

# Ohlone educates students on sustainability

By **MORGAN BRINLEE**  
Features editor  
and **NOAH LEVIN**  
Staff writer

At the latest Brown Bag Science Seminar, students and faculty alike were informed about various modern environmental issues and Ohlone College's role in helping the environment. The seminar, titled "Leading by Example: Environmentally Sustainable Goals for Ohlone College", was presented by biology instructor Jeff Watanabe last Friday.

The seminar's central theme was sustainability. Sustainability, Watanabe explained, is the meeting of the needs of the present without compromising the ability of future generations to meet their own needs. This means living in a way that doesn't negatively affect the people of the future. "Now this idea makes perfect sense. You don't want your children to have a worse world, or a worse environment, than the one you grew up in," said Watanabe at the beginning of his speech. Watanabe brought up goals to work towards better sustainability, the dangers we face as a society if we don't take care of the environment and the results of our current environmental habits and policies.

One of the broad goals Watanabe set forth was to "minimize environmental impact while maintaining quality of life," meaning that our society needs to strive to find new ways of feeding and providing for itself while not causing adverse damage to our environment and, therefore, our world.

Watanabe then showed slides of various coastal regions throughout the state that helped to drive his point home. He commented on the environmental challenges he observed in Morro Bay, Santa Barbara, Mendocino County, Lake Tahoe, and San Francisco. "[The San Francisco Bay Area] used to have 17 fisheries...Now there are



Photo courtesy of Director of College Relations Patrice Birkedahl

**Ohlone President Doug Treadway standing amidst the now covered geothermic coils at the Newark Center's construction site. The coils are just one of the many environmentally friendly features of the new campus.**

zero." In addition to depleted fisheries in the Bay, the few fish that can be found are hardly edible due to massive amounts of mercury contamination. "By looking at the environment a little more critically...we can see how we impact natural settings," Watanabe noted. "There is still cyanide leaking out of mines from 150 years ago," he said critically of environmental damage in the Lake Tahoe region.

Watanabe then touched upon our planet's ever growing population, noting that it will only take roughly 10 years to add 1 billion people to the Earth's total population. "From the beginning of human existence... until 1800...it took that long to add 1 billion people." The United Nations' Population Division now expects the total population of Earth to reach 8.9 billion in 2050.

This was followed by mentions

of glacial melt, our usage of resources and how best to support our growing population. Watanabe said overcoming these problems will require non-traditional thinking, as well as conservation efforts and innovation to spur on new ways of living according to Watanabe.

Tying Ohlone College into the seminar at the end, Watanabe stated that we as a community have a responsibility to set an example with our already "Green Campus" and currently under-construction Newark Center for Health Sciences and Technology which has already met the United States Green Building Council's Gold Level Leadership in Energy and Environmental Design (LEED) certification standards.

The Newark Center will be the first fully energy-sustainable campus in the U.S and has been

called a "campus of the future" by Ohlone College President Doug Treadway.

One environmentally friendly feature of the Newark campus will be the use of closed loop ground heat exchanges, otherwise known as geothermal ground coils. These coils will be used to heat and cool the building.

Geothermal coils have yet to be used as an energy source in the Bay Area, but are popular in regions with more extreme weather conditions such as Canada and the Mid West. Treadway could not be more enthusiastic about the environmentally friendly coils. "It's pretty neat that maybe we are going to show people a new way of preserving energy," said Treadway.

At the Newark campus, there are 26 miles of geothermal coils covering approximately four and a half

acres of land behind the halfway constructed Newark building. The coils are filled with water that is kept at a constant temperature of 50 degrees. Fans run by the buildings 2,500 solar panels extract heated air from the building and return it at a cooler temperature. Air is also filtered and reconditioned through an air filtration system. "A lot of thought has gone into this," said Treadway.

This is not the only environmentally friendly aspect of the Newark center. Much of the buildings planned materials will be made out of recycled content. The building's insulation for example is made from recycled denim jeans. Ohlone is also planning on installing the largest solar power collection system in all of Silicon Valley. Drought resistant landscaping and ergonomic furnishings are also in the plans for the Newark Center.

The college hopes to recoup the extra money put into building costs with the money saved on future operating costs for the Newark Center. "Millions will get saved," Treadway said. "It's good business, it's not just about being politically correct. It might cost five percent more than normal construction cost because of energy proficiency but it will save money in the long run."

