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OPINION

Governator seeks to terminate unhealthy lifestyles

By TONY C. YANG
Layout editor

Gov. Arnold Schwarzenegger wants to terminate junk food, and he wants to do it with extreme prejudice.

"We in California this year are introducing legislation that would ban all the sale of junk food in the schools," Mr. Schwarzenegger said, during his very own body-building contest last week.

To replace the "junk" he would fill vending machines with healthy food like fruits and vegetables (pears and Brussels sprouts, anyone?). To be honest, I am more enamored with the idea rather than the implementation of his plan, but I wish him all the best forcing salads down on cranky teenagers.

Some state legislators are in support of this revolutionary student diet plan. A recently introduced bill aims to ban soda at all public schools and perhaps even snacks such as chips. Previously, a similar soda ban in schools passed by former governor Gray Davis exempted high schools, but it was met with little success.

The problem is that many school districts across the state and indeed across this ever-expanding nation, are indebted to soft drink companies for a portion of their funding (Ohlone included). By preferring one brand of carbonated sugar water over another, schools effectively give their charges no choice between "Obey Your Thirst," or "Do the Dew." And who gets all the money? Certainly not the hyper-

caffeinated kids.

"We have to find other ways of raising money and there are other ways," said Schwarzenegger. "Right now that is the only way the schools know. I always say don't complain unless you have a better idea." Well, he's complaining now.

His issue isn't mere politics; as a nation, we are getting heftier-let's face it - from documentaries such as "Super Size Me," to TV shows such as "The Biggest Loser" and "Fat Actress," the obesity phenomenon is spreading and becoming mainstream.

According to the National Institutes of Health, a third of Americans are overweight, and 4.7 million children between 6 and 17 are obese. For the record, according to netdoctor.co.uk, obesity is a dan-

gerous medical condition that is characterized by "increases (in) the risk of obesity-associated diseases and mortality."

A few years ago, before Schwarzenegger became our governor, he gave an interview where he talked about the greatest danger to California's children- not poor test scores, gangs or STDs- but "The vending machines in the schools."

"I think that the junk that is being offered in the schools is really bad news for our children-our future," he said. "Many schools use junk food and things that are absolutely horrible for children's health in order to raise money. The irony is that you destroy the health of hundreds of children in one school by raising

money with vending machines for the limited few who are on the football team."

For a former meathead and self-admitted steroid user, the governor makes some compelling arguments. As a seven-time Mr. Olympia, I think he has a good idea of what's healthy.

However, some tough remarks and a modicum of support does not make a mandate. We must all look hard at the question of how much governmental control of our lives we are willing to take. Yet we cannot ignore childhood obesity anymore - we must all start paying attention.

As Schwarzenegger pointed out, "It's not a Republican issue or a Democrat issue. It is a children's issue."

Don't shoot me, I'm just the messenger, and other cliches

By JESSICA LOSEE
Staff writer

They don't say "give it the old college try" for nothing. Students at any school literally live and learn, although the living part is stretched thin. Face it, all people related to a

college in any way are skating on thin ice in some way in their life. Students strive to make the grade, but are sometimes unable to hit the broad side of the barn in their academics. Few would consider Ohlone to have such a huge impact on students.

You can't judge a book by its cover. Really, would Ohlone by

any other name, smell as sweet? No matter what, Ohlone will always remain representative of the thousands of students who "got schooled" here. Hundreds of students, teachers, and staff come daily to make a mountain of a molehill up at Ohlone, all fighting similar battles, but no stone is left unturned, no student goes without a book in

his bag. All commune on this sacred hill with grass tumbling over its slopes as thick as a London fog, which I might say we also have.

It is true that many hands make easy work; so when you have a free hand, think about Ohlone. Ask not what your community college can do for you, but what you can do for your community college. Then

know that when you do put out a helping hand, you are aiding someone like yourself, in a situation you might face already, or perhaps later in life. For many, it is a battle fought uphill, both ways, for five miles in the snow, with no shoes on. But opportunity doesn't knock twice; so keep your chin up and keep on

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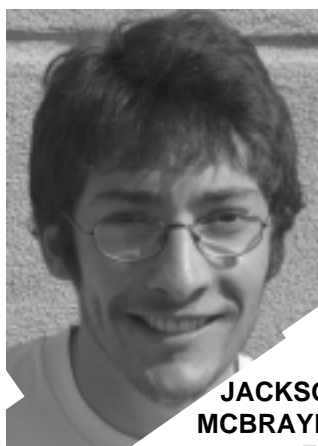
CAMPUS COMMENT >>>

What do you think of President Treadway's decision not to arm campus security officers?



JACQUELINE NAVARRO
Psychology

"I don't think it's the brightest decision."



JACKSON MCBRYER
Film

"I don't think we ever needed armed security on campus."



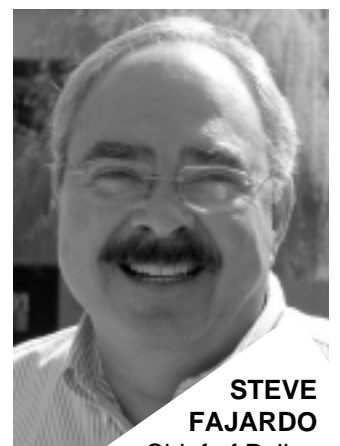
TERRY WANG
Computer Science

"It is great! Our campus is a closed community, we don't need guns."



DANNY BRITON
Undeclared

"If security have not used guns yet, there is no point anyway."



STEVE FAJARDO
Chief of Police

"I support the President's decision."