

Old Admin Building begs for \$5 Million

By Marie Andrade
Staff writer

Officials from the State Community College District will apply Monday morning for \$5 million dollars from the City of Fresno in an effort to rehabilitate the old Administration building.

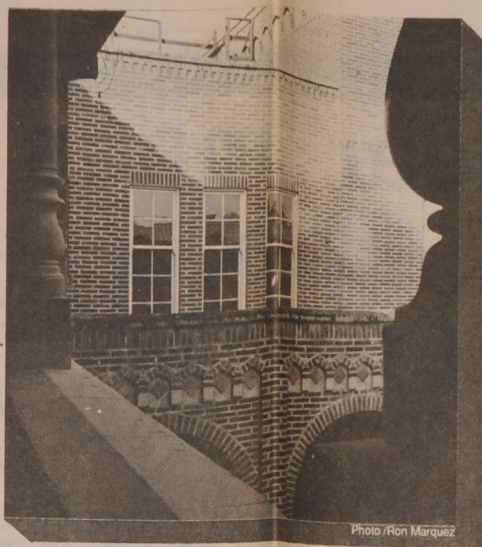
Sam Wheeler, SCCC vice-chancellor-business, said that the money would come from a fund created by the recent passage of Proposition 70, which has appropriated \$11 million dollars to counties and cities for historic rehabilitation. The funds must be appropriated by December 1, according to Wheeler, and they have to go through the City of Fresno before being directed to the school.

The fate of the 72-year old building has been on shaky grounds since its doors closed in 1974 for failing to meet state safety codes.

Once considered as a site for the California Agricultural Museum, the deal fell through and the state located a site on the California State University, Fresno, campus instead.

One of the reasons the deal went sour was because the State Parks department claimed there wasn't enough parking spaces to accommodate visitors.

The building was given to the State Parks department to turn into an agricultural museum because the district didn't have the funds needed to bring the building up to standards, but the state gave



Photo/Ron Marquez

the building back to the district. The district then sued the State Parks department, saying they should have renovated it first.

The building was then appropriated \$1 million dollars, but restoration costs previously estimated as low as \$40,000 jumped to \$157,000. With an additional \$176,000 needed to remove the asbestos, the latest restoration estimate figures approximately \$10 million.

The Board of Trustees plan to continue using the building for educational purposes after restoration.

Jimenez said it would be run somewhat like a park.

"It will be similar to the Hearst Castle, the Railroad Museum in Sacramento, or

the Art Museum in Los Angeles."

Jimenez said that as far as he knows, there is no active fund-raising for the building going on in the community. "I would like to see community involvement, because our job isn't really to pursue grants and funds," said Jimenez. "Our purpose is to educate people, not save old buildings."

Currently, there is less than \$3,000 in the community bank account for the salvation of the ailing structure.

The structure was built in 1915 of Romanesque design. It was the first permanent building of the Fresno Normal School. From 1921 to 1948, CSUF shared administration and educational facilities with FCC.

The RAMPAGE



Volume 47, Number 8

FRESNO CITY COLLEGE

October 24, 1988

In Short

Social Science Lectures

Social science faculty members will present noon-time lectures this week in the social science lounge. The focus of the lectures will be on the world travel experiences of Don Wizen, Allen Beck, David Hendrickson, and Robin Hostetler.

Blood drive

The Associated Student Body of FCC, along with the California Blood Bank, is sponsoring a blood drive on November 30.

The ASB is hoping to top last year's blood donation of 107 units.

T-shirts will be given out to everyone who donates blood. Refreshments will be provided by the health services office.

Computer Faire

The Second Annual Fresno City College Computer Faire will be held this Wednesday from 9 a.m. to 3 p.m. in the Student Lounge to introduce computers to students.

More than \$500 in door prizes will be awarded, including a compact disc player.

Chancellor Mertes to speak at FCC

By Marie Andrade
Staff writer

Dr. David Mertes, chancellor of the California Community Colleges will be at Fresno City College November 21 to speak on issues affecting the state's community colleges.

