September 1975

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Welcome to Cal State Shangrila
The College Library is the place to be

The College Library, the friend of all students around mid-term and finals time, offers quiet areas for study (devoid of dormitory rauous and rowdy roommates), extensive research resources (i.e., books) and numerous other services such as copying, periodicals and exhibitions.

The services and collections of the College Library are designed to meet most of the basic study needs of undergraduates. The collection of books and periodicals includes works of many kinds, some suggested by the faculty as collateral reading and others chosen for their general interest.

The many volumes of books are located on the first, third and fourth floors of the library. Classrooms, faculty offices, and other services are housed on the second and fifth floors and in the basement. With this information in mind, one can easily understand the system of exiting and entering the different floors. This sometimes confusing method is designed so that the only way books can be checked out is at the main desk on the first floor. The only way to get into the first, third or fourth floors which house the main desk, is the main entrance on the north side of the building (on windy days the entrance is moved to the south side).

Once you're in the main part of the library on the first floor, you can either take the elevator of the stairway to the third or fourth floors. The only way to exit from the general collection is the same way you came in. The emergency exits have fire alarms wired to them and they will go off.

The library has a number of careers. The only way to get into the first, third or fourth floors of the library is to exit from the basement, second, or fifth floors of the library and to go outside to ground level and enter through the main, north, ground level entrance.

Tours of the library are offered to classes and individual students and the staff is always ready and willing to help students familiarize themselves with the library.

Almost every student at some point in his or her college career experiences problems of studying, apathy, anxiety, motivation, interpersonal relationships and the choice of a career, among others. The services of the Counseling Center, located in room P5 227, are available to members of the college community to aid in solving these problems.

The staff is composed of John Hatton, Don Woods and Martha Kasto all of whom are psychologists.

Outside of counseling services, the paper is a vehicle and there will be a meeting far all persons interested in joining the PawPrint staff.

It takes a lot of people to cover this campus

Cal-State is a big place. It houses over 3,500 full and part time students, faculty and staff; people of all races and creeds, of all political, social and economic backgrounds.

No matter how hard we tried, we could never tell all the stories that occur on this campus every day. But we try to tell the important ones, the stories that affect every student regardless of his or her year, major or educational goals. But we need help!

There's always room for an additional writer, photographer or artist on the Weekly PawPrint staff.

There's always a story to tell or a picture to be taken, a story or picture which may never be published unless you write it or take it. The people listed at the right put out this paper every week during regular examination periods and quarter breaks. Editorial and business office is located in room 22 of the Physical Science building.

Deadline for calendar items and announcements is Thursday noon prior to publication.

All contributions must be typed and double spaced when submitted or they may not be printed. Letters to the editor will be printed on a space available basis and must include proper identification of the author. Names will be withheld on request. Opinions expressed are those of the author.

Address all correspondence to: The Weekly PawPrint, 5500 State College Parkway, San Bernardino, California, 92407.

Published every Tuesday during the school year, except during final examination periods and quarter breaks. E-mail: pawprint@calstate.edu

Teacher's Examinations and College Level Examination and Programs can be obtained at the Counseling Center. The Counseling Center is open every weekday from 9:00 a.m. to 4:30 p.m. Further information may be obtained by calling 867-7877.

There will be a meeting for all persons interested in joining the PawPrint staff on Monday, September 29, at noon in room P.S. 22.

Counseling services available

The Friendly library staff is aware of the complexity of the library and is always ready and willing to help students familiarize themselves with it. Tours of the library are offered to classes and individual students and the time it takes is well spent.

There are many offices, chairs and even bean bag type chairs located around the general collection, with a total seating capacity for about 700 individuals.

There are numerous other services such as copying, periodicals and exhibitions. The services of the Counseling Center, located in room P5 227, are available to members of the college community to aid in solving these problems.

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The Weekly PawPrint, Special Information Issue, September, 1975, Page Two.
Governing bodies decide rules, policy, programs

Student Government needs the support of every student. A.S.B. positions and offices are filled by students. Taking responsibility in the Associated Student government adds diversity to one's education and allows individuals to prepare for quandary situations that they may face later in their lives.

In order to make Cal-State a better place for everyone, many college committees seats are vacant due to student apathy. Student government is a great place to make new friends and learn about the functions of Government.

STUDENT BODY OFFICERS

A.S.B. President, Raul Ceja

The A.S.B. President is the chief representative and administrator of the Associated Students. He presides over the Executive Cabinet.

Vice-President, Pat Egetter

The Vice-President presides over the Senate and assists the President in administration of A.S.B. policies. He also serves as a member of the Executive Cabinet.

Treasurer, Steven Sparks (hippie)

The Treasurer administers the A.S.B. budget and aids in its formulation. He serves as a member of the Executive Cabinet.

The Secretary handles all official correspondence and documents for the Associated Students and Executive Cabinet. The Secretary serves as a member of the Cabinet and prepares the minutes.

The Judicial Representative serves as a member and parliamentarian for the Executive Cabinet and serves as attorney general for the A.S.B. in cases brought before the Judicial Board.

Class Presidents

The Class Presidents reside over the representative class cabinets and serve as members of the Executive Cabinet.

Class Senators

The Class senators serve as representatives of their respective classes in the Senate. Two are elected from each class.

Senators-at-large

Elected annually by a majority vote, the Senators-at-large represent the entire Student Body in the Senate. They are elected on a ratio of one per thousand students.

The Student Senate creates policy, makes appointments to committees and boards and most important, elects the $60,000 collected every year from A.S.B. fees. The Student Senate is also responsible for all Associated Student Legislative and financial matters. The Senate is comprised of two senators from each class and one senator at large per one thousand student enrollment. The A.S. Vice-President is the President of the Senate. The Senators are elected by votes cast by the entire student population of Cal-State during the fall and spring quarters.

Senate action is checked by the Executive Cabinet composed of the A.S.B. President, the A.S.B. Vice-President, Secretary, Treasurer, Judicial Representative, and the Class Presidents. The Executive Cabinet has the power to veto Senate action, appoint various committee chairpersons and carry out the intent of the Senate.

The Executive Cabinet is responsible for the overall operation of Student Government and tends to A.S.B. matters that are of an executive nature. The Executive Cabinet is the executive and administrative arm of Student Government. It formulates A.S.B. policy and sees that the policy is implemented through its proper procedures and by the various committees.

JUDICIAL BOARD

The Judicial Board is the judicial body of Student Government. It consists of a chief judge and four associate judges. The Board is responsible for hearing cases of constitutional interpretation and is also an optional hearing board for cases regarding student discipline. It handles all violations that occur against the A.S.B. and is held in public. The members are appointed by the Executive Cabinet and confirmed by the A.S. Senate.

