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THE VOICE OF DE ANZA COLLEGE



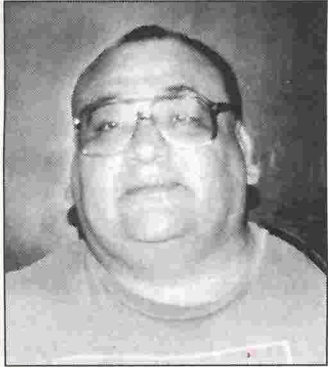
Vol. 36, No. 07

A FIRST AMENDMENT STUDENT NEWSPAPER

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What's inside:

De Anza's own power lifter



A De Anza electrician by occupation and a power lifter by passion, Leo Contreras is a two-time world champion.

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Polka, anyone?

Staff writer Julio Lara shares his experience with the often underrated and misunderstood sounds of Polka.

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Diversity among ages

The diversity of De Anza's student population is not only apparent in race, but age as well.

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Balancing act



With fall quarter half way over, students stress levels seem to be on the rise. However, apparently not all stress is bad.

PAGE 7

Elevator permits renewal overdue

by Meera Kumbhani
STAFF WRITER

De Anza College students already have problems navigating congested parking lots.

Now that trouble may extend to the campus' elevators.

All elevators on the De Anza campus currently operate with permits bearing an expiration date of Dec. 22, 2000. According to the posted permits, the last inspection by the state was in 1999.

By California Division of Occupational Safety and Health standards, it is the school's responsibility to notify the state and request an inspection as soon as the permits expire.

According to the San Francisco/Peninsula District Office of DOSH, the Foothill-De Anza District Plant Services Department requested an inspection on Nov. 6, almost two years after the expiration date.

“The state has [a] limited number of elevator inspectors. Throughout the state, [elevators] are years behind in inspections.”

- Frank Koenig,
associate director of Facilities,
Operations and Construction

Regardless of when the request is made, De Anza may have to wait months or years before the permits are updated.

“The state has an extremely limited number of elevator inspectors. Throughout the state, they are years behind in inspections,” said Frank Koenig, associate director of Facilities, Operations and Construction at FHDA.

According to John Larwood, service manager of Elevator Services, an elevator maintenance company, De Anza will most likely not be required to pay the usual \$1,000 fine for the failure to post updated permits. “I’ve never seen it enforced,” said Larwood. “[The state] usually just sends out a lot of warnings.”

In addition to a fine, the school could be faced with a sizable lawsuit if a student or faculty member

is injured while riding an elevator with an expired permit. “It’s a huge liability,” said Larwood.

To compensate for the outdated permits, De Anza has an open contract with Elevator Services — which performs monthly elevator examinations, provides regular maintenance and offers a 24-hour phone number for emergencies.

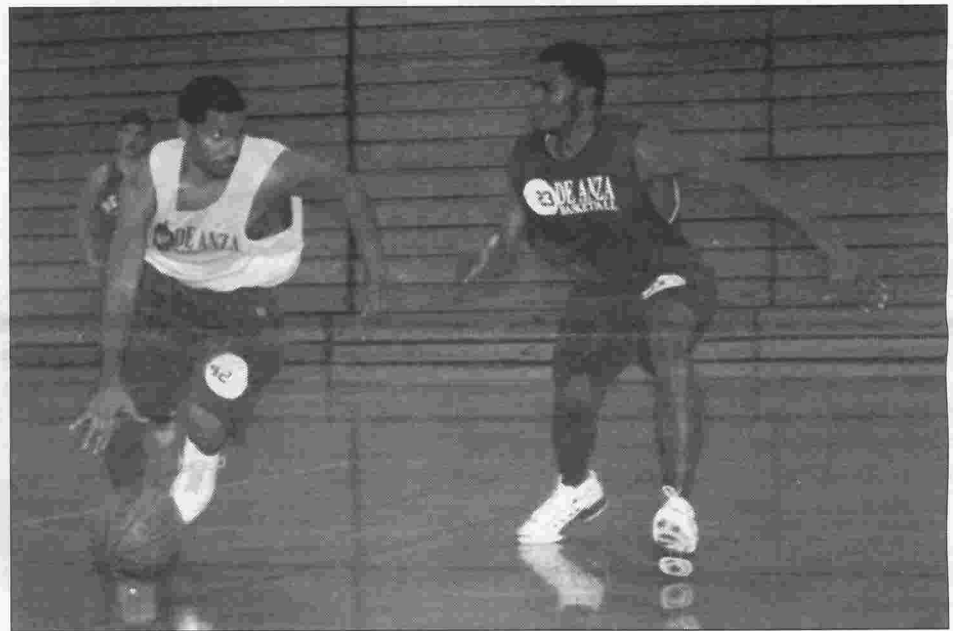
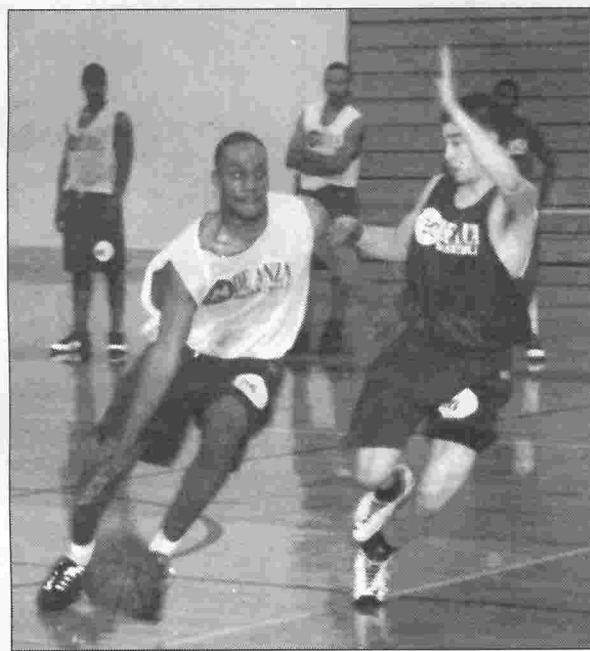
“We go through the same inspection process on our own,” said Koenig. “We spent \$32,000 on elevator services just at De Anza last year.”

Larwood said the regular maintenance of the elevators should alleviate any worries the students and faculty may have.

see PERMITS, Page 5

De Anza basketball preview

see PAGE 12



Reza Kazempour (2) / La Voz

ABOVE: Forward Carlos Santos looks ahead for an open teammate as forward Sam Pfifer keeps him in check.

LEFT: Returning to Riley's squad this year, forward Keith Miyakusu defends freshman forward Kwame Thomas in practice.

Also inside:

The Dons' women's basketball team returns for another season of fierce competition. With the recruitment of several players, the Dons look better than ever.

For the story, see PAGE 12

ICC withdraws blood drive sponsorship

by Ling-Mei Wong
ASSISTANT NEWS EDITOR

The Inter Club Council withdrew sponsorship for the quarterly blood drive on Nov. 6, cancelling the Nov. 18 blood drive.

Health Services cancelled the event last Thursday, after the ICC voted 21-17 not to sponsor the blood drive.

Students for Justice first petitioned the ICC about blood drive sponsorship, stating the blood drive violated the California Education Code and Board of Trustees Policy stipulation about denying membership or participation in any on-campus activities on the basis of ethnic group identification, religion, age, sex, color, or physical or mental disability.

Disqualifying items on the potential blood donor questionnaire include suffering from certain illnesses, visiting any country outside of U.S. and Canada in the last three years. Sexual orientation was also an item.

ICC representative for SFJ Beth Hollingshead said, “We feel that donating blood is a good cause, and we hope that most students who can will participate.”

“What we are proposing is the withdrawal of ICC sponsorship so as to coincide with their own policy. [ICC's sponsorship of the blood drive] will send a message campus-wide, and also to the students who are not able to donate blood, that those in power do not care whether or not they are allowing for the discrimination of

certain students.”

De Anza's Gay and Lesbian Association joined the petition.

GALA member and DASB Senator Ole Petersen said, “This is not purely about sexual orientation. We're not looking to kick [the blood drive] off ... we're not trying to argue with the FDA's reasons behind the questionnaire.”

Petersen said that the violation of the California Education Code by the ICC could set a precedent for future violations.

The DASB had reserved prizes of club funding to the club that donated the most blood. Anyone who gave blood would be entered into a raffle to receive personal spending money. Individuals giving time instead of blood would not receive prizes.

Health Services expressed dismay at the withdrawal of sponsorship. Lisa Sanford, RN, said, “We have a five-person staff, and in two weeks, there's no way we could do [the blood drive].”

Student Health Services Coordinator Melanie Harris said, “There's too much controversy around the blood drive. [I've heard threats of] picketing and boycotting. It's a community event, and it's under a cloud of contention; it's not going to be a positive event for everybody ... I can't tell you whether it's going to happen winter or spring.”

In the past, the blood drive has been conducted by Blood Centers of the Pacific, whose field recruiter Filomina Boyd could not be contacted at press time.



OUR MISSION: Produced by students, La Voz is dedicated to covering news that matters to the diverse population of De Anza College and the surrounding community.

As a First Amendment newspaper, La Voz takes full advantage of the freedom of the press afforded to all Americans. However, this freedom comes with a tremendous responsibility to not abuse it.

