

Inter-Club Council supports prayer room

Dan Sealana LA VOZ

De Anza College's Inter Club Council voted Wednesday to support a campus interfaith meditation room.

The motion to endorse "the idea of having a Peace Room for contemplation, meditation, chanting, and prayer" built on campus was approved without objection.

Earlier this month, the De Anza Associated Student Body Senate voted to endorse designating a meditation room.

However, the senate's version of the endorsement did not list "prayer" as one of the proposed uses of the room.

Church and state

One of the biggest obstacles proponents of the room face is concern over the separation of church and state.

De Anza currently has seven active religious clubs on campus. All seven clubs are eligible to request funds from the ICC, whose yearly budget is allocated by the student senate.

Religious clubs are free to do virtually anything with their funds, from purchasing evangesee **INTERFAITH**, page 2

Vietnamese City Council member to speak at graduation

Ashley Rabello LA VOZ

The first Vietnamese American woman to serve on the San Jose City Council will speak at the graduation ceremony June 24 at

Students clean up campus



Sophomore Rachel Sun and College Advantage student Jeremy Mekdhanasarh team up to pick up trash in front of the Hinson Campus Center for Campus Pride Day Thursday.

Mariya Kisina LA VOZ

Students and staff walked around campus with garbage bags and trash pickers as they cleaned up the De Anza College campus for Campus Pride Day, June 15.

"It's mostly cigarette butts," said Agnes Kosiorek, a Cal Poly University graphic communications major. She picked up trash near the Student Services building.

She said she was most disappointed when she saw paper, plastic and cigarette butts near trash

cans and recycling bins. Kosiorek said she wondered whether students littered around campus because De Anza is a community college and people pay less for tuition.

There is even trash in the parking lots. "I don't remember there being trash in the parking structure at Cal Poly," she said.

The Academic Senate's new Environmental Sustainability Subcommittee sponsored the event in which about 20 students participated.

She said that maybe people litter because they hate the world. "If you have a continuously

see TRASH, page 2

Ann Coulter on fire again

LIBERALS, MEDIA DEALT A BLOW IN COULTER'S NEWEST CONTENTIOUS BOOK



jamesSCHULTE

Like a modern day Martin Luther, Ann Coulter has metaphorical tacked her manifesto to the door of the High Temple of The Left with her new book, "Godless – The Church Of Liberalism".

In the book, Coulter contends, "Of course liberalism is a religion. It has its own cosmology, its own miracles, its own beliefs in the supernatural, its own churches, its own high priests, its own saints, its own total worldview, and its own explanation of the existence of the universe. In other words, liberalism contains all the attributes of what is generally known as 'religion.'"

opinion

With her new book quickly soaring to the number one spot on the New York Times Best Sellers list, the full court press to bring her down has gone into full swing. The harshest criticisms of Coulter's new book centers around one paragraph.

The paragraph in question speaks about four New Jersey widows who lost their husbands in the Sept. 11, 2001 terrorist attacks. Coulter writes, "These broads are millionaires, lionized on TV and in articles about them, reveling in their status as celebrities and stalked by grief-arazzis. I've never seen people enjoying their husbands' deaths so much."

Let the smear campaign begin.



the football field.

After being elected in 2002, former De Anza College professor Madison Nguyen focused on helping the Vietnamese American community.

"I have been working hard to maintain a good quality of life for ourselves and for our future generations," she said while in office.

Nguyen was the president of the Franklin-McKinley Board of Education. She served on the United Way Silicon Valley Community Advisory Board and the Asian American Community Advisory Council at the San Jose State University.

Nguyen and her family immigrated to the United States from Vietnam in the early 1980s.

She received a bachelor's degree in history from the University of California Santa Cruz and a master's degree in social science from the University of Chicago.

Facilitators ask students how De Anza College could help them juggle multiple, often conflicting responsibilities at the Rock the Discussion event in the Hinson Campus Center Monday.

Rock the Discussion: Students speak up about campus future

Joanne Li and Anna Randell LA VOZ

Students voiced their opinions about how De Anza College could help them juggle classes, work and life and still succeed academically.

At least 60 students arrived for the "Rock the Discussion" event at the Hinson Campus Center June 12.

Participants divided into groups of ten students and two facilitators. The students then discussed De Anza while the facilitators took notes.

"We don't want the conversation to fall into black holes," said speech professor Kim Pearce. "That's why we're going to meet with the administration next week to present our opinions to them." Pearce's speech 60 class organized the event.

The topics were divided into four main themes based on interviews of students done by facili-

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This is Vol. 39, Issue 29. Call us at 864-5626 or e- mail us at lavoz@fhda.edu.		

We're hanging out in L-41.

INTERFAITH: Other public colleges have faith rooms

FROM PAGE ONE

lization materials to donating to outside religious organizations and churches.

Precedent

If De Anza builds a meditation room, it will not be the first public college to designate a room for prayer and meditation.

San Jose State University has a Spartan Memorial on campus. The memorial was originally designated as a chapel when it was built in 1952, according to the

Spartan Daily.

According to the SJSU Web site, the Spartan Memorial is available for weddings and "other ceremonies."

The University of California Davis plans has plans to build a "reflection" room on their campus, according to a December 2005 article in UC Davis's newspaper, The California Aggie.

In 2003, The University of Michigan opened a "reflection" room after years of requests from students, according to The Michigan Daily.

COLLEGE: Student says college has become a four-year university

FROM PAGE ONE

tators, according to Pearce.

Students discussed how to make De Anza a welcoming environment, the most effective ways to give students essential information, what De Anza could do to help students achieve their potential and juggling multiple responsibilities.

One student said that De Anza had become a four-year



A facilitator records student suggestions for De Anza College's future at the Rock the Discussion event Monday.

university. Another student said that De Anza should offer more night and weekend classes for nursing majors.

The students' ideas will be presented to the administration June 19 1-2 p.m. in room L-48.

"We'd like to hear good and bad experiences to see what works and what doesn't," facilitator and De Anza student Sunny Malatesta said.

'It's not the school telling us what to do; it's a bottom-up channel of voicing," Shawn Spano, a facilitator from San Jose State University said.

"The ideas are generated by students themselves."

Pearce said that he plans to keep on seeking feedback from students about De Anza.

'We hope to offer [discussions] every spring," he said.

"Our goal is to use this information to make the college better."

Group Topics

The four themes that students discussed at the Rock the Discussion event had humorous names. They are as follows:

- 1. Students 'Я' De Anza.
- 2. 1-800 Student Connect.
- 3. MySuccess@DeAnza.
- 4. Juggling more than you can handle?

GARBAGE: Students clean up cigarette butts, paper and plastic

FROM PAGE ONE

bad life, you might think, why should I do something for someone else?" she said.

De Anza sophomore and economics major Rachel Sun and College Advantage student Jeremy Mekdhanarash said they heard about Campus Pride Day from their professor and decided to participate for fun. They picked up trash in the main quad and around the Student Services building.

Lynn Raffaelli, a member of the Academic Senate subcommittee and English professor, said there were less participants compared to other years because the event had been planned only a week in advance and there was no time to advertise.

"I wanted to do the event because it brought people together and it was a good thing to do for the campus," said Raffaelli. One professor hoped that the

cleanup would inspire other students not to litter.

"I think [the cleanup] would raise awareness," said economics professor Steve Zill.

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That's hot.

avozdeanza.com NWW



State legislature approves \$1 minumum wage increase

Molly Bechtel **U-WIRE**

DAVIS, Calif. - The California State Senate and Assembly have approved legislation that would give 1.4 million minimumwage earners a \$1-an-hour raise and boost annual pay to keep up with inflation.

Governor Arnold Schwarzenegger supports the increase in wages, but is reluctant about automatically tying future increases

to inflation

After legislation that contained the governor's minimum-wage proposal failed in early 2006, Schwarzenegger petitioned the Industrial Welfare Commission for a \$1 increase to the state's minimum wage.

"California has not had an increase in the minimum wage for five years," Schwarzenegger said in a May 18 press release.

"The economy is strengthening and we must take this important step to helping working families keep up."

The Industrial Welfare Commission met June 2 to consider possible action on the governor's petition. According to the commission website, the commission will meet again July 5 to appoint members of a wage board, which will review the adequacy of Calsaid he feels California workers need a higher minimum wage, along with indexed wages in order to keep up with inflation and ensure wages do not lose value in the future.

"Businesses benefit too, because indexed increases are better than sudden spikes in the minimum wage," Westly said in a June 2 press release. "I urge the Industrial Welfare Commission to approve a

"It should be our goal to ensure a decent standard of living for every Californian who works full time," said Lieutenant Governor Cruz Bustamante.

ifornia's current minimum wage, if the Industrial Welfare Commission finds that the wages suffice the cost of proper living.

State Controller Steve Westly

minimum-wage plan that includes an increase and indexing."

Lieutenant Governor Cruz Bustamante said he commended members of the Assembly for their approval of the minimum-wage legislation and urged the Senate to pass the bill.

"It should be our goal to ensure a decent standard of living for every Californian who works fulltime," Bustamante said in a June 2 press release. "A minimum-wage increase would be a very small step in that direction."

The measures would increase minimum wage from \$6.75 to \$7.75 in two 50-cent steps, one on July 1, 2007, and the other on July 1,2008.

To keep up with inflation, the measures would then require a reevaluation each Jan. 1.

Currently, the Assembly and Senate minimum-wage legislators have passed their respective bills, SB 1162 and AB 48, and will now consider each for approval. According to state bylaws, a decision must be made on both measures by Aug. 31.

Researchers identify origin of AIDS virus

news 3

Camilla Hodge U-WIRF

PROVO, Utah - An international research team has closed in on the geographic origin of the AIDS virus.

Scientists analyzed more than 1,300 samples of wild chimpanzee feces looking for pieces of a genetic puzzle, according to the Associated Press.

