



Health Fair may be the last one

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teporosis screening and much more. Open from Monday to Friday from 10:30 a.m. to 3:30 p.m., no appointment is necessary to take advantage of their offer, and you can find out exactly how strong your bones are within a few hours.

But physical needs aren't the only aspect of health, however, for mental health can be just as important to one's well-being. Students are under a great deal of stress and pressure to succeed or make ends meet, and they sometimes go without treatment for psychological conditions. Kim Cardoza, a community liaison for Fremont Hospital, said, "Yes, [they've] shown interest." Fremont Hospital is focused on behavioral health and psychiatrists are on duty to help with any mental issues someone might have.

Overall, the Health Fair covered many key aspects of well-being, from ending smoking to the prevention of domestic violence. Launa Charest, a physical therapy student, said it was important to get people aware of their body weight and encourage them to sign up for physical education classes.

Tuesday last day to drop, get 'W'

By JESSICA LOSEE
Staff writer

For many students, Tuesday, April 26, is a very important day. Those who wish to discontinue some of their classes have until that day to drop any class and receive a "W", meaning that they have withdrawn from the class.

This means that students can drop a class, without the grade they currently have affecting their GPA. Yet, Director of Admissions and Records Ron Travenick said that although the "W" will not affect your GPA, financial aid and counseling departments can view them in order to follow a student's progress.

A "W" grade and a drop grade differ. A drop is an action on the part of the student to disenroll themselves from a class and a W "non evaluative"

grade is a symbol which shows up on a transcript to represent that the student persisted in the class but withdrew," Travenick said.

According to Travenick, a student can receive a "W" grade from 20 percent of the class period to 75 percent, allowing the students to drop a class without any recorded grade and after the 75 percent date, a letter grade is applied to the student's record for the class.

Since the Spring Semester is composed of a total of 86 days, the final day to drop a class would be approximately 65 days into the session, thus April 26. Despite some courses holding the class times only a few days out of the week, the same day applies to all.

Yet, for classes that don't span a whole term, the 75 percent of the class is determined by the meeting times.

"So if a class met 100 times, the date of the 75th class meeting would be the deadline to drop with a W," explained Travenick.

Speakers win national honors

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which changes venues each year. Waking up at 7 a.m. or earlier to prepare for a full 12-hour day of public speaking for a week, the competitors were "psyched" and "super prepared" for the challenge.

Even though last year was the first time Ohlone had ever won gold at the national level, this year's performances culminated in gold and silver finishes at the state championships. With less than half a dozen traveling members, Ohlone qualified as a "limited entry" college, and won gold in debate sweepstakes, which takes into account win percentages and events entered. Ohlone also got a bronze award for overall sweepstakes (limited entry).

This most recent accomplishment on the national level was an "pleasant surprise" said several team members.

"It's been a great experience," said Sophomore Joyce Chuang. "I've gained a lot and it's something I'll never forget." Chuang earned a bronze award in Impromptu Speaking, which to her, was completely unexpected. "I'm shocked and I wasn't expecting it," she said. "But it feels great, because now I've made it to final rounds in all of my events."

Sophomore Erica Jubilado and sophomore Tony Yang made it to semifinal rounds in Parliamentary Debate, earning bronze, missing silver by one vote. "We did our best," said Yang. "I am really glad my partner and I worked so well together." Yang also won a bronze in Extemporaneous Speaking.

Sophomore Cara Cuison said the trip was "excit-

ing" and "scary" at the same time. This was Cuison's first time at a national competition; she debated with a "hybrid" partner from another school, and this was the first time they had met.

Despite this, Cuison made it to two semifinal rounds, earning bronze awards in Prose Interpretation and Parliamentary Debate, respectively. "We worked hard throughout the year," she said. "I'm happy because I won with the piece I had since the beginning of the year."

Cuison is optimistic about the future, saying that she believes Ohlone can "seriously" win gold awards next year if the team continues to build on its success with the right coaching.

Ohlone's forensics program's accomplishments are all the more remarkable given the fact that it essentially didn't exist five years ago.

With the help of committed communications instructors, the Ohlone Speech Communications Department has grown from a one-woman operation with the late Prof. Maggie Morrison to a growing communications major and certificate field boasting three full-time professors and an increasing number of students.

Ultimately, the team's success was due in part to some last-minute funding from the ASOC, the Ohlone Foundation and even President Doug Treadway's office.

"We couldn't have done it without their help," said Yang. "It's encouraging to know people are behind you and you want to do better to earn their support."

Chuang added; "I think the team can only get stronger from here on out. If anybody is interested, I say 'go for it' because you never know what you're missing."

Kidango grant for low-income students

The Ohlone Kidango Ohlone Lab was just awarded a state grant that will allow the program to host two extra three-hour sessions a day for

low-income families.

The preschool program is being crafted around a survey that will be distributed in the coming weeks to

determine an ideal time for each of the three-hour sessions.

The program is exclusively for low-income families on a first come first serve basis and will only accept children 2.9 to 5 over the course of 180 days. Initially the program plans to host 48 children in two three-hour sessions.

For more information concerning the Kidango preschool program contact Director Mitchell Ha at (510) 656-3328 or come directly to the Ohlone Child Care Facility.



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Academy of Art back May 4

Recruiters for the Academy of Art University of San Francisco were on campus Wednesday, but they will be back on May 4 for a second sweep.

Those students interested in getting more information about the school before the second visit, can contact the Transfer and Career Services building in Building One, Room 1405, or call extension 7555.