



Youth suicide: Rates going up

By James Tripp
Staff Writer

Seventeen young people intentionally kill themselves daily in the United States. In 1982 the National Center for Health Statistics found that 5,170 persons between the ages of 15 and 24 had decided that life wasn't worth living and had done something about it ... committed suicide.

In California alone, there were 537 suicides from that same age group in 1983. This accounts for approximately 10 percent of 1982's nationwide figure.

Fresno County is by no means immune to this tragedy. From July of 1984 to July of 1985 there were 19 reported suicides for people under the age of 24.

Suicide is no longer an uncommon event. In today's fast paced, emotionally demanding society, America's youth are considering suicide as a viable alternative to coping with the pressures of adolescence with increasing frequency.

Over the past 30 years the incidence of suicide among college age individuals has increased by 284 percent. Currently the suicide rate among college students is twice that of the

same-age group not in college. Dr. Bob Richardson, clinical psychologist at FCC, explained why pressures seem so great to students in the college setting.

"There are a number of differences between high school life and life in college. Many students find this transition difficult to make," said Richardson. "Until now the primary concern of young people was fitting in. Now students are suddenly forced to ask themselves 'what am I going to do with my life?' Many students are having to support themselves for the first time and they are finding this change a dramatic one."

Richardson stated that there are not accurate ways of determining what the suicide rate is among FCC students, but he did know of at least two suicides that actually took place on campus, and said that he deals with suicidal students on a regular basis.

"Some young people are able to slide into a community college too easily. Many of them are living on their own and have no one monitoring them for the first time. All too often they are not ready for this type of freedom and get themselves into situations where they find themselves extremely behind,"

contended Richardson.

Richardson suggested that these changes cause a need for the student who is finding these adjustments difficult to make. When someone is overwhelmed with a problem and doesn't see any possible way out of it they may begin to think their only viable solution is suicide."

"These adjustments cause stress which, over a period of

time diminishes the coping ability. Failure type situations can then seem overwhelming to the student who is finding these adjustments difficult to make. When someone is overwhelmed with a problem and doesn't see any possible way out of it they may begin to think their only viable solution is suicide."

These factors for suicidal tendencies are only the beginning. Experts in suicidology have

determined many different causes for suicidal tendencies such as family break-ups, a high unemployment rate, pressures to attend the 'right' school, have the 'right' job, and live in the 'right' neighborhood.

"We live in a society that is overly demanding on young people," stressed Duane Genter, an acute psychologist in private practice. "When

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John Wheeler Chief of Restoration on the Old Administration Building puts on the doors of the west wing.

Rampage/Don Donovan



Handicapped Awareness Day held

By Lauraine Lake
Staff Writer

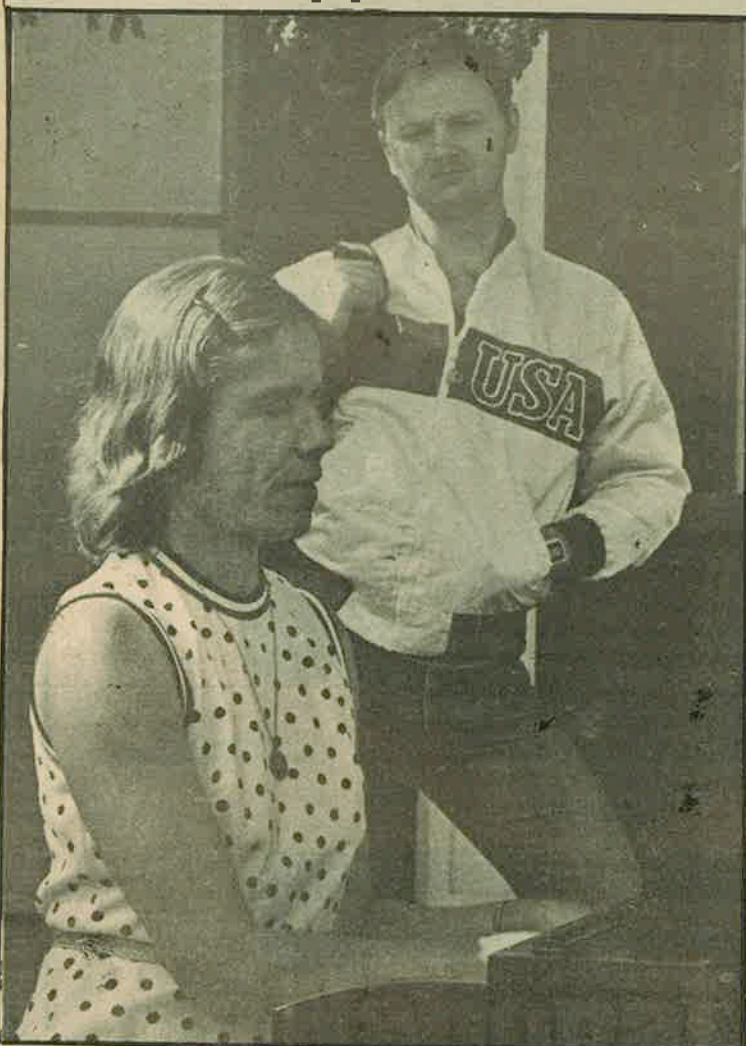
Several handicapped-oriented organizations offered information, equipment exhibitions and demonstrations, and answered questions during Handicapped Awareness Day last Wednesday in the FCC free speech area.