CLASS GOVERNMENT

Each class has an executive body comprised of a President, Vice-President, Secretary, Treasurer and Senators. This executive body is responsible for organizing programs that supplement the needs of its class with regards to the social and academic activities of the A.S.B. and the College.

Associated Student Government Committees

Finance

Aids in the promotion of student events and special events by creating posters, flyers and other materials necessary for the event.

Maintains and supervises all A.S.B. elections in accordance with the Elections Code.

Develops social, cultural and educational programs that provide funds to a wide spectrum of the Associated Student Body. This special program and would like to see it at Cal-State should contact the Activities Committee Chairman in the Activities Office.

Formulates the A.S.B. budget in the Spring Quarter and submits it to the A.S. Senate for approval.

Campus Council

The Campus Council is composed of all student representatives on college committees as well as representatives of the A.S.B., the faculty, the I.G. C. and the College President. The main purpose is to provide a single forum where views from all campus groups can be expressed and to provide a communications link between all groups.

Your registration fees fund Student Government

Every Cal-State student pays a $6.50 student body fee that supports the Associated Student Government.

For that investment the student gets such things as noon concerts, Friday night movies, free guest speakers, outdoor barbeques and beer busts, a weekly student newspaper and many other activities and services.

None of these activities and services would be possible without the Student body fee that totals over $60,000 from all full and part time students, with students having sole authority as to how these funds are spent.

<table>
<thead>
<tr>
<th>PTE at 2000 students</th>
<th>48,750.00</th>
</tr>
</thead>
<tbody>
<tr>
<td>Summer Fees</td>
<td>2,000.00</td>
</tr>
<tr>
<td>Retained Revenue</td>
<td>2,500.00</td>
</tr>
<tr>
<td>TOTAL</td>
<td>$53,250.00</td>
</tr>
</tbody>
</table>

A.S. Government

Personnel | 7,649.00 |

Operating | 8,595.00 |

Sub-total | 16,244.00 |

Activities | 12,135.00 |

Summer Activities | 1,500.00 |

Outdoor Leisure | 3,000.00 |

E.O.P. | 3,566.00 |

Drinks | 2,000.00 |

Music | 1,500.00 |

Publication Board | 8,266.00 |

Sports | 4,755.00 |

Publicity | 1,500.00 |

L.O.C. | 1,000.00 |

Freshman Orientation | 1,000.00 |

Learning Center | 200.00 |

Financial Aids | 2,300.00 |

Disabled Students | 600.00 |

Contingency | 90.00 |

TOTAL | $53,250.00 |

Student Union Fees

Also collected each quarter from all students is a $6.50 Student Union fee. This money is used to construct and operate the proposed student union building. The Union was originally scheduled to be built by 1978, however, due to rising construction and materials cost, the Union has been delayed and construction is not anticipated until late 1978 or early 1979.

INTER ORGANIZATION COUNCIL

The Inter Organization Council (I.O.C.) of the Associated Student Body exists to further the aims of each active campus organization by providing financial assistance, sponsoring joint organizational activities, solving common problems that arise within each organization and communicating organizational concerns to the Associated Student Senate in order that every organization and their respective representatives, the I.O.C. President, an ex-officio member of the A.S.B. Senate. Each active student organization appoints one representative to serve on the I.O.C. governing board.

STUDENT FACULTY COMMITTEES

From the very inception of the College, the faculty, and administration recognized the importance of student participation in the decision making process that governs campus life. Through student government and its ruling representatives from key college and committee committees, students have an effective and meaningful voice in the decision making process.

This is done through direct representation of the faculty and college committees, and through the student government and its committees. In general, the meetings of these committees are open and students are encouraged to attend and express their views. If you have an idea or suggestion, you are encouraged to contact the ASB officers so that it may be referred to the appropriate committee for consideration. It is again emphasized that you are the one to decide and participate in that participation can be vital.

SCHOLARSHIP COMMITTEE

Reviews and approves all student applications and awards all scholarships.

Finance Board

Reviews all student publications. It also appoints all editors and approves all budgets for such publications.

Theft, College & Campus Services

Proposes changes, deletions and additions for the College & Campus Services.

Continuing Education

Is responsible for Cal-State's extension program, originates and reviews proposals for courses, programs, conferences, etc.

Audio Visual and Educational Television

Advises and assists in Student Activities and develops policies and procedures for action in all phases of student life on campus.

College Union

Advises and assists in Student Activities and develops policies and procedures for action in all phases of student life on campus.

Colleges

Aids in the promotion of student events and special events by creating posters, flyers and other materials necessary for the event.

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Associated Student Government Committees

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Parent participation child care available this fall for student parents

Parent participation child care will once again be available to Cal-State parents. This program of relatively inexpensive kid care is being offered by the San Bernardino Adult Education Department for Cal-State student-parents.

The San Bernardino City School's Adult Education program is providing the space for the center; the San Bernardino City School is loaning the center $5,000 of tables, chairs, puzzles, toys and other necessary paraphernalia bought with Revenue Sharing funds from the city of San Bernardino.

This program is a cooperative nursery school class for children 2 1/2 to 5 years of age and toilet trained and their parents. It is an education oriented program for both parent and child. The children learn motor skills, language skills, are exposed to special and design concepts as well as having music, play and art experiences. The parents in turn have an opportunity to learn and discuss problems and ideas with other student-parents as well as learn from the nursery school personnel in various phases of child development.

Children cannot be accepted unless, the parent, is enrolled as a student in the Adult Education Parent Participation Nursery Class. There are two sessions of child care, one in the morning, Monday thru Friday from 8:30 to 11:30 a.m., and an afternoon session on Tuesday, Wednesday and Thursday from 12:00 to 3:00 p.m.

The Associated Student Body of Cal-State will provide students to open the program early to be there during the lunch hour. In this way, student-parents having early classes or noon classes will be able to participate early at the center and be on time for class.

The center will be located at Hillside Elementary School, approximately 2 miles from CSCSB. The costs to the student-parent are very minimal compared to the cost of a regular baby sitter. There is a class registration fee each session of $3.00; a one time only insurance fee of $3.00; a supplies fee of $10.00 per month for both sessions.

Student-parents involved in the program are required to take the Adult Education parent participation class and Community Services Study credit from CSCSB may also be possible for the same class. The Adult Education class is offered on Mondays, 12:00 to 2:00 p.m., and on Fridays at the same time.

