The Voice of De Anza College Since 1967

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Volume 41, Issue 7

November 13, 2007

News

De Anza's own farmers' market still in question

PAGE 3

Highlight

Students get help tackling their personal statements

PAGE 6

The week ahead

Fight energy waste

Pick up a free energy efficient light bulb and meet with several groups dedicated to environmental causes. To receive one of a 1,000 light bulbs visit:

The Main Quad Tuesday, Nov. 13, 11 a.m.-1 p.m.

The Kirsch Center Wednesday, Nov. 14, 11 a.m.-1 p.m.

Free flu shots

De Anza Health Services will be providing flu shots for students, faculty and staff. Students receive flu shots for free if they show their DASB card. Faculty and staff pay \$15 by cash or check.

Health Services (lower level of Campus Center) Wednesday & Thursday, 9 a.m.-3 p.m. & 5:30-8 p.m.

Hip Hop Festival

The Urban Arts and Hip-Hop Festival will feature local hip hop artists, dance teams, local vendors and an art exhibit. It was organized by the Institute of Community and Civic Engagement and community partners.

Main Quad Thursday, Nov. 15, 12-3 p.m.

Find a complete list of campus events on PAGE 2



Sonia Easaw/LA VOZ NEWS Emblazoned on a sign above the Dia de los

Muertos community altar at De Anza College are the words "El que vive en el recuerdo nunca muere," or "The person who is remembered never dies."

In celebration of El Dia de los Muertos, or The Day of the Dead, students and faculty remembered their loved ones at the dedication of this community altar in the Writing and Reading Center on Oct. 31. The De Anza community can leave pictures or mementos of their departed loved ones at the altar from Oct. 31 until Nov. 21.

El Dia de los Muertos is traditionally celebrated on Nov. 2 in Mexico and the United States. It is believed that the spirits of the dead return to their homes on this day, so home altars are made and gravesites are decorated.

... CONTINUED ON PAGE 5

Sports

CROSSING THE LINE

PHOTO COURTESY OF JENNIFER HUTSON

CROSS COUNTRY TEAMS FINISH IN TOP 10, **QUALIFY FOR STATE CHAMPIONSHIPS**

STORY ON PAGE 5

INDEX

Eventsp2
Newsp3-4
Campus Highlightp5-6
Opinionp7
Editorialp7
Arts & Entertainmentp8
Stegosgurus Comic8

Opinion

PAGE 7

Why men should take responsibility for birth control



A&E

PAGE 8

Artist tells a story of danger, immigration



PAGE 2 **NOVEMBER 13, 2007**

IMPORTANT DATES Friday, Nov. 16 Triday, Nov. 16
Last day to drop with a "W."
Thursday-Friday, Nov. 22-23
Thanksgiving Holiday (College Closed)
Friday, Nov. 30
Last day to add CAOS and Skills self-paced

SPORTS

Tuesday, Nov. 13, 5pm Women's Basketball @ Fresno Wednesday, Nov. 14, 6:30pm Women's Volleyball @ Skyline Friday, Nov. 16 Women's Basketball College of Siskiyous @ Weeds Friday-Sunday, Nov.16-18 San Diego City Tourn @ San Diego Saturday, Nov. 17, 10 am State Cross Country @ Fresno

SKILLS WORKSHOPS

The Tutorial and Academic Skills Center in L47 is offering free interactive skills workshops for all students. Workshops will be going on through November. Tuesday, Nov. 13

10:30am: Editing Skills 11:30am: Braingame: Effective Decisions 1:30pm: Hot Topics, Cool Summaries 2:30pm: Writing Thesis Statements

6:00pm: Braingame: Concentration Wednesday, Nov. 14 9:30am: Time Management 11:30am: Braingame: Engaging Ethics 1:30pm: Goal-Setting & Motivation

2:30pm: Test Taking 3:30pm: Memory Skills Thursday, Nov. 15

10:30am: Sentence Skills 11:30am: Study Skills for Math & Science 1:30pm: Braingame: Communicating Study Groups Friday, Nov. 16

10:30am: Test with Less Stress 11:30am: Anti-Procrastination For more information contact the Tutorial and Academic Skills Center.

THEATREWORKS USA "SEUSSICAL" Tuesday Nov. 13, 10am The childhood tale by Dr. Seuss is coming to the Flint Center. Mischievous Host and emcee The Cat in the Hat will take the audi-

ence on a crazy ride into the fun and whimsical Dr. Seuss world. The audience will see all their favorite Dr. Seuss characters including sweet, good-natured Horton and young JoJo. Tickets start at \$10 a person and can be ordered at http://www.theatreworksusa.org/show_detail.cfm?show=1490

BRIGHTIDEAS: DE ANZA TAKES ON GLOBAL WARMING

Pick up a free energy efficient light bulb and meet several organizations dedicated to making the world a cleaner place to live in. To receive a light bulb visit the following locations:

Tuesday, Nov. 13, 11am-1pm in the Main Quad Wednesday, Nov. 14 11am-1pm at the Kirsch Centeer for Environmental

Studies, Energy Exhibit Hall

Wednesday & Thursday, Nov. 14 & 15 9am-3pm & 5:30-8pm
De Anza Health Services will be providing

flu shots for students, faculty and staff. Students may receive the flu shot for free if they show a valid DASB card. Faculty and staff pay \$15 by cash or check, exact change is appreciated. Flu shots will be given in the Health Services facility located in the lower level of the Campus Cente For more information contact Mary Sullivan at sullivanmary@deanza.edu.