"We found chimps in southeastern Cameroon have a virus that's very similar to HIV-1," said Brandon Keele, the scientist who led the research.

"It's evidence that the main transmission from chimps to humans occurred in this area."

The succeeding rapid spread of the virus from this remote area, was due to trade along the river.

"The social-economic conditions happened to be just right at the turn of the century for [the rapid spread] to happen," he said.

While at Brigham Young University, Keele worked with Greg Burton, professor of chemistry and biochemistry, and studied the tendencies of HIV to create reservoirs in the body's tissue.

Currently, Burton and a team of students are continuing this research, focusing on one of the virus' "sanctuaries," Burton said.

In studying how the virus reacts to current treatments, Burton and students have found the virus attaches itself to follicular dendritic cells, part of the immune system where it remains unaffected by medication.

"Our challenge is one of basic science: look for understanding about the virus and how it impacts other cells," he said.

"The basic knowledge we get serves as a foundation for future intervention strategies."

James Gregson, a graduate student working with Burton to map viral variations within certain cell types, said that multiple strands of HIV virus can reside within a person at any one time.

"There is compartmentalization in the lymphatic system," he said.

That is, the virus found in one lymph node could be completely different from the virus found in another lymph node. This discovery adds an entirely new dimension to AIDS research, he said. Burton recently applied for a grant to study the effects of drugs that decrease the amount of virus on the follicular dendritic cells. With this information, researchers could "create medication to apply selective pressure on the virus and clear it out without making the virus mutate," he said. Existing treatments for those living with AIDS involve taking multiple pills, know as a cocktail, at certain times every day, said Morris Robins, a chemistry professor at BYU. As a Ph.D. candidate at Arizona State University, Robins studied nucleosides. which inhibits the AIDS virus from replicating.

Legislature discusses fining cell phone using drivers into a cell phone while driving a ber those driving hands-free by Carmellia Munguia

U-WIRE

FULLERTON, Calif. - It is a familiar sight on highways.

Cars drift from lane to lane with no signals; a driver erratically turns right, almost hitting pedestrians; or a sloppy U-turn results in a near-miss collision.

Inevitably, someone at the helm of these vehicles is insisting on driving while talking into a cell phone.

The hazardous road conditions arising from cell phone-related issues have made their way to California's legislation in the form of SB1613.

fornia's senate May 26 and is currently being debated in the state's assembly, would make talking legal infraction that would garner a \$20 fine on its first offense and \$50 for each one thereafter.

"Cell phones are the No. 1 cause of distracted driving accidents in California," said Senator Joe Simitian, the bills' author, in an e-mail interview.

a ratio of 25-to-1," Simitian said in an e-mail interview. "The difference between hands-free and hand-held is life and death."

The California Highway Patrol has statistics that support Simitian's claim with a five-year log of cell-phone related accidents.

The difference between hands-free and hands-held is life and death," said State Senator Joe Simitian.

Simitian said he hopes to cut down on cell-phone related accidents. The bill would require people who do choose to stay on the phone while driving to at least implement the use of a handsfree device.

"Accidents by drivers using handheld cell phones outnum-

Every traffic citation can have driver inattention marked as a contributing factor by the investigating officer.

In situations where cell phone use is considered to have been a factor in the crash, handheld units are more likely to be marked than hands-free phones said CHP representative Fran Clayder.

"I would say that at least 20 to 30 percent of my reports will have a statement about a cell phone being used at the time of an accident," said Karl Schmider, an Allstate insurance agent.

"That's not even including people who obviously withhold that information because it's incriminating."

Still, Schmider is skeptical that distracted driving will be eliminated if the bill is passed.

'You have to keep in mind that there are all sorts of reasons for drivers to become distracted," Clayder said. "It could be a cute guy walking down the street or your kids in the back seat, but a cell phone is easy to see. Officers can usually tell right away if a driver is on the phone."



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BUS 65 (FALL 2006) **TUESDAY & THURSDAY** 6:00 p.m. - 8:10 p.m

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-Edgar Pimental De Anza College Leadership Student

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what's happening on campus

All events are held at De Anza College and are free and open to all students, unless otherwise noted.

Student Graduation Information:

Students applying for an A.A. or A.S. degree for 2006 must turn in a petition to the Counseling Center by Friday, June 30. Students who want to walk at the June 24 graduation ceremony to pick up a diploma must see a counselor by Wednesday, June 21. Students with 75 units in a degree program may apply for 2006 graduation as 15 units can be made up during the summer session.

Writing and Reading Center Birthday Party!

Monday, June 19, 4 to 6 p.m., SC-3, Science Building

Celebrate the Writing and Reading Center's successful first year with food, drinks, contests and prizes. Carolyn Keen Literature prize winners will give readings winners will give readings and gifts will be given to all who have helped the WRC succeed.

Phi Theta Kappa Project Graduation

First phase: Monday - Thursday, June 19 to 22. Second Phase; Monday - Thurs-

day, June 26 to 29.

Third Phase: Graduation Day, Saturday, June 24.

Time for all days will be 8:45 a.m. to 9:45 a,m,, noon to 1:30 p.m. and 5 p.m. to 6:30 p.m.

All donation stations will be held in the Main Quad on the De Anza College campus.

Project Graduation is De Anza's academic club in coordination with the Second Harvest Food Bank and Sacred Heart Community Service is holding a community food drive. They are looking for donations such as stew, chii, soup, canned meat (tuna), peanut butter, low sugar cereals, canned fruit in juice, canned vegetables, new or gently used children's books, educational toys and money or food chain gift cards. All donations will go directly to the Second Food Harvest Bank and Sacred Heart. For more information or to volunteer, contack Lisa Bartus at lisa. bartus@sbcglobal.net or at 408-316-3191.

Spring Fever Dance Concert

Thursday, June 22, 6 p.m., Main Quad:

The Spring Fever Dance Concert, performed by De Anza dance students, will take place outdoors in the Main Quad, in front of the library. For more information contact Warren Lucas at lucaswarren@ deanza.edu.

Vocal Jazz Concert

Friday, June 23, 8 p.m., A-11, Choral Hall:

De Anza students will present their end of the year vocal jazz concert. Tickets are \$5 for students and seniors. \$8 for general admission. For more information, contact Roger Letson at letsonroger@ deanza.edu.

De Anza Graduation

Saturday, June 24 at 9 a.m., Outdoor Events Center:

Celebrate the accomplishments of De Anza's graduates and hear keynote speaker Madison Nguyen. More information is at: www.deanza.edu/graduation/.

De Anza Choral Concert

Monday, June 26, 7:30 p.m., Union Church, Cupertino: The De Anza Vintage Singers will

perform with the Women's Choir. For more information, contact Roger Letson at letsonroger@ deanza.edu.

Transfer Events

Obtain transfer information from college and university representatives. Events take place at the Transfer Center on the second Floor of the SCS Building, unless otherwise noted. For more information, call the Transfer Center at 408-864-8841.

• UC Davis: Monday, June 19 and Monday, June 26, 9 to 9:30 a.m. drop-in, 9:30 a.m. to 2 p.m. by appointment.

Summer Session Information

Class schedules for the De Anza summer session are available online and at the De Anza Bookstore, in person or by mail. See http:// deanza.edu/schedule for more information. Monday, July 3 is the first day of summer session. The college will be closed on Tuesday, July 4.

Former District Chancellor accepts



Q: WHEN AND WHERE IS THE GRADUATION CEREMONY? THE 2006 COMMENCEMENT CEREMONY WILL BE HELD ON SATURDAY, JUNE 24 AT 9 A.M. IN THE OUTDOOR EVENTS ARENA NEAR THE SOUTH ENTRANCE TO CAMPUS.

position at Sierra College

Sierra College has appointed Dr. Leo Chavez as its new Superintendent/President starting July. Chavez was the Foothill-De Anza Chancellor from 1995 to 2003. After leaving the district, he served as the Executive VP and Chief Operating Officer of the Community Foundation of Silicon Valley and the Interim President of San Jose City College.

Save up to \$4.50 on Movie Tickets

Discount movie tickets are available for \$5.50 for movies at AMC Theaters that have been out for two weeks or more. Students must have a DASB card and purchase the tickets at the Student Activities Office in the lower level of the Campus Center.

Nominate a Great Teacher

The Distinguished Educator Award recognizes De Anza faculty members with extraordinary skills and accomplishments in classroom teaching. This award, presented eight times a year by the vice president of instruction, is given to educators who display substantial, significant and sustained excellence, commitment and enthusiasm to the multifaceted aspects of teaching the diverse student population of De Anza College. Nominations are welcome from students, staff, administrators and faculty. The nomination form is available at the Web site: deanza.edu/instruction/ ed_award.html and are due by the first of every month.

Transcripts Available Online

Students can order official De Anza transcripts for a nominal fee online from TranscriptsPlus 24 hours a day. Information is available at the Web site: deanza.edu/registration/transcript.html. Unofficial transcripts are available for free through the online registration system.

Free Legal Advice

Free legal advice regarding employment, landlord-tenant, automobile accident, insurance and other legal problems and concerns is available in the lower level of the Campus Center, along with law-related career counseling. A current DASB card is required for the service. For an appointment, call 408-864-8756.

Searching for Former Foster Care/Child Welfare System Students

De Anza College has established a support program for students who have been in the child welfare or foster care system, in order to make their college experience as enriching, fulfilling and successful as possible. For information or assistance, contact Counselor Donna Fung at fungdonna@deanza.edu or call 408-864-8514.

Internet Accessible Computers Available in Open Media Lab

cated in or in front of the Library, ATC. L47. ISO. Cafeteria. PE Quad and the Science Center. The De Anza Student Body Senate will collect and review the suggestions. Look for white, locked boxes with a slot holding blue suggestion cards.