La Voz strives to present news in a fair and accurate manner. La Voz approaches this task with absolute integrity and actively pursues the input of members of the De Anza community to make sure that goal is achieved.

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

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

Letters to the Editor should be sent via e-mail to lavoz@fhda.edu, or dropped off in the MQ6A office. The La Voz fax number is 408-864-5533.

SETTING THE RECORD STRAIGHT

La Voz strives for fair and accurate coverage. For corrections, contact Editor-in-Chief Allison dePeralta at lavoz@fhda.edu.

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 opinion of the La Voz staff.

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

The newsroom is located in room MQ-6A at De Anza College, 21250 Stevens Creek Blvd., Cupertino, Calif., 95014.

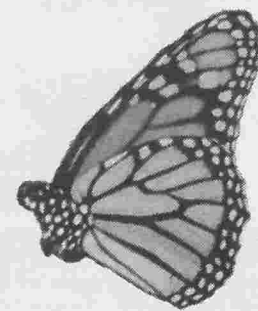
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Fear, intolerance: perpetrators of hate

society needs to look past appearance to see humanity



Five hundred people watched, many with tears in their eyes, as Eddie "Gwen" Araujo's mother released 17 monarch butterflies, symbolizing the 17 years of his life. She was laid to rest on Friday, Oct. 25 and a ceremony took place at St. Edward's Catholic Church in Newark, Calif.

Outside the church, several people dressed as angels sang "Amazing Grace," while others wore t-shirts bearing "We love Eddie."

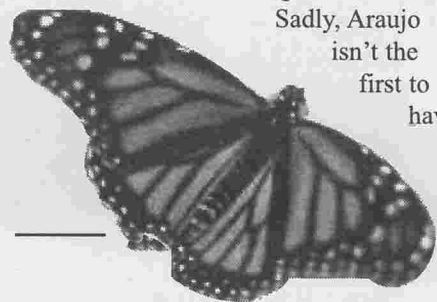
The events prior to this were much darker.

Araujo was at a party on Oct. 3 dressed as a woman when she was allegedly taken, brutally strangled and beaten once her true gender was discovered. Three young men wrapped her in a blanket and buried her body in the Sierra Foothills. Her body was found two weeks later, her hands and feet still bound with ropes.

While Araujo was alive, she insisted on being referred to as a girl; when anyone would call her Eddie, she would ask to be called Gwen. To her, that was her true identity. Araujo's sister said that Eddie put on makeup better than she did and even made a prettier girl.

When Araujo dressed as a woman, no one could even tell she wasn't. So when the truth did come out, the three men became enraged. As to why, I am still wondering.

Sadly, Araujo isn't the first to have



been the victim of a hate crime. A well-publicized crime of a similar nature happened in 1999 in Laramie, Wyo.

Matthew Shepherd, a 21-year-old, gay college student, was beaten by two males, tied to a fence and left for dead.

Shepherd's story inspired a documentary-style drama called "The Laramie Project," which West Valley College recently recreated based on the original project.

Araujo wasn't the first and she probably won't be the last. So I can't help but ask questions. Why do these crimes occur?

Mostly, I think it's because people are afraid. Afraid to face their own fears. They see a person, like Araujo, who is comfortable with who she is and become angry simply because something doesn't sit right with them. If they're happy with who they are, then why get angry to the point of murder? Their own insecurities drive them to such extreme aggression.

Who are we to judge other people's lifestyle choices? Araujo felt she was a woman trapped in a man's body, and she was murdered for it. Matthew Shepherd had the courage to express the truth about his sexuality, and he was murdered for it. And I cannot comprehend how some kill for that.

How do these kids learn to hate? I know many young people whose parents have told them their entire lives

that homosexuality is sick and wrong. So adults must understand what messages they could be sending their children.

They are teaching them to be intolerant, cold and cruel toward others that have done nothing wrong. We as a society need to look past a person's face, clothes or sexuality and see the humanity inside — a human that deserves to live as much as any other.

De Anza offers classes and clubs that deal with these issues.

The Gay and Lesbian Association meets Mondays in Meeting Room 1 in the Campus Center from 12 to 1pm. GALA organizes events supporting the gay and lesbian community and discusses the thoughts and emotions of people with same-sex orientation. All people are welcome to attend.

A Human Sexuality course, which fulfills general education requirements, is also available at De Anza and is set in an environment where you are free to discuss just about anything that is on your mind.

At this college, I have yet to see a hate incident occur. But that doesn't mean hate at De



Eddie Gwen Araujo

Anza doesn't happen. Students need to treat each other with respect, regardless of sexual preference. Or else an environment of hate is created where crimes like the murder of Araujo can occur.

We can learn from this lesson. A girl outside the church during Araujo's funeral held a sign that read, "Love someone for who they are, not what they are." Think about what that lesson could have done to save Araujo.

Letters to the Editor



Disappointed counselor protests cynical view of personal statement

Dear Editor:

It was with great disappointment that I read Opinions Editor Grace Chung's take on writing the personal statement. She suggests that "people are going to have to employ several other valuable, but shadier skills... the fine art of bullshitting."

As a counselor who reads numerous essays each fall, I don't find this to be at all true. On the contrary, I am always delighted at the quality of essays that I am asked to review. I am often humbled by the stories students have to tell. I often feel like I have lived a privileged life, that I haven't had to overcome many of the challenges our students have had to. To imply that students need to be creative in writing the essay is to sell our students short on their merits as prospective transfer students.

I was also puzzled about the reference to not knowing what you will have for dinner much less know what you want to do for the rest of your life. There is nothing in the essay that asks you to discuss these topics.

The purpose of the personal statement is to give the University of California information about yourself that may not be found on the application.

What are some of the challenges you have overcome, and how have you applied this to your life? What are your communication and leadership skills? Have you applied yourself in any way related to your intended major of study? What is your

philosophy of life, and how does it apply to why you want to attend the UC? Are there any gaps in your education that can be clarified? What are some of your cultural values that will enrich the UC if you are accepted?

Writing the personal statement is not easy, but that does not require "tweaking the truth." If you need assistance then ask someone for help. Ask your favorite instructor on campus to proof it for you. Ask your family and friends to read your essay.

This is not a time to be shady nor cynical but a time to distill who you are and put it down on paper. Writing the essay is a struggle, but really rather easy when compared with most of the challenges you will experience in your adult life.

Trust me, if you have what it takes to be eligible to transfer to the UC or a private college, then you have a story to tell. It's your story and it's your responsibility to articulate this to the UC.

Grace, a good place for you to start in thinking about what to put in your essay are the attributes you demonstrate in working on a college newspaper: good communication skills, understanding the value of teamwork, being able to work under deadlines, your interpersonal skills, your research skills.

Don Nickel,
counselor

Former weapons inspector to appear at DA

Scott Ritter, a critic of Bush foreign policy, will speak at an event open to public

by James Newburg
NEWS EDITOR

Former United Nations weapons inspector Scott Ritter will speak at De Anza on Thursday, Nov. 14, as part of the college's Visiting Speakers Series.



Ritter

The speech—titled "The Coming War with Iraq: How Did We Get Here?"—is scheduled to take place from 12:30 p.m. to 2 p.m. in Rooms A and B of the Hinson Campus Center.

From 1991 to 1998, Ritter was part of the U.N. weapons inspection team that searched various

sites throughout Iraq for nuclear weapons. In all, Ritter was part of over 30 inspection missions, 14 of those missions as chief of the inspection team.

Recently, Ritter has stepped forward to voice his disapproval of the Bush Administration's stated policy of "regime change." Ritter said that the Bush Administration should not use the suggestion that Iraq has weapons of mass destruction as a justification for going to war.

"If the United States has a case, make it to the international community. Make it to the [U.N.] Security Council. The truth is that the United States does not have a case.

"We have to deal with the facts. And the facts say that Iraq's weapons programs have

been dismantled and the bulk of their capability has been destroyed and accounted for, and if you get the weapons inspectors back in, you can put the cap on the genie and it's not going to come out again. We can prevent Iraq from reconstituting. So this isn't a national security issue. It's a national security issue only if [Saddam Hussein] has [weapons of mass destruction]. And we know he doesn't have them," said Ritter, in a recent Cigar Aficionado story.

Ritter also wrote a book and filmed a documentary that examined the effects of the U.N.'s economic sanctions on the civilian population of Iraq. Both works are titled "Endgame: Closing the File on Iraq's Weapons of Mass Destruction."

SCOTT RITTER

in his own words

■ "It is my duty, my patriotic duty, based on my seven years of first-hand knowledge about the truth of Iraq ... to hold my government accountable for actions it is taking that are in deviation from the truth, from the record, from the facts. It's the most patriotic thing I can think of doing."

■ "The Bush Administration will refuse to engage in debate. In fact, in the war on terror, it's unpatriotic to debate. If you question any of the motives of the administration, you're unpatriotic. You're treasonous even."

■ "We'll win the war on terror as long as the world agrees that America was attacked, that America was wronged, but when America becomes the arrogant international bully, we will lose the world on this. We will no longer have consensus to pursue Osama bin Laden or anybody else. We'll be the bad guys. That's when America will wake up. But it will be too late at that point."

compiled by James Newburg

Trips on elevators can be problematic for students

■ PERMITS

From front page

"If there is a problem with the elevators, we don't allow anybody in," said Assistant Director of Police and Securities Ben Rodriguez.