This course gives the parent the opportunity to learn how small children relate to each other and how the parent can help the child's intellectual and social development.

Participation with the children is required of all parents whose children are enrolled in the class. Parents whose child only attends the afternoon session must spend 1/4 hours per week at the child care center and parents whose child attends both sessions must spend 1/2 hours per week at the center.

CSCSB has appointed Gaye Perry, Associate Dean of Students, to be the coordinator of the program. Gaye Perry has been trying to establish a child care center at the college for some time now. Various problems have been encountered in trying to establish a center on campus. Efforts have to be made to have a temporary nursery in a mobile home on campus turned down by the Board of Trustees who felt a program should not begin on campus until permanent building is constructed.

Dean Perry is still hopeful of a day-care center built right on campus. If a facility is ever constructed it will be in the future as most federal building funds have been eliminated because of the sagging economy.

Escape '75 returns

Many new and diverse activities are planned for the "Escape 75-76" Outdoor leisure program available once again during the fall quarter for Cal-State students and their friends.

"Escape 75-76," which is jointly sponsored by the Cal-State Activities Office and the Physical Education department, offers students the opportunity to learn and discover California's vast outdoors.

Activities undertaken last year by "Escape 75-76" participants included backpacking to Vivan Creek Trail camp, sailing on the Pacific Ocean, water skiing at Lake Havasu and horseback riding through the San Bernardino mountains.

This year the programs will be planned for individuals with experience in outdoor activities, as well as for beginners. An attempt will be made to create an informal atmosphere which will enable students to make new acquaintances, exchange ideas, and develop personal awareness.

The objective is freedom, freedom to do, to see, to wonder, and freedom to create.

The outing leaders are volunteers and fees are charged to cover only costs of transportation, food and special equipment.

The best way to become familiar with the program is to go on an outing and participate.

Information on the outings planned for the Fall quarter Escape program will be available during registration and in the Activities Office, 55-210.

Suggestions for future outings from students are encouraged and the facilities and equipment are available to all students, and all students are invited to come along and "escape".

General Information

- Transportation arrangements for each outing will be the responsibility of the individuals signing up for the trip. However, whenever possible, an effort will be made to form carpools.

- A trip leader will be chosen at a trip meeting. Interested persons will be notified about a meeting where they sign up for the outing.

- Priority will be given to students of Cal-State. Faculty and staff registrants will be served if there is space available.

- All outings are on a first come, first serve basis.

- All costs for an outing must be paid by the reservation deadline. No refunds will be made for reservations that are cancelled.

Fishing poles, camping stoves, backpacking stoves, backpacking tents, lanterns, and backpacks will be available for use for the P.E. equipment tool box.

Get elected to on ASB office

If you are interested in running for ASB or Class Office, obtain a petition from the Activities Office. Freshman elections are held in the Fall and there will also be some ASB and other class office open. A 2.0 GPA is required.

Placement Office offers employment

If you are looking for a part-time job to help meet educational expenses or information on federal and industry job openings for when you graduate, then stop in at the CSCSB placement office where the friendly staff will be happy to help you out.

In addition to job listings, the Placement Office provides job and career counseling for students to help them set their goals in the most beneficial direction.

One of the most basic tasks that the staff of the Placement Office undertakes is to advise and train students to go out and complete the ever shrinking job market. This task is accomplished by the staff of the Placement Office who are experts in their field of study. The student-teacher assignment is a special service for student-teachers. Student-teachers may sign up for these special services during their student-teaching assignment. Information on the availability of teaching jobs is available to all student-teachers on a specially recorded 2 minute telephone message. The information on the recorded message is updated every week and the telephone number is available to student-teachers who have filed a resume with the Placement Office.

Placement Office staffs Marge Watson and Jan Hinkle examine the current Federal job listings available in the career information room, SS161. Up to date Federal and local and national industry jobs are listed.

Place the weekly Pawprint photo by John Whitehair

On September 22, 1975 there will be an orientation program for the children and the Adult Education class will also begin on that date. Student-parents interested in the program should contact June Franke, the instructor of the Child Care class at 867-6304 or the Adult Education Department, 862-5377. Gaye Perry is the Cal-State representative for the program and she may be reached at 867-7326.
Student academic grievance procedure

The vision of a failing grade looming in the near future can be a heavy burden to carry alone, but it doesn’t have to be. The fact is you can find help from the sprawling tentacles of bureaucracy waiting to take you by the hand and drag you through a maze of procedural hurdles on your way to reparation if you feel you have been judged unfairly by an instructor. So with Judgement Day for the fall quarter creeping up from behind, this might be a good time for you to start arming yourself with the basic facts about the Student Academic Grievance Procedure.

The procedure was designed to allow students a voice for such complaints as “capricious and prejudicial grading”, unfair grading standards, clerical errors and “mistaken allegations of academic dishonesty” which roughly translates to being ripped off for cheating when it was actually the guy or gal next to you in class.

The entire outline of appealing procedures, as revised by the Academic Council this year, runs about a scant five and a half pages not counting the preamble and the actual grievance form. Time limits placed on the completion of each phase of the procedure guarantees that you have a final decision on your appeal within a mere 85 days.

Step 1
A Heart to Heart Talk With Your Instructor

The first step of the grievance procedure requires that you and your instructor try to work things out without getting sticky about it. This saves a lot of bad feelings, a lot of paper work and could save you about 85 days of your life. At this point the only red tape involved is to file a Student Grade Appeal Form with the School office within 10 days after you have received your grade and then set up a conference with your instructor.

Assuming rational discussion fails to enlighten your instructor your next move will be to approach the department chairman. Tactics used in this situation may include mature dialogue, tauntrums, begging for mercy and plea bargaining. If, having discussed the problem with both your instructor and the department chairman, you have failed to restore reason to either party you may then escalate the battle and move on to the formal grievance proceedings.

Step 2
Sequestering The Grand Jury

Having exhausted all civilized courses of redress you may file a formal appeal with the Dean of Academic Planning. The appeal must be in the hands of the Dean within five days after your instructor has reached his decision that all things considered you got exactly what you deserved.

Your formal written appeal should be both terse and eloquent because it will be closely scrutinized by a five member Grievance Committee, composed of three tenured faculty members and two students selected by common agreement of both you and your instructor, providing the students are Representatives to the Standing Committee of the Faculty Senate.

Based on your written appeal and a statement from your instructor the committee will determine within five days whether or not you have sufficient grounds for your grievance.

If the vote is against you...well it was a nice try and a true learning experience. If the vote is in your favor...don’t go away.

