**Extended Education part 2**

by Greg Timpany

The Office of Extended Education has designed several different programs to meet the varying needs of its target markets. To accomplish this task the office has three program administrators, and several program assistants and coordinators. In addition to administering the Summer Session and the Open University Program, the office is in charge of the American Cultural Language Program.

This program was created two years ago, and was designed to help foreign students learn English and American culture. The program serves approximately 18-24 students. The GATE program enables gifted youngsters, grades 4-9, to improve their learning skills. This summer the program provided instruction in computers, math, science, art, swimming, and drama. The BRIDGE program enables college bound 11th and 12th graders to take classes that will help to prepare them for the pressures of college.

The Office has also created, several courses designed for the professional development of elementary and high school teachers and administrators. In addition there are four credential and certificate programs. One of the newer programs is certificate in School Business Management. This program was designed to give school administrators the tools necessary to run a school district in an efficient, business-like manner. The program is endorsed by the California Association of School Business Officials.

Another major program that the Office of Extended Education handles is the seminar and conference program, coordinating the conferences is Mike Hope. Mr. Hope comes to Cal State from Purdue University where he received his Master's Degree. Mr. Hope is currently working on a program that will allow individuals to become certified to handle pesticides.

With the summer session well under way the Office of Extended Education has begun diverting its attention towards the fall quarter. Much of this burden falls upon Ms. Jan Ropp-Jackson. Ms. Jackson is in charge of promoting the Extended Education Program. The bulletins that are seen around campus are created by Ms. Ropp-Jackson.

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**STUDENT REPRESENTATIVE FIGHTS FOR STUDENT ISSUES**

by Diane Lany

Kenneth Whitson, a graduate student, is the Associated Student's Legislative Director for this campus. His duties include student advocacy and voter registration as well as representing CSUSB students in the California State Students Association.

Once a month, Mr. Whitson meets at various campuses throughout California for the California State Student Association meetings. At these meetings the members set policy, hear committee and staff reports, and give staff direction. The association members do not receive pay for their attendance.

As a representative, Ken advocates for students by creating an awareness of students needs and desires, "If students have some gripes, problems, or want to see something changed in the CSU system they can stop by and talk to me," said Ken. One of the bills which the CSSA has mandated is Assembly Bill 1251, which states that any increase in student fees be predictable and moderate. Ken and the other representatives fought for the $40.00 student fee decrease. The Legislative Analyst wanted to scrap both the Assembly Bill and the $40. fee decrease.

Ken has his B.A in Political Science with a concentration in international relations. He spent one year in Heidelberg, Germany as an international student. When asked why he wanted to be a student representative, he responded, "I am a student in the National Security and International Relations Master's Program and needed to become more active in state and local issues. This position has allowed me to do so."

If you are interested in speaking to Ken about some issues on campus you may stop by the Associated Students office in the Student Union.

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**California State Students Association**

The CSSA was established in 1958 to provide a forum for student body presidents in the CSU to share information about local issues and to provide for student participation in the systemwide decision-making process. In 1972, a major step was taken when the CSSA persuaded the State Legislature to pass legislation which provided for an independent CSSA Office of Legislative Advocacy. Since then, the CSSA has grown in stature and influence, and is today considered to be one of the top three student associations in the nation.

The CSSA consists of the student body presidents, or their designees, from each of the CSU campuses. The Association's professional staff in the CSU Head-quarters building consists of the Liaison to the Chancellor, Director of Collective Bargaining, and Administrative Assistant, in Sacramento, to the Office of Legislative Advocacy houses the Legislative Director, Legislative Advocate, and Administrative Assistant.

As the representative group of the 319,000 CSU students, the CSA participates to a large extent in the governance of the system. The Chancellor provides student seats on more than a dozen statewide study committees and task forces which recommend policy to the Chancellor and the Trustees.
New Officers for the Alumni Association

John Kirwan, a San Bernardino executive, is the new president of the Alumni Association at Cal State, San Bernardino. Vice president is Jim Penman, a San Bernardino attorney. The new secretary is Pat Strohecker of Rialto. Serving a second term as treasurer is Robin Valles of Rialto. They will serve two-year terms.

Kirwan, who resides in Diamond Bar, has been secretary of the alumni board for the past two years. He is the San Bernardino area manager for Nationwide Insurance Co. He was the alumni representative on the presidential search committee two years ago. A life member of the Alumni Association, he was vice president of the first student government when the college opened in 1965. Kirwan earned his B.A. degree in political science in 1967.

Penman also was active in student government in the early years of the college. He was the second student body president. He earned his B.A. degree in history in 1969.

Ms. Strohecker, has been a representative-at-large on the alumni board for two years. Now a claims representative for the Social Security Administration in Riverside, she earned her B.A. degree in social sciences in 1974.

Ms. Valles is a member of the college's last executive dean search committee. She is the administrative assistant to the superintendent of the Rialto Unified School District. She earned her B.A. degree in education in 1982.

Newly elected representatives-at-large are Mike Abernathy of Devore, Howard Nolan, Riverside, and Hannah Perate, Wrightwood.

HEALTH CORNER
Sprains and Pains

1. Should I Use Ice or Wet or Dry Heat for a Sprain?

Many people, including professionals, have different opinions. In general, when the injury is less than 72 hours old, ice is the best therapy to keep the swelling to a minimum. After 24 hours, then heat is a good form of treatment. Generally, heat applied externally wet or dry is used for two purposes: a) to localize or "bring to a head" superficial infections, or b) to relax muscle spasms and relieve muscle soreness. For either of these two, it makes little difference whether heat is applied wet or dry. Physicians have personal preferences, but there is no evidence to prove that one is better than the other.

