

More on SCCCD  
Board meeting...

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Three Ram gridders  
win spots on  
CVC squad...

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## Holidays bring joy, excitement, and the Blues

By Robert Richardson, Ph.D.  
Special to the Rampage

Red and green are the colors of Christmas and, if you live in the mountains or are from the north or east, maybe white, as well. But, blue? Blue is definitely not a Christmas color. Yet, this is the color that will best describe the holidays for some of our friends and relatives. They might have been dreaming of a

white Christmas, but some of them are apt to feel blue.

There are many reasons why people experience "Holiday blues." In the first place, the changes in one's daily routine that accompany the holiday season, like any other major change in one's daily activities, bring with them a large amount of stress for which many are

unprepared.

Most people enjoy these changes from the ordinary and are excited by them, but all change, whether good or bad, is stressful. Not realizing this fact about change, people often do not realize why they feel so tense, anxious, or blue. Frequently they feel that, during such a merry season, they should not feel the

way they do and they become guilty for their feelings. All of this failure to find a reason and guilt compound, unfortunately, and typically make the person feel even worse.

The Christmas season is a very busy time of year. Inevitably, we all get behind in something--in doing our shopping, preparing for guests, cooking, preparing

for a trip, or whatever. Many of us wind up getting caught in the rush and do not get the rest that we need, or become frustrated with traffic, other shoppers, or the time constraints that we feel. Moreover, many of us face the

See Depression  
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# Rampage

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Fresno City College

December 9, 1983

## District 'hit list' defeated at board meeting



SCCCD Board president Leslie Thonesen vocalizes his opinion with preciseness during the board's recent meeting.

Rampage/Terry Pierson

By Sharon Trujillo

The term 'hit list' was used by one State Center Community College District board of trustees member to describe the list of recommended classes to be cut at the December 6 meeting.

The proposal to cut 85 classes (50 from Fresno City College and 35 from Kings River Community College) was made to offset the imbalance of the 1983-84 budget.

The board voted 5-2 in favor of not cutting the classes. Trustees Harry Hiraoka and Patrick Patterson voted to cut the classes and members Leslie Thonesen, John Burke, Dorothy Smith, Warren Kessler, and William Smith voted to save the classes.

Kenneth S. Wheeler, SCCCD vice chancellor for business, said to the board Tuesday night that action must be taken to balance the budget. He recommended by

cutting classes on the speculation that the district might lose money next year if it does not bring its enrollment "up to par" with the State's funding budget.

Community colleges are funded by a formula based on average daily attendance. With the reduction of state funding of nearly \$1.8 million, 7.5 percent of SCCCD's operating budget, Wheeler proposed to cut the classes to save the district an additional \$88,000. The district was forced to dip into reserve funds in the past to cover this semester's expenses.

Wheeler said there is a chance if the classes are not cut, the district might be penalized by the state because the average daily attendance would not match up to the state funding. This would result in lower funding, and the district would be expected to make up the difference in future years.

"On the other hand," said Wheeler, "if the cuts are made, the district might still face a negative impact, too. I have heard talk from the State Department of Finance that community colleges might be allocated the necessary funds by next semester. This is speculation, but if so, we (the district) will lose money funded to us by average daily attendance."

Additional detriments to the district would be loss of classes, including those that cover general requirements, and a cut-down of the teaching staff.

See Hit List  
page 3



Dean of Instruction, Dr. Arthur Ellish.

Rampage/Terry Pierson



## Editorial

### Classes are saved by surprise board vote

By Levi Pagsuberon and Denise Bartlett

If the State Center Community College District board meeting last Tuesday, December 6 is a gauge of things to come, future board meetings will be livelier than ever.

The three new SCCCD board members, Warren Kessler, William Smith and Pat Patterson, did not show any first-day jitters as they tangled horns with the veterans in the board.

At a crucial point, Kessler's incessant questioning dug out the admission from SCCCD vice-chancellor for business, Kenneth S. Wheeler, that community colleges run the risk of losing money whether classes are cut or not.

This was the bombshell that torpedoed the plan to reduce classes, and in effect student enrollment, at both Kings River Community College and Fresno City College. Trustee Dorothy Smith then filed a motion scuttling the class reduction plan.

A Fresno City College student, who requested his name be withheld, expressed anger at the officials who proposed the class cuts.

"If they know that either way, cutting classes or not cutting classes, there is a risk of the college losing money, why be one-sided and propose class cuts which will affect the lives of hundreds of students? Any doubts in policy should always be weighed in favor of students. Some people think we are just numbers and not human beings," the student fumed.

An unexpected support for the FCC Rampage came from trustee Pat Patterson, who questioned the wisdom of including journalism and school paper in the cut-off plan.

"I am not for or against any of these papers," Patterson said, "but a school paper is an important segment of college life."

In a surprisingly courageous move by the board, members voted 5-2 in favor of not cutting the classes slated for suspension for the spring of 1984. What this means is that the board has decided to take a financial gamble in favor of the students at this time, at the risk of much deeper cutbacks in the future.

The students present at the meeting applauded the move by the board, knowing they have achieved a victory...this time.



## Letters to the editor

Dear Editor,

Just a note to say that the article under the by-line of Levi Pagsuberon in the December 2nd issue was timely and right on. Many of my own views on the subject film **THE DAY AFTER** were embodied within it.

One small discrepancy presented itself however, in the form of the stars of the film **ON THE BEACH**. It was Gregory Peck as the male lead in that excellent film, not Burt Lancaster.

Other fine performances in the film were turned in by Fred Astaire and Anthony Perkins of **PSYCHO** fame. **ON THE BEACH** was probably **THE** finest film on the "nuclear war aftermath" genre ever produced. Today's film makers are going to have to go a long way to even match its quality. **THE DAY AFTER** certainly did not fall into the category of competition. Thanks for an excellent article.

