THE COMMUTER A Student Publication

Linn-Benton Community College • Albany, Oregon 97321

VOLUME 15 • NUMBER 27 • Wednesday, May 23, 1984



Political Contrast

Military personnel address a partisan crowd of protesters at Corvallis' Armed Forces Day parade held last Saturday. About 100 participants and 100 protesters turned out for the event, which drew few spectators. An adhoc group of local residents, Citizens Against Military Madness, organized

the protest and distributed flyers outlining what they called the "irresponsible use of U.S. military force." Harsh words were exchanged between the two groups, but the protest was peaceful. Organizers of the parade said they were disappointed in the low turnout of spectators.

evy needed to balance'84 budget

By Sue Buhler **Managing Editor**

The LBCC tax base request of \$5.7 million was defeated last week, with 53 percent of the vote against the measure.

The tax levy passed last fall expires June 30, according to Pete Boyse, assistant to the president. "At that point the college loses \$1.2 million in revenue," Boyse said. "In order for the college to maintain at all we have to replace that levy. If we can't do that, we'll have to have more cuts.

Benton County voters passed the tax base request, with 10.881 yes and 8,177 no votes in the final but as yet unofficial tally. Linn County defeated the measure 13,056 to 7,878. Linn tallies were

delayed several days by computer malfunctions. The small margin of defeat-2,474 votes-both pleased and dissapointed LBCC officials.

"We did better this time than we did the last time we ran a tax base election, considerably better," Boyse said. "But of course we're dissapointed that it didn't pass.'

Carol Baker, director of community relations, said staff and faculty now have to look to the future. "It's dissapointing to lose by only three percent," Baker said. "Now we have to plan for the next election, and hope for the best."

Boyse said the next step for the college is for the budget committee to determine how much needs to be trimmed from the budget to obtain voter support, and for the board to select an elec-

tion date.

"We have two more chances (to obtain an operating levy) in August and September. My guess is that the board will go for a September date," Boyse said. He added that if the college failed to pass a levy in September the students could expect some 'major changes" fall term.

"The summer program won't change at this point-the board has committed to that-but if we can't pass a levy we won't be able to operate at the same level next year as we are now.

After the budget committee has decided what amount to ask the voters for, Boyse said, "We'll have to decide where to cut back in programs or services to meet those figures. My guess is that the staff will recommend where the cuts should come from.

Boyse explained it is difficult for the board and budget committee to make an assessment of what to cut as they aren't close enough to the programs. "it's my guess that the president and vice presidents will say 'look, these are the areas we recommend you make cuts if you're going to.' "

Baker said she hoped severe program cuts wouldn't be necessary

'If all of the 10,000-odd students who take classes through LB voted 'yes' we could pass every base and levy," Baker said. "We're already gearing up to organize volunteers to educate people about LBCC, and anyone who'd like to help can give me a call.

Logan named division director

By Francis Dairy Staff Writer

Richard L. Logan, a former dean from Idaho State University, has been named director of the Industrial Division at LBCC, replacing Marvin Seeman, who left earlier this year for a job in Saudi Arabia

Logan served for four years as dean of the Idaho State University School of Vocational-Technical Education and earlier served in similar posts at Waukesha County Technical Institute and Illinois Valley Community College. He holds degrees from the State University of New York, Ohio Unversity and the University of Wisconsin.

It is not known when Logan will take over the \$36,750-a-year position, according to John Alvin, acting division director.

Alvin, a welding technology instructor, admits he doesn't like sitting behind a desk and is ready to resume teaching.

Editorial Levy defeat darkens future of community college education

LBCC is a quality educational institution and I can't believe that some members of Linn County continue to defeat the college's levy

Returning to the voters more than once to pass a school's budget is a waste of money that could be better spent promoting the knowledge and experience that LBCC provides to residents of both Linn and Benton counties.

It costs LBCC \$12-\$15,000 to put a measure on the ballot, depending on whether or not there are other measures on the ballot to share costs. Can't those of you who vote against LBCC see the benefits of taking faculty members off the campaign trail to return them to their classrooms?

Many people in Oregon and other states criticize the quality of education in general in Oregon. Now I know why-Oregon teachers and administrators spend their valuable time trying to convince their communities of their feasibility which drains energies that could be directed toward building quality programs and teaching them.

If instructors didn't have program budget cuts hanging over their heads maybe they could feel more confident and have the incentive needed to initiate stronger and more updated curriculums.

