

Associate degree now offered in diesel mechanics

Trower will welcome a newcomer to its series of classes this fall when the Duty Diesel Mechanics course under the tutelage of instructor

class, which will eventually offer an Associate Degree and a Certificate of Training in the maintenance and repair of diesel engines, will be one of only two such courses in the Willamette

program will also have an alternative home in which to start its career.

The new facility, christened the Industrial C building, is currently under construction and has a tentative completion date set for the end of fall

located behind the Science Tech building and across from the tennis courts, the structure will feature three elevated thruways, an engine section and three large labs to accommodate fuel

injection, hydraulics and electrical work; the building will be capable of holding four separate classes at one time.

In addition to the diesel mechanics program, the Industrial C building will house the Small Engine Repair class, which is already in existence at LBCC.

Sporting background work in a wide range of diesel and automotive mechanics, as well as a Bachelors Degree in education and a Masters Degree in adult education, Lane is designing the program so that students who complete the training course will leave LBCC at the job entry skill level.

"We want to get up a diesel mechanics program that starts right with the basics," explained Lane. "We want your graduate students to be versatile and be able to go to different types of machines without difficulty. Our method will be to give them the basic core ideas, then go on to specifics."

The program's objective is to train students for careers as mechanics for buses, trucks, construction and logging equipment, farm machinery and over-the-road vehicles.

Lane is excited about getting the new program off the ground, and he feels that the community will evaluate the course and offer constructive feedback as to its success or failure.

"It's a good trip for me," he said, "to set up a new program and watch it fly. If you're doing a good job, the

community will tell you that. If you're doing a bad job, they're gonna tell you that too."

The class is primarily open to beginners, as well as transfer students.

More advanced students will be able to come in at night and work, but there will be no structured night classes for the advanced students until the new building is completed.

At present there is a full class of first term students. □

New building under construction

by Pete Porter

Construction of a two-story, multi-purpose building will begin on the LBCC campus in mid-November, according to Bob Adams, vice-president of Planning and Development.

This proposed structure, designed by the architectural firm of Jeppen, Miller

and Tobias, will house a 500 seat dramatics theatre.

With approximately 45,000 square feet of floor space, this building will provide badly needed space for many college programs. This will permit career education student services to be drawn together and provide additional class room and office space.

"Funds have come, or will come from a variety of sources," stated Adams. "These will include state prior credit funds, Federal Economic Development Administration funds and interest earnings."

The total cost, as yet, is uncertain. But the structure has been estimated to cost between 2.2 and 2.5 million dollars. However, this is merely an estimate, as architectural plans haven't been fully developed yet.

The auditorium, originally planned for 300 seats, has captured much local interest, both on the LBCC campus and in the city of Albany. Some individuals would like to leave the option open for an even greater seating capacity. But, at least for the present, a 500 seat auditorium is planned.

This multi-purpose facility will be located at the south end of the court yard. It will be connected to the Health Occupations building to the west and the LRC to the east.

The tentative completion date for this building is April 1, 1979. □

Commuter

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LINN-BENTON COMMUNITY COLLEGE

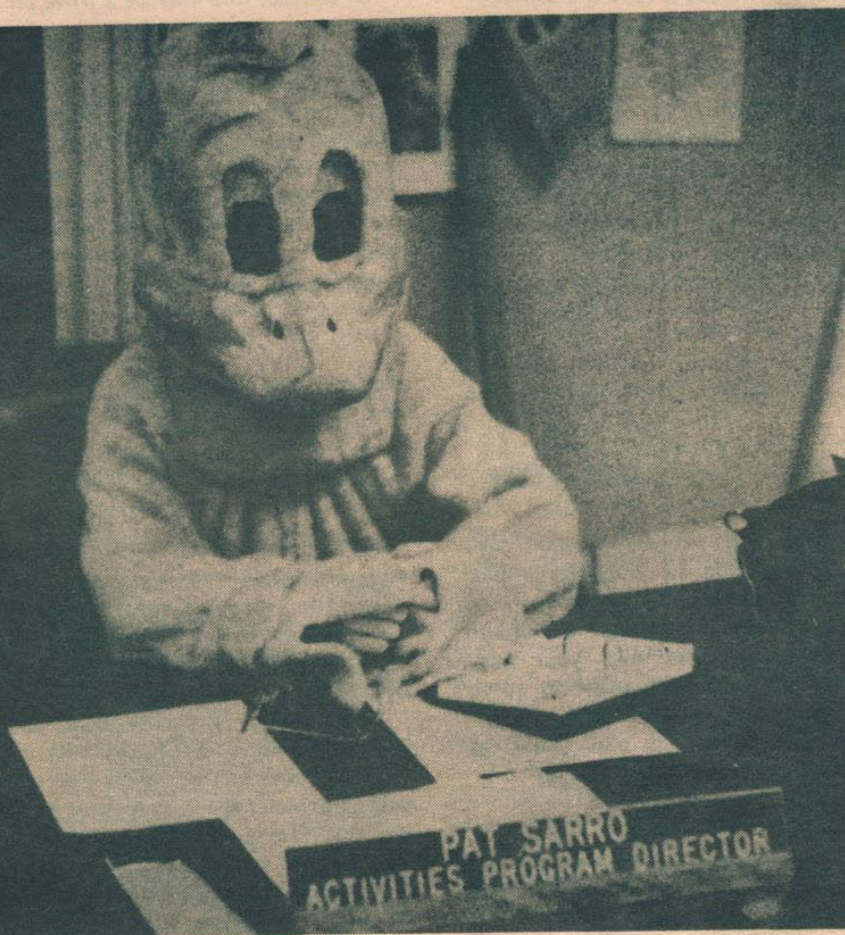


Photo by Tom Barnes

What is the big mystery of the duck's breath?

Duck's Breath Mystery Theatre, which is scheduled to appear on NBC's "Laugh-In" series, will perform tonight at 7 p.m. in LBCC's Main

auditorium. The comedy group, made up of five members, produces original sketches and

plays that combine parody, slapstick, one-liners and retarded choreography. Their humor—reminiscent of Monty Python—has been applauded as fresh, zany, anarchic and wacky.

Tickets are available in the College Center Office (ext. 283) at 50 cents for

students and \$1 for non-students.

Duck's Breath will be preceded by a special spaghetti dinner in the LBCC Commons from 5 p.m. to 7 p.m. The dinner includes salad, bread and spaghetti and will cost \$1.50 per person. □

Election codes facelifted

Under a new set of rules and guidelines being adopted by the ASLBCC Senate, petitions for the six senate seats open will be distributed on Oct. 5 at 8 a.m. at the College Center window (CC214), according to Peter Boyse, coordinator of student activities.

Deadline for these petitions is the following Wednesday, Oct. 12 at 5 p.m. at the College Center window.

In addition to filling out the required information on the petition, Boyse said candidates must obtain the signatures and student identification numbers of 30 LBCC students.

A mandatory meeting for all candidates will be Oct. 12 at 5 p.m.; and campaign materials may be posted and distributed at this time.

The election will be held on Wednesday and Thursday, Oct. 26 and 27. Polls will be open from 9 a.m. to 3 p.m. and 6 p.m. to 9 p.m. each day.

Students interested in becoming involved with the ASLBCC should inquire at the student government office (CC213) or the College Center office. (CC214). □

editorial Commuter extends welcome to everyone, seeks input in year of 'highlights'

by Tim Trower

Trite sounding as this may be and prepared or not, it's that time of year again. Offices, classrooms and the LBCC Commons are buzzing with life once more, and it is at this time that the *Commuter* wishes to extend its welcome to you.

I guess the best way to start the 1977-78 school year, is to explain to you who we are (the *Commuter*), what we want to do and how we plan on doing it.

But before I continue, I've got to tell you that this will be no ordinary year for LBCC. This is, and will be, a year of happenings. And as soon as I talk about the newspaper for a little bit, I'll give you an idea of how this year will be different...

Just like most of you, the members of this publication are students. There's nothing special about us except that we're trying to put out a newspaper that everyone can enjoy, while at the same time trying to pass all of our classes. It won't be easy, but we're gonna give it our best shot, and we hope you'll help us.

"How can I help," you ask?

It's simple.

If we do something that you disagree with or think should have been done in a different fashion, then please tell us. This includes editorials, articles, photographs, advertisements, etc.

We are here for you—the LBCC reading public—and we want to do things right. Of course, it works the other way too.

If we are doing things that please you, then we'd like to hear about that also. Not only for our egos, but also so that we know what we've got to keep doing.

It's a well known scientific fact that for every action there is a reaction. And we hope to get plenty of reaction from our readers.

You're probably still sitting there wondering, "How can I help?"

All it takes is a little thought, a little motivation, a piece of paper and a pen or pencil.

Once you've got all of these together, just put 'em to work. Write a letter to the editor; write a guest editorial; submit articles or photographs; or simply bring in ideas—things that you'd like to see in your paper. We can't guarantee that every submitted will get in, but if it's printable, we'll do what we can.

Now that I've recruited all of you onto the *Commuter* staff, I will reveal some of things that will distinguish this from previous years at Linn-Benton.

First off, this is LBCC's 10th year in operation. To celebrate, there will be some gala festivities sometime in February. Since the celebration is still being planned, I can tell you is what I've just told you—but at least it gives everyone something to forward to.

Some of the other things that will highlight this year are the new diesel mechanic program and building, the new LBCC Benton Center and the planning and construction of the new multi-purpose building.