Disabled Students Unlimited Club

The DSU meets on the second and last Fridays of the month at 2 p.m. in the Seminar Building. Students do not have to have a physical or psychological disability to join the club. The club has a listserv on the Web at: groups.yahoo.com/group/ DeAnza_DSU.

Online Public Domain Blog

To encourage the use of free public domain materials by De Anza and Foothill faculty and students, the De Anza library staff has created a Public Domain Web site and blog. The site contains links to public domain materials that can be used in the classroom. Users can view and contribute information to the site at: faculty.deanza.fhda.edu/Public-Domain/.

Need a Place to Live?

Use De Anza's online housing board to find a place to live or to find a roommate. It's at www.deanza.edu/housing.

Bands and Performers Wanted

Does your band want to perform at De Anza? Bring or send a promotional package with a tape or CD to the De Anza Student Activities Office in care of La Donna Yumori-Kadu. The Activities Office is located in the lower level of the Campus Center.

Re-Entry Services

RENEW Re-Entry Services helps reduce obstacles that prevent nontraditional students from returning to school or accomplishing their educational goals. RENEW serves students who have had a significant break in their education, are married or divorced, are single parents or are 25 or older. Services include academic advising, early registration, workshops and study groups. For more information contact Renee McGinley at 408-864-5865 or e-mail McGinleyRenee@fhda.edu.

ArchiveGrid Available

ArchiveGrid (www.archivegrid.org) is a new web site offering faculty, scholars and others access to archive records from museums and universities throughout the country including the Smithsonian. Radio City Music Hall, the Academy of Motion Picture Arts and Sciences and Harvard University. It will be free through May 31. Two sample searches to see historical documents are:

• Health care history: hospital sanitation smallpox

- Baseball history: baseball Negro

in person, and a non-refundable \$10 administrative fee, by cash or check, will be charged at the time the appointment is made. Condoms are available for free during open hours. Pregnancy tests, birth control refills and the morning after pill are available by appointment Mondays through Fridays. For more information, call 408-864-8732.

Phi Theta Kappa Membership

Students who have taken at least 12 guarter units of college classes with a GPA of 3.5 can join the Alpha Sigma Alpha chapter of Phi Theta Kappa, the international community college honor society. A lifetime membership is \$66 for students who maintain at least a 3.0 GPA throughout their college career. Meeting times are Wednesdays from 12:20-1:30 p.m. in the La Margarita Room in the Campus Center. Pick up an application from Adviser Charlie Klein in S-76G. For more information, email VP of Fellowship Monique Bertulfo at cutelylstar@yahoo.com

Campus Security Availability

De Anza College Campus Security is available between 7 a.m. and midnight seven days a week. Criminal activity or emergencies occurring between 7 a.m and midnight should be reported to 408-864-5555. Emergencies may during those times may also be reported to 408-864-8911. Emergencies between midnight and 7 a.m. should be reported to 911 from a public telephone. Coins are not required when dialing 911. The office is located to in the lower level of the Hinson Campus Center, across from the Advanced Technology Center.

Shakespeare in Ashland

A 2-unit course, ELIT97 - Shakespeare in Performance, will be offered this summer from Aug. 30 through Sept. 3. Students will travel to the Oregon Shakespeare Festival in Ashland to see six plays. The class costs approximately \$800, which includes the plays, travel, lodging, breakfasts and dinners, class lectures and an "Actor's Talk" with one of the performers. For more information, go to the Web site: faculty.deanza.fhda.edu/ dennydave/ or leave a voicemail message for Dave Denny at 408-864-8623.

Experiential Learning Center

The Experiential Learning Center houses projects focused on contextual learning and improvement of workforce education. Awardwinning materials for classroom teaching are available from the Web site: elc.fhda.edu/faculty/index.html. For more information, email AyersCatherine@fhda.edu.

Want to Quit Smoking?

Q: WHY SHOULD I GET A DE ANZA AA OR AS DEGREE IF I'M GOING TO TRANSFER?

A: MOST STUDENTS WHO ARE ELIGIBLE TO TRANSFER ARE ALSO ELIGIBLE FOR AN AA OR AS DEGREE. AN ASSOCIATES DEGREE WILL BE AN ASSET ON YOUR RESUME AND MAY HELP YOU GET A BETTER SALARY IF YOU ARE WORKING WHILE ATTENDING A FOUR-YEAR UNIVERSITY. AN AA OR AS DEGREE WILL SHOW, IN PERPETUITY, THAT YOU HAVE ACCOMPLISHED AN EDUCATIONAL GOAL, IF ACHIEVING A BA OR BS DEGREE TAKES LONGER THAN PLANNED.

Q: I'M STILL 15 UNITS SHORT OF THE 90 REQUIRED FOR GRAD-UATION - DO I HAVE TO WAIT UNTIL NEXT YEAR TO GRADUATE? A: YOU CAN STILL GRADUATE WITH THE CLASS OF 2006. YOU CAN TAKE UP TO 15 UNITS THIS SUMMER SESSION THAT WILL COUNT TOWARDS YOUR DEGREE.

Q: DO I HAVE TO ATTEND GRADUATION CEREMONIES TO GRADUATE?

A: NO. THE GRADUATION CEREMONY ON SATURDAY, JUNE 24 IS A WONDERFUL EVENT FOR STUDENTS AND THEIR FAMILIES, BUT ATTENDANCE IS NOT REQUIRED TO RECEIVE YOUR DIPLOMA.

Q: WHEN DO I NEED TO PETITION TO GRADUATE? A: IF YOU WOULD LIKE TO ATTEND THE GRADUATION CEREMONY AND WALK DOWN THE AISLE TO RECEIVE A DIPLOMA, PETITION BY WEDNESDAY, JUNE 21 AT 9:00 A.M. THIS WILL GIVE YOU TIME TO PICK UP YOUR GOWN AT THE CAMPUS BOOKSTORE. IF YOU DON'T WANT TO PARTICIPATE IN THE CEREMONY, YOU HAVE UNTIL JUNE 30 TO TURN IN YOUR APPLICATION. YOU CAN GET YOUR PETITION FORM FROM A COUNSELOR IN THE COUNSELING CENTER.

Q: WHAT ELSE SHOULD I KNOW? SEE A COUNSELOR AS SOON AS POSSIBLE TO COMPLETE YOUR

PETITION TO GRADUATE.

Students with a DASB card may use computers in the Open Media Lab to write papers, check their email and search the Internet. The OML is located in the lower level of Learning Center West, behind the library, and houses 76 Windows PC computers and six Macintosh G4 computers.

Employment Services Available

The Occupational Training Institute provides employment services including counseling and advisement, career education, job placement, financial assistance (books and college fees) while concurrently providing employers with qualified employees. Students who have been laid off, are economically disadvantaged or are seeking employment for a better job may qualify. For more information, see www.deanza.edu/oti or call 408-864-8869.

Suggestion Boxes on Campus

DASB Suggestion Boxes are lo-

league photographs

Student Success and Retention Services Center

The SS&RSC is a support program for students with historically low retention and transfer rates, firstgeneration students and re-entry students. It provides a supportive community of peer mentors, tutors, faculty and staff to help students achieve their educational goals. For eligibility and application, see www.deanza.edu/ssrsc/services. html. call 408-864-8470 or visit the office on the second floor of the Student and Community Services Building.

Family Planning and Well Woman Clinic

If you are interested in getting birth control, having an annual well woman exam or think you have a sexually transmitted infection, medical services are available at the Student Health Services on Mondays from 9 a.m. to 3:30 p.m. All appointments must be made

De Anza Health Services' Quit Smoking Program gives out free nicotine replacement patches, gum and tips. Health Services is located in the Lower Level of the Campus Center. For information, call 408-864-8732 or visit www.deanza. edu/healthservices.

De Anza College Dining Services Menu

For this week's menu items, see deanza.edu/diningservices/menu. html. The Dining Service is located in the Campus Center and is open from 7 a.m. to 2 p.m. and 2:30 p.m. to 8:30 p.m.

Free 24-Hour Referral Agencies

- The following agencies provide free referral services:
- The Battered women 24 Hour Hotline is 408-279-2962
- The Rape 24 Hour Hotline is 408-287-3000
- The Suicide and Crisis Service 24 Hour Hotline is 408-279-3312
- The Psychiatric Service 24 Hour Hotline is 408-299-6234

Schedules for finals, spring, summer and fall

There's nothing worse than waking up at 5 a.m. to commute to De Anza, only to find out that your final is at night. Or worse, the next day but even earlier.

We here at La Voz understand your pain and frustration, so we provided you with complete set of times and dates for your finals and upcoming quarters.

Happy cramming!