Step 3
Here Comes The Judge

If the Grievance Committee has failed to see through your smoke screen and has decided that your case has merit and providing you are still physically strong and mentally stable you will be able to personally present your case before the five member committee in a closed hearing to be scheduled within five days of the panel’s decision to hear your case.

At this time you will be able to introduce relevant written and oral statements as well as requesting the testimony of witnesses in your behalf. Unfortunately, the instructor will also be allowed to respond orally and in written form as well as draw on witnesses in his behalf.

After both sides rest their case the committee will retire to its chambers and based on a majority vote will reach a conclusion within three academic weeks.

Step 4
Appealing The Decision Of The Committee

Immediately following the decision of the committee both the student and the instructor will be notified of the panels conclusion. However, after having presented your case with the eloquence of Clarence Darrow, having survived the Kafkaesque labyrinth and having the committee determine that you were indeed dealt with unfairly you may experience bureaucracy shock upon finding that the ruling of the committee has no binding affect upon your instructor. The best result you can hope for is a recommendation by the committee that your grade be changed and sanctions against you based on academic dishonesty be removed. The instructor need not comply with the findings of the committee.

Still all is not lost. If the instructor does refuse to come to his senses you will receive overwhelming satisfaction in the knowledge that the committee was on your side. To prove it they will gladly write a summary of their findings to be permanently attached to your transcripts.

The Disabled Student Services Office was established in 1972 to meet these needs of disabled students which cannot be taken care of by any other campus agency.

The office provides special books in braille for blind students, books recorded on cassette tape, provides assistance for students confined to wheelchairs, schedules appointments with the State Vocational Rehabilitation Counselor, and in general tries to make the life of a disabled student just a little bit easier.

Beginning this Fall, learning aids such as variable speed tape recorders, braille writers, a dictionary in large print and a dictionary in braille will be available in Library study room 315.

Both permanently and temporarily disabled students are encouraged to stop by the Disabled Student Services office which is located in the Student Services Building, room 143.

Lorraine Smith is the Disabled Student Adviser on campus and would be happy to discuss the D.S.S. program with any interested student.

Good news

- Good News & & Bad News

Shakey's is offering $1.00 off any Family size pizza with Cal-State ID.


Hours 11:00 to 11:00 Mon - Thurs.
Mon. 11:00 to 1:00 Fri. and Sat. 11:00 to 10:00 Sun.
2433 N. Sierra Woy

Woe Is Me!

Back To School BLUES . . . . (Bad News)

Good News!

San Bernardino
The Physical Education Department at Cal-State has enough recreational activities to keep members of the college community and their guests occupied every hour of every day of the year, if only they knew about them.

### Facilities and Equipment

The Physical Education facilities are located in and around the Physical Education Building at the east end of the Campus. The building contains a 1,450 seat gymnasium with basketball courts, badminton and volleyball courts, an activity room for combatives, dance and gymnastics, a weight room, locker and shower rooms. The Physical Education facilities also include backpacking equipment and skills which can be checked out by individuals wishing to engage in these extra curricular activities.

### OBJECTIVES

The goal of the Physical Education Program at Cal-State is to achieve 100 percent student involvement in some phase of the program. Classes or intramurals or recreation. It is therefore the College’s philosophy to not have an on-going intercollegiate athletic schedule. With the emphasis on individual participation there is a wider variety of facilities available to all. Students are urged to use these facilities to develop and maintain physical fitness and achieve proper carry-over attitudes for healthful living after graduation.

### INTRAMURALS

All students officially and currently enrolled and full-time faculty and staff are eligible and encouraged to participate in the intramural sports program. In the past, leagues, tournaments and competition have been conducted in football, basketball, bowling, golf, handball and many other sports as well. Students who are interested in intramurals should consult the gymnasium bulletin boards or The Weekly PawPrint for specific information and sign-up locations.

The objectives of the intramural program are to provide the participants with an opportunity to maintain better health through exercise and a chance at competing and expanding social contacts which might not otherwise materialize on campus. Secondly, to learn the values of working together, as a unit, toward a common goal, and to develop and expand one’s concept of sportsmanship while competing in proper perspective.

Two more objectives of the program are to give participants a relaxation from studies and other outside hassles and enable them, regardless of ability, to realize the joy and fun of participation, in sports activities.

There are several instructors who are willing and able to assist any student in getting together a recreational program to their liking.

One such person is Ruthann Olson, an instructor in folk dancing and modern dancing. Ms. Olson graduated from LaCross University in LaCross, Wisconsin. She has been here for six years and taught at Pacific High School before coming to CalState. In modern dancing, Ms. Olson teaches her students to develop and express an idea through creative movement. In folk dancing, she exposes her students to the many different dances of other countries.

The P.E. department offers classes in scuba diving and students may also practice in the pool at their convenience.

### Intramural Schedule

<table>
<thead>
<tr>
<th>Activity</th>
<th>Sign-up details</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 Person Football (Flag)</td>
<td>Sept. 3</td>
</tr>
<tr>
<td>Co-Ed Softball</td>
<td>Sept.</td>
</tr>
<tr>
<td>3 Person Basketball</td>
<td>Sept.</td>
</tr>
<tr>
<td>Badminton Doubles (Co-Ed)</td>
<td>Sept.</td>
</tr>
<tr>
<td>Handball Singles</td>
<td>TBA</td>
</tr>
<tr>
<td>Golf (3 Par)</td>
<td>Oct. 1</td>
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<tr>
<td>Tennis Singles</td>
<td></td>
</tr>
<tr>
<td>Jacks</td>
<td>Oct. 23</td>
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<tr>
<td>Turkey Trot</td>
<td>TBA</td>
</tr>
<tr>
<td>Pro-Throw contest</td>
<td>TBA</td>
</tr>
<tr>
<td>Pie Eating Contest</td>
<td>TBA</td>
</tr>
<tr>
<td>Special Note:</td>
<td></td>
</tr>
<tr>
<td>1) All Cal-State students, faculty, staff participate in the Intramural Program.</td>
<td></td>
</tr>
<tr>
<td>2) Intramural Participants are conditioning and health insured.</td>
<td></td>
</tr>
</tbody>
</table>
| 3) Sign-up sheets for activities are at the P.E. building across from the 
  equipment issue room. Towels are also provided free of charge. |
| 4) For further information regarding intramurals call 887-7564 or inquire at room P.E. 124 |
| 5) For information regarding use of facilities and equipment, please see next quarter. |

Another instructor is George Weeny who instructs interested students in aquatic, which covers beginning swimming to water safety and life saving. Mr. Weeny is annually asked to be a judge at the National Collegiate Athletic Association swimming and diving championships. The NCAA is the governing body of college athletics.

