



Bill Neads

## Neads heads spring senate

Bill Neads of Fresno has been named student body president at Fresno City College for the 1973 spring semester. He defeated John Navarrette in a special runoff election December 14.

Al Thompson was elected vice president after receiving 296 votes in the general election December 12 and 13, and LaVerne Lewis, who ran unopposed, was named secretary.

Incumbent treasurer Linda Sterbonic was re-elected, defeating Jill Jamgotchian, student body secretary for the past two semesters.

FCC students also selected 16 students from 28 candidates to represent them in the Student Senate next semester. The senators elect are Eddie Anguiano, current vice president; Cruz Bustamonte, Devlyn Candler, Gale Eldridge, Marsha Evans, Jerry Grider, Tino Hernandez, Anne Louise Lopez, Susan McDonald, Lupe Mireles, Beverly Nishioki, Ralph Roby, Randy Rowe, Dusty Weisse, Patricia Jaso and Jerry L. Torres.

In the general election Neads outpolled Navarrette 297-155. However, this did not constitute a majority. Presidential candidates Gilbert G. Gonzalez and Chris Terrence were eliminated in the first balloting.

Neads, who ran on a party ticket with Thompson, Ms. Lewis and Ms. Sterbonic, called for un-

ity. "Starting with the formation of my ticket, I have taken my first step forward with the aim of gaining a racial balance in the senate," he said. "This balance will force each representative to work as a whole, forming a team with the ultimate goal being for the betterment of the entire student body."

Navarrette opposed parking fees proposed for next semester and advocated a book cooperative controlled by the students and a program which would "effectively incorporate some of the funds from both the FCC general fund and trust funds in the development of new student welfare programs."

Only 551 of FCC's 7,000-plus students turned out for the general election and 530 voted in the runoff election. Secretary-elect LaVerne Lewis said insufficient publicity was responsible for the small turnout.

"The students are just uninformed," she said. "They don't actually know what's going on on campus."

Ms. Lewis said the newly-elected student officers plan to use the first two weeks of next semester making the students aware of what student government is, does and can do by walking around the campus and talking directly with the students.

### Next: CSUF

## Brown sums it up

Outgoing student body president Ken Brown has done exactly what he set out to do. He became FCC's first black student president.

Brown, who will attend Fresno State next semester, said he wanted to be student body president because "FCC has never had a black president. . . I wanted to effectively eliminate the color barrier," he said.

"I wanted blacks to know more than just sports is open to them; I wanted to show them they can attain the executive position."

Twenty-six-year-old Brown plans to use student government at CSUF to continue the job he undertook at FCC, the job of ensuring blacks a voice and involvement in all campus decisions concerning their welfare.

In the past two years black representation in FCC's Student Senate has grown from one black to as many as nine blacks filling the 20 electoral posts, with seven black students winning seats this spring semester.

Money is the biggest obstacle facing black students now, Brown said. He said many blacks do not have adequate funds to buy their books on time and to stay in school.

"EOP (Extended Opportunity

was his opinion that imposing a parking fee now would drive more students onto the surrounding streets.

Most of the empty spaces are in the parking lots near McKinley Ave. and San Pablo Ave. on the southeast corner of the campus, Peed said.

"We anticipate that with the completion of the Math, Science, and Health Building and the Arts Center the center of the campus will shift in terms of where students attend classes, and this underutilized area will become a highly desirable parking location," Peed told the board.

Peed also cited the problems of a parking fee structure at Reedley College as "needing further analysis." The board has indicated it wishes uniform parking fees at both of the district campuses.

FCC student officers-elect Bill Neads (president) and Al Thompson (vice-president) spoke out strongly against the imposition of fees at this time.

Neads questioned the effect a parking fee would have on student body card sales, which support many extra curricular activities, such as athletics, that might otherwise have to be cur-

tailed, funded by the district, or abandoned.

Thompson said that many students on campus are apathetic, but the single issue they all seemed united on was outright opposition to any parking fee.