A reception is scheduled at 3 p.m. in the FCC library reference room where Mertes will meet with faculty and staff of both Fresno City and Kings River Community Colleges, as well as the Fresno Vocational Training Center.

Mertes, the former chancellor and superintendent of Los Rios Community College in Sacramento, was appointed to the California Community College position on July 1.

California has the largest network of community colleges in the nation, with 106 colleges attended by approximately 1.3 million students.

"One of his primary goals is to determine how community colleges can be better partners [with business] in providing better training for jobs in the community," said David Jimenez, director of the FCC Public Information Office.

file.

"Under new legislation [AB 1725], new directions will be given for community colleges, as well as some added emphasis on what community colleges are to accomplish."

At Mertes' first official Board of Governors meeting in August, plans were outlined for the future of community colleges.

Among the priorities of the basic agenda adopted by the board, and expected to be addressed are: 1) the reforms contained in AB 1725, 2) the expansion and improvement

of the transfer role for community colleges, and 3) career education and support services for students.

A fourth area is that of accountability of individual colleges to their local constituencies, and of the community college as a statewide system.

Mertes will also appear at a 10 a.m. news conference in the State Center Community College District office on November 21, and will also speak at the downtown Rotary Club at noon, followed by the reception at 3 p.m.



California community colleges chancellor, Dr. David Mertes.

Hot-waxed coffee

By Gurdeep Sihota
Staff writer

The Fresno City College cafeteria coffee creamer tasted just a little bit funny last October 25, according to FCC student Mark Smith.

According to cafeteria officials, floor wax was accidentally mixed into the creamer container located in the main cafeteria.

"It tasted like the kind of coffee I would make," said Smith.

Smith, an accounting major, went to the cafeteria early that morning for a cup of coffee.

"I poured in more creamer than I usually do because the coffee was hot," said Smith.

After a few sips, he noticed that it tasted a little strong.

"It was like drinking coffee right after brushing your teeth," explained Smith.

He then informed a cafeteria employee, who in turn notified Dale Lumsden, cafeteria manager.

Lumsden called an official at the Poison Control Center, who said the amount of wax Smith consumed would not be harmful.

Smith says he doesn't have any hard feelings against the person who put in the floor wax.



Mark Smith, wax victim

"Mistakes happen," he said. "And besides, they really took care of me. I don't plan on suing them."

ASB offers loans to FCC students

By Gabriel Magana
Contributing writer

Need a few bucks to get over a hump? The Associated Student Body Emergency Loan Fund at Fresno City College may be able to help.

The emergency loan funds, offered to full-time student ASB card-holders, is generated by ASB card sales maintaining about \$8,000 annually. It grants up to \$75 per student, and is payable within 45 days, unless otherwise negotiated.

Applications are available at the Student Affairs Office in the Student Services building on campus. They are presented to Lee Farley, associate dean of students, and Eddie Ash, executive vice-president,

who are responsible to review the application.

Once the eligibility requirements are met and the application is approved, checks are dispersed at the cashier's office, in the Business Office on Thursdays after 1 p.m.

Ash said that the money from the loan can be used for any purpose as long as it is paid back at its due date.

Throughout the 1988 fall semester, 122 loans have been granted to FCC students so far.

For more information about the loan, call 442-4600, and ask for Lee Farley or Eddie Ash. Applications may be requested at the Student Services building at the Student Affairs office.

What's the time? Time to get ill!

By Stephanie Terronez
Contributing writer

'Tis the season...for the onslaught of cold weather, exams, and various viruses such as the cold and flu. To avoid these nasty illnesses, health care professionals encourage students to develop good health habits which will help prevent ailments all year round.

Both physical and mental health are important to a person's "wellness," according to the Channing L. Bete Company, which publishes booklets for school health services. Most medical experts agree. Good health increases the strength of the immune system and so reduces an individual's susceptibility to disease.

There are three basic

factors that affect the stability of one's health: nutrition, physical activity, and stress.

College students are particularly at risk to a breakdown in health due to poor eating habits, the stress of school and work, and not enough rest, according to Fresno City College nurse Kathy Wilk.

Wilk said that college is also the period of time when most students will form eating habits that will last throughout most of their lives.

