

## Accreditation follow-up:

# FCC shifts into high gear

by Matthew T. Mendez  
Rampage Reporter

Nearly two months after receiving a warning from the Western Association of Schools and Colleges regarding the school's planning process and program reviews, Fresno City College has begun the process to ensure a positive progress report in October.

After visiting campus last year, the Accrediting Commission for Community and Junior Colleges, which is one of three accrediting commissions under WASC, made several recommendations to the school. If each recommendation were to be implemented sufficiently, FCC would once again meet the commission's standards for accreditation.

Among its relatively short list of recommendations, the evaluating team's most urgent concern was the absence of a participatory governance body. For more than a year, Fresno City was without a running governance process that requires all constituent groups to actively participate in the school's planning and decision-making.

To correct this deficiency, the school plans to create what has been dubbed the Ad Hoc Committee. The committee would be in charge of examining models for the formation of a campus-wide shared governance committee.

The models will be proposed to the Ad Hoc Committee by the four identified

campus constituency groups: the Academic Senate, the Classified Senate, the Associated Student Government, and the school Administration.

Each constituency group will nominate and elect representatives to the 10-member Ad Hoc Committee, which will consider all suggestions before recommending a final model that will ultimately be accepted or rejected by the constituencies.

The school is hoping that a final decision on a campus-wide shared governance committee model can be made by the end of April.

As the previous team did before them, last year's evaluation team found "se-

rious deficiencies" regarding the relevance of the books in the school library.

In order to amend the quality of reading materials available to students, the school has allocated \$275,000 to be put into the library for the 2006-07 school year, increasing the amount the library received this year by more than \$50,000.

The accreditation team's report listed several programs that had failed to complete a systematic program review, prompting the school to hold a workshop for all delinquent programs on Feb 21 illustrating the review process in detail. Each attendee

**see Changes p. 4**



A Disabled Students Programs & Services cart assists a student across campus.

Photo by Clare Frederick

## Lottery money funds new DSPS cart for students

by Clare Frederick  
Rampage Reporter

Thanks to state lottery funds, Fresno City College will soon have the opportunity to purchase a new blue cart for the Disabled Students Services and Programs (DSPS).

"We look at decision packages in regard to lottery funds, and that was in the list of priorities for the need of the college," said Ned Doffoney, president of FCC, "We fund literally dozens and dozens of projects, and that was among the funded projects."

Equal accessibility to education is a goal that DSPS strives to achieve for students with mobility challenges at FCC, and the blue carts provide assistance to those who need help getting to class.

This service has recently noticed an in flux of demand due to the installation of the new underpass in the form of additional requests for these blue carts.

Many temporary requests were due to students who have had recent surgery or are using crutches.

The need for the new cart stemmed from the fact that only one student could be taken one at a time. The smaller carts simply couldn't make it up the hill with the amount of power they have.

The current carts were even modified, from a 36 volt to a 48 volt to get them more power. Which did help a little bit.

"The battery kept getting zapped, and they had to constantly bring it in to get charged," said Yolanda Aguilar, Student Services Specialist, "This created a dependency on the smaller cart."

The smaller cart also wasn't the best at transporting students with wheelchairs. The smaller cart didn't offer enough comfortable room for both student and wheelchair. A larger, more user-friendly cart can do a better job at accommodating everything.

"Mobility drivers were concerned when they were driving up the hill, because the cart would stall," said Yolanda Aguirre.

The new cart, which will be funded by lottery monies, will have the power it takes to get up the hill, and provide room for students who have wheelchairs.

## Disability Awareness Day Is Coming!

Thursday, March 30, 2006

9:00 a.m. - 1:00 p.m.

University Mall

\*Information Booths

\*Entertainment

\*Refreshments

\*Demonstrations

# What is DSPS?

by Clare Frederick  
Rampage Reporter

What is FCC's DSPS program all about?

The DSPS program offers both education and vocational training to students with physical, learning, or psychological disabilities. They assist students in obtaining individual goals, and they provide the chance to have a successful and positive experience at FCC.

Certain programs within the DSPS service provide extra support. Those programs include:

**WorkAbility Vocational Education** which assists students transitioning through classroom vocational skills training into gainful employment.

**The Adaptive Ornamental Horticulture class** is a ten month program that offers employment as their ultimate goal.

The student receives a certificate upon completion.

The students learn skills

such as plant care, floral design, greenhousing, and landscaping.

**Adaptive Physical Education** provides a venue for students to take part in strength training, cardiovascular endurance, and balance and coordination.

This program offers self image enhancement, small group instruction, individual contact and counseling, and a variety of sports and fitness classes.

**The High Tech Center** shows students how to use the computer through the use of adapted computer technology.

The High Tech Center strives to assist students with disabilities in the use the adapted computers, for individualized assistance.

They have received national recognition from the California's Governor and State Legislature, publications for students with learning disabilities, and Accrediting Commission for Community Colleges.

# Rampage



## RAMPAGE

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## FCC drama students take acting to new heights

Students attend competition in Denver

by Herbert Graham

Rampage Reporter

Drama students from Fresno City College returned from a competition that was held in Utah Feb. 13-18.

It was sponsored by the American College Theater Festival (ACTF).

The competition consisted of over 100 students from the region eight district of California, Arizona, and Utah.

Ten students from FCC were nominated to compete, and they were allowed to bring a partner along with them.

The partner assisted the nominee with different scenes, which were required to be no more than three minutes long. The partner was there to offer moral support.

Both the nominee and their partner had different roles to play in the competition. The nominee

was the lead for the scenes and the partner was the assistant. It was important that the partner did not overshadow the nominee during the performance. If this happened, the nominee may be penalized or they might lose their chance of moving on to the next round.

One dynamic duo in the competition was Sabrina Cavalletto who was the nominee and Padro Sanchez who was the partner or assistant. Padro Sanchez indicated details of how some partners overshadowed the nominees.

"Some partners stole the scene," said Sanchez. "Nominees were suppose to shine. The partner is not suppose to steal the scene."

Sanchez, who is a freshman at Fresno City College, said that sticking to your role was extremely important and failure to do so may have caused the nominee to suffer a penalty from the judges.

In giving insight toward those who were competing, Sanchez also said that nervousness was mostly people's expressions.

The competitors had to memorize their lines, which was difficult for some. The competitors had to stay within three minutes to perform their scenes, or monologues.

Those who made it to the finals will attend the National Competition in Washington D.C. at the Kennedy Center

Sabrina Cavalletto made it to the semifinals along with her partner Sanchez.

The Fresno City College play "The Canyon Suite" was a success at the Regional Competition.

The play was directed by Brad Meyers, who is a Fresno State professor. FCC's own Charles Ervin wrote the play.

The play made it to the top three for dramatic play list at the Regional Competition.

Many of the Fresno City College students were excited

about going to the Regional Competition.

Aaron Bonilla who is a sophomore student at FCC expressed his opinion concerning the competition.

"Going to this competition is a great place to connect with other individuals," said Bonilla. "Even if you do not make it to the finals a judge or someone might ask you to participate in something they are doing, for example a play, movie, or commercial."

Bonilla also explained his concerns about winning.

"This may sound weird but I wanted somewhat not to win. It is good to lose every now and then. It teaches you how to be humble. It is easy to get big headed in the acting business. It is good to have a slap in the face and see others work."

The Fresno City College students who competed for the experience would hope to attend the competition later in the future.

Fresno City College will have the opportunity to represent our school at the Regional Competition next year.



Picture from left to right: Samatha Haas, Pedro Sanchez, Alissa Cumings, Sabrina Cavaleto, Albert Bonilla, Ashley Manfredi, Laura Fey.

## Olympian grabs gold

by Sonya Henson  
Rampage Reporter

Nickolas Farsakian is one of many Fresno City College students who benefits from the Disabled Students Programs and Services (DSPS). But he is one of few, if not the only Fresno City College student to win both a silver and a gold medal at the Special Olympics.

Farsakian won the gold in the 500-kilometer cross-country skiing race, and the silver in the 1-kilometer cross-country ski.

The Special Olympics were held at Sierra Summit last January.

Farsakian had also competed last year. "I feel happy that I won the medals," said Farsakian.

Much of his inspiration and support came from his coaches and his family. He plans to compete in next year's Special Olympics and also go to the state cross country meet on March 13 and 16 at Lake Tahoe. Lake Tahoe also happens to be his favorite place to ski.

Nickolas is in his second year at FCC. After he gets his degree, he wants to work at his alma mater Bullard High School as an attendance clerk. He also hopes to earn his Bachelor's Degree at Fresno State.

One of his favorite things about going to Fresno City College is "having lunch at Yoshino's."



*FCC's golden child wins big in two events*



Nickolas Farsakian, FCC student wins big at the Special Olympics.

In honor of women's history month...

# Herstories



by Sonya Henson

Rampage Reporter

March is Women's history month. So what is Women's history month all about? It's about celebration and awareness; celebration of famous and important women, and awareness of women's issues.

Some may wonder why there is such a thing as women's studies or women's history month. Linda DeKruif, professor of women's studies says, "In the ideal world, there shouldn't be women's studies or women's history month because in the ideal world what you learn in women's studies should be incorporated into mainstream curriculum."

"On the first day of class, if I were to ask my students to name 20 women who have made a significant difference, they should be able to come up with 20 names." Well, here are three names.



## Sacajawea 'bird woman'

Sacajawea was a Shoshone Indian born c. 1788 in what is now known as Idaho. When she was about 12 years old, the Hidatsa tribe kidnapped her and took her to North Dakota. Later, she was sold to Toussaint Charbonneau, a French-Canadian trader who took her as his wife. In 1805, their son, Jean-Baptiste Charbonneau, was born.

President Thomas Jefferson had commissioned Meriwether Lewis and William Clark to explore the territory from the Mississippi River to the Pacific Ocean. Sacajawea and her husband were recruited by Lewis and Clark, who needed a translator.

On the expedition, Sacajawea became more than a translator. She knew which plants were edible and useful for medicine. In addition, the presence of a woman with a baby with the expedition helped assure native tribes that the expedition was a peaceful one.

After the expedition, Charbonneau was paid for his and Sacajawea's work. They settled in St. Louis, where Sacajawea gave birth to a daughter. Soon after, she died of an unidentified illness. Clark legally adopted her children, Jean-Baptiste and Lisette.