Ralph W. Porter

## Rampage

The Rampage is published every Friday, except holidays, by the journalism classes of Fresno City College, 1101 East University Avenue, Fresno, California 93741. Telephone (209) 442-4600, Ext. 8373 (advertising) and 8374 (editorial). Opinions expressed in the Rampage are those of the reporters and not necessarily those of the editor, staff, advisor, or the administration of Fresno City College.

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The Rampage office is located on the northwest corner of the campus in B-3. The Rampage welcomes letters to the editor. All letters must be typewritten, double spaced, and include the author's name, address and telephone number. No pen names will be used. The Rampage reserves the right to edit any letter to the editor for clarity and brevity.

## Bits-n-Pieces

### Violence makes our world go 'round

By Denise Bartlett

Violence seems to have become such a commonplace occurrence in our daily lives that we often times don't even realize it is going on all around us.

Situation after situation faces us every day, yet for many, violence and pain and simply facts of life which others have no stomach for. Family disputes, verbal confrontations, even physical battles are most often ignored by bystanders or witnesses who desire not to become involved.

How often have we all passed people arguing bitterly on the street, and just walked on by without making an effort to play peacemaker in the dispute? It is difficult, and sometimes even risky to step in, but many times stepping into a verbal confrontation can help to prevent a very violent and painful physical battle.

Why is it that we have become such an apathetic society? Is it the upbringing

we have been given, that makes us so callous to the pain or problems of others?

Take a look at the television shows which are so popular in America these days. Programs such as "The A Team" portray people using guns, knives and bombs like they are child's toys. What a way to show our children the ways of reason and diplomacy...just pick up a gun and "blow the sucker away."

The media often perpetuates the ideals set forth on television by sensationalizing stories of beatings, murders, rapes, and the other scourges of our society. Newspapers and television bring the news right into our living rooms every right, but just what is the news? When was the last time a non-tragic or non-scandalous event graced the headlines of every newspaper in the country? I realize that it is the duty of the news media to bring information into our own homes, but I

sometimes question the judgment of those writers, reporters and editors as to what is too much in the way of sensationalism.

Showing the scene of a tragedy is in fact news, there is no doubt in that, but stepping into, and perhaps tearing apart the lives of the victims of such tragedies is overstepping the boundaries of sensitivity and good judgment in my opinion.

By taking in all of the influences which we encounter every day, violence becomes such an accepted part of our everyday lives that we are no longer shocked or angered by what we see.

Perhaps it is time to re-examine the values which we are engendering into our society and reconsider our roles as individual peacemakers...

It is only by becoming more sensitive to the everyday world which we live in that we can change the entire world, and perhaps one day achieve a true and lasting peace.





## Board to decide teacher layoffs

By Carlos Cordova

A special session has been set for December 20 by the State Center Community College board of trustees to discuss the ramifications of seeking legal counsel to begin preparations for possible teacher layoffs beginning March 15.

Edith A. Freligh, vice-chancellor of education, said, "the administration is not anticipating that layoffs are inevitable. Preparation takes three months and we must seek advice of legal counsel in case the possibility arises."

The administration proposed hiring a private attorney in the event the administration will not be able to balance the budget next year. The district is operating on a budget that is \$1.8 million less than last year.

private attorney experienced in negotiations involving the layoff of full-time faculty at other colleges, was presented to the board for consideration. Ozsogomonyan's fee would be \$40,000.

"When the time comes," said Freligh, "we will at least have the choice of being able to choose between certified, classified, or management employees."

Assistant County Counsel Max Robinson said the education code requires the college to such legal counsel, but recommendations made by counsel are not binding.

American Federation of Teachers union leader Tom Tyner opposed the hiring of counsel. Tyner said there are 40 to 50 full-time instructors who are considering accepting the administration's early retirement plan. Teachers who reach the age of 55 before June 30, 1984 and who have been members of the State Teachers Retirement System for the last five years are eligible. Incentives for early

retirement include a severance grant of \$15,000 and Blue Cross covered insurance for life.

"We are going to have a mass exodus of teachers from this district when they retire," said Tyner. "the challenge is going to be how to replace these teachers and maintain programs."

Newly elected trustee Warren Kessler said the administration was putting the cart before the horse. "When I ran for this office, I promised a positive strategy. I will in no way accept any proposal to start laying off faculty."

Kessler and new trustee Pat Patterson were annoyed by not having had the opportunity to review policy before they were presented with the administration's proposals.

"We're being asked to act on all these politically sensitive issues on our first day in office. I don't like it," said Patterson.

Patterson, earlier in the meeting, questioned the 85 class sections that were proposed to be cut. Patterson believed some of the classes had already been axed. The proposal to cut the 85 classes including the tutorial program was defeated by the board.

Kessler was further dismayed after learning information that is vital for determining faculty layoffs is going to be difficult to obtain. Much of the information that faculty must provide is optional.

"I can't believe that the information that will determine faculty layoffs is voluntary," said Kessler.

Mark Aydelotte, public information officer, said the trustees will probably decide the private counsel question in open session at the December 20 meeting because of the three-month time span that will be needed by the attorney to make preparations.



Rampage/Terry Pierson

Dean of Humanities, Dr. Carl Waddle, presents the Fresno City College Singers as the night's entertainment at Tuesday's SCCC Board meeting.

### Hit List

continued from page 1

The fact that either action taken by the board might result in a negative impact to the district led trustee William Smith to say the situation is a 'crap shoot'.

Trustee Dorothy Smith proposed to accept the gamble, not cut the classes, and deal with the problems as they appear.

The classes on the 'hit list' included American sign language, journalism, machine shop day program, two of the four administration of justice classes, water utility science, fire academy, dietetic service assistant, food services, archaeological technician, general work experience, women's softball, medical assisting, medical records, insurance, escrow management and purchasing.

One program that did not survive the cuts was the Registered Nursing program.

Due to a recent surgery, Dr. Gordon Ogden, RN program director, was unable to speak at the meeting but had Richard Brown to speak on his behalf.