ORAL HISTORY WORKSHOP Thursday, Nov. 15, 3:30pm-5pm De Anza Professor Anne Hickling will talk about the basis of oral history, how to do projects and how oral history may be incorporated into classes. All professors are welcome to attend. To RSVP or ask questions contact Tom Izu at (408) 864-8986.

DISCOUNTED STUDENT PRICES FOR CIRQUE DU SOLEIL: KOOZA Opens Friday, Nov. 16 in San Francisco
Opens Thursday, Jan. 31 in San Jose
Cirque du Soleil is offering \$31 discounted
tickets to college students. Kooza is a
return to the origins of Cirque du Soleil that
combines two circus traditions: acrobatic performance and the art of clowning. For tickets visit www.cirquedusoleil.com /baystudents.

PLANETARIUM EVENING LINEUP Saturday, Nov. 17

Join the Planetarium and journey to the stars via the planetariums new Infinium S Star projector. Experience the fulldome digital star shows under a brand new 50-foot dome. Sit in new seats and see the

Astronomy Shows: 6pm The Secret of the Cardboard Rocket 7pm Astronaut 8pm Infinity Express Laser Shows:

9:30pm The Beatles: Sgt. Pepper's Lonely Hearts Club 10:30pm Pink Floyd: The Wall

MYTHBUSTERS

Saturday, Nov. 17, 7:30pm Go Behind The Scenes With Adam & Jamie. The Discovery Channel's Mythbusters comes to life as special-effects experts Adam Savage and Jamie Hyneman use modern-day science to uncover the reality and fiction in urban myths. The show will be at the Flint Center. Tickets range from \$36-\$53.50 and can be bought at www.ticketmaster.com.

PRESENTATION BY ARTIST MICHAEL ARCEGA

Mon, Nov. 19, 11:30-1 pm The Euphrat Museum of Art and the Institute of Community and Civic Engagement presents Michael Arcega. Arcega is a Filipino artist who is dedicated to working on artworks that challenge cultural and academic institutions. Through humor and language, Arcega discusses serious globalization issues. Arcega's artwork "Galleon Trade," is in the Moving Cultures (...all over the map) exhibition at the Euphrates Museum of Art, A92.

PERSONAL STATEMENT WORKSHOP Monday, Nov. 19, 12:30-1:30pm De Anza's Transfer Center is offering a free personal statement workshop for students applying to universities. The workshop will be presented by a university representative. It will take place in the 2nd floor Conference Room in the Student and Community Services Building.

Send event notices to Happenings@LaVozDeAnza.com by Wednesday noon preceding the week of publication. La Voz does not guarantee publication. All events take place on the De Anza College campus and are free, unless stated otherwise.

Happenings@LaVozDeAnza.com

APPLICATIONS TO TRANSFER Students planning to transfer to a California State University (CSU) or University of California (UC) for Fall 2008 should observe the Nov. 30 application deadline. Essays are usually required for the UC applications and getting an early start is recommended. For questions about applying or transferring visit De Anza's Counseling Center in the Student and Community Services building located on the second level.

BURDEN & BONUS EXHIBIT

The California History Center is exploring the history of the preservation and demoli tion of the De Anza campus. The exhibit will continue until April 2008. For more information, contact (408) 864-8986.

SCHOLARSHIPS AT DE ANZA 07-08 Apply to more than a hundred available scholarships provided by various organizations. Applicants must meet the requirements for each scholarship and get a recommendation from a professor. Most applications are due on February 14. To get the forms to apply or for more information check out http://www.deanza .edu/financialaid/scholarship.html or visit the Financial Aid office.

DISCOUNTED AMC MOVIE TICKETS De Anza's Student Accounts Office is offering discounted AMC tickets. Tickets range from \$6.50-\$7 depending on when the movie will be watched.

FINANCIAL AID

Receive money for classes by filling out a Free Application for Federal Student Aid (FAFSA). Students may qualify for a fee waiver or recieve money for books. Offices can be found downstairs of the Campus Center and the North side of the Patio.

INTER CLUB COUNCIL MEETING The ICC stands for De Anza's Inter Club Council, a place to inspire creativity and connections. The ICC is composed of over 50 clubs that cover a diverse range of student interest. To participate in the ICC representative meetings come to the Student Council Chambers on Wednesdays from 1:30-2:30pm.

Check it Out

Donating Your Goods

While many are already rushing to the registers and wrapping gifts for the holiday season, thousands of people in the Bay Area, 60 percent who are children, will be hungry. The Inter Club Council is helping to alleviate this problem by collecting canned food. Donation locations are at:

Student Activities (lower level of Campus Center)
Administration Building Lobby
Learning Center Lobby
Advanced Technology Center Lobby Wellness Center

Urban Beats

Thursday, Nov. 15, 12-3pm Hosting their first annual Urban Arts and Hip-Hop Festival De Anza and other various Bay Area community service organizations will team up in an effort to create a better community. This event will not only be promoting the musical styling of hip-hop but creating unity and empowering students to make changes in their community. Join in on the music and ask questions.



STUDENTS WORKING FOR STUDENTS

Office Phone #: (408) 864-8429

The DASB Senate Office is located on the lower level of the Hinson Campus Center. Come down and visit us! (We get really, really lonely.)

> Official DASB website: http://deanza.edu/dasb

> > **DASB Blog:**

http://deanzacollege.blogspot.com

Want to make your voice heard?