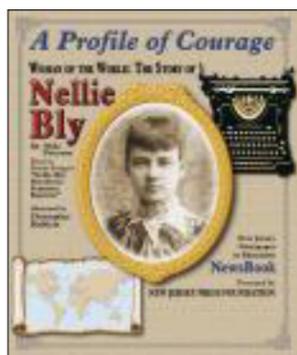
## Queen Zenobia

Zenobia ruled the Syrian city of Palmyra during the third century C.E. She spoke the Latin, Greek, Syrian, and Egyptian languages. At the height of his career in 267 C.E., her husband, Odaenathus and his heir were murdered. Zenobia ruled in his place, since her son was too young.

Having a talent for public relations, Zenobia claimed to be a descendant of Cleopatra, thereby associating herself with a glorious woman warrior of the past. She also knew how to lead her soldiers, expanding her empire to stretch from the Nile to the Euphrates River. Her presence on the battlefield was seen as an inspiration to victory.

With Rome distracted by the Goths of Northern-Italy, Zenobia took advantage of this to attack Egypt and declare herself queen, even minting coins in her name. At this time, she declared her empire as independent of Roman rule. However, her rule was short lived, lasting only five years.

In 272 C.E. Roman emperor Aurelian defeated Zenobia in battle at the Orontes River, near Antioch. After her capture by the Romans, she is said to have 'retired' and married a Roman senator.



## Nellie Bly

Born as Elizabeth Jane Cochran on May 5, 1864 Nellie Bly earned the nickname "Pink" when her mother had her christened wearing a bright pink dress. When she was six years old, her father, Judge Michael Cochran, died without a will.

Elizabeth landed her first job as a journalist at age 18. She had written a letter to the editor of the *Pittsburgh Dispatch*



Nellie Bly; Reporter

Photo courtesy of Google

in reply to a sexist editorial by Erasmus Wilson, signing the letter "Lonely Orphan Girl". Managing editor of the paper, George Madden, was so impressed by her letter, that he placed an ad in the paper, asking her to introduce herself. Elizabeth responded to the ad and before long, she was a permanent member of the newspaper's staff, writing under the pseudonym "Nellie Bly" (taken from the song, "Nelly Bly", written by Stephen Foster 35 years earlier).

Nellie invented investigative reporting, and often worked undercover. She focused mainly on women's right's issues. In one of her reports, she exposed the cruelty and terrible conditions sweatshop workers endured.

For her most famous report, she had herself committed to the Women's Lunatic

Asylum on Blackwell's Island for 10 days. After the report was published in the *New York World*, the story was so popular, that it was reprinted in book form. At the introduction of this book Nellie writes, "I am happy to be able to state as a result of my visit to the asylum and the exposures consequent thereon, that the City of New York has appropriated \$1,000,000 more per annum than ever before for the care of the insane. So I have at least the satisfaction of knowing that the poor unfortunates will be the better cared for because of my work."

Nellie Bly's work for social awareness was so influential that the *New York Journal* recognized Nellie as the, "best reporter in America."



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## Rampage Run Deez Streetz

Come run the streets with the Rampage crew: writers, photographers, cartoonists, graphic artists, and advertisers are welcome. Initiation process may be slightly dangerous. Peace.

# Take your cue

by Jeff Rodriguez  
Rampage Reporter

## FCC student goes undefeated in Pool tournament

Christopher Cruz went undefeated on his way to winning the championship of the 9-ball pool tournament at Fresno City College.

On February 24, 2006, students piled into the recreation room to give their best shot at becoming 9-ball champion. Only one person would win the grand prize.

Most of you casual pool players are probably more familiar with 8-ball.

Competition pool is usually 9-ball. In 9-ball, the rules vary greatly from 8-ball. You have to knock the balls in numeric order. Starting by hitting in the 1-ball, and finishing with 9-ball. You can also win by hitting the cue ball into whatever number ball you are on then into the 9-ball and making the 9-ball in.

Those nine balls plus the cue ball are the only balls you use. Both players go after the same balls.

Cruz graduated from Hoover in 2005. This is his first year at Fresno City College. He wants to major in business, but he still is undecided.

Cruz was just walking around campus one day when he stumbled across the flyer about the tournament.

Right there, he knew he was going to play. He figured he would have a good shot to win.

The only requirement was you had to be a Fresno City College student. There was also a five dollar buy-in fee. Thirty students bought into the tournament.

"Most of the players were good," said Cruz. "I was excited to win because I don't win tournaments all the time."

He was in the winner bracket throughout the whole tournament.

He won six straight games

on his way to the championship game. Only two challengers he faced gave him a bit of trouble. Cruz knew those players from playing pool outside the FCC campus. He didn't take it easy on them. He had a goal and was not going to let them get in the way.

Cruz is enjoying the benefits of winning the FCC 9-ball tournament. He received a hundred and fifty dollar Excalibur pool cue for breezing through the tournament.

"Too bad I didn't get the hundred and fifty dollars," said Cruz. He already has a good pool cue, so he would rather receive money.

He could always use an extra pool cue though.

He started making a habit of winning tournaments last weekend.

After winning the tourna-

ment at school, he followed it up on Saturday by winning a tournament at Classic Billiards.

Cruz has been playing pool casually since he was in elementary school. He started being competitive three years ago.

"Every Monday and Saturday I play in the tournament at Classic Billiards," said Cruz.

He won the Monday tournament twice. He won the Saturday tournament last week for the first time.

During the school year, those are the only days he has time to play, but in the summer he plays everyday.

Cruz is the champion for now, so all you pool players better keep practicing. Cruz is going to stick to his routine.

If you want to be the next champion, it won't be easy because Cruz will be ready.



Photo by Jeff Rodriguez

Christopher Cruz holds the cue he won in FCC tournament.

## Changes: What's next

continued from p.1

who attended the day of the workshop, will submit their rough drafts by March 24.

One of the minor recommendations listed in the accreditation report urged the school to further develop its distance education plan and make more courses available online. Tony Cantu, FCC's Dean of Instruction, met with several members of the Academic Senate on March 3 to initiate development plans for new online courses.

### Program Review Schedule Spring 2006

Feb. 7-10	Managers designate self-study Chairs
Feb. 13-17	Managers and Chairs establish Self-Study Team
Feb. 21	Team attends Program Review Training
Feb. 21-24	Begin writing – share progress with Associate Deans & Managers
March 9	Self-Study Chairs, Associate Deans and Managers report on progress and assistance available if needed
March 24	Submit rough draft electronically to Cyndie Luna & Associate Dean/Manager
March 24 - 31	Receive Cyndie's, Associate Dean's and Dean of Instruction's feedback
April 14	Submit semi-final draft electronically to Cyndie
April 14 – May 1	Cyndie prepares program reviews to be distributed in the Fall
August 14	Program Review Committee (PRC) receives reports
Sept. - Oct.	Unit administrator and Self-study Chairs meet with PRC Tuesday afternoons to discuss reports
Sept. - Oct.	Self-study team makes revisions requested by PRC and submit the week following PRC meeting
Sept. - Oct.	Planning office duplicates/distributes final report and district summary sheet
Sept. - Oct.	Planning office forwards recommendations to appropriate campus constituencies
Nov.	Planning Office summarizes recommendations and forwards to appropriate campus constituencies
Nov.	Planning Office prepares a preliminary status report
Dec.	Planning Office forwards program reviews & final report to district Office of Ed. Services/Planning



## Renewed System

Students from instructor Jerry Hentzler's Adaptive Horticulture class prune back a rose bush in front of the Old Administration Building, as part of their Greenhouse Workforce Prep.

"I'm taking this class because I want a career change," said Alesia Wattenbarger. (Right)

"I'm here for fun and relaxation," said Irene M. Aragon. (Left)

March 2006

We offer a dynamic and diverse selection of books that celebrate women's achievements and contributions.

# Women's History Month

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REPORT CARD	
SUBJECT	GRADE
 myspace.com a place for friends	A
English	F
Algebra	F
Biology	incomplete
Basket-weaving	F

# Server too busy



Photos courtesy MySpace.com

## Myspace joins porn as FCC banned website

by Macrina Aivazian  
Rampage Reporter

If you've ever been in the computer lab in the Tutorial building you know what the recent problem has been: Myspace.

This new site has become an addiction for many people and has taken over most of their spare time. Between classes students flock to the computer lab not to gain a head start on schoolwork, but to see who left them a new comment on their Myspace profile.

Students take up large amounts of time browsing this adventurous website as well as others, in addition to purchasing their next research paper for a hefty fee, or believe it not, looking at porn.

This isn't a new problem.

In fact, to address the issues in the past, the computer lab posted a sign saying that all chat rooms, porn, or any site not used for educational purposes is prohibited in the computer lab.

That didn't seem to stop majority of students from doing so. It had recently become such a problem that students who really needed to use the computers for legitimate school work were having to wait in a long line to receive a computer because 3/4 of the students in the lab were using it for inappropriate purposes.

In response to student complaints throughout the state, the Chancellor's Office of California Community Colleges sent out a notice on January 29, 2006

to all community colleges restating the regulations on tutoring and learning assistance programs and "to clarify the circumstances under which apportionment may be claimed for such activities and to modernize the regulations to support new technologies and educational methodologies.

Dr. Spolsdoff, Director of Honors, Student Success, and Weekend College, says, "The computer labs are considered tutorial and learning assistance labs that are meant to be used for appropriate usage which taxpayers have allocated the money towards."

Everyone who enrolls in the college is automatically enrolled in a no credit Tutor Computer Assistance course. In the course outline it clearly states, "If the course involves student use of district computers, other equipment, or facilities, the district shall monitor usage of such equipment or facilities as part of the course to ensure that they are used solely for the specified educational activities."

When asked what students that do not use their emails for group projects but instead use their Myspace's as a means of communications with other class members, Dr. Spolsdoff replied, "Fresno City College uses blackboard.com for that exact purpose. It allows students to have discussion with class members in a closed website environment so no one can hack into the page and gain access to student's personal information."

In addition to Myspace.com, other chat rooms, porn sites, and certain websites have also been blocked.

