”

Anyone could see that there is no intelli-

gence in this statement. And if patriotic Americans want to keep the support for the “war on terrorism” high and the support for Israel high, they're going to have to come up with much stronger arguments for their cause.

Otherwise they should just let their millionaire hero, Dubya, do all the talking.

There was another statement that was also weak. “You are hiding behind the safeguard of the American flag.” I'm guessing he's referring to freedom of speech. Obviously he's never heard of the U.S.A Patriot Act, which violates freedom of speech. There are many other reasons as to why this is not a safe country to live in, and I'm not talking about Usama bin Laden.

There's nothing wrong with saying that the United States is not this perfect place that everyone says it is.

So the next time you hear some who is being critical about this country's role in the world, rather than yelling at them or calling them un-American idiots, let them finish what they have to say. And when they're done, let them know why you disagree with them. I guarantee you that they will listen.

Because when you yell and call them names, it is you who becomes the idiot. Not only do you make an idiot of yourself, but you threaten democracy as well.

Oswaldo Castillo,
student

La Voz Letters

La Voz encourages Letters to the Editor. Letters must be signed and include contact information, such as a phone number or e-mail address, for verification.

Letters should not exceed two double-spaced, typed pages of no more than 300 words. Letter content must not be libelous or be intended to air unfounded personal grievances.

La Voz reserves the right to edit for length and clarity in accordance with the “Associated Press Stylebook,” but will make no attempt to alter meaning.

Please e-mail letters to lavoz@fhda.edu, or drop them off in the L-41 office or the black mailbox located outside of L-41. The La Voz fax number is 408-864-5626.

FHDA instructor e-mails not accurate, up-to-date

Dear Editor,

In your May 28 edition, you encouraged students to contact instructors via email. My recent experience with this was dismal. I e-mailed 15 instructors, using the email addresses on the De Anza Web page, and only one of the instructors responded.

As I visited these instructors later, most of them stated that they have other email addresses, and they never use the one provided by the school.

Who is responsible for the online directory content? Can this be corrected?

Deanna Stewart,
Student Trustee



APAH Month celebration comes to a

by James Newburg
NEWS EDITOR

De Anza College's celebration of Asian Pacific American Heritage Month ended May 25.

Several events took place during the final week of the two-week celebration, including a movie screening, workshop and teach-in.

"The Fall of the I-Hotel"

A screening of the documentary film "The Fall of the I-Hotel" was held at the

California History Center on May 20.

The film, directed by Curtis Choy, told the story of the eight-year-long quest of citizens in the Manilatown section of San Francisco to save a residential hotel from being turned into a parking garage.

Asian/Asian-American Student Workshop

Students and faculty took part in a workshop on May 21 to discuss issues related to De Anza's Asian and Asian-American student population.

Instructor Rowena Matsunari said she

wanted to think about the question, "Are they really achieving success in the classroom and at our college?"

Audience members mentioned several different factors that hampered the success Asian and Asian-American students face, including shyness, differences in learning styles and a lack of encouragement in the classroom environment.

Kevin Lo said, "I find for a student, myself, it can be kind of intimidating in a classroom setting ... I feel that a lot of Asian students don't speak their minds."

Philip Vera Cruz Justice Project

The Philip Vera Cruz Justice Project organized an event that was part cultural presentation and part teach-in on the Hinson Campus Center patio on May 23.

Sining Kamvayoka, a performance group from the Philippines, presented their country's culture, playing traditional Filipino music.

The event also featured the traditional and ritual dances of the Maranai and Magui

tribes, the two largest Muslim tribes in the Philippines.

The presentation touched on contemporary Filipino issues such as United States intervention into the country.

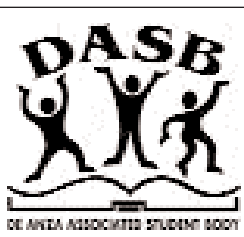
"We are here to tell foreigners that some of the news stories were not true, that people [in the Philippines] do have peace in their minds and live peacefully with our Muslim brothers," said performer Norma Aechanova.

Origin of APAH Month

Asian Pacific American Heritage Week exists because of a bill in Congress co-sponsored by South Bay congressman Norman Mineta in 1977 (see below).

The bill called for a 10-day period of celebration, which was extended to the entire month of May, by former President George Herbert Walker Bush in 1990.