Madera - area trustee Ray Miles said the FCC parking plan is going to have to be coupled with some sort of city regulation of parking on streets around the campus.

Trustee David Creighton suggested the administration explore the possibility and legality of having the associated students of the college operate the parking facilities and pay the maintenance and security costs out of fees collected.

The motion to defer assessing the fees, made by Trustee Baxter K. Richardson and seconded by Fowler-area Trustee Harry E. Hiraoka, passed 6-1 with Creighton dissenting.

Despite the existence of some problems with the currently finished parking lots, the board adopted a calendar for the construction of other planned parking facilities on the FCC campus.

(See Parking, page 4)

## CSUF Extension Division offers spelling course

The Extension Division of Fresno State University, will offer a course designed to correct the impression that English spelling is arbitrary and to show the proper rules by which it operates.

The course, "The English Spelling System: A Guide for Bad Spellers and their Teachers," will be conducted on January 6 and 13.

According to Dr. Frederick H. Brengelman, professor of linguistics and course instructor, "The class

will cover such topics as spelling by sound, spelling by word structure, spelling with reference to style and how to organize spelling instruction to emphasize regularity."

The course hour will be from 8 a.m. to 5 p.m. on both days and the location is the Speech Arts Building, Rm. 164. One unit of credit will be given and tuition is \$24.00. For more information contact the Extension Division, FSU 487-2549.



Ken Brown

# Rampage

Vol. XXVII, No. 14

Fresno, Calif.

Jan. 4, 1973

## Parking fee deferred until fall semester

COUNSELORS' RAP

Registration info

Preregistration will continue this week for the currently enrolled day students who plan to attend FCC in the spring semester. Students are asked to see their counselors.

Limited students and evening students who hope to become full-time day students are reminded that the ACT may be taken here at FCC at 1 p.m. on Saturday, Jan. 13. The fee of \$7 is collected at the door.

Eric Rasmussen

No germs, though

The Carpenters Union magazine reports that although nails are sterilized because busy craftsmen habitually hold them in

their mouths, they can still cause trouble. A few years ago, surgeons examining a carpenter's stomach pains, discovered he had swallowed 100 nails, of assorted sizes. Now we know who you guys in Carpentry 51 and 52 are putting on weight. . . .

Adrian Acosta

University of California

On Jan. 12 in Conf. Room B of the Cafeteria, William J. Villa, associate director of the EOP program at the University of California at Santa Barbara (UCSB), will be here to recruit. If you are interested in attending a university, please attend; information and application materials will be available.

Frank Qunitana

LETTERS

Emerson Lake an' Palmy

Dear Editor:

Well, I was jist oozin' around the cafeteria eatin' abandoned doughnuts an' stuff when I run into an ol' Rampage what said sompin' about havin' one a' these here high falutin' rock 'n roll outfits such as Creedence or the Two Dog Night here at the City College.

Well, about that time I scarfed an earload on two longhairs sayin' that they wanted to have a couple Britishers come--Emerson Lake an' Palmy er sompin' an' right about then another subversive rolls up an' says that he wants to hear Fleetwood Mac er Yes er some such outfit play here.

An' jist like my bumpe stick-er sez, I'm proud to be a Merikan so I chimes in "Howz about Elvis er the Beach Boys".

An' aroun' that time I wuz recallin' the fact that this Emerson Lake an' Palmy wuz studyin' classical music in England fer years an' far as I'm concerned, that jist goes to show their iginerance a' good rock 'n roll.

Jukin'.

Keith Yates

Minority medical trip memorable

Dear Editor:

On December 1 two busloads of minority students, Chicanos and blacks, journeyed to U.S. Medical Center, San Francisco. The agenda for the day was to give information to those students interested in pursuing a career in the health disciplines -- medicine, dentistry, dental hygiene, pharmacy and nursing.

Upon arrival at the medical center, students were met by CHE representatives (Chicanos in Health Education), an organization within the campus. A representative in each discipline guided the students through a tour of his respective area.

