



FRESNO CENTER for NONVIOLENCE

October



2020

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We honor and celebrate the 150th year (2019-2020) of Gandhi's birth the principles of peace and nonviolence sustained by those who are a part of the global struggle for freedom and justice.



Currently CLOSED until further notice regarding the Corona virus Pandemic.

We miss you already.

Dedicated to PEACE and SOCIAL JUSTICE through

SIMPLICITY ~ JUSTICE ~ INCLUSIVENESS ~ NON-INJURY

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YOU'RE NOT CRAZY! BUT THE STRESS MAKES YOU THINK YOU ARE.

By Maria Telesco (former President of the Fresno Center For Nonviolence)

In the early 1970s, behavioral scientists began to study and understand the effects of stress, defined as "physical, mental or emotional tension caused by change." The scientists found that "good" stress (a change for the better), causes as much tension as "bad" stress (change for the worse). Dr. Thomas Holmes of the University of Washington School of Medicine prioritized life events in order of their ability to produce stress. He awarded point values to each: Death of a spouse ranked number one, given a value of 100 points on a scale of one to 100. He did not list every conceivable life event but determined that similar events would earn similar point scores. He did not specifically list things like being arrested and going to prison, but it's easy to plug those events onto the list.



Studies determined that most people who experience up to 100 stress points in a year usually manage to deal with it and not have any serious residual problems. Stressful events amounting to 200 points in any one 12-month period represent a degree of disruption most people cannot manage, Holmes said; it would cause severe physical and mental illness within a year. People who experience 300 points in a year's time can die from the stress. The study concluded that people who suffer a major loss or disruption in their lives, such as the death of a spouse, their home burning down, job loss or bankruptcy often undergo as many as 500 points or "life change units." Many people who attain such high scores become gravely ill and some die prematurely.

Currently Maria Telesco is being hospitalize in isolation as of this writing, September 19, 2020. Only she will say when or where she will go and still fights on. Stay strong and powerful wherever the spirit takes you, you shall be missed. Never fear, for your work to Abolish the Death Penalty, Bring Justice to an Unjust nation and more shall never end. For you have wept for the souls of many good people treated unfairly and so we will weep for you but only a short time so to get back to the dream you had of a peaceful existence. Or at least for a better world. Thank you for the time you gave us.

The Fresno City College Student Activities Volunteer Fair went virtual this year! Each organization that signed up to take part in it was given about 5 minutes to talk about their group's mission, its activities and goals. On behalf of our Center for Nonviolence Angela Price took part in this virtual event. You can view it on the YouTube

link: <https://youtu.be/oT2VOhZEERk>. Our thanks go to Mailer Martin, Sr. Program

Specialist in Student Activities for setting this up. Interpreters were also present to translate into Spanish.



KFCF 88.1 FM Wednesday October 14th at 3 pm.



This month's show will be hosted by Angela Price and her guest Michael Black Bull. Michael is one of the Center's Board members and previously taught for many years American Indian Studies at Fresno City College. At the Center we have observed Indigenous People's Day, instead of Columbus Day, and Angela and Michael will be discussing what is happening in the Native American community right now, as well as what has been happening for a long time. This will not be a call-in show because of Covid-19. However, the show is recorded, and a link created that will be sent to the Center's list-serv and anybody else who requests it. For more information, you can call the Center for Nonviolence at 559-237-3223 – though the Center is closed right now, they are picking up messages left on their phone.

Last month Center's radio show on September 9th, with John LaForge from Nuke Watch in Wisconsin had to be cancelled because of the KFCF transmitter was without power and too close to the Creek Fire. It will be rescheduled for a later date.