La Voz Weekly staff writers Monica Sane, Ling-Mei Wong and Cassie Yu contributed to this article.



DASB Senate Weekly Update

- by Vice President of Finance Rafael Beyer

■ We have had numerous changes to some of the codes that we use. The codes that have undergone changes are: The Finance Code, Agent Code, Scholarship Code, and the Diversity and Events Code. We are encouraging all senators to get the word out about the elections.

■ Student participation in the the voting process is minimal, however we are still required to produce a certain amount of votes to validate the elections.

■ The DASB retreat will be held this weekend. The purpose of this retreat is to wrap up and discuss the year past, as well as make suggestions that may benefit the soon to be appointed members in the upcoming year.

The DASB Senate meets every Wednesday at 3:30 p.m. in the Student Council Chambers, located on the lower level of the Hinson Campus Center. The first meeting of each month is held at 4:30 p.m.

For questions and comments please contact Rafael Beyer in the Senate office next to the Student Council Chambers. Call 408-864-8694 for additional information.

NORMAN MINETA: A LIFE IN POLITICS

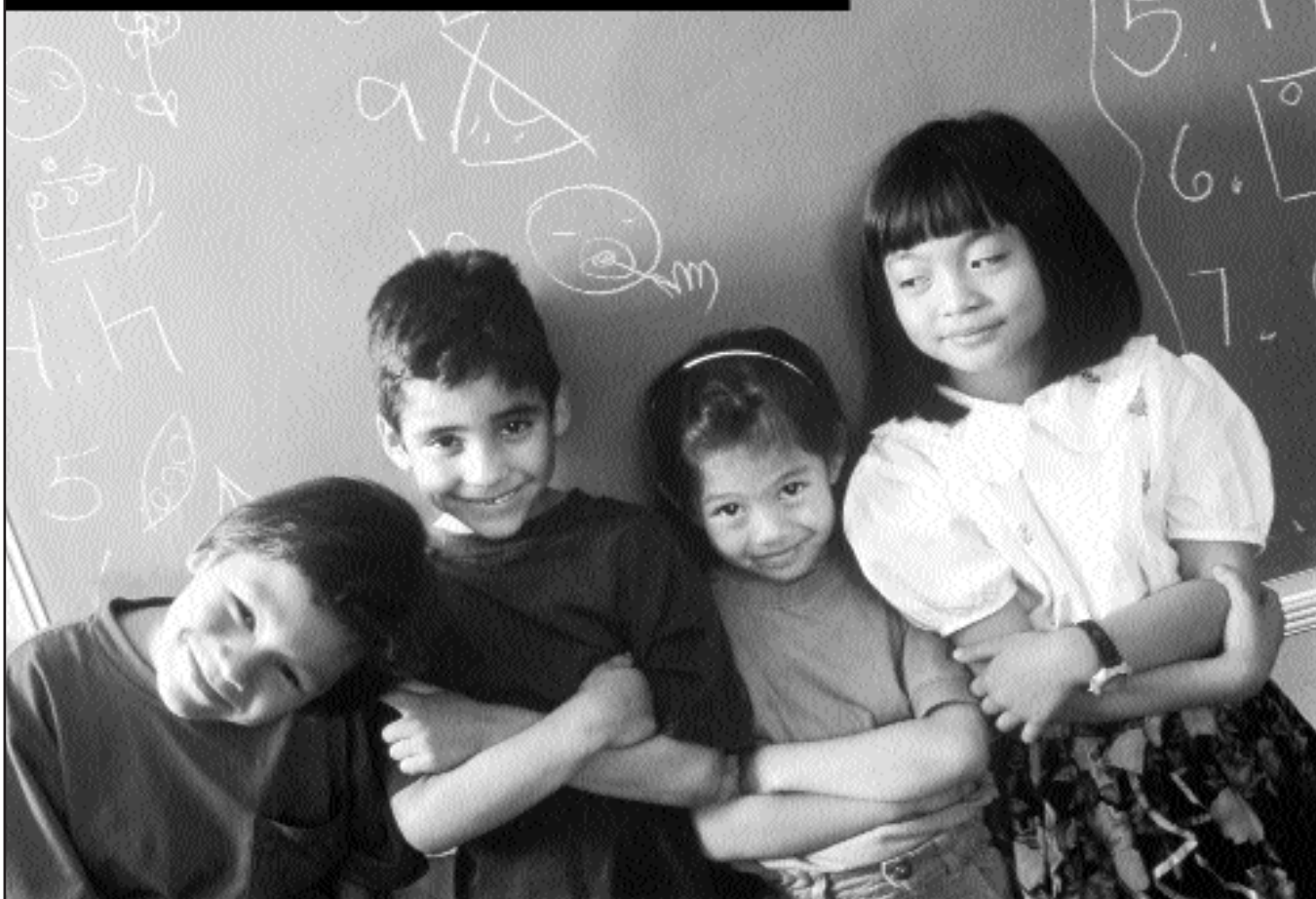


Twenty-five years ago, Norman Mineta co-sponsored a bill in the United States House of Representatives that set aside a time to honor Asian Pacific Americans.

Some other achievements from Mineta's career:

- 1967-1971 — San Jose City Councilman
- 1971-1974 — Mayor of San Jose; the first Asian American to be elected mayor of a major city
- 1975-1995 — Congressman in the U.S. House of Representatives, where he co-founded the Congressional Asian Pacific American Caucus and helped to pass a bill that officially apologized to Japanese-Americans for the injustices they endured during World War II
- 2000-2001 — Secretary of Commerce in the Clinton administration, becoming the first Asian Pacific American cabinet member
- 2001-present — Secretary of Transportation in George W. Bush's administration

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CSDE Office of the Chancellor

Internships 411

what one should know about internships, entering the working world

by Jennifer Young
STAFF WRITER

Internship deadlines are approaching and now is the time for students to be getting their resumes ready. Clueless students interested in applying for an internship should stop by De Anza's Career Center. An internship binder is available for reference containing all the internship announcements for a variety of fields.

Internship postings are available at the Career Center's Web site under the "Search for Jobs" link.

The Career Center provides reference books that help locate internship opportunities, such as Internships 2000 and The Internship Bible.