The four-hour event not only provided the handicapped student with program information, but also educated the non-affected student to the needs of the blind, hearing impaired, or wheelchair person.

Addressing the participants, students, and visitors were Fresno City Councilman Ted C. Wills, chairperson Jeanette Imperatrice, Enabler Services director Janice Emersian, and FCC instructor James Ross.

Ross, now in a wheelchair, was a victim of a gunshot incident in 1983. He related his experiences and insight as a handicapped person.

Participants included representatives from FCC's Enabler Services, Fresno Community Hospital's Occupational Rehabilitation center, the Center for the Blind, the Center for the Hearing Impaired, and local handicapped transportation equipment companies.



Rampage/Larry Aaron

Student Chet Polsgrove observes blind pianist Jan Uribs as she performs during Handicapped Awareness Day.

Bowl queen candidates narrowed down to six

By Kevin Bradley
Contributing Writer

The six final candidates for California Bowl queen, all from Fresno City College, were announced Thursday. The final six are Tricia Harter, Julie Lagrand, Marlene Osa, Diedra Probst, Patricia Salazar and Cheryl Stoeckle.

The judging to pick the six finalists from the original 14 candidates took place Oct. 14.

The candidates were judged on scholastic achievement, ability to communicate through personal interview and appearance.

The judges included Dr. Harold Haak (education), Roger Rocka (theater arts), Mildred Huddleston (community) and Kay Chrisman (business).

The California Bowl Queen will be chosen during the Coronation Ball at the Sunnyside Country Club on Friday, Nov. 1.

Scholarships will be awarded courtesy of Gottschalk's. The queen will receive a \$500

scholarship, the first runner-up will get a \$300 scholarship and the second runner-up will receive a \$200 scholarship.

Debaters show well

The FCC forensic speaking and debate team, in its first full year of competition, made a strong showing in the Los Rios Speech Tournament at Sacramento City College on Oct. 12 and 13.

The freshman debate team of Alexis Anderson and Tom Wiese defeated teams from six other colleges and universities to reach the semi-finals of their competition. They lost in the final round by a split decision to a team from UC, Berkeley.

Short coming stemmed from the difficulty of accumulating evidence as easily as teams from major universities, according to FCC debate coach Jim O'Banion.

Other award winners were Dan Rocka and Kim Senke in novice duet acting, Cyndi Cain in interpretation, Tom Wiese in impromptu speaking and Susie Arnold in persuasive speech.

Points of Interest

By Dan Pimentel
Editor

Around Campus: Congratulations go out to City College's own Terry L. Pierson for taking "Best of show" in the Fresno District Fair's amateur monochrome competition ... Campus Action meets 12-1 p.m. Friday, Oct. 25 in Cafeteria Conference A & B ... Club Advisors meet 11-12 noon Friday in the Student Senate Chambers ... It's Homecoming week here at FCC, so we all should try to get out and GET INVOLVED!!!