However, students find elevator safety to be questionable.

"Not seeing the updated permits makes me concerned for my own safety," said student Winnie Chen. "The school should be giving us more information on that."

Many students find the elevators in the parking structure to be particularly unsafe, and some have experienced their malfunctions firsthand.

"I was in there by myself and right between the second and third floors it started shaking up and down," said student Orlando Macias. "I was probably stuck for about a minute, but a minute being stuck in an elevator is a long time. I was pretty scared."

"I've been stuck many times before. It gets shaky and then just stops. Then it will start up again. Every time I come to the ele-

vators now I'm afraid I'll get stuck for a long time," said student Grace Chung.*

Larwood says that outdoor elevators commonly experience minor difficulties, most likely due to debris that gets blown in and deposited into the aluminum tracks. "Being trapped in an elevator is not the worst thing that can happen."

"Nothing is perfect; machines are going to malfunction," said Rodriguez.

However, students remain uncomfortable with the idea of possibly being trapped, particularly those with canes or in wheelchairs who may not have the option of taking stairs.

"If an elevator gets stuck and it's not down to the exact level where you can get out, you can't just get out of your wheelchair and step down. You're stuck in there," said student Susan Ward. "It's a hazard and it makes me very uncomfortable."

"It's just an unnecessary risk that should have been taken care of," said student Melissa Walker. "People are already getting stuck. Is it going to take somebody to die before they are inspected?"

* The Grace Chung that was quoted in the article is not related to La Voz Opinion Editor Grace Chung.

DASB decides to forgo first part of payment

unhappy with services, Senate withholds a \$32,500 check for Campus Center

by James Newburg
NEWS EDITOR

In a move that the DASB Senate hopes will increase its bargaining power with the Hinson Campus Center, the DASB voted unanimously last Wednesday to withhold a \$32,500 check to the Campus Center.

The check from the DASB was supposed to be the first part of a two-part payment to the Campus Center, with the DASB paying \$65,000 to the Campus Center in the 2002-03 budget.

Members of the DASB are now bristling against some of the Campus Center's fees. The main point of contention is a \$100 fee that the Campus Center often charges for clubs to set up and use facilities.

"That's totally not right. You have clubs going in there that don't have a lot of money," said DASB President Melecia Navarro.

The DASB's payment had taken place each year since 1989, but in varying amounts. According to DASB adviser John

Cognetta, the amount paid in some years exceeded \$100,000.

The payment started in 1989 as a compromise reached between the DASB and the Campus Center to help pay for the building's expansion. The original proposal included raising student fees for the Campus Center to \$10 per quarter.

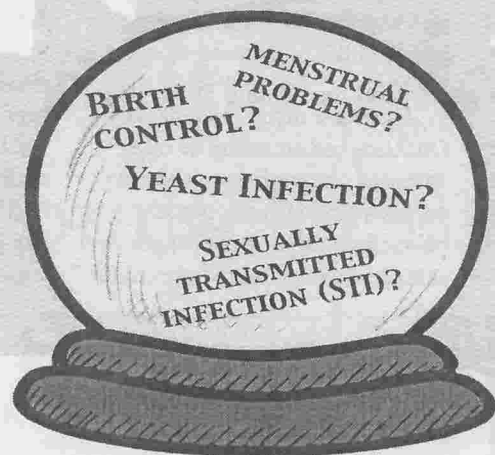
Instead of agreeing to what they thought was an exorbitant increase in fees, the DASB decided to raise the fee to \$7.50 per quarter, and cover the rest with a twice-yearly payment, according to Cognetta.

DASB Vice President of Finance Colin Pickel thought that postponing the payment should be the starting point in a demand for better services from the Campus Center.

"I think we should use it as leverage against them to get what we want done," said Pickel.

To find out what students want, the DASB formed a committee in order to get suggestions from students about what needs to be improved in the Campus Center.

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NEWSbriefs

a look at public colleges around California

UC-Berkeley student government strapped for cash to pay school

By Jay Kapp

Daily Californian (U. California-Berkeley)

(U-WIRE) BERKELEY, Calif. - The Associated Students of the University of California has failed in its obligation to pay the university nearly half a million dollars gleaned from a recent increase in student fees, leaving the student government severely strapped for cash.

The ASUC contingency fund, usually used to cover such emergency situations, currently contains less than \$20,000.

This failure represents a violation of UC policy requiring the ASUC to return one-third of the money generated by a student fee increase to need-based financial aid programs.

The controversy stems from the 2001 passage of Proposition 2, which raised the student activity fee by \$17.50 per student per semester. Proposition 2 money has subsequently gone to the ASUC for distribution primarily to student groups.

The ASUC budget for 2002-03, which last year's senate decided upon, did not make any allowances for this substantial portion of the nearly \$1.9 million budget to be returned in this manner.

Former SJSU student body worker charged with embezzling funds

By Justine Dacosta and Saadia Malik

Spartan Daily (San Jose State U.)

(U-WIRE) SAN JOSE, Calif. - A recently terminated Associated Students employee was arrested Oct. 28 on suspicion of embezzling more than \$90,000 from A.S. funds, according to the University Police Department. Robert Madrigal, former information and technology manager at the A.S. computer lab, was charged with two felonies and a misdemeanor, according to records released by the Santa Clara County Clerk's office.

Capt. Bruce Lowe of the UPD said the charges against Madrigal was involve computer equipment.

"He took existing purchase orders that were made out to various vendors," Lowe said. "He altered the vendor's name. He altered the amount on the purchase order. And then he made them all out to a third vendor and then went to that third vendor and picked up more than \$90,000 in computer equipment."

Possible fee increase could aid UC-Davis' move to Division I-AA

By Ryan P. Fuller

The California Aggie (U. California-Davis)

(U-WIRE) DAVIS, Calif. - UC-Davis athletics is gearing up for a switch to Division I-AA, which would be expedited with student approval in the ASUCD elections.

The Campus Expansion Initiative, which students will vote on from Nov. 12 to 14, includes a provision for funding D-I athletics, Intramural Sports and Sports Clubs, Unitrans, an ASUCD Coffee House expansion, construction of a Principles of Community Center and financial aid.

In order for the initiative to pass, a simple majority of at least 3,574 students must approve the projects.

The ASUCD Fall 2001 election had a voter turnout of 2,294 students.

If the D-I fee is initiated in the 2003-04 academic year at \$15 per student per quarter, it will generate \$1 million.

After the fee is fully initiated in 2006-07, \$61 per quarter will go to D-I, totaling \$4 million per year.

Clerical worker, lecturer unions reject latest proposal from UC

By Andrew Edwards and Shane Nelson

Daily Bruin (U. California-Los Angeles)

(U-WIRE) LOS ANGELES - Two unions involved in lengthy labor negotiations with the University of California rejected UC's most recent offers this week.

Both the clerical workers' and lecturers' unions felt that the most recent UC offers didn't adequately address contentious issues, including job security and wage increases.

The Coalition of University Employees, the clericals' union, informed university administration Thursday -- the deadline for acceptance of the proposal -- that they would not accept the UC's settlement offer.

Lecturers, represented by the University Council of the American Federation of Teachers formally rejected the university's terms on Wednesday. The UC had asked them to respond by Oct. 25.

Both unions want to make their own counter offers to the university soon.

DASB postpones plus/minus vote

by James Newburg

NEWS EDITOR

The DASB Senate moved last Wednesday to postpone a decision on whether the DASB would support a plus/minus grading proposal approved by the Academic Senate.

The vote was 14-9.

The DASB is expected to reach a decision on the proposal at its next meeting, scheduled for Wednesday at 4:30 p.m. in the Student Council Chambers.

During the Senate meeting, some senators expressed concern over poor student attendance for an informational meeting on the grading proposal that the DASB hosted last Tuesday in Conference Room B.

Fifteen students showed up to the one-hour meeting.

"We made an effort to inform the student body about this meeting," said Senator Corey Reese.

Senator Aspandiar Dahmubed recounted his difficulties trying to inform students about the informational meeting.

"Two people took fliers in a classroom of over 30," said Dahmubed.

Some senators thought that the difficulties they had in getting students to attend the informational meeting was the result of a lack of student interest in the grading proposal.

"A lot of the students don't really care about the issue," said Senator Jeeway Kan, a member of an ad hoc committee to examine plus/minus grading.

Jennifer De Leon agreed with her colleague's sentiments.

"Most of the people I talked to were apathetic about [plus/minus grading], or were not informed," said De Leon, vice president of Technology.

Dahmubed believed that the DASB was making a good-faith effort to seek out the opinion of the student body, but said that there was more that needed to be done.

"The outreach is there, but more outreach is good," said Dahmubed.

After the meeting adjourned, DASB President Melecia Navarro


said that the Senate would make a last-ditch effort to inform students about the grading proposal and find out what students thought before the Senate meets on Wednesday.

The Foothill-De Anza District Board of Trustees has no obligation to act according to the DASB's wishes when the Board meets on Nov. 18 to decide whether to approve the proposal. However, the Senate meeting scheduled for tomorrow will be the last chance for the DASB to determine its position on the subject before the Board's vote.

Although the Board of Trustees is not bound to act on opinions expressed by students, the Board has shown a willingness to listen to students on plus/minus grading.