Keeping in step with a fast paced and continually changing society requires time and energy. In the fields of graphics and journalism, I have seen drastic changes as a result of technology in the past five years that sent long-time employees of these fields back to college for training.

People who vote no for schools can't expect teachers and/or students to improve when we have to scrape the bottom of the pot for resources.

In spite of the lack of support, LBCC has held on because of exceptional faculty willing to extend themselves beyond the call of duty. Most faculty members on this campus have genuine interests, hands on experience and devotion in their field of study.

As a graduate of LBCC in June, I am proud to say I have received my training and education from a community college-a school whose instructors knew me and I them. Education and knowledge acquired in a university classroom of 300 will never mean as much as the experience gained working side-by-side with the professionals at this community college.

During my two years at LBCC many doors of opportunity have opened. I was able to get valuable hands on experience and always knew when related job opportunities in my area were available.

Rich Bergeman, journalism instructor, introduced his students to working journalists by inviting them to our classrooms and by carpooling us to area businesses.

When instructors know their students they can demand the individuals' full potential and thereby increase the person's chances for survival in a competitive world.

Eliminating funding to community colleges will put distance between instructors and students, increase sizes of university class loads and deny students the most solid educational foundation available.

P.K.

THE COMMUTER

The Commuter is the weekly student-managed newspaper for 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 Associated Students of LBCC. Editorials reflect the opinion of the editor; columns and letters reflect the opinions of those who sign them. Correspondence should be addressed to the Commuter, 6500 SW Pacific Blvd., Albany, Oregon 97321. Phone (503) 928-2361, ext. 373 or 130. The newsroom is located in College Center Room 210.

Commuter Staff:

Commuter Statt: additor, Pamela Kuri; ananaging editor, Sue Buhler; aphoto editor, Diane Eubank; feature editor/lab assistant, Sheila Landry; atableau editor, Sherry Oliver; business manager, Kathy Kelley; office manager, Marva Alexander; reporters, John Chilvers, Francis Dairy, Katherine Davenport, Steve Nash, Sherry Oliver, Teresa Deal, Lori Trende-Landgraver, Barbara Story, Scott Heynderickx, Lisa Odam; photographers, Pamela Kuri, Diane Eubank, Sheila Landry, Francis Dairy, Sue Buhler, Pat Wappes; production staff, Marilee Anderson, Carol Hillmann, James Huston, Kim Kaseberg, Suzette Pearson, Myron Bryant, Christine Dodson, Michelle Baggett, Helene Becker, Doarin Hamilton, Pat Wappes; typesetters, Jerri Stinson, Eric Kelsey; advisor, Rich Bergeman



Letters Volunteers thanked

To the Editor:

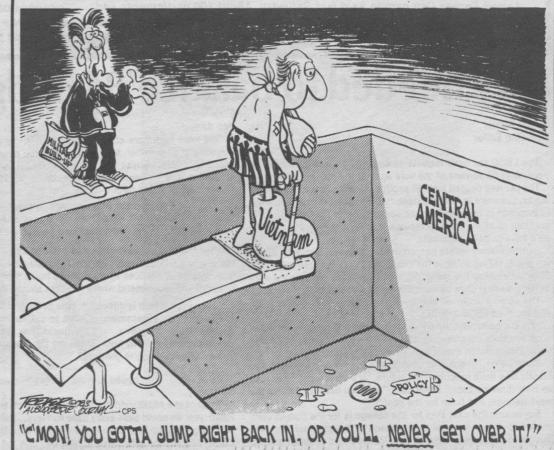
I would like to take this opportunity to express my deep appreciation for all the work that LBCC staff, students and friends contributed to the recent tax base campaign. Though we didn't get the results we had hoped for, I feel that several positive things happened which will pay dividends in the long run: 1) we received strong support from a large number of citizens who served on community campaign committees in Albany, Corvallis, Lebanon, Sweet Home and Philomath; 2) we built some important foundations for communication with a broad cross section of people we serve, including farm and labor organizations and senior citizen groups in addition to civic organizations and service clubs; 3) we visible with the message that LBCC is good for Linn and Benton counties and that the college's tax requests are modest.

We needed to do these things whether there was an election or not, and now that we've made a strong start, we need to continue our efforts to communicate the value of the college. Ultimately, having voters feel that they truly "own" the college and are proud of it is what will help us pass money measures. There was a

total of 21,233 "no" votes on Tues day. Last year over 21,500 people took at least one class at the college! We who work and study here have it in our power as voters to control the quality of this institution-but it will take all of us.