Brown said there are 283 student on the waiting list to enter the program, which is a low number.

"The hospitals have lost their capacity to make use as many RN's as they have in the past and they have lost their capacity to staff FCC with teachers," said Kessler.

The board voted unanimously to reduce the RN program.

### FCC Community Orchestra Plans Concert Dec. 18

The Fresno City College Community Orchestra will present a concert on December 18 at 4 p.m. in the college theatre. The concert features two flute soloists in Telemann's 'Concerto for Two Flutes.' The featured soloists are Leslie Bedmonz, a graduate of San Joaquin Memorial High School, and Paul Krohn of Clovis.

Other selections to be performed at the concert will be the 'Theodora Overture' by Handel, a ballet suite by Delibes, 'Three German Dances' by Mozart, as well as several traditional Christmas songs. Admission to the concert is only \$1.

**RAMPAGE UNCLASSIFIEDS** are an excellent advertising value. Rates are \$1.00 for students and \$2.50 for non-students. For more information, or to place an ad, call 442-4600 ext. 8373. Rampage advertising works.

The **Rampage** is looking for staff members for the Spring 1984 semester. Many positions are open, including Editor-in-Chief, Managing Editor, Business Manager, Advertising Manager, and Staff Reporters. If you are interested in any of these positions, see Dr. Harry Kennedy, Mike Bledsoe or Denise Bartlett in B-3 (northwest corner of the campus), Monday through Thursday between 2-4 p.m.

### Police Log

**11-19-83, 10:45 p.m.** Possession of Nunchaku. An FCC student was found in possession of a pair of martial arts nunchaku. Complaint pending.

**11-22/29-83.** Petty Theft. Gym clothes were stolen from locker in the men's locker room.

**11-22/29-83.** Petty Theft. A lock was cut off an art supply locker in the Art/Home Ec. Building.

**11-28-83, 7:30-2:30 p.m.** Petty Theft. Parking permit was stolen from an unlocked vehicle. Lot D.

**11-29-83, 9:39-12:10 p.m.** Petty Theft. Wirespoke hubcaps were stolen from a 1971 Toyota. Lot A.

**UPDATE:** Battery charges have been filed against Allen Wondel Henry in connection with the stabbing/beatings incident reported in the last edition of **Rampage**.

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Movie Review

# 'Fanny and Alexander' displays life's many different facets

By Walter Moore

If you like comedy, death, sex, ghosts, religion, family conflicts, tragedy, horror and great cinematography, go see **Fanny and Alexander**.

Ingmar Bergman, the veteran Swedish film director who introduced many of us to our first foreign film, is back in Sweden after five years of self-imposed exile in Munich, West Germany and has directed, what he says is, his "last film".

The film opens on Christmas eve, 1907 in a small Swedish town where the wealthy Ekdahl family lives. Helena, the matriarchal grandmother, is busy ordering the servants around in preparation for the traditional Christmas dinner. Her three sons, their families, and the actors from their theatre are seen frolicking up the snow-covered and gas-lit street. Helena and her confidant, Isak, watch from the balcony as Helena says, "here comes my family."

Bergman now takes us through the film using 11 year old Alexander's eyes.

We soon see Oscar, Fanny and Alexander's father, on his death

bed grasping Alexander's hand, who is desperately trying to get away. Oscar dies of a stroke in front of the camera, in typical Bergman style. Dramatic death is one of his trademarks, as in **Cries and Whispers**.

After Oscar's death, Fanny and Alexander see his ghost in the apartment. Alexander, during his mother's wedding to a schizoid bishop, will see his father's ghost satnding in the hall and will run from the ceremony.

Fanny and Alexander are now uprooted from the opulent family apartment to the austere bishop's palace. The bishop is sadistic toward Alexander, telling him, "I punish you out of love, Alexander." The bishop tells Emilie, the mother, that she and the kids must come to the palace without material wealth, "nothing, not even toys."

The bishop shows his true colors, and Emilie wants to get the kids out of the palace. Isak, grandmother's close friend, and owner of a mysterious antique shop, smuggles the kids out from under the bishop's nose.

The bishop suffers a tragic death and soon the entire fami-

ly is united again with grandmother.

The last shot of the film shows Alexander getting cookies late at night and is shoved from behind by, you guessed it, the dead bishop.

Bergman incorporates many aspects from his past in his film. Death, ghosts, family conflicts, and religion are common themes in all of his films. The pace is slow at times and the dialogue can be tedious, but Sven Nykvist, who has worked with Bergman on 28 films, makes each take look like a classic painting.

Bergman's ability to direct period films with class has not left him. In the funeral scene, he used 400 different costumes and another 350 for the theatre scenes. You will love the women in their classic velvet dresses.

It is hard to believe this is Bergman's last movie. After all, where is Liv Ullman and Max Von Sydow.

**Fanny and Alexander** is now showing at Manchester Mall Cinema. Admission is \$2.50 a seat before 5 p.m. It lasts three hours with a 20-minute intermission.

## Recent album keeps Alabama on the charts

By Jim Rhodes

**Alabama**, named the Entertainers of the Year at this year's Country Music Association Awards, is still getting better.

The group's newest album, **The Closer You Get**, shows that 'Bama wants to stay on top of the charts.

"The Closer You Get", "Lady Down on Love" and "Dixieland Delight" have already reached the top of the charts. "The Closer You Get" hit on both the country and pop charts.

The album is popular because of these three songs, but songs like "Very Special Love", "Alabama Sky" and "She Puts the Sad in His Songs" help to round off the rest of the album. "Very Special Love" promises to be the fourth hit off Alabama's fourth album.

Written by Teddy Gentry, Randy Owen and Jeff Cook, the song's soft poetical lyrics, backed by a changing-soft to hard-two-step beat, tell of a very special night between two very special friends.

"Very Special Love" has an enchanting guitar solo, performed by lead guitarist Jeff Cook, which makes the listener think of a peaceful beach.