DASB Student Forum

When: Wednesday, November 7, 11:30am - 1:00pm Where: Student Council Chambers (Bottom Level of Hinson Campus Center)

Tentative Topics:

- Parking & Security

- Smoking Policy, Health-Related Issues

- Facilities / Construction

- General Classroom / Instruction Policies

- Student Grievances and more!



DASB Card Office Location:

DASE

Lower Level Hinson Campus Center (Across from Le Cafe) Telephone Number: (408) 864-5551 Monday-Friday

> 10:00 a.m. - 4:00 p.m. For more information go to:

www.deanza.edu/dasb DAS

Why do we need the DASB CARD?

- It serves as your photo ID when on campus - Allows access to the library and computer facilities
- on campus
- -Enables you to enjoy student discounts (including AMC movie tickets and restaurant discounts)
- -Proof of your DASB membership when you apply DASB scholarships

You have many

different cards...

News PAGE 3 **NOVEMBER 13, 2007**

DE ANZA VOICES: Would a farmers' market be useful?



"I like the fact that you have two vegetable sandwiches here, so yeah, I like to eat Nealthy. But

across the street is Whole Foods, so people can go there."

Tim Stilwell animation



"Sure. I think it's good. Any activities that the students benefit from I'm going to support."

Matt Vand paralegal



"I don't really go to farmer's markets, so I can't really say, but I don't see any detriment to it."

Kathy Roghani psychology



"Farmers' market? I don't know what that is."

Andrew Nguyen biochemistry



"I think that it would be a benefit for me, because I go about twice a month [to farmers' markets],

and I am a big vegetable and fruit fan."

Jessica Paranthaman biology



"I'm planning on getting a job here on the weekends, so it would be great to be able to grab groceries before I go home."

David Byars

undecided COMPILED BY ANDREA SVENDSEN/LA VOZ

Calif. seeking water sources

Dhawani Parekh U-WIRE

Solving the water drought is a crisis for the Metropolitan Water District; however, for scientists, water droughts have been an existing part of Southern California's history.

The drought is also prevalent in Southeastern states like Ĝeorgia, Alabama and Florida.

Local cities like Long Beach have already begun implementing water restrictions

California is a desert whose nature is unpredictable, said James Miller of the geography department at California State University Fullerton.

It is hard to say if global warming affects the water level, but at the same time, it is hard to rule out global

California gets its water from the Colorado River and the Sierra Nevada Mountain range through the State Water Project.

"One acre-foot is a size of a football field-one foot deep. California used to get 3.7 million acre-foot of water. Now it gets 3.3 million acre-foot," said Anthony Fellow, vice chair of MWD and professor at CSUF. "The problem is how to make up for the 0.4 million acre-foot of water with an increasing population.'

Miller noted in his research that there has been shift in the atmosphere circulation pattern.

About 25 years ago, California experienced very wet weather. There was a lot of rain and there were many

However, in the last five to seven years, there has been a distinct shift in weather.

There are two reasons for this. One reason for the shift is the Pacific Decadal Oscillation, a longterm ocean fluctuation of the Pacific

It has a warm and cold phase and the Pacific Ocean has entered a cold phase.

It changes every decade, according to Miller.

The other reason for the shift is El-Nino-Southern Oscillation. Currently, California is experiencing La Nina -dry weather, which is heading into a mild-moderate phase.

That means there is less than a 10 percent chance of having a "normal" winter. When these two factors match up, the result is dry weather.

There is a 50-50 chance of having a normal winter and rainfall, Miller

There might be rain one year, but it will not make up for the other dry

"If you do not sleep for seven nights and then sleep only one night, hoping to make up for the seven nights, you will not recover your sleep. Similarly, one year of rain will not make up for the dry years," Miller said. "The drought can be self-reinforcing and can be expected to last the decade."

Looking back at the oldest records, 70,000 years ago, there have been times when California has been wet and dry for long periods of time, Matthew Kirby of the Geology department said. There have also been periods of mega-droughts.

It is too early to tie in global warming with the water drought, but there is a relationship between climate and how often a drought occurs, Kirby

In order to predict the future of climate, it is essential to understand the history of climate.

"It is like investing in a stock market. If you were given \$1 million to invest in [the] stock market, you would do research and get knowledge about the stock you are investing, Kirby said. "You would not randomly invest in something you do not know

As water becomes crucial, the future of California is desalinization the process of removing salt from the ocean, Kirby said. It is a very expensive procedure that requires a lot of money.

Several Asian countries have begun the desalinization process.

Miller said he believes that in Southern California, the drought will probably increase because of two factors.

As the population of California increases, there will be more strain put

Second, higher temperatures will cause the water from lakes and melting snowcaps to evaporate. Then, the water becomes low. Lv

Possibility of farmers' market

Sonia Easaw LA VOZ NEWS

Plans for the addition of a farmers' market to the flea market are being considered in order to increase De Anza Student Body funding.

However, the farmers' market may interfere with parking availability and therefore requires more thought, said Director of College Services Donna Jones-Dulin.

DASB funding would increase with a farmers' market, because it would generate more revenue with the rental of more vendor spaces, said Eden Su, DASB vice president of budget and finance.

The idea of the farmers' market was to increase available funds, instead of having to allocate limited funds, said Eden Su vice president of budget and finance.

Currently half of the revenue from the flea market is given to support DASB. Vendors pay a \$50 rental fee for a space.

Construction has caused a loss of about \$30,000 in funding, because it has decreased the amount of space available to rent to vendors, said

However, the farmers' market will not just increase funding for De

Anza students, but also support De Anza's commitment to sustainability and organic food. "My hope is to get organic food vendors," said Su.