The word on nutrition is that Americans are consuming too much fat in their diets. A report issued last year by the Surgeon General, Dr. C. Everett Koop, acknowledged that the American society should reduce the amount of fat in its diet to 30 percent, from the current 40 percent. Some researchers suggest 20

percent as the ideal. What this means to the average person is less sugary and fatty foods, and more fruits and vegetables, whole grains, fish, and poultry.

Studies indicate that fat may contribute significantly to the development of cancer, heart disease, stroke, diabetes, and atherosclerosis. These are among the top ten causes of death among Americans.

Weight control is also an important discipline. Obesity has been linked to diabetes and high blood pressure, which can result in other health problems, such as stroke and kidney disease.

However, what the college student has available for

See "Health" page 3

Bookstore buys back books

By Gurdeep Sihota
Staff writer

Books don't always have to be expensive. By selling them back, a student can possibly get 50 percent of the original cost, according to James Stoner, manager of the FCC bookstore.

The bookstore buys back books depending on their condition.

"If the book is a current edition and will be used the following semester, the student will receive 50 percent," Stoner said.

If the book will not be

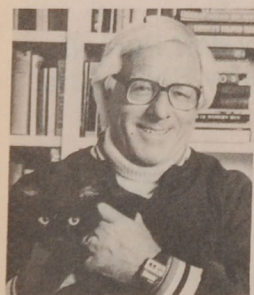
used at FCC, the student will get 15 to 25 percent, depending on its condition.

There are some cases when the bookstore can become overstocked.

"If we have all we need," said Stoner, "we can't buy it (the book) back."

Book buy-back time for this semester will be during finals week, December 13 to 21.

Bookstore hours are 7:30 a.m. to 3:30 p.m. from Monday through Friday and 6:30 a.m. to 7:30 p.m. on Thursday.



Ray Bradbury lectures

Ray Bradbury, poet, playwright, novelist, and science-fiction writer, will speak on the "Great Years Ahead" in the William Saroyan Theater at the Fresno Convention Center on November 23.

Admission for students is 50 cents. The speech is part of the San Joaquin Valley Town Hall lecture series.

A real nuclear mass confusion

By Keith Hiler
Editor-in-chief

In this modern day and age, we hear a lot of talk about protecting ourselves, however, do we really have anything to worry about? Top government officials say, "don't worry, be happy." The crime rate has risen ONLY 6.95% in 12 years, (according to a recent U.S. Bureau of the Census' report) they exclaim, the current methods of protection are working. I don't want to sound like an alarmist, but I don't agree. Those same officials might say, if I don't like it I should come up with an alternative plan, so I have.

My idea is quite simple, first we get rid of the small (Saturday Night Special) hand guns, rifles and shotguns. Then we could arm ourselves with with small, but powerful thermonuclear weapons. After all who would argue with you when at your finger tips was real power? Surely all your problems would just vanish.

The neighbor who borrows your tools without bringing them back, would no longer be a bother. I am sure he would pay strict attention to your ultimatum, "return my tools within twenty-four hours or be vaporized!"

A federal mediator could be called in for more complexes problem, for example, when a neighbor's dog knocks over all the trash cans on your street. The mediator could settle this serious problem and a neighborhood nuclear war could be avoided.

What about personal home protection? What burglar in his right mind would break in to your house knowing that he could be blown into another dimension by your own Fat Man? Meanwhile you would be vacationing in the Bahamas, with your finger on the remote control button.

We could disband our armed forces and save money, because the threat from all those commie countries would cease to exist. After all what country would try to take over the U.S., knowing that every citizen would have the power to blow up a small country the size of Lichtenstien, population 25,215. Again no country would attack with missiles and take a chance of setting off a chain reaction that would send the earth careening off into deep space, like a crazy-eight-ball.



The problem of your nuclear egg's core deteriorating would be overcome by a exchange program. Just think every two years or so, you could trade-up on a new dirty, scythe of death. There might be a slight depreciation charge for all the graffiti ascribed on the tail fins. After all I sure you wouldn't want to buy a bomb with, "KILL A COMMIE FOR MOMMY" or "KILROY WAS HERE" on it!

