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OPINION

# Soda pop is harmful to your children and health

By **INSIYA GINWALA**  
Staff writer

Although many people have already discussed this subject, I believe that it is important enough to bring up yet again.

You shouldn't drink soft drinks regularly, as they contain an awful lot of caffeine and sugar, which can actually leave you addicted.

Consumption of carbonated drinks is very harmful to your health.

It's hard for me to see the condition of people adversely affected by the regular consumption of soda

while knowing that in order to feel better, all they have to do is substitute soft drinks with more nutritious drinks like fresh juices and broths, water and even tea or coffee which, though generally still full of caffeine, at least cut out the sugar.

I think the worst thing of all is to see kids addicted to soft drinks become the victims of obesity and calcium deficiency at such a young age.

In India, for example, schools are not allowed to have vending machines.

The Indian government is very

concerned about the health of young students.

And recently, realizing the harmful effects of soda, the U.S. government has announced certain measures intended to limit the consumption of soft drinks in schools.

Much research has been done on the harmful effects of soda, which include cancer, dental erosion, increased obesity and osteoporosis in women.

Additionally, exposing teeth to sodas for even short amounts of time leads to dental erosion and eventual enamel loss, according to the Janu-

ary/February Academy of General Dentistry's (AGD) peer-reviewed journal, *General Dentistry*.

Another problem is that people often assume that sugar is the only problem with soft drinks and consume large quantities of diet sodas instead.

But those versions contain phosphoric and citric acids, also big contributors to tooth decay.

Ohlone College also plans to take measures to limit the consumption of soft drinks.

According to Health Educator Sang Trieu, who works for the Student Health Care Development

Center at Ohlone, "I think there are two big things Ohlone can do to increase the awareness of the nutritional content, or lack thereof, of soft drinks: by making it visible, and, second, by offering healthier alternatives."

The latter strategy can bear fruit in many forms, including placing a vending machine that would include water and other beverages with a lower sugar content next to the soda machine.

This would help promote a healthier lifestyle for students and, hopefully, keep some of us away from the dentist's office.

# Our society is too consumed with copulation

By **ELISE LEON**  
Staff writer

Why is our society so obsessed with sex? We see it everywhere: from magazine articles in all major magazines to almost every television show.

There's one show that's particularly atrocious called "A shot at love with Tila Tequila."

First of all, who is Tila Tequila?

Oh yes, a person who is only popular on MySpace due to her raunchy pictures and tacky lyrics about, shall we guess - sex.

Some might say that watching her show to see which female or male contestant will have a shot at love with the aforementioned Tila is very entertaining. But we all know that these reality show relationships never work.

Two months to fall in love with someone is generally impossible. It's no wonder the majority of the

male population nowadays only cares about one thing.

Even shows that have nothing to do with it always have to involve sex in one way or another. For instance, the show "Boston Legal" is about big-shot, successful attorneys. However, they're always shown hooking up with random characters and this, unfortunately, keeps ratings up.

Or what about the show, "Desperate Housewives"? It seems to be deteriorating at a fast pace.

The show's beginning premise was unfaithful spouses; now it's more like musical sex partners. How sad that this is considered entertainment.

The days of "I Love Lucy" are long gone, but I still believe that it's sometimes better to leave some things to the imagination.

Yes, the times have changed, but maybe this is also why divorce rates are up.

I feel that due to what is shown on television and in magazines, sex

is presented as the most important thing in a relationship, which may be why so many relationships fail these days.

Whatever happened to loyalty, commitment and, most importantly, love?

By focusing on sex without also showing love, the media today impresses on young people that sex is not a big deal, when it really is.

So much so that it should be shared with someone you really care about, instead of just a hook-up.

## CAMPUS COMMENT >>> What is more valuable, time or money?



**BILLY HO**  
Undeclared

"Time, because you need time to make money."



**ROB KOSSAYIAN**  
English

"Money, because I'm turning in my time sheet."



**TATYANA HAMADY**  
Business Marketing

"I think time is more valuable than money."



**EVAN GRANT**  
Theater

"Time, there never seems to be enough."



**JOEL KIRK**  
Liberal Arts

"They both kind of go hand and hand."