The album has the same format as 'Bama's last album, "Mountain Music", containing mostly love ballads of poetic beauty. Both albums have a few ballads describing a serene, delicate South, where an easygoing, slow-moving lifestyle is the law of the land.

The albums have one "kickin' country" song each. On **Mountain Music**, the song is "Mountain Music" for which Alabama won a Grammy Award. This time, the kickin' song is "Dixieland Delight", which might retain the award.

Alabama is a family affair. Teddy Gentry (vocals and bass guitar), Randy Owen (lead vocals and rhythm guitar), and Jeff Cook (lead guitar and vocals) are cousins. Mark Herndon rounds out the band as drummer.

After albums **My Home's Alabama**, **Feels So Right**, and **Mountain Music**, Alabama has come out with their best album. It is evident that 'Bama, the production and engineering people, and their recording company, RCA, are going to keep coming up with hit albums and singles for a long, long time.

# Final testing schedule for fall

### SPECIAL INSTRUCTIONS

#### Day Classes

- For classes that meet for an hour and twenty minutes and start on the half hour, the final examination is scheduled at the time allotted to a class that begins a half hour later. (Example: 8:30-9:50 class scheduled in the same manner as a 9 o'clock class.)
- Classes meeting two days a week and beginning at a different time each class meeting will schedule the examination for the time of the first class meeting of the week.
- Two and three hour shop classes will meet during regular class hours for final examination on Friday, December 16.
- Examinations calling for special arrangements or approved make-up examinations, must be scheduled through the instructor.
- Students having three final examinations on the same day may seek an adjustment to their final examination schedule by contacting the individual instructors in advance for special arrangements.

#### Extended Day (Classes beginning at 4:30 or later and Saturday classes)

- Final examinations for evening classes will be given on the same night the class normally meets during the examination period of December 16 through December 22, 1983.
- Classes which meet more than once during a regular instructional week will meet only once during the final examination period, with the meeting devoted to the final examination. Unless approved otherwise by the division dean, such classes will meet on the first normally scheduled night.
- Examinations for classes meeting Saturday will be given on the final class session, December 17, 1983.

NOTE: Instructors must submit their final grade to the Current Records Counter C, Student Services Building, no later than 3:00 p.m. December 23, 1983.

STUDENT CLASS SCHEDULE		FALL 1983 FINAL EXAMINATIONS SCHEDULE						
CLASS DAYS	CLASS TIME	Friday December 16	Monday December 19	Tuesday December 20	Wednesday December 21	Thursday December 22	Friday December 23	CLASS
GROUP A  Daily MWF MWF M** W** F**  MTWTh MTWTh MTWTh MTWTh	7:00	A	7-8:50					
		B				7-8:50		
	8:00	A		8-9:50		For sched-		
		B			8-9:50	uling exam-		
	9:00	A				inations	8-9:50	
		B	8-9:50			that con-		
	10:00	A		10-11:50		flict with		
		B			10-11:50	another		
	11:00	A			10-11:50	class.		
		B				Check with	10-11:50	
	12:00	A	11-12:50			your		
		B			12-1:50	instructor.		
GROUP B  TTh T** Th** TWThF TWThF TThF	1:00	A	1-2:50		For sched-			
		B		1-2:50	uling exam-			
	2:00	A			inations	1-2:50		
		B	1-2:50		that con-			
	3:00	A		3-4:50	flict with			
		B		3-4:50	another			
	4:00	A	3-4:50		class.			
		B			Check with	3-4:50		
	*5:00	A	5-6:50		your			
		B		5-6:50	instructor.			

\* Instructors of these classes may select an alternate "split" period of two hours as follows:  
(a) 5 p.m. classes meeting MWF may test at 5-5:50 p.m. on Friday, December 16 and Tuesday, December 20;  
(b) 5 p.m. classes meeting TR may test at 5-5:50 p.m. on Monday, December 19 and Thursday, December 22.  
\*\*If the examination for this class conflicts with that of another class, please check with your instructor. Wednesday, December 21, 1-3 p.m. and 3-5 p.m. and Thursday, December 22, 8-10 a.m. and 10-12 noon, are reserved for scheduling alternate examinations for classes that conflict with another class.

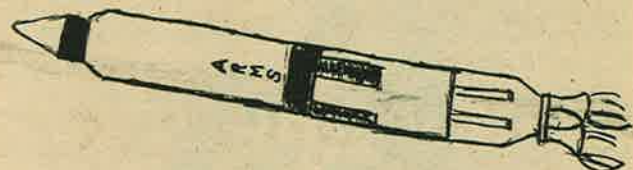
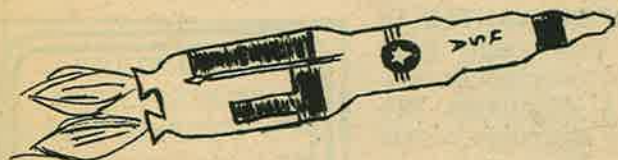
NOTE TO STUDENTS: FINAL GRADE REPORTS ARE NOT MAILED TO STUDENTS, BUT WILL BE AVAILABLE TWO WEEKS AFTER THE END OF THE SEMESTER IN THE STUDENT SERVICES BUILDING, LOWER LEVEL.



## Roving reporter

By Barbara Parks and Ken Forbes

How do you feel the missiles that were placed in Germany will effect the United States' relationship with the Russians?



Marty Martin

**Marty Martin - Business**

"It doesn't matter who's they are, they will blow up everything."

**Greg Seidel - Electronics**

"It's only going to inflame the problem. It's a political game the governments (are) playing. We hold back; they hold back. We can't possibly win because we don't have the muscle they have."



Greg Seidel

**Rodney Robinson - Engineering**

"It would be bad because we would keep making missiles that they would keep making missiles and it would never stop."



Rodney Robinson

**Robert Bell - Liberal Arts**

"Without knowing all the facts of the issues, I can only assume that the relationship between the U.S. and U.S.S.R. will be dampened. In other words, our common diplomatic relationship will not be enhanced."