A similar grading proposal approved by Foothill College's Academic Senate was rejected in March 1999 by the Board of Trustees in the face of strong opposition from Foothill's student government and student body.

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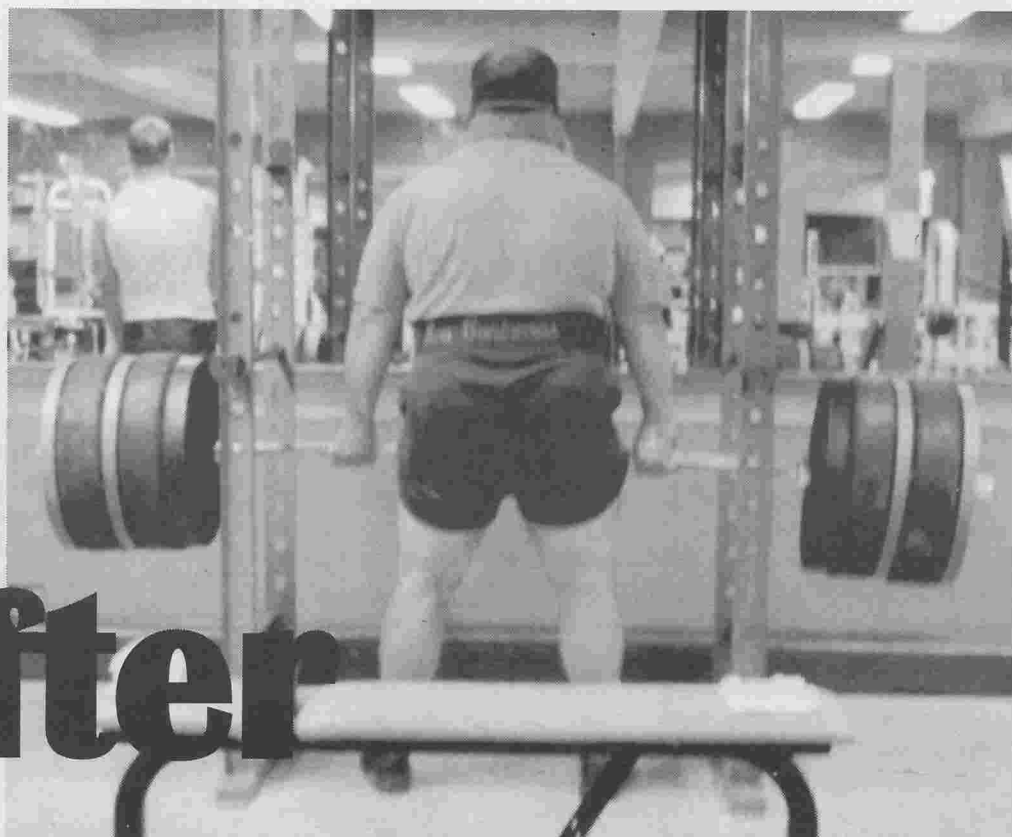
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Leo Contreras: World Champion Power Lifter



Jason Fassnacht / La Voz

Leo Contreras is not only an electrician at De Anza College, but also a two-time World Champion in power lifting, who holds eight world records.

by **Mina Mortezaie**
STAFF WRITER

Leo Contreras is an electrician at De Anza College. He keeps the classrooms properly air-conditioned and heated, and he can benchpress 500 lbs.

Contreras is a World Champion power lifter, holding eight world records, 15 national records and 73 state records.

Contreras does not believe in taking performance-enhancing supplements. Most of the competitions he participates in are drug free and natural. For instance, some of his championships come from events organized by associations like American Drug Free Power Lifting Association and World Drug Free Power Lifting Association.

After being in a number of power lifting competitions, Contreras has wit-

nessed people who take the sport entirely too seriously.

"They psych themselves up to the point [where they are] sniffing ammonia to heighten the senses, using the supportive gear and having

people

slap them to wake them up.

That's taking things too far,"

said Contreras.

"I got into

[power lifting] purely as a recreational activity and [I will] continue to use it purely for recreation."

Contreras has been a De Anza employee for 29 years.

"I've spent over half my life [at De Anza] so it's kind of my second home. I consider the staff and the faculty, with whom I'm acquainted, to like an extended family."

When growing up, Contreras was involved in sports including football, wrestling and track. He has been working out since high school, but he started power lifting while taking evening

classes at Foothill College. After setting records at Foothill, Contreras decided to start competing in 1989.

Today, Contreras works out at De Anza during the week, and in his friend's garage on the weekends. He spends a couple hours on each work out, six days a week.

He tries to stick to healthy foods, but does not watch what he eats too closely, unless he has a competition coming up.

"You have a tendency to gravitate toward certain foods because they enhance your performance. You don't know this by reading about it, you know this by living it," he said. "You make notes of which competitions you perform well in and then you write down what meals you had during that week."

Contreras manages to keep himself busy. Aside from his job, he is the union president for the maintenance and operations workers at Foothill/De Anza, and the regional representative for the union. Contreras has chaired the Cinco de Mayo Planning Committee at Foothill for the past 15 years, and served as president of the Multicultural Staff Association for FHDA.

When asked what he would consider his greatest accomplishment, Contreras said: "Aside from three beautiful children, two grandchildren and marrying my wife, I would have to say that being a two-time world champion is a major accomplishment."

Contreras has also been recognized as a statewide school employee of the year of California, which he thinks was a major honor.

When Contreras does find some free time, he takes part in what he calls "stress reduction hobbies," by collecting things. He has collected coins, specializing in Mexican gold coins. Other collections over the years have included souvenir spoons, marbles and Olympic pins.

"Playing around with [collectibles] helps to relieve day-to-day stress."

Contreras started out doing one or two competitions a year, but now does one to three competitions a month. He has been in over 100 competitions. Contreras has a

meet coming up Nov. 13-19 in Reno.

Contreras' 15-year-old son, who attends Homestead High School, is also going to compete in power lifting in the November meet.

Contreras has many trophies, plaques and metals at home, but mostly chooses to put family portraits up as instead of plaques.

Leo Contreras



Name: Leo Contreras
Occupation: Electrician
Age: 49
Favorite Sport: Power lifting, Olympic wrestling
Favorite athlete: Mohammed Ali
Role Models: Former wrestling and football coaches at Foothill College
Greatest accomplishments: His family, being a two-time world champion power lifter
Hobbies: Collecting coins, pins, spoons and marbles

Main events in power lifting

The three main events in power lifting are the bench press, the squat and the dead lift.

In 1994, Contreras was benching 600 lbs., squatting 800 lbs. and dead lifting 700 lbs. Today, he competes in a category for lifters aged 47-53 years old. He currently benches 500 lbs., squats 600 lbs., and dead lifts 600 lbs. Contreras said his best event is the bench press.

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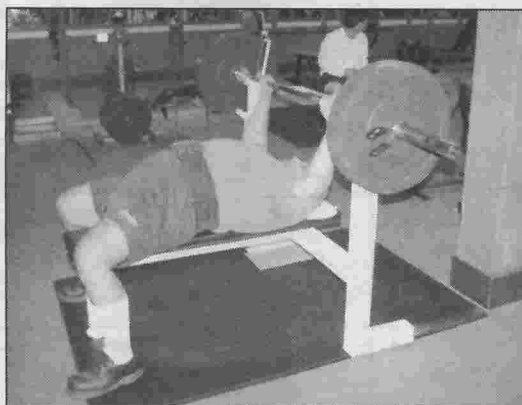
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Reza Kazempour / La Voz

Leo Contreras spends 12 hours a week working out at De Anza's gym and in his friend's garage.

FINDING BALANCE

The difference between positive and negative stress

by **Ling-Mei Wong**
ASSISTANT NEWS EDITOR

With midterms and other tasks, many De Anza students are starting to feel the effects of stress.

"Stress makes me ineffective. It immobilizes me, and I accomplish much less. It really slows me down," said Deanna Stewart, Student Trustee.

"I am sleeping in very weird patterns. I get a feeling stress has something to do with it," said student Aspandiar Dahmubed.

However, stress is not necessarily bad. In psychology, stress is divided into eustress and distress.

Eustress, also known as "positive stress," results from challenges that make life interesting.

Some students believe in eustress.

"Sometimes stress equals motivation. If I am stressed about something such as school, then that means I care about it enough to worry about it," said student Vivian Tan.

"There's a good kind of stress that I would really just call 'excitement.' I get this kind of excitement just before a speech tournament, for example," said Stewart.

Distress, or "negative stress," means stress in daily life. Negative stress can take a toll on the mind and body.

Anything that causes stress is called a stressor.

For student Patricia Lan, sleep deprivation and too much pressure are among her stressors.

"I'm not sure if there is such a thing called 'good stress.' But I guess people like challenges because they give you a

sense of excitement and reward upon success," said Lan.

Academics are old stressors for students. Procrastination is a common reason for stress and that is remedied by getting off the "big behind."

If you are really struggling with a subject, find a tutor. De Anza's tutors are free, and if their hours don't fit yours, you can hire an off-campus tutor.

"The best solution [for stress] is to drop out and move to Paris," said Bob Dickerson, language arts instructor.

"I think [stress] is an invented phenomenon invented by males to ensure their continued domination of the world. We're deluded into thinking we're stressed."