Students can also obtain applications for certain internship positions in the Career Center, such as the NASA/Ames Internship Program.

Applications are accepted on a quarterly basis for the NASA/Ames internship. If accepted, students can experience "hands-on" training in their major, explore a career or field of interest and network with professionals in their field, all while working at one of the nation's most unique research centers.

"In terms of resumes and cover letters, those two documents will be similar to those you create for general employment purposes," said Cindy Lister, staff member at De Anza's Occupational Training Institute.

Cover letters should use business letter format and contain three main paragraphs.

First Paragraph — State your purpose for writing the letter and your interest in the position offered.

Second Paragraph — Highlight your qualifications and mention specific achievements that pertain to the position one applies for.

Third Paragraph — State the follow-up action you plan to take, as well as how and when you can be reached for an interview.

Before leaving, one should say thank you for the reader's time and attention.

Joe S. Writer
21250 Stevens Creek Boulevard Cupertino, CA 95014
(408) 864-5626
E-mail lavoz@fhda.edu

Objective
Internship or career-related summer position in Journalism

Education
San Francisco State University, San Francisco, CA
• Anticipate BA in Spring 2000
GPA: 4.0
De Anza College, Cupertino, CA
• Associates Degree in Liberal Arts
GPA: 3.85

Work Experience
2001-present
Tutor
• Tutor students in English writing skills and grammar
De Anza College
Cupertino, CA
June 2001
Administrator
• Prepared client files for meetings
• Improved filing system
Assisted on special tasks
American Express Financial Advisors
Yorba Linda, CA
1997-1999
Sales Associate
• Scheduled and trained employees
• Oversaw daily deposits
Barnes and Noble
San Jose, CA

Summary of Skills
Computer: PC and Macintosh Platforms, Microsoft Word, Microsoft Excel, QuarkXPress, Photoshop and Internet savvy
Language: Bilingual (English and Spanish)
Interpersonal: Interviewing, mentoring, advising, and working with small groups
Editorial: AP and MLA style, page design and layout, copyediting, translation

Activities
• Speech and Debate Club
• Editor for student newspaper
• Chess Club
• Sailing Club
• Tennis

Callout Boxes:
- Place contact information on different lines for readability and to be computer-friendly.
- Bold face to set sections apart.
- Space between text and line.
- Place contact information on the top right. It provides easier readability when an employer sifts thumbs through a stack of resumes.
- Include GPA only if 3.0 or higher.
- Use key words in job descriptions.
- White space and bullets improve readability.