After the morning session of exposure to the medical center, lunch was provided to the FCC students, and CHE members spoke to them at an individual level, answering questions. The afternoon proceeded into an informational discussion giving statistics about the programs, financial aid, curriculum requirements, admission procedures,

and the social life of the students.

The exposure presented to FCC students not only enlightened the students' pursuit of a health career but touched the hearts of all the students, reassuring them that it is possible to obtain a career in the health professions.

As most minority students are aware of the great demands and need of their own race in the health disciplines, I can conclude that the trip did confirm a reassurance to the students in continuing their career in the health professions.

On the FCC campus January 9, we invite all students to attend a meeting Tuesday at 1:30 p.m. for those interested in a health career. At that time a name will be chosen for the organization and members will be chosen to their elected positions.

The aim of the organization is to provide information about health careers among students and recruitment of other minority students into the Health Professions.

On behalf of FCC students, we thank UC Medical Center, CHE and all who worked to provide a memorable day to FCC students.

Josephine Herrera

Reminder: paperbacks bought

Due to the increase in required paperback test books on the Ram campus, FCC's Bookstore will be buying back all paperbacks in good condition that are required textbooks for classes at half price.

The buy-back method by the bookstore will be the same as that for hardback books, half price maximum with the same grading down in price if the book is in poor condition.

Students who don't wish to sell books back to the bookstore may register their books with all information needed in a booklet provided by the bookstore, and students wishing to buy books from other students, may check this register.

The bookstore is offering this service as an alternative to advertising on campus bulletin boards.

EDITORIAL

Potpourri

There are times when one topic seems to be important enough to write an editorial about, but because the topic is not much more than a statement it doesn't seem long enough to rate as an editorial. It is in this type of situation that many writers clump together their small ideas and thoughts to make one package.

ASB Elections

Bill Neads won the presidency and Al Thompson won the vice presidency in the elections before vacation, I congratulate each of them on their campaign victories. Even though I had endorse other candidates, I wish Neads and Thompson smooth sailing in the spring semester '73.

Facing Up To A Past Vacation

Was there really a vacation? It seems like just the other day I was thinking of all the work I would get done over the two weeks. But the vacation started and before I could turn around it was over. I WONDER IF MY INSTRUCTORS WILL EVER UNDERSTAND.

An Odd Year

The year 1973 has arrived and no one seems overly excited about the whole situation. Maybe it's because of the way the year sounds; 1973- a communist plot, no doubt, to destroy the morale of the world. Oh well, we can always look back on last year for inspiration, but that wasn't such a good year either. Anyway I would like to say Happy New Year, World, even though it is four days old already, the year that is.

A THOUGHT FOR THE NEW year: If you're friendly and thoughtful whenever possible, you'll get hurt a lot but at least you can say you tried.

By Joe Justice, Editor in chief

WOMEN'S LIB

By ANN STEPHENS



See you Jan. 11

At long last women on campus will receive some long overdue attention.

Special problems surrounding women in college and those who are returning to college are at last being recognized. We have a black studies program, La Raza studies even a few classes on the American Indian. It seems since women represent 53 per cent of this country's population, we should have a program representing "Women."

To the hard-line male chauvinist this may sound downright shocking if not subversive. Be that as it may, we will be heard. And the changes, they are a-coming.

FCC and California State University, Fresno, have organized

a special counseling session for women, to be held Jan. 11 from 7-10 p.m. in the Auditorium of the Fresno County Schools Building.

The session, to inform women on college-level educational opportunities, is designed to assist women interested in continuing their education. If we are lucky, maybe we will find out that it's just a myth that women are best suited for typing, teaching, nursing and home ec.

Dr. Donald Albright, counselor at CSUF, said there has been great interest in encouraging and enabling women to continue their educations. Many women, he said, find they would like to prepare for a second career and others simply wish to expand their own horizons by returning to school.

We must not forget a large segment of women who are the sole support of themselves and their families who are returning to college to equip themselves with the knowledge that will enable them to do just that.

Unfortunately, even today, statistics prove that a man with a high school education will make more money than a woman with a college education. Don't give up hope; this is the start of a new year and we women are on the move. We have no place to go but up.

