



Food for Thought

By NAZIA MASTAN
Columnist

Local ambition

I read a Facebook status recently: "Communities united are a much stronger force—stronger than government or big developers because they are the voice and the will of the people."

Ishan Shah, the high school senior running for Fremont City Council, feels the same way about our city's development - encompassing actual structures as well as progress towards unity.

Ishan's goal is to change things for the better in Fremont with his fresh ideas and outlook; his being 17 seems to be a plus for Fremont voters and he has gained national as well as international attention over his candidacy with appearances on Fox's "The Live Desk" and on Air America radio.

After asking him what he thought people may feel after his possible election to Fremont's City Council at such a young age, he replied, "I'd like to let people know I have a very open mind. It's not that I lack experience, but I don't play games with policy.

Younger voters like us are the ones who should be the most concerned about policy because Fremont's future is in our hands. Let's start molding it today, when a new administration can be implemented.

Shah says that Fremont's biggest issue is development. Starting from the potential building of Lake Elizabeth, people have had questions. He told me that the correct way for Fremont to go about development is to balance growth and maintenance and to "develop smart"—anytime we move forward on a development we should have the funds to do so. I enjoyed Ishan's response because he really grasps the fact that without funds, growth is not possible.

The development of Fremont into a leader in green and sustainable building is also something Shah touched on. "With Solyndra, Fremont has the potential to spearhead the green building movement," he said. "Let's find these (environmentally conscious and sustainable) companies and attract them to our city."

It's time for Fremont's citizens to take a critical look at our City Council candidates so that our city remains strong in the present and in the future.

Asked what he would tell other kids, Shah replied, "Don't be afraid to go after what you want to go after. When I started back in May of last year, when I announced my candidacy, there were individuals that tried to dissuade me. Don't let that stand in the way. If you see an issue that should be addressed, don't let it go to waste. People died to give you freedom; if you see an injustice, you should address it."

Health survey will be distributed

By DENISE ANN BURGAN
Staff writer

The American College Health Association-National College Health Assessment Survey will be conducted at both the Fremont and Newark Ohlone campuses, March 15 - 25.

A pilot program in 1998, the ACHA-NCHA Survey was distributed nationally to institutions of higher learning.

This was an attempt to identify factors affecting the academic performance, as well as the general health and welfare of its students.

This marks the 10th anniversary of the ACHA-NCHA program.

Sally Bratton, RN, director of the Student Health Center at Ohlone, will supervise the disbursement of the survey on campus.

"We have attempted to do random sampling to keep the data valid, but have had a difficult time enlisting enough classes with a large number of students that represent a cross section of our student population," said Bratton, in an announcement made Friday.

"We prefer classes that are more

than 20 students and are varied in discipline," she continued, soliciting the active participation of the faculty to have the survey conducted in their classrooms.

The paper and pencil survey takes approximately 45 minutes to complete.

"Proctors from the Student Health Center will bring the survey to your classroom to administer, give directions, stay for any questions and collect the surveys to keep the data as anonymous as possible," said Bratton.

Students are advised, prior to taking the survey, that their participation is completely voluntary.

"You may choose not to participate or not to answer any specific question or you may skip any questions you are not comfortable in answering," states the prompt at the onset of the survey.

The data accumulated from the surveys taken over the past 10 years has made it possible to track the changes in health issues.

Bratton is also the Regional Representative for the Health Services Association of California Community Colleges, (HSACCC),

an organization of college student health professionals.

"In 2007, we were part of a 13-California-College consortium who administered the survey so were able to compare our data to other schools which was very valuable," said Bratton.

The survey consists of eight components. "Health, Health Education and Safety" leads the list, opening the survey with the question, "How would you describe your general health?"

It continues with "Have you received information on the following topics from your college or university?"

Alcohol and other drug use, depression/anxiety..., as well as violence prevention are other topics that are covered in the survey.

Preventive care, sexual and reproductive health to weight, nutrition and exercise and mental health are included in the data collected pertaining to student health and the impact that each of the areas surveyed has had on a student's academic performance.

The California Community College Mental Health data determined that 17 percent of students surveyed in 2007 had been diagnosed with depression, 32 percent within that school year.

This adversely affects the academic performances of those students.

Relationship issues and difficulties have contributed as a factor in assessing students receiving lower than average grades.

Stress and sleep deprivation also have a negative impact on the health and well being of the student populace.

All of these factors culminate sometimes in the result of students dropping courses altogether since they can not deal with the workload.