Mr. Long believes that the primary objective of the intramural program is to develop some sort of recreational activity for every student on campus. "Right now the opportunity is there, the facilities are available, but most students don't participate. We invite all students to participate. We would like students to come to the gym and if we don't have something they want then there's no reason we can't develop a new program. We could have an archery club if students wanted it. Things I would like to see next quarter are a lot of new faces so we can try to grow. I urge more participation from women. You don't have to be a female jock to enjoy an intramural or recreational activity."

When asked how he liked the way the program has operated in the past, Mr. Long said: "I'm pleased with the way things have gone. There's still a lot of room for growth of the program and its participants. Some activities coming up are men's and women's tag football, table tennis, chess and archery."

The Physical Education facilities, playing courts, and swimming pool, are open five days a week for the recreational enjoyment of the Cal-State campus community members. Faculty, staff, and students, and their spouses are considered campus community members and they are extended recreational privileges as long as there is no interference with scheduled classes or other scheduled college events in the Physical Education area. Individuals should be prepared to show their college I.D. card.

Anyone using the Physical Education Department's equipment or facilities for recreational purposes does so at their own risk and should be prudent in exercising precautionary measures and safety practices at all times.

Plans are being made to open the gym on Saturday morning and on Monday evenings. More information on the proposed extended hours will be announced in the Weekly PawPrint.

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Weekly PawPrint photo by Keith Legerat

The P.E. department offers classes in scuba diving and students may also practice in the pool at their convenience.

Cal-State Intramurals

Fall '75

Weekly PawPrint photo by Keith Legerat

A team of basketball players from Cal-State plays a team from Cal-Poly, Pomona. Later this fall the C.S.S.B.E. Coyotes will play a team of basketball players from the Los Angeles Police Department.

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Co-ed softball games attract the finest players from the College. Games are scheduled for the Fall quarter.

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Weekly PawPrint photo by Keith Legerat

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a lot more than just calisthenics.

**Yoga classes and workshops offered**

Yoga is a most effective science, designed to bring about a healthy, balanced and relaxed body. Kundalini Yoga is a comprehensive system of yogic techniques which operate directly upon the general system to cleanse the blood and inner organs; increase muscular strength, flexibility and coordination; enlarge the respiratory capacity; balance the glandular system and relax and strengthens the nerves. Kundalini Yoga is taught in specific kriyas, unified sets of exercises designed to create a specific, complete effect.

Yoga will again be offered this year by Cal State's Physical Education Department. There will be two beginner's courses, meetings on Tuesdays from 10 a.m. to 12 noon. The intermediate class is preferentially designed for those students who have already completed at least one course in Yoga.

In addition, two workshops courses a week will be established again in the fall. The main purpose of these shorter, non-credit courses is to introduce yoga as a service to the entire campus community. This includes faculty, administrators, secretaries and janitors, as well as students who could not fit the accredited classes into their schedules or students who simply desire more practice and explanation. The P.E. department offers these two yoga workshops to the campus community, and encourages all to attend. The meeting times will be announced in a later edition of the Weekly PawPrint.

The instructors, Ishwara Kaur Harvty and Jaga Nath Singh Glassman, are both students of Yogi Bhajan, master of Kundalini Yoga, who came to the United States from India Six years ago. They are closely associated with the Kundalini Yoga Research Institute, a technical know-how center dedicated to endeavors promoting health, education and science. The K.R.I., a non-profit organization located at 848 W. Holt in Pomona, is involved in many programs and activities: research to investigate the physiological and psychological effects of the practice of Kundalini Yoga, drug rehabilitation, juvenile delinquency diversion programs, counseling, classes in health, diet, cooking, karate and Kundalini Yoga. It also serves as a teacher training center, and publishes the Kundalini Research Newsletter, which correlates the latest scientific developments in science and health with the ancient philosophy of Kundalini Yoga, as well as offering interesting lectures by Yogi Bhajan and illustrations and explanations of various yogic kriyas.

Several yoga centers, or ashrams, have been established in the local area. On in San Bernardino and one in Riverside. These centers offer additional classes in the community. For additional information contact the P.E. department or call 622-9575, (the K.R.I.), 792-6572, (the Riverside center), or 882-5581, (the San Bernardino center).

Ishwara Kaur and Jaga Nath Singh would be glad to speak with any interested individuals during their office hours in the Physical Education building.
Financial Aid Office is ready for late applicants

Cal-State runs on java

A prominent Cal-State professor once remarked to his class that if the Commons were to stop selling coffee, all campus activity would come to a grinding halt. Whether that instructor’s observations were correct or not, the fact remains that the Cal-State commons serves one of the best and the least expensive cups of coffee in the San Bernardino area.

Coffee is only 10 cents per cup at the Cal-State eating establishment, sugar and cream are free and the cup may be refilled with Java for an additional 10 cents. For those who do not prefer the side effects, the Commons also provides decaffeinated coffee.

Besides coffee, the Commons serves breakfast, lunch and dinner, offers specials, hour lunches, luncheon trays, combo meals, picnics and many other delicious dishes.

The staff at the Commons is introducing new vegetarian entrees such as scalloped tomatoes, stuffed zucchini, and many other exciting all vegetable meals. There will also be a noon salad and soup special for only a dollar.

The commons management has taken steps to shorten the lines of people waiting to pay for food and the lines of people waiting for items from the grill by adding new food serving personnel and cashiers. Mary Doherty, the Commons director, works very hard to insure that the same speedy service available at a downtown restaurant is also available at the Commons.

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The most immediate form of aid is an emergency loan, which can be taken out with a minimum of red tape. A student may borrow up to $50 and receive the funds within 24 hours, and may take as long as 60 days to pay back the loan with a slight service charge. Although the student is asked to list a reason for taking out the emergency loan, it is not taken into account in granting the loan. An unidentified person in the Financial Aid Office said, “You can just put down ‘personal’, I suppose you could put down playing the horses if you wanted to. No one will look at it.”

The Financial Aid Office has a special booklet available to all students outlining the various assistance programs available through the office. The booklet also contains information as to filing dates for applications, eligibility and the amount of money available through the various programs. The booklet is available to all students interested in applying for any of the aid programs.

If your income doesn’t meet your expenses or if you cannot figure out a budget, Financial Aids even offers a counseling service to advise students on financial dilemmas or problems that can cause a financial squeeze.