The farmers' market will initially be combined with the flea market. Advertising for the farmers' market will be easy, because the flea market already attracts thousands and flea market customers will be exposed to the farmers' market as well, said

The farmers' market could grow from there, said Jones-Dulin. If a large amount of interest is generated in the farmers' market, then it can possibly expand to take place every Saturday, said Su. But there are challenges to this plan.

Other events such as athletics when held on Saturday, will further limit the availability of parking.

Also, the police department on campus earns revenue from renting to vendors. If the farmers' market were to take up space reserved for vendors that generates funding for the police department, there would be confusion as to whom to give the revenue from the farmers' market.

Lastly, there is the issue of liability for food sold on campus, said

to bonding between the senate in a business-free environment. Eden Su, DASB vice president of Budget and Finance, presented the proposition of the farmers' market. Su said one-half of DASB funding comes

from the campus flea market on weekends. Donna Jones-Dulin, Director of College Services, agrees that a campus farmers' market is "a good idea," said

News in

Brief

Ad-hoc retreat

committee formed

Ehssan Barkeshli

LA VOZ NEWS

During the DASB meeting, an

ad-hoc retreat committee was

charge, to plan the DASB Sen-

ate's next mandatory retreat. The retreat is a day dedicated

formed. Monica Pen was in

Robert Griffin, vice president of Student Services and Institutional Research, and Jeanine Hawk, vice president of Finance and College Services, dropped in separately to inform the DASB Senate of the school's current arrangement with US Bank and the possibility of adding ATM card functionality to the DASB Card. Discussion on the matter was postponed until the full business proposi-tion becomes available to the

Senate. Hawk agreed to Yujin Yoshimora's request to allow a DASB representative to partake in the school's committee to consider the proposition.

Blood drive held on Nov. 8

Anna Rendall

LA VOZ NEWS De Anza College's Health Services hosted a blood drive on Nov. 8 to help those who need blood.

There always is a great demand for blood," said Sandra Sokabe, R.N., a clinic nurse at the Health Services.

Each donor was expected to donate approximately one pint of blood. One pint of blood could save up to four lives, said

About 65 participants signed up by Nov. 7 at the Stanford School of Medicine Blood Center's Web page. Sokabe said that she expected a lot of walk ins.

According to the Blood Center's Webpage, De Anza was one of nine Cupertino locations hosting blood drives throughout the year. De Anza has hosted blood drives for at least a decade, Sokabe said.

Each donor had to spend about one hour in Health Ser vices. Snacks and refreshments were provided to donors after blood was drawn.

Bright ideas: De Anza college takes on global warming

Nitzan Beck LA VOZ NEWS

1000 free compact floruescent lightbulbs are being offered to students today and tomorrow between 11:30 a.m. and 1 p.m. at the main guad and the Environmental Studies Kirsch Center, respectively.
The light bulbs use 75 percent

less energy than incandescent light bulbs, lowering the emissions of light bulbs said Kristin Jensen Sullivan, environmental studies instructor.

Sullivan said the free light bulbs came through a partnership of PG&E and the Sierra

Web site tracks origin of money

Lindsey Reimer U-WIRE

That dollar bill sitting in your wallet could have traveled all over the country, touched millions of hands and been spent on countless items.

Now, those with certain bills can track where their bill has been and get notified when it makes it to a new location. Some bills in circulation are stamped with a Web site that tracks them once they have been entered into its system. The site is http://www.wheresgeorge.com.

The site allows people with those special bills to enter the serial number and the zip code where they're located.

Members must enter an e-mail address, which sends them notifications when somebody else has registered that same bill, allowing them to see just where it has gone.

To increase the chances of someone re-registering your registered bill, try to spend it at places with patrons that would likely go to the site to register.

Places such as fast-food restaurants, arcades and convenience stores are ideal to find people who would find this entertaining.

The site is free and runs on the revenue from banner ads on the site. Feel free to sign up if you find one of these bills-there is no catch. L

PAGE 4 News November 13, 2007

College applicants send extras

Andrea Roxas U-WIRE

Some potential college students don't wait until the winter holidays to get into the spirit of giving.

For example, a student applying to Syracuse University last year sent the Office of Admissions a crate of oranges with a note attached that read, "Orange you going to include me in the freshman class?"

In another instance, a set of twins submitted a video of themselves in a fireside chat, complete with song and dance.

A female applicant even sent in a small braid of her hair, which left the admissions office puzzled.

"We didn't understand the significance of that," said Charlotte Tefft, associate director of admissions. "Was it supposed to be like a lucky rabbit's foot for her?"

In today's highly competitive admissions atmosphere, some college-bound hopefuls send gifts or, more commonly, thank you notes to admissions offices to set themselves apart from the common application crowd.

While Nancy Rothschild, assistant dean of admissions at SU, said gifts "are really not necessary and sometimes inappropriate," she and other admissions officials from Barnard College, Fordham University and Tulane University said thank you notes seem genuine and are appreciated.

The notes are generally sent in response to a campus visit, thanking officials for answering questions or for giving interviews, tours or information sessions.

"When we get thank you cards, we think it's a nice thing," said Laura Kaub, an admissions officer at Barnard, an affiliate of Columbia University.

"The thank yous are very short and simple, nothing plotted out and strategized, just the polite thing to do," said Kaub.

Leila Labens, an admissions counselor at Tulane in New Orleans, agreed.

"Admissions counselors don't always put a face to the name," Labens said.