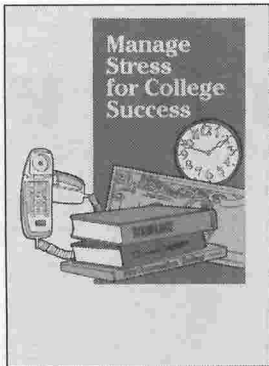
Emotional crises are another common part of college life. Whether they are relationship problems, family issues or even a sick pet, they can stress students out.

A resource for emotional support, like counseling, can be found on campus at the Administration and Records Building. All 25 licensed counselors are willing to discuss more than your schedule, said Paula Sink, counseling secretary.

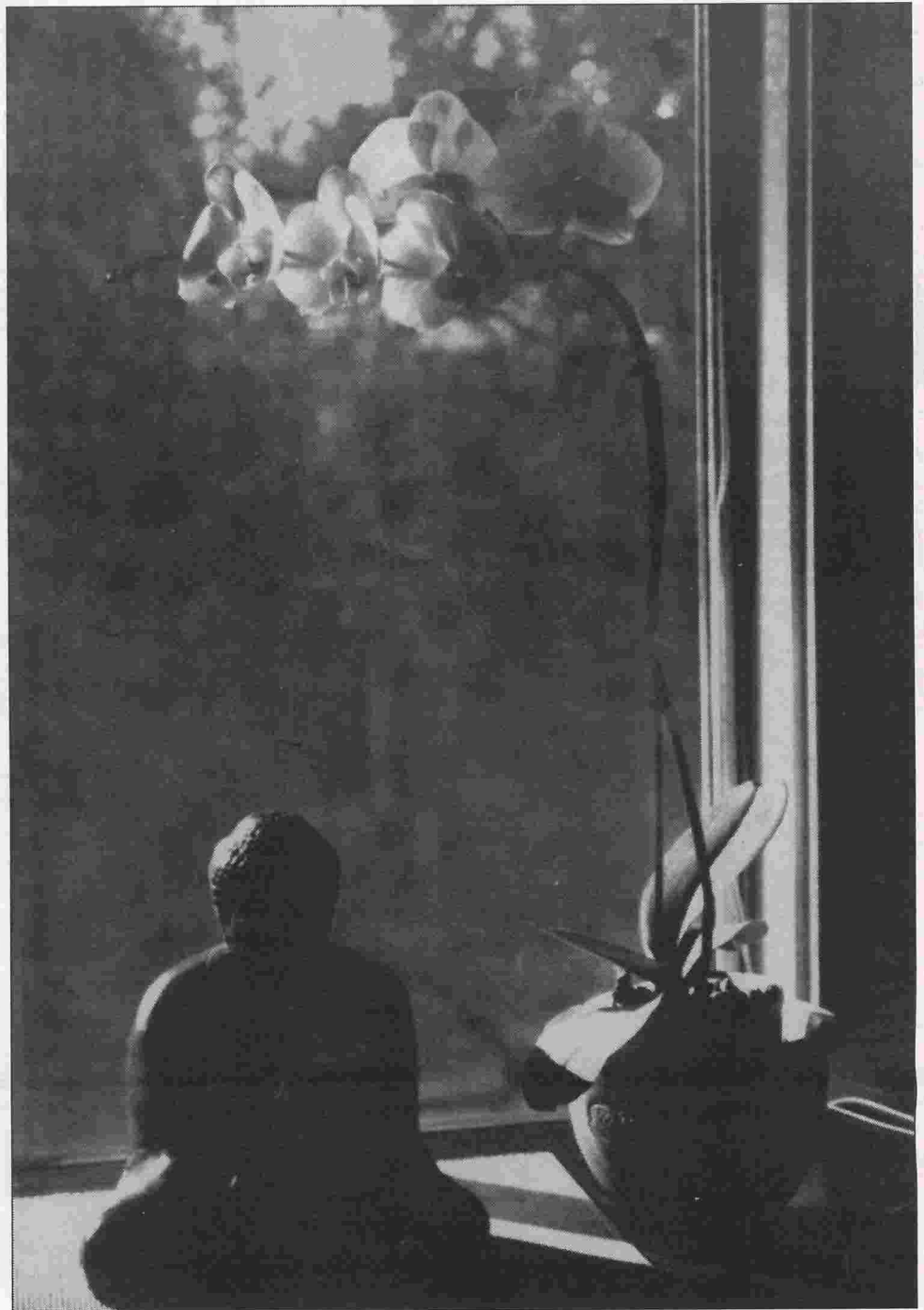
If stress is insurmountable in your life, there is a class offered on campus with tips on how to take charge. HUMA 50, "Understanding and Managing Stress," is a four-unit class on how stress affects someone in his or her environment.

"I don't really get stressed. I don't worry about things too much," said student Matt Hahn.

For more information, contact a counselor at 864-8649 in the Administration Building. The Tutorial Center is in MQ-11 for Language Arts, and E-36 for Science and Math.



The Health Center has pamphlets on how to handle stress, for example "Manage Stress for College Success."



Jason Fassnacht / La Voz

Finding peace of mind in a stressful environment can be challenging, especially for students who are trying to balance academics, work, family and friends.

Nine steps to relaxation

1 Exercise. There is nothing like a good karate class to safely handle the demon within. Exercising makes the body release endorphins, which will result in a happier you.

2 Massage. Get a deep-tissue rub-down from De Anza Massage Therapy students, at \$10 with a DASB card. Call 408-864-5646 to make an appointment.

3 Study. You will take a burden off your academic load. And if you

have friends or a cute someone to study with, your social life gets a boost, too.

4 Connect. Be it on the phone, instant-messaging or a good heart-to-heart — let people know how you feel. "Talking to some really trusted friends helps relieve stress," said Aspandiar Dahmubed.

5 Eat. Food is comfort. According to Vivian Tan, it's chocolate for her and ice cream for Patricia Lan.

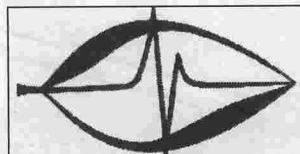
6 Smile. According to a 2002 Stanford study, being upbeat strengthens your reactions to positive things. For more information, go to www.webdesk.com/pictures-of-smile-faces.

7 Sleep. "Eat more and sleep more," said student Anderson Yeh.

8 Play. Jessica Sun, student, said she plays with her cat

Candy to relieve stress. Art can also be an excellent form of therapy.

9 Surf. The Web site **Stressless.com** sells products geared towards getting rid of stress, from aromatherapy candles to punching bags. For more information, go to www.stressless.com.



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SCIENCES DIVISION

Planning on taking a Biology course?

For Biology 6A, B & C, 26, 40A, B& C, & 45, there are **pre-requisites!** See the course listing or the De Anza catalog for details.

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SEE REVERSE FOR MENU

LAUGHTER, the best medicine

As winter finally arrives and settles in, we come closer to gloomier days and longer nights. It's hard to attend class and be happy when the sky is dark and the air is chilly. Many students catch a case of the winter blues.

But there is a safe cure for the winter blues. A cure that doesn't involve artificial flavors, chemicals, or any bad side effects. That cure is laughter.

It's been studied that laughter can benefit our health. According to Mike Moore, author of "The Healing Power of Laughter," laughing increases endorphin activity in our bodies.

Endorphins are neuro-transmitters in the brain that have pain-relieving characteristics similar to morphine. The prolonged release of endorphins is known as "runner's high." Therefore, the release of endorphins strengthens the immune system and gets the blood going.

Also laughing can increase your cardiovascular strength and work the abdominal muscles. Laughing can be a great way to help get rid of the extra weight gained during the first years of college.

Laughing and just being plain happy can help you socially. Think about it. It's not hard to

see that people would much rather hang around someone who has a great sense of humor. Notice how boring people are when they're uptight. Learn to not take things seriously and laugh at yourself and your faults.

Things do get hectic and stressful, especially in college. So try a goal of learning a joke a day. Tell this joke to your friends or anyone who needs a pick me up. Watch as your day will start to brighten up, because you've made yourself and someone else laugh.

Don't turn to a pack of cigarettes or a tub of ice cream. Instead pick up the comics or look in the mirror right when you wake up. Become an addict of laughter and watch the pain go away.



Karen Uyenco

ASSISTANT
ENTERTAINMENT
EDITOR

Cures for the winter blues

BEST CHANNELS

Comedy Central

This channel is dedicated to a comedy 24 hours a day, 7 days a week. My favs are Kids in the Hall & AB FAB.

The Cartoon Network

Nothing makes me laugh more than old episodes of Scooby Doo and my weekly dose of Adult Swim on Sunday nights.

BEST SITCOMS

Simpsons

This show is classic! Now in it's 14th season and still packing the heat with comedic genius. Get the complete second season on DVD for those days when you need a quick fix.

Friends

With fan sites that chronologically list every episode and even it's own board game, this show becomes an addiction in itself.

The Bernie Mac Show

A story about a comedian that adopts his sis-

ter's kids and raises them Bernie Mac style. Winner of the 2002 Emmy for Best Writing for a Comedy Series.

BEST MOVIES

Something About Mary (1998)

Wayne's World (1992)

Dumb and Dumber (1994)

BEST STAND-UP

Margaret Cho

She's an enduring powerhouse in comedy. Check out her latest project Notorious C.H.O. out on VHS/DVD on Nov. 19.