Around Town: A Renaissance Festival will be held Saturday, Oct. 26 at the St. Paul Newman Center. The celebration will feature art, music and crafts, time 10 a.m. to 5 p.m. ... An all day mask making workshop will be offered Saturday, Oct. 26 from 9 a.m. to 4 p.m. Artist and craftsman Alfredo Caleron of Los Angeles will be the instructor of this class to be held in the Fresno Met Museum's first floor orientation area ... A forum entitled "Women's Health in the Eighties; Body, Mind and Spirit" will be held Saturday, Oct. 26 at the Picadilly Inn, University from 8 a.m. to 2 p.m. Additional information can be found at 442-6433.

Music and Entertainment: The Outpatients featuring percussionist Alex Acuna and vocalist Judy Bixler will perform two shows this weekend at the Wild Blue Yonder, 1145 Fulton. The band will play both Friday and Saturday nights, admission \$5 ... The film "Rambo" will show Friday at 2:30, 7, and 9:05 p.m. in the CSUF Satellite Student Union ... A weekly benefit by the Nuclear Freeze movement will be offered Sunday, Oct. 27 at the Wild Blue Yonder. The band "Festival of Pain" will perform, with admission at \$5.

Sports News: The Ram football team will square off against West Hills College tomorrow night, 7 p.m. at Ratcliffe Stadium ... Our volleyball team takes on Kings River at home Friday, Nov. 1. Starting time for the game is 7 p.m. ... The soccer team will play Merced College Friday at 3 p.m. in Ratcliffe. They also will face Gavilan College of Gilroy Tuesday at home, game time 3 p.m. ... FCC's undefeated cross country team will run in Visalia Friday in the final meet of the season. They will face COS in a 3 p.m. Mooney Grove meet ... The National Truck Pulling Association will host the first ever indoor truck and tractor pull Oct. 25, 26, 27 at Selland Arena. This wild show will feature "Bigfoot," the car crushing truck, and an appearance by a 7000 horsepower tractor. Tickets are available at all regular arena outlets. Be sure to bring earplugs or cotton packing, this show is sure to make a heavy metal concert sound like the library ...

The Arts: "Friends of the Arts" are holding the first ever "Fall for the Arts" dinner at Roger Rocka's Music Hall on Monday, Oct. 28. On tap for the night's entertainment is a fashion show, a ceremony to honor four outstanding fine and performing arts students, and a keynote address by former CSUF President Dr. Karl Falk. Information on this event can be found by calling 442-8281 ... A presentation entitled "Mysteries of the Sun Stone" by Dr. Cecilio Orozco will take place Sunday, Oct. 27 at 4 p.m. in the Lyles Theatre of the Fresno Met Museum. (Note: it was an ancient Aztec stone that predicted a deadly earthquake would strike in Mexico in 1987!) ... "Twelfth Night" continues Oct. 24-26 at the Theatre Arts stage, showtime 8 p.m. ...

Workshops to aid reentry women

By Lauraine Lake
Staff Writer

A non-credit Reentry Brown Bag Lunch Workshop program will host a series of women-oriented speakers this fall. The sessions are open to all FCC students.

Co-ordinated by Ginna Bearden, reentry counselor for women, the programs will be held every Wednesday from noon to 1 p.m. on the second floor of the Student Services Building, Room 202C. Besides lectures on topics of interest to

women, there will be a film featuring Leo Buscaglia. Past workshop lectures during the 1985 fall semester have included assertiveness training, starting a home-based business, student skills, time manage-

ment, stress reduction, motivation, women and domestic violence.

No enrollment is necessary to attend the workshops, but one must be enrolled as a FCC student.



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Reentry Brown Bag Lunch Workshops

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Rape Counseling Center of Fresno
Stephanie Yost

October 30
Women and Politics
Geneva Bennett

November 6
Women and Alcohol
Sara Red

November 13
Women and Failure
Lorna Hill, LCSW

November 20
Personal Insurance
Lauana Bull, Insurance Broker

November 27
How to Create a Resume

December 4
Color and Wardrobe for Personal and Professional

Peg Richins

December 11
The Last Brown Bag—Leo Buscaglia film on "Love."