"But if you get a note from a student and then you get their application, it'll set off a bell in your head. You'll remember meeting with them," said Labens.

Labens said she has a file in one of her drawers where she keeps the notes.

Sarah Richardson, associate director of admissions at Fordham in New York, also hangs on to the notes for future reference.

She said they're great "for those days when you need something positive to look at."

Richardson said her school has received increasing amounts of thank you notes in the mail lately.

Yet officials at SU said the num-

ber of notes has remained constant through the years.

Some parents are encouraging their children to send in thank you notes.

At his mother's insistence, undecided freshman John Giammatteo said he sent handwritten notes to the five or six schools at which he interviewed.

He said his mom read that it was a good idea to send notes to potential schools, thanking anybody you came into contact with at the university.

While Rothschild and Tefft said they understand why students send thank you notes, gifts or any other "extras" with their applications, such offerings do not influence the ultimate admissions decision in any

"Extras" may be anything such as posters, photographs or collages.

"We look at them as a courtesy, and that's the bottom line," Rothschild said. \[\frac{1}{2} \]

Web sites affect images of Ivy Leagues

Jacob Schutz

One male student was written about for allegedly taping a video of himself having sex.

In another university, a female keeps a public diary of her sexual escapades.

And then there are the groups of students who find themselves in all sorts of trouble after plagiarizing or burning flags.

The subjects have two things in common: First, they all go to an Ivy League university, and second, online reports about them and their peers are having a growing influence.

As more and more blogs about or within the Elite Eight sprout up on the Internet, higher education experts say these stories can have an effect on a school's reputation.

Robin Raskin, who works for Princeton Review, said sites that feature gossip-type stories about the Ivy League shape how outsiders view a school

Such sites are "really good because they give you an idea of campus life at those schools to the fullest," Raskin said. "By taking away the mystique of the Ivies, [people] will realize there are great students everywhere."

"Ivy League students are just college students, and although they go to these prestigious schools, they still do stupid things," said Ivygateblog.com contributing editor Jim Newell, who is also a former 34th Street editor-inchief. Newell feels there isn't enough exposure of depicting ivy league students as regular college students.

Another Ivy League blog, SexAndTheIvy.com, is written by Harvard junior Lena Chen. She uses it to chronicle her sexual encounters, mental-health issues and drug use.

"For students who want to go to an Ivy League school, it's extremely important for them to know that it's not going to be all peachy because you got into Harvard," Chen said.

Initial views students have of an Ivy League school can also be shaped by where they go to high school, said Wendy Chen, a college guidance counselor at the Collegiate School, a prestigious high school in New York.

Students at Collegiate "tend to be very in tune with the nuances" of different Ivy League schools and therefore would be less inclined to care about Ivy-centered blogs, Wendy Chen said.

But students at other high schools less obsessed with the Ivy League may be more easily influenced. At Lewis-Palmer High School in Monument, Colo., only one or two students enter the Ivy League a year and so most don't know much beyond each school's brochure, said Lewis-Palmer college counselor George Cruz.

URBANARTS AND HIP-HOP FESTIVAL



NOVEMBER 15, 2007 12pm-3pm De Anza College MAIN QUAD

*LIVE ART SHOWCASE
*LIVE PERFOMANCES

*RESOURCE TABLES
*LOCAL VENDORS

For more information about this event and others please contact:

Institute of Community and Civic Engagement (408) 864-8349

<u>communityengagement@deanza.edu</u> <u>www.deanza.fhda.edu/communityengagement</u>

This event is co-sponsored by:

De Anza Institute of Community and Civic Engagement

*Euphrat Museum of Art, De Anza *College Outreach *Public Allies*

*Asian Pacific Expressions *Office of Diversity *De Anza Associated Student Body *

*Unity Care Hip Hop 360 *Vision New America* Silicon Valley Debug*



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Heading to state championships

DE ANZA'S CROSS COUNTRY TEAMS END SEASON IN TRIUMPH, RANKS IN TOP 10 OF NOR CAL

Jay Donde

For the first time in 15 years, both the men's and women's cross-country teams at De Anza College have qualified for the state championships.

"I've spoken to a few of the other athletic coaches here, and none of them can even remember the last time that this happened," said cross-country coach Nick Mattis.

The qualifications are yet another highlight in an overall stellar season for both teams this year, and were earned through top-10 finishes at the Northern California championships held November 3.

"It was a great moment for us," said coach Mattis, referring to the Nor Cal meet. "[The runners] didn't hold anything back, and I was proud to see them all finish with new personal bests."

The runners, in turn, are quick to credit each other and their coach with their newfound success.

"Running at De Anza has been very rewarding," said Angie Sandoval, who finished the 3-mile women's course at Nor Cal in just under 22 minutes. "I like being on a team with such dedicated hard-workers."

This year's women's team boasts one standout, in particular: Cynthia Chadez, a former SFSU runner who came in 2nd at the Nov. 3 championship. Conversely, the men's team has a balanced group of strong runners, including Aaron Sommer, Trevor Addison, Bobby Shawhan and Jorge Garcia.

"A lot of Central Coast Section teams have a pack running philosophy, and for the guys it's worked well," said Mattis. "They tend to push and feed off each other when they race."

One factor in the teams' improvement has been Mattis himself, a transplant from Montana State.

"I try to emphasize a lot of changes of pace in my practices, so that the runners can be competitive and chase other runners down rather than just jogging the course," he said, "But the credit really goes to the runners. I sometimes have to yell at them to stop training, because they want to work so hard."