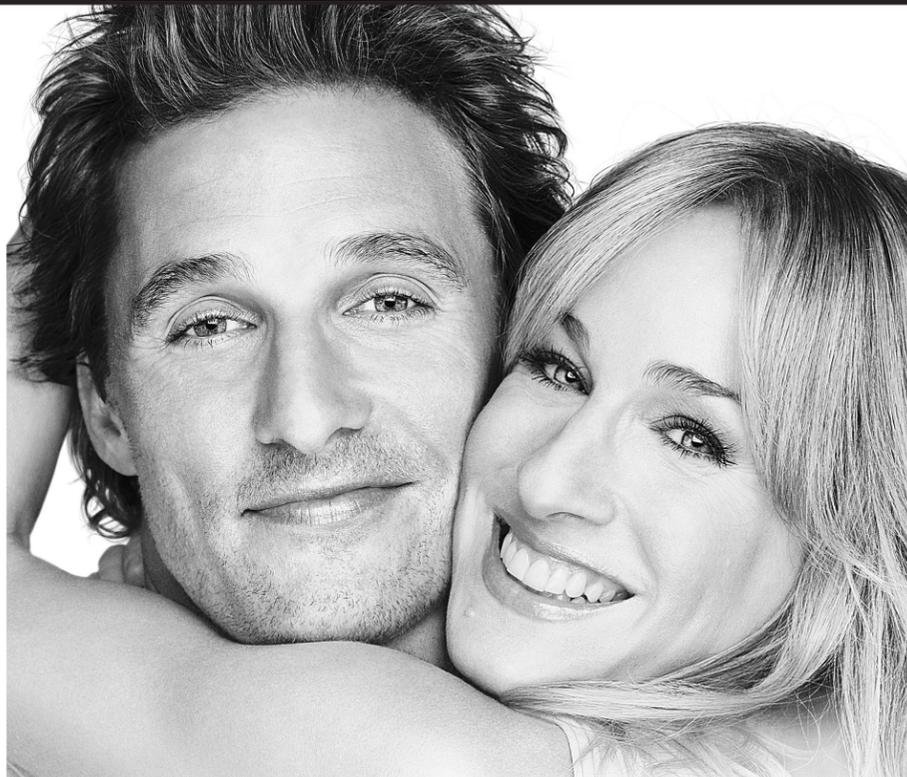
"Students can still use the internet to do many things on campus. They can search for jobs and scholarships, and so on. This was not an administrative decision to regulate Internet use. The issue was brought to our

attention by other students who were upset over the improper use of the computers when they had to wait in line to use it for their educational purposes," said Spolsdoff.

Since the implementation of the ban of these sites, the

waiting line in the computer lab has decreased greatly.

Now that the lines for the computers are shorter, students who need to use them for school purposes will be able to access them.



matthew mcconaughey sarah jessica parker

# failure to launch

some men just need a little push.

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## Rams revert to old ways

*FCC's win over COS earned them their fourth conference title in four years and a No.2 seed*

by Jeff Rodriguez  
Rampage Reporter

The Fresno City College Rams climbed atop the Northern California Coach's Poll in the past couple of weeks playing the same type of ball they've had under coach Ron Scott.

"The number one ranking in the NorCal poll is nice because it is for this team," said coach Ron Scott. "Pre-season polls are more about our baseball program history."

Scott has his team playing strong to start Central Valley Conference play as they look to capture another conference title.

"I wish we were 5-0 to start league, but we lost to a good Modesto team at their

home," said Scott.

Porterville visited Eules Park on Feb. 23 to start league play for the Rams. Matt Lieb, with a .278 batting average in the lead-off spot, came up big for the Rams.

Lieb went 2-3 with a home run and 3 RBI. Kyle Gerhart, who's hitting a strong .340, would go 2-4 with home run, double and 4 RBI. Taylor Lewis (2-0) 4.60 ERA would pick up the win for the Rams. FCC jumped out of the gates early and never looked back on their way to a 8-4 victory.

FCC's trip up Highway 99 to Modesto on Feb. 25 was not as nice for the Rams.

Modesto's pitchers Will Brown and Ryan Eichhorn kept the Rams offense guessing as FCC was held to only four hits in a 6-1 loss.

FCC's Daniel Mora went to a record of 2-2 after the loss. The only bright spot offensively for the Rams that game was a RBI picked up by Sean Halton.

FCC didn't stay down for long as they traveled to Taft on Feb. 28.

Nat Lovell went 2-3 with a double, 2 RBI and two stolen bases. Tyrese McDaniel furthered the cause for FCC as he hit a double and scored three runs. Evan

Schloredt hitting .267 knocked in two runs for the Rams. Larry Holscher (3-1) 2.12 ERA would scratch the win for the Rams as they routed Taft 8-4.

West Hills jumped all over FCC at Eules Park on March 2. The Rams found themselves down 7-1 when they came to bat in the seventh.

FCC would respond with three runs in the seventh to cut West Hills Lead to 7-4. Derek O'Reilly sparked the Rams by knocking in two runs on a single.

The Rams were not finished there. Chris Sosa and Joe Palomino would start the eighth inning rally with back-to-back doubles.

With two outs, West hills walked three Rams in a row. Robert Walden got walked with bases loaded to cut the lead to 7-6. McDaniel would deliver the decisive blow. He would clear the bases with a double off the right field wall.

McDaniel went 3-4 with 4 RBI helping FCC complete the comeback. Pitcher Daniel Mora (3-2) would pick up the win in the 10-7 comeback.

"This win showed our team

**See Baseball, Pg 7**

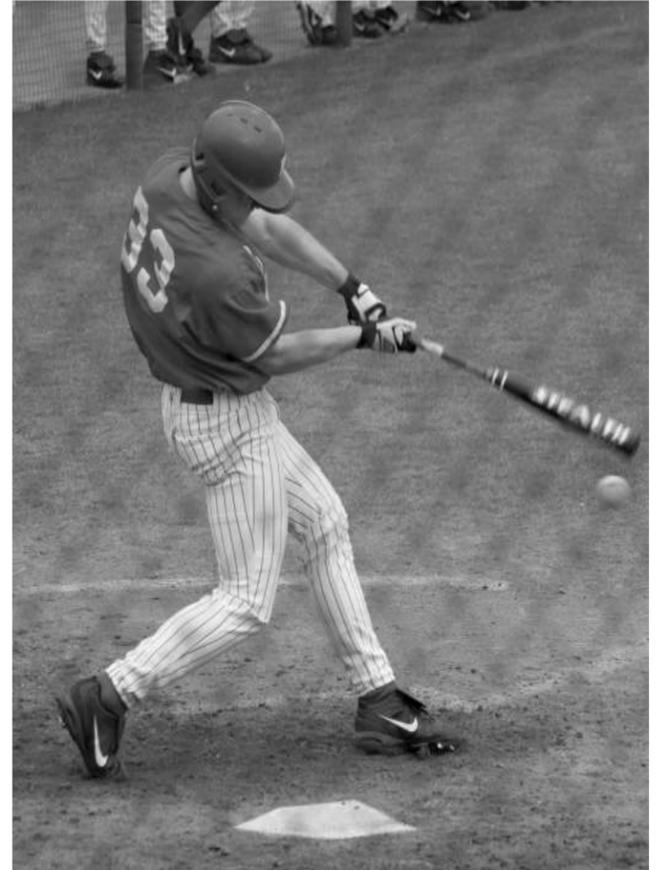


Photo by Jennifer Schmidt

Rams OF Nat Lovell takes a cut at a pitch on Mar 2 against West Hills College.

## Rams advance in state tournament

*Coach Walberg leads his defending stat champions into battle friday against San Bernardino.*

by Joseph Rios  
Rampage Reporter

Win Central Valley Conference Title: check.

Get to the State Tournament: check.

Repeat in State: not quite.

"If you can accomplish one of those goals it's been an OK season. If you accomplish two, you've had a pretty good season," said coach Vance Walberg. "If you do all three, it's one heck of a special season."

"We're trying to make this year one of those special ones."

A 109-96 victory over Siskiyou on March 4 earned the reigning state-champions another crack the title.

Fresno is vying for the title downtown at the Selland Arena. Not since 1976 has Fresno been the

host school for the state championships in basketball.

FCC will make a run at back-to-back titles, first by going head-to-head in the quarter finals with San Bernardino.

The Rams toppled San Bernardino in the last year's finals 83-68. Fresno fell to them earlier this in overtime 106-100 at the San Jose Tournament.

"They know us and we know them," said Walberg. "It's going to come down to who plays tougher that night."

Both Fresno and San Bernardino are athletic teams who play in-your face ball.

The Wolverines boast two rather large weapons on the inside. Sophomore Jerome Habel stands at 6 feet 10 inches and sophomore Chris Adams stands at a slightly more modest 6 feet 7 inches.

"They are very athletic,"

said Walberg. "They'll shoot a few outside every once and a while, but they're going to the rack 80 percent of the time."

Like they have done before, time and time again, the Rams will come at the Wolverines with the same intensity most have grown accustomed to throughout the season.

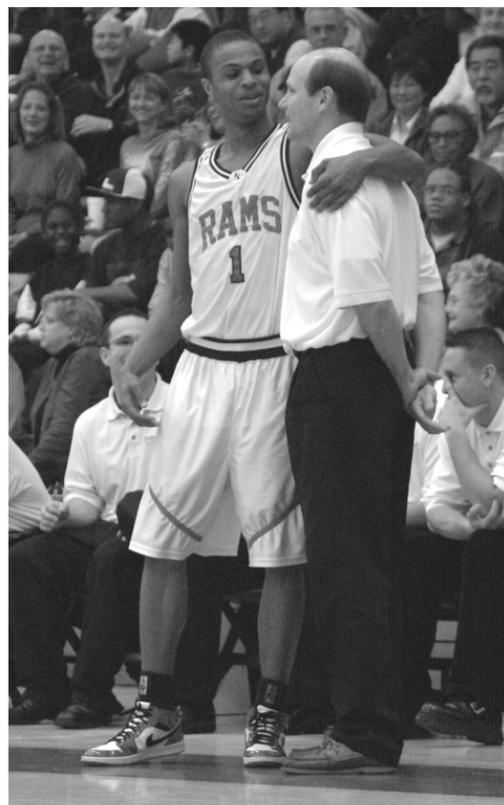
"We don't change," said Walberg. "We don't do anything fancy."

Rick Cardoso (6'7") is the Rams' tallest player amidst a coral of six-foot somethings. The Wolverines are going to try to push Fresno around on the inside.

Habel put up 11 blocks in their last meeting at the San Jose Tourney.

"They shoot and go get it," said Walberg, "and they're going

**See Tourney, Pg 7**



Chad Thornton-King has a talk with Vance Walberg during one their conference games in 2003.

Walberg has led FCC to the state tournament three out of the last four years, capturing the Rams first state championship since 1963 in the '05 campaign. Walberg remains a hot prospect among D-I schools.