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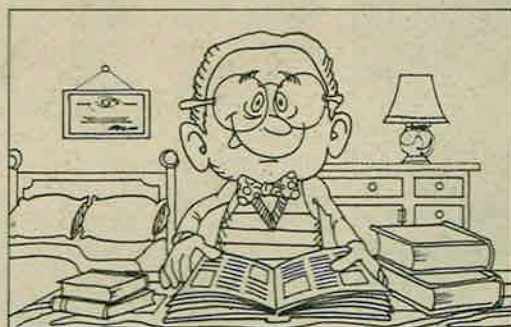
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Firefighting is no picnic

By Lauraine Lake
Staff Writer

Blaring horns sound off. Adrenaline gushes into the bloodstream. Within minutes the firefighting team is dressed and boarded onto the trucks answering the call to fight one of the many fires that blaze through the Sierras.

While Fresno City College students were enrolling into school, Dave Hosler had to make the decision to either attend FCC early August or to pursue a career as a Sierra National Forest firefighter.

Hosler said that his previous experience loading fire retardant onto air tankers was the reason he was accepted into the firefighting academy.

The two week academy involved intense drills during emergency situations, water hose laying, work with fire truck equipment and fire gear instruction.

Lectures were also given by Fresno County fire captains on fire behaviors and patterns, and the reaction of smoke to the fire fighter. By the end of their instruction period, the students are expected to participate in rigorous test and drill requirements.

Assigned to the Blasingame station on Old Tollhouse road

and Humphrey Station, Hosler served as hoseman, who is responsible for the laying of two inch water hoses which is used in attacking the fire.

As one of the initial attack team members, Hosler participated in the late summer's Watts Valley fire that charred hundreds of acres of land and threatened many mountain homes.

He felt that of the several fires he had experienced, the

Watts Valley fire was the most difficult due to the almost up-and-down terrain.

Smoke inhalation and heat exhaustion, noted Hosler, is the major incidence of hospitalization.

Hosler plans to return to FCC next spring where he will pursue classes relating to his fire fighting experience. He expressed interest in the Emergency Medical Training course that FCC offers.

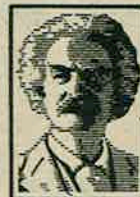


Forestry and fire fighting are not unknown areas to Dave Hosler.

Rumpage/Edward A. Garcia

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FCC soccer team wins, loses

By Joe Rojas

Contributing Writer

The Fresno City College soccer Rams fell to San Bruno Skyline CC 1-0 on Friday, but turned the tables on Consumnes CC 2-0 Tuesday.

In Friday's match, Skyline's Jose Padilla scored the only goal, passing the shot past FCC's defense eight minutes into the first half. The Rams dropped to 2-3 in Coast League play and 5-4 overall.

FCC's Michael Helms, Coast League's leading scorer, had to leave early in the first half when he suffered a hip-pointer after he collided with the goalie.

"The team played great defense and the offense generated as much as it could," coach Bill Neal said. "We cer-

tainly could have used Helms' offensive punch."

On Tuesday, the Rams scored twice in the first half and held Consumnes CC scoreless 2-0. Again the Rams defense was impressive.

FCC's Zigfredo Mendoza fired a solid shot past the goalie, initiating the scoring with three minutes into the match.

With the bench yelling encouragement, Jason Stallsmith ran past the Consumnes defense, then took the goalie one-on-one to score the final goal.

Consumnes threatened in the second half with a penalty shot, but the shot went far to the left.

Suicide, from pg 1

students feel they're not meeting the demands of society they begin to lose their self-respect and question the value of their own lives."

Richardson stressed that suicidal thoughts are not uncommon. Everyone experiences them to some degree at one point or another. "At some point in nearly everyone's life they at least think of suicide. What's important to understand is that it is helpful, and in some cases necessary, to explore these feelings with someone to help determine the degree of severity."

That is exactly what psychological services is for. Richardson stressed that any time a student feels he would like to talk to someone about

that way he's feeling, whether he is contemplating suicide or merely feeling depressed, he's welcome to make an appointment.

"If a person has something he cherishes or holds as extremely important to him, whether that cherished object be a loved one, academic success, involvement in sports, arts, etc., and this cherished object is lost, the person needs to maintain another strong means of support or else that person will be in jeopardy of losing his positive feelings about his growth and development in life," explained Richardson.