Jerrie Benjamin

**Jerrie Benjamin - Auto Mechanics**

"It's a strange situation. Russia will want to counter-attack."



Cheryl Riester

**Cheryl Riester - Nursing**

"It wouldn't be good because the Russians would think we were going against them."



Robert Bell

## This Weekend and more

By Dan Immel

Although not much is going on around Fresno as far as concert events for this week, there is still plenty of hot local entertainment for the music enthusiast. Focusing on just a few of the more popular night spots around town, here is a brief look at what is happening: The Tower District, Fresno's musical mecca, will be alive with entertainment this Friday and Saturday night. At the Olympic Tavern tonight, the rockabilly beat of the **T-Tones** will not be disappointing for anyone that happens to wander into the funky Van Ness Avenue establishment. The fun continues right on through Saturday as locally renowned band **The Mockers** will brighten any dull night with blistering renditions of classic blues tunes. Cover charge for both nights is relatively cheap....Sacramento-based **Bourgeois Tagg** will appear at the Wild Blue Yonder tonight and Saturday rounding off a three-night stand that began last night. Admission into the Blue will be \$3 and the show starts at 8 p.m....The Old Town Saloon will present a double rock bill tonight featuring local artists **The David Robin Band** with special guest **Walking Wounded**. There is a small cover charge at the door and you must be 21 or over to gain admittance....The Fresno Dance Repertory Association will present

the classic yule-time **The Nutcracker** for three nights, beginning at 8 p.m. tonight and will run through Sunday, December 11. There will be two performances on Saturday, the first show at 2 p.m. and then a second show at 8 p.m. On Sunday, there will be only one show, at 2 p.m. The event will take place downtown in the William Saroyan Theatre at the Fresno Convention Center, 700 M Street. Reserved tickets, priced at \$4 and \$6, are available at the Convention Center Box Office. For additional information about **The Nutcracker** performance, call 233-8368....Tonight, December 9, at 8 p.m., a team of Shakespearian actors for Oregon will perform in the Fresno City College Theater. Tickets are \$3.50 for adults and \$2 for students. Also on campus this weekend, the FCC music department will host a student piano recital in the recital hall on Sunday. There will be no admission for the recital. For more information, contact the Humanities division office at 442-8181....Next Friday night, December 16, **The Greg Kihn Band** will appear at the Warnor's Star Palace in a special benefit concert for Toys for Tots. At presstime, ticket information was unavailable. However, since the band is performing for a good cause, the price of any ticket would be trivial.

## Health service offered to all FCC students

By Donna Reese

At the beginning of each semester, students are required to pay a \$4 health fee. This enables them to receive a number of health services, as well as psychological services and medical insurance.

Confidential health service counseling and guidance; health education, screen tests (blood pressure, vision, hearing), and emergency first aid care are some of the health services offered to students.

Nurses Linda Albright and Pat Brunetti are available daily to assist students needing help or information about medical problems or any of the health services offered to students.

"We see 30 to 40 students a day on a drop-in basis," said Albright. "They usually want information on what to do to get better when they are sick or to see if they need to see a doctor."

Albright said they also treat an average of two injuries a day.

Psychological services are provided by the Health Service in cooperation with the Counseling Department. The service is staffed by Dr. Robert Richardson, a licensed clinical psychologist, and two psychology interns, Shauna Stott and Phillip Ricotta.

term counseling), group therapy, testing (formal evaluation and psychodiagnostics testing), a referral network, consultation, and crisis intervention.

Crisis intervention is a service which deals with on-campus crisis situations. This service is staffed by the campus police, the nursing staff, and the psychological services.

"The nurses get called quite a bit," said Albright.

To receive any of the psychological services, appointments may be made at the counseling desk on the second floor of the Student Services Building.

The health fee also provides students with medical and surgical coverage for accidents occurring in class or during supervised school-sponsored activities.

"If a student is hurt on campus, they have coverage," explained Albright. "Some injuries, we make arrangements to have medical attention by doctors."

If a student is injured while involved in any school activity, they should notify their instructor and the Health Service as soon as possible after the accident has occurred.

"If a student has their own insurance coverage," Albright said, "they will have to use it

first before the Health Service can provide insurance for them.

A 24-hour student accident and sickness insurance plan is also provided by the Health Service. It may be purchased by students at the beginning of the fall and spring semesters, for yearly or semester coverage.

Albright said the Health Service also provides a college trainer, Fred Smith, who works in cooperation with the Athletic Department.

"In addition to working with the athletic teams, Smith will see any student with muscular problems, sprains and back problems," said Albright.

"Smith can't necessarily treat the problems," said Albright, "but he can make evaluations of the problems and give the students referrals."

If any student wishes to see Mr. Smith, referrals can be made through the Health Service.

For more information about the services provided by the Health Service, call 442-4600, ext. 8268 or 8545.

The Health Service is located on the first floor of the Student Services Building, room SS-112. Hours are 8 a.m. to 8 p.m., Monday through Thursday, and 8 a.m. to 5 p.m. Fridays.





FCC trainers (left to right): Janene Jarman and Paula Briscoe. Rampage/Terry Pierson

## Football's female healers

By Terry Pierson

Janene Jarman and Paula Briscoe have become an important part of the Fresno City College football team. They are the only female trainers for the team.

The following interview was done during the last week of the 1983 season.

**Q:** What is it like being a female trainer for the Fresno City College football team?

**Jarman:** It's a challenge.

**Briscoe:** It's a lot of fun, much more so than doing it for girls. You get a lot more respect.

**Q:** What obstacles do you run into being a female? Are you ever embarrassed by what you sometimes have to deal with because you are around the locker room so much?

**Jarman:** Changing (clothes) is an obstacle. It is a good set-up here because the guys go from the locker room to the training room. But we still have trouble because the coaches have their room the guys have the locker room, and visiting team is in the women's locker room, so we can't change there. The women's staff office is used by the officials, so there is no place for us to change. You have to expect that you are going to see some things that might make you feel uncomfortable, but you must deal with it.