The idea of using geothermal coils was originally recommended by Steven Williams, the lead designer for the Newark Center. "We sat down and thought what would be the alternatives we have to producing our own energy," Treadway said. Treadway is also looking into creating an environmental studies curriculum to be put into place at the Newark campus and adding an environmental studies degree.

The next Brown Bag seminar is titled "The Physics of Music" and will be presented by Astronomy instructor Charles Hepburn. The seminar will be held in Room 3201 on Friday, Oct. 6 from 1 to 2 p.m. The event is open to the public and refreshments will be served.

## Get depression screened

By **ERIC DORMAN**  
Staff Writer

Are you feeling a little down? Do you have low energy or a poor appetite? Are you worried it might be depression?

You'll be able to find out at Ohlone's Nation Depression Screening Day on Thursday Oct. 5. This year, the event extends to the evening as well as the morning for the first time, lasting from 10 a.m. to 2 p.m. and from 4 to 8 p.m. It will take place at the Student Health Center in Building 16.

Depression is most common in adolescents and young adults, said Coordinator of Personal Counseling Services Rosemary O'Neill. Although the condition can be treated, many people want to handle it on their own, thinking that getting treatment means admitting their weaknesses. "We want to remove the stigma that is attached to getting treated," said O'Neill. "Depression is something that happens to people, and it's very treatable."

Students can be particularly sus-

ceptible to depression, said O'Neill, especially with all the academic pressure that is placed on them to succeed.

National Depression Screening Day is part of a nationwide program to screen for depression in colleges, universities and high schools. The event always takes place in October, which is National Depression Month. The event, which Ohlone has been putting on for about ten years, usually draws 50 to 70 students, said O'Neill. Occasionally, physiology teachers bring their classes in as well.

On the screening day, interested students are encouraged to fill out a quick 15-minute questionnaire, said O'Neill. The questionnaire has four parts: a general depression screening segment, a segment that tests for bipolar disorder, a segment that tests for anxiety disorder and a segment that tests for Post Traumatic Stress Disorder (PTSD). Each segment is composed of simple questions, like "are you feeling low on energy?" and "have you been feeling hopeless?" that students must answer

judging by their feelings over the past two weeks.

O'Neill, as well as Director of Student Health Services Sally Bratton, go over the questionnaires and determine whether or not the student in question may have depression and, if so, which kind. Bratton or O'Neill will then talk with the student, and try to figure out a little more about the depression so they can treat it. They will also try to determine the extent to which the student is depressed.

"We all have a blue day now and then," said O'Neill, "but I find out, 'how blue is blue?'"

O'Neill said that she or Bratton will usually try to talk out the issues with the student. Very rarely will Bratton prescribe a medication. Instead, they will try to work it out emotionally. "Emotional help is really imperative," said O'Neill.

Overall, said O'Neill, the event is designed to educate people about depression, as well as to treat it.

"We're really making an effort to educate the whole population, that it's okay to get help."

## Language barriers

*continued from Page 2*

Maybe your attitude towards people and your openness to them change once you learn their language. To tell the truth, I wouldn't be surprised if the girl was deaf as well-she hadn't said a single word aloud for the entire bus ride, not even while signing.

But even if she was deaf, it just goes to show what a closed society it is for those who speak a language uncommon to one's society. Perhaps, meeting that rare someone who also spoke the language forced them to converse with each other, to escape the loneliness of speaking a language few understand.

Personally, I despise taking secondary language classes; it is a lot of work and requires much dedication and practice. But I now fully understand how important it is to be able meet new people without walking away, thinking, "I didn't speak the language."

## Pretentious pundits

*continued from Page 2*

no impact on votes cast. The similar, underqualified screeching of television pundits on either side occupies time better spent covering issues more critical to their audience. Considering many people depend solely on TV for news, the actions of Olbermann and pundits like him take away from time better spent covering issues like the Iraq War.

In any case, ten minutes of TV isn't time enough to settle any issue. If or not Clinton tried, or in the big picture, if the Bush Administration can keep America safe, is too much for any one TV pundit to decide. So please, Olbermann, O'Reilly, Limbaugh, Malkin, and Coulter, don't pretend you can.