Photo by Josh Hires

# Women's basketball has great run

*Rams battle defending state champions, and brace themselves for questionable officiating in CVC*

by Matthew T. Mendez  
Rampage Reporter

Exceeding everybody's expectations but their own, the Fresno City College women's basketball team finished the regular season with an overall record of 21-13 (7-5 in Central Valley Conference), good enough to earn them a No. 4 seed in the opening round of the Northern California playoffs.

The team's high seeding in the playoffs was based on its strength of schedule throughout the regular season, which was thought to give them an advantage against No. 13 Siskiyou in their

Feb 24 postseason meeting in the Fresno City gym.

Things don't always work out as planned though.

The Eagles handled the higher seeded team by out hustling them to a 74-57 victory on their own floor in one of the Rams' worst games of the season.

Fresno City had only lost one game at home all season long: a two-point heartbreaker to nearby rival Reedley.

Even though a first round exit was not what the Rams were hoping for, the entire season has to

be thought of as a surprising success, especially considering they played under a first-year coach.

Head coach Ray Alvarado took a .500 ball club and turned it into one of the state's most respected up-and-coming programs in less time than even he could imagine.

"I think we established some success for our program," he said in regards of his thoughts on the season, "not only around here but around the entire state."

Coach Alvarado spoke very highly of his team and of

the way they handled themselves under adversity all season long.

"They set a pretty good foundation of success for the program for the coming years."

Fresno City will return three players next year that contributed mightily to this team's run. Along with what Alvarado expects to a good recruiting class, the leadership roles will come from returnees Kari Camarillo, Nathalie Olveda, and Brinae Duren.

Despite having a young team next year, coach Alvarado sees his club continuing to raise the

sense of awareness for Fresno City College women's basketball, and he's not lowering his expectations an inch.

"Our main goal is going to be to get to Selland Arena," said Alvarado

The state championships for both men's and women's junior college basketball will be held at Selland Arena for the next three years, and if they can continue to improve as drastically as they did this year, coach Alvarado and his team could find themselves playing for the title in their hometown.

# Softball off to good start in CVC

*Rams tenacity proves to be best asset as they prepare to bounce back from rebuilding season*

by Quinn Robinson  
Sports Editor

The Fresno City College Rams softball team is off to a decent start in the 2006 campaign as they opened Central Valley Conference play two weeks ago. The Rams are starting to take shape of the FCC of old after a rebuilding season of last year that netted coach Rhonda Williams and her team only nine wins in 32 games.

In a March 3 showdown with conference rival Taft College, FCC fell behind early like last years team would do. This

team, however, showed tenacity and determination that has been absent from the softball diamond for a couple of years and made a heated comeback for a 10-4 victory over the Cougars.

Trailing 4-0 after the first inning, the Rams came back in the bottom of the first with a couple of runs to cut the deficit to 4-2.

Mother Nature then came into play and tried to weather the Rams own storm that was brewing in the first base dugout, but even that wasn't enough. FCC continued their offensive assault on Taft's Hanna Jameson. Lighting her up for seven runs over five plus innings pitched.

FCC's Tina Gonzalez had a rocky start but showed a relent-

less competitiveness that kept the Rams in the game to make a comeback for the victory.

The Rams then split a doubleheader against Merced College on March 5 winning the first game 4-0 and losing the second game 8-2. Tina Gonzalez received both decisions in the doubleheader, taking her season win-loss record to (7-6, 2-2 CVC).

Fresno City College is on the road for the next week playing at Porterville Reedley and Modesto before competing in the Bash at Buchanan tournament in Clovis on March 18 and 19.

The Rams next home game isn't until March 23 when they square off against Merced College at 2 p.m.

*Fresno City College player Allison Asahina (right) takes a swing during the March 2 game against Taft College. The Rams are off to a solid start in the 2006 campaign and are only looking to get better as the season progresses.*



Photo by Jennifer Schmidt

# Baseball: Rams prepare for heated CVC schedule

Continued from Pg 6

has a lot of character," said Scott. "We tell them if they can get to the bullpen anything can happen."

This was an amazing comeback for the Rams which came a day after the Rams tied up the No. 1 spot in the NorCal rankings.

The Sequoias of COS visited FCC on March 4 in what proved to be a tough CVC battle in which the Rams came out victorious 3-2.

Lee Collins cruised through the first five innings for the Rams. Collins relied on his off speed pitches most of the day to fool his COS counterparts. COS had numerous opportunities to cash in,

but strong defense prevented them from scoring early on as left fielder Kyle Gerhart threw out a COS runner at the plate in the second.

Carlton Wilder would come around to score twice for the Rams in the early innings to grab a 2-0 lead.

In the sixth, COS knocked in two runs off Collins to tie the game at two. The score didn't remain tied for long as the bottom half of the sixth saw McDaniel blast a solo shot off

Chris Schwinden to retake the lead.

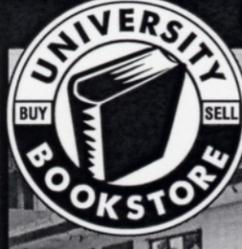
Scott then brought RHP Larry Holscher to close out the game for the Rams.

FCC (13-5, 4-1 CVC) plays their next four games at Merced on March 9. The Rams will then do a quick home and home with Modesto Junior College starting on the 11 in Fresno and then winding up on the 14 in Modesto before traveling to West Hills on the 16 to take on another CVC rival.

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# The Sports Corner

*Let me see that one-two step... the mystique of the NCAA tournament and a few great moments*

by Quinn Robinson  
Rampage reporter

Ahh, it's March. Spring is rapidly upon us. The trees are turning back to their normal color of green and yes it's time to dance.

Usually when the word dance comes to mind, especially in a sentence formed by a white boy, many people smirk in anticipation of something embarrassing that is about to go down.

Sorry, not this time.

See, this is no normal dance I'm talking about. Unlike the vivacious movements of the Harlem Shake or the mind-boggling way one moves their feet when doing a C-walk, this is one dance that anyone, whether you're blessed with rhythm or not, can keep up with.

The dance I'm talking about is "The Big Dance" or March Madness.

Yes, college basketball fans, that time of year is back. What can seriously be compared to the exhilarating experiences of (clears throat suggestively) is only days away.

Conference tournaments are about to tip off if not already underway across the nation and the Georgetown's, Dukes, and UNC's of the nation are already guaranteed a trip to the big dance.

Let's be realistic though, we all know North Carolina is coming back with a second cham-

pionship in as many years, but that's beside the point.

The point I'm trying to make here is the NCAA tournament is the greatest thing sports could ever ask for.

You think 60 minutes of football in the beginning of February is exciting. It's nothing compared to the excitement that comes with a 94 foot hardwood court, 35 second shot clock and the determination of a team that is unparalleled to anything else in the world.

If that's not bad enough, imagine the thousands upon thousands of college students across the nation trying to juggle class, work and a social life while watching two weeks of heart-pounding collegiate basketball.

This time of year is so intense, even the most devoted of boyfriends will forget their girl's name.

Stacey? Right?

As you're absorbing the strong left hook your girlfriend just delivered, the mystique of March Madness has been something that no one can quite figure out.

How can someone who is part of the notorious Fab 5 of Michigan, make the biggest bonehead mistake of his college career and lose to a UNC team that had Eric Montross as their starting center?

Okay maybe that was a bad example considering the fact that Chris Webber continued those bonehead antics in the NBA, but that's beside the point.

In March, records don't matter. What may look like an easy win to some of the nation's top teams can prove to be total disaster if they have an off game.

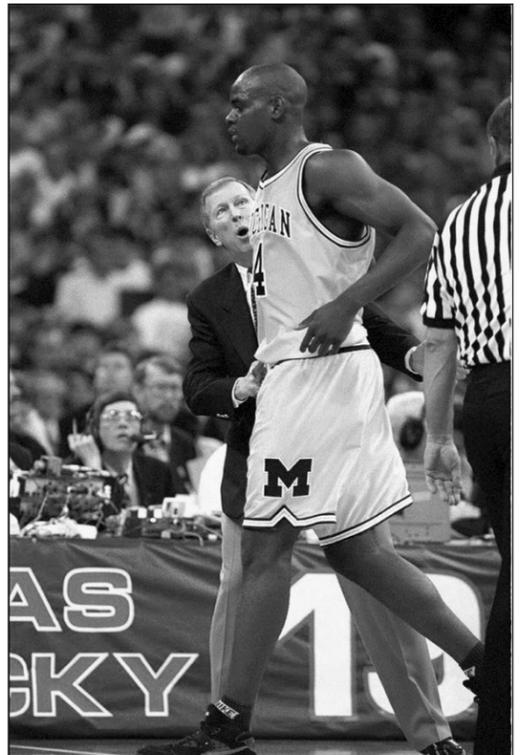
Every year we witness the Cinderellas of the tournament. The teams that enter the tournament a one-and-done pick, but end up leaving as heroes to the school and city they hail from after an impressive run two or three rounds deep into the tournament.

We remember the highlights of the NC State team coached by Jim Valvano that knocked off Houston in the '83 championship on a last second desperation shot turned alley-oop.

We also remember Christian Laettner beating Kentucky in the '92 East regional final or Richard Hamilton leading Uconn past Washington in the '98 tournament.

So as you're sitting in your English class drooling over the idea of what your bracket is going to look like in its first go round remember this: that girl next to you filling out the bracket based on what jerseys look better is still going to beat you.

Above Right: Duke's Christian Laettner celebrates after hitting one of the most memorable game-winning shots against Rick Pitino's Kentucky Wildcats in the East regional final in 1992. Laettner's turn around jumper from the free throw line sent the Blue Devils into the national championship game in which the Blue Devils won.  
Below Right: Chris Webber shows his disgust after receiving a technical foul for calling a timeout at the end of the 1994 national championship against the University of North Carolina. Webber, part of Michigan's Fab 5, dribbled the ball up court in the waning seconds of the game and turned the ball over thus allowing the Tar Heels and coach Dean Smith to claim to title.



Photos courtesy of Google.com

## Tourney: Men's basketball team plans return trip to finals

Continued from Pg 6

to dunk on us. It'll be interesting to get a tally on all their dunks."

"But I'm more interested in the tally of points at the end of the game."

Guys like Adrian Sanchez, Jordan Farley, and Tyson Parker are just a few of the guys who have seen this all before.

They are some of the lucky few to be part of the state tourney two years in a row. Guys like Alex Hansen, Anthony Zuniga, Heath Colvin, and Cardoso were with the team when they capped their perfect season with the state crown.

"Some of these kids are coming back. Not too many people

get to do that," said Walberg. "They know what to expect."