Spring 2006	
Final Exams	June 27 to 30
Last day to file for a spring degree or certificate	June 30
Graduation (special date this year before finals)	June 24
Last day of Spring Quarter	June 30
First day of Summer Session	July 3

Summer 2006

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Continuing Student registration	May 22-30	a cla
New/former student registration	May 31-July 2	reco
First day of Summer Session	July 3	Last
Last day to add Summer Session		P/N
classes	July 7	Las
Last day to add CAOS self-paced		with
classes	July 27	Inde
Last day to drop for a refund	July 7	(coll
6-Week Summer Session	July 3-Aug. 10	Fina
Last day to drop a class with no		
record of grade	July 12	Las
Last day to request P/NP grade	July 17	a sp
Last day to drop with a "W"	July 27	cert
		First
		Qua

8-Week Summer	July 3-
Session	Aug. 24
Last day to drop	
a class with no	July 17
record of grade	
Last day to request	July 24
P/NP grade	
Last day to drop	Aug. 8
with a "W"	
Independence Day	July 4
(college closed)	
Final Exams	Last day
	of class
Last day to file for	
a spring degree or	Sept. 15
certificate	
First day of Fall	Sept. 25
Quarter	

news 5

Final Exam Spring 2006

EVENING CLASSES

Regular class meeting day and time:	Exam date and exam time:	
Mon./Weds. twilight	June 28, 4 p.m 6 p.m.	
Mon./Weds. early	June 28, 6:15 p.m 8:15 p.m.	
Mon./Weds. late	June 28, 8:30 p.m 10:30 p.m.	
Tues./Thurs. twilight	June 27, 4 p.m 6 p.m.	
Tues./Thurs. early	June 27, 6:15 p.m 8:15 p.m.	
Tues./Thurs. late	June 27, 8:30 p.m 10:30	
	p.m.	
Monday only	June 26, 6:15 p.m 8:15 p.m.	
	or 8:30 p.m 10:30 p.m.	
Tuesday only	June 27, 6:15 p.m 8:15 p.m.	
	or 8:30 p.m 10:30 p.m.	
Wednesday only	June 28, 6:15 p.m 8:15 p.m.	
	or 8:30 p.m 10:30 p.m.	
Thursday only	June 29, 6:15 p.m 8:15 p.m.	
	or 8:30 p.m 10:30 p.m.	
Saturday only	June 30, 6:15 p.m 8:15 p.m.	
	or 8:30 p.m 10:30 p.m.	
TIME DESIGNATIONS		
Twilight: Class starting between 3:40 p.m. and 5:25 p.m.		
Early: Class starting between 5:30 p.m. and 6:25 p.m.		

DAY CLASSES

Classes MEETING ON THURS- DAY, plus any other combination of days, starting at:	Exams will be given in the regularly assigned lecture room at:
7:30 a.m. 8:30 a.m. 9:30 a.m. 10:30 a.m. 11:30 a.m. 12:30 p.m. 1:30 p.m. 2:30 p.m. 3:30 p.m.	7 a.m9 a.m. June 28 7 a.m9 a.m. June 29 9:15 a.m11:15 a.m. June 30 9:15 a.m11:15 a.m. June 27. 11:30 a.m1:30 p.m. June 28 11:30 a.m1:30 p.m. June 29 1:45 p.m3:45 p.m. June 30 1:45 p.m3:45 p.m. June 27 4 p.m6 p.m. June 30
Classes NOT MEETING ON THURSDAY, plus any other combination of days, starting at:	Exams will be given in the regularly assigned lecture room at:
7:30 a.m.	7 a.m9 a.m. June 30
8:30 a.m.	7 a.m9 a.m. June 27
9:30 a.m.	9:15 a.m11:15 a.m. June 28
10:30 a.m.	9:15 a.m11:15 a.m. June 29
11:30 a.m.	11:30 a.m1:30 p.m. June 30
12:30 p.m.	11:30 a.m1:30 p.m. June 27
1:30 p.m.	1:45 p.m3:45 p.m. June 28
2:30 p.m.	1:45 p.m3:45 p.m. June 29
3:30 p.m.	4 p.m6 p.m. June 29

Foothill-De Anza Community College District

Late: Class starting at 6:30 p.m. and later.

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Due: Tuesday, June 20. Interviews will be scheduled later

NO JOURNALISM EXPERIENCE NECESSARY.

6 graduation

Mary Lavelle Kelly

2005 - 2006 De Anza College Graduates

Complete list as of June 15, 2006. * Indicates Phi Theta Kappa membership. Superscripts 1- Summa Cum Laude (4.0 GPA), 2- Magna Cum Laude (3.99 - 3.5 GPA) and 3- Cum Laude (3.49 - 3.3 GPA).

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graduation 7

Tuan Dinh Vo Din C. Vong³ Nancy Vongchantha² *Georgia Vouraki² Huyen Vu Ngoc-Bich Thi Vu² Anh Thao Nguyen Vuong Le To Vuong² Mai T. Vuong Thang Tat Vuong Tu Vuong Thomas A. Walker² Malcolm Louis Wallace Jieyun Wan³ John C. Wang Junhua Wang³ Mingle Wang Xuedong Wang³ Ya-Wei Wang Yinan Wang³ Ashlie Marie Ward Christopher Michael Warden² Pia Warfel Juliet Warren² Masumi Watanabe Rachel R. Webb *Jennifer Marie Weeks³ Franklin T. Wei Jennifer Marie Weir Chung Yu Weng² Jennifer Westerfield Casie L. Wheat¹ Courtney Wickware Daniel Kenneth Wierenga³ *Aven Marie Williams³ Christopher Allen Williams Corey Elizabeth Williams³ Ian Ódysseus Williams³ Marie Beth Nicolas Williams Steven Michael Williams³ Wendy Marie Williams Phil Harris Williams II Rodney Lee Willis² Brooke Michaele Wilson² *Meghann Elise Wistrich Alexander Richard Wong Daniel C. Woo² Paul Allan Wood Sarah Beth Woolsey Jason Nathaniel Worden Lisa Guan-Qing Wu Michelle F. Wu Qifang Wu Tyng-Tyng Wu Xianjing Wu² David Y. Wue² Fei Fei Xiong Jiang Hua Alice Xu Ran Xu Wenjun Xu² Rashel Yadegari Yuko Yamada³ Manami Yamamoto² Robert Takashi Yamasaki³ JianQing Yan Chang-Chi Yang³ Judy Yu-ching Yang Liwen Yang² Sophie Yaroshinsky² Leah Mellisa Yates² Sany Yaun Erik James Ybarra Michael A. Yee Man Hon M. Yim³ Rachel Michiko Yonamine *Inggrid Yonathan1 Nara Yoon² Mary Danial Youkhana Grant Alexander Young *Mabel Yuen³ Inessa Leonid Yurtsev² Sarah C. Zabala³ Hanny Mohammed Zaki *Eduardo T.D. Zanela² Susan Zappettini² Karen Kathleen Zgorski² Aiai Zhang² Chun Zhang² Guizhen Zhang Yang Zhang Chong Zhao Hongbo Zhao² Kai Zhao Jin Yong Sharon Zheng Shanmei Zhou *Aiyi Zhu² Jolanta Zingite² Michael Zininberg Yongjia Zou² Corey A. Zuvela

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Self multilation, a serious problem with many solutions



mary-joLOMAX

Last week the San Jose Mercury News reported on a study about self-injury and college students. According to a survey conducted at Cornell and Princeton Universities, one in five respondents admitted to purposefully injuring themselves by cutting, burning or other methods.

Self-injury is described as any behavior that causes deliberate, non-lethal bodily injury. The most common behavior is cutting the skin, but other behaviors include burning the skin, hair pulling, head banging, picking scabs or intentionally breaking bones.

People engage in forms of self-injury as a way to cope with emotional distress. Some people use physical pain as a way to deal with or "feel" their emotional pain. Others use self-injury as a way to communicate what they cannot express verbally. And still others use this behavior as a way to control themselves or their environment.

It is estimated that approximately one percent of the population engages in selfinjury. Most self-injurers are between the ages of 13 and 30, female and have experienced some sort of emotional trauma. One theory about why the majority of self-injurers are women has to do with the different way men and women are socialized to deal with "negative" feelings. For the most part, men are encouraged to outwardly express feelings of rage or anger but women are not. Furthermore, women are taught that negative emotions are inappropriate or just plain wrong.

For some people, the self-destructive behavior is a symptom of another psychological disorder such as an eating disorder, bipolar or other mood disorder or obsessivecompulsive disorder. For these reasons, it is important to get professional help.

There are many self-help techniques that you can try. First, it is important to want to stop, as opposed to feeling like you should stop. Before you stop, you should take some time to really analyze what the cutting or other self-injury is doing for you so that you can find replacement behaviors that attempt to meet the same needs. For example, to alleviate feelings of anger, frustration or restlessness, try cutting something like a plastic bottle or a piece of cardboard, hitting a punching bag or throwing rocks at a (non-living) target. If you cut to help deal with feelings of sadness or depression, you might want to try something that comforts you such as taking a bubble bath, listening to soothing music or watching TV. To help cope with cravings of sensation to wanting to feel something, try squeezing ice, biting into something strong like a chili pepper or putting a rubber band around your wrist and snapping it.



From left to right: Phillip Box and Caroline Park taking a smoking break outside the parking lot.

Kristen Toner LA VOZ

It is a Thursday afternoon on the De Anza College campus. A group of Asian students are huddled together at picnic tables enjoying their lunch, athletes still in their workout clothes are talking in the PE Quad, a group of African Americans are filling the air with laughter between classes in front of the Campus Center and the daily card game is just starting in a corner of the cafeteria.

Students at De Anza are assembling separately from the whole. They have chosen to spend their time with a specific group of peers for their own unique sense of commonality and acceptance.

Brandon Clark, a secondyear marketing major and football player at De Anza, moved to the Bay Area from South Carolina and says he was terrified when he got off the plane in San Francisco and didn't see a single black person in sight.

Clark, who is African American, admits he hangs out with mostly blacks and whites, but says he tries to branch out to meet other students; he enjoys the diversity of California

Nina Lewis, a second year social work major, is also Af-

rican American and shares friends with Clark. Both Clark and Lewis say they feel more comfortable with black people because they share common interests in the world, even in the movies they go to.

Culture can be a strong unifying bond and a popular theme among groups on campus. Jisun Lee, a first year at De Anza, says he notices nationalities stick together. "We want to get along with other nationalities," Lee says of himself and friends, but finds comfort in their group.

Lee's group could be mistaken as a typical Asian cluster on campus, but it is mainly composed of Japanese, Taiwanese and Koreans.

Lee, who is Korean, says he mainly hangs out with these nationalities because they are so similar to his own culture.

At the other end of the Campus Center cafeteria, another familiar group on campus is interacting, but for a different reason. They are playing the card game "Magic The Gathering.'