I'll be the first to admit there are some problems to my plan. The whole world could follow our lead, and then we would be left without any "bluffing power."

Then some madman, just for kicks, could purposely start a third and final world war. Or some butter-finger could drop the ball, setting off a chain action and end it ALL!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!KA-BOOM!

Student Forum

Dear Editor:
I was reading the October 31 issue of the Rampage the other day when I chanced upon the interesting saga of Mr. Williams and his spilled coffee. As I read through the long and detailed account of Mr. Williams' adventure, my feelings toward him ranged from sympathy, to annoyance, to amusement.

I do believe that the humanities department overreacted a bit by filing a Student Disturbance Report. If rudeness or taking food into classrooms is the criteria for filing an SDR, then there should be a lot more reports being filed, with faculty and staff being included.

On the other hand, Mr. Williams conveniently glosses over the fact that his odyssey started because he broke a well-known campus rule. I got the impression from Mr. William's letter that he thought his rule infraction was no big deal. Granted, bringing coffee into a classroom is not a monumental crime, but if everyone did it, the resulting accumulation of spills and abandoned cups would not be a pretty sight.

What aroused my annoyance at Mr. Williams however, was his obvious expectation that staff or faculty that he encountered should drop what they were doing to help him clean up his mess. His attitude seems self-centered and childishly unthinking. Did Mr. Williams expect a custodian to dash into the classroom and clean up his mess in the middle of a class session? Did he expect the secretary in the

Humanities Department to leave her desk and phone to hold his hand while he search for a towel? Perhaps he expected her to volunteer to clean up the mess for him. Why didn't he ask the custodian for a towel the first time he saw him? Did Mr. Williams expect people not to be amused at a grown man wandering about looking for someone to help him clean up his mess?

As I continued reading, my annoyance with Mr. Williams' helpless, self-righteous, poor-me attitude was gradually over come by my amusement at his inability to recognize an obvious solution to his problem. Mr. Williams probably passed several restrooms during his wanderings around campus. Has he never heard of paper towels?

I think it is about time that Mr. Williams grew up and started using his brain for something other than collecting A's and B's. What good is a 3.7 GPA if you have no common sense?

Kat Shackelton

Dear Editor:
The students and staff of Fresno City College's Vocational Training Center would like to thank your staff, particularly Gurdeep Sihota, for the fine article about VTC that appeared in your October 17, 1988 publication.

I appreciate the upbeat positive tone of the article and feel it reflects the job we are doing at the center. The article is representative of the quality of instructors we have on staff and motivated student body we serve.

Thank you again for the article and copies of the

Rampage. It's a good feeling to know we are recognized an the main campus as a viable vocational program and a valuable adjunct of Fresno City College.

Sincerely,
Richard Christl
Director

THE RAMPAGE STAFF BOX

The Rampage is published Mondays by the Newspaper Production Class at Fresno City College. The Rampage is located in room 211 of the Student Center, above the Bookstore. The Rampage, welcomes letters to the editor. All letters must be typed, double-spaced, and include sender's name, address, and phone number. No pen names will be used. The Rampage reserves the right to edit for clarity and brevity.

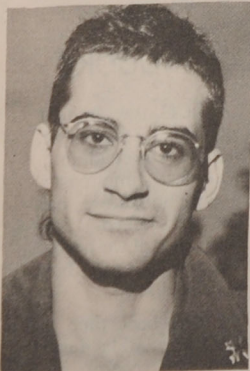
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Roving Reporter

What do you think should be done to the people using the handicapped elevators as restrooms?

Text by Jeff Purcell
Photos by Reiko Critz



Marc Aminian
Education
"Make them walk through it barefoot."



Stephanie Walker
Business
"Make them eat it for lunch."



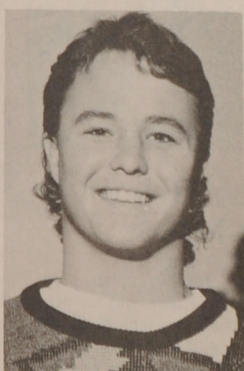
Patty Carrasco
Education
"Tell them to seek psychiatric help."