The Financial Aid Office is open Monday through Friday, 8 a.m. to 5 p.m. Evenings students who cannot make it into the office during the day because of working or other obligations may make arrangements for a special evening appointment.

For further information call the Financial Aid office at 887-7550 or 887-7554.

Bookstore stocks school supplies

Looking for a quick synopsis of a play or book for an English class or a tee shirt embroidered with Cal-State over the front? Well, the campus Bookstore stocks books, all types of newspapers, and many more, even class textbooks. All required textbooks and class materials are available in the Campus Bookstore with books arranged in alphabetical order according to subject. The Bookstore also stocks some drugs, toiletries, shirts with Cal-State stamped on them, magazines and other items along with all supplies needed in the classroom.

While many students complain about the ever rising costs of textbooks and the small pinch paid upon the resaler to the bookstore, the manager of the Bookstore, Demetrius Arabatzis, is thankful the situation is not any worse.

Arabatzis said that the current inflation has really hit college bookstores all over the country. The sign above the cash register at the counter informs the customer “where the new textbook dollar goes” is actually six years old and very misleading.

The book dealer said that 80 cents of each dollar spent on textbooks goes to the publisher, and the remaining 20 cents to the bookstore as profit. Of the 20 cents profit, 16 cents goes to employees’ salaries; the rest to operating expenses.

Arabatzis believes that no other business can operate on a 20 percent profit margin. He feels that something must be done to alleviate the financial burden that the bookstore faces, either that publishers offer larger discounts or pay transportation of returned books.

The reason the bookstore stocks many other items in addition to textbooks is because of the higher profit on these items. Arabatzis said, “If we only sold books, we’d have to be subsidized, no store can operate just selling books.” He added, “We’d like students to come to the Bookstore for their classroom supplies in addition to their books. We make more profit on $20 worth of supplies than $40 of book sales.”

The store will special-order books for students, faculty and staff of the college. The manager said that many students, teachers and alumni have special-ordered books through the Bookstore and have received discounts that they might not have gotten from other book outlets.

The Campus Bookstore is open from 8 a.m. to 4 p.m. Monday, Wednesday, Thursday and Friday and from 10 a.m. to 7 p.m. on Tuesday nights for the benefit of evening students.
Health Center provides complete medical services

There is a group of people in room 117 of the Administration Building just waiting to cure what ails you, be it a strain or a pain. They are the doctors and nurses of the Cal-State Health Center, which is a service provided to all registered students, who are automatically protected by an overall medical insurance policy. The Health Center provides physical examinations, emergency care and first aid, tuberculosis skin testing, and routine immunizations for communicable diseases, including a service devoted to overseas travel. Care is also provided for wounds, burns, respiratory infections, glandular malfunctions and gynecological problems.

Persons suffering from drug abuse or venereal disease may make use of a medically directed and treatment offered for these problems.

Well control methods, family planning, Pap smear and prescriptions for contraceptive materials may also be obtained from the staff pharmacist.

The Health Center has an agreement with many local drug stores that allows Cal-State students to obtain prescriptions drugs at specially reduced prices. Throat lozenges, kidney stones, pills, capsules and other similar non-prescription drugs are available to students free of charge.

Each enrolled Cal-State student is covered under a comprehensive medical insurance policy that provides:

1) One emergency visit at any hospital, at any time, including ambulance service.
2) Many laboratory procedures when referred by a Health Center physician.
3) Most x-rays when also referred by a member of the staff.
4) Three visits for consultation another physician's office upon referral from the Health Center.
5) Out-patient therapy upon approval and hospital visits by a

physician during the first three days in the hospital. The student is hospitalized through the Health Center.

Students should make appointments for the available services, however students in dire circumstances, answer calls as soon as possible.

Complete health and medical records are kept on each student and are held in the strictest confidence. Records will be sent to be any other Student Health Center, physician or hospital and there is no charge for the sending of records.

Regular office hours are 8 a.m. to 4 p.m. every weekday. The office hours may be extended to later in the evening, if they are extended, the Weekly PawPrint will announce the new hours in a future edition.

Further information may be obtained directly, however students telephone number is 887-7128.

Assistance available for evening students

About one-third of the students at Cal-State work in the summer and attend classes in the evening. Their assistance in campus services office will be open during the fall quarter Mondays through Thursdays from 8 a.m. to 5 p.m. The Evening Services Office was started in October of 1973. It has as its main purpose, which includes grade checks, handling waivers on regulations, insurance payments, purchase of campus parking decal, telephone repair, rent, and a variety of other services. If the needed information is not available, one may be referred to another office.

Schedules, catalogs and individual fact sheets on the various courses are available for personal use by students seeking information about courses or related career opportunities.

General advisory appointments may be made with Kent Schofield, Associate Dean of Academic Planning, who is head of the Evening Services Office.

During an interview Dr. Schofield stated, "We can process any of the services that are available to regular daytime students."

During the usual 8 to 5 hours the help offered by the Evening Services Office is available through the Admissions and Records Office.

Also available through the Evening Services Office is a special program for students who aren't certain about planning wholeheartedly into college. This program labeled the "Open College Program." This program offers an opportunity for students "to test the water." By this program, a student takes a regular class through extension, without enrolling in the college. Later on, if he or she decides to enroll, he or she will receive credit for the courses taken.

Information on this program is also available from the Office of Continuing Education (Stephen Bowles, Dean) at 887-7277. A counseling and testing service is also available at the Health Center.

While these are usually in the daytime, early evening interviews may be arranged. Evening students should contact John Hatton, Associate Dean of Counseling and Testing, at 887-7437 for an appointment.

The Evening Services Office is located in the Library Classroom building room LC-228. Further information about available services can be obtained by calling the Evening Services Office, 887-7128.

Learning Center offers help

Looking for help with a required statistics class or with an English Literature class that has three research papers due before mid-terms? Help is as near as the basement of the Cal-State Library where a team of tutors, video tape sets, reading apparatus, cassette recorders and telescopes are available to help you study and succeed. Help is available to regular daytime students. During an interview, Ms. Irwin the director of the Learning Center said; "We are looking forward to a terrific year."

The Learning Center has been developed to meet the needs of the diverse student population of Cal-State with tutoring on one-to-one, individual basis offered free of charge in many courses, i.e., statistics, psychology, math, chemistry, English, French, Spanish, History, Then and Social Studies. Self-paced programs utilizing multimedia delivery of self-instructional programs are available for vocabulary, spelling, grammar, reading (speed and comprehension), basic math, algebra, statistics, accounting and independent study.