An all male group, there is no distinct ethnicity here, just a love for a fantasy card game. The students are packed shoulder to shoulder at a single round table. On top of that table and in the hands of the players are cards with detailed

drawings of wizards, soldiers and dragons.

"I'm into 'Lord of the Rings' and fantasy stuff like that," says David Galan, a second-year music major.

His group can be found any day of the week at the same cafeteria tables.

Across campus by the Stelling Parking Structure a group of De Anza athletes are pushing each other around in jest. During season for athletic teams at De Anza, athletes can spend up to eight hours a day with each other between practice and classes.

Their commonality is an understanding and comradery of balancing their sport and their education.

"De Anza is weird," says Alex Singer, a first year football player. "Everyone comes here to learn and just learn there's not much socializing."

He wishes for more of the social and friendly dynamic he hears exists at four year universities. He says one of the only ways to meet new people on campus is through classes and clubs.

Another group on campus doesn't have a problem seeking out new interactions. In fact, they pride themselves on their diversity and the growing numbers of their group.

"If you come here anytime

between 10 a.m. and 3 p.m. you'll find us here," says Ibrahim Saad, a first-year communications major.

He talking about the picnic tables outside the Campus Center. Saad refers to his group as "The Jungle." He and his friends have adopted the name because of the shaded canopy created by the large trees and the openness of the outdoors.

He compares the different species of animals found in a jungle to the different ethnicities of students that make up his group.

As long as you have some kind of color or pigment to your skin, you're welcomed here," Saad says as he jokes about how diverse "The Jungle" is.

Anyone is welcomed to "kick it" with the group no matter their age, gender, race or religion, Saad says.

According to Omar Gettani, a first-year civil engineering major, the group gets bigger every quarter as they acquire more friends.

"Anyone who wants to hang out in our jungle is welcomed," says Gettani.

If you come at different times throughout the day you'll find different people there. Saad says they always have a good time playing music, dancing and joking around.

Math 'Chief' prepares to retire after 47 years

John Ellis LA VOZ



or an easy way to communicate sarcastic remarks. with his students. Walker was changes among the generations A Walker an actual Chief in the Navy, of students that he taught. working in Intelligence after receiving his master's degree in mathematics from Stanford University in 1953. in "Of course I was a Chief; you think I would make you call me that if it wasn't true?" Walker said with a smile on his face Walker served in the Navy for 18 months, but the name stayed with him for his entire teaching career. Walker started teaching in 1959 at Foothill College and was one of the first math professors hired at De Anza when it opened in the 1970s.

Walker witnessed many "In the '50s, everyone thought we had it all...the '60s were the Haight Asbury times, hippy times...The '70s is when I started at De Anza part time," Walker said, reminiscing about the decades past.

If you like to see blood, one suggestion is to write on yourself with a red marker. If you pick scabs, try applying a paste of henna or glue to your skin, letting it dry and then picking it off.

For in-depth information about selfinjury, including a more extensive list of these self-help suggestions, log onto http:// www.palace.net/~llama/psych/fself.html. Other helpful websites are http://www. coolnurse.com/self-injury.htm and http:// www.kidshealth.org/teen/your_mind/feeling_sad/cutting.html.

After 47 years of numbers and solutions, Lee "The Chief" Walker bids farewell to Foothill and De Anza College and heads for retirement.

Walker is known around campus as "Chief" and refers to everyone else, including his students, by that name as well.

'Call me Chief and I'll call you Chief, I'll get you through this course even if you don't want too," Walker has said on the first day of every quarter for almost five decades.

"He's a bit eccentric but it's always fun," said Daniel Ramirez, 25, first quarter De Anza student who hasn't taken a math course for several years. "He's one of the best math teachers I've ever had. 'Victory at De Anza!' He's funny."

Walker's students appreciate his witty personality and

trademark saying could be heard any class

lecture.

Walker Have a drink on me chief; it's happy hour," Walker would say if he saw someone drinking a beverage during his class.

Even with Walker's sense of humor, his teaching methods are designed to make you pass his class.

'Yeah, he's funny and quick

tends to sing a lot during class but he's compassionate and always willing to answer your questions," said Kim Arvighi, 47, a student currently enrolled in Walker's last math course.

"He really wants you to pass."

Chief isn't just a nickname

Most of the professors and colleagues he worked with, many of whom helped open De Anza, have long since retired.

"I think I'm one of the last. There are a lot of young faces around now," Walker said.

"The '80s and '90s seem to pass by quickly, maybe too quickly.

Walker had retirement on his mind for last couple of years and after this spring quarter, it will finally happen.

His wife retired last year, which made the decision a little easier, but teaching still means a lot to him.

'I'm going to miss the interaction and the dynamics of working with different students," he said.

"It's hard to leave. What can I say, my job's a plum."

Associate's degree is helpful for transferring, employment

Kristen Toner LA VOZ

De Anza College students will gather at the outdoor event arena in their maroon caps and gowns to finally hold in their hands the physical proof of their years of hard work and determination at De Anza. They have conquered the not-so-small feat of an Associate's Degree.

The graduation ceremony will be held on June 24 at 9 a.m.

To qualify for an A.A. or A.S. degree from De Anza, students are required to complete 90 quarter units of college credit. General education, or core courses, makes up 31 to 42 of those units in the areas of language and rationality, natural

sciences, arts and humanities, social behavioral sciences and physical education, development and performance.

Once a student has completed the general education requirements, the remaining units will vary according to the requirements of the student's major.

The main objective to obtaining an A.A. or A.S. degree is for employment, transferring to a four-year university or upgrading one's professional skills.

"Typically students take more than two years to receive their degree," said Herminio Hernando, counselor and Human Development Studies instructor. Students often have other responsibilities outside of school like jobs and families, Hernando

said.

According to the Foothill-De Anza Community College District student demographic fact sheet for fall 2005, 70 percent of students in the Foothill-De Anza District are enrolled part-time, 30 percent full-time.

"I am so proud and happy I finally finished," said Erica Tsuha as she shot her hands in the air and cheered. Tsuha has been working towards her A.A. degree in liberal arts for two and a half years.

She said her next goal will be to get a job. She will return to De Anza over the summer to finish a certificate in accounting to help in her employment search.

"I got my stuff done," said Mike Shackel, another De Anza

graduate. "It seems like the degree has left me with a lot of opportunities."

Shackel took two years to finish his degree in communications, completing 90 units exactly. He will move on to University of California Los Angeles in the fall.

But not all students will graduate, even some with more than the required 90 units. Cash Chowdary, an electrical engineering major, will transfer this fall to University of California San Diego after spending three years at De Anza.

Chowdary completed more than 100 units, fulfilling his major's requirements, but he did not qualify for an A.A. degree because he did not meet the general education requirements. Instead Chowdary took classes he enjoyed and thought would benefit him like physics, chemistry and poetry.

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"I think if you can finish all those classes you should be able to get a degree," Chowdary said.

The counseling and academic advising offices, located on the second floor of the Student Services Building, is a valuable resource to help students plot out the course of their academic goals.

"Be planful and come in for advising, advice or guidance," Hernando said. "Students should from a relationship with their counselor and teachers to help guide them."

De Anza students WISE up

IT'S NOT EASY BEING GREEN; CLUB HAS ONE PRACTICAL SOLUTION

Mariya Kisina LA VOZ

The Earth Awareness and Action Club has a new sister: WISE 37. WISE means Working to Institute Sustainable Environment in our 37th parallel.

Inspired by the De Anza College's Environmental Studies Internship class, President Liz Nevigato and Vice President and Event Coordinator Alanna Baumert started the club to promote sustainability.

"The main goal of the club is to advocate a lifestyle that minimizes environmental impact," Nevigato said.

The Kirsch Center for Environmental Studies influenced the founding members as well. Baumert said the center should serve as a model for all other buildings.

Representatives from various University of California campuses visited the Center to explore how it operates with the sun's energy and features such as its toilets and windows, Baumert said.

"In the Kirsch Center we're trying to change the world," Nevigato said.

Through the internship class, Nevigato got the first idea for missions to ac-



From left to right: Ron Hsiu, Elizabeth Nevigato, adviser Pat Cornely, Brian Graham and Alanna Baumert discusses issues at a club meeting.

complish including securing organic food on campus.

Nevigato said she and others figured that since the Kirsch Center is all about sustainability, it is only natural that its food should be.

She said club members have conducted surveys to determine the demand for organic food on campus and have stipulated that the need is high.

Additionally, they tested various organic foods in the Center to see what people liked. WISE 37 has teamed up with the Nutrition Club to achieve their goal.

Baumert said the Palo Alto school district sells organic food while the college does not.

De Anza would be the first community college to get organic food, Baumert said.

The club is working with Patrick Gannon, director of the Campus Center to further the cause, discussing whether students would be willing to pay a little extra for organic food.

WISE is also considering doing a composting project and going on a field trip to compare organic and conventional farms.

WISE 37 is planning a T-shirt contest in which participants are graded on the creativity of their design depicting awareness of sustainability.

However, organic food on campus is at the top of WISE's agenda.

We're trying to focus on one thing and leave a steady trail for the next leaders," Nevigato said.

Club membership is free. The club meets twice a month officially while unofficial meetings are more frequent. Both meetings usually take place in the Kirsch Center.

For more information, contact Nevigato at elizabeth.nevigato@gmail.com.

CLASS CRASH: EWRT 200 teaches diversity and English

Sarah Bogen

intently.

of their choice, while their classmates listen student named Shoko, agrees with Fleming ing intently or take notes on binder paper. that it could be a girl's name in Japan.

tries to make sentences using a conjunction in Russia." But his classmate, a Japanese to five students each, students look at Flem-

LA VOZ

At 2:05 p.m. on Thursday, May 18, classroom MQ-10 is busy with EWRT 200 students, learning basic English grammar. The students ranged widely in ethnicities, ages, and levels of English knowledge.