For people who are interested in attending the counseling session, additional information and registration forms are available for the Counseling Centers at FCC or CSUF. See you there.

LITTLE MAN ON CAMPUS by Bibler



"COULD YOU CALL BACK? PROFESSOR SNARF IS VERY BUSY GRADING TERM PAPERS RIGHT NOW."

RAMPAGE

The Rampage is published every Thursday during the school year, except final examination periods and holidays, by students in the Newspaper Production classes. Opinions expressed are those of the authors; unsigned editorials are written by the editor. Letters to the editor should be addressed to Rampage, Fresno City College, 1101 E. University Ave., Fresno 93704.

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Rams 11-6

## Tigers roar, 92-86

The FCC Rams 11-6 overall and 0-1 in Valley conference play after dropping their league opener Tuesday, will travel to Cosumnes River for another VC tilt tomorrow and entertain Sacramento Tuesday.

A real dogfight is predicted for the championship. Sacramento City College boasts four double-figure scorers who paced SCC to eight victories in its first 11 games.

San Joaquin Delta, traditionally a title threat, got off to its poorest start in years, 4-8, but played a tough set of pre-season foes, which should help Delta in league play.

The Rams, off to a fast 9-2 start, had trouble over the vacation schedule. Bakersfield handed the Rams their second loss back on Dec. 15, 74-60. The Rams resumed their winning ways three nights later with a victory over West Hills, their third this year.

FCC lost consecutive games for the first time in the Modesto tournament. The same fate occurred to the Rams last season.

Compton College pounded the Rams in a high scoring game, 110-81. Frank Williams had 23 points, while Rich Harvey and Rick Walley chipped in with 16 and 15 points respectively, but the defense could not stop a strong Compton team.

Then the Rams were stunned by Merced, 82-76. Williams had 26 points and Walley 16 to pace the Rams to a 40-39 halftime edge, but the rest of the team was comparatively cold from the floor.

The Rams did salvage the consolation trophy in the Hancock tournament to take a modest one-game winning streak into league play. Hitting on 43 per cent of their shots, the Rams played their best game in their last six by humbling Modesto 75-54.

Williams once again led the team with 30 points and 11 rebounds, while Walley helped out with 13 points, and Harvey had a fine game at guard, pumping in 11 points and passing brilliantly for 11 assists.

A fired-up Reedley Tiger squad beat the Rams 92-86 Tuesday in both teams' league opener, despite a 35-point, 11-rebound effort by Ram center Frank Williams.

Rick Walley bucketed 19 points and Del White 16 for the Rams, who trailed 45-43 at halftime. "They apparently wanted this game more than we did," said coach John Toomasian.

The Rams travel to Cosumnes River tomorrow night and will host a tough Sacramento squad next Tuesday night at the FCC Gym.

## Matmen face tourney debut

Bill Musick, Fresno City College wrestling coach is getting the team in shape for a tournament at Fresno State Saturday.

Colleges from as far north as Redwood and south to San Diego will compete in the all-day affair.

Wrestlers for the competition will be Gilbert Flores 118, Ro-

bert Arballo or Jim Herbert 126, Frank Maldonado 134, Mike Quintana 142, Larry Correia 150, Steve Tiner or Bob Dominquez 158, Randy McNeil 167, Sam Ramirez 177, Chris Brase 190.

The first league competition against Reedley next Wednesday, will be held in the FCC gym.

## Islanders to bring own halftime show

A chance to experience true paradise doesn't come around too often. But a special basketball game next Wednesday Jan. 10 next Wednesday at 8 p.m. with Hilo College of Hawaii will feature a half time with eight young ladies presenting a Polynesian dance

program in traditional dress.

A spokesman said a Wednesday day-time performance for the dance troupe is being scheduled.

Both the basketball game and the daytime performance will be free to students with ASB cards.

## WHAT'S HAPPENING?

### Sanford yes, Amos no

By Richard Zailian

Recently a television station in the South was forced to discontinue one of the all-time radio and television classic's, "Amos and Andy."