Walberg stresses, though, that it is going to come down to talent and hard work, the loose balls, and a few keys possessions.

It has been a constant improvement process for the Rams. Walberg has been pushing to get better each and every game leading up to the state tournament.

Fresno City has won 22 of its last 24 games - evidence enough of their improvement.

"The whole team has stepped up," said Walberg. "We take it one game at a time."

### COA Basketball Championships at Selland Areen, Fresno, CA

Friday, March 10

#3N San Francisco

1:00 p.m.

#2S Los Angeles City

#4S Long Beach

3:00 p.m.

#21N West Valley

#4N San Joaquin Delta

5:00 p.m.

#1S Fullerton

#3S San Bernardino

7:00 p.m.

#2N Fresno City College

Saturday, March 11

Sunday, March 12

5:00 p.m.

3:30 p.m.

7:00 p.m.



## 15th Annual Fresno City College Renaissance Festival

March 11-12: 10:00am-6:00pm  
Fresno City College West Lawn

\$5 Adults/\$3 Children (\$1 off with a non-perishable food item)  
Proceeds benefit Community Food Bank and FCC College Activities



## Asian American Week March 13-22, 2006

**March 13:** Opening Day Show (11am, Free Speech Area); Asian Language Game Show (12pm, College Center); Karaoke Night (6pm, College Center)

**March 14:** Asian Gangs Panel (11am, College Center); Film: *Beautiful Boxer* (2pm, College Center); Film: *Castles in the Sky* (6pm, College Center)

**March 15:** Japanese Internment Panel (11am, College Center); Film: *Taeguki* (2pm, College Center); Documentary: *Rabbit in the Moon* (7pm, College Center)

**March 16:** Film: *Lumpia* (2pm, College Center); Legal Analysis of Vincent Chin Case (6:30pm, College Center)

**March 17:** Fearless Film Series on Asian Women (10am, College Center); Writer Judy Yung on Chinese American Women (1pm, College Center); Film: *Soong Sisters* (2pm, College Center); Judy Yung on Chinese American Voices (7pm, College Center)

**March 18:** AsianFest! (10am-4pm, Free Speech Area and Gym) Food, Vendors, Martial Arts, Children's Corner, Free Admission; AsianFest Ball (7pm-12am, FCC Cafeteria, Tickets \$15).

**March 19:** Tennis for Fun, Inter-Club Volleyball Tourney (Free Speech Area)

**March 20:** Open Mic Songs (12pm, Free Speech Area); Battle of the Asian Bands (6pm, Theatre, Tickets \$4)

**March 21:** Celebration Night Show (7pm, Theatre, Tickets \$2)

**March 22:** Poet Amy Uyematsu (7pm, College Center)

### In Honor of Women's History Month



**TANYA BROWN**  
Sister of Nicole Brown-Simpson  
March 22, 10am  
FCC Theatre

Do you know a faculty or staff member that deserves to be recognized?

Nominate them for the First Annual Faculty/Staff Recognition Awards!

Cut out this from and turn it in to the College Center or ASG Office (Above the bookstore)

Your Name: \_\_\_\_\_ CURRENT STUDENT ALUMNI (Circle one)

Student ID Number: \_\_\_\_\_ Major: \_\_\_\_\_

Phone Number where you can be reached: \_\_\_\_\_ Email: \_\_\_\_\_

#### NOMINEE INFORMATION

Name of Nominee: \_\_\_\_\_ Dept./Division/Area: \_\_\_\_\_

This person is; FACULTY STAFF (Circle one)

Reason(s) you are nominating this person (please type or print, attach extra paper if needed):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Would you like be contacted to help with this event? YES NO

May we quote your reason(s) for nominating this person in the event that this person is recognized? YES NO

May we use your name in the event that this person is recognized? YES NO

\*\*If you answer "NO" to any of the above questions, it will in no way affect your nomination\*\*

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**\*\*Return this form to the ASG Office or College Center by March 17, 2006.\*\***  
For more info call: 265-5711 or 442-8275

# Views

March 8, 2006

10

## Do all disabilities justify further accessibilities?

*The answer should come quite easily when regarding physical disabilities.*



**Matthew T. Mendez**

Rampage Reporter

If we're talking about people with physical disabilities, I really don't think there is much to be debated here, especially not by a couple of people fortunate enough to be considered "able-bodied".

Sure, sometimes *my* body is as immobile as a lump of wet sludge and my right ear is bigger than my left ear, but we can't consider those disabilities now, can we?

Nor can any of us who have lived our entire lives enjoying our body's full range of motion even begin to fathom the myriad hardships a disabled person deals with at almost every turn. They really don't ask much from us other than our empathy, and that is why I believe they should be given more accessibilities than what is currently available to them here at school.

It is obvious to me that Fresno City had, at some point, directed a good amount of concern toward making its campus and buildings more accessible to the physically disabled. However, some of the alternative entrances and pathways created specifically for disabled students don't seem to suffice as an easier way to get into any building.

Have you ever seen some of the

wheelchair ramps around school? Most of them are acceptable I guess, but a few, particularly the one between the Placement Test Center and the library's main entrance, are extremely narrow and contain such sharp turns that they can only be more of a hindrance than an advantage.

What if two disabled students in wheelchairs--one trying to go up and the other trying to go down--need to use one of those skinny ramps at the same time? What are they supposed to do, decide which one of them gets to use their Go Go Gadget control panel and lift themselves up over the other? Widen those ramps and smooth out those turns already!

I may be wrong, but I haven't seen any of those big round handicap buttons that automatically opens up doors anywhere on campus. I know those things cost money, but they're not exactly state of the art technological advancements used only by secret agents. They are, however, an easy-to-use tool that can make getting around campus a whole lot easier for those who need it--*only* for those who need it.

Which brings me to my next point: students without disabilities who carelessly use the elevators around school that are meant for those physically unable to climb a flight of stairs. I see this type of heinous act being committed pretty often, and usually it's performed by some lethargic-looking male who obviously must think he's too cool to respect the needs of others.

OK cool guy, continue your unethical journey to Funky Town, and if there is a Hell, your god will reward your apathy by sending you there with a nonrefundable first-class ticket.

*Do Disabled Students Programs & Services eliminate competition in the educational arena?*



**Jessyca Dewey**

Rampage Reporter

Capitalism thrives off of a natural and necessary tendency towards competition. It is this tendency that drives us as a society to set high goals for ourselves and to achieve bigger and better things.

Competition has positively influenced many aspects of society and has led us to many significant developments over the years. Without competition, we would not be as driven to succeed in life. We would not be as driven to accomplish lofty goals and we would have less motivation to take on every day tasks such as finishing our homework.

If competition was removed from society, laziness would be a fitting term for the majority of the country. Recliners would be much more common than they currently are. Or at least, people would spend much more time in them than they already do.

Think about it: if everyone that went to college was guaranteed a diploma and a good job, would you do your homework? Ever? I wouldn't. I definitely wouldn't be writing this article. The obvious problem

with this however, is that nothing would ever get done. At least, nothing would ever get done well.

At FCC, we as students really don't have it that bad. In the majority of classes, even if you aren't very smart, if you do your homework and attend class, you can most likely pass the class. So really, how much assistance do you need? This is not to underscore those that are severely disabled because in such cases, assistance should most definitely be made available.

More specifically, I am speaking of the small group of individuals that eliminates the necessary and healthy level of competition in the college atmosphere by taking advantage of the one, insignificant learning or behavioral disability that they may have. This person may not be able to read quickly or do elementary math mentally. Should this entitle them to the right to have unlimited amounts of time to take an exam? Should the school spend large sums of money in order to provide them with audio books? Does this seem excessive to anyone else?

By providing such a vast array of services to students so slightly disabled, FCC is slowly eliminating much of the competition in which students thrive. Of course, some students struggle more than others. This should not necessarily mean that they should be able to use that as an excuse to not simply try harder. Because by eliminating the need to be competitive, we eliminate the need to try and if we eliminate the need to try, we eliminate success altogether.

## Campus Voices

by Sean Felten, photos by Robin Vallentyne

*"Does FCC have enough services to accommodate people with disabilities?"*



**Ali Miller**  
Liberal Studies

"Their needs should come first, and they need to have their voices heard."



**John Luu**  
Undecided

"The campus should really try to invest more money into helping out the disabled."



**Bianca Betancourt**  
Sociology/Communications

"There's a good amount. This campus seems to be very sensitive to the issue."



**DJ**  
History

"All services are available, but there's always room for improvement."



**Jennifer Ferraro**  
Liberal Studies

"They shouldn't elaborate too much--just keep things simple."

# Have you seen these nincompoops?

*Taking on the impossible task of counting down the five most obnoxious types of students at Fresno City College*



Matthew T. Mendez  
Rampage Reporter

It's human nature, all of us have at least one student sprinkled somewhere within our schedule that the entire class simply can't stand. They bug the hell out of us, cause us to secretly mock them with ugly faces or defamatory whispers, and occasionally, they brighten our day by blurting out a ridiculously wrong answer. Priceless.

'Tis true, there is no such thing as a stupid question, but there certainly is such a thing as an ill-conceived answer coming from the mouth of an obnoxious moron. The problem is, most of these people have no idea how annoyingly clueless they truly are, and that is why I've decided to step in and enlighten them with some helpful tips.

In this countdown, you will not see a list of the obvious choices for annoying students (i.e. teacher's pet, slacker, talkative, etc.), but rather, a list of overly specific miscreants that could be anybody (and, in fact, nobody). What's wrong, you don't get that joke? That's what makes it *soo* funny...

Alright that joke sucked now shut up and read my pointless countdown.

## 5. The eventual dropout

I understand your kind all too well because I used to be a paradigm of scholastic ineptitude just like you. I was one of you, and as a member of your disoriented group, the only two things I did effectively was take up space and prevent other students from registering. That is annoying.

## #5: The Eventual Dropout



I remember the routine: ignore registration until the first day of class; attain a clearance from a counselor before being allowed to enroll; attend tedious probation courses; repeat step one next semester.

Such a desultory routine can quickly become an everlasting cycle of tomfoolery that can only be upended by an honest and thorough self-evaluation. Take my brief self-assessment test, and see if you fit in this category:

1) Are the friends you hang out with keeping you from succeeding in school? If so, you may be one of those people who feel as if their friends are the most important aspect of their existence. That is very, very sweet; you and your "B.F.F." can enjoy a life of mediocrity together after simultaneously flunking out of community college.