2. I Often Wake Up With Cramps in my Feet and Legs. They Don't Last Long, But They Disrupt My Sleep. Can You Suggest a Way to Prevent Them?

Stretch your leg muscles every night before you go to sleep. An excellent routine to follow would be to stand facing a wall, about two to three feet away. Place your hands against the wall and lean forward, keeping your feet flat and legs straight. Repeat this procedure three to five times before going to bed.

Knowledge Bowl
A team of four students in the Upward Bound Program at Cal State, San Bernardino, captured top honors in the Knowledge Bowl, part of the Southern California Upward Bound Summer Games at UC, San Diego. Students in Upward Bound programs from 11 colleges in two states competed in the two-day athletic and scholastic competition. Upward Bound, which is federally-funded, is a pre-college preparatory program to assist high school students who demonstrate a potential to succeed in college.

Cal State's winning team includes Art Martinez, team captain, a 17 year old senior at Eisenhower High School; Gloria Carrasco, 16, a junior at San Bernardino High School; Keisha Lee, 16, a graduate of Bloomington High School who will be a Cal State freshman this fall; and Norman Whitmore, 15, a junior at San Bernardino High School.

The Knowledge Bowl consisted of a series of questions relating to current events, science and mathematics.

Whitmore also placed second in the essay writing contest. "For winning the scholastic competition, these young people are the champions of the entire summer games because Upward Bound is designed to increase their knowledge. However, all of the students representing Cal State deserve special recognition because of their preparation and enthusiasm throughout all of the competition," said George Martinez, program director at the San Bernardino campus.

Cal State teams placed well in the soccer, basketball, tennis and swimming, he said.

How to Avoid Sprains

Sprains occur when the joints are abnormaly twisted and stretched. To avoid sprains:

- Do not participate in an activity you are not familiar with.
- Do not participate in an activity unless your have the necessary training required for participation.
- Do not try to participate if you are not in good physical condition.

DRABLE®
by Kevin Fagan
Entertainment

WORDS FOR THE WISE *2

by Greg Timpany

1) folderol: (noun); a useless ornament or accessory.

2) rottenstone: (noun); a decomposed siliceous limestone used for polishing.

3) thrips: (noun); small to minute sucking insects which feed on plant juices.

4) hackamore: (noun); a bridle with a loop capable of being tightened about the nose in place of a bit or with a slip noose passed over the lower jaw.

5) mesosphere: (noun); a layer of the atmosphere extending from the top of the atmosphere to an altitude of about 50 miles.

RECORD RACK:

"Defenders of the Faith" by Judas Priest

Reviewed by Greg Timpany

It has been ten years since Judas Priest released their first album, "Rocka-Rola." Ten years, and almost as many drummers, later the Birmingham Bad Boys have released "Defenders of the Faith." Keeping in the tradition set by their last album, the Priest have assembled a scorching piece of vinyl.

The guitar line and vocals are nothing new or different, but they are packaged into a condensed and very energetic form. Guitarists Tipton and Downing trade solos before entering "The Sentinel." The lyrics and music are reminiscent of the "Road Warrior" movies. Side two opens with the ominous strains of "Love Bites." This was their show opener on the current tour. Some of the best guitar action comes on "Eat Me Alive." "Some Heads Are Gonna Roll" comes on like a modern day highway. "Freewheel Burning" is guaranteed to please those in love with the smell of burning rubber. "Lawbreaker" comes on with the punch of Rocky Balboa. "Rock Hard Ride Free" strikes me as a potential Hell's Angel anthem.

Both Tipton and Downing trade solos before entering their patented dual guitar harmony. The side closes with "The Sentinel." The lyrics and music are reminiscent of the "Road Warrior" movies. Side two opens with the ominous strains of "Love Bites." This was their show opener on the current tour. Some of the best guitar action comes on "Eat Me Alive." "Some Heads Are Gonna Roll" comes on like a modern day highway. "Freewheel Burning" is guaranteed to please those in love with the smell of burning rubber. "Lawbreaker" comes on with the punch of Rocky Balboa. "Rock Hard Ride Free" strikes me as a potential Hell's Angel anthem.

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Dear Editor,

Since when does the Olympics consist of only a handful of events? The television coverage by ABC would lead one to believe that volleyball, gymnastics, swimming, boxing, and a few others are the only Olympic sports. In addition ABC believes that only American athletes are worth talking to.

Personally I think it is great to see Mary Lou Rhetton win a gold medal, but I would much rather see more of the weightlifting or shooting competitions. There are more than 25 events, so why does ABC limit the majority of their coverage time to so few events? Since the Olympics are supposed to be an international affair, why have we not seen more interviews and coverage of foreign athletes? The answer to these questions has to do with ratings. ABC is afraid that they would lose their precious lead in the ratings game if they did not televise the "glamour" athletes and events. Since ratings are synonymous with dollars, the public is forced to watch "Mary Lou" until we are sick of her.

The Los Angeles Olympic Organizing Committee is noticeably quiet on the matter. Why, you ask, because they received a horrendous sum of money from ABC. Somehow, I think that if the LAOOC would have allowed more than one network to cover the Olympics these problems might not have occurred.

Greg Timpany

Editorial

Dear Editor,

I would like to see other student's views on changing the quarter system to a semester system. There are many pros to a semester system. To name a few: a semester flows smoothly, there is no need to cram thus less memory loss, and there is less stress on the students as well as the instructors.

Let's take the pressure off and change to a semester system. It's working at Berkeley.

Anonymous

Editorials that are unsigned represent the Editor's opinion. Signed editorials and cartoons represent views of the author or artist and not necessarily of the Cal State Chronicle.

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