The ceasing of the program came after a group of blacks picketed the television station. The group demanded the program be taken off the air because the program did not show how blacks really are and it did not give them any justice.

When the television station first heard any protest against the program, they were positive they would also hear protest against "Sanford and Son," which is now one of the top 10 programs in America. Oddly enough the station received no word of protest against the program.

If you remember back to the days of "Amos and Andy," you will recall that it was the first all-black show. It was the first program of any kind to feature black policemen, black lawyer,

black businessmen and black judges.

After the affair had quieted down a little bit, the television station took a survey to determine what programs were watched the most in black communities. The No. 1 program most widely watched was "Sanford and Son." "Sanford and Son" was viewed 22 per cent more than the second place program, which was "All in the Family."

What's hard to figure out is how anyone can get offended by a program that has black people who live in the slums, who have hardly any education, who do little if any work at all and who get taken by other Blacks. He would have to be another Archie Bunker.

Now everything is OK. The television station has filled the vacancy left by "Amos and Andy" with a Lowell Thomas adventure series, which might get some animal lovers a little upset. Who knows?

## YVP dies--YR lives

The FCC Young Voters for the President club is changing its name to the FCC Young Republicans, according to Chairman Rick Ennis and ICC Representative Ralph Roby. The organization's format will undergo changes as well.

An informal get-together for members and other interested students is scheduled at 1 p.m. tomorrow (Friday) in Conference Room A.

## Issues info session set

The social sciences division will sponsor another open informational meeting about social science courses and concerns at 11 a.m. tomorrow in B-14, according to Associate Dean Wilbur S. Beasley.

Topics to be covered are "Drug Abuse," "Encounter Groups," "The Obsolescence of Marriage," "Communism v. Capitalism" and "Ecology." Instructors will discuss these topics in detail and answer questions.



Frank Williams

## Williams honored

Frank Williams, FCC's 6-2 center, was the all tournament pick at Hancock college over the Christmas holidays.

Shooting for 169 points overall, Williams was named Junior College Athlete of the Week by the Valley Sports Writers Association after helping City secure the consolation prizes.

## Change: CEW is now WRS

Continuing Education for Women is changing its name and its format. From now on it will be called Women's Rap Session.

According to Dorothy Bliss, coordinator of the group, Women's Rap Session can offer something for every women student and extends an invitation to all women on campus to participate.

Women's Rap Session meets every Wednesday in Committee Room B of the Cafeteria from 9:30 to 11:30 a.m.

## Joquel puts FCC onto airwaves twice monthly

By Rusty Moshier

On alternate Sunday mornings from 8:45 to 9 a.m., KPHD FM 95.5 holds a news broadcast—but not just an ordinary news broadcast. All the news is about FCC.

Arthur Joquel, FCC anthropology instructor, holds news and interviews every other Sunday morning strictly about events at FCC. There is usually at least one interview a week, along with newsworthy events about the campus.

Joquel has a unique method for his interviews. He picks out whatever he thinks will be interesting. So far this year, he has had instructor Gus Estrada on to talk about H. P. Lovecraft, and ASB President Ken Brown to talk about the duties and importance of the student body president and government, among others.

Joquel's method of getting news is even more interesting.

"I keep my ears open," he says, "and if I hear about something that I think will interest listeners, I'll investigate it." Joquel also gets help from the Public Information office and the Rampage.

Joquel's credentials for the program include a certificate in film and television from New York University. The program, which began back in October 1971, started out as news of community affairs.

"There is usually no emphasis on sports," Joquel states. "The program is taped sometimes three weeks in advance, and it's difficult to get much that is pertinent to the date of broadcast. That's why I lean toward interviews."

The time is donated to FCC by KPHD. Anyone who has anything of interest is invited to drop a note in Joquel's faculty mailbox.



Mae Ethridge, Arthur Joquel, and Jay Kroeker

## LETTER

### Sterbonic's thanks

Dear Editor:

I want to take this opportunity to express my appreciation and thanks to the students of Fresno City College for their vote of confidence on Dec. 11 and 12.