You will find more information of these in this and forth-coming issues, so without taking up any more of your time, I'll let you get to the rest of the newspaper.

Have a good year, and let us know how we can help make it a better one for you.

editorial Recent radioactive fallout may have been an act of international aggression

by Cliff Kneale

Several centuries ago the Chinese invented gunpowder for use in celebrations. It didn't take too long to understand the potential that it had in warfare, thereby setting the trends that would eventually lead to modern warfare.

One week ago the Chinese, in keeping with tradition, touched off their big firecracker—an above the ground nuclear test. That nation claims that such a test was necessary in order to maintain its position as a world power.

China's need sent a radioactive cloud across the Pacific Northwest. That's you.

Residents of this geographical area were told that no harm would come to them from the cloud unless it rained. They were also told that no rain was in sight for the period in which the radioactive cloud would pass over their homes, which was between midnight and 8 a.m. on Wednesday, the 21st of September.

It rained.

When does nuclear testing become an act of aggression? Does it take the utilization of an atomic warhead aimed directly at another country, or does it require an all out declaration of war?

It is doubtful that China premeditated using the cloud to endanger the people of this nation. But even disregarding premeditation, the radioactive cloud did pass over us and it did rain during the critical period. How much we are threatened by this is yet undetermined. Statistics on how much radioactive materials was brought to earth by the rain have not been released at this writing.

Let us consider, however, the potential of using wind currents to wage a chemical, biological or nuclear war upon another nation. Unlimited danger exists here.

A nation could conceivably detonate a device containing radiation, harmful

chemicals or whatever at a time when the weather patterns were conducive to the nation's safety, yet harmful to another.

Could that be called an act of war, or would the failsafe still be there; that the nation detonating the device had no maliciousness at heart.

Assuming that such an act would never be considered aggression, let us think of some of the other hazards of this type of testing.

When you went to your garden that Wednesday morning to harvest a little tidbit for your breakfast, did you think about what you may have been eating? Many crops are found in places on shelves of stores throughout the country. Our people will eat them.

What about the sportsman who enjoys a venison steak or a baked salmon? Not only will the wildlife be affected by above the ground nuclear testing, but so will the agricultural animals that feed and clothe the nation.

Of course, this may be a trifle on the alarmist side of the matter, but China has offered no comment as yet implying that they intend to cease above the ground testing.

From past experience, world powers are quite aware that nuclear testing does not end with one small device, but graduates into larger and more powerful weapons. The neutron bomb, a weapon that operates much as we have been thinking about in the writing, offers no explosion, just a quiet saturation of radioactivity.

Does anyone know what actually determines an act of international aggression? Has the term even been defined? And if it has not, do you not think that the time has come to either define it, or redefine it?

Incidentally, the *Commuter* welcomes you to the 1977-78 school year. □

letter

President greets students to 1977-78 school year

Welcome to the 1977-78 school year. We hope your year at Linn-Benton will be exciting and satisfying. LBCC, being a student-oriented institution, is dedicated to students, and its primary purpose of existence is to serve students. We are a comprehensive community college with many kinds of programs—academic, vocational and educational—and we hope we have a

curriculum and program which will meet your needs. If not, we would appreciate hearing directly from you. You may wish to contact a college administrator or me with your suggestions. We sincerely want to serve LBCC students to the best of our ability. Good luck in your year at Linn-Benton Community College!

Raymond J. Needham

vets voice

Vets must take certified major classes

Ed Stratton is a Student Veterans Representative who for the past year has been a regular contributor to the Commuter.

by Ed Stratton

Welcome, or welcome back as the case may be. There have been a few changes and some tightening of the ways the Veterans Administration (VA) looks at how your education goes.

We are in the process of cross checking to see that you are taking classes in your certified major before the VA comes down and finds you aren't, and hits you for some overpayment. When I say certified major, that is with the VA, not with the school.

There is another point that is being tightened up on. We have always said that for a 12 week term, you need 12 credit hours, and for a 10 week summer, you need 10 credits. What you actually need is one credit hour per

week of term for the term length. This is no trouble with a course that runs the full length of the term. Where you run into trouble is with the "major" courses. Not always, but the probability

is there. Check with us. We have a formula to see if it will be full-time.

As you have probably noticed, most of the faces in the Vets office are new. Linda, the vets assistant, has been here since last April, and the returning students will recognize my role. The new Vets Coordinator is Milton Weaver, a local boy that makes good. He's ready and willing to help. Come in so he can earn his salary.

The main thing to remember is that we are in the office to see that you are certified in what you want and to act as a buffer between you and the VA. We are bilingual. We speak both English and bureaucratic.

Talk to you next week. If you have any questions, come on down. □

COMMUTER

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editor Tim Trower □ managing editor Cliff Kneale □ sports editor Pete Porter □ reporters Mike Leedom, Bonnie Harris □ photographers Tom Barnes, Ted Foulke □

The *Commuter* is the weekly student-managed newspaper for the student of Linn-Benton Community College, financed through student fees and advertising. Opinions expressed in the *Commuter* do not necessarily reflect those of the LBCC administration, faculty, or the Associated Students of LBCC. Signed editorials, columns and letters reflect only the opinions of the individuals who sign them. Correspondence should be addressed to the *Commuter*, Linn-Benton Community College, 6500 S.W. Pacific Blvd., Albany, Oregon 97321, Phone (503) 928-2361, ext 439.

The *Commuter*, a member of the Oregon Newspaper Publishers Association, aims to be a fair and impartial journalistic medium covering the campus as thoroughly as possible. We encourage participation through letters, freelance articles, artwork and photos, story ideas, and suggestions. All written submissions should be typed, double-spaced and signed by the author. Deadlines are the Thursday of the week prior to the Wednesday publication date.

Former elementary school becomes Benton Center

by Cliff Kneale

Maintaining the odors of pencil lead, gum erasers and lunch boxes reminiscent of the elementary school it formerly was, the Benton Center opened its doors to open house Wednesday the 21st and Thursday the 22nd of September.

Coffee, punch and cookies, as well as a drawing for a free class greeted participants upon entering the center—formerly Washington Elementary School of Corvallis.

Offering courses ranging from chemistry to clowning, the center drew a healthy representation of community residents interested in the variety of mini-classes offered at the opening.

Of the approximately 100 people attending, the majority appeared to be primarily interested in vocational courses, according to Sally Wallace, secretary of the new center.

In the Parent Education Lab, Susie Nelson and Christine Conte are busy making preparation for the classes that will be taught there—living and learning with toddler and living and learning with preschooler.

The well equipped lab is described by Nelson as a parent education lab and a preschool cooperative.

"We provide a learning environment for children between the ages of three and four, and their parents," stated Conte.

The cost to students in the program (three days per week) will amount to \$23.50 per quarter.

"We're really thrilled at having our own facility," added Conte.

Another class that is rapidly gaining in popularity throughout the Linn and Benton County areas is the class in clowning.

As a recent addition to the LBCC curriculum, the class is expected to reach a large enrollment, according to Ruth Ann Harris, instructor of the class.

The art of clowning will commence Sept. 28 for an eight week session. A mini-course will also be offered Oct. 22-29.

The center, which sports its own multi-purpose room, has received several requests for the use of the facility from various community organizations.

Hal Johnson, director of the center, explained the use of the room (a gymnasium) "to be used not only for athletics, but we intend to utilize it for community film series as well."

Although the center does not, at this time, plan on any large changes in the Benton Center program, Johnson says that they are offering more day classes.

"Many people cannot take time for night classes. They may work during those hours, and the senior citizens, for the most part, would rather not attend night classes."

Both days of the open house netted approximately 60 new enrollments out of the near 250 persons who attended. □

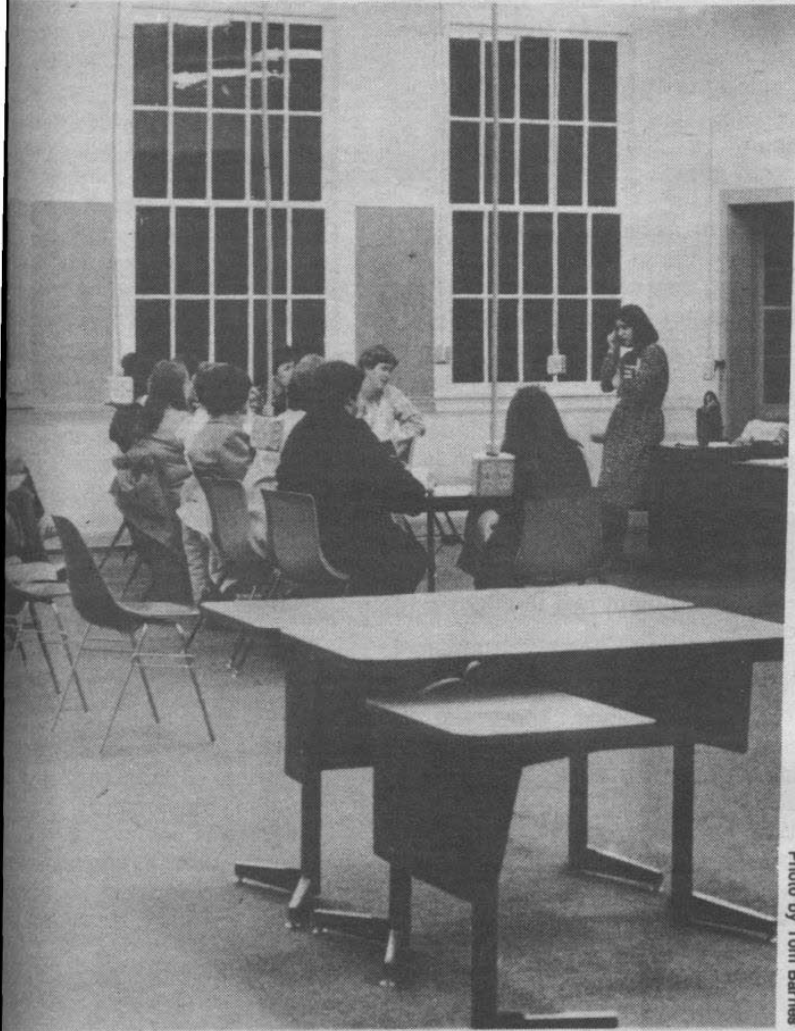


Photo by Tom Barnes

acquired Benton Center building, Corvallis' former Washington grade initiated by LBCC last week with a series of mini courses.