2) Do you spend more time in front of the television than you do working on class assignments? If you're an eventual dropout, there is a good chance you spend more time watching TV than you think.

Understand this: television is a drug, and it can poison minds just as easily as almost any narcotic on the street can. If you have more than 30 channels and still have trouble finding something to watch, you are addicted to the idiot box. Put down the clicker, and for your own sake, pick up hope. (single teardrop descending down cheek)

3) Do you avoid reading anything that isn't about celebrities or sports? Answer yes to this question, and you might as well hand me the money you were going to spend on tuition, because I can tell you everything you're going to learn from college right now.

You're not going to graduate.

## 4. The misguided goal-setter

You can't afford to pay for an important book because you used that money to get your hair done, so you rely on your classmates for chapter briefings. You tell yourself you're going to get the book as soon as your next check comes in, but by then, your cell phone bill is a week overdue and you've run out of perfume. As a student with misguided goals, this monetary decision is--much like yourself--a no-brainer.

That scenario is an actual situation one of my old... umm... "friends" found herself in, and it is but one example of a decadently gregarious pupil. There are thousands of other telltale signs that can help you determine whether or not you belong in this category, and here are two:

-You probably have misguided goals if you are one of those guys who likes to cruise through the parking lot with your windows down while playing the stereo loud enough to make people look your way. You know who you are, and you know your GPA isn't high enough to sustain your enrollment in school much longer. Stay up playa (you stereotyped).

-You probably have misguided goals if you purposely come to school wearing ridiculous clothing in order to make a shameless attempt at abnormality. I'm not talking about dressing gothic or punk; I'm talking about putting on face paint and wearing spiked choker chains. *This* is what you came to college for huh? -to come to school everyday looking like the Grinch who stole Ugly?

## 3. The unreliable group member

Teachers love to separate a class into several evenly divided groups for certain activities. Some students are highly uncomfortable working with strangers, while others have no problem discussing strategies together. In between these two extremes lurks the kind of student everyone has had to deal with at least once before: an apathetic, un dependable sneak.

I have to hand it to you crafty weasels, for some of you have mastered the difficult art of earning full credit without ever having to write down your name. It takes quite the skillful con artist to sit back and allow your fellow group members to take the burden of an entire workload.

Poppycock!

I was a finagling little worm all throughout elementary and high school, so I know that the only things a credit-stealing crook needs to pull off a successful group scam are good people skills, a list of believable excuses, and the ability to triumph despite extreme laziness.

## 2. The incoherent philosopher

I'm a bit hesitant to roast you guys because, of all the groups on the list, you put forth the most effort in class. You speak your mind, you enjoy a healthy debate, and you relish any opportunity to drop some knowledge about your world as only you are capable of articulating.

Too bad you never seem to make any damn sense.

There is almost nothing worse than being in a class helmed by a talented instructor and having to listen to some poor soul's disjointed theories instead. Stop trying to reword every ambiguous statement the teacher makes. Your version might seem fresh and informative as an idea in your own head, but when spoken, it comes out sounding like befuddled drivel to the rest of us.

## 1. The comedically challenged class clown

All jokes aside, you and your hu-



morless kind have got to get a clue. Learn to take a hint. If somebody is looking every which way but at you while you're trying to be funny, it means they're not listening to you. When the person you're currently telling a boring joke to is writing on a piece of paper, it means they're desperately trying to ignore you. Shut. Up.

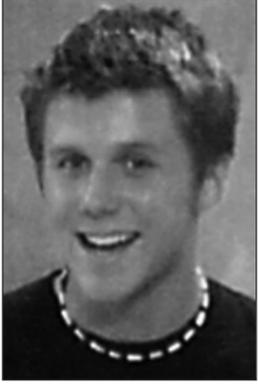
Don't make random comments during a video shown in class, especially one that is supposed to be an educational tool. The classroom is not the spaceship from Mystery Science Theater 3000, and you are no descendant of Tom Servo, so stop busting duds in public.

I hereby proclaim all you jokeless classroom jesters to be Dudley Dolittles, and if you have a friend who shares your nonsense of humor, the both of you shall be known as the Dudley Boys.

A Dudley of any kind has absolutely no place in our society.



## Death: a not-too-distant future we don't discuss.



Mike Read  
Rampage Reporter

I meet with this guy named Gordon almost every Friday afternoon. We get together just to chat about our lives and I consider him one of my best friends.

Gordon is 78 years old and falls asleep in mid-sentence sometimes because of his blood-pressure medicine. We've been friends for almost two years and no one has ever shown me such an unconditional love the way he has.

Every so often he will start talking really passionately about something; giving me one of those let-me-tell-you-about-life type talks. He's known about Jesus and what He did for roughly one thousand years, and these passionate talks are usually in retrospect to his life long walk with Him.

Let me add this also. Gordon almost dies about once a week. No joke. It's normally when he is on the toilet. These episodes really mess with him sometimes. He sees the fragility of life, given his old age, and is reminded frequently where he is and how quickly life has seem to have gotten him there.

During our talks after these hit-and-miss passes from death, Gordon will be in the middle of talking about the higher things of life, you know, things about God, and then stop for a moment, then very adamantly state:

"Mike. I'm dying. And so are you; now what?!"

In case you don't get to meet with a 78 year old man who reminds you that one day you will be like him and eventually die, it is very sobering. I like it because no one else talks to me like this.

I forget that I am going to die.

College kids and most working adults are consumed with other stuff, caught in the current of the world which summons our minds unto temporal things; things and ideas that in the end serve as purposeless.

I bring this up because I don't think we hear about death too often. When was the last time someone pointed their finger at you and said, "Happy Monday! And just in case you forgot, before you know it you'll be an old man and then die. See ya!" I'll presume not very often, but this *is* true.

We are going to die. Then... what?

This is where I use a really good quote from some smart, prestigious guy who will validate and confirm everything I'm saying because no one will take the advice of a person who has been at community college for three years.

No idea who said it, but the heart of what I'm talking about can be found

in these words: "No matter what you believe, the acceptance or rejection of religion, evolution, and philosophy means something very important, *demanding* the full energy of the mind."

I love that last part; "...*demanding* the full energy of the mind."

We are going to die. Then what? These questions are worth looking into.

There is this great story in the Bible about a guy named Solomon who was granted wisdom to understand the reality of our situation and world. And whether you believe what the Bible says or not, this story tells of eternal truths that ring past its pages on into our lives today. This book among the many is called Ecclesiastes and portrays the vanity of human life and human action apart from God.

In the ending verses after submitting his mind and life to understanding the hollowness of pleasure, work, materialism, intellect, and even wisdom, Solomon sums up his thoughts in this sentence: "Fear God and keep his commandments, for this is the whole duty of man."

He expresses his emptiness and understanding of the meaninglessness of each task he gives himself to, attributing these as folly and worthless without God.

Again here, I like that last word, "*duty*." It makes me think of design and purpose--like we were made for a certain reason.

It's soulfully moving to look at the rest of the Bible and see a God that is screaming for intimacy with His creation. I believe this is true and try to give my heart to Him accordingly.

I say this because apart from God, life serves as eternally meaningless. Right?

We can do good things, donate money, not kill people, mentor kids, not gossip, and walk old ladies across the street but without the goodness of a God leading us to these deeds, they serve as empty, inconvenient, and actually unproductive in light of death.

I study evolution and survey the world to see the claims it makes and I laugh. I listen to the philosopher that believes he doesn't exist and wonder how he would react if we took turns punching each other in the face.

Does each religion lead to the same place? Is macro-evolution legitimate?

Is there eternal significance in life and on into death or is everything eternally meaningless?

Why should a person even get out of bed?

I think we have some grandiose illusions about what is important in life. So much so we have devoted our minds and lives to things that will one day pass away and not matter.

I do realize these are the biggest questions in life, but to not devote the full energy of our minds to these is a crime; one that, on account of our indifference, echo on past death.

I found out just who Jesus was not that long ago and today try to learn and understand against the backdrop of what I believe. I have not yet been wooed by anything, and I account this to Him being the one true God.

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## Another epic battle in the war of the sexes

# Vicci vs. Jake

**A few little gestures go a long way.**

Loving gestures aren't strictly reserved for Sweet Valley High and Harlequin novels. Glance through a history book and you'll find numerous noble deeds and sacrifices, most committed not by handsome princes but by ordinary other-halves. Men who proved their love would endure, who searched far and wide for a token of their undying affection, who were so overcome with adoration that they risked their lives or reputation to utter those fateful words: "I love you" with pride and confidence.

There was Frenchman Ronsard: court poet to king Charles IX, who used his poem "Ode à Cassandre" as a declaration of his love for Cassandre Salviati, the daughter of a Florentine banker, in 1553. Who could say no to a poet?

There was also Shah Jahan, ruler of the Mughal Empire, who designed a monument for his wife Mumtaz Mahal, following her sudden death in 1629. The structure took 20,000 workers and 1,000 elephants to help build, but 20 years later the famous Taj Mahal was finished. Its interior was decorated in turquoise, agate, jasper, and marble and its garden featured four water channels, designed to represent the four rivers of Islamic paradise.

Death also affirmed the love of British Victoria. When her beloved husband Prince Albert died in 1861, Queen Victoria was devastated. The couple had



nine children and had been married 21 years, and were known to have been incredibly close.

So profound was Victoria's love for her husband, she did not appear in public for three years. It seemed she never ceased to mourn his passing; she wore black every day until her own death, in 1901.

Declarations like these are referred to often because love is timeless. We women like to hear that others have loved, lost and had feelings unrequited. We like to know that romance, passion and eternal partnerships do exist, and that if we retain a faith in The Real Thing then one day we might wake up with a case of it.

Please guys, don't wait for your wife or girlfriend to die to show you care. Start thinking of ways to make your feelings clear right now.

Don't think your girlfriend needs reminding of how you feel about her? Valentines Day price tag still fresh in your mind? I'm afraid you're off the mark. Girls like to know they're treasured: that means opportunities to make it clear must be created, rather than

stumbled upon.

Of course, you don't need to smother her for "I love you" to resonate. Just add a tiny affirmation to your day and she might never doubt you again.

Stuck for ideas? German folklore suggested that giving one's partner a peeled apple soaked in the sweat from ones armpit could incite strong and primal feelings of lust.

Welshmen in the 17th century offered "lovespoons"—ornately carved from a single piece of wood—to their loved ones. Each carving had a different meaning; for example, an anchor meant "I want to settle down".