**Briscoe:** Right. I can't tape certain areas.

**Q:** What does your job as a trainer consist of?

**Jarman:** I've just started taping ankles and I do a lot of the cleanup, like taking out the trash. That's because I don't have the knowledge that some of the other trainers have, so I have to start with just writing down the names in the logs and learning how to do the treatments. For a long time, I didn't tape at all. I taped wrists when I started.

**Briscoe:** My job consists of taping the players' ankles and wrists, and making sure they are ready for practice.

**Q:** Home many days a week do you have to work?

**Jarman:** Six days a week. Every day except Sunday.

**Briscoe:** Six days a week. (This consists of) about four to five hours a day, except on game days, when it is more like six to seven hours for home games and 10 to 11 hours for away games.

**Q:** How do you like being a trainer?

**Jarman:** I love it. I'm learning a lot and I like the atmosphere of the training. It's something I'm interested in. But sometimes it really frustrates me. I'll go home and kick the cabinets in the kitchen because some of the guys gave me a hard time or it was just a hard day.

**Briscoe:** I like it. I like the work and I learn a lot.

**Q:** How did you get involved in training?

**Jarman:** I participated in sports in high school and I loved it (sports) then as an athlete. In my senior year, I took a class in method training, and that's how I got interested. I liked the trainer and what he did interested me.

**Briscoe:** I used to play volleyball and basketball, and when I got hurt I went to the trainer and he talked to me about it (being a trainer).

**Q:** Which do you like best, home or away games?

**Jarman:** I like them all for different reasons. I like the away games because it give me a chance to see the different schools and their facilities. I like the night games, but I don't get home until 1 a.m. The day games are neat and the home games are great because you can always do something after the game. But the games I really like are the ones we win.

**Briscoe:** I like the out-of-town games because you get to know the guys better. They talk to you more. We don't travel with the team. All the trainers go in one van, not on the buses.

**Q:** Are there any rules about dating?

**Jarman:** No, but when I first came here, I decided that I wouldn't date any of the players. I really like a lot of the players, and I'll do things with them, but I wouldn't go out on a "date" with them.

**Briscoe:** No, because it's a job and it's a profession. If you go out with them, they'll start treating you differently.

**Q:** Is this a paying job, a class, or volunteer work?

**Jarman:** For myself, it is volunteer work. I don't get paid, but I do get class units for the hours I put in.

**Briscoe:** I'm also a volunteer and I also receive class units for it.

**Q:** What are the requirements for being a trainer?

**Jarman:** You have to be interested in athletic training or a sports-related field, like sports medicine. If you haven't already had sports medicine, you must take the class.

**Briscoe:** You have to take the class, "Care and Prevention of Athletic Training."

**Q:** How long have you been a trainer?

**Jarman:** This is my first semester.

**Briscoe:** Four years. I started as a sophomore in high school. This is my first semester here.

Head trainer Fred Smith said the student trainers are a big help. "They allow me to take time to check our injuries more thoroughly," said Smith. "if they weren't around, I'd spend most of my time taping, and when someone came in with a potentially serious injury, I would have to look at them really quick and say either 'No practice' or 'Go out and practice'. I wouldn't be able to do a good thorough job. I'd have to make quick designations, which you don't want to do when it comes to somebody's health."

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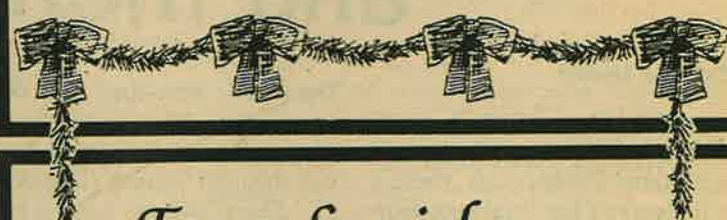
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## SPORTS DESK



### Cagers late night shows selfishness

By Tom Ferrall

That's gratitude for you.

The players on the Fresno City College basketball team who broke the rules established by coach John Toomasian (who because of this bad conduct brought the team home early from the 32nd annual Antelope Valley Big Mac Tournament in Lancaster) ought to be ashamed of themselves.

After all that coach Toomasian has done for this team -- he saved the basketball program from possible demise, he has butted heads with the school administration the past few months in an effort to get these same players their financial aid, and has done countless other tasks in their behalf -- the least the players could do is follow his rules when they are on the road and representing FCC.

A midnight curfew violation prompted Toomasian to forfeit the Rams final game in the tournament. FCC was scheduled to play Riverside CC for third place Saturday night. Toomasian brought the team home Saturday afternoon.

Only three or four players, according to Toomasian, actually followed the rules he had established. The main offense committed by the players was breaking the midnight curfew.

Since they were out of town, some of the players obviously thought it was time to raise a little hell.

They thought wrong. Coach Toomasian is a disciplinarian, and if you test him, you had better be ready to face the consequences.

"I have some standards and rules which I feel are reasonable, and I think some of these players, with this being their first time away from home, felt that rules like these were meant to be broken," said Toomasian. "The players didn't commit any crime, but I felt their conduct was rather juvenile."

"I was terribly disgusted, disappointed and I felt let down. I have gone out on the limb for these guys in more ways than one, and the least I can expect them to do is to behave in a manner that could reflect positively on the image of FCC."

"I don't ask the players to do anything I don't do. If it's a midnight curfew for them, then it's a midnight curfew for me. I got my hamburger and picked up my newspaper before midnight," said Toomasian.

Coach Toomasian said he weighed very carefully the repercussions of Riverside CC losing out on a game, but he did not feel he should reward players for misconduct. He would have liked to discipline only the offenders and let the non-offenders play the game. But unfortunately, there were not five non-offenders to put on the floor. Toomasian wrote a letter of apology to the Riverside coach.