LBCC makes fall term 'priority of service'

sale

ociated Students of Linn Community College (ASLBCC) that has been described by president Phil Sarro as an "productive summer."

ve been brainstorming on "lots of leadership," stated describing the fall term to be dedicated to "priority of

the largest project under priority of service has been the of a skills exchange. Called "Exchange," the program rate as a student service student would be able to services, skills, ideas or with a minimum of monetary

arro's administration more will be paid to special interest groups on the LBCC

rt, the ASLBCC intends to at a coffee booth during the of school.

en invitation has been special interest classes to e at the booth to advertise ave to offer," said Sarro.

er explained that the booth ent means for these groups contact with the LBCC stating, "No one organi- function if it does not make a t with the public."

h, usually operated as an dudent government function, ffee for five cents a cup in ns during the first week of

Another major change in the ASLBCC this summer has been the revision of the student body election code. It has been the general opinion of the student government in the past that the methods utilized have not been adequate.

"There have been too many conflicts in past elections," said Sarro. "It is our hope that the revision of the code will alleviate these conflicts."

In the financial area, Sarro states that he has spent nearly \$300 during the summer for legal fees, lobby efforts and working with Community Colleges of Oregon Student Association and Commission (CCOSAC) on forming a

Northwest alliance with community colleges in Washington. Some of the lobby efforts include lowering the legal age for the consumption of alcoholic beverages to 19 and the legalization of marijuana.

One CCOSAC action that involved the priority of service concept dealt with the Clackamas Community College budget elections. Prior to the election, CCOSAC student leaders banded together and initiated a door to door campaign in Oregon City.

"The budget passed by 9000 votes in the precincts we covered," Sarro said. "Man, that's 10 to one!"

Another project that has been in the works during the summer session of the ASLBCC, according to Sarro, is that of making the car pool a more functional service on campus. "We also intend to enlist more local businesses in the 10 per cent discount service," he said.

The discount is offered by a number of local merchants to LBCC students who possess a current student body card.

"I had no idea how much time would be involved," Sarro exclaimed of the duties of ASLBCC president. "I've been putting in 30 to 40 hours a week."

Sarro is somewhat concerned about a few of the new ideas that have been instigated this summer, as many of them have yet to be approved by the ASLBCC senate.

"I've sort of stuck my neck out there," he said, adding that he feels that the senate will voice its approval of his plans. □



Phil Sarro, ASLBCC president

Friday's dance to feature music variety

In an attempt to gain club status at LBCC, the Disco and Live Band Dance Club will sponsor its first annual "Sock Hop" on Sept. 30 as a promotional function.

The dance, which will run from 9 p.m. to 12 p.m. in the Commons, is described by the club as "music to fill your ears from the 50's to the future."

KGAL disc jockeys Wally Newman and Mike Shannon will serve as emcees. The cover charge will be \$1 per person and \$1.50 for couples. □

Play tryouts nearing

Tryouts for Tennessee Williams' "The Glass Menagerie" will be Tuesday and Wednesday, Oct. 3 and 4 in F-104.

Two male and two female parts will be cast. Rehearsal times will be adjusted to fit the schedules of the cast members. □

CCC may lose football

This might be the last year for Clackamas Community College football.

The CCC Board of Education is naming a special committee to study a controversial proposal to eliminate football from the school's athletic program.

The 21 member committee is to meet Sept. 28 to begin studying a plan which was suggested by CCC President John Hakanson.

The findings of this committee will be reported to the full board next January. □

A 'Crazy Wong' slings love at antiquated teaching methods

by Cliff Kneale

Students entering classes at LBCC this term should not be overly surprised if an instructor should happen to announce, "I love each and every one of you."

Such an announcement, as well as some possible changes in the way course materials are being presented, may be due largely to a visitor on campus last week.

Harry Wong, an instructor from Menlo Park, California, presented a program titled "Motivating the Unmotivated" to faculty members during an hour and one-half long session last Tuesday.

In explaining why teachers are

among the most unhappy people on earth, Wong said present methods of teaching are inadequate.

"After awhile the student just sits there as if to say, 'teach me,'" he said. "That kid's not ulceroidal, he's hemoroidal."

Explaining that teachers are often put out by students that do not meet course requirements, Wong told the instructors that the fault of a student failing a class usually does not lie in the student, but rather in the method used to teach a course.

"Reading chapters one to three and answering questions at the end is the method most often employed. The student is bored. You cannot teach him

anything and he develops a poor self concept, flunks and makes you unhappy," Wong told the assembled LBCC faculty.

Calling the instructors an elite group of people, Wong cautioned them on the need of a college education. "A minority of kids go to college, less than 11%" he said.

What happens to Wong's 89%? "They are the guys that got so sick of the system they copped out and bought a MacDonalds hamburger franchise," He said.

In an analogy, Wong told the instructors that present methods of teaching are comparable to a three-by-five card with a recipe written on it.

"You teach by the recipe without knowing why you have put the eggs into the meatloaf, or why you let it cool before serving," he accused, causing a general shuffling of feet throughout his audience.

"And what do the kids do when it is all over," he asked. They leave school, do not go to college. They read the recipe and find it too difficult to comprehend, so they go have a Mac's."

With a sweeping gesture, Wong informed the assembly that that was why the dropout was making \$45,000 a year, as opposed to the teacher's \$15,000.

Claiming that the only real fault of teachers was instilling a poor self concept in their charges, Wong said, "When a kid is not interested in a subject, he loses contact with it and fails the course. When he fails the course, his self image drops several points."

It was this self concept that Wong based the remainder of his presentation on.

Wong claims that in the past 20 years he has not been required to issue a grade below a C to any of his students.

In explaining, Wong talked about his teaching methods.

"I get them to asking questions during the first few class periods," said. Wong, however, does not answer these questions, "until I get them thoroughly frustrated at not having the answer, that they must have it."

He states that with this method, a student, by the third or fourth day of class, has developed a genuine interest in the subject matter. "Even a habitual potty goer stays in class," said, demonstrating what he called "Crazy Wong's" potty pass. It is a toilet seat with "Wong's Potty Pass" stenciled on it in red letters, 18 inches high.

"Now, can you imagine a student sluffing off in the hall while carrying something like that," he asked.

With his methods, Wong says he is able to keep the student attending class and involved in the subject.

"You should see their faces when first grades come out," he says. "If one fails. The students that usually poorly have had a taste of success."

This success, according to Wong, is growing thing and the successful student tries harder.

There is yet a third tactic involved in the lecturer's method—love. Wong says that love is possibly the most single effective instructional device he has created.

"People do not touch each other. They are afraid to," he said, stating that he touches all of his students with either a handshake or a pat on the back for a lesson well done.

"Touching? You say, aruggghh! Did you ever watch the winning team running around hugging and patting each other all over the place," he said, rusing across the stage and announcing that the same unity could be established in the classroom.

Wong completed his presentation with a choreography display with a dance troupe formed by members of the faculty and staff of LBCC. □

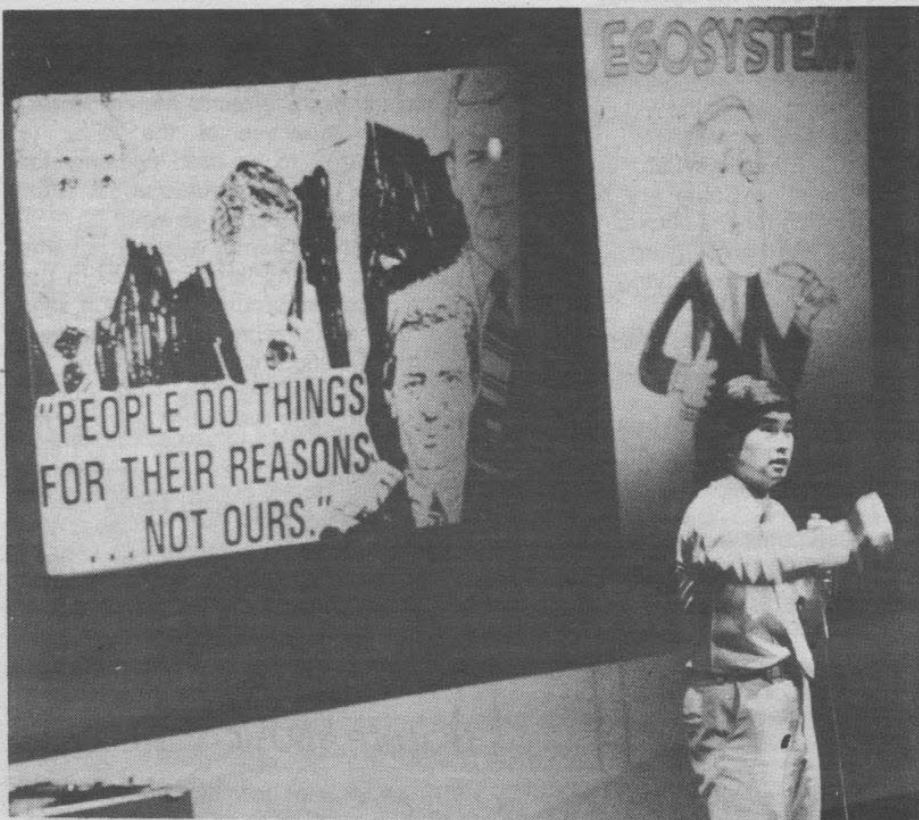


Photo by Tom Barnes

Arms and words flew like crazy as Harry Wong, science teacher from California, "performed" his talk about "Motivating the Unmotivated" to the full LBCC staff last week.