I'm proud of the teamwork we've shown in the weeks and months before this election, and I would hate to see it die because people are discouraged. We've gained valuable ground in this campaign. I believe we can and must move ahead with deter mination and pride as we plan for September and beyond.

> **Carol Baker Community Relations Director**



Soviet scholar airs world issues

By Scott Heynderickx Staff Writer

Russian professor Maria Lebedeva came to campus last week and answered questions about her homeland ranging from child-care to the politics behind Soviet involvement in Afghanistan.

Lebedeva was here as part of a tour of Oregon sponsored by the Oregon Council of American Soviet Friend ship. On leave from her Business English teaching position at the Moscow State Institute of International Relations, she is touring the U.S. to promote understanding and provide information about her country.

Lebedeva engaged an inquisitive group of about 60 persons in a question and answer session that offered the participants a rare chance to speak openly with a Soviet citizen.

Commenting on the U.S. publics' misconceptions concerning the Soviet Union, Lebedeva said "We know much more about your country than the people of your country know about us. (The American public) either knows next to nothing about us or has an absolutely distorted picture.

Fostered by the U.S. media, Lebedeva continued, this distorted picture of the Soviets is being used for political ends. "This image of the Soviet Union as the threat...it's intentionally created to justify a military buildup and arms race. We're totally serious about proposals to freeze the arms race and to reduce and ban nuclear weapons.'

Fundamental to understanding 20th century Russia is having some knowledge about the history of the country and Lebedeva spoke briefly on these topics:

Russian Revolution of 1917-"What we were striving for was to try a different system, to create a new society which could represent the peoples' interests.'

World War II-"It gave us hundreds of Hiroshimas two-thirds of our land was smashed and burned to ashes, we lost 20 million young people. I know how much we lost and how well we've rebuilt a destroyed nation.

Afghanistan-"The government had begun reforms, giving land to peasants. Country-revolutionary forces formed and were supplied by the U.S. The country requested 14 times for help from our country before we responded."

Current—"We're surrounded by over 1,500 American military bases on or near our borders. The development and deployment of MX and Pershing missiles is a clear threat. We have to be cautious."

Lebedeva said the image of the U.S. in the Soviet Union is a matter of concern, especially among the young

"We admire this country more than we should. Youngsters visualize this society from the moviesing people living in mansions with swimming pools and riding horses. They don't realize that every country has its problems. They think everything is good in the U.S. and they think drugs and pornography are exciting.'

The tight structure of Soviet society is evidenced by the travel restrictions placed on its citizens. "We have the right to travel, but it's made difficult by the way our currency works on the world market. We can travel freely in the socialist countries, but it's quite difficult to get accomodations to go abroad."

Lebedeva said she went through an application process to tour this country and she will be last on the list of travel abroad options when she returns home. She said she expected this country to be "rich and beautiful," but she was "flabbergasted by the beauty of both California and Oregon."

myself.

plained, adding, "I just want to be

As an older woman it was hard to

come back to school, she said, "I was

afraid to come back," admitted Ju-

deen. "School was much easier than

(small engines) a good thing for women to get into."

Esther Andrews, 41, first year

Esther meets the paper truck

around 2:30 a.m. and gets home

around 6:30 a.m., she said. "I take a

short nap and go to school," she said.

pipe layout, arch welding and oxygen

and acetalene welding," said Esther.

to learn," she said. "It's a lot more

complicated than I realized. I really

enjoyed oxygen and acetalene

All three women said they enjoy

the outdoors and freedom to be

welding," she added.

creative in their work.

"I have learned blueprint reading,

"The more we learn the more I want

welding technology student, prefers

welding over cooking and cleaning.

"To me this is fun," she said. "It's

it had been before," she added.

Photo by Scott Heyndericka

More women joining men in trades By Francis Dairy dragster but is not built for speed, "I just believe in equality and have always been independent," she ex-

Staff Writer

Prior to World War II a woman's place was in the kitchen, taking care of the house and kids while the man brought home the bacon.

Then during World War II women were called on to help build ships, tanks and bombs while the men went to war.

Since that time women have changed their direction.

By the 60's women were well organized and "women's liberation" became a household word.

Women in industry (non-traditional jobs) is nothing new for the male species, but some have this idea that women should be seen and not heard.

Some women here at LBCC still hear snide remarks behind their backs, but they insist it does not bother them since the remarks are by young men who are either jealous or don't know any better.

Shawn Vorrath, 19, Auto Technology student, has been working on engines since the fourth grade.