To those who worked so hard on behalf of my sincere gratitude and thanks.

Linda Sterbonic  
ASB Treasurer-elect

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# High night signup seen

Prospective students will have more than 400 classes in 66 subject areas to choose from when FCC begins evening registration for the spring semester.

Larry Martin, evening division dean, expects enrollment to top 6,200 next semester. More than 3,200 persons have already pre-registered. Preregistration will remain open through January, with registration dates scheduled for January 8 and 29.

The evening division is offering several new courses this spring, with many in vocational fields, such as business and social service. Martin said currently these areas are the most popular with students. "The curriculum reflects the community and the times," he said. "People are just beginning to realize the tremendous need and opportunities for persons trained in these fields."

New business courses include Analysis of Financial Statements, Supervision in Management, and Credits and Collections. Two courses examining both drug use

and drug abuse also will be offered this spring for the first time.

Prospective evening students may apply for the 1973 spring semester through Jan. However, Martin urged that they apply early to ensure getting the classes they want. Applications are available in room 13 of the FCC Extension Building from 8 a.m. to 4:30 p.m. and 6:30 to 9:30 p.m.

Counselors will be on duty in the Counseling Center, A-118, evenings from 6 to 10 o'clock to answer questions and to assist with problems.

Evening Div. enrollment is open to all State Center Community College Dist. residents who are 18 or who have completed high school. District residents pay no tuition although a \$2.15 fee is asked to cover grade mailing costs.

Further registration and curriculum information is available by contacting the Evening Div. Office in the FCC Extension Building or at 264-4721, ext. 311. Spring instruction begins February 5.

# Brown

(Continued from Page 1)

sees student government as a vehicle of limited service, providing activities to facilitate the students in achieving their educational goals.

Rallying causes for the senate this fall were the establishment of a day-care center and campus radio station, a boycott of nonunion lettuce and the elimination of the proposed parking fees for spring semester.

Brown believes plans for the day-care center may be finalized sometime next semester. "It's a workable idea," he said. "I'm a realist about what we can do and mainly what we can do is provide activities to assist students in their goals."

"The extent of our success, of course, depends upon the extent of cooperation we receive from the administration. And we've received lots of cooperation from the administration this year," he said. "The administration has taken the time to listen."

Brown, plans to study law at the University of Arizona.

# Parking

(Continued from Page 1)

The areas planned for development are: the area between Van Ness Ave. and College Ave. south of University Ave. and the area immediately adjacent and west of the railroad tracks. No development of parking areas east of the railroad tracks is planned at this time, Peed told the trustees.

The calendar calls for the vacating of all structures on the land, which has already been purchased by the district, by February 1, sale or demolition of all structures by April 30, and awarding of construction bids by the end of May.

The new facilities, which will bring to about 1,950 the number of parking stalls on campus, should be ready for use by the opening of fall semester.

Reasons cited for continuing with construction of more parking facilities included the greater utilization that is expected with completion of new campus buildings and the possibility that the state will require FCC to go to a larger enrollment than the 7,200 capacity currently planned.

The district hopes to complete purchase arrangements

for the state-owned extension center building on the corner University Ave. and Van Ness in time to use that land as a part of the parking facility. The board approved, however, commencing work on the parking facilities whether or not the state land is available.

In a series of other building matters the board:

--Approved submission of project planning guides to the state for four projects at FCC and three at the Reedley campus.

The FCC projects, which must be submitted for approval of state funding well in advance of anticipated construction dates, are: Administration Building, Student Services Building equipment, Business Education Building equipment, and Social Science Building and equipment.

--Authorized architectural services agreements for the social science and administration buildings at FCC.

--Tabled awaiting more information a proposal that the district share with the Greater Fresno Youth Foundation the cost of improving the lighting at the district's John M. Eulless Baseball Park.