humor Walloping waistline waggles, worried writer warm

by Mike Leedom

About four months ago, browsing through a magazine in the supermarket line, a lady in an advertisement blared back to me:

"IS YOUR WAISTLINE READY FOR SUMMER? COME ON, SHAPE UP! LET'S BE HONEST, HONEY. HOW ARE WE GOING TO LOOK IN THAT LITTLE RED BIKINI?"

Well, I don't know about you—honey—but I think I might look kind of funny. It's not just the slight aversion I have to wearing a red bikini that has me laughing. The problem is what I might find hanging over it.

She was right...I wasn't ready. Too many soft drinks and doughnuts had kept me company on those late night cramming sessions. When the debris was cleared, the smoke lifted and the last exam score recorded, I looked up and noticed the 1977 automobile closeout sales. My heart fluttered. "Ahh," I sighed. "It must be Summer."

The sighs didn't last, though.

That night in bed my wife, Ruth, lovingly stuck her finger out and started to poke me in the midriff.

"Yikes, what's all this?" she questioned. "Where is your waistline?"

"I don't know," I said. "It used to be somewhere below my ribs—when I had ribs. I think I've lost it."

"Yes, well in the process of poking you, I lost two fingers and a thumb somewhere in your waistline. Would you please check your rolls?" She laughed, patting my newly acquired bulge. I despondingly looked down at the rolling, plump lines jiggling like jello over the rumbling of a discontent stomach.

"I'm hungry," I complained.

"Don't worry," she said. "You're not overweight. You are tall enough that is just kind of—spreads. Go to sleep."

"Tall enough!" I look at her in surprise. "According to this chart, if I'm not overweight, then I'm too short!"

Mintues later, I resigned myself:

"I'm going to diet," I said, staring at the ceiling. "Care to join me?"

"No thanks," she mumbled. "I've been there already. Don't you remember how lonely and deserted it was there last time?" She dryly trailed off into sleep.

"Very funny," I said, getting up to go make a sandwich. "Tomorrow morning I'm going to be a new man."

I couldn't take it. Each secret bite of pie, each chocolate morsel I popped into my mouth was being counted, not only by Ruth, but by everyone. I was sure of it. All eyes were on me and I knew it.

"Stop watching me!" I yelled at Ruth, who was sitting in the next room reading.

"I'm not watching you," she answered, puzzled.

"Just because I'm not losing weight doesn't mean I've quit my diet," I yelled back.

"Calm down. I know you're still dieting," she calmly answered. "This morning I found dried lettuce and bread crumbs in the bed."

"A-HA! You ARE watching me!" she exclaimed.

The sun saw my body only one day fell asleep and got a "tan" lobs would envy. Though my wife and I had fun picking many layers of skin off me for several weeks afterward, wasn't enough.

I didn't lose, however.

As this new season chills its way I'm reminded of the added insulation around my middle. I console myself, reminding that all those skin people will be freezing to death trying to catch up with my flab and I, who stay warm and snug.

So, I'm thumbing through magazines again. I'm looking for a hoping to find the red bikini lady in an advertisement. You see, she probably ask, accusingly, something like:

"HONEY, IS YOUR WAISTLINE READY FOR FALL?"

And I'm going to smugly smile back and reply, "Yes, it is. I've been good and ready for some time now, thank you." □

Needham calls for some tightened belts

Cliff Kneale
 LBCC President Raymond Needham welcomed faculty, staff and service personnel back to school for the 1977-78 year with an outline of what he expects to be the overall goals that the college will work toward during the year.

Claiming that cooperation between the various areas on campus are not as good as they could be, Needham called for improvement.

"We make decisions in each area that often are not transmitted to the consumer. The student should be made aware of these decisions," he said, referring to decisions made by the board of education, administration, faculty and staff.

Needham feels that if LBCC is to present an image of being a caring college, this interrelation between areas is all important. Making reference to the education process as a consumer product, Needham considers the community as that consumer.

"How we work, talk and care about people is what will sell our product, from the first phone call to graduation," he said.

He further spoke on the financial stability of LBCC, requesting that the college adopt an attitude of tightening the belt. Stating that LBCC must now live within the tax base, he told the group that, "We must look closely at expenditures."

Needham, in considering the flow of money, has asked that equipment be replaced on a rotating basis in order to forestall having to make a large outlay of cash due to items becoming unserviceable all at once. This would mean that if a piece of equipment shows signs of falling into disrepair, it would be fixed before it were rendered useless.

He further explained that LBCC must look for means of external funding through serving the needs of the community. Stating that education is a life-long process and that the education of the past will not suffice for the future, he said, "We must keep education goals up with the times."

This could result in changing or cancelling some of the courses presently offered in favor of more updated programs.

"Students are more and more into additional knowledge," he said, adding that many people are not looking for a degree, but rather want to brush up on some new concept or refresh their memories in areas of study that have changed over the years.

In the use of marketing concepts, Needham feels that LBCC must communicate to the public that the school has a first rate product and then sell that product.

The president intends to take a close look at LBCC's degree programs in order to determine if they are meeting the needs of the consumer.

Also in the budgeting arena, LBCC does not intend to determine expense consumption immediately.

"We will prepare our budgeting calendar in January," said Needham. "At that time we will have a better idea of what the expenses will be."

Needham also plans to look into grading procedures—how instructors dispense grades and their grading standards.

"It is not in the best interests of a class for an instructor to enter a class with the attitude that so many students will receive A's and so many will receive F's," he said.

With the proposed addition of the new multi-purpose building, the alternative energy and the diesel mechanics areas on campus, combined with the improved facility for community education through the Benton Center, Needham believes that LBCC will be capable of generating outside funds for the school. □

Local merchants offer discounts

The following local merchants have informed the ASLBCC that they will honor current LBCC student body cards for discount purposes.

- Customs' Bureau 10% Large Sizes
- Morgan Schwinn Bicycles 10%
- Singer Sewing Center "Albany" for students actively enrolled in sewing class.
- Tenbrooks Jewelers 20% student 10% faculty on Diamond Bridal Sets.
- Rainbows End Bookstore 10%
- Lighthouse Natural Food 10% of the vitamin retail price.
- Vince Barrett Sports 10%
- Knit Knot Haven 10%
- No-De-Lay 10% of the normal retail price & any soles and heels.
- Riverview Florists 10% except on all holidays

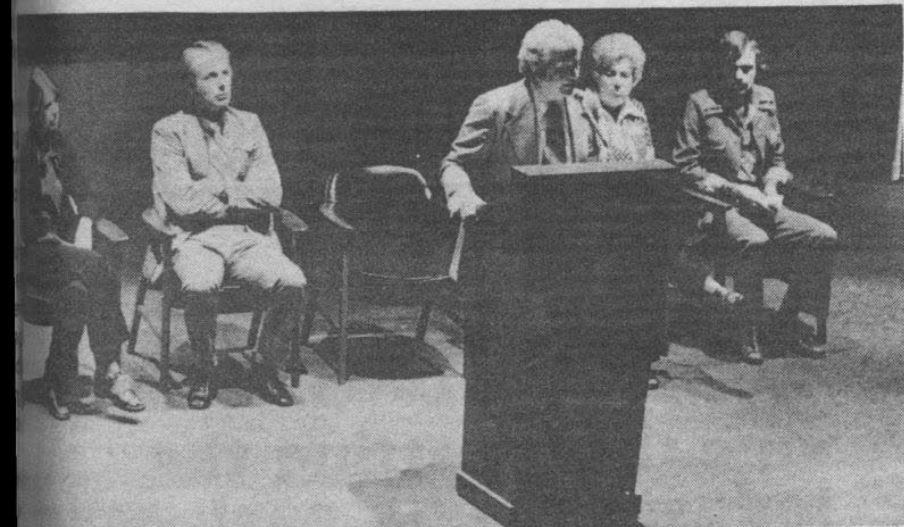
Artist shows

A canvas painting display will be at the LBCC College Center from Sept. 26 to Oct. 21.

The display will feature the unconventional work of Ray Kiihne, an instructor at Winona State College in Minnesota.

Kiihne's technique is unique, because his paintings are sprayed with an air brush onto sewn, unstretched and sometimes torn canvas to create surfaces which are visually and physically textured.