For more information on internships visit:
www.deanza.edu/career
www.foothillcollege.org/nasa
www.careerbuilder.com

Omit references. An employer knows that you will have professional references ready, so the statement is a waste of space.

Tips to help land that internship

- Decide when you would like to have your internship. Most students hold an internship in the summers but internships can be held any season.
- Start early. Visit De Anza's Career Center to pick up all the necessary paperwork and applications.
- Prepare your resume and cover letter and have someone look it over.
- Practice interviewing skills. Breathing, eye contact and voice pitch are important interpersonal skills.
- Dress for the part. Employers want to be impressed. This is your chance to dress like the pros do, so wear a well tailored suit.
- Research the company. Have questions ready for when the time comes to ask them.
- Be on time. In fact arrive early. You never know what traffic will be like.

More information is available at www.jobweb.com.

ATTENTION NEW NON-LAB BIOLOGY COURSE OFFERED FALL QUARTER (GENERAL EDUCATION APPROVED!!)

ENROLL IN BIOLOGY 55

Learn about microorganisms such as bacteria and viruses. Learn how these organisms cause disease and steps we can take to prevent disease. See microorganisms under the microscope grow on nutritious substrates.

Learn about BIOTERRORISM AGENTS such as Bacillus Antracis (Anthrax) and the Small Pox Virus. Discover the causative agent of Mad Cow Disease -The Prion.

This class satisfies general education non-lab science requirements and is offered on Mon.&Wed. 5:30 pm.-7:10 pm.

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here and now
acting group promotes 'eracism,' cultural acceptance among college students

by Nami Yasue
 STAFF WRITER

"A good thing about Asian [culture] is rice goes with everything. But, if you don't like rice, you are screwed up" is one of the humorous expressions about both good and bad things about Asian Americans by hereandnow.

Hereandnow, an Asian-American actors group performed skits about Asians in America in the fireside room on Tuesday, May 21. The scenes focused on Asians portrayed in the media and in stereotypes.

"[The show was] great and meaningful!" said De Anza student Ken Hara.

According to John Miyasaki, director and founder, the performers in hereandnow are young and energetic just like De Anza students.

The actors performed among the audience, with no real stage or barrier, and often included members of the audience in their skits.

The actors often used audience participation to get their points across.

In a story depicting Koreans, Miyasaki pulled a De Anza student from the audience and asked her to join the performance as a beautiful, yet whiny, Korean princess.

The show used a combination of serious and comedic scenes to clear up some stereotypes.

"I was inspired by the Asian-American performers with strong ties to achieve the same goal," said Hara.

Most of the stories are based on the actors' own experiences. Between the plays some performers shared their personal experiences such as how a Laotian family escaped from the communist by a

boat.

On the other hand, the performance about the sexual fantasy of Asian-American men was humorous and entertained the audience.

Miyasaki started hereandnow in 1989, with a group of young Asian-Americans who were frustrated by the stereotypical Asian roles in the media or theaters.

Today, they have over 20 young Asian-American members in the cast and tour regularly to universities and colleges throughout the country.



Ken Yu (2) / La Voz

Hereandnow, an Asian-American acting group, perform stories commenting on how Asians are seen in America. The group often includes audience members in several skits.

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La Voz, De Anza's student newspaper, is seeking applicants who are creative leaders and have strong communication skills to apply for editorial positions for the Fall Quarter. Previous newspaper experience and a knowledge of Quark or Pagemaker is helpful. Completion or concurrent enrollment in English 1A is a prerequisite.

Submit a brief (up to 300 words) description of your qualifications and preferred position and drop it off at L-41 or e-mail it to Editor-in-Chief Caroline Perez at lavoz@fhda.edu. Applications are due June 18, by 6 p.m. Interview schedules will be announced in the next week's issue.



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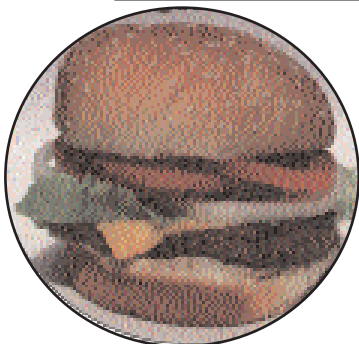
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Fit Camp presents challenge

by Jessica Rider
STAFF WRITER



Looking to get in shape? Fit Camp is the right class for you. The class provides students with discipline to get them in shape.

