

Book Club to discuss 'Fast Food Nation'

By **FRANKIE ADDIEGO**
Staff writer

This semester, Ohlone College's Book Club will be discussing the fast food industry exposé "Fast Food Nation: The Dark Side of the All-American Meal" by American journalist Eric Schlosser. Chosen as this year's selection by professor Mark Brosamer, the book criticizes the fast food industry, from their marketing practices to the methods used in raising livestock. "It made me cringe any time I drove by McDonald's," Brosamer said.

The book was chosen to motivate people to examine not only the medical implications of fast food, but also the sociological ones. "Food is political," Brosamer said, "one interesting thing about McDonald's is that it was the first [fast food establishment] to introduce playgrounds... and tap into the 'nag factor.'" The 'nag factor' uses children to persuade or force parents into spending money.

The book, which grew out of serialized columns from "Rolling Stone" magazine, has been highly regarded in anti-global circles. "I chose this book, partly because of the popularity, not just of the book, but also the popularity of the movie 'Super Size Me,'" he said, referring to a recent documentary that similarly takes on McDonald's.

While "Super Size Me" has been released to considerable acclaim, a movie based directly on "Fast Food Nation" has premiered at the Cannes Film Festival, and will arrive in theatres on Nov. 17. The Book Club will hold its discussion on the book that day from 3 to 5 p.m. in Room 1307.

"Fast Food Nation" is the first non-fiction book to be analyzed by

the Book Club. In the past, the club has examined novels such as "The Three Musketeers" by Alexandre Dumas, and Neil Gaiman's "American Gods." In Fall 2005, the book club-in conjunction with the theatre department-held a discussion about the Moisés Kaufman play "The Laramie Project."

Ohlone's Book Club has been on campus for about three years. According to club member K. G. Greenstein, it's "a way for faculty and staff and students to talk about a book," she said, "the book club forces you to read books you might not otherwise read... there aren't any tests or anything."

Asked for her thoughts on the current selection, she said, "I haven't read it yet but I look forward to [it]."

Copies of "Fast Food Nation" are available in the library for \$11.

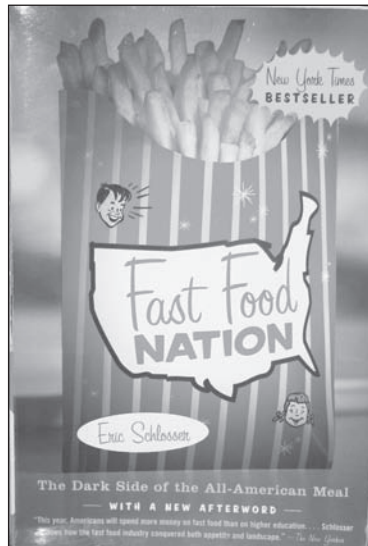


Photo by Christa Meier

The exposé 'Fast Food Nation' was published in January 2001. A young adult's novel and a film based on the popular book are to be released this fall.

ASOC hosts 'Meet the Candidates'