While in the fourth and fifth grade in Germany, she worked on a motorcycle carburetor to keep it running, she said, "I tore the whole motorcycle down (motor and everything else) but never put it back together. We moved and left pieces of it all over Germany

Shawn lived most of her childhood life in Germany since her father was working for the military.

"My goal is to come out of school as a good carburetion tuneup and electrical mechanic," said Shawn.

After everyone got over their initial prejudice everything was okay, said Shawn. "The young guys were uneasy at first but after two or three weeks they relaxed," she said.

"I like the change of pace (doing many different things) instead of setting at a typewriter every day," she said

Shawn is also a member of the RPM club which is currently working on a race car. The car is similar to a rather for time consistency. "I'm liberated but not to an extreme," said Shawn.

Judeen O'Malley, 43, first year small engine technology major, likes working small engines opposed to car or diesel engines because they are light weight and easier to handle.

"I have always been good with mechanical things," she said. Judeen graduated from the U of O

Medical School in Portland and work ed as a medical technician for about two and one half years.

"I quit years ago because I didn't like being inside all of the time. I liked the type of work, but sitting in the same spot every day is what I did not like." she said.

Since leaving the medical profession she has been doing odds and ends outdoors. "I deliver newspapers every morning now," explained Judeen

Judeen said the teachers and older men (in class) accept her but the younger students don't. "But most are okay," she added.



1. If LBCC offers students a dental plan, would you subscribe? Π

2. Would you subscribe to the Dentiplan described in the article (this page) if LBCC offers you a membership?

Why or why not.

(Please clip and put in a pass-the-buck box)

Students and staff question Soviet scholar Maria Lebedeva Thursday, expressing interest in the political and social aspects of daily life in Russia.

LBCC considers dental plan for students next year

By Pamela Kuri Editor

The Student Programs Office is considering the initiation of a dental plan for LBCC students.

The prepaid dental health care membership plan being reviewed was offered to LBCC by Dentiplan, a Eugene-based, non-profit organization that has served Lane Community College for two years.

The policy covers a period of 12 months and would cost \$39 for one subscriber, \$78 for a subscriber and one dependent or \$106 for a subscriber and two or more dependents.

Dentiplan offers a 10 day examination of the policy coverage allowing subscribers to return their policy for a full refund if they are not satisfied with it for any reason.

Subscribers and dependents would have to choose from the dental facilities participating in the program. In Albany one dentist, Richard D. Nelson, D.D.S., and in Corvallis two practitioners, H. Dale Warren, D.D.S., and Curt R. Baumgartner, D.M.D., are listed

According to the policy, there are no age limits, no pre-authorizations, no deductibles and no claim forms. In addition, office visits, examinations, diagnosis, x-rays, preventative education and one teeth cleaning per year would be provided through the policy at no charge to subscribers.

Restoration dentistry, crown and bridge work, pontics (artificial tooth on bridge or partial dentures), periodontics (surgery under the gum and emergency treatment), endodontics (root canals), and prosthetics (dentures) are offered to subscribers at rates reduced 20-40 percent from average dental costs.

According to Blaine Nisson, stu-dent programs director, the prices were compared to available local sources by Jerry Morgan, LBCC den-tal instructor. "The prices were much lower," Nisson said.

"Dentiplan is really keyed into preventative dentistry," Nisson said. "I think it's a good deal for students and Lane Community College seems very pleased with their program.

The dental plan won't cost the college anything except the administrative time it takes to get the program off the ground. "Administratively, we would have to help at least 100 students to justify the time it takes to administer, Nisson said.

Nisson would like to have the program in effect for fall term and said, We need to know how many LBCC students are interested in dental coverage."

Students can obtain a copy of the policy in the Student Programs Office on the second floor of the College Center Building in CC-213. (Please see questionnaire this page.)

Commuter•Wednesday, May 23, 1984 3

Arts & Entertainment

By Sheila Landry Feature Editor

Well, this is it folks. My last effort at trying to squeeze all the cultural enrichment the Mid-Valley has to offer into a weekly column.

I have no intention of getting sentimental about this. On the contrary, I'm too excited about graduating and seeking a future career to worry about what I'm leaving behind. I realize that my departure is by no means so monumental as to bring even the slightest ebb in the flow of entertainment in the area.

So rather than draw out my goodbye any longer, why don't we all look to the future and see what the coming attractions are to lure us all away from finals fatigue.

An LBCC student photography show will be on display in the Humanities Gallery beginning May 28 through the end of spring term.