A self-paced program designed program is also offered to help students develop study skills such as better listening and note-taking, more profitable use of time, memory improvement, exam taking, library skills and use of the dictionary.

Help with writing and researching term papers is available from the center. Students who need someone to critique their work may find help from one of the tutors who specializes in that area. Diane Irwin, the director of the Learning Center said: "We are looking forward to a terrific year. It will be difficult to surpass last year (1,629 students utilized the center — 8,989 individual sessions), but we will try. Please don't think you are the only student who needs a little help, we served 21 per cent of the total student body last year."

Besides Ms. Irwin the other staff members are Diana Pellitzer (lab instructor), Paul Whitehead and Kirk Buxton (student assistants). Besides these returning staffers, Ms. Irwin said, the Learning Center will be joined the staff this Fall, Mr. Kent Schofield, the head of the evening services office.

The Learning Center is located in the Library Classroom building room L.C. 27 (Library Classroom Building basement), the phone number is 887-7490. Scheduled hours of operation for the coming school year are: Monday thru Thursday 8:30 a.m. to 8:30 p.m., Friday 8:30 a.m. to 4:00 p.m., and on Saturday, noon to 3:00 p.m.

How to organize a club

If you are interested in organizing a club, the first thing you have to do is find a group of students with a common interest who are willing to organize and participate in a club. Then you must submit a "Temporary Recognition Form" and a Student Organization Handbook from the Activities Office.

Once these procedures are completed you and your club will be able to use Campus facilities for meetings, publicity, etc. For further assistance contact Lorraine Smith, Activities Advisor, in the Student Activities Office room SL-143, phone 887-7499.

Weekly PawPrint photo by John Whitehair
Bus system offers inexpensive transportation

If you're looking for inexpensive but reliable transportation to college, consider taking the bus. A ride on one of the San Bernardino Municipal Transit System's buses will only cost you a dime if you show proof of college attendance (an I.D. card will work) to the coach operator.

The fare at 10 cents each way, amounts to $1.00 per week and many commuting students spend that much on gas each day. Transfers that will allow you to get even greater mileage out of that dime are free.

A schedule of arrival and departures and a route map is shown below for the benefit of the bus riding Cal-State student. Copies of the complete San Bernardino area schedule can be obtained from any bus driver or from the Activities Office room SS 143.

ASB organizes car-pools

Each quarter the ASB organizes carpools for students who have to drive but who want to save a little money in the process. Carpools are also good ways to make friends and to meet people from your housing neighborhood. Interested persons should telephone their name, address, phone number and scheduling with the ASB secretary. The ASB office is located in a big white trailer west of the Student Services building. Phone 887-7494 for more information.

Free speech area

The area located behind the Administration Building is known as the Free Speech Area... It may be used at any time for speeches, concerts or extemporaneous discussion... Amplifying equipment is available from the Activities Office.

Serrano Village offers modern housing

A room and bed for only $2.00 a night? No you don't have to go to skid row in L.A. for accommodations prices like that. If you happen to have a friend who lives in the Serrano Village housing facility you may stay in a nicely furnished dorm room as a guest of that friend for up to 3 nights for only $2.00 a night.

On campus housing, sometimes called dorms, has changed tremendously since the days of dorm mothers, same sex dormitory buildings, curfew lock out hours, and "3 feet on the floor" visitation rules.

Today, the members of the Cal-State residential community enjoy the same rights and privileges of any other student living in an off campus apartment. Co-ed dorms, 24 hour visitation policies, consumption of alcoholic beverages in bedrooms and the right to privacy as guaranteed under the 4th amendment of the U.S. Constitution parallel the same liberties of students inhabiting apartments and houses in San Bernardino.

Dorm mothers, who used to be portrayed in the mass media as over fifty, fat and frustrated, have been replaced by House Resource Persons. HP's, as they are affectionately known by the student who occupy the dorm rooms, are the same age as the other residents, they live in the same residential halls and they must pass staff requirements in order to obtain their positions.

There are seven separate living units that make up the Serrano Village residential complex. There are 4 co-ed houses, Badger, Shepard, Waterman and Monroe. The Jordan house is a quiet house where more strict rules regarding the level of noise and activity are enforced. Arrowhead house is for women only and Tokay is for men only house.

While cohabitation is officially condoned, rumors imply that it exists are persistent over the loud denials by the powers that be.

Even if you have never considered living in a campus community come over and check out the dorm lifestyle. You just might be convinced to give up your singles apartment, quit commuting and join in the fun.
I. The Application Procedure - The Veterans Administration has begun a process of tightening its controls over educational benefits in order to cut down on what may be widespread abuses of the G.I. Bill. The inevitable "tightening-up" has arrived. If you, as a veteran student, want to survive with a minimum of problems from either the school or the VA, then you must be aware of your responsibilities.

1. Basically your main responsibility is to keep the Veterans Affairs Office informed. You can prevent many problems that otherwise occur by doing so. The other responsibilities are as follows:

   a. The Application Procedure - When you apply for VA benefits at the Veterans Affairs Office (VAO), you will be required to fill out many forms. If you fail to submit any information you will be considered incomplete. However, the VA will not do any paperwork for the change. The form is only a way of letting the VAO know you have changed your address. The VAO will send a letter to the new address.

   b. Class Attendance - Class attendance is expected of all students. The instructor in each course sets specified circumstances. The school and state must petition the school to do so. If this petition is approved, the student can go to the records office and get a corrected immediately.

   c. Illness - Usually, the VA does not allow repeated courses under the VA benefits, except in cases of serious or specified circumstances. The student must notify the instructor of his or her illness and the instructor will inform the school of the illness. The instructor in each course sets the standards he expects his students to meet in this regard. If a student is absent from classes, it is his or her responsibility to inform his instructor of the reason for his absence and to arrange to make up missed class work and assignments.

   d. Change of Addresses - Keep the VAO or the VA promptly advised when there are any changes. You must also realize that what constitutes a change of program. Technically, any change qualifies, whether it be a change from On-the-Job Training to College, from Apprenticeship or flight, or a change from a major in History to major in English. In practice, however, it seems to work a little differently. Normally, the school will certify you by degree desired and not by major. This leaves the veteran student some leeway. If, however, your change of major is a significant change from your benefits, it will be reported to VA and VAO.

   e. Satisfactory Progress. • The VAO will be following the same guidelines set by the school and state established in Section 3-210A and augmented by the assignment of two points per unit for the CR grade and no points per unit for the NC grade. Basically, this says you must maintain a 2.0 average each quarter, and an overall 2.0 GPA. If you fail below this you will be put on academic probation and may be subject to dismissal, if there is no improvement. Veterans, the VA and VAO does everything possible to prevent this from happening. All you have to do is let the VAO know you have trouble and they will find tutors and even offer to throw away any feelings like this.