While this year has brought success, the outlook for next year may be brighter. All five of the top runners on the men's team are new, as well as 3 of the top runners on the women's team.

"We're a young team, and we've got a great new program," said Shawhan. "We'll definitely be back next year.



De Anza Dons race other college teams at the Lou Vasquez Invitational Sept. 27 in San Francisco.

The time is right to quit smoking



MARY-JO LOMAX your health

Thursday, Nov. 15 is the Great American Smokeout. GAS started way back in the 1970s, and my guess is that it had more of an impact back then because more of the population smoked and smokers were allowed to smoke almost anywhere. The idea was simple: try to quit smoking for one day. If you can quit for one day, perhaps you can quit for a second day. And a third, etc.

One would think that it would be easier to quit smoking today than it was 30 years ago because we've got more laws restricting smoking and there are nicotine replacement products. In reality, quitting smoking today is just as difficult, and maybe even more so, because many smokers mistakenly believe that these products will do the work for them. They won't.

Tobacco addiction is a two-headed monster. One head is nicotine dependence which can be tamed somewhat by using prescription medications or nicotine replacement therapies. The other head, psychological dependence, is bigger, more powerful and no medicine exists that can tame it.

Psychological dependence occurs through conditioning. Dr. Ivan Pavlov observed that his dogs salivated each time they were about to receive food. Over a period of time, he rang a bell at the same time he fed the dogs. Later, he rang the bell but didn't feed them and observed that the dogs salivated even though there was no food.

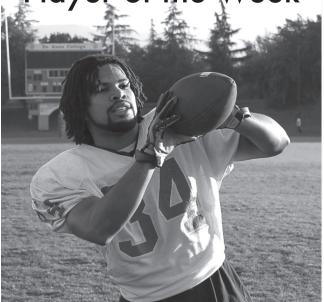
The same is true for cigarettes. Let's say you smoke after meals. You get about 10 hits of nicotine per cigarette three times a day, giving you 30 hits a day. If you have been smoking for one year, that Pavlovian bell has rung 10,950 times just for mealtime cigarettes! No wonder you want a cigarette after your meals, when you are bored, get into your car, between classes or any other time you smoke.

It is difficult to decondition yourself, but not impossible to do. Having a desire to quit is critical because quitting takes will power, determination and imagination. Preparation is also crucial, and inadequate preparation is a common mistake people make. Many smokers decide today that they are going to quit tomorrow, and when they cave in to a craving they feel bad about having "failed." But quitting smoking takes practice. In my smoking cessation sessions, smokers keep a log of when, where, why and with whom they smoke. This log helps to identify one's triggers (think Pavlov's bell). Once the triggers have been identified, we brainstorm alternative behaviors (a different bell.)

Examples include brushing your teeth right after a meal, blowing bubbles in between classes or driving a different route to school. Setting a quit date in the near future gives time to practice new techniques and also to mentally prepare yourself to quit.

The Great American Smokeout is on Thursday, Nov. 15. If you are motivated to quit, you are welcome to make an appointment with me in the Health Services building for individual smoking cessation counseling. Or check out some of the online programs such as www.whyquit.com, www.californiasmokershelpline.org or for chewing tobacco users, www.quittobacco.com.

Mary-Jo Lomax is a health educator at De Anza Health Services.



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COMPILED BY DARREN ROUS/LA VOZ

Dream School: UCLA

Player of the Week | College apps made easier

UC ADMISSIONS OFFICER HELPS DE ANZA STUDENTS TACKLE PERSONAL STATEMENTS

Ehssan Barkeshli LA VOZ NEWS

An admissions officer from UC Berkelev said he was dumbfounded by the number of times students made the same mistakes on their applications.

Ken Gonsalves, a UC Berkeley admissions officer, gave a presentation on the UC admission process in the Writing ad Reading Center at De Anza College. He gave students tips and advice on what it takes to impress admission officers. His focus was on personal statements.

"A good personal statement is one that answers the prompt and at the same time projects a unique personality, a voice,' Gonsalves said. He encouraged students to be expressive and said that if they used buzz words to describe themselves, like "leader" or "team player," they must cite examples. If they didn't, they would be "flying too close to clichè"

"Do not write more than the 1,000 words asked of you. You run the risk of half of it not being read by anybody, Gonsalves told students. He said that if filled out correctly, every application will be weighed and measured with the

Every year UC admissions committees are trained for three weeks on how

to correctly assess an application, he said. Then, they spend weeks on the admission process for freshman applicants before they get to the transfer applicants. "By the end time the freshman applications are all done with, we are as familiar with the red flags as we will ever be, so you need to be very careful about what you write in a transfer application." He said the committee is expert at detecting falsities and exaggeration on applications, so if one is on the fence about how bold of a personality they are going to be in the statement, they should "try to not to make it pretentious.'

Over 110 students packed into the WRC to see Gonsalves speak, many of them unable to find seats. Julie Pesano, WRC codirector, said she was surprised to see that more students showed up this time than during previous times when an admission officer spoke at De Anza. "It looks like most of them found the workshop very helpful, both on the personal statements side of things and the clarification of other parts in the application," she said.

Tommy Augustina said he particularly found useful the time Gonsalves' spent discussing the comment box portion of the UC application. In comment boxes, students have the option of writing 500 words to explain an answer the put on the application.

The boxes are useful, for instance, if a student's transcript shows a bad quarter or if the student took time off from school for a year and didn't explain it on the application.