The exhibit is circulated by the Visual Arts Resources of the University of Oregon Museum of Art and is supported by the Oregon Arts Commission, the National Endowment for the Arts and other agencies. □



At his opening speech to the college staff two weeks ago, President Ray Needham was flanked by the other presidents on campus: from left, Rosemary Bennett, Classified Association president; Joe Malcolm, Board of Directors chairperson; Illa Alwood, Faculty Association president; and Phil Sarro, student body president.

Auto Tech needs tricky trannies

The auto tech program is looking for autos to repair this quarter. The projects for the classes are currently automatic and standard transmissions, clutches, drive lines, rear ends and any electrical system problems.

People who have cars needing work should send the form below to Kathy Jones in the auto tech department or call ext. 205 or 207 as soon as possible.

Name _____
 Phone _____
 Make of auto _____ year _____
 Repairs needed _____

Drama department expects new building to expand theatre

Bonne Harris
 Steve Rossberg's contagious vitality is lighting up the drama department again this fall.

"The Glass Menagerie," Tennessee Williams' sensitive drama, will be the fall term production.

A new technical director, Barbara Dilaconi of Eugene, will be assisting Rossberg this fall. Dilaconi will be designing sets as well as offering two courses in backstage arts. She possesses a Masters Degree in technical theatre from the University of Oregon and a Bachelors Degree from Gonzaga University.

A children's show winter term and a musical in the Spring are also planned, as are student productions.

Efforts are in progress to adapt F202 or F204 for performances of readers theatre.

"I would like to attract some outside critics to our shows, perhaps from OSU or Portland. Such feedback would be good for me as a director," said Rossberg.

"Your a Good Man Charlie Brown," LBCC's first summer production, was well received by the community. Rossberg foresees summer theatre becoming an established part of the curriculum.

This year Rossberg will be encouraging students to attend workshops in the area. The workshops will be publicized through the drama department.

Rossberg would like to get groups together to view shows at other colleges and cities "in a manner that would be economically feasible for students."

"There is a possibility of expanding summer theatre as well," he said. Rossberg formerly thought the department would be limited to two shows in the present facility. He now looks forward to the new multi-purpose building, scheduled to open winter of '79. The building will house the drama department. "I would like to see it include more adequate instructional facilities than have previously been available," he stated. □

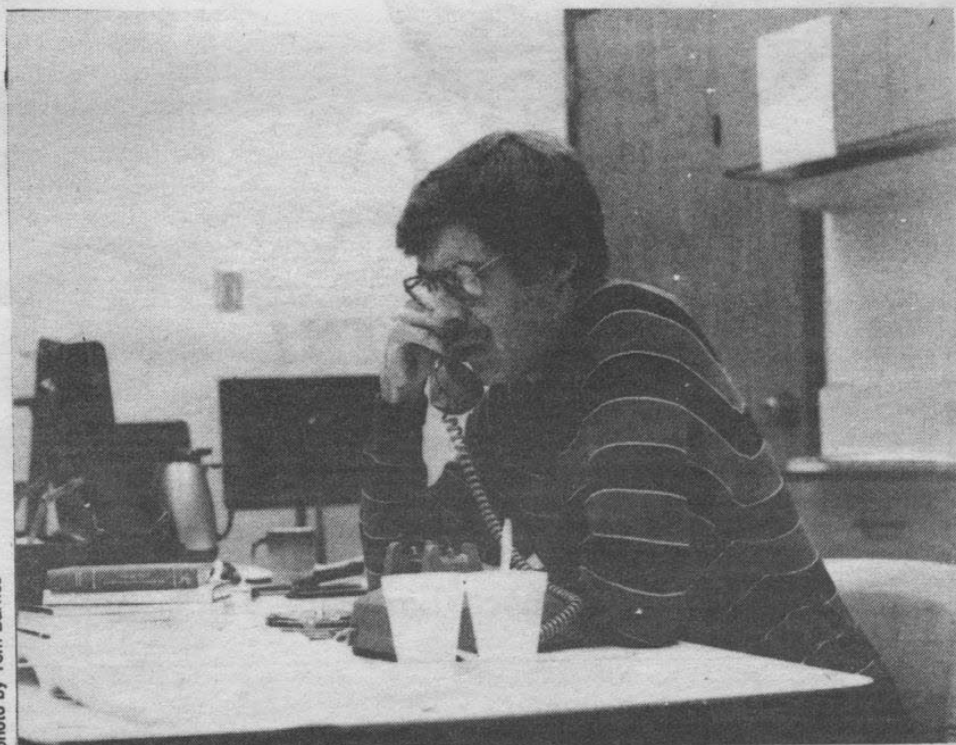


photo by Tom Barnes

Steve Rossberg, speech and theatre instructor

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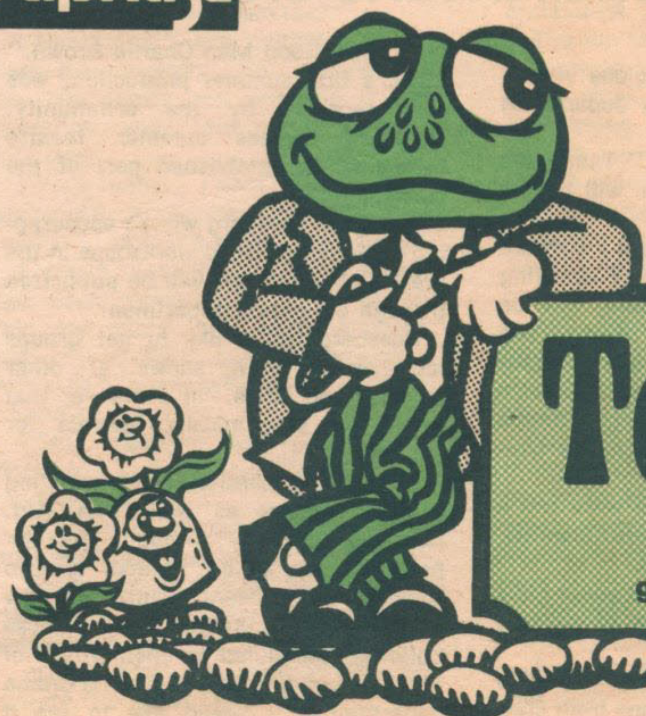
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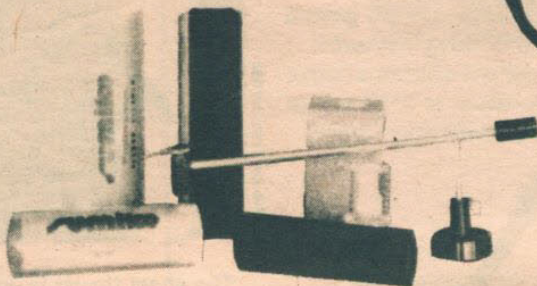
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Cardiopulmonary resuscitation personnel certified

by Pete Porter

Suppose someone grabbed their throat at your table in the Commons—a victim of "obstructed airways."

How would you respond?

Key personnel are now located strategically in every department around the LBCC campus to aid such "choking" victims.

Three Allied Health instructors—Jean Irvin, Dave Bakley and Arlene Crosman—conducted a two day Cardiopulmonary Resuscitation (CPR) Workshop September 16 and 23 in the Activities Center.

Thirty-eight individuals, 18 in each day-long session, received this First Aid instruction. Each workshop graduate will be awarded a Cardiopulmonary Resuscitation System card from the Red Cross.

"The purpose of this workshop is to train people in CPR and how to handle a choking incident," said Irvin. "This is campus wide. We will have at least one person in each department trained for this emergency."

Irvin stated that many people signed up for this special instruction. The selection process was made so that at least one trainee would be located in each department on campus.

She also indicated that perhaps additional training sessions would be held later in the year. This would accommodate those individuals in excess of the 36 person workshop limit.

How valuable is CPR training?

"Sometimes people choke on particles of food or dentures," stated Irvin.

She indicated this happens more often when a person has a high alcohol blood level when they are eating.

"This happens more frequently than other times," she added.

The final part of the CPR workshop was instruction on how to aid such victims of obstructed airways.



Photo by Tom Barnes

Physical education staff members Jean Irvin, Arlene Crosman and Dave Bakley recently taught 36 people on campus to be prepared to help potential heart attack or choking victims.

"Sometimes a choking victim is mistaken for a heart attack victim," warned the health instructor. "A person should grab their throat (if possible) to indicate that something is lodged in the airways."

Mrs. Irvin stated that a victim with an obstructed airway should be given the chance to cough up the obstruction.

"Their rhythm as they inhale and exhale is far superior to what your hitting them on the back might be," she added.

However, if the obstruction cannot be dislodged quickly, one of the other methods should be tried promptly.

In a complete airways obstruction, the victim has a definite blueness in the face and give forth a high pitch wheezing sound. Sometimes the victim's finger nails turn blue.

This calls for immediate attention and these more severe methods of relief promptly undertaken.

It could save a life. □



Photo by Tom Barnes

The chest thrust is one of the exercises CPR workshop participants practiced in their day-long session during staff in-service.



Photo by Tom Barnes

Pat Sarro, ASLBCC activities director, was the only student to take the CPR training during staff in-service. Like all the other participants, she had to practice on both infant and adult dummies.

How To Help Choking Victims

These are three ways for removing foreign obstructions from the airways:

1. Back Blows
2. Chest Thrust (abdominal thrust or manual thrust).
3. Finger Probes

Defined:

BACK BLOWS are a rapid series of sharp blows with the hand over the spine and between the shoulder blades. These can be administered with the victim in a sitting, standing or lying position. Always apply these quickly, forcefully and in rapid order.