   f. Change of Program. - If you are on the nine-month extension you should always inform the VAO of your reduction in benefits. This is especially true if you are still working toward a degree possible for seeing that every move the veteran will have the unpleasant choice of either paying back the VA or allowing the overpayment to be subtracted from further benefits. You may be suspended and that he contact the Veterans Administration. If you are certified by degree desired.

   g. Paperwork - Satisfactory progress also includes scholarship standards. The VAO will be following the same guidelines set by the school and state established in Section 3-210A and augmented by the assignment of two points per unit for the CR grade and no points per unit for the NC grade. Basically, this says you must maintain a 2.0 average each quarter, and an overall 2.0 GPA. If you fall below this you will be put on academic probation and may be subject to dismissal, if there is no improvement. Veterans, the VA and VAO does everything possible to prevent this from happening. All you have to do is let the VAO know you have trouble and they will find tutors and even offer to throw away any feelings like this.

   h. Job Hunter's Guide. Complete program to get you a job fast. Go on edge over the competition for the best jobs with Job Hunter's Guide.

   i. You are allotted two changes of program only. The first one is free, no questions asked. The second, however, normally requires that you receive counseling from the VA before permission is granted. You must also realize that what constitutes a change of program. Technically, any change qualifies, whether it be a change from On-the-Job Training to College, from Apprenticeship to Flight, or a change from a major in History to major in English. In practice, however, it seems to work a little differently. Normally, the school will certify you by degree desired and not by major. This leaves the veteran student some leeway. If, however, your change of major is a significant change from your benefits, it will be reported to VA and VAO.

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Activity Office is where it's happening

The student population of Cal-State is composed of many people with diverse interests, backgrounds, and lifestyles; and with this information in mind, the Activities Office strives to provide activities that will somehow appeal to all. The Activities Office is "where it's at" if you are interested in finding ways to break away from the rigors of Academia.

Some of the most popular events will be offered again this fall as well as some new ones that are sure to appeal to all students. Scheduled this year are rock concerts in the evenings as well as at noon time, choral concerts, guest lecture series, art exhibits, leisure outings, dances, small group parties, special seminars, drama productions and the ever popular Friday night film series. The Activities advisors, Richard Bennecke and Lorraine Smith are constantly researching new avenues of student happenings but they need feedback from students. If you have an idea for an event, or if you did not like one, please tell them, they will be glad to hear you out.

Every week, The Weekly PawPrint carries a complete list of all happenings on Campus compiled by the Activities Office. Bulletin boards located throughout the campus will also carry information about upcoming activities.

If you ever need any information as to what's happening, where it's happening, when it's happening, and how you may become a part of the action, give the friendly folks at the Activities Office a call at 887-7409, or stop in at the Activities Office, located in the Student Services Building, room 143, and say "hi.'

Food stamps help ease the cost crunch

Increasing numbers of students have discovered that they are eligible for the US Government food stamp plan and are taking advantage of government largesse to help them on the rocky financial road of higher education.

The Food Stamp Act of 1964 was designed to enable low-income households to buy a greater variety of food than is possible on their income. Participants pay a small amount towards the cost of a household size and monthly income; they receive food stamps equivalent to a larger value which are used to purchase food.

Eligibility is determined on the basis of households: a family or other group living together, functioning as a single economic unit. A single economic unit is a person or group of persons who pool their resources and jointly buy things necessary to the household, such as food, clothing and heat. It must be held aged common by all members of the household.

For a group of students living together, as a single economic unit, all members must meet all the eligibility requirements. Potential applicants, even those who live together, have the option of declaring themselves individual households and applying for stamps separately. In each case, each individual must be able to prove they buy, store and prepares all his or her food separately from ineligible members of the household.

DEDUCTIONS

The amount of a deduction is a certain percent of the income of each member of the household to be used to pay or reduce any federal income tax.

HOW TO APPLY

The head of the household, or a person designated to be the head by the other household members, applies for the household. To do this, the head must go to the local welfare office, complete a lengthy application form and be interviewed. This process may take a few hours, so the household should come prepared to wait.

Certain documentary evidence must be presented at the interview to show: the ages of all household members, the ages of any other children in the household, how much the household pays for rent, and the net income.

Once the hearing has been held, the local welfare office will act within 60 days. This includes notifying the head of the household in writing of the decision of the hearing authority and of any rights of further recourse.

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Once in the food stamp program, a household will receive monthly allotments of food stamp coupons and a ID card. Coupons come in denominations of 50 cents, $2 and $5 and must be purchased according to the scale established by the household income and population.

If food stamp coupons are received, they should be counted and endorsed promptly. If any food stamp coupons are lost, the local welfare office should be promptly notified.

The stamps are only good for change for food products grown or packaged in the United States. The exceptions to this are coffee, tea, cocoa, and bananas. Imported foods, alcoholic beverages and non-edible items must be paid for with cash.

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The welfare office may refuse to issue the stamps if the head of the household is either ineligible for the stamps or who wishes to declare himself or herself a separate household.

Food stamps can be used to purchase food. The stamps may not be used to purchase tobacco, alcohol, non-food items (i.e. toilet paper, etc.), rent, income-producing real estate (though it may be included from the income elsewhere) and other resources such as the tools of a tradesman or farm machinery.

All members of the household between the ages of 18 and 65 who are able-bodied must register with their local employment office for work, with the following exceptions: (1) students who are enrolled at least half time in recognized schools of recognized educational programs; (2) those who are employed at least 20 hours a week; (3) those who are mentally physically handicapped and (4) mothers of children. It is required that those who have to take care of dependent children under 17 years of age, the applicant may present arguments and evidence on his or her own behalf.

If he or she or his or her representative has the right to: examine all documents and records which are relevant to the hearing, bring witnesses, submit evidence to establish pertinent facts and question or refuse any testimony or evidence.

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The grocer may require presentation of both the coupons and ID card.

It is illegal to sell or give away food stamps and they cannot be used as a substitute for cash. It is also illegal to use stamps which belong to someone else. Penalties may vary from $500 to $25,000, depending upon the amount of the coupons involved.

The head of the household will receive a notice from the welfare office and bring all records to verify that the household is still eligible for food stamps. This check takes place three times a year.

Questions about the food stamp program can be answered by calling or visiting the local welfare office.

The local welfare office is conveniently located near the County Hospital.

The Penny"