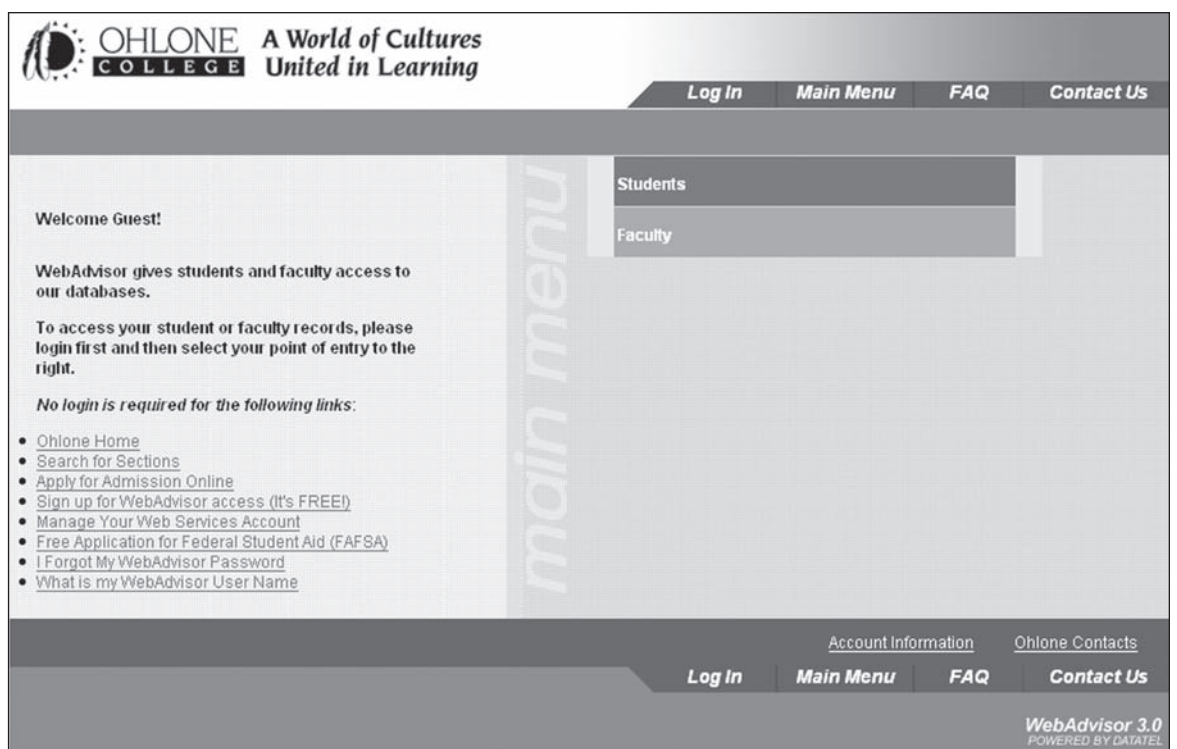
By **MANIKA CASTERLINE**
Staff writer

Only two candidates running for an Associated Students of Ohlone College (A.S.O.C) executive office showed up to the candidate forum held on Sept. 27, although there are seven individuals running for political office. The forum was relocated from the Quad to the Palm Bosque due to the current construction occurring around campus.

Two out of the three presidential candidates addressed a small group during the ASOC hosted Club Day event. Presidential candidate Aisha Wahab spoke of her personal background as well as the experience she has from serving as ASOC secretary previously. She also discussed how she hopes to advance student priorities through the ASOC if she wins the presidency.

Candice Kirk, another presidential candidate said, "My desire for all of you at this college is of course to challenge yourself, but also have a place that inspires you to take effective action in your lives, communities, and the world around you. There is no action like the action you attend to right now, not tomorrow, not a week from now, today, and every moment that drives you. This election is not about me, or him, her, or they. It's about creating a basis for unity. This ship carries on when everyone kindly, yet assertively, does their part."

The elections will be on Oct. 3 and 4 from 9 a.m. to 2 p.m. and again from 5 to 7 p.m.



The new look of Ohlone's WebAdvisor as of Sept. 21. Sleek, simplistic and functional.

WebAdvisor gets facelift

By **MICHAEL ABURAS**
Staff writer

Students and faculty may have noticed a sleek new look and smoother performance from the latest version of WebAdvisor, blue accents and Ohlone green borders.

Datatel, the company that publishes the on-line application, made it a requirement to use the updated version. To transition to the new version, the Student Services, Business Services, Admissions and Records, Financial Aid, Counseling, College Relations and Information Technology (IT) departments came together to create the Web Advisor Implementation Team (WAIT) composed of one member from each depart-

ment. The team met once a week to discuss the upgrade, analyze what the project's needs were and conduct the final testing.

A second upgrade to WebAdvisor will add additional modules for administration staff. Users will be able to fill out absence sheets and process invoices online. Another future addition to Web Advisor will be the ability to post individual announcements for students and faculty. Student services will stay the same for now.

Due to the change, the application has increased efficiency, speed and old glitches have been ironed out. "A previous glitch was if you hit the submit button more than once, because you're impatient, it

would time out," said Les Hedman director of IT.

The issue with the back button has been resolved. If a student or faculty member is in the middle of a session and hits the back button, WebAdvisor will no longer time out.

Additionally, the time out lengths have been changed from 10 to 20 minutes for students and 15 to 30 minutes for faculty to allow users more time to access services without being logged out.

The updated version of WebAdvisor has been online since Thursday, Sept. 21. For answers to questions about WebAdvisor call the help desk at extension 7333 or go to <http://help.ohlone.edu>.

Health Center to get shots for flu season

By **ERIC DORMAN**
Staff writer

Students interested in fending off the flu this season will soon be able to get vaccinated at the Student Health Center. About 100 shots will be available.

The vaccine will cost \$15 for students and \$20 for faculty. All students and faculty can get a vaccine, although nursing students in particular are encouraged to get one, said Director of Student Health Services Sally Bratton. The vaccines are scheduled to be in by the end of October, she said.

The program is aimed particularly at uninsured students who wish to be vaccinated, as well as health science students. In general, Bratton said, anyone with a compromised immune system, such as the elderly, and anyone with asthma, heart disease or a chronic illness, is at risk. Anyone can benefit from getting the flu vaccine, though, said Bratton. "It's for anyone who wants to protect themselves."

Influenza, commonly known as the flu, is a contagious respiratory illness that affects between 5 and 20 percent of the U.S. population every year, hospitalizing about 200,000 annually, according to the Centers for Disease Control and Prevention (CDC). Symptoms include fever, tiredness, headache, sore throat and

muscle aches.

Students can avoid these symptoms in the first place, though, said Bratton, by following basic hygiene advice such as not sharing pencils and washing one's hands after touching things like doorknobs and shopping cart handles. Another way to ward off the flu is to take plenty of vitamin C. Bratton recommends 1000 mg for men and 500 mg for women.

Flu season typically lasts from the middle of November to March, although it is usually not at its worst until December. The best time to get a vaccine is in October or November, but even a late shot in December can help. This year's flu season, though, is not expected to

be as bad as in past few years.

The program of providing flu shots for the campus has been going on for about ten years now, said Bratton. However, the numbers of shots have varied over the years, from as low as 50 to as many as 300. The student health center gives out a variety of vaccines every year, everything from hepatitis shots to tetanus to whooping cough vaccines.

These vaccines cost \$15 to \$20 and are also paid for by Student Health fees, which run about \$15 per semester.

Students interested in getting a flu shot may go to the Student Health Center at Building 16 or call the center at 659-6258.

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