You might try making your gestures a little more conventional. Give her a compliment. Run her a bath. Frame a photo. Hell, change the toilet roll when it runs out.

Whatever you do, do it often. A daily gesture will not only keep arguments at bay, it'll also give your wife or girlfriend a warm, fuzzy glow inside. Oh, and you'll probably get laid.

**Ladies, easy on the drama-please!**

Arguments. They are pretty much unavoidable. Men and women argue, especially when intimacy is involved. Those pesky "butterflies" can cause some crazy behavior. But why do women conduct themselves so irrationally during a disagreement?

Fights, arguments or disagreements seem to follow a certain pattern when an emotional person is partnered with a passive one. Partnerships such as these seem to be the norm, because two highly aggressive people usually don't last very long.

Ladies just seem to love picking fights. A fight can be started about the simplest little thing. As a guy, I don't understand this.

Why is everything a big deal? Why does it bother you so much that I hang out with my guy friends? Why do you get annoyed when I don't return your phone call after 3.5 minutes? In the eyes of a guy, these are trivial things in the grand scheme of

life. But to women they can alter a relationship.

So what makes women so bothered by the little things guys do? Shouldn't you love and embrace the fact that we are different? We don't sit around stressing over how different you are, and we definitely don't get bothered when you go out and hang out with your girlfriends... so what's with the crazy behavior during a blowout with your boyfriend? Why does every past mistake have to be brought up and thrown in our face?

So I forgot to call you and say goodnight four and a half months ago. Must we still dwell on that one mistake? Apparently we will have to pay for every mistake we have made for the rest of our lives...or at least until the end of the relationship.

Anger is not the answer. I know, I know, "easier said than done." Guys can be pretty darn frustrating, especially when we sit back and don't give you the reaction you want. But yelling in our faces and bringing up your every annoyance might not get results that lead to a response that will make you happy again.

Maybe try explaining to us why you are so upset without the microphone. Volume is a key weapon in an argument and can be easily avoided. Guys don't respond well to a loud mouth. You might even be able to get away with all the hurtful words, just by lowering the tone...but I would avoid that tactic.

So to sum it up- and my friend Julie will kill for this one-chill.



by Mike Read  
Rampage Reporter

Amidst the indefinite hiatus surrounding the multi-platinum band Blink-182, a new creation is emerging from the ashes of the multi-platinum band: "Angels and Airwaves".

Blink-182's guitarist/singer Tom Delonge has used his freedom and resources to nurture the desire of his new, matured vision.

With the album set to debut



www.ebtr.com

in April, the launch will be accompanied by a motion picture to heighten the experience.

In an interview with Rolling Stone Magazine, Delonge described the details behind his concept.

"The whole movie is a poetic metaphor about how humans can create the worst thing in life—war—and the best thing in life...love".

Delonge also seemed proud of the movie's structure. "[It's] a third CGI, a third documentary, and a third love story. So as you're watching the story and the making

of the record, it will come to life in a love story..."

Delonge described his latest offering as "the most epic, anthemic, and heroic music [he has] ever made," suggesting "Angels and Airwaves" would shatter the punk-pop stereotype left in Blink's wake.

The single currently leaked from on the internet titled "The Adventure" speaks reminiscently of bands like U2, The Cure, and The Police. In the first seconds of the six minute song, the listener is slowly brought to the apex of volume in an array of sound ef-

fects behind a pulsating guitar rift. The song leaps as each instrument rushes in at once to empower the listener.

In Delonge's words: "[The song] just keeps building and building and building, and says, 'I cannot live and I cannot breathe unless you do this with me.'"

Where did Delonge get the inspiration for such a powerful track?

"[I had a friend] whose marriage was...falling apart." Delonge said. "It touched me so deeply that I was up one night crying for him-I felt so hurt.

The depth of Delonge's new release may suggest that Blink 182 restricted the band member's creative vision.

Freedom for Delonge, it seems, has come in the form of "Angels and Airwaves", a unique offering that appears to be a positive step for the global music scene.

Check out the video trailer for "The Adventure" at the newly released site: [angelsandairwaves.com](http://angelsandairwaves.com)

# Angels rock

# Will listening to my body help me eat less pizza?



by Nathan Tyree  
Rampage Reporter

My name's Nathan, and I'm a compulsive eater.

As I'm writing this, I'm eating three scopes of vanilla

and chocolate ice cream, a banana, and a huge bowl of Cheez-Its. Please tell me I'm not a compulsive eater.

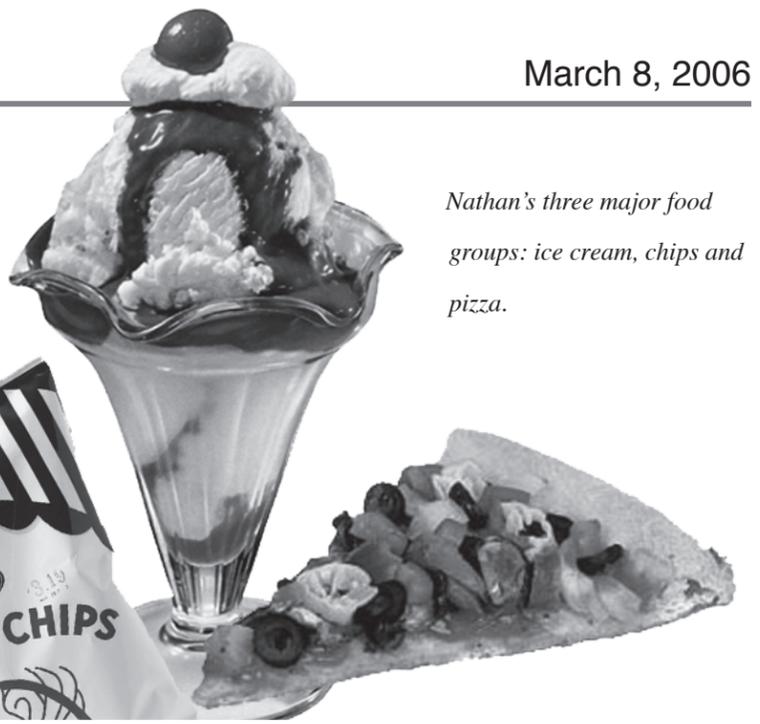
It's 12:15 a.m. on a school night. I'm watching Barbara Walters on The Late Show with David Letterman and Sasha Baren-Cohen on The Tonight Show with Jay Leno. Yes, I'm lazy with no daily exercise, and I cannot stop eating the pizza and the potato chips left out on the table. My average serving of pizza is nine slices. In eighth grade I set a personal record for pizza-eat-

ing: 16 slices in 30 minutes.

My daily snacks consist of crackers, salami and cheese, chips, salsa and guacamole dip, and a two-liter Coke. Just try to pull me away from the table. You just can't! Gee, no wonder why I'm so overweight.

If you are a compulsive eater or are wondering, "What makes me a compulsive eater?" here are some symptoms: weight fluctuations, eating alone, binge eating twice a week for a six month period, to name a few.

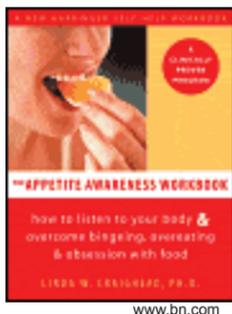
Well, to those who believe that they have a compulsive eating disorder and are obsessed with food like me, there is hope for you. This February, The Appetite Awareness Workbook: "How to Listen to Your Body and Overcome Binging, Overeating, and Obsession with Food" was published for us overeaters. Author Linda W. Craighead, Ph.D., who is an associate director of research at Raimy Psychological Clinic and professor of psychology at the University of Colorado, wants to help those with various eating disorders and try to prevent and treat the disease of obesity.



Nathan's three major food groups: ice cream, chips and pizza.



Photo by Nathan Tyree  
Above: FCC student Daniel Hobbs overindulges on junk food.



Above: a possible solution to Nathan's constant cravings: Linda W. Craighead's book on overeating- in stores now.

Craighead's book proves that people have a normal eating pattern if they only eat when they are hungry and finish eating when they are not hungry. The book provides binge eaters, those who gorge on unneeded food, a way and chance to be aware of the problem at hand. The eight-week cognitive program within the book offers methods of dealing with the eater's feelings toward food in a healthy way, observe hunger cues, and create an eating schedule that discourages the habits of compulsive eating.

Throughout the eight-week program, a series of successive simple exercises will guide the reader to control unhealthy eating habits, which can lead to depression, gastrointestinal problems, and death. Some of the risks that compulsive eaters face are obesity, diabetes (Type II), hypertension, strokes, high blood pressure and cholesterol levels, cardiovascular and gallbladder diseases, cancer, arthritis, and gout.

The beginning of the book allows the reader ways to develop a mealtime schedule

as to allow time to eat, but not to eat too much. Secondary, the book states that by a schedule and recording how much one has eaten during a meal, a person will stop eating when moderately full. Track the eating habits as journaling assignments to stay enthused and on track throughout the whole process. The reader should be able to train him or herself to accept the basis of normal eating habits that will help keep one healthy for living a great life.

What power does food have over you? Control your food intake and do not be tempted to accept the destiny of obesity and binge eating. Try and stop the pleasures of the taste of food and listen to your stomach (I need to tell myself to stop eating cheese and Cheez-Its every day). Stop eating when not physically hungry, and don't forget to exercise while you're at it.

For those who are unsatisfied with their eating habits like me, take a look at Dr. Craighead's book. Who can go wrong by eating a little healthier?

## Black Eyed Peas: soon available at SaveMart Center



by Sean Felten  
Rampage Reporter

They're unique, creative, and they're coming to Fresno. Who are they? None other than the Black Eyed Peas.

The group will take the stage March 23 at 7:00 p.m. and will be supported by girl band The Pussy Cat Dolls.

The Black Eyed Peas began when Interscope Records signed them, back in 1998, when their album "Behind the Front" was released.

At the time, the Black Eyed Peas were: Will.I.Am, Apl.de.Ap, and Taboo. The album wasn't a huge success.

In 2000, "Bridging the Gap" was released. The album featured the single "Request Line" a collaboration with Macy Gray.

"Elephunk" followed in 2003- unlike previous offerings, the album was a huge success. Vocalist Fergie joined the group in the same year.