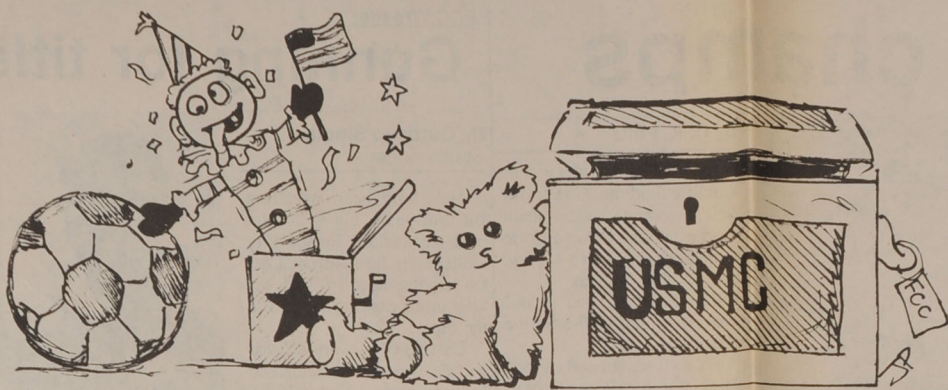
Samer Alraey
Computer Science
"Tell them it's not a nice thing to do."



Vanessa Bounthong
Business
"Lock them in there with it."



Aaron Johnson
Liberal Arts
"Hang them by their genitals and cork them."



FCC toys with Marines

By Earl Scialabba
Contributing writer

Fresno City College will help sponsor the Toys for Tots charity drive this holiday season. This is the first year that FCC is directly involved with the official copyrighted Toys for Tots charity of the United States Marine Corps.

The FCC lightboard in front of Ratcliffe Stadium caught the attention of Conrad Gonzales, a member of the Marine Reserves in Fresno. Believing FCC was a good place to sponsor a Toys for Tots drive, he brought the suggestion to the Associated Student Body Senate, which

considered his recommendation, and later passed a bill in favor of sponsoring the drive on campus.

Toys for Tots was created in 1947 by Colonel Bill Hendricks of the U.S. Marines to provide new toys for needy children at Christmas. In 1972, the drive had many celebrity supporters, so a different celebrity has been appointed as chairperson each year since. This year's chairperson is Danny Thomas.

Toys for Tots is involved with other charitable organizations such as the Salvation Army, which informs needy people where the toys and other donations, such as food

and clothing, can be obtained. Presently, the Fresno County Fairgrounds are being considered as a distributions site.

Wendy Naylor, the FCC Toys for Tots chairperson, Gonzales, the ASB, and other volunteers on campus are coordinating their efforts to make the charity drive as successful as possible.

The official kick-off day for the entire Fresno area is November 19, at Roeding Park. The official FCC kick-off day is November 30, at the Free Speech area, next to the cafeteria. A silent drill team from the Marines is scheduled to perform there at noon.

Collection barrels will be placed at several places on campus. The sites thus far are at the Student Lounge, the bookstore, the library, the Social Science building, the business office, the Student Services building, and the gym. Donations may be made through December 12.

The Toys for Tots toy drive is slated to become an annual FCC event, and at sister community colleges around the valley.

Everything collected at FCC and other collection points will be distributed to the needy December 12 through 23.

Mail fraud gets blown by BBB

By Beth Anne Corbo
Contributing writer

Most work-at-home offers devised to lure students and handicapped people into spending money are fraudulent, according to the president of the local Better Business Bureau.

These offers are most often advertised in local newspapers, but students are targeted by ads placed on campus bulletin boards. Envelope stuffing is one category especially noted for misleading advertising, says Fresno Better Business Bureau president, Doug Broten.

"None of the envelope-stuffing schemes are legitimate," said Broten, noting the number of complaints received about this particular work-at-home offer. Broten

believes that companies can stuff envelopes much cheaper themselves since the advent of automation.