The **CHEST THRUST** is administered as you're standing behind the victim. Place your arms under the victim's armpits, and encircle the victim's chest. Place the thumb side of your fist on the breastbone, but NOT on the xiphoid process (the lower tip of the breastbone) or the margins of the rib cage (the lower edge of the ribs). Then grasp your fist with your other hand and exercise a rapid backward thrust.

FINGER PROBES are accomplished by opening the mouth with one hand. Then insert the index finger of your other hand down inside the cheek and into the throat to the base of the tongue. Begin a hooking action to free the foreign object, maneuvering the object into the mouth so it can be quickly removed. □

Activities, a little something for everyone

by Cliff Kneale

"We have a little something for everyone this term," says Pat Sarro, student activities director.

Student activities will range from Video Tape Movie concerts to children's films and parties.

Sarro, who has spent her summer compiling the fall term activities schedule, has designed the program in such a manner so that it will put more emphasis on family entertainment.

"In the past there has been too little attention paid to the family at LBCC," she says.

The first Family Night Out will be Oct. 7 in the Commons. At this time, Sarro is planning to have at least one such function each term, depending on how well it is received.

Family night will include a meal and a movie designed for a wide range of people. The first movie is Jules Verne's classic "20,000 Leagues Under the Sea."

"However, the total projection is not centered around the family or children. We have some things that I definitely would not recommend for children," she said, alluding to "Duck's Breath Mystery Theatre," a political, social and economic satire.

Popular 'Gong Show' to hold tryouts

A version of TV's "Gong Show" will be held at the Douglas County Fairgrounds in October as a benefit performance for the Douglas County United Way.

Auditions for the show will take place on Wednesday, Sept. 28 from 8 a.m. to 8 p.m. in the Roseburg High School auditorium.

Those selected from the audition will appear on the "Gong Show" on Tuesday, Oct. 4 at the fairgrounds. Forty acts will be selected, and sponsors say "the wackier the better."

Sarro has designed the fall term to fit the students pocket book as well.

"Family night is especially designed to be economically feasible. I know of no other place where a family would be able to eat out and watch a quality movie for the same price," she said.

In the educational realm, Sarro has billed a symposium on death and dying, which will occur between Oct. 10 and 28.

"I think it is something people should take time to understand," she said, referring to death.

The fall term activities have been arranged and scheduled, but her job does not end there.

"Now I have to see that it gets done," Sarro said, mentioning that she is in need of three persons to act as activities chairpeople.

"The positions do not pay, except in the way of a good item for the resume," she stated. The positions are one person for locating performers for the Wednesday Chatauquas, one person for special events and a third for taking care of films, to include collecting money.

"Yes," says Sarro, "the pay is lousy, but these three people can be guaranteed a whole lot of warm fuzzies." □

The top prize winner will receive \$112 and local radio station KRSB will pay air fare for the winning act to appear on the original "Gong Show" in Hollywood.

There is no audition charge, but there will be a \$5 admission charge for the show itself.

Judges will include Governor Robert Straub, Jim Bradley from KVAL in Eugene and Roseburg radio personality Tom Wharton.

For additional information, call 672-1734 in Roseburg. □

Part time students may now qualify for aid

by Cliff Kneale

Good news for part-time students has happened in the Financial Aids Department. No longer are part-time students ineligible for federal financial assistance, work-study and loans.

Formerly, a student was required to be enrolled on a full-time basis in order to receive these types of aid; as of this year, students carrying six or more credit hours at LBCC may apply and receive them.

According to Rita Lambert, director of financial aids and job placement, all types of financial aid are available this term with a minimum of students applying.

Processing of most financial aid forms normally requires three to four weeks. "At least 90% of those who complete their applications are awarded some type of aid," said Lambert in regard to the availability.

There are at least 70 work-study employment positions still open to those students who qualify.

For those who simply desire to work in order to supplement their income,

the Job Placement office has many part-time employment positions available.

In the field of off campus part-time employment, Lambert says, "There have been over 80 phone calls in two days, people requesting students help." She added that the placement office has had so many calls since registration began that they are unable to keep count of them.

For the convenience of those students whose daily schedules do not permit them to get into the Financial Aids office, Lambert reports that the office (CC 107-B) will be open during the first week of classes and on the first and second Saturdays of the term between 8:30 a.m. and noon.

Those desiring additional information should contact the Financial Aids office, or attend a Financial Aids informative discussion scheduled for 12-1 p.m., Oct. 4th in the Alsea Calapooia room.

The discussion will answer questions and provide information on financial aids. □

Food Service needs work-study help

by Cliff Kneale

The lack of help in the Food Service Department may drastically affect the services offered during the coming term, according to Mark Brown, LBCC Food Service manager.

"We haven't the staff that has been available in the past," he said, citing the lack of work-study persons as the major cause for the problem.

Normally the Food Service Department staffs 34 work-study employees, providing service to three areas on campus—the Commons, the Sprout and the Santiam Restaurant.

"There are still 21 positions available for work-study personnel," said Brown. "Work-study is critical. Without the staff, we won't have the preparation as in the past."

This could mean that the Sprout, a popular vegetarian dining area on campus, may not be in operation during the fall term.

However grim the outlook, Brown expects to have the Santiam Room open by the third or fourth week of the term.

Some improvements have been

instigated in the Food Service area, one of which is the improved salad preparations.

"We plan on a green salad offering more in the way of condiments and dressings," Brown said.

The department also plans to expand the evening service and make some changes in the quick service, or grill products. The intent is to have more constant supervision in the preparation of the product.

"We have changed the type of buns that we use, and it helps," remarked Brown.

Brown also plans to initiate an "as you like it" service, where one may have a meal prepared to individual specifications. However, he said it may take a couple of weeks to develop.

Even considering the problems with help, Brown stated that the Commons would be in operation from 7:30 a.m. until 9 p.m. daily. The Santiam Room will open on Oct. 24, serving breakfast from 8:30 a.m. to 10 a.m. and lunch from 11 a.m. to 12:30 p.m. □

Joyce Easton returns to LBCC

by Cliff Kneale

To some returning students, it's a new face on campus. But to those die-hards who make LBCC a way of life, it's the return of an old friend.

Joyce Easton, director of student health services, has returned after a one-year leave of absence.

As her husband was required to leave his position at OSU on sabbatical, Joyce requested the leave of absence in order to spend time with him.

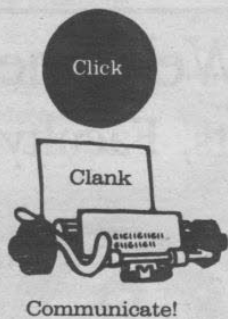
Of course, a leave of absence is not what it sounds like—a vacation. Joyce spent much of her time working as an abortion counselor, pregnancy counselor and a general health counselor in the Los Angeles area.

Then, on the other hand, it wasn't all work either.

"We went to a lot of movies, plays and played a lot of tennis," she says of the lighter side of her leave.

"It's good to be back at LBCC," remarked Joyce, "but it will be nice when the students get back. It's awful quiet around here."

The student health service on campus offers a variety of services, some of which include free pregnancy testing, health information, blood pressure testing and Band-Aids. Joyce is also open to a general rap session, as those students who have had occasion to visit her well know. □



The COMMUTER weekly student newspaper is one of the few ways for people on this diverse campus to "talk" to each other regularly. If you would like to make sure we have this vital communications link on campus and you would like to learn about writing, photography, graphic arts and/or advertising, look into these possibilities:

*Earn FOUR HOURS OF CREDIT by signing up for JN216 (Reporting I, MWF at 1 p.m.) and JN215 (Journalism Lab TBA). Or you can take JN215 by itself as a one credit lab.

*Work as a VOLUNTEER writer, photographer, artist, graphic artist-printer or salesperson.

*Look into some PAID POSITIONS. Editors get talent grants with a small monthly salary and there are a couple of work study positions. Previous experience or course work is not necessary. See Jenny Spiker for details.

CONTACT...Adviser Jenny Spiker (phone ext. 406, 439 or 341 or home 752-1839; office IA206—or—Editor Tim Trower (phone 752-8279; office CC210)

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Taking a list, historic tower may soon cease to exist

The old Southern Pacific water tower in Shedd recently began to nod. Some residents speculate on how long this piece of Americana will remain standing.