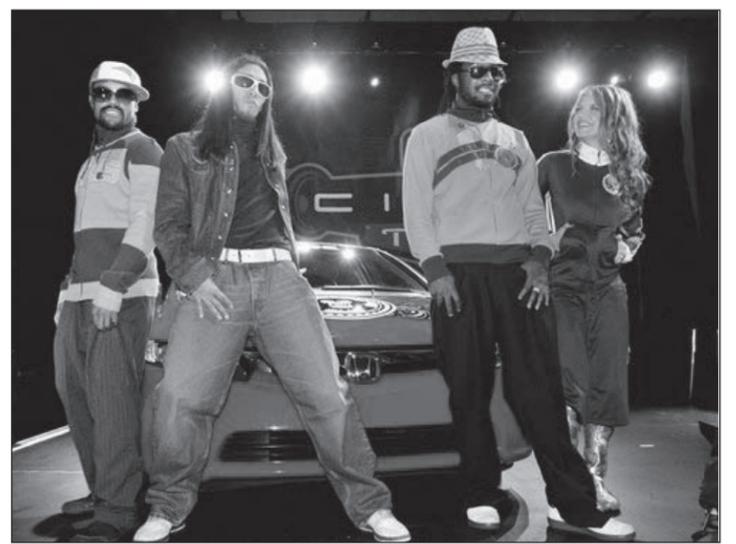
Their first single, "Where is the Love?" featured Justin Timberlake, and reached the Billboard Hot 100 charts at number eight. Their next single was "Shut Up," followed by "Hey Mama" which was featured in the 2004 movie "Garfield".

"Monkey Business", Black Eyed Peas fourth album, was their most mammoth success. It reached three-time platinum album status

"Don't Phunk with my Heart" was their first single. "Don't Lie" was their second, but this was less of a success on the radio, as it was overtaken in popularity by "My Humps", another track from their album which became almost an anthem of the summer.

"Pump It" is the Black Eyed Peas current single, and it features a clip from "Misirlou" by Dick Dale. The video features martial arts and break-dancing.

The Black Eyed Peas' latest album, Monkey Business, is available to buy now at all record stores.

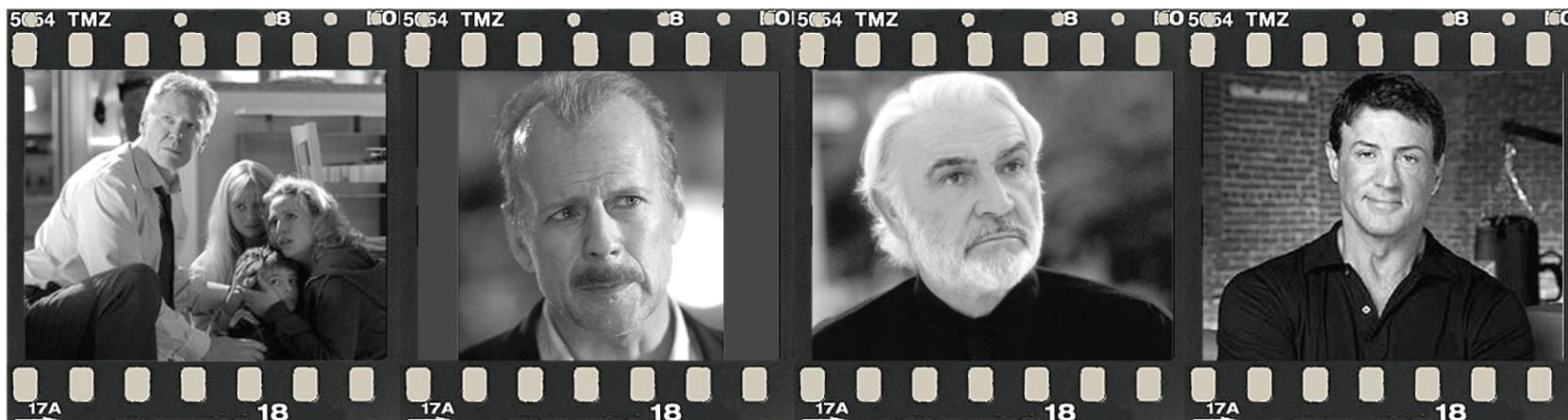


Above: the multi-platinum Black Eyed Peas will take a pit-stop at the SaveMart Center March 23rd, as part of their '06 Honda Civic tour.

Left: the Black Eyed Peas' latest album "Monkey Business"



## Should some action heroes retire?



Top row: Harrison Ford as Indiana Jones, Bruce Willis as John McClane, Sean Connery as James Bond and Sylvester Stallone as Rocky. Bottom row: Harrison Ford as Jack Stanfield, Bruce Willis as Jack Mosley, Sean Connery as William Forrester, and Sylvester Stallone in a recent interview for his upcoming movie, Rocky VI.



by Nygel Wotjak  
Rampage Reporter

In 1988 Bruce Willis starred in the popular action flick, "Die Hard," and followed with the sequel, "Die Hard 2," in 1990. Willis was a high paid actor and was a top pick for most action films. In 1988, Willis was 33 years old. This year, Willis is 51, and has just wrapped his latest project, "16 Blocks".

Willis is an example of how men that wowed us in the 70s and 80s are getting a little bit grayer on top, but managing to impress a new generation of movie-goers.

"16 Blocks" was released March 3, and has received rave reviews from critics. The movie stars Willis as Jack Mosley, an NYC detective assigned to escort a criminal (Mos Def) 16 blocks to the courthouse. The seemingly simple journey becomes a test of character and fight for survival, when a dirty cop attempts to thwart their mission and kill them both.

Willis isn't the only action hero with wrinkles and a lengthy resume: Harrison Ford has also completed a new thriller ("Firewall") at age 64. The movie centers around Jack Stanfield (Ford), the designer of a state-of-the-art security system said to be impenetrable. Stanfield's family is kidnapped by a team of criminals, their only chance of escape being the infiltration of the security system and theft

of \$100 million, by Stanfield himself.

Before "Firewall", Ford found huge fame when he starred as Han Solo in "Star Wars" (1977) at age 35. He then followed with "Indiana Jones: Raiders of the Lost Ark" (1981). Both Willis and Ford are famous stars of noteworthy acclaim, but in the dawn of the new millennium and since both men could

plausibly be grandfathers, some may ask "when does the action stop for these actors?" "How old is too old?"

Sure, at their prime, these men were making big movies and even bigger stunt jumps. But in 2006, with Ford now 64, is it necessary that the seasoned bullet-dodger play yet another action hero?

Actors like Willis and

Ford are probably getting cast for thrillers because of previous past successes: thrillers are what they are best known for. But what is the retiring age for a man in Hollywood? How many more car chases, gunfights and flying off rooftops can these men do

without breaking a hip?

As long as great actors are cast they'll produce great films. But no one wants to hear about 75-year-old Harrison reuniting with his whip and safari hat...that's just scary.

## A Real Friend.



by Herb Graham

At times, everything around me changes my circumstances reach its peak and my attitude becomes bitter and overwhelming

Calling here and there, sometimes it seems like you called everywhere, no one answers and seems not to care

You know someone is there, but somehow searching for the right person is believed to be too much to bare

You hear a call, your name is shouted loud but silently, in all of your mess it is perceived. You shout back realizing your faults

Someone is there, you wipe your tears, pick up your stuff, change clothes, and thank your true friend for understanding

Again and Again, you're reminded that

things like this is bound to happen again, but remember you have a true friend.

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# Poetry pays at The Starline



by Joe Rios

Rampage Reporter

You're on the stage. You've got a mic. — now move the crowd. It's the task placed on everyone who steps up during a poetry slam.

Still don't know what I'm talking about?

Think freestyle battles from the movie "8 Mile" in a coffeehouse setting without all the insults. Much like the freestyle battles portrayed in the movie, the crowd is what determines whether the poet stays or walks.

Slam is designed to invoke audience participation. Yells, laughter, clapping all add to the show.

What makes poetry slams different from your street-corner battles is the content. Anybody involved in the spoken word world will tell you that it is all about the love — love for one another, love for the arts, and love in relationships.

Sure, people might go up and slam about opposing politics or ideas, but the love and respect is still there.

Poetry slams began when

construction worker/poet Marc Smith started poetry reading at a Chicago jazz club called, "The Get Me High Lounge" in 1984. The words pumping out of the lounge would later be the foundations for what we hear in clubs today.

People like me, who have only seen spoken words artists on HBO's Def Poetry Jam would have never thought that something of that caliber was available in Fresno.

To my surprise, such a thing does exist.

"A lot of people don't know that there's poetry here in Fresno," said James "Kilroy" McElroy. "They don't realize that we got it right here."

Every month The Starline hosts "The Beat Down Slam," an all-are-welcome, all-can-participate, all-will-enjoy poetry slam.

Kilroy and Brian Medina founded and host the slam. When Kilroy and Medina began tossing the idea of a Slam in Fresno, they were a bit apprehensive.

"I can remember asking Brian if he thought Fresno was ready for a poetry slam," said McElroy. "He said he wasn't sure."

"But sometimes you can't wait for people to be ready. You just have to do what you do and hope they respond."

In June, The Beat Down Poetry Slam celebrates its second birthday — a feat, considering all the ups and downs the slam has endured.

Some months there is a lack of spectators; sometimes there's a lack of poets to slam.



Photo by Joe Rios

*A local poet takes the stage at The Starline, in hopes of winning the night's jackpot.*

Due to the constant support of the Starline, its staff, and the slam's DJ Mykal Powell (who works for free) though, the Slam keeps on serving poetry to any Fresnoans

willing to take a bite of it all.

"We're doing this all for the love of poetry," said Medina. "Just being here and being a part is great. We are very blessed."

The Beat Down Slam is not the first nor the only outlet for poets and spoken word artist in Fresno.

"Beat Down" started up soon after the "Ahhh Yeah Poetry Jam" faded away. Medina also hosts "Inner Ear" on Fresno State's campus. There are also number of other slams and open mic. nights in the Fresno area that happen throughout the month at various clubs and venues.

Many of the poets travel around in a pack to each slam. It has become a tight-knit community of artists that spills over into other areas of art.

Poetry Slams happen across the nation, though, there is even a national competition. Slam teams from all over unite in a tournament where they showcase their poetry and are judged by a five-person panel.

Poets are given a score between 0-10. The highest and lowest scores are dropped and the middle three are added together, giving the poet a total score of 0-30. The poet with the highest score wins.

At the Beat Down, poets slam twice and the winner gets a pot of money compiled of extra fees gathered at the door. Spectators pay \$3 and poets pay \$5. The extra two bucks goes into the pot.

"The points are not the point," is the motto of the Poetry Slam. In the end it's not about who wins, it's about the art.

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