Professor Diana Fleming is talking about coordinating conjunctions and independent clauses

On the bright whiteboard is dry erase marker reading, "My dog is hyper, yet he is patient with kids."

Fleming sits on the edge of a table, reading from the textbook along with the students. She uses popular culture topics such as the Burning Man music event in a desert in Nevada to create interest within the students.

She also cracks jokes on Chapter 13 titled "Coordinations" "But. b-u-t, not b-u-tt," she says as her students chuckle, "Make sure you know the difference."

After reading over the text from chapter 13 students take turns choosing conjunctions to put into sentences. Each student

Although the class looks at words that are used each day in the English language, the further investigation of these words produced very good tips and tricks of perfect grammar.

These tips are helpful to students of all English levels.

Fleming gives two helpful explanations of conjunctions: " 'But' and 'yet' are very similar. They almost have the same exact meaning, but they are different because one is more formal than the other," she says. "Or' is easy. You just give people two choices, and stick 'or' in the middle. You can give me this, 'or' you can give me that," she sings, breaking into a hip hop song.

The cultural diversity among the classmates emerges in class discussions. When the name "Yuri" is used in an example sentence in the book, Fleming asks the class if they think it is a girl's name or a boy's name.

Ash, a Russian student says, "Yuri sounds like a boy's name because it is a boy's name

Although the classroom is right next to the bustling cars and people in Parking Lot A, the students seem immersed in the day's lesson. At each of the four tables, with three

EWRT 200 is an English class two levels below EWRT 1A. Roughly 80 percent of students taking the English placement test are placed within EWRT 200 or the level above it.



A group of students talking about the latest lecture on coordinations and conjunctions in their EWRT 200 class with Diana Fleming.

Super Sudoku !



Film festival featuring student-created movies brings humor, drama

James Schulte LA VOZ

For 27 years at De Anza College, the Film/Television department has been honoring their students with an annual film and video festival. Since the first time in 1976, students have been submitting their projects to be shown on campus.

At first open to all local students with films, as the department has grown, student output has increased and time constraints have necessitated closing the festival to all but De Anza students enrolled in Film/TV classes.

This year, approximately 40 films were submitted to the judges- five faculty members. 16 projects survived to be viewed at the festival. The filmmaker experience levels range from taking-theirfirst-class rookies to seasoned veterans who are attempting to start a career.

Films are not disqualified on the basis of content, so some films include adult content. Notable examples include an informative documentary on how to use various objects for killing zombies, and a film where the protagonist receives help on his Lotto scratcher from Jesus Christ himself. In a serious vein, "The Reason" is the story of two cops on an ordinary shift who are called to make the ultimate decision about life and death

One of the great aspects of the festival is the current nature of the projects. The first project shown, Another Quarter, was finished just days before the festival. It has the distinction of being the only musical shown. "We have incredible output year after year," said coordinator of the film and television department Zaki Lisha. "We hope this gives them the confidence to go on to other festivals."



(408) 873-1600



I made a cool discovery recently. Seems the locals were on to Rio Adobe way before me. Rio Adobe is one of those places that automatically gets on your favorites list. I knew even before my food arrived that I was going to return again.

It's ALL about the food! Mexican with a Southwestern accent-- unlike anything I've had before. The food is prepared with fresh ingredients and the flavors have a richness that only comes from slow cooking.

Know your student filmmakers

La Voz finds out about two Matthew Rodrigues: With his of the talents in this year's studio, Sonar Media, Rodrigues student film festival

created, wrote, and directed the

ern California in the fall of 2007.

musical "Another Quarter". Tak-Michael Chance: His studio ing classes at De Anza made avail-Burning Ideas wrote, directed, and able the cameras and equipment helped to produce "The Reason". needed for producing a film. Ro-Chance hopes to earn a reputation as drigues values his connection to a filmmaker by taking his entries to De Anza, and cast Zaki Lisha of other competitions. He plans to take the film department in his entry. a year off to work on a mystery/dra- Future plans include transferring ma, then go to University of South- to Cal State Northridge, and then hopefully to Hollywood.



OK, the fresh salsa bar is eight bowls deep, the chips are made fresh, and the beer roster is quite respectable. (It's a bit of a hybrid—you order at a counter, but then your food is brought to your table on ceramic plates.)

The Burrito Mojado was stuffed with citrus marinated char-grilled chicken (or steak), covered with a New-Mex style red sauce, and topped with baked cheese. Good night, now!

What are you waiting for? Get going. Get Rio!

arts and entertainment 11

Home theater can be better than life

Reza Kazempour LA VOZ

Before some of you may graduate and transfer on, please allow me to impart some of my wisdom. It might come in useful this summer.

Don't be that friend we all have who purchases a \$60 ticket to attend a Red Hot Chili Peppers concert that requires a tourist-spotting telescope in order to barely see which costume Flea is wearing.

tume Flea is wearing. Instead of the wasting money on overpriced admission, warm beverages, cheaply made t-shirts and gaudy memorabilia, invest in a moderately priced home-theatre system.

If, like most people today, you have a TV bigger than 27", a quality home-theater system will cost you less than half a grand.

Let's do a cost-benefit analysis shall we?

When an artist/band goes on jam-packed tour, the best you can expect is a satisfactory show. The concerts that our friends will be attending this summer will not be breathtaking, even from the best seats. However, Red hot Chili Peppers released a DVD in 2003 of their performance at Slane Castle in Ireland. The stunning picture and sound quality bring you entirely into this once-in-a-lifetime show.

For \$60 dollars, my friend will only view the concert

once, barely see or hear the band, and incur expenses that would be only marginally offset by trading in his arm and a leg.

For the \$399 dollars I spend on a quality home-theatre system plus a Netflix subscription for \$19.99/month, I have the luxury of watching the concert on my TV, listening to quality Dolby Digital 5.1 surround sound, enjoying whatever is in my fridge, and parking my car in my apartment's park-ing spot without any danger of hobo urination. But the most important thing is that I will actually see and hear the band. And for our readers who attend rap concerts, you will save money that you might have otherwise invested in a bulletproof vest. Like the famous proverb, "there's no place like home.'

Yes, there are some concerts that must be experienced in person rather than watched on DVD. I would love to have been a part of Woodstock, the Majikat tour, or the recent Live 8 worldwide concert. And any concert that Pink Floyd, Led Zepplin or U2 throws must be seen live.

But even though I am a devoted R.E.M. fan, I enjoyed watching the Perfect Square DVD more than actually seeing either concert at the Greek Theatre or the Verizon Amphitheatre in Irvine, respectively. There are other benefits as well; replay-ability allowing you to learn the songs played by viewing the performers up close, rewinding a song you really enjoyed, and the luxury of inviting your friends over to watch for free.

So next time you get an email from Live Nation (or any other company that turns a heavy profit by selling you tickets), about an upcoming concert, think wisely about where you want spend your money. How you want to see a show is now your call.

TOP 10 CONCERT DVDS

- 1) Red Hot Chili Peppers -- Live at Slane Castle
- Pearl Jam -- Live at the Garden
 Eric Clapton and Friends --1986 version
- 4) Cat Stevens -- Majikat (Earth Tour 1976)
- 5) R.E.M. -- Perfect Square
- 6) Stevie Ray Vaughan and Double Trouble: Live at Montreux 1982 & 1985
- 7) U2: Go Home: Live From Slane Castle, Ireland

8) Rage Against the Machine: Live at the Grand Olympic Auditorium

9) Paul Simon: Graceland: The African Concert

10) Metallica: With the San Francisco Symphony: S&M



BIOLOGY 8: BIOLOGY OF WOMEN back in the schedule for Fall 2006

"Why is life expectancy longer for women than it is for men?" "Do women feel more pain than men?" "In health: does your sex matter?"

> Come join us at 12:30 p.m. – 2:10 pm Mondays and Wednesdays for Biology 8 and have these and other questions answered.

Collectible Puzzle-Card Game offers hope for the socially hopeless



Card images courtesy of www.Perplexcity.com

Melissa Lewis LA VOZ

Perplex City, a new collectible card game, is here to affirm your suspicion that one day you, too, would use your caffeine-addled brain for good – at least, the good of your wallet. The prize for the first person to use these cards and story to locate a cube buried somewhere on the planet is \$200,000. Black Lotus, here you come!

A company called Mind Candy out of London has internationally distributed hundreds of cards against the backdrop of a complex story line. As of April 2006, 194 of the set were released. The other 62, called "Wave four," are set to be distributed later this year.

Each card is one of eight levels of difficulty; their level is indicated by color. The harder the card, the more points it's worth and of course the rarer it is. The most common cards are red, then orange, yellow, green, blue, purple, black and finally silver.

Aside from tackling a single puzzle on each card, players must piece together clues to a larger puzzle by reading pieces of a map on the backs of cards or gathering subtle written or visual clues on each card. If it sounds complicated, don't fret – it is.

Players organize by creating personal profiles on www.perplexcity.com. The Web site tracks each players solved cards, attempted cards, map pieces, and more. Players have the option of keeping their contact information in their profile and may receive messages with clues regarding the game at random. When you receive the message, the trick is to act cryptic so your friends think it's a hot date.

Also on the Web site are news articles, story line information and forums for people to discuss cards and the overall game.

Players can either ignore the story or tune into every exposition-filled podcast between World of Warcraft games.

Each pack of cards contains six random cards and costs an average of \$6.

Players hail from many countries; the top five players are currently from Korea, the United Kingdom, Antarctica and Seychelles respectively.

The game also features live events. According to the Perplex City entry on www. wikipedia.org, "Sixty players attended an in-game event in search for clues, only for one of their own to be revealed as a mole and escape in a black helicopter - later, 220 people participated in the first Perplex City Academy Games in London, a high-tech scavenger hunt across the capital."

For people who don't want to invest any cash just yet, the Web site offers two free cards to solve online once you create a profile.