Gonsalves told of one freshman applicant who was almost not admitted to UC Berkeley because she had Cs in her foreign language courses, which dramatically lowered her GPA. Once the admissions committee read the comment box. the reason became clear: the student was hearing impaired and could only understand people by reading their lips. "In her Spanish class, she was reading people's lips in Spanish! What a feat, what an amazing girl," said Gonsalves of how the girl was then perceived. That student was admitted into UC Berkeley despite her few bad grades because the comment box showed her dedication to hard work

"Nobody I had ever spoken to knew exactly what the purpose of that comment box is," Augustina said, "but [Gonsalves] cleared it up in a flash." •

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PAGE 7 **NOVEMBER 13, 2007**

& Editorial

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LA VOZ Weekly

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De Anza snubbed in college rankings

THE OPINION OF THE LA VOZ WEEKLY

EDITORIAL BOARD

Last month, the political commentary magazine Washington Monthly published its third annual national college rankings, which also included a listing of the country's best community colleges.

Considered by many in the higher education community as providing a unique perspective, the Monthly's list ranks schools based upon "sociallyoriented" criteria instead of the more straightforward measures employed by other popular magazines such as U.S. News.

So how did De Anza College fare according to these criteria? Incredibly, we didn't even make the list, which cut off after number 30.

Now, while there's certainly much to be said for being gracious in defeat, a closer inspection of the rankings' methodology reveals flaws so great that they demand an objection.

To begin with, among national universities, community service aptitude is measured not only by the amount of federal money that the school spends on service projects, but also by the number of its graduates serving in the Peace Corps and – get this – the size of its ROTC program.

But what about schools wealthy enough to fund community service projects with their own money? Don't they deserve some credit, also? And how about schools, like UC Berkeley, with miniscule ROTC contingents?

Lucky for Cal, boatloads of its graduates participate in the Peace Corps program; but is that really the only positive way to impact society?

At least the methodology used for the community college rankings, a combination of statistics from the U.S. Department of Education and the Community College Survey of Student Engagement, appears more constructively valid, but we can never really know for sure because that methodology is not disclosed.

All that's provided is a four-paragraph description of the general philosophy behind the choice of sources - no formulas or tables, not even a margin of error.

But the proof, as they say, is in the pudding - let's compare De Anza with the number two school on the community colleges list, Cascadia College of Washington.

Which school serves its students and community better, and which one reaches out more to the disadvantaged?

At De Anza, students pay just \$13 per credit hour, but Cascadia charges its students nearly six times that amount. And while De Anza serves a community of over 22,000 students on average, Cascadia enrolls just

De Anza's student body is over 35 percent Asian and 15 percent His-

panic, while Cascadia's is 67 percent white. There are 2,200 international students enrolled at De Anza. At Cascadia, there are nine. De Anza consistenly ranks either first or second in all of California in total number of UC and CSU transfers. Cascadia transferred just 209 students to universties in the 2005 academic year.

This quick comparison doesn't even take into account things such as De Anza's nursing and automotive programs, our outstanding athletics department and facilities, our counseling and tutoring services, or landmarks like the Kirsch and Flint Centers.

In the issue where the rankings are published, Washington Monthly spends a lot of time criticizing the U.S. News list, calling it irrelevant, and stating that the Monthly's list truly ranks "what matters."

That may indeed have been the aim, but in light of the figures presented above, we must take issue with the

Honoring our veterans

TRAVIS HOLLAND guest perspective

Last Sunday, Americans everywhere celebrated Veteran's Day. It was a time to thank those who have served in the armed forces and to remember those who made the ultimate sacrifice.

Veteran's Day, formerly known as Armistice Day, marks the anniversary of the Nov. 11, 1918 armistice that ended World War I. President Woodrow Wilson officially announced the first Armistice Day on that date in 1919.

At the commemoration, he said, "To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations."

Never have truer words been spoken. Over time, the holiday became a day dedicated to world peace and the well-being of our nation.

With the largest deployment of U.S. troops in the nation's history, World War II gave Americans a greater appreciation for their military personnel. Shortly thereafter, the Korean War took place and even more Americans went to war. Armistice Day officially became

Veteran's Day in 1954, conceived as a holiday to honor all the men and women who have served in the military and made our country what it is. In keeping with the tradition of Ar-

mistice Day, we should feel solemn pride when we think of the sacrifices of America's fighting men and women. As the beneficiaries to what all veterans have sacrificed, we owe

them a pretty big "thank you." Whether it's just waving to a car with a "Vietnam Vet" sticker or buying lunch for a soldier in uniform, we should all do what we can to give something back.

Like every year on Veteran's Day, flags waved in front yards and yellow ribbons popped up everywhere. Marines, soldiers, airmen and sailors of all ages put on their uniforms and waved to the crowds in parades.

All this is to honor Americans who defended our country or stood ready to. But we also shouldn't forget those who didn't make it home. The fallen soldiers who gave their lives for our freedom must also be remembered. Veterans of all branches and years,

This column was orginially published in The Battalion, the daily student newspaper of Texas A&M. It was syndicated

know that your country appreciates what

you've done and will never forget it. L

<<< COUNTERPOINT

This week's debate: Is global warming real? *

It's totally real, dude by Jay Donde

Everyone knows that warming is going to kill us. As Ron Burgundy says, it's science, just like the fact that women have brains one third the size of men's. Sure, there are some skeptics out there, but nine out of 10 sciencologists agree: the sun is going to literally melt the earth by the year 2020. A new report published by NASA states that this cataclysmic event is probably going to resemble the huge tsunami scene from the film "The Day After Tomorrow." According to the authors of the report, it's going to be "pretty awesome."