John Leguizamo

What a Pest! You have to check out his 1993 Spic-O-Rama Comedy Special.

Rex Navarrete

Many of you have never heard of him, but to many he's a regular household name, like Uncle Boy. Check him out on Nov. 16 at Notre Dame de Namur University.

The hybrid theor.

from rap metal to ska, the lines between music genres get blurry

by **Melissa Sweat**

ASSISTANT OPINIONS EDITOR

Music meshing, genre blending, sonic fusion; call it what you will, but the lines between genres of music have been blurred beyond definition.

It is not a new thing either. Genres like R&B, a combination of rhythm and blues; hip-hop, a combination of rap and jazz; and ska, a combination of reggae and punk, have all aged to the point of widespread pop culture recognition. As these genres hooked up and made babies in the yesteryears, today genres are still "getting it on" to form new ones. But this time around, the offspring, such as rap metal, aren't too pretty.

The act of combining different kinds of music to create a new sound—which, for the sake of keeping things clear, I will refer to as music meshing—has been around even since cave men and women were banging rocks and rubbing sticks together to make noises. Essentially, what is music but the combining of sound? So, in many ways, it is music meshing that has evolved us past these primordial beginnings.

Now a well-developed art, music meshing brings us to a new level of music listening enjoyment. It can open up a listener to a new style of music. If, for example, you love electronic music and have a thing for alternative rock, then you might enjoy artists like Moby, Radiohead, or the more obscure Grandaddy, a Modesto-based

band who won critical acclaim in 2000 with their album "The Sophtware Slump."

"Your perspective in music is broadened," said Adil Zaidi, De Anza student.

Increasing one's perspective never a bad thing. Meshing can also create more interesting elements to the music.

"When you combine more things, it just provides more variety," said De Anza student Jul Harness. "It happens in every form known to mankind, why music?" So the problem is not with music meshing itself; the real beef is what our modern culture has done to it.

"It's more commercial," said De Anza student Chandu Vethoday of popular meshed music like Limp Bizkit, Linkin Park and Missy Elliot, to name a few.

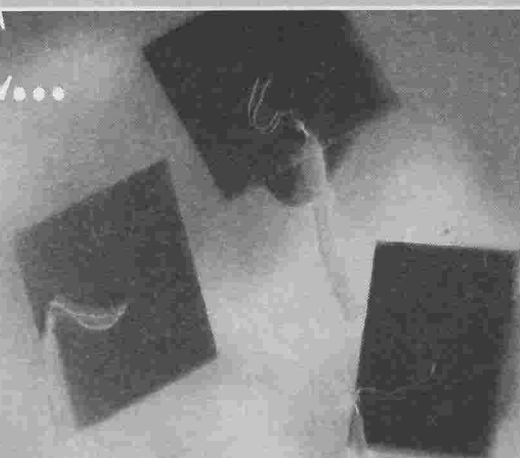
Marketability, or to put it in word: money, is what dictates sound of meshed music these days and it is making it vastly devoid of meaning.

The radio hit "Addictive" by Truth Hurts featuring Rookie, plays an Indian song in the background with overlying rap lyrics. The sound is catchy, but the meaning is lost. The Indian song is actually of a religious nature which is a fact totally absent in this new finished product.

"I think they put [the Indian song] in there for the notes, not the meaning," said Anurag Goel, a De Anza student. For Goel, a matter of appropriateness. "

see MUSIC MESHING, Pa

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MUSIC MESHING: The birth of new genres

■ MUSIC MESHING

From front page

doesn't keep to the root of the genre." And the root is where the meaning lies.

What is the point of meshing music, if the meaning of one, two, or perhaps all genres is lost on the listener? Popular music artists on the charts today who mesh everything from rap, metal, jazz, rock and hip-hop are producing meshed music with little meaning; all frosting and no cake. The political message of rap is lost. The heart-felt sentimentality of a good blues song is lost. The defiant attitude of rock is lost.

"If you're going to make something and make it good, then take the time to understand what you're making," said Harness.

Good meshed music is what is missing. In its place is a bunch of noise posing as art, thrown together to appeal the general public and make a few million dollars. Meshed music that is worth listening to combines those timeless genres we all love to form an original and interesting sound where the meaning and understanding of where that music came from is not lost on the artist. It is music with meaning; music that matters.

Unfortunately, this sort of music is a mere blip on the pop culture radar, so if you want to find it, you'll have to listen elsewhere. College stations and your local independent record shops are a good start. Most of you are probably already in the know about good music meshing artists like the Avalanches, Blackalicious, Wilco and the cool things Beck has been up to, as of late. But even if you don't know, at least now you know where to start digging. When you finally find some good meshed music, trust me, you'll know it's legit when you hear it.



10 **LISTEN** to Eve Ensler, Obie Award Winning author of "The Vagina Monologues," speaking on: "Envisioning V-Day." Event will be held at Stanford University Nov. 14 at 7:30 p.m. Visit www.stanford.edu/group/IRWG for more information.

9 **JAZZ** up your Thursday! The Grammy winning jazz band, The Pat Metheny Group, are performing Nov. 14 at the Flint Center. De Anza students and faculty can get \$10 off when presenting a valid DASB ID. For more information, call 408-864-8816.

8 **MISS** those puppet shows you used to love as a kid? The Stanford Drama Department will be performing "Measure for Measure," written by William Shakespeare, using sock puppets. Performances are Nov. 13 through 17. For more information and to purchase tickets, call Alison Duzbury at 650-723-2646.

7 **HARRY** Potter will be in Theaters Nov. 15. Join Harry, Hermione and Ron as they enter their second year at Hogwarts in the second of the Harry Potter series, "The Chamber of Secrets." For more information, visit www.harrypotter.com

6 **CELEBRATE** Hip-Hop History Month. Strap on your Adidas shell-tops and show off your footwork, start an emcee freestyle circle, or scratch your heart out on some turntables. Whatever your element, represent it this month!

5 **CHECK** out Momentum, an underground dance competition and BMX performance, Nov. 16 from 8 p.m. to 4 a.m. in San Francisco. Tickets are \$8 presale, \$10 at the door. For more information visit www.momodance.com

4 **SHOP** at the New Santana Row. The shopping center is now open with stores such as Gucci, Borders Books, Diesel and many more. For more information, visit www.santanarow.com

3 **THE EDGE** is back! Well not really. The Icon Nightclub has refaced their old restaurant into the new Edge Bar and Grill. Their new menu includes dishes named Iggy "Pop" corn shrimp, The Beatles pasta dish, or the Cameo (a.k.a. special of the day)! For more information, visit www.iconnightclub.com

2 **WATCH** a free screening of Timothy Linh Bui's Green Dragon on Nov. 14 starring Don Duong, Patrick Swayze and Forest Whitaker. For more information on the movie, visit www.greeddragonmovie.com.

1 **LA VOZ** still wants to feature your band. Send us your name, band's name, genre and contact information to: lavoz_entertainment@yahoo.com All entries must be received by Nov. 15. We can't guarantee all bands who enter will be featured.

Compiled by Maricar Mendoza and Karen Uyenco

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Exploring the world of Polka

DA student gains new respect for the misunderstood sound of polka

POLKA WHA?

It was the last story on the assignment board. The assignment called for a volunteer to listen to a specific genre of music, neglecting his/her own music, for an entire week and to produce a piece expressing the volunteer's experience. My hand shot up and I volunteered; I had no idea what I was getting myself into.



Julio Lara
STAFF WRITER

For a week, I hid away the CD visor that decorates my Nissan, emptied out my CD changer at home and devoted my ears to listening to a genre I never would have imagined listening to. I could have chose country music, but that was too easy. I already think The Dixie Chicks are cool and Garth Brooks is tolerable, at times. However, the genre that popped into my head and the one I chose was polka.

The first challenge was

finding enough polka music to last a week. Luckily, my friend was happy to oblige and with the help of KaZaA, we were able to create "Polka Dance Mix 2002." For a week polka played on my Alpine car stereo and on my Sony Entertainment system at home. It was a pleasurable torture and a humorous one as well. I remember driving down the

streets of Oakland, with the windows down and polka blasting out of my speakers, heads turning in bafflement. The facial expressions were my Kodak moments.

I became my friends' worst nightmare and after about four days, it was hard for me to convince them to ride in my car. I was hooked, humming polka tunes

throughout my house, especially in the shower. Despite not wanting to enjoy polka, I couldn't help it.

Soon, I found myself realizing that polka is not that bad. I just never gave it a chance. The beats are catchy and serve as a refreshing break from genres like hip-hop which seem to simply duplicate beats. The only downside to polka music is that it lacks lyrics.

Don't think you'd like polka? Think again. Fans of heavy metal will find that the head banging associated with metal

can be incorporated with some polka music. As for hip-hop lovers, if they can incorporate samples of Indian music, why not polka?

I remember driving down the streets of Oakland, with the windows down and polka blasting out of my speakers, heads turning in bafflement.

Moreover, although polka can be enjoyable, a huge problem I had with it was that unlike other genres, the emphasis does not seem to be the rhymes or life changing lyrics. They base their music on having fun; I respect that.

However, I will not join the International Polka Association any time soon. Give me a good Foo Fighters record, all my Mana' CD's and a balanced mix of some good hip-hop and I'm a happy man.