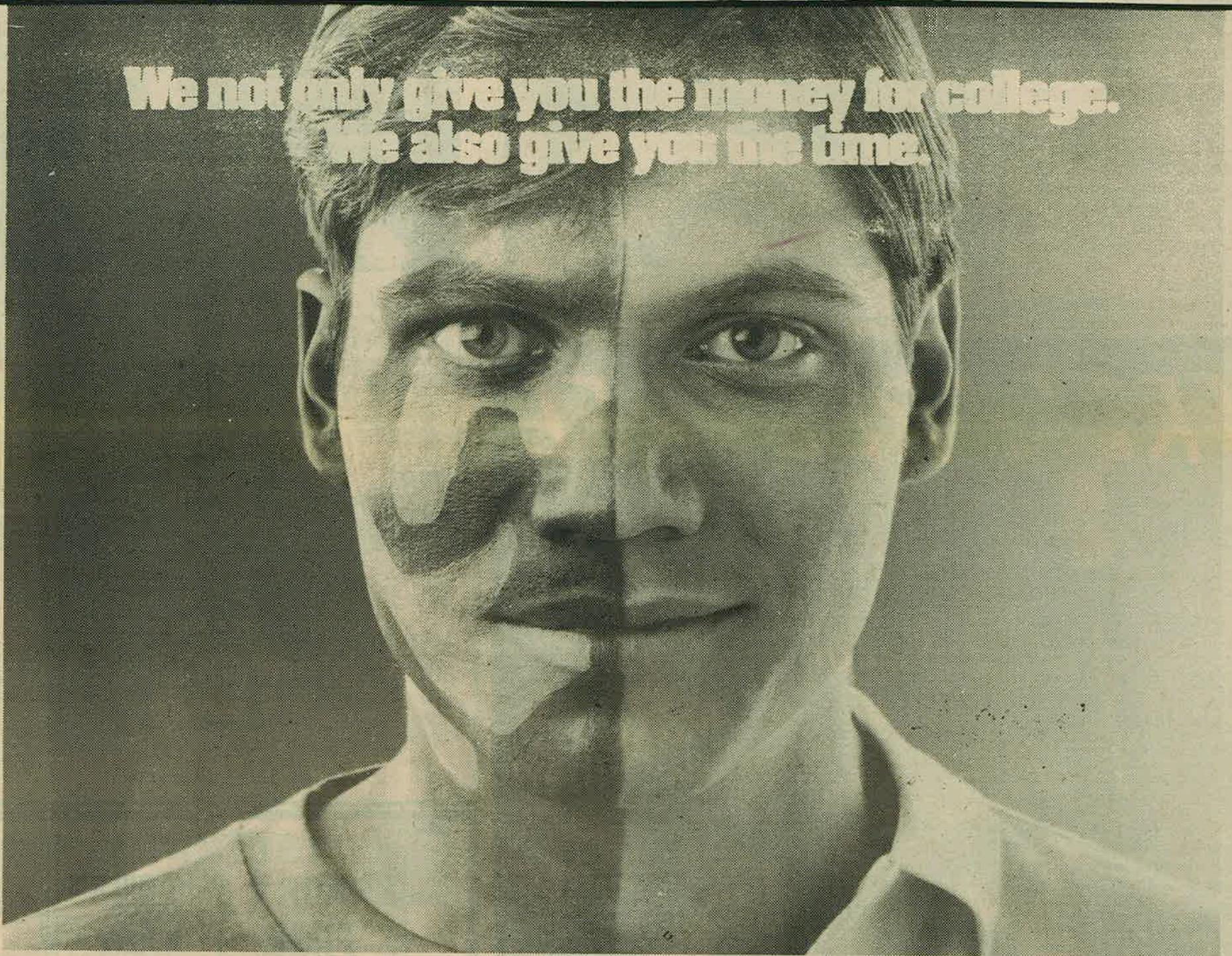
Often times these emotional crises are coupled with alcohol and drug problems.

Dr. Richard Litman of the Los Angeles Suicide Prevention

and Crisis Center stated that alcohol intensifies the already existing problem of low esteem. "Ninety percent of completed suicides were associated with substance abuse, especially alcohol," said Litman.

Of all the problems that attribute to the alarming rate of suicide, the most troubling and perhaps the greatest problem is societies long standing reluctance to openly discuss the dilemma of youth suicide. "Traditionally, our society has been afraid to talk suicide, it was an ugly word. We need to shake that stigma. The only way we are ever going to be able to reduce the growing rate of suicidal death in the colleges is to talk about it enough to where students aren't scared when they hear the word mentioned.

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