



Associated Collegiate Press /
National Scholastic Press Association
All American

1984	1985	1986
1987	1988	1989
1990	1991	1992

Regional Pacemaker
1988

Journalism Association
of Community Colleges
General Excellence
Fall 1994

General Excellence
Fall 2000

General Excellence
Fall 2004

General Excellence
Fall 2005

Editor in chief: Anna Nemchuk
News editor: Eric Dorman
Opinion editor: Michael Aburas
Features editor: Emily Burkett
Sports editor: Tomas Ortega
Photo editor: Dan Yuan
Online editor: Matthew So
Staff writers: Vanessa Baumann, Inez Black, Andrew Cavette, Brian Chu, Insiya Ginwala, Barry Kearns, Richard Killeen, Margarita Kitova, Elise Leon, Danielle McDowell, Kaiser Meer, Jerome Nepacena, Lila Salinas, Kathy Sung.

Graphics staff: Nick Bakovic
Photo staff: Jack Husting
Ad manager: Danelle Meyer
Adviser: Bill Parks
Printer: F-P Press

Please
recycle
the Monitor



Offices are located in Room 5310 on campus, 43600 Mission Blvd., Fremont 94539-5884. Call (510) 659-6075. Fax: (510) 659-6076. E-mail: monitor@ohlone.cc.ca.us

Opinions expressed in the *MONITOR* are those of the respective authors and are not necessarily those of the staff, the college or the Associated Students of Ohlone College. Unsigned editorials reflect the majority view of staff members. Advertising material is printed herein for informational purposes and is not to be construed as an expression of endorsement or verification of such commercial ventures by the staff or college.

The *MONITOR* is funded by the district, by the Associated Students of Ohlone College, and through advertising revenue.

The *MONITOR* is a member of the Associated Collegiate Press, Journalism Association of Community Colleges, Community College Journalism Association, California Newspaper Publishers Association, College Media Advisers and Society of Newspaper Design.



OPINION

If you're not in a relationship, you're still normal

By ELISE LEON
Staff writer

Why does society have the idea that if a girl does not have a boyfriend or significant other, she's worthless? And if she's not sexually active - she's odd?

First off, it's pathetic for modern society to believe that being single is shameful. Not to sound like a complete feminist, but the fact that I've read at least four MySpace bulletins today from girls stating that they're basically useless since they're single is truly sad. It shouldn't be like this.

As for sex, it should be a girl's choice to be active or not - period. It's too bad the media doesn't sup-

port this. Most television shows currently on air are about nothing but characters hooking up.

Let's take *Grey's Anatomy* as an example. I like the show, but the message being sent out to the audience is that it's okay to have random sex (even if you're married or in a relationship with someone else) with random people because you're confused about your work, family life or just about anything in general.

Or look at MTV's hit "The Real World" and its simple plot, putting seven strangers in a house to see who goes to the night club, gets drunk and hooks up the fastest, while fighting each other over touchy subjects like homosexuality, sex

and relationships.

Magazines are no better. Publications like *Cosmopolitan* and even the young teenybopper magazines like *Teen Vogue* and *Seventeen* offer examples of hook-up pressure; they run articles for readers of all ages titled "Where to meet hot guys" or even "How to pick him up."

There are always plenty of articles on how to get that special guy and have a "fling," yet hardly any articles on how to maintain a 3.0 GPA or higher.

What about truly important issues, like what's going on in the world? There is never a political column in these magazines!

It's no wonder our younger generation is so uncultured; we're way

behind our counterparts in other countries when it comes to the important parts of our education.

Back to the MySpace bulletins; the fact that people my age are starting to sound as if they're getting old and absolutely need a guy or its over is just plain brainless.

Statistics show that the average age at which males get married is 26.9, while for females, it's 25.3. Maybe this is the reason why our divorce rates have increased.

Many people are getting married soon after they receive their diplomas. I feel that at that particular age we are not yet capable of knowing exactly what we want in our lives; we are not fully mature enough to decide if the person we are dating in

high school or maybe even college is the right one.

"For every two marriages that occurred in the '90s, there was one divorce," according to the University of Missouri. Might this be because we are in such a rush to get to the altar that we do not care to see if the person we are engaged to is actually a good match for us?

Yes, it is nice to have a special someone in your life, but it's not the end of the world if you are not in a relationship. I just can't comprehend how girls allow peers and the media to have so much influence over their lives.

We are losing our grip on reality and what is truly important in our lives.

Having no regrets will cure your depression

By MARGARITA KITOVA
Staff writer

Even though I'm really, really bad at math, it is very easy to estimate that if you live to be - let's say 74 - you will have lived about 648,240 hours, including the time you've spent sleeping.

It might seem like a big number, but how many of these hours do we spend on school, work, TV or things we have to do but don't really enjoy?

I'm always asking myself about what things will matter in the end if I live long enough to see my life as a story.

The answer has always been the same - the memories of all the things

I've seen and done, the places I've been to and the people I've met.

For instance, I was just getting really bored and a little depressed with my days, which had all started to look the same, when I got a free round-trip airplane ticket, and the next thing I knew, I was going to New York.

Depression and anxiety are the most common mental health

problems in young people. Studies say depression is associated with increased levels of alcohol, cigarette and other illicit substance use, lower levels of self esteem and increased levels of risk-taking behaviors.

I think a lot of things can leave you feeling depressed - negative thinking, complicated relationships with family, friends and loved ones, dissatisfaction with work, school

- you name it.

The point is how we deal with these problems. As Mark Twain once said, twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did.

So untie the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.

CAMPUS COMMENT >>>

What's the worst Halloween costume you've seen?



MEILANI BENAVENTE
Fashion

"Jack Skelington. I've seen him on big people."



JUSTIN LAU
Theater Art

"A guy sitting on a toilet."



SUKHPREET SINGH
Business

"A walking shoe."



SOFIA SHIPOTA
Business Communication

"A cutter. They just took lipstick and put it on their wrist."



ABDUL YASINI
Business

"This guy dressed as the Hulk."