



# Treadway reflects on past, hopes for the future

By ANNA NEMCHUK  
Editor-in-chief

At the end of his next-to-last semester at Ohlone, President Doug Treadway feels that everything is coming together.

There's the planned parking structure, for which the administration will present a developer to the Board of Trustees at the next meeting. The frontage property development opens for bids next week. A new baseball field is in negotiation. The nearly completed six-year accreditation study for the national Accrediting Commission for Community and Junior Colleges will also go to the Board.

"There's this real sense I have that these projects I've been working on the whole time I've been here are coming to a conclusion," Treadway noted in a recent interview.

Next semester, there's a major project in the works - the extension center in China - and an anticipated formal agreement with Cal State University East Bay. "I've been meeting with their president. It will probably include something about international exchange [and] a bachelor's degree in environmental science [and nursing] that could be offered all or in part at the Newark campus.

"I call it collaboration - we've always had cooperation - but this

is actually joining our programs together. Next fall, we'll have the environmental science degree; it'd be possible for a student to go to Newark and do the whole four years there and get their bachelor's degree there.

"We might be the second or third in the Bay Area to do this [type of agreement]. We have the new campus and the facility and the labs for environmental science, more advanced than even the university has." Students going to work for a biotech company as a technician or a hospital as a nurse can advance their careers while working for the same employer.

As for his successor, Treadway

has one wish - "I'd like to see the really good things we're doing continue." When asked about any other changes he might recommend, Treadway smiled. In his five years here, "if there was something major I thought should have happened, I would have already raised it. I think we're one of the better community colleges and I have every confidence that we'll keep doing those things."

For example, Treadway hopes that someday all seven high schools in the area will participate in the College Connection program. "That would be an example of something that's been going well and could expand."

Personally, Treadway is looking forward to spending time with his family, working part-time and volunteering. Denying any set plans, he expressed interest in international consulting and volunteering opportunities. "Those kind of things will start to pop up. Some I'll go after, some will come to me; we'll see what happens. It's going to be fun."

Any regrets? "No. You know why? Because I never do that about anything. It doesn't do any good to worry about the past. You can't change the past; you can learn from it. But I'm basically the kind of person who lives in the present. And that's been my philosophy."

# Nutrition study shows students badly informed

By BRIAN CHU  
Staff writer

Ohlone students lack knowledge about obesity and food serving sizes, according to a recent study by Nutrition Instructor Jassi Kaur and her nutritional studies class. Survey evaluators went out and questioned 110 random persons from the Ohlone population.

A survey analysis done by nutritional students Erika Caoili and Vasudha Singh stated that although

the majority of students knew what obesity is and how to lose weight, most were uneasy and unfamiliar with its toll on children and teens.

They also did not recognize or acknowledge that the numbers on obesity are increasing at a staggering rate, especially among children and teenagers. Half of those asked had no idea what the different food groups were.

"The lack of knowledge of what causes obesity really shocked me," said Caoili. Her analysis of the sur-

veyed data concluded that obesity is a "consequence of awful habits of overeating, lack of exercise and being lazy."

The study notes the importance of portion control. "It is alright to enjoy food but it is important to do so in moderation. Between a small piece of cheesecake and two large slices, the taste remains the same," said Kaur.

Kaur, who is a registered dietitian and Ph.D., wanted to remind students that it is important to be

conscious about weight control from a health standpoint and not merely for the sake of looks or fashion.

Singh and Caoili's study also focused on how to achieve a healthy weight: "under a physician's care, consider family history and fat distribution pattern, the history of the weight itself over a period of time."

The major factor in weight loss is achieving a balance between energy intake and output. To have

a proper balance, a person must be familiar with caloric values of food and physical exercise, as well as height and weight standards.

"Losing weight is possible and can be done by anyone who puts their mind into it," said Singh.

When asked what the most effective way to deal with obesity problems and health issues resulting from a diet lacking nutrition, "the old famous saying is true, prevention is better than cure," said Kaur.