Ohlone, in a response to the growing complexities facing students, has incorporated a life coaching program within the personal counseling services offered on campus.

The Health Center under Bratton's direction has actively participated in a "Depression Screening Day," which is held in October.

ASOC has balanced budget: \$136,600

By KATHRYN DIXON
Staff writer

While Ohlone College faces a 2010-'11 budget deficit of \$2.5 million, the Associated Students of Ohlone College (ASOC) have a budget of \$136,600 in revenues.

The main source of ASOC revenues during fiscal year 2009-'10 was student activity fees of \$5 from each student, totaling \$100,700.

It also received \$20,000 from Pepsi Bottling Group, \$10,000 from the bookstore, and \$4,500 from the 30 percent of revenues produced by food vending machines supplied by Superior Vending.

Other groups also receive money from Pepsi Bottling Group.

Ohlone's purchasing department sent out requests for proposals regarding the snack machines during Spring 2009.

Superior Vending submitted the best food vending machine bid and was awarded the contract.

Kevin Feliciano, president of the ASOC, said, "As students, generally we're looking for quality snacks to keep us going in our day while keeping them at low prices. We are always keeping student in mind when it comes to pricing of items. We believe the snacks are moderately priced."

Feliciano also works as a student assistant in the purchasing department. His major is Business Administration.

The ASOC does not receive any money from the cafeteria operator, Fresh & Natural, Inc. The District receives the commission.

The Board of Trustees approved the ASOC's budget in August last year, and its budget was balanced.

This fiscal year, the ASOC projects \$136,600 in expenditures.

The ASOC employs a part-time student worker for about \$20,000 per fiscal year.

It anticipates spending \$2,500 on conferences, \$3,000 on training,



Photo by Amy Kent

Contents of vending machines are determined by companies who own the machines.

and \$60,000 for "money requests." Advertising and publicity will cost about \$6,000.

The student handbook costs about \$21,700. Graduation costs about \$5,000. Campus Activities cost about \$6,000.

This year, the ASOC is funding \$10,000 for the student march to Sacramento.

It has granted funding to the CNET student help desk, the Thanksgiving feast, the mathematics competition, the Halloween event, Transfer Day, Welcome Day and the Nishati Program mixer.

It has replaced the old patio furniture by the pond behind the Fremont campus cafeteria.

It has allocated funds to modernize the cafeteria, which was completed in Spring 2010.

It continues to provide funds for the *Monitor* and *Midnight Magazine*.

The ASOC Student Government is composed of 56 students who represent the students' needs, wants, and concerns. You can contact the ASOC at ASOC@Ohlone.edu or stop by the ASOC window in Building 7 on the Fremont campus.

Civic Engagement attends S.F. protest

By EAN TAJERON
Staff writer

The Civic Engagement Club voiced its opposition to the budget cuts at the March on March 4 protest.

Club President and ASOC Legislative Representative Andie Morhous attended the rally, despite her being sick and .

There were rallies occurring all over the major cities of California, as March 4 was considered to be the day of local action.

Morhous, along some other ASOC senators, attended the march, located in San Francisco.

The rally took place at City Hall

and was from 5 to 7 p.m.

The hopes for this march were that it would offer a chance for people to express their opposition to the budget cuts, if they aren't able to attend the march on March 22 protest.

The march on March 22 will be different, being that people from UC's, CSU's, as well as community colleges will stand together as one voice opposing the cuts.

According to ASOC President Kevin Feliciano, there are 249 registered for the 500 seats on the buses which will transport people to and from the rally.

During the ASOC meeting on Tuesday, Student Trustee Lauren

Baca resigned as Co-Commissioner, and Treasurer Akash Patel was appointed for the position in her place.

Later, Senator Eddie Chau was appointed the new Parliamentarian.

During the new business section of the meeting, Chief Steve Osawa had a proposal for employee parking.

The issue Osawa brought up was, many employees who work in buildings on the south area of the campus prefer to park in parking lots M-P.

Although they do not object to purchasing the \$2 daily parking permit each day, they wish to avoid

the time spent in purchasing the actual permits each time.

They have to worry about carrying enough of dollar bills or enough coins, and the possibility of dealing with a vending machine that may be out of order, forcing them to locate another, which could make them late for work.

Chief Osawa proposed that employees could purchase a special permit, in which they would pay the accumulated amount they would normally pay for a semester, which is \$150.

The ASOC has a week to discuss this proposal with their constituents. Next Tuesday, they will approve or decline authorizing a pilot plan.