Broten explained that instead of receiving envelopes for stuffing, the respondent receives a catalog of businesses which allegedly offer envelope stuffing opportunities. He said the money invested in sending away for information exceeds any possible profit, and warns that many of the companies listed are now out of business.

These companies change their names often and have only post office box numbers, making it hard to track down the fraudulent ones.

One Fresno offering envelope stuffing opportunities can be reached by phone, but is reluctant to speak to callers. When asked for information

regarding the offer, he declined to be specific. Instead, he requested a self-addressed stamped envelope and claimed his office is different from the others.

It is up to the individual magazine and newspaper to sift through these work-at-home offers and many, like the Fresno Bee, have adopted a strict policy not to run them at all.

"So many of them are some type of scheme that we don't accept them...period," said Fresno Bee advertising employee Christina Hall. This policy has been in effect for more than 10 years.

The National Better Business Bureau's report on work-at-home schemes provides information on many popular offers and explains the reason that they are not

legitimate.

Basically, most offers ask you to pay money for materials and postage which always exceeds profit-making potential. Also, many of the appealing advertisements merely provide ideas on starting a home business.

When considering a work-at-home offer, Broten cautioned to get all of the details in writing before sending any money. Most importantly, check the Better Business Bureau for a reliability report on a specific work-at-home company.

The consumer brochure includes an old adage that echoes the Better Business Bureau's philosophy: "If it sounds too good to be true, chances are that it is."

"Health" from page 1

nutrition and what he or she should eat are often two very different things.

The FCC snack bar is stocked with such goodies as Zingers, Dolly Madison donuts, Mother's Cookies, and potato chips.

Nurse Wilk suggests that a cup of yogurt from the cafeteria, banana-nut bread, and milk make a healthy snack. Packaged treats are good if eaten in moderation.

At home, an ideal "quick" breakfast to last through the morning is bran or wheat cereal with fruit. Eggs, because of their high cholesterol content, should not be eaten more than twice a week. Neither lunch or dinner should be skipped, but should include foods which are tasty as well as healthful. To avoid excess "baggage build-up," dinner should be eaten before 7 p.m.

Regular exercise is important to a person's well-being. A person needs not be on a varsity team to keep him or herself fit. Activity, whether walking, running, racquetball, or shopping helps the body to remain fit and also improves one's self-image. Self-confidence is necessary

to a person's physical health.

Stress management can be achieved by a combination of physical activity and mental imagery. A stressed-out and harried student is rarely happy. When happiness flies out the window, grades usually follow.

Physical activity provides an outlet to stress. Control of one's situation is also helpful. Taking a break in-between studying helps one relax. Meditation, deep breathing, and singing are also pleasurable. Eating healthy snacks can also be an outlet.

Chewy foods can help a person let off steam, and smooth foods can calm one's nerves, according to a report in the December 1987 issue of Mademoiselle. The report states that carbohydrates can also help have a calming effect since they help "produce a mood-altering chemical called serotonin that decreases anxiety," says Dr. Judith J. Wurtman.

Good physical health improves one's well-being and self-esteem. The important thing is to take responsibility for your eating habits, physical fitness, and stress management.

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Score Board

The Rampage

Monday, Nov. 14, 1988

4

FCC soccer champs



Leslie Corsaro heads the ball past the Foothill goalkeeper.

By D. K. Fultz

Last Wednesday at Ratcliffe Stadium, Coach Bill Neil's womens soccer team wrapped up the Camino Norte conference title with a 4-3 win over Foothill College.

The Rams' league record was 11-0-1 and 14-0-3 for the season.

Foothill scored early in the game but the Rams scored twice before the end of the half. Sandy Forker put the ball through the legs of the Foothill goalkeeper and Leslie Corsaro headed in the first of her two goals of the game.

Foothill scored early in the second half to tie the score. Shannon Fultz scored on a breakaway. Corsaro scored her second goal at the 76 minute mark and Foothill scored just before time ran out.

Jenny Lueck, FCC goalkeeper, made what at times seemed to be miraculous saves including a Foothill penalty shot in the first half.

FCC Wrestler

Gunning for title

By Gurdeep Sihota
Sports editor

He's only been wrestling for four years, but with a lot of determination, Fresno City College student Adrian Castro has managed to work his way up to ranking second in the state.