FCC athletic director Hans Wiedenhofer was supportive of Toomasian's action. "I'm behind coach Toomasian one hundred percent," said Wiedenhofer. "Evidently the players didn't conduct themselves in a manner which John thought they should, so he was justified in taking them home."

"However, you also have to consider the tournament. Fortunately it (the forfeit) didn't cause a major problem for the tournament since it was only a preliminary game and there wasn't that much attendance involved," said Wiedenhofer.

Wiedenhofer talked with the coaches at Riverside and Antelope Valley on Monday, and both agreed that Toomasian had to do what he thought was right for his team.

The consensus among the FCC coaching staff was that Toomasian had made the right move. College of Sequoias coach Tom Gilcrest called Toomasian to tell the Ram mentor that he had made the right decision.

"It was a good move," said coach Chuck Stark, FCC women's basketball coach. "The players put John in an awkward situation, which is very unfortunate when you consider everything he had done to get them going," said Stark.

Many modern day athletes do not seem to have concern for rules and regulations. They care only about one thing. Themselves. Athletic teams in every sport at every level suffer because of this kind of attitude. It will take more coaches like Toomasian, who not only make rules, but also enforce them, to discipline these athletes. Too many times today athletes seem to have more control over a team than the coach does.

You can rest assured that this will not be the case with the FCC basketball team.

### Rams take fourth place in tourney

By Carlos Cordova

The Fresno City College basketball team left earlier than expected from the Antelope Valley Big Mac Invitational Tournament in Lancaster last week.

Ram Coach John Toomasian forfeited the consolation game against Riverside after reprimanding his team for "disciplinary reasons" (see Sports Desk).

The Rams reached the consolation game against Riverside after sneaking past Palomar 76-67, and host Antelope Valley 71-68. The Ram cagers then lost to valley rival and eventual tournament champion, College of the Sequoias, 69-41 in the semifinal game..

The COS game renewed a basketball rivalry between COS coach Tom Gilcrest and Toomasian. Both men are in their second stints as head coaches for their respective schools after coming out of retirement to fill vacancies in those positions.

"The first two games in the tournament we did just enough to win," said Toomasian.

"Against COS we suffered because some players seemed to be playing for themselves rather than for the team. It wasn't that COS was playing that good. It was that we were playing terrible," said Toomasian.

The Rams were led by Kenny Travis' and Leonard Brown's combined total of 93 points for the three games.



Fresno City College tailback Keith Fields was named the Central Valley Conference's "Outstanding Back".

Rampage/Terry Pierson

### Three Rams placed on All-CVC squad

Freshman tailback Keith Fields and sophomores Michael Moore and Mitch Harrison from the Fresno City college football team have been named to the 1983 All-Central Valley Conference team.

Fields, from San Fernando, was also selected as the "Outstanding Back" of the CVC. Moore made the first team on the offensive line, and Harrison qualified at the linebacker position.

Five Rams made the second team: sophomores Terry Mims and Ron Faulk on the offensive line, De Andre Whitten at linebacker, Mario McArn at defensive back and freshman John Turner on the defensive line.

Honorable mention selections for FCC are sophomores Don Arax, Greg Harris and Danny Fakava, and freshmen Anthony Mosely, Gregg Dockweiler, Eston Al-Uqdah, Donny Garrett, Todd Cowings and Toga Feagaimaalii.

Fields was the top running back in the CVC during the 1983 season, rushing for 1,138 yards. He averaged 5.1 yards per carry.

Moore was a leader of the offensive line and used good technique while seeing duty at tackle and guard.

Harrison played on the defensive line as a freshman, but was a mainstay at linebacker this fall. He was especially effective against the run.

CVC champion Merced dominated the first team selections with seven players being chosen. Blue Devil lineman Levi Esene was named the conference's "Outstanding Lineman".

Quarterback David Hardcastle of Kings River Community College was picked the conference Most Valuable player after passing for 2,505 yards and 19 touchdowns.

Merced coach Don Odishoo was picked as Coach of the Year.

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## Announcements

### Women's Issues Network At FCC

Women staff members, both classified and certificated, have joined together to develop a staff support system.

A committee composed of representatives from each of the instructional and other divisions on the campus have met each week for two months in order to exchange information, improve morale, and to determine the feasibility of a campus women's staff organization.

Research indicated there is a need for such a group which would nurture and support women in the college setting, and address issues that concern them.

Desirable goals resulting from the developing team were related to professional growth and campus and district improvement.

The group will attempt to help staff members become better acquainted, develop workshops, and provide mutual support. The group is also trying to identify problem areas on campus and develop constructive ways of making improvements, influence change for students, staff and administration, develop and identity and enhance both personal and campus image, and encourage women to serve on boards and committees. The Women's Issues Network meets each Monday at noon in the faculty dining room.

### FCC Gospel Choir Hosts Concert

The Fresno City College-Fresno State University gospel choir will perform a benefit concert in the FCC Recital Hall Monday, December 12 at 7:30 p.m.

The theme is 'It's Only A Matter of Time.' No admission will be charged for the event, but donations will be accepted.

Monies raised through the donations will be used to defer the costs of the Ram basketball program. FCC players will be in attendance to meet the public.

The FCC-FSU gospel choir performs traditional and contemporary gospel music. The choir will be joined by Sanders and Co., the Pearly Grove Baptist Church Choir, and another local group. For more information, contact the college at 442-8259.

### Placement Office Has Jobs For You

The Placement Office is receiving full-time positions for graduates who are or will be seeking permanent employment. Accounting, business, electronics and clerical majors are especially in demand.

Interested students should apply at SS-114 to arrange for interviews now for job openings beginning in January.

Students with clerical skills and a morning free schedule may contact the Placement Office for job referrals. If you need employment, there are jobs available for part-time work.

### Career Opportunity For Graduates

The State Department of Fish and Game is recruiting for Warden Cadets from now until December 22, the final filing game for the entrance examination.