LBCC's Concert Choir and Jazz Scat vocal groups, directed by music instructor Hal Eastburn, will be presenting their final performances of the school year at 8 p.m. May 31 in Takena Theatre. The groups programs will feature a variety of pieces, from classical to lighthearted melodies. The Jazz Scat singers are including a special arrangement of "Woodchoppers" by Harvey Brooks, who retired last year after directing bands at Corvallis High for more than 20 years.

Student conductors Kevin Olsen and Rebecca Rodgers will direct the Concert Choir in three arrangements including "Gloria in Excelsis," by F.J. Haydn. Piano accompanist for the evening will be Rebecca Butler of Lebanon. Tickets will be available at the door for \$2 (general) and \$1.50 (students and seniors).

LBCC history, philosophy and religion instructor, Larry Sult, will be giving a talk May 30 titled "The Cross and Sword in Latin America," at 7:30 p.m. in St. Mary's Parish, Albany. Sult will be discussing the changing role of the Catholic Church from the time of the conquest of South America to the emergence of Liberation Theology in the 1960s.

Another discussion will be given at St. Mary's, May 23 at 7:30 p.m. by Mt. Angel Director of Justice Studies Frank Fromherz titled "Personal Experiences with Central American Refugees." Fromherz will give a slide presentation on some of his own experiences in Guatamalan refugee camps.

Sult and political science instructor Doug Clark will be holding a discussion at LBCC on "Students Abroad," May 23 at 3:30 p.m. in room T 229. They will be offering information and advice on grants and scholarships that are available for students wishing to study overseas.

The final noon Lunch Bunch book talk for the year will be held May 29 in Board Room B by data processing instructor Gladys Norman called "Demystifying Computers."

Oregon poet William Stafford and his son Kim will be reading selections from their published works May 24 at 7:30 p.m. at the Corvallis Library. Stafford served as a poetry consultant to the Library of Congress in 1970 and won the National Book Award for "Travelling Through the Dark," in 1963. Kim has published three books of poetry and Stafford senior is currently teaching English at Lewis and Clark College in Portland.

Comrades of the sixties, like myself, can't forget the outrageous

journalist Hunter S. Thompson, who graced the public with his bizarre perspective on life in books such as "Fear and Loathing in Las Vegas." Thompson is planning to bring a touch of his own brand of insanity to U of O's McArthur Court in Eugene, May 24 at 8 p.m. Tickets are available for \$4 at Everybody's Records in Corvallis.

Two free concerts will be held in LaSells Stuart Center in Corvallis May 23-24. On Wednesday, the OSU Percussion Ensemble will perform at 7:30 p.m. On Thursday, the OSU Symphonic Band will begin entertaining at 8 p.m. with chairman of the OSU Music Department, David Eiseman, as featured performer along with Peggy Matthes, a professional flute

player and instructor at OSU. Internationally known cellist Carter Enyeart and pianist Duane Funderburk will perform a **chamber concert** May 23 at 7:30 p.m. at Kings Circle Assembly Church in Corvallis. The concert is co-sponsored by the music departments of the church and OSU. A donation of \$4 (general) and \$2 (students and seniors) will be requested at the door.

Rather than conclude my last column with a syrupy so-long, I'll just close with some more events worth noting.

LBCC will be presenting a **Spring Pops Concert** featuring the Community Chorale and Big Band at 3 p.m. June 3 in Takena Theatre. The Chorale, directed by Hal Eastburn, will be singing arrangements from broadway musicals such as "Cabaret," "Fiddler on the Roof," and "All That Jazz." LBCC's Jazz Trio will be accompanying the chorale. The Big Band's program, directed by Gary Ruppert, will feature contemporary jazz renditions of oldies but goodies such as "All of Me," "If Ever I Would Leave You," and "Old Devil Moon." Tickets are available for \$3 (general) and \$2.50 (students and seniors) at French's Jewelers in Albany, The Inkwell in Corvallis and the LBCC College Center Office.

Two Charlie Chaplin movies will be featured at Wilkinson Auditorium in Corvallis to close the 1984 OSU International Film Series. On June 1 Chaplin's "Limelight," will be shown at 7 and 9:45 p.m. Admission will be \$2 at the door. The final film, Chaplin's "Monsieur Verdoux," will be shown free of charge at 7 and 9:30 p.m.June 2.