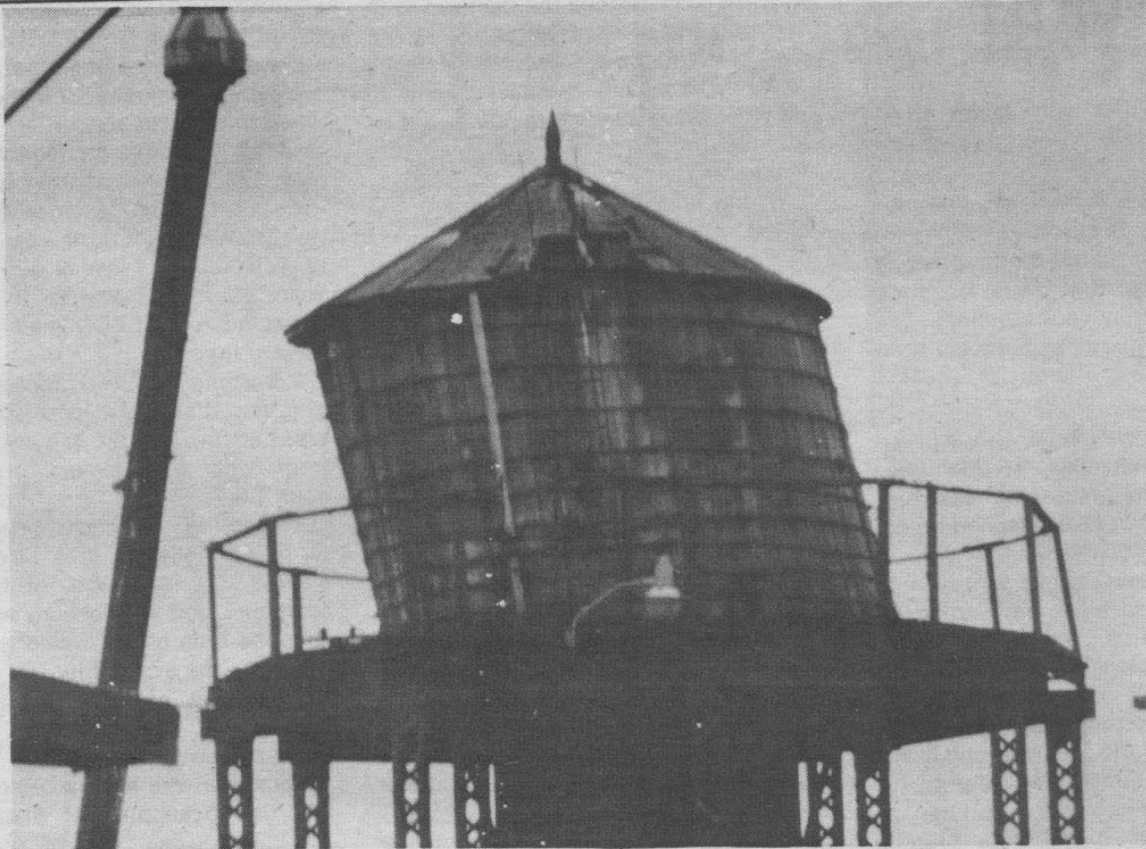


Photo by Ted Foulke

Work-study positions available to Vets

Veterans work-study positions are open for those vets who qualify. The LBCC Veterans affairs office is in need of typists and persons with other office related skills.

The applicant must be a vet enrolled for 12 or more hours at LBCC.

Those interested should contact the vets office to pick up an application. □

College Center office contracts to become major ticket outlet

Reserved seat tickets to many of the concerts, shows and sporting events in the Portland area are now available through the College Center office. That's right, the College Center has contracted with *Lipman's Ticket Place* and is now a major ticket outlet. This service is designed to save Linn-Benton students and staff both time and money. So if you need tickets to a major Portland attraction, come to CC214 or call us at extension 283.

We currently have tickets available for the following events:

- RUSH
- TIN LIZZY
- PRESERVATION HALL JAZZ BAND
- LARRY NORMAN
- EVERGREEN DISTRICT QUARTET
- CELEBRITY CUISINE
- BILLY JOEL
- CARLOS MONTOYA
- TOM T. HALL
- DOC WATSON
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- GUY LOMBARDO
- NEIL SEDAKA
- FAMILY CONCERT/
NORMAN LEYDON SUN

CREATIVE CIRCLE SHOW-CASE. A new way of selling needlecraft. Work part-time. Earn \$10 an hour. We train. Call Marcie Morgan, 926-7004.

LBCC non-discrimination policy announced

Vice-president Bob Adams has announced the college's policy on non-discrimination toward handicapped persons. Adams has been designated to coordinate college activities and efforts in compliance with Health Education and Welfare Dept. regulations concerning handicapped persons.

"The college does not discriminate on the basis of handicap in admissions or access to or employment in its programs and activities." Adams issued this statement to all deans, directors and association presidents on Aug. 18.

In addition, Adams included the college policy for resolving complaints of discrimination including discrimination based on handicap. Forms for initiation of that process are available in the following offices: President, Vice-President, Dean of Instruction, Dean of Students, Dean of Business Affairs, Community Education and the Centers in Sweet Home, Lebanon and Corvallis.

The "Process for Resolving Complaints of Discrimination" follows:

Federal and state laws prohibit discrimination on the basis of age, handicap, national origin, race, marital status, religion or sex in instructional programs, extra curricular activities and employment. Linn-Benton Community College has adopted the following process to be used by persons who wish to file complaints relating to discrimination. Complaint forms are available in the following locations: President's Office, Dean of Instruction Office, Dean of Students Office, Dean of Business Affairs Office and Community Education Office.

Step I. Informal Resolution

Any person who feels that he or she has been discriminated against in violation of law is encouraged to discuss the matter with the individual causing the discrimination. If such a discussion does not resolve the matter, or is impractical, the complainant should then contact the person's immediate supervisor.

Step II. Complaint

If the complainant is dissatisfied with the results under Step I, a formal complaint may be filed with the immediate supervisor of the person whom the complaint is against. The complaint will be in writing and should contain specific details covering the incident and the desired remedy. The complaint form should be taken or mailed to the immediate supervisor's office. On receipt of the complaint, an investigation will be conducted to determine if unlawful discrimination has occurred. Within 30 days after the receipt of the complaint, the college will respond in writing to the complainant. The response shall state whether or not the college believes discrimination has occurred and what steps might be undertaken to resolve the problem. In the event Step II involves the President as the immediate supervisor, he will appoint a representative to handle the investigation and determine if unlawful discrimination has occurred.

Step III. Appeal

If the Complainant is not satisfied with the disposition of

the complaint at Step II, a written appeal may be filed with the President. The President shall determine whether or not to review the case based upon the written appeal and may hold an informal hearing within 15 days if he so desires. If the President decides to hold a hearing, a written record should be kept of such proceedings.

Approved 10/14/76

Health speakers sought

Any faculty, staff member or student who has lived in a foreign country under a health plan different from that of the U.S. and who is willing to discuss it with a Personal Health class, is encouraged to contact a health instructor in the Allied Health and P.E. Department. □

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Bakley discloses intramural plans

by Pete Porter

Numerous intramural activities will be available to LBCC students this fall term, Intramural's Director Dave Bakley announced.

"The biggest activity of this fall term will be a tennis tournament," Bakley stated. "This will be a co-educational tennis tournament—open to staff, faculty and students."

With play scheduled to begin on Monday, Oct. 10, all interested tennis players are to register at the Activities Center as soon as possible.

Bakley defined the basic concept behind the intramurals program.

"It permits all LBCC students to participate in all activities, either in teams, with one other individual, or by themselves," he said.

Bakley stated that soccer, volleyball (later in the term), flag football, tennis, handball, paddleball, basketball and swimming will all be available.

"Also, if enough interest is shown, LBCC could have a passing football team," he added. "This team would compete in the Albany City League."

But this entry would have to be formed immediately, according to Bakley. All interested parties are to sign up in the Activities Center promptly.

"What we attempt to do is provide a variety of activities that will afford each student an opportunity to meet his needs," Bakley said. "This is according to his class schedule, his work schedule and family obligations."

LBCC will also sponsor soccer and volleyball teams—for both men and women—in the Albany City League, if enough interest is shown. The final date for signing up for these teams is Oct. 5, the second Wednesday after school opens.

Other activities and details mentioned by Bakley:

—Later during fall term, three on three co-educational basketball teams will be formed. Everyone interested is urged to sign up early at the Activities Center.

—Teams will also be formed later for the Slow Break and Recreational Basketball Leagues in Albany.

—Swimming, handball and racketball are available at the Albany YMCA. Swimming can only be done during open times, and this schedule will be posted later around the LBCC campus on the intramurals activity sheet.

—The three above mentioned activities will cost 50 cents per student. The regular cost is \$2, but with a current activities card the rate is reduced for students.

—Flag football teams will play at noon on Tuesdays and Thursdays beginning Oct. 4. The teams will assemble on the athletic field, inside the track. A minimum of six players are needed for each team. Players are encouraged to register as a group in the Activities Center. Beginning Nov. 5 the gymnasium will be open on Saturdays from 9 a.m. to 3 p.m. At this time free play activities—basketball, volleyball, badminton, weight lifting, etc.—will be available.

Later an open gymnasium is planned for the evening session. All interested individuals should check in the Activities Center for these dates and times.

Bakley noted that the Albany YMCA will be open for students (with an activities card and 50 cents) most hours, with the exception of 11:45 a.m. to 1:15 p.m.

If any additional intramural activity is desired, Bakley suggested that he be contacted and every attempt would be made to meet this need. □

Cross country ready

By Pete Porter

Under the watchful eye of Roadrunner coach Dave Bakley, the LBCC cross country team has been working out for nearly three weeks.

Nine candidates (five men and four women) are currently preparing for Oregon Community College Athletic Association competition.

Bakley, starting his fifth year at the cross country helm, expects more runners to join the squad the first week of classes.

"I would like to encourage all the guys and gals who have an interest in running cross country to try out for the team," stated Bakley.

LBCC opens OCCAA competition when they travel to the Lane Invitational at Eugene on Saturday, Oct. 11. All cross country meets start at 11 a.m. □

Volleyball players needed

by Pete Porter

Women's volleyball workouts are slated from 2 to 4 p.m. each afternoon at the Activities Center, according to new LBCC coach Sandy Hug.

