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A COOL MILLION KEEPS TEMPS EVEN, COSTS DOWN

WHAT'S BREWING?—The new thermal energy storage tank on the northwest perimeter of the campus now is in full use, cutting energy bills by one-fifth.

Cal State's newly installed thermal energy storage tank has earned the university a $321,000 rebate from Southern California Edison and now is helping the campus reduce high energy costs.

Operation of the tank has resulted in a $424,213 per year energy cost avoidance, adds DeMauro. The rebate was offered as an incentive by Edison and is part of the company's effort to reduce energy consumption and the need to construct more power plants.

The new system is a computer-operated, closed loop system. It sends chilled water from the bottom of the TES to designated areas around campus and returns the water to the top of the 66-foot-high, 52-foot-diameter tank, which sits on the university's northwest end. The water temperature is monitored by 30 probes that run vertically down the tank.

DISTANCE LEARNING CAPABILITIES OF CVC EXPANDED BY GRANT

A half-million dollar proposal to establish a distance learning network between Cal State, San Bernardino, its branch campus in Palm Desert and two other locations in Joshua Tree and Blythe is being funded by the South Coast Air Quality Management District (SCAQMD).

The $486,458 project, that will be nearly matched by the university, will set up capabilities for televised instruction between Cal State and the outlying classrooms. It is endorsed by the SCAQMD because it will reduce the commute of students, faculty and staff.

Nearly 500 students are enrolled at Cal State's Palm Desert campus, the Coachella Valley Center, and approximately 100 men and women are expected to take advantage of the classes that will be available through this project at Copper Mountain College in Joshua Tree and at the Palo Verde School District offices in Blythe, reports Peter Wilson, dean of the university's Coachella Valley Center.

"I look at this as the beginning of a comprehensive effort to expand the accessibility of four-year degrees and graduate programs for Low Desert residents," Wilson says, adding that the teleconferencing network could be linked with other school districts in the future.

The video-teleconferencing system would enable the university to deliver instruction and academic advising, as well as offer conferencing capabilities during non-class hours, Wilson notes. Equipment will be established at the Palm Desert campus site first while telecommunications links are made between the site and Joshua Tree and Blythe. The system eventually will serve 40 classrooms altogether and be fully operational by 1998.

Other potential uses for the network include in-service programming for K-12 teachers, educational services for inmates of California State Prison and university outreach activities. The technology also will offer the benefits of programming available from several of the other 19 California State University campuses, Wilson adds.
VASE PAINTERS INFLUENCE REDLANDS ARTIST'S WORK

Recently, Louis Fox has been noticing pots. "I have always admired the quality of the drawings on Greek vases," says the Redlands painter, whose exhibit at Cal State opens Jan. 20. "But I never looked very seriously at the shapes on which these artists worked."

Fox has never seen much more than a surface on which to paint images to Fox, who has come to value the "abstract potentials of the vases themselves."

With distinction, Fox earned his B.A. from the University of Redlands and his M.A. from Claremont Graduate School. He was influenced, from a young age, by Poussin, Ingres, Cezanne, but especially by the Brugos and the Berlin Greek vase painters.

Fox considers himself an abstract artist, and says that formal relationships in his work, not content, are his primary interest. His work will be on display Jan. 20-Feb. 23. An opening reception will be held on Jan. 20 from 5-7 p.m. in the University Art Gallery. Gallery hours are 9 a.m.-4 p.m., Monday-Friday. For more information, call Ext. 5802.

SOFTWARE SITE AGREEMENTS OFFER CAMPUSWIDE BENEFITS

Cal State recently signed two software licensing agreements—one with the WordPerfect Corporation, and another with Borland International. The WordPerfect contract is a three-year "purchase" contract. For new licenses or upgrades to existing WordPerfect word processing software licenses, a department will pay only $19.40 per license, although prices could change.

Users will be allowed to install the software on one computer, and will be able to transfer copies of the word processing user manuals from the Duplicating Center to the property of their state-owned computer. Users of the WordPerfect word processing software, users also will need to install WordPerfect supported software for installation. Before checking out the software, users will need to supply the property number of their state-owned computer. For the WordPerfect word processing software, users also will need to purchase a copy of their signed registration. A complete list of software that can be purchased from WordPerfect and distributed to the secondary sites is available at the Foundation Office and ASI. The contract includes both the WordPerfect and the Paradox software for Windows. Users also will be able to install copies of the word processing software user manuals from the Duplicating Center for the price of duplication.

WINNING THE BATTLE TO STAY FIT ALWAYS IS TRYING—ESPECIALLY AFTER A CALORIE-FILLED HOLIDAY SEASON WHERE SPARE TIME HAS BEEN CONSUMED BY FESTIVITIES.

Increasing your physical activity, if only for a few minutes each day, can be the only, or perhaps the only, prevention to preserve good health, notes fitness expert Dr. Jennie Gilbert (Physical Education).

Exercise Lite, new exercise guidelines, recommends that adults accumulate 30 minutes or more of moderate physical activity over the course of most days of the week. The guidelines were developed by the American College of Sports Medicine and the U.S. Centers for Disease Control, in conjunction with the President's Council on Physical Fitness and Sports.

Gilbert says that over the years most fitness guidelines have promoted a standard of athletic performance that requires a high level of rigorous training. This has discouraged many Americans from starting or sticking with a program of regular exercise. "Not everybody wants to be fit," says Gilbert, "but yet there is an epidemic of inactivity, and inactivity increases an individual's risk for coronary heart disease."

"It's not a primary risk factor, but (combined with other factors such as obesity, diabetes and family history of heart disease,) it certainly increases the risk of future health problems."

The Exercise Lite guidelines are designed, not to turn office workers into athletes, but to promote a level of activity that can maintain the long-term health hazards associated with a sedentary lifestyle.

"Under the old guidelines, that (rigorous exercise) was what you needed to do in order to be physically fit," says Gilbert. "But now the new guidelines are saying, 'Okay, you don't need to do that much exercise for fitness, but we want you to do some exercise for health.'"

"What that means is: let's park at the far end of the parking lot. Let's take the stairs instead of the escalator. Let's go out and do some yard work. Instead of sitting in front of the television, do something where your body is moving. And it doesn't have to be at a training heart rate. Not everybody has to be a fitness guru, but let's get people physically moving."