So hang in there, my binaryreading brethren; you may not be living a Steve Carell movie after all. For more information on cards, go to www.perplexcitycardcatalog.com.

IT'S BACK IN THE CLASS SCHEDULE FOR FALL 2006. THIS COURSE IS DESIGNED FOR NON-SCIENCE MAJORS TO EXPLORE WOMEN'S ANATOMICAL AND PHYSIOLOGICAL CHARACTERISTICS AND THEIR MANAGEMENT FOR GOOD HEALTH.

IT'S A GE APPROVED NON-LAB SCIENCE CLASS.







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editorial

La Voz

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About Us

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 or the opinions of the La Voz staff.

Opinions expressed by staff and contributors are the opinions of the individuals and not necessarily the opinion of La Voz.

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Letters to the editor, submissions and press releases are welcome and must be signed and include contact information for verification and follow-up. Letters should be 300 words or less; letters more than 300 words may be edited for length.

Letter content must not be libelous or intended to air personal grievances. La Voz does not guarantee that submissions and letters to the editor will be printed, nor does it guarantee coverage of events for which it receives press releases.

La Voz reserves the right to edit letters and submissions for clarity in accordance with Associated Press writing style.



Editorial board from left to right: Dan Sealana, David Gunderson, Kayla Hilton, Robert Balicki and Katherine Nguyen.

Earlier vacation needed to solve June gloom

vacation. Almost every other school including schools on the quarter system - is getting out a week if not two or three weeks before us.

This sucks.

Having such a late end of the quarter is not only bad for students but teachers, as well. Because most students' friends are out of school, they are much more likely to skip school and head to the beach. An extra high level of apathy strikes De Anza College after Memorial Day. It feels like summer and no one feels like being at school. Attending graduations is another thing that is thwarted by the late dismissal.

Most high school, middle school and

June 30 is too late to start summer elementary graduations are in the morning when the majority of students are in class. This forces people who have younger siblings or children graduating to make a choice between their loved ones or class. The choice they would make is clear.

Ending the quarter on June 30 makes for a babysitting debacle for any parent, especially a single parent.

While children are getting out of school in late May or early July, their parents are still in school. So if they can afford it, parents are forced to put their children in day camps, which have different pick up and drop times than school. So parents end up having to get to class late or leave early.

Ultimately, class attendance and participation suffer from extending the school year so late into the summer.

The solution to all this is just let us out earlier because we're not really in school the last few weeks anyway.

We might be there physically but we stare hopelessly at the window while our brains are tanning at the beach,, road tripping, or at our favorite artist's concert. Basically, professors might as well be talking to inanimate objects. In fact inanimate objects would probably be better students, because they can sit still. They would not itching with anticipation for summer to begin.

Be smart, De Anza. Let us out of here!

La Voz asks:

What topics did La Voz miss this quarter that you feel we should cover in the fall?

E-mail your answers to lavoz@fhda.edu.

Paying tribute: the true stars of La Voz



first week of production.

To Kayla Hilton, my Sports Editor: I respect you much more than your infamous ditzy cousin, Paris. My favorite "Kayleezy" moment was playing "Ghetto Life" with you. I think I "died" before the game was over, you for not being afraid to speak your though. I hope to see you return to La mind. We here at La Voz know that, in

You've left big shoes for your successor to fill. This newspaper will definitely miss you.

To James Schulte: Although I took a lot of heat this guarter for your rightwing rantings, I respect the hell out of

Photo Reprints

Images published in La Voz or online at http://www.lavozdeanza.com are available for purchase.

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Usually the Editor in Chief writes a sappy goodbye piece at the end of the quarter when they've decided to move on from La Voz. Well, I'm not leaving this newspaper just yet, but I wanted to take this opportunity to thank some of the people who worked so hard this past quarter getting this paper out each week.

Robert Balicki: You were an excellent News Editor and reporter. You showed great dedication to the paper and I would force you to take my job next year if you weren't transferring to Berkeley. You'll be a great journalist some day, if that's what you decide to do.

Sorry for throwing the AP Stylebook at you so many times during the Voz next fall.

David Gunderson, Arts & Entertainment Editor: David, most of your story ideas were inappropriate, distasteful, and nonsensical. It was a pleasure working with you this quarter.

You entertained the hell out of me, and I'm glad I was able to convince you to stay for this quarter. (I think my unofficial promise to let you have pretty much free reign with your section - regardless of good taste - helped you decide to come back.)

To my Managing Editor, Katherine Nguyen: I don't even know where to start. I meant it when I said that you were "the glue that holds La Voz together." In the last year and a half, I've seen you grow from a shy, quiet staff writer to being one of the best Managing Editors in recent history.

I couldn't have survived this quarter and stayed semi-sane without you. person, you're just a friendly, polite guy who likes to read comic books.

I'm surprised that you never got your ass kicked for some of the opinion articles you wrote, but I guess there's always time for that next quarter.

Ryan Bell: You were a life-saver many times this quarter. I can't even count how many times this quarter I heard editors asking with nervous voices, "Is Ryan coming in this week?" You are one of this paper's true talents.

For those who are returning to De Anza in the fall, I highly recommend that you consider joining La Voz. It's hard work and sometimes thankless work, but it will be an experience that will definitely be one of the highlights of your college career.

Sign up for Journalism 61 in the fall. You won't regret it.

So goodbye — for now.

Saltworks club defends beliefs, questions La Voz ethics



Saltworks Christian Fellowship often hands out comic books published by Chick Publications to students passing by their information table in the Campus Center. The above image is from a Chick comic book tract entitled, "Flight 144."

Image courtesy of www.chick.com

Robert Johanson Guest perspective

Note from editor: Saltworks Christian Fellowship requested that their guest perspective be published unedited. However, corrections were made for punctuations and AP journalism style.

Saltworks Christian Fellowship agrees that change is needed. In the positive sense, change is a sign of growth.

It is a response that comes from an understanding that the status quo isn't good enough. Areas of concern need to be ad-

dressed. Action must be taken to make things better. However, for change to be profitable it must be founded on truth.

Recently the editorial staff at La Voz felt led to charge Saltworks with some very serious accusations.

They claim that we believe in a Jesus who "can't wait to send you to hell" and that if he was a student here we would try to save his soul. Not only is that not true, it is a gross perversion of what we hold dear — a savior who said he had not come to judge the world but to save it, who loves us all enough to die for us.

The bulk of the article is spent trying to identify what we believe with some of the extreme teachings of Jack Chick which we have repeatedly condemned.

We have shared many different types of materials at our booktable from many different authors.

The information we are being associated with was admittedly pulled from a website by the editorial board and not from any literature we have passed out or support.

It is regrettable that later in his ministry Chick definitely came to some wrong conclusions. However, to say that we should be shunned because we have used a few of his earlier tracts that do line up with the Bible is like saying that De Anza should be boycotted because they support some of the theories taught by a man like Charles Darwin who also expressed some racist views.

In a college atmosphere, the need for discernment is understood, as we often must distinguish the quality of the message from the fallibilities of the messenger. So then, why was there this need to construct a straw man that could easily be torn apart?

Why not challenge us on what

we truly believe? What motivated the inflammatory tone of this editorial?

We attempted to speak with

"*La Voz* has shown a lack of respect for Saltworks by harshly labeling us with a message we don't agree with and don't promote."

the La Voz Staff on the subject, but they said they were unable to comment. Why didn't they contact us for an interview?

We would have loved to explain what we believe and address any concerns they may have had. Again, no comment.

We wish they would have sat in on one of our meetings as La Voz reporter Sherry Sanguinet did last year. Her La Voz online exclusive

is the result of taking the time to seek out and find the truth.

opinions **13**

It's ironic for La Voz to say that they support "the moderate religious clubs at De Anza who want to practice and promote their faith while still showing respect and tolerance for those they disagree with."

La Voz has shown a lack of respect for Saltworks by harshly labeling us with a message we don't agree with and don't promote. They have also shown a lack of tolerance by not being willing to dialogue with us about our true message.

What is far worse, they have encouraged their readers to be intolerant as well.

Saltworks agrees that change is needed. There needs to be an understanding that the status quo isn't good enough.

Areas of concern need to be addressed. Action must be taken to make things better. We hope the La Voz editorial staff sees this as well

Robert Johanson is the discussion leader for De Anza's Saltworks Christian Fellowship. Saltworks meets every Monday at 11:30 a.m. in the Student Council

COULTER: 'Godless' book attacks media, liberalism

FROM PAGE ONE

Some on the left have pulled out all the stops to try to censor Ann Coulter. House Representative Steve Israel drafted a letter demanding that Coulter apologize for her comments.

New Jersey Assemblywomen Joan Quigley and Linda Stender called for book retailers to ban the sale of Coulter's book throughout the state. NBC news has shown its liberal bias in their reporting of the Coulter controversy.

On the June 7 broadcast of the NBC Nightly News, anchor Brian Williams introduced a segment

about Coulter by saying "Just when you think that it seems that there are no limits on anything, someone comes along and makes a comment that goes over the line – the line that is shared by just about everybody because some things are, it turns out, still sacred."

In the chapter of Coulter's book that mentions the New Jersey widows, Coulter explains that liberals have a need for sacred cows — people whose personal sufferings make them immune from criticism.

Coulter is often referred to as "hate-filled" or "mean." But what the media forget is their own hypocrisy about hate speech.

It's well and good to remember every controversial statement that Coulter, Rush Limbaugh, or Sean Hannity makes.

But, at the same time, the media ignore inflammatory statements made by liberals such as Michael Moore, James Carville, Barbra Streisand, and Susan Sarandon.

When Al Franken appeared on NBC's "Today" show last October, and he said that Karl Rove and Lewis Libby should be executed, the comment drew laughs from host Matt Lauer.