All interested team aspirants are encouraged to call 928-7814 for additional information.

The Roadrunners will open competition on Oct. 8 at the Activities Center.

A full volleyball schedule will be printed in a later edition of the Commuter. □



Irvin participates in Seaside run

by Pete Porter

Energetic Jean Irvin "practices what she preaches."

The 45-year-old LBCC health instructor participated in the Seaside Beach run for the sixth time in late August, winning the 40-50 age category. Irvin's time was 57:16.

Approximately 1200 runners from throughout the northwest competed, with Art Boileau of Portland registering the best time—37:12.6—over the 7½ mile course.

The fastest time recorded by a woman was 45:41.0, by Albany's Ellen Schmidt in the college division.

Irvin was especially pleased this year, as her 12-year-old son Dean also competed.

The Seaside Beach Run is becoming a family tradition.

"We go and camp out all weekend," said the LBCC instructor.

Included are husband Dick—a physical education instructor at Oregon State University—16-year-old Denise, and 17-year-old David.

This annual outdoor activity has something for everyone.

"They have a one-half mile run for children six years and younger," said Irvin. "About 200 youngsters competed this year."

Smiling, she continued, "They run right along the beach in that semi-hard sand. Some in barefeet, some wore shoes."

With no age limit, many older individuals also compete. Clive Davies of Portland won the over 60 category in 44:33.0.

"This is a fun run," added Irvin. "When you hit a certain area of about a

half a mile or mile of soft sand, many people don't know what's coming up."

Pausing briefly, she exclaims, "...It's just like climbing a mountain. Some take their shoes off or put them back on. It's really funny to listen to different comments when individuals hit that soft sand that about kills you."

The physical education instructor stated that weather conditions were near perfect for this yearly affair.

"Great...Cool with no wind. I'd guess the temperature was between 60 and 65 degrees."

Irvin marvels at the rapid pace women's running has progressed over the past six years.

"When I first started," she said, "I'd pass most of the high school girls. But now the running has improved so much that they are standing there waiting five or ten minutes before I get across the finish line. That is progress—a tremendous improvement."

The Irvin family also traveled to Fort Stevens State Park on Sunday for additional exercise.

"This event is run in conjunction with the Seaside Beach run," Irvin.

At Fort Stevens the entries run three miles cross country and then swim for a half a mile.

"My kids always wipe me out on this one because they are all good swimmers," she proudly stated.

The winning time at Port Stevens this year was about 27 minutes.

"It's almost unbelievable," beamed Irvin.

Besides these two events this summer, she also participated in the Silver Creek State Park run and the summer Corvallis run.

Yes, indeed. This is one physical education instructor who REALLY "practices what she preaches." □



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Volunteers needed to keep score for a handicapped bowling league at Corvallis Elks Lodge, 12:30-3:00 on Saturdays. 754-4513 (8-5, M-F) 929-5034 (evenings and weekends).

calendar

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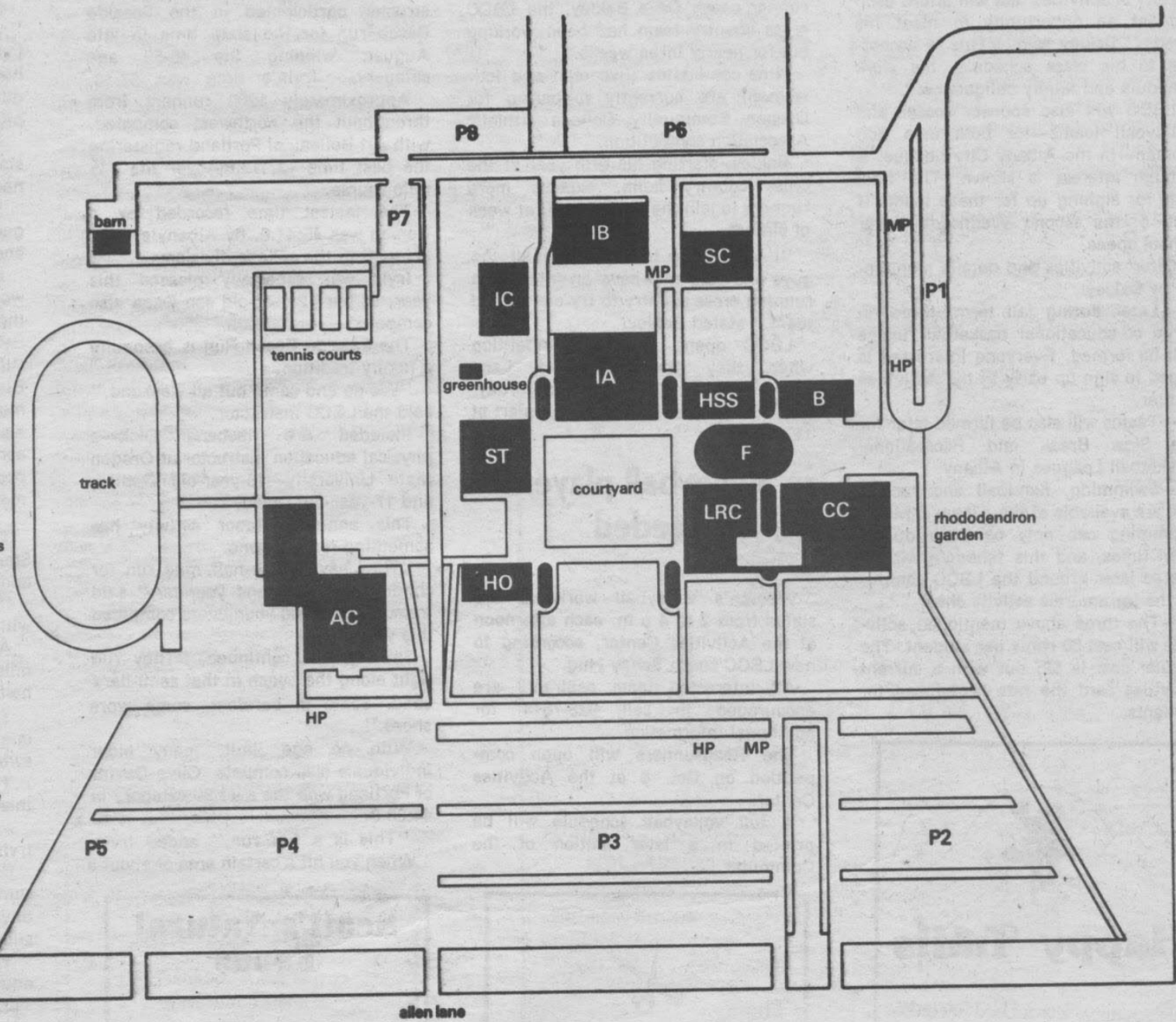
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<p>SEPTEMBER 26-28</p> <p>Play tryouts 2-6:00 pm F-104 (The Glass Menagerie)</p>	<p>TUESDAY OCT. 4</p> <p>Programming Council meeting: 12:00-1:00 p.m. in the Willamette Room, (Club representatives should be in attendance.) Financial aids informative discussion: 12:00-1:00 in the Alsea/Calapooia room, (Rita Lambert will be there to answer questions and provide information concerning financial aids (sponsored by ASLBCC).)</p>
<p>WEDNESDAY SEPT. 28th</p> <p>Chautauqua-11:30-1:00 p.m. Alsea/Calapooia room ("Daybreak".)</p>	<p>WEDNESDAY OCT. 5</p> <p>Chautauqua: 11:30-1:00 Alsea/Calapooia room, (Tom and Theresa; a local folk group)</p>
<p>SEPT. 29 TO NOV. 10</p> <p>Play rehearsals 4-7 p.m. in F-104</p>	<p>THURSDAY OCT. 6</p> <p>Movie: "Logans Run", 11:30-1:30 in the Alsea/Calapooia room, and 7:00-10:00 p.m. in the Fireside room.</p>
<p>FRIDAY, SEPT. 30</p> <p>Jammin': 11:30-1:00 p.m. Alsea/Calapooia Room. Disco Dance: 9:00 till midnight, in the Commons (Wally Newman and Mike Shannon of KGAL) Sponsored by the Disco Dance Club.</p>	

<p>FRIDAY, OCT. 7</p> <p>Jammin': 11:30-1:00 in the Alsea/Calapooia room, (Open mike) Family Night Out: 5:00-9:00 p.m. in the commons, (a low cost family event. A short meal and a movie in the forum, "20,000 Leagues Under the Sea," Forum 7 p.m.</p>	<p>OCT. 12-14</p> <p>Video Tape: 10:00 to 2:00 and 5:00 to 7:00 p.m. in the Fireside room ("Fleetwood Mac")</p>
<p>OCT. 10-28</p> <p>Symposium: Death and Dying. A three-week series of speakers, films and panels exploring death and dying and how to cope with it.</p>	<p>FRIDAY OCT. 14</p> <p>Jammin': 11:30 to 1:00 in the Alsea/Calapooia room.</p>

SAT.-SUN.
SERIOUS RELAXATION!

- AC activities center
- B business
- CC college center
- F forum
- HO health occupations
- HP handicap parking area
- HSS humanities & social services
- IA industrial A
- IB industrial B
- IC industrial C
- LRC learning resource center
- MP motorcycle parking area
- P parking area
- SC service center
- ST science & technology
- core units house elevators, restrooms, bicycle parking, and some classrooms and offices



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