The class, taught by full-time physical education teacher of 25 years Deborah Schafer-Braun, focuses on cardiovascular exercise, strength training, agility and speed, and balance to achieve each student's peak fitness.

Fit Camp started in Winter Quarter 2001, a few years after the Wellness Center opened.

Fit Camp, the Wellness Center and a swimming class held every Monday, Wednesday, and Friday, all open or start at six in the morning.

This provides an opportunity for students to work out six days a week, in a variety of ways for a cross training effect.

"We're trying to make everybody happy ... [there's] no excuse for people not to be working out," says Schafer-Braun.

According to Schafer-Braun, every other day is not enough workout time. Everyone needs to consistently exercise at least four times a week to see results. She

says, "I adjust the workouts for each group so [the students] don't get intimidated and they do what they can."

Each Fit Camp student places himself in one of three groups: blue, yellow or red. Those in the blue group like to run, consider themselves fairly active and are more fit than those in the yellow group. Others in yellow run or walk, and are more fit than the red group. Those in the red group may

have health problems, such as knee or back injuries.

In the article "Exercise could halt mental decline," researcher and psychologist James Blumenthal says, "The implications are that exercise might be able to offset some of the mental declines that we often associate

with the aging process."

Also, personal training director and instructor at Galter Life Center

in Chicago, Judith Easton states in the "Mental Health Journal":

"Exercise leads to an increase in energy and to better sleeping patterns."

Students of all abilities, from teenage to retirement age, benefit from Fit Camp. Besides the physical advantages, exercise also contributes to mental health and provides more energy.

"We're trying to make everybody happy ... [there's] no excuse for

- Deborah Schafer-Braun

Fit Camp

for fall

An introduction to the discipline of Physical Education through Fit Camp. An historical examination of fit camp for fitness which includes a look at the U.S. military boot camp regimen.

The student will strive for ultimate fitness through a program of cardiovascular exercise including circuit and intervals, agility, speed, strength and flexibility, training both indoors and outdoors. Strength, cardiovascular fitness, flexibility and body composition assessments will occur throughout the term.

Call Number	Course I.D.	Time	Day	Location
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1861	PE-006U-01	6 a.m.-6:50 a.m.	MW	PE21
<i>PE -006U-01: Early Bird; must be taken concurrently with PE-009-01</i>				
2612	PE-006U-61	7:30 p.m.-8:20 p.m.	TTh	PE14

Despite leg injury, Pua places 16 in state championships

by April Gibson
STAFF WRITER

De Anza freshman Rachel Pua finished No. 16 in state and No. 8 in Northern California after the tennis championships on May 9 at La Costa resort in Carlsbad.

Pua was a favorite to be ranked first in state and third in Nor Cal but injuries altered her performance at the championships.

"I could have won, but I'm suffering from shin splints and a pulled hamstring," said Pua.

Pua was disappointed about her ranking, but remains optimistic about next year.

"Hopefully next year I'll be injury-free," said Pua.

At her parents' request, Pua began playing tennis at age four, but quit soon after. She regained interest five years later while her mother was working at a

Performing

Pua



Name: Rachel Pua
Experience: 9 years
Height: 5'1"
Age: 18

Date of birth: May 18
Favorite tennis player: Monica Seles
Major: Chemistry

health club, and has been playing steadily ever since.

Pua and teammate Yukiko Kitamura also ranked in doubles competition at the state championships.

Visit *La Voz* on the Web for extra sports photos

www.lavozdeanza.com

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Tai-Chi not just an 'old man's martial art'

De Anza students exposed to unique Tai-Chi Monkey Method

by Joseph Bruna and Nami Yasue
STAFF WRITERS

Tai-Chi is a Chinese martial art based on the Eastern philosophy of Taoism, which is also known as Daoism.

