

Student groups show off their culture



Shaun Ho / The Collegian

Dancers from the Niosha Dance Group perform a traditional Persian dance at the Satellite Student Union Saturday night for the 24th annual International Culture Night. Known today as Iran, Persia boasts several thousand years of history and culture, of which its dances and music are prominent. Persian dancers emphasize upper body motion, hand motions and facial expression. International Culture Night was put on by the Association for the Promotion of International Culture and was sponsored by several campus organizations. To view a video of all the performances, visit The Collegian Online at <http://collegian.csufresno.edu>.

University Health Center offers range of services

By Allison Asahina
The Collegian

The only telltale sign that distinguishes the building that houses University Health and Psychological Services from other campus buildings is the bright blue emergency sign that adorns the outside of the building along Shaw Avenue.

Students may not know that there is a health center on campus that focuses on them. And, the best part — most visits and services are included in semester enrollment fees.

Director of University Health and Psychological Services Joyce Harris said that the one time semester fee is \$89 but is subject to go up \$2 every year until 2010.

Services include but are not limited to: immunizations, laboratory services, diagnosis and treatment of illnesses and injuries, and health care services available for women.

Mental health and counseling services are also available to students as well as an on-site pharmacy where students can fill their prescriptions at cost.

Harris said that most students don't even know all the elective services available.

"We have a physical therapy program here and a health education/wellness program," Harris said. "We also have an alcohol prevention program. We are trying to work with students to make good choices."

Although most services are provided free of charge, some services require payment, like tetanus shots, pregnancy tests and other lab tests.

Harris believes that most students know about the health center.

"We had about 33,600 visits last year," Harris said. "Half of the students use [the health center] two to three times each."

Students come in for a variety of issues, but Harris said that she sees some trends among students.

"They come in mostly for women's health, sore throats, colds, urinary tract infections and injuries," Harris said.

The center's closeness to the residence halls is a prime location, Harris said. She is planning to put up more signs so students know that they are in the right place when they come to the center.

Fermina Martinez, a junior majoring in theatre arts, does not have health insurance, so she sees the services of the health center as a major asset.

"I go there when I'm sick with my asthma or other stuff," Martinez said. "I had to get an allergy shot with steroids recently."

Martinez sees the mandatory health fee included in registration as an acceptable charge for its services.

"I think it is very reasonable," Martinez said. "I know you have to pay like \$200 for stuff if you do not have health insurance."

Martinez learned about the health center and its services in a University 1 class. She likes the accessibility of the center as opposed to other health care services.

High Chlamydia rates spur reaction

Despite high regional sexually transmitted disease rates, Fresno State lacks a formal anti-STD campaign

By Farin Montanez
The Collegian

Although Fresno State is located in the heart of the county with the highest chlamydia rate in California, the campus lacks a formal sexual health campaign or club.

On top of this, contraceptive prices at the campus health center may rise this year due to new legislation.

But campus health officials say they are going to do something about it.

Within the next two years, University Health and Psychological Services officials and the newly hired wellness coordinator, Kathleen Yarmo hope to introduce a formal sexual health awareness campaign and eliminate the cost of sexually transmitted disease (STD) testing and birth control for students.

Most forms of birth control are available at the health center for about \$20 per monthly pack. However, several universities have seen contraceptive costs rise this year after the 2005 Deficit Reduction Act was passed.

The act, which went into effect last January, makes it harder for companies to offer birth control at low costs because of the way they now calculate Medicaid rebates they owe the government for medications.

"That really hurts our cause when we're trying to prevent pregnancy," said Rebecca Russler, a nurse practitioner on campus.

But she is hopeful that Fresno State will adopt the Family Planning Access Care and Treatment (PACT) program — a federally funded program for low-income Californians — within two years.

"It would make a lot of things free, including STD testing and birth control," Russler said.

Currently, chlamydia and gonorrhea tests run \$15 each. An HIV test is \$10.50 and a herpes simplex virus test is \$39.50.

Women can be tested for human papillomavirus (HPV) — one of the most common STDs — at the campus health center for \$34.50. It is estimated that one out of four sexually active people will become infected with genital HPV at least once in their lifetime, Russler said.

Fresno State students need to be aware of the dangers of having sex because most are in the "high risk" age range for contracting an STD — 15 to 24 years old. For at least nine months out of the year, they live in or commute to the county with the highest chlamydia rate in the state, local health officials say.

Nearly 5,300 chlamydia cases were reported in Fresno County last year, according to the latest estimates from the California Department of Health Services. This would make the county's chlamydia rate at 581.9 cases per 100,000 people. The state's average is 363.5.

This isn't anything new for Fresno. The county has topped the list almost every year since at least 2001, surpassed only once by Madera County in 2004.

Last year, the campus health center tested 900 Fresno State students for chlamydia. Forty-four tested positive for the disease.

Using these numbers, Fresno State would have a rate of 192 chlamydia cases per 100,000 people — slightly more than half of the state's average.

But this is not an accurate estimate because not all Fresno State students get tested at the health center, Russler said.

"Many more go to Planned Parenthood because of the cost — it's free," Russler said. "Here there is a cost for a lot of those tests. [The cost is] minimal, but for a college student, sometimes it's hard to spare the money for it."

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• Gallery: Students perform at the International Culture Night.



• Gallery: Sounds and sights from the Fresno State vs. Reno game.



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