The best way to prevent this catastrophe is to stop breathing. By doing so, you'll be reducing your personal carbon emissions by over 100 percent and helping to eliminate the potentially fatal effects of global warming on you and your loved ones.

No freakin' way by Julia Eckhardt

Global warming is as real people who buy Fran Drescher films.

Theories are fabricated by Chicken Littles - or, as you might call them, "scientists" – just waiting for the sky to fall on their heads.

Didn't scientists also tell you that Pluto was a planet, and then take it back? It's because they're take-backers, and they take back what they say.

Scientists are liars and sensationalists, and I'm all about facts, because I'm a journalist. In journalism, we like a little thing called truth. I don't want to be the one to crack the egg, but guess what? It gets hot sometimes, and sometimes it's cold. It's called weather, maybe you've heard of it. Weather is a fact, and I stand by the facts.

* disclaimer: these opinions are 100 percent SATIRE. Only the authors' names are real, and we're actually not so sure about that, either.

hard pill to swallow



JULIA **ECKHARDT** another voice

Birth control pills and other modern methods of contraception afford women a newfound freedom that many of our own mothers weren't able to enjoy, but this freedom goes hand in hand with greater accountability.

Women shouldn't have to shoulder this burden alone, however. Men also need to step in.

Unfortunately, they rarely do. If anything, women commonly complain of being unable to motivate their male partners just to wear condoms.

A woman's body has enough difficulties without the added ups and downs that invariably come with "the pill." The female repertoire of experiences includes monthly menstruation cycles, menopause, pregnancy, and in some

through U-Wire.

Birth control is a product that could have been and should have been developed for men at the same time the progesterone pill was researched for women. Pills for women have been in development since the early 1900's,

yet today there are sill only two viable options for men: condoms or a vasectomy.

Most men aren't particularly fond of either. Granted, it is decidedly more difficult to control the millions of new sperm produced in the male testes every day than it is to control the single egg that is produced

each month from the ovary, but the predominant reason for lack of research in this arena has absolutely nothing to do with reproductive biology.

Just like with any other product, supply will naturally follow demand. True, millions of dollars are necessary to actualize any preliminary research, but without a backer that is willing to fund projects, this will simply never happen. Therefore, the responsibility in this

case falls upon everyday consumers: need to speak up. Yet due to the unfair social mores surrounding birth control, this remains a greatly underresearched field

This lack of demand for shared responsibility is disappointing. Times continue

to change and more research is being done in the field of male contraception, but for many of us women, this is too little, too late. 🔽

Write us

Letters to the editor, submissions and

(online): lavozdeanza.com/letters/

(in print): Room L 41 Letters should be 300 words or less; letters

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Corrections

RE: "Player of the Week" 11/05, page 6

Trevor Addison's fastest time in the 4 mile cross country event is 22 minutes, 43 seconds, not 24 minutes, 43 seconds as listed.

The artwork, known as an "offrenda," which means altar in Spanish, was created by Jacqueline Escobar, and pays respect to the immigrants who did not survive the attempted journey to America. In the forefront of the display is "The Prayer of the Immigrant" in both English and its native Spanish. The altar also displays fruit and bread, or "pan de muerto" as it is known in Mexico, as offerings to the dead.



A dream fulfilled

STUDENT GAINS INSPIRATION FROM HER MEXICAN ROOTS

John Capuchino LA VOZ NEWS

Dying marigolds hang limply in a 7-11 coffee cup in the back of the offrenda. Pan de Muerto is left in the center among paper cutouts of faces and skeletons. In the back along the base of the box are human shaped cutouts made of cardboard with the words "man," "woman" and "child" on each. They are humble offerings for the deceased.

They represent the nameless, faceless deaths of illegal immigrants who attempted to cross the Mexican-American Border.

This is the "offrenda," or "altar," created by 19-year-old DeAnza student Jacqueline Escobar. She is the first in her family of Mexican immigrants to be able to go to college. Her parents made the very same journey which her offrenda is dedicated to.

According to Escobar, there

are white crosses along the Tijuana Boarder, with the titles "unidentified" running through their center, approximately 331 people died attempting to cross the border in 2007 thus far.

Immigrants often say a prayer to Santo Toribio Ramon before attempting the trip, said Escobar. A popular legend says the saint will come to immigrants who are crossing the desert and give them them food or water. The Prayer of the Immigrant" lies before Escobar's offrenda,

in both its native Spanish and English, which requests that Santo Toribio intercede to Christ on behalf of the immigrant who is traveling.

"This offrenda is for the immigrants whose bodies weren't identified. Most of their families can't do an offrenda for them. They don't know if they're dead or if they made it on the other side," said Escobar.

"Since when did somebody

say a dream has to hurt? Since when do you have to die for it? All these people are doing is trying to attain their dreams. They're not criminals. They're not terrorists. They just want to work. They want to support the families they have in Mexico, said Escobar.

Escobar is also a member of the Puente Program at De Anza College, whose mission statement is, "...to increase the number of educationally underserved students who enroll in four-year universities.3

Escobar said that it's difficult as the first member of her family to go to college. She felt that she didn't know what she needed to do to enroll, where to go or which classes to take. In the Puente program, she has found mentors and a close knit community that supports and cares for her. Lv

DE ANZA VOICES: What is your favorite war film?



Patriot" Micah Almond business/ communi-

cations

"The



"Saving **Private** Ryan"

Cathy Darmanto architecture



"Enemy at the Gates"

Vincent Yen business administration







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