Qualified applicants must have completed 60 units with a major in biological sciences, police sciences or law enforcement, resource conservation, ecology or related fields.

Since this is an affirmative action recruitment, women, minorities, and disabled students are particularly urged to attend and apply. For details, contact the Student Placement Office in the Student Services Building, lower floor, room 114.

## Depression

continued from page 1.

economic reality that we cannot afford all the presents we would like to give. We are likewise presented with much pressure from companies and stores trying to sell their goods, from family and friends, and sometimes from our own internal drive to "keep up with the Joneses." All of this adds up to a great deal of pressure with which we must somehow cope.

Another leading source of Holiday Blues arises from the high expectations that many of us hold about Christmas. We all have some image of the harmony that there will be among our family and friends, of the good spirit that will abound and of the joyous times that will be experienced. When the actual events do not quite meet these high expectations, as they often do not, it is natural to become somewhat disappointed. For some, this disappointment strikes during the holidays, while other experience it after the season has passed, when the excitement has faded and they have returned to the routine of their "regular" lives.

Finally, Christmas is, for some, a very important anniversary to the departure of children who have left home and of the deaths of loved ones. The first Christmas without a loved one is usually difficult for most people--remembering what it was like last year when "Joe" or "Mary" shared the holidays, and thinking how strange it all is without him or her. But many people also find their thoughts drifting to these memories of loved one for many Christmases to come and some find themselves slipping into the melancholy of their memories year after year.

Most of us will be able to cope with these problems and enjoy a merry Christmas with little effort. But, some will experience the stress, the disappointment, or the melancholy. So how can one get past it and not let these feelings render these holidays very un-merry?

In the first place, recognize the reality of the situation: Christmas is wonderful and it is very stressful. If you start to feel tense or overwhelmed, at least you will know why and you will know that your reaction is perfectly natural.

Second, realize that your feelings of tension, anxiety, or of being overwhelmed are signals to

you. Your body is sending you a message to relax for awhile; to be by yourself and take it easy before you wear yourself ragged. Go lie down, read a good book, listen to some music, take a walk, or do whatever it is that you do that helps you to calm down and feel at ease. For an hour or two, forget about the shopping or the cleaning or the job or the family--they will all still be there after you have taken time to relax, and you will be better able to deal with them then. If you cannot take time off right away, plan for it within the next day or two. Give yourself time to retreat, regroup, and recoup.

Give yourself permission to be who you are, rather than who the commercials say you should be. During the Christmas season, we are all too often told of how "good" people buy expensive, wonderful gifts and that if you do not, it means that you really do not care that much. This is simply not true. Many of us are feeling the crunch of the economy and, now more than ever, we need to maintain a budget. We are told that we should buy more and spend more and, indeed, we would like to, but we simply cannot afford it. Forget about the commercials and forget about trying to outbuy the "Joneses." Take the lesson of the little drummer boy whose song was more precious a gift than all the gold and jewels and other lavish presents. If a man has but one dollar and gives a present worth 50 cents, this is a much more caring gift than that worth \$50 given by a man who has thousands.

Many people find Christmas to be a good time to remember loved ones who have either died or who have left home. The difference between memories that add to our holiday and those that lead to depression is often times not the memories themselves, but how these memories are included in the season. Give these remembrances a special time, place, and symbol. Many people burn a candle or place a picture of the loved one in a particular spot and attend to it at certain times during the day. In this way, they give themselves time to remember, but they focus these memories into one time and place. If you do something like this, you might find that that your memories become a special part of the season for you, rather than an

overwhelming amount of sad thoughts that you cannot control.

Hold on to your expectations of the season, but also be realistic. You may want your family, for example, to be perfectly harmonious from Thanksgiving through the new year, but this is not very likely to occur. Families are families and will continue to have the same quibble that they had the other 10½ months of the year, plus a few born out of the excitement and the tension of the season. Maybe, just maybe, you could expect your family to show a little more closeness, caring and love during the holidays, but also expect moments of conflict and disagreement.

Work for your expectations. Regardless of how much you think things should be one way or another, especially during Christmas, things rarely happen unless you make them happen. If you have certain expectations of your family, let them be known. Your family might, of course, disagree and you may have to negotiate and compromise, but you will at least get part of what you wanted rather than, if not saying anything, feeling disappointed because no one acted the way you wanted. More importantly, live your expectations and be an example to your family and friends. If you would like, for instance, your family to show more concern and warmth towards each other, try showing more concern and warmth yourself. Doing is much more effective than saying, and experiences such as warmth, concern, or love are infectious--once others see your warmth they start to feel warmer too. Christmas is, after all, not so much a season or a set of "should be's," as it is a state of being that comes from within.

Chances are that, no matter how much we wish it might be otherwise, Christmas will always be a season that is very busy, stressful, and tiring. Chances are that, at least most of the time, the joy of the season will far outweigh these problems. But, recognize the stressors and the worries and take the time to do those things that will help you to relax and feel happier. This season, give yourself a present by being aware of and preventing Christmas blues, and enjoying a Christmas that is only red and green.

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## Rampage Remembers

**12 Years Ago**

Student Senate voted unanimously this week to support the concept of, and participate actively in, the recall of Gov. Ronald Reagan. The point came up when it was announced that a third attempt to oust Reagan had been initiated, and that support was needed to get more than 700,000 voter signatures before May 1, 1972...

The state legislature sent a bill to Gov. Reagan permitting Madera County to withdraw from the State Center Community College District. The county began the withdrawal proceedings after the SCCC board of trustees voted not to build a proposed third campus in Madera...



**32 Years Ago**

December enrollment at Fresno Junior College is 1280, according to President Thomas A. Blakely. The number consists of 657 day students and 628 night students...

The 1951 FJC Rambling Rams chalked 282 points in eight games, losing their only game to Menlo JC 18-14. The team will be honored with a banquet, and coach Hans Wiedenhofer will present a trophy, given by the American Legion Post 509, to the outstanding Ram...