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 a 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 bulletin that are seen around campus are created by Ms. Ropp-Jackson.

Ken Whitson Legislative Director

California State Students Association

The CSSA was established in 1968 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 Headquarters 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 CSSA 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 Penny, 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 lifetime 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 1972.

Penny 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.

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 sprain is acute, 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 included Art Martinez, team captain, a 17 year old senior at Eisenhower High School; Gloria Concen, 16, a junior at San Bernardino High School; Reisha Lee, 16, a graduate of Bloomington High School who will be a Cal State freshman this fall; and Norman Whitmire, 15, a junior at San Bernardino High School.

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

Whitmire 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.

Host Families Still Needed by YES For International Students

Youth Exchange Service (YES) announces that opportunities are still available for American families all over the United States to host teenage students from Europe, the Orient or Latin America for the 1984-85 school year starting in the fall. The 15 to 18 year old students are carefully screened, have excellent medical insurance and bring their own spending money. Host families provide a bed and meals, and may claim a $50.00 tax deduction for each month they host the student. For further details on the enriching experience participating students from one of many countries, please contact: Youth Exchange Service (YES), World Trade Center, 330 South Figueroa St., Los Angeles, CA 90071; or phone: 1-800-533-0656.

New Hours For Financial Aid

Due to the volume of applications to be processed, the Financial Aid Office will be closed Tuesday and Thursday mornings until further notice. Any emergency needs of students on those mornings will be handled by the Dean of Students office.

The Monday, Wednesday and Friday hours will remain 8 a.m. to 5 p.m. The Tuesday and Thursday hours are noon to 5 p.m.

Public Service Announcement

SACRAMENTO — If you graduated from high school in 1983, you may soon receive a survey from the California Postsecondary Education Commission, authorized by the State of California, asking about your work and educational experiences. This survey provides you with a no-cost opportunity to tell State educational policy makers in California about your experiences and how you feel about them. The results will help us better plan for the needs of future students. We encourage you to complete and mail this survey at your earliest convenience. All responses are confidential and will be used solely for research purposes. For those 1983 graduates who have relocated, we also encourage parents to forward the surveys.
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 harmony. The side closes with “The Sentinel.” The lyrics and music are reminiscent of the “Road Warrior” movies.

The album opens with a cosmic salute to the open 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.

Some of the best guitar action comes on “Eat Me Alive.” This was their show opener on the current tour. Some of the best guitar action comes on “Eat Me Alive.”

The song on the album that was not written by the band, “Night Comes Down” is the Priest’s attempt to write a romantic song. The album closes with “Heavy Duty/Defenders of the Faith,” which includes a nifty sing-along section.

If you are a fan of metal music, then this album belongs in your collection. If you are not a fan of this particular form of music, then I hope that the Metallica does not pay you a visit in the night.

Students
Place Your Classified Ads
Free
In The Chronicle

Who’s Wearing the Beef!

Summer is just around the corner, so start taking those pounds and inches off today!

$99. Just for one full year That’s 66% off the price!

Aerobic Dance to Music for Both Men and Women: Swimming Pools • Whirlpools • Steam Rooms • Sauna Baths • Individual Lockers • Nutritional Guidance and Diet Programs • Cosmetic and Facial Consultations, and a variety of excellent exercise equipment, including Paramount’s Sports Trainer Universal, Life Cycle, Dynavite and Nautilus in locations.

The Chronicle August 8, 1984, Page 3
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 Retton 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

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.

Greg Timpany