When Alec Baldwin appeared on "Late Night with Conan O'Brian" in 1998 and suggested that Republican Congressman Henry Hyde be stoned to death and that his family should be killed, there was no outcry from the mainstream media.

In her book, Coulter also points out the hypocrisy many of the left adhere to when it comes to the value of human life.

Coulter writes, "To a liberal, 2,200 military deaths in the entire course of a war in Iraq is unconscionable, but 1.3 million aborted babies in America every year is something to celebrate."

Coulter also says that many liberals take pride that they eat only natural foods but, at the same time, put their health at risk with casual sex. She also contends that liberals believe that their "church" has a divine right to be the sole purveyor of the news.

Coulter saved the last part of her book for a full-scale attack on the theory of evolution.

She says that Darwinism lets liberals off the hook morally since we aren't expected to behave any better than monkeys.

It's clear why Coulter's new book has hit a raw nerve with many on the left.

letters and comments

Shock and concern

I am shocked and concerned

your paper, I don't. I doubt any person, gay, with James Schulte. I now un-

can't have children? According to the demonic people who agree highlights, have been reminded nights, when heading to my car, and taken to heart the health educator's advice to not spend too much time in the sun.

to visit the Euphrat art shows, I'll walk through the L-Quad and derstand why no one reads your enjoyed club day photo-spreads turn tired eyes towards the newspaper office, where I can always catch glimpses of journalists hunched intently over computers, working for not a penny, and certainly not for praise. So I've come to admit it: La Voz and the dedicated group of people behind it are far underrated. Your work is at times of immeasurable benefit to De Anza College. Let this letter stand as one of the few positive ones you've received this year.

about a recent article that you allowed published in La Voz, "Gay pride events fail to make homosexuality 'normal.""

I am the first one to agree that everyone is entitled to their own opinion. When an opinion alienates an entire group of people that are born a certain way and is published by a college newspaper that is supposed to be tolerant, it is just outright offensive.

Next thing you know, Schulte is going to be condemning the paralyzed and the blind. But according to him, as long as they can procreate, they will be okay. Comparing gay parents to Nazi youth is just ridiculous.

Will he next be publishing an article about how slavery should come back? As a woman who is reproductively challenged, do I not hold any value just because I

straight, Christian or Catholic, would want to destroy Schulte's religion. Many religious groups are much more offensive and in-

your-face on campus than any other groups, so why doesn't your newspaper take a gander at these groups and condemn them in the opinion section?

What makes religious people any more normal than homosexuals? I think the only abnormal group is the group of people that can't accept humans as humans — nothing more, nothing less.

It is sad that, in this day and age, there are still people in the state of California who are so close-minded.

It is disheartening that a newspaper on such a diverse campus would publish such a shameful article. The only people who should be compared to Nazis are newspaper.

- Stephanie Hannah

On a positive note

For almost three years and five sets of editorial boards, I have been an avid La Voz reader.

I have written probably a dozen critical, upset, or defensive letters, have paid visits to L-41 to personally deliver my less-thancomplimentary sentiments to the Editor in Chief, and have taken probably a little too much pleasure in soaking the current news editor when he volunteered for the Spring Carnival dunk tank.

I have also become acquainted with outstanding faculty through La Voz's distinguished educator profiles, kept up with De Anza's athletic teams through the weekly

I've spent hours in the library reading La Voz archives to find out what De Anza was like five or even 30 years ago, and have used that information to make decisions.

The student newspaper is by far the singular best source of campus records and history, and the best place to find current news and updates on campus life.

La Voz helps create the De Anza community, and serves very much as a campus link, informing students and everyone else of people and things they never would have known of otherwise.

I also can't help but give credit to the extensive student volunteer hours that go into producing a weekly paper. Late Thursday

Keep up the good work.

Anna Callahan De Anza student

> E-mail La Voz at: lavoz@fhda.edu

14 sports JUNE 19, 2006 • LAVOZDEANZA.COM Sailing program survives through rough waters

Yekaterina Barilov LA VOZ

The De Anza College Sailing Program has been steadily graining popularity and members since its first class in 1997.

This is ultimately the result of a sabbatical leave project by De Anza's Physical Education instructor and Men's Tennis Coach, Capt. Charles Dougherty.

As a condition of his sabbatical, new P.E classes were to be added. Dougherty researched and developed the curriculum for De Anza's sailing courses.

But many problems and complications have plagued the program's development.

Dougherty refers to it as his lemonade program, saying simply "When life gives you lemons, make lemonade.'

Finding a suitable location for the courses was the first problem. Because they had their own existing sailing programs, Shoreline and Redwood City were not willing to accommodate De Anza's classes.

The program was in danger of not being started until Dougherty met a Santa Clara County Park Ranger at Lexington Reservoir who encouraged him to apply for a permit to hold the classes there.

At his own expense, Dougherty bought several used sailboats, obtained the permits and insurance coverage, and with the help of Chris May, another De Anza PE instructor, he taught the first De Anza sailing class in 1997.

To help pay for operating costs, the program was open to the public and youth summer sailing camps.

Now Dougherty operates the program as a private enterprise as an independent contractor at Vasona Lake for the Santa Clara County.

The program is adding high school teams and youth junior sailing.

Besides the PE classes, a new sailing club has been organized with more than 40 members.

From the club, teams are selected to represent De Anza in the Regatta. Cory Brill is the club president and Steve Tong is vice president.

New students and club members are always welcome.

The only motor-powered boats allowed on the lake are those used by instructors as rescue or safety boats to help teach and provide supervison on the lake.

The rest are the students' sailboats, pedal-boats and kayaks.

The Boat Center is open weekends 10 a.m. - 6 p.m., and summer weekdays 12 p.m. - 5 p.m. from June 26 to Labor Day at Vasona Park. It is open to the public.

Besides the Regatta on June 17, the Sailing Club is holding a "Sail San Francisco Bay" on Sunday, June 25.

For the sail, the Club will

charter a 45-foot, \$500,000 dollar yacht from a sailing club in Alameda.

It will take the members under the Bay Bridge, around Alcatraz Island and along the San Francisco waterfront.

The cost of the yacht will be evenly divided between the members. New members are also invited.

Summer sailing classes are being offered at the beginner and intermediate levels as PE 63A and PE 63B, which satisfy the general A.A. PE requirement.

Registration and enrollment are limited so early sign up is necessary. Classes are held on Saturday and Sunday from noon to 3 p.m. at Vasona Park.

De Anza Voices: Do you attend De Anza sporting events?



"I don't go because I don't really know spring events that are playing." -James Trent



"I haven't gone this quarter because I've been busy with school. My ex-roomate is on the football team, so I'll be going in the fall." Jamie Silvestrini



"I haven't really been going. There hasn't been anything to let me know that there is a game going on." – Ramin Karchagani



"I have never gone, not one time. I don't have enough time. I don't have any friends that play sports and I don't know when the games are." - Shaun Inuman



"I don't go because I come here right from work. I have a busy work schedule and kids so I don't have time." – Teresa Flores

Compiled by Kayla Hilton

WWW.DeAnzaPhotoClub.org We have informal gatherings around the Bay Area during the summer. For club info and more pictures, access our website!







A show of strength at Spring Carnival 2006, hosted by the ICC and DASB.

Performers at Sprinkle Twinkle Night, hosted by De Anza Cambodian Heritage.





Hip hop dancers at [re]:DeFINITION, hosted by Students for Justice.



We cover club, student government, and faculty activities by request, pending photographer availability. Contact jcaliguiran@yahoo.com for details. Have a great summer! Watch out for snakes on the !@#\$% plane.

JUNE 19, 2006 • LAVOZDEANZA.COM

sports 15



Marcia Peterson, instructor, takes her deep water running class through a series of stretches to conclude their workout.

Kristen Toner LA VOZ

Elizabeth Erickson has been coming to De Anza College for its PE courses for 20 years.

A workout enthusiast, she shied away from pool classes, preferring courses she thought would physically challenge her like step aerobics and kick boxing.

After receiving a knee injury from constant highimpact exercise, she finally took the advice of her doctor and succumbed to water exercise.

"I don't know why it took me so long to give in," said Erickson. "The water is like magic. It takes the pressure off my knee."

Erickson reaps the same physical rewards from her deep water running class at De Anza as she did exercising on land, except now she's taken the pressure off her joints.

The main piece of equipment for a deep water runner is a floatation belt worn around their waist to keep the body buoyant in water. Once suspended in the pool, the runner mimics the motion of running.

Just as if they were on a track, students do interval and distance training within the water.

Pool noodles are used for strengthening and stretching exercises.

Instructor Marcia Peterson, said students receive a cardiovascular and strength workout, as well as improving their flexibility.

Her Monday and Wednesday morning classes are filled with mostly elderly students. They come to exercise their bodies and their friendships with one another. "It's a social group," said Donna Van Schaack, a regular in the deep water running class.

The students talk throughout the class, catching up on each other's families, birthdays, and even how they voted in the June 6 election.

"This group seems to mainly exercise their mouths," Peterson said as she joked with her students. She said the course benefits her students physically as well as emotionally with the relationships they have built.

Peterson brings her boom box and plays music during each class.

She dances and sings around the edge of the pool as she takes her students through their workout.

During exercises she's coaching the students, critiquing form and joining in on the conversation.

Peterson's Thursday class is made up of a younger demographic of students.

They're a little quieter and work really hard in the pool, she said.

For those who want to continue taking the same PE courses each quarter, like deep water running, repeatability becomes an issue. Students are able to take the same class a maximum of six times at De Anza.

To remedy this, the PE department will be offering lifelong living courses.

Through lifelong living classes, students will sign up with the instructor's permission and continue to participate in their favorite classes each quarter.

The deep water running class, PE 6F, will be avaliable this fall quarter. For more information, visit www.deanza.edu/schedule/.







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