My venture into the polka world was a successful one. I gained respect for a music that, until recently in gaining a respect for the music that until recently, I thought sucked. But if you hear the sound of an annoying accordion behind you, just know it is probably me. For some reason, my "Polka Dance Mix 2002" does not want to make its way out of my car.

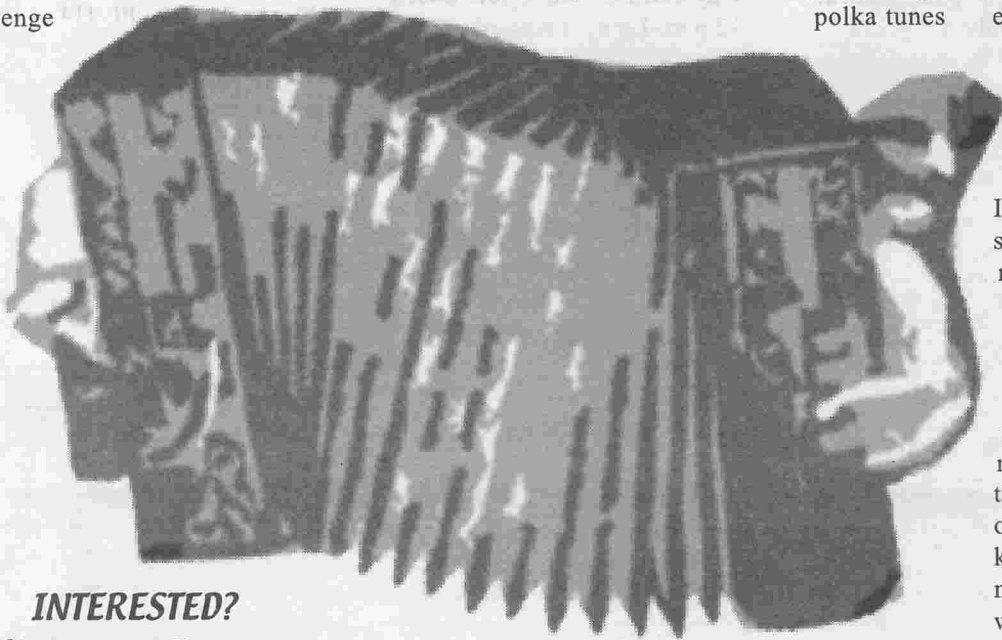
Polka is a genre of music that uses eclectic mixes of accordions and bass to make a melody that seldom carries any lyrical content. A Prague woman is credited with inventing it in 1860 and its popularity grew far and wide across Europe.

Later, when immigrants from Europe began settling in the eastern seaboard of the United States, they brought polka with them. As years passed and polka began gathering an American fanbase, the International Polka Association was created.

Now polka music lovers around the world converge once a year to give out the IPA Awards. The IPA was established in 1963 and settled in Chicago, Ill. where the love of polka is common.

Polka has a small yet very strong and loyal following whose fans often refer to it as the happiest music around.

Artists like Don Lipovac, Bob Matasy and Roger Bright enjoy much success in the polka community.



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Campus Activities and Events

Tuesday, Nov. 12

Chi Alpha Information Table
9 a.m.-4 p.m.; Campus Center Lobby Table #7

Child Development Centers
10 a.m.-2 p.m.; Campus Center Lobby Table #6

UC Transfer Partnership Program
10:30 a.m.-2:00 p.m.; Campus Center Lobby Table #5

Wrestling Appreciation Club Meeting
10:30 a.m.-12:30 p.m.; Meeting Room #1

Saltworks Christian Fellowship
11 a.m.-1 p.m.; Meeting Room #2

DASB Marketing and Comm.
11:30 a.m.-12:30 p.m.; La Margarita Room

Students For Justice Meeting
12:30 p.m.-1:30 p.m.; Student Council Chambers

Chess Club Meeting
1:30 p.m.-3:30 p.m.; Student Council Chambers

De Anza Speech and Debate Club
3:30 p.m.-5 p.m.; MQ 6

Pakistani Student Association
4:30 p.m.-6 p.m.; Student Council Chambers

Outreach
7 p.m.-9:30 p.m.; Student Council Chambers

Wednesday, Nov. 13

Jehovah's Witnesses
8 a.m.-9 p.m.; Campus Center Lobby Table #5

US Army
10 a.m.-2 p.m.; Campus Center Lobby Table #6

Chi Alpha Club Meeting
11:30 a.m.-1 p.m.; Student Council Chambers

GALA Information Table
11:30 a.m.-2 p.m.; Campus Center Table #8

Habesha Student Union
12 p.m.-1 p.m.; Meeting Rm. #2

Student Rights and Services Committee Meeting
12:30 p.m.-1:30 p.m.; Meeting Room #1

ICC Meeting
1:30 p.m.-2:30 p.m.; Conference Room A

Budget & Finance Committee
2 p.m.-3:30 p.m.; Meeting Rm #1

De Anza Anime Club
3:15 p.m.-6 p.m.; Forum I

International Connection Officers
3:30 p.m.-4:30 p.m.; La Margarita Room

Students For the Truth
3:30 p.m.-5 p.m.; Meeting Rm. #2

De Anza Dance Connection
7:30 p.m.-11 p.m.; PE 114

Thursday, Nov. 14

Notre Dame University
9 a.m.-1 p.m.; Campus Center Lobby Table #6

GAP Stanford Recruiting
10 a.m.-1 p.m.; Campus Center Table #5

MSA Promo
10:30 a.m.-12:30 p.m.; Campus Center Lobby Table #7

Wrestling Appreciation Club
10:30 a.m.-12:30 p.m.; Student Council Chambers

Chi Alpha Prayer Meeting
11:30 a.m.-12:30 p.m.; Meeting Room #1

Chi Alpha Club's Guest Speaker and Music
11:30 a.m.-1 p.m.; Campus Center Patio

International Connection Club
11:30 a.m.-12:30 p.m.; Meeting Room #2

MSA Club Meetings
12:30 p.m.-2:30 p.m.; Student Council Chambers

Students For Justice
12:30 p.m.-1:30 p.m.; Meeting Room #2

UNICEF Club Meeting
12:30 p.m.-1:30 p.m.; Meeting Room #1

De Anza Circle K Meeting
2:30 p.m.-3:30 p.m.; Student Council Chambers

Cuentos: Latino Performing Arts
3 p.m.-4:30 p.m.; California History Center

Phi Theta Kappa Honor Society
3 p.m.-4 p.m.; Santa Cruz Room

Cuentos: Latino Performing Arts
3:10 p.m.-5 p.m.; Forum 4

De Anza Speech & Debate Club
3:30 p.m.-5 p.m.; MQ 6

Grace Fellowship Club
3:30 p.m.-6:15 p.m.; Student Council Chambers

VSA Officers Meeting
4 p.m.-7 p.m.; Meeting Room #2

Asian Baptist Student Koinoia
4:30 p.m.-6:30 p.m.; Meeting Room #1

Friday, Nov. 15

ICC Officer's Meeting
11:30 a.m.-12:30 p.m.; Student Activities Conference Room

Gay and Lesbian Assoc. Board
12 p.m.-1 p.m.; La Margarita Room (off Fireside)

Computer Programming Community of De Anza
1:30 p.m.-2:30 p.m.; AT 205

Israeli Club (Jews, Israelis, and Friends)
1:30 p.m.-2:45 p.m.; Meeting Room #2

MSA Prayer Meetings
1:30 p.m.-2:30 p.m.; Meeting Room #1

Vietnamese Student Association (VSA)
1:30 p.m.-3:30 p.m.; Student Council Chambers

Indigenous Club
2 p.m.-5 p.m.; MCC 15

International Student Volunteers
2:30 p.m.-6 p.m.; L-26

Dance Connection Club
3 p.m.-5 p.m.; PE 11U

Saturday, Nov. 16

Dance Connection Club
1 p.m.-3 p.m.; PE 11U

Tai-Chi Wu Shu Club
2 p.m.-6 p.m.; PE 14

Sunday, Nov. 17

De Anza Dance Connection
7:30 p.m.-11 p.m.; PE 114

Information courtesy of
De Anza Student Activities Office.
For more details, visit
www.deanza.edu/studentactivities
or call 408-864-8756.



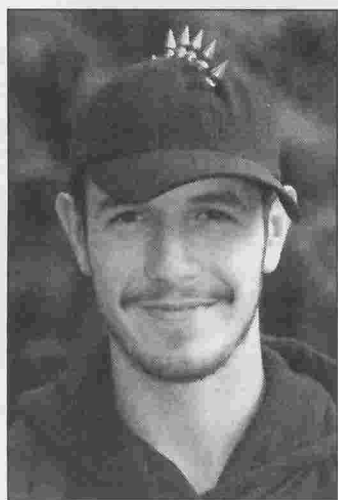
Carmen M. Lizardi-Folley,
Spanish professor

I've graded and been graded under both systems, and I prefer the plus/minus option. It benefits all students by motivating them to do their best. I think that the current grading system encourages students to set lower standards for themselves.

You get a "B" for either 79.5% or 89.4% work. Where's the incentive to do better? Even for lower-achieving students who are trying to improve their GPA, the plus/minus system can help by telling them exactly where they are — how much they've progressed throughout the quarters or when their lack of progress or decreased performance will reach a critical point.