# Ohlone to expand to China, India

By MARGARITA KITOVA  
Staff writer

Ohlone hopes to open an office in the Suzhou College of Science and Industry in China next year. The college in the city of Suzhou - commonly known as the Chinese Silicon Valley - is Ohlone's newest partner, along with Hong Kong University, which has a community college branch in Suzhou.

There are many Bay Area companies that have manufacturing plants in the city and there is already a lot of commerce and business between Fremont and Suzhou, said President Doug Treadway. Ohlone is the only American educational institution that has been invited.

Ohlone's relationship with Taizhou Radio and Television University and Taizhou Community College began in August 2004 when a delegation from Taizhou, China, visited Ohlone.

That visit was followed in November 2004 with a trip to China by a group of Ohlone personnel. From these meetings came an agreement between Taizhou and Ohlone to work together to enhance learning at both institutions.

The plan for next year, starting this spring semester, is to elevate the program from student and faculty exchange to maintaining our own office in China. Dr. Xisheng Fang, coordinator of Chinese programs, will be the director of Ohlone's office in Suzhou.

Taizhou Community College, in turn, will have its own office on the Newark campus, Treadway explained. In the college's center, students won't have to speak Chinese, although the interest at Mandarin classes is high.

Treadway himself is taking a Mandarin Chinese class along with Ohlone students.

The second exchange agreement is with Hongzhou Private University, which has sent delegations here and accepted Ohlone faculty members there. The third partnership in China is with the Shanghai College of Theater and Dance, also involved in student exchanges.

All of Ohlone's partner colleges in China have been invited to the opening of the Newark campus and several university leaders will be here Jan. 26 and 27 for a week-end conference on environmental education.

Ohlone also has a three-year partnership with Alliant International University in Mexico City and their headquarters in San Francisco. Alliant has the only English-speaking campus in Mexico City and has invited Ohlone to use it.

Language Arts Instructor Alejandro Wolpe is involved in setting up classes there. This program will make it possible for Ohlone students to go to Mexico City, complete classes in English and learn Spanish at the same time.

Ohlone is planning further sister college agreements with India, as well, and, more specifically, with Bangalore, known as the Silicon Valley of India. Representatives have already been invited by some Indian universities.

Mexico, China and India are the three most prominent countries on Ohlone's strategic plan for international college agreements. "These are the three main countries where the action is, but these programs are for everybody; they are accessible to the average student at Ohlone," explained Treadway.

# Animals provide therapy

By ELISE LEON  
Staff writer

The Psychology Club introduced participants to the world of Furry Friends, an organization that helps people going through personal issues and attending therapy with the help of animals, at a meeting last Friday. Four dogs were introduced at the meeting: Jazz, Montana, Bubby and Jesture.

Along with owner Phil Kopee, Montana, a golden retriever named after Joe Montana, has been a part of the Furry Friends group for approximately three years. "I retired and wanted to start volunteer work," stated Kopee. He described Montana as a high-maintenance dog who must have special dog food due to a high sensitivity to food ingredients.

Bubby, a greyhound owned by Mary Collins, has been a part of Furry Friends for about 10 years. He fell sick before a dog race but fortunately he and the litter were rescued. "I love working with

animals," said Collins, "It's very rewarding."

Their owners believe that Bubby and Jazz are related through a great-grandfather.

Jazz is also a greyhound who started racing at 8 months but, due to not turning well and running clockwise, was in jeopardy of being put down by the owners of the dog race when he was rescued.

Jesture, a Dalmatian and the youngest of the four, is known to be a very goofy, yet sweet, dog. Jesture also volunteers at the Veteran's Hospital in Palo Alto.

Furry Friends has been known to bring laughter and kindness with the touch of a cat or dog to patients of all ages, some of which had not spoken a word in weeks due to a loss of a family member or illness. The technique of using animals to cheer up patients has been known since 1792. Studies suggest that individuals with pets have lower blood pressure and tend to live longer.

Furry Friends has over 200 sites in the Bay Area. For more information, go to [Furryfriends.org](http://Furryfriends.org).

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