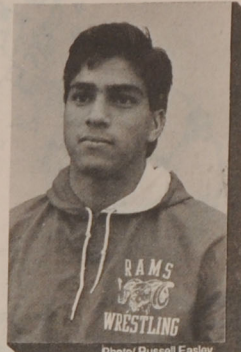
Castro, 18-3 overall, finished first in the Lassen/Reno Invitational on November 5 by defeating Bill Goodman of Bakersfield College, 8-7, to win the 126-pound finals.

The Rams traveled to the Cal Poly Invitational Tournament last Saturday, but the match results were not available at press time.

Castro, who hails from Las Cruces, New Mexico, says his toughest competition has been Dave Singletary of Lassen College. Singletary has beaten Castro in every match.

"I'm tired of him beating me," said the matman. "I'm ready for him now."

Castro says Singletary beats him because the Lassen



Photo/Russell Easley

Athlete/Week, Adrian Castro. wrestler is "stronger, faster and smart."

"I can't sleep during the first period, I have to be more aggressive," said Castro.

The 18-year old wrestler graduated from Las Cruces High School where he was ranked second in the state.

"A lot of people figured that because I'm from New Mexico, I would be pretty weak," said Castro. "But I've done pretty well."

From the sidelines



By D. K. Fultz

Wrestlers second in Reno

Coach Bill Musick's wrestling team finished second in the recent 14 team Reno Bally's Invitational.

Winning their weight divisions were Adrian Castro 126 pounds and Robert Zapata 177 pounds.

Zapata defeated Demetry Lupovich of Lassen 13-7 in a match which saw previously unbeaten Lupovich drop from his normal 190 pound class just to face Zapata

Playoff dreams end

The men's soccer teams' hope for a playoff berth ended when Santa Rosa won last Wednesday. The Rams needed a win over league leader American River (lost 2-0) or a Santa Rosa loss.

FCC finished third with a league record of 6-2-2.

KRCC wins in five

Last Wednesday evening, the FCC gym rocked and rolled as the Rams women's volleyball team met the Kings River CC Tigers.

The game was played in scoring spurts. In the first set, the Rams came from 3-6 down to go up 13-6 and win 16-14.

KRCC went on to win 15-8, 13-15, 15-9 and 15-12 which overjoyed their fans who made themselves heard throughout the evening verbalizing with a group of Ram fans being led by track coach Ken Dose.

SPORTS CALENDAR

November

14.....(M) Basketball vs

Bakersfield 7 p.m.

16.....(W) Volleyball vs

West Hills 7 p.m.

19.....Cross-Country

State Championship

10:30-Woodward Park

(M) Basketball vs

San Jose 7 p.m.

29.....(W) Basketball vs

Modesto 6 p.m.

December

3.....(M) Basketball vs

Lemoore 7 p.m.

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FCC sluggers go Hawaiian

By Pat Desloge
Contributing writer

A fund-raising dinner will be held at Kuma's Paradise Cove to benefit the Fresno City College baseball team. The dinner will be held on Tuesday, November 15, at 6 p.m.

It will be a Hawaiian luau-type dinner complete with dancing girls in grass skirts, and it will be an exciting time for all who attend, said FCC baseball coach Ron Scott.

The money raised from the

benefit will help pay for new uniforms, assistant coaches, fencing, and construction of a batting cage.

The baseball team has already purchased two sets of 36 uniforms, one for away games and one for home games. A portion of the money was loaned to the team by FCC, so they must pay back the school. The remainder of the money will go toward the other needs of the team.

Every dinner ticket will win a prize. The prizes range from ski pants to a 1989 Nis-

san Sentra. Also being given away will be a trip for two to Hawaii, a color television set, and literally hundreds of other prizes.

The cost of the dinner is \$100 a ticket, and each ticket is good for two people. Coach Scott encourages people to split the cost if \$100 is too expensive. The ticket can be a tax write-off if desired.

Anyone interested in the dinner can contact an FCC baseball player or Coach Ron Scott at extension 8448 (P.E. Office).

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