## LETTERS

## Neads' thank-you

Dear Editor:

I would first like to thank those who supported me in my campaign, giving special thanks to Al Thompson, newly elected vice president, Laverne Lewis, newly elected secretary, and to wly elected secretary, and to Ken Brown.

Secondly, I would like to congratulate all the newly elected officers. I am pleased with the outcome of the election, and feel that each of them truly shares in a sincere commitment with the desire to work together as a team and with the will to strive in reaching those goals which will be for the betterment of the entire student body.

I am glad to be a part of this team, and will do my best to serve you, the student body.

Bill Neads

ASB President -- elect

## Unclassifieds

AUTO FOR SALE: 58 Rambler 8, air cond., power strg., 80,000 miles. Motor rebuilt at 52,000. Runs fine. Good car for student mechanic. \$165. 439-9054. 6471 N. First.

## 'Smile ... anyhow'

Dear Editor:

You probably have heard the story of the pessimist who was beset with annoyances, problems and trouble. Well, she lettered a sign reading: "Smile!" and fastened it to her bathroom mirror as a reminder.

However, she still was beset with annoyances, problems and troubles, so she took down the sign reading: "Smile!" -- and replaced it with a sign reading: "Smile.... anyhow!!!"

No one is immune to annoyances, problems, and troubles. They are a part of life and, while we may not enjoy them, they do keep life from being a dull routine. Just think how boring it would be to sit in a recliner and eat, drink and be merry 24 hours every day, with no decision to make, nothing to challenge one's ingenuity, nothing whatsoever to confront one's equanimity.

Fortunately, for each of us, there is more to life than a recliner, and eat, drink-to-be-merry existence. Irritations with which to cope, problems to be solved, obstacles to be overcome, challenges to be met--all act as stimulants, and if we don't find life stimulating, we shall not find it interesting.

Psychologists have offered various suggestions to get us "part of the action," as the current expression goes.

One psychologist prescribes: "Always have a fight on!"

He emphasizes that the fight should be for a worthy cause or against injustice, poverty, disease.

I have a friend who is a retired sales manager. His fight is for the conservation of this nation's natural resources and wildlife. He is devoting his retirement and his considerable talent to fighting for a worthy cause. He eagerly takes on all comers--including me!

While I agree with and encourage all most of his conservation activities, I once wrote him, disagreeing with a statement he had made in one of his national newsletters, which he finances privately.

He promptly published, with my permission, my two-page fully documented letter of criticism! Think he finds life dull? He always has a fight on! He likes problems! He can "Smile.. anyhow!"

To meet the annoyances and problems of life and "Smile.. anyhow!!!" psychologists prescribe: "Grapple!" Mental and emotional illness is caused by the overwhelming accumulation of unsolved problems.

Now, to prevent excess anxiety, avoid this accumulation of problems by meeting each problem as it arises and enthusiastically grappling with it until you reach a satisfactory solution. (I hope you noticed I said "satisfactory solution" -- not the one, best, perfect solution.) It requires

as much energy to try to escape from a problem as it does to grapple with it and solve it.

Then, when you have a problem, you can "Smile...anyhow!!!" This is the key to enjoying life, even with its daily quota of irritations and problems. Smile... anyhow!!! Anybody can smile when everything goes right--the secret is to smile when everything goes wrong.

You, like all the rest of us, are going to have your share of annoyances, problems and troubles--so you might as well decide to take them in your stride and smile at them as unwelcome, but inevitable, visitors. It isn't what happens, but how you feel about what happens, that really counts. And you can control your feeling.

According to the eminent authority, William James, you can control your feeling by acting the way you want to feel. So, if you want to feel happier--smile! Even if you don't have a reason to smile----"Smile--anyhow!!!"

And since a fair share of your life, like all lives, will be made up of annoyances, problems and troubles; do what the wise pessimist did. Take down your reminder sign that reads: "Smile!" --- and realistically replace it with a sign that reminds you to:

"Smile--Anyhow!"

This information was obtained from my cousin Dr. Chavez; and he was paraphrasing M. R. Kopmeyer.)

Roger Zamora

## SPECIALS

### CANVAS

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