All in all, the plus/minus system is about accountability, about getting a job done to the best of your capacity.

How do you feel about a plus/minus grading system?



Basel Baroudi

"The plus or minus is just a way to make you work harder for the next grade."



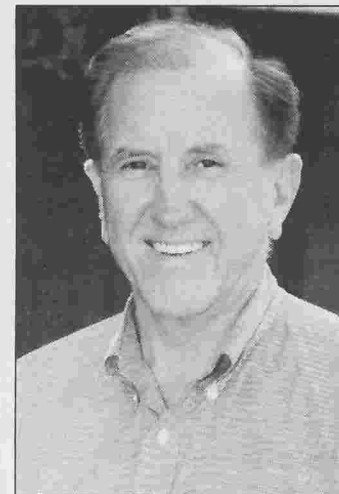
Christina Talbot

"I think it's ridiculous, because an A is an A; it doesn't matter that it's a minus. It should still be a 4.0."



Natalia Jeanpierre

"For the people who are doing very well, it will work for them."



Wendell Goesling,
Social Science instructor

"It's a non-issue because of the way I grade. The criteria is not a letter grade. The criteria is 'Am I getting an education?'"

HOOP IT UP! De Anza Basketball Preview

set into a league considered among the top in the nation, the Dons look to prove themselves worthy of competition

by **Reza Kazempour**
ASSISTANT SPORTS EDITOR

Canada College dropping its basketball program this year forces De Anza into the toughest league in the nation. As one of the three teams ranked in the Top Ten by the California Community College Men's Basketball Coaches Association in the Northern California division, the Dons have their work cut out for them this season. Along with #2 ranked Community College of San Francisco, #7 ranked Skyline College, and #9 ranked Chabot College in their division, Head Coach Mike Riley finds the league tough, but welcomes the challenge.

Finishing the 2001-02 season with an overall record of 22-9, the Dons know that it's going to be hard putting up the same numbers. Riley knows his team won't come close this season to last year's record, largely due to the competition in their new conference.

The season begins officially on Nov. 12 against Dominican College at De Anza. Soon afterwards they will play against Shasta College in the Shasta Tournament starting Nov. 14. A team that eliminated them from the playoffs last year in the second round, Dons hope to defeat Shasta as well as the six other teams in the tournament to bring back the tournament title.

"[As] soon as you lose a game, you forget about it and learn from the mistakes," said Riley on his approach toward Shasta in the tournament. Ranked #15 in last year's overall season, the Dons lost to #2 ranked Shasta by 84-64.

With five players returning this season, the Dons look better this season according to Riley. Returning players look to fill the shoes of forward Alex Kargbo and guard Casey Keegan. Riley looks to point guard Santos Benitez to control the pace of the game this season.

Forward Keith Miyakusu will post more outside the three-point line this season. With a 31 three-point shooting percentage last season, Miyakusu hopes to take more shots this season.

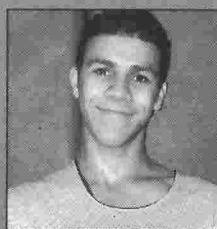
The Dons' twin towers, centers Dario Burns and Daniel Logan, will provide much of the defense as well as contribute on the offensive attack. Making 187 field goals out of 364 attempts, the two centers posted an average 51 field goal percentage.

A healthy roster this year allows Riley to play around with the line-up when different situations arise in the game. With a dependable bench to work with, Riley will have more options to look forward to if faced with problems in the season to come.

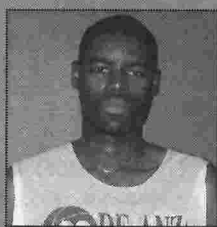
"We play fast breaking up tempo basketball this year. This is dictated by the defense. Everything changes year to year based on the type of players we have," said Riley. With fast and dependable players on the roster, Riley is hopeful to speed up the tempo of the game.

In his eight years of coaching basketball at De Anza, Riley teaches his team the offensive fundamentals. Riley looks to Assistant Coach Dennis Zaballos to teach the team defensive skills. Coaching for 30 years, six at De Anza, Zaballos is considered to be the best assistant coach in California, according to Riley.

Starting Five



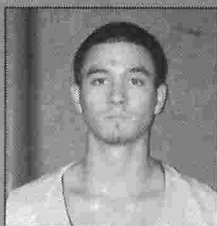
Santos Benitez
Guard



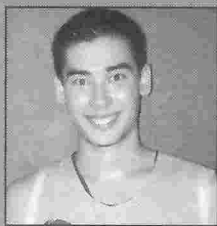
Dario Burns
Center



Daniel Logan
Center



Todd Martinez
Forward



Keith Miyakusu
Forward

Reza Kazempour (5)/ La Voz

2002-2003 Roster

#12	Santos Benitez	Guard	Height: 6'	Weight: 185
#25	Sam Angervil	Guard	Height: 6'1"	Weight: 200
#10	Todd Martinez	Forward	Height: 5'10"	Weight: 160
#14	Prince Benitez	Forward	Height: 5'10"	Weight: 165
#20	Keith Miyakusu	Forward	Height: 6'2"	Weight: 190
#22	Rondell Howard	Forward	Height: 6'2"	Weight: 180
#23	Sam Pfifer	Forward	Height: 6'2"	Weight: 210
#24	Kwame Thomas	Forward	Height: 6'3"	Weight: 210
#42	Carlos Santos	Forward	Height: 5'10"	Weight: 180
#30	Matt Campbell	Center	Height: 6'6"	Weight: 220
#32	Dario Burns	Center	Height: 6'5"	Weight: 200
#34	William Myles	Center	Height: 6'1"	Weight: 180
#44	Danny Blackmon	Center	Height: 6'4"	Weight: 220
#50	Daniel Logan	Center	Height: 6'7"	Weight: 240
#52	Steven Butler	Center	Height: 6'4"	Weight: 225

2002-2003 Roster

#3	Zuleeka Mohammed	Guard	Height: 5'7"
#5	Marcia Robles	Guard	Height: 5'7"
#10	Rose Abiang	Guard	Height: 5'5"
#11	Vess Jimenez	Guard	Height: 5'5"
#12	Shericka Frierson	Guard	Height: 5'7"
#21	Monica White	Guard	Height: 5'8"
#23	Kelly Brakin	Guard	Height: 5'8"
#24	Justine Stagi	Guard	Height: 5'8"
#32	Marissa Vigil	Guard	Height: 5'7"
#34	Lindsay Webb	Guard	Height: 5'8"
#14	Ashley Denney	Forward	Height: 6'
#15	Maryann Wahhab	Forward	Height: 5'8"
#22	Aisha Sullivan	Forward	Height: 5'8"
#30	Alicia Ingram	Forward	Height: 5'10"
#33	Daynelle Parker	Forward	Height: 6'1"
#35	Muna Hamouie	Center	Height: 6'1"
#44	Amber Hall	Center	Height: 6'3"

Starting Five



Muna Hamouie
Center



Daynelle Parker
Forward



Zuleeka Mohammed
Guard



Aisha Sullivan
Forward



Lindsay Webb
Guard

Photos courtesy of www.thda.edu

emphasizing on the fundamentals of the game, Gervasoni hopes to prepare his team for a fierce competition in the season to come

by **Stephanie Strawhacker and Reza Kazempour**

STAFF WRITER AND ASSISTANT SPORTS EDITOR

The Dons women's basketball team entered the playoff last season seeded #24 and were ousted in the first round by #9 Shasta College. However, De Anza is the only Northern California community college that has made it to the playoffs every season, an accomplishment that's very hard to keep alive.

Co-captains guard Monica White, guard Lindsay Webb, forward Aisha Sullivan and center Muna Hamouie look to lead the way to a state championship title.

Averaging 10.9 points per game last season, Hamouie is a force to be reconciled with. Standing 6'1", teammates will look for Hamouie a lot this season inside the key. The only player to start all 32 games, Hamouie will be looked to again to deliver another dependable season this year.

Forward Daynelle Parker, second on the team in scoring with an average of 9.9 points per game, had an impressive season with a 42 percent field goal percentage.

The Dons averaged 57.2 points per game last season. With the opponents outscoring them by nearly 2 points a game, the Dons look to their freshmen guards to control the ball when it's needed most.

Five of the games were decided in the

last 20 seconds last year in favor of opponents. The Dons look to freshmen Lindsay Webb, Shericka Frierson, Marcia Robles to provide the team with control of the game this season.

The Dons rely on the bench to provide the team with support when the tough games come. With players out last season due to injuries, the bench wasn't as strong as this season.

"There isn't a big distinction between the starters and the second string," Head Coach Mike Gervasoni said.

Since De Anza works on the quarter system, Gervasoni needs to make sure freshmen have the fundamentals down before December rolls along. Behind the starters, the Dons have to work quickly to bring their level of competition equal to colleges that have started practicing early. Many of the teams in their conference work on the semester system.

With 10 freshmen on board the squad this year, Gervasoni hopes to have his team competitively ready by early December.

Coming off a successful recruiting in the off-season of 10 freshmen, the De Anza women's basketball team looks to ready players for future basketball careers.

Assistant coaches Marlin Arcene, George Molinia and Toni West will assist Gervasoni in preparing their players to compete on a collegiate level this year.