The history of Tai-Chi, or more accurately T'ai-chi-Ch'uan, is difficult to trace. According to Daniel Weng's book, "Ch'ang style T'ai-chi'chu'uan," evidence shows that it can be traced to a Garrison Commander who lived over 300 years ago. More evidence shows that its way to a Taoist monk named Chang Sen-feng who lived roughly 700 years ago. Tai-Chi can also trace some of its movements to even older art forms, such as Shuai-chiao.

Tai-Chi is not at a heart an offensive martial art. Through the principles of non-resistance, balanced opposing forces, continuity, cyclical motions and flowing of energy and harmony, a Tai-chi master seeks to create balance in both mind and spirit. In a fight, Tai-chi is always defensive first, with minimum of force used and exposing the body to the least amount of harm in a response to an attacker.

Because it is often practiced by an older group of practitioners, it is often thought of as an "old man's martial art." However, it is an art form that can be beneficial to people from all age brackets. It has been shown to help improve balance both physically and mentally, improve stress management, and help rehabilitate and relax.

Weng, the Tai-Chi instructor at De Anza College, works to promote Tai-Chi as something that anyone can do, regardless of age, gender or physical ability.

Weng said, "Physically strong does not mean mentally or emotionally strong, so physically strong people can use Tai-Chi to balance their mind as well as their body. Also, people in a wheel chair are able to practice Tai-Chi just moving their arms and hands."

Weng introduces the fundamentals of Tai-Chi through a unique way that he calls "Tai-Chi Monkey Method."

Using a creative story of how a monkey went searching for a master, and what happened to this monkey after finding that master, the student has an easier time remembering the complete sequence of moves to the short form of Tai-Chi, a more fundamental movement set compared to more traditional Tai-Chi. Using this teaching method, Weng also teaches breathing properly, the basic movements, general philosophy and how to use these simple moves in self defense.

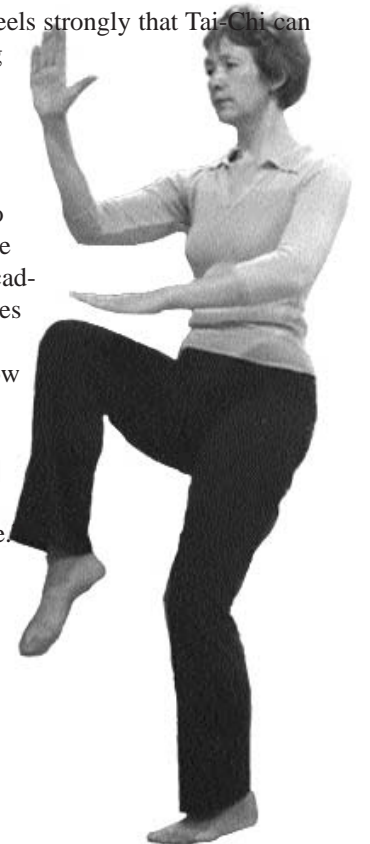
Today, Weng spreads his teaching both here at De Anza and at San Jose State University.

Weng feels strongly that Tai-Chi can help young people, saying "[Tai-Chi] helps the students to concentrate on their academic studies because it teaches how to focus, balance and [have] self-confidence."



Caroline Perez (2) / La Voz

(Top) Tai-Chi instructor Daniel Weng emphasizes the importance of proper form to a student. (Right) Intermediate student Tatiana Perifilov practices the move, "Golden Rooster stands on one leg."



Breaking down Tai-Chi



Why enroll in Tai-Chi?

- To improve balance, strength and coordination.
- Learn new stress management techniques similar to Yoga and stationary meditation.
- It is an outstanding exercise for physical rehabilitation.
- If your interested in learning a martial art theory.
- To get a greater understanding of the balance of opposing forces present in our lives.

Interested in taking Tai-Chi?

Call Number	Course I.D.	Meeting Time	Day	Location
Beginner (Summer)				
0638	PE-002Q-61C	7:45p.m.-9:30p.m.	TTh	PE14
0637	PE-002Q-01L	10a.m.-11:50a.m.	S	PE11U
Beginner (Fall)				
1821	PE-002Q-01L	10a.m.-11:50a.m.	S	PE11
2610	PE-02QX-61	6p.m.-7:20p.m.	TTh	PE14
Intermediate				
2611	PE-02RX-61	6p.m.-7:20p.m.	TTh	PE14

Want to know more?

- Go to Weng's Tai-Chi monkey system web site at www.TaichiMonkey.com