The Oregon Coalition for the Deschutes, an organization dedicated to saving the Deschutes River in Eastern Oregon from destruction by the construction of 14 proposed Hydro Projects, is sponsoring a fund-raising concert featuring Mason Williams June 1-2. Both concerts will begin at 8 p.m. at the Inn of the 7th Mountain in Central Oregon. Doors open at 7 p.m. and tickets will be \$10. For more information contact Bob Williamson at 382-8346.

PROGRAM COUNCIL

OREGON STATE UNIVERSITY



Rodak film. Because time goes by! (Kodak

Review

Reader's Theatre takes strong position on war

By Diane Eubank Staff Writer

Many people don't think about war very often. Most people try not to. Days, weeks, even months can pass when one never gives a thought to anything but everyday life. School, work, money, car trouble, laundry; activities and trivialities of modern life take up a major part of our thinking and activity.

LBCC's reader's theatre production, "Wars and Rumors of Wars" is thought provoking. It is a compilation of poetry and prose that deals with the nature of war and its effect on the individual. The literature spans a wide range of time, from early Egyptian and Chinese writings to pieces about Vietnam.

Honor has always been a major factor in war. In-dividual honor, national honor, defense of a position or a territory, any number of honorable rationales have been reasons for war. The concept of this show is that, to those swept into war, such honor rarely justifies the suffering and loss that it brings.

The show works best when the pieces are narrative and allow the story to be acted out, or when the actors are made into a chorus of speakers. In solo readings, the contemporary pieces seem to be more accessible to the actors and are therefore easier for the audience to understand.

An evening of literature is tough to turn into a script. Most of the time this show isn't really a play, because there is no central character or plotline to follow. But it does make a statement, one that is important to student director and script adaptor Toni Tobey

The importance of that message isn't lost, nor is it a lone cry. Last weekend about 100 American Legion marchers in an Armed Forces Day Parade in Corvallis were joined by around 100 protestors organized by a group called Citizens Against Military Madness. There were exchanges of words and disruptions by the protestors. Both groups favor peace, each by different means. See 'Wars and Rumors of Wars'' in the Loft Theatre, Takena Hall May 25 - 26, and give it some thought.

tives. Resolve conflicts and ask ques-

tions as the situation(s) arises. Im-

prove your communication skills so

that you can both avoid conflicts and

resolve them quickly when they do

Stress reduction is a series of

techniques that teaches you how to

reduce those kinds of stress that

can't be avoided. These techniques

are highly individualized and may

take some experimenting and ad-

justing in order to make them effec-

Visualization is perhaps the easiest technique of this group. Visualize in your head the solution to a problem

or a relaxing environment. These fan-

tasies, or guided imagery, are intend-

ed to make you feel better about a

Meditation and autogenics are two

other relaxation techniques to induce

a peaceful and positive frame of

Stress reduction and management techniques take time to learn.

Classes in these techniques are of

fered through county medical and

mental health programs, Oregon State University, and area hospitals. Contact the LBCC Counseling

Center in Takena Hall for information

The preceding information was

gained from a workshop on wellness

presented by Oregon State University Student Health Center health

on a workshop in your area.

educator Cheryl Graham.

arise.

tive for you.

situation.

mind.

Various techniques useful in helping students cope with stress of college

By Lori Trende-Landgraver Staff Writer

Certain times of the academic year are more stressful than others and finals week is potentially the most stressful for students.

Stress management means group strategies designed to limit the quantity and degree of stress that every person is subjected to.

Strategies include effective time management, exercise and healthful

diet, and communication skills. Each of these strategies are intended to reduce the amount or even avoid altogether the amount of stress that will inevitably occur.

Effective time management can be the most important tool to preventing stress. Keeping up with class work, doing large projects in small por-tions, and prioritizing tasks in order of urgency and importance are examples of effective time management skills. Managing time effectively also means controlling your study en-vironment. Study in a place that is conducive to studying and where you are not likely to be interrupted. Keep your study area free of clutter and distracting items.

Exercising and eating a sensible diet can put you on a path that avoids stress and reduces stress when it does occur. Aerobic exercise is recommended as a key to good health and positive self-image, thereby reducing the incidence of depression. Regular aerobic exercise aids in reducing a stressful response when it does occur. A diet that provides the recommended vitamin and mineral doses promotes energy and well-being in contrast to a diet high in refined sugars which encourages mood swings, headaches and lethargy.

Communication skills have the potential to add to or detract from your mental health. Unresolved conflicts keep you from being able to focus and concentrate on your objec-

Wegner named to humanities post on ASLBCC Council of Representative

The ASLBCC Council of Student Representatives last week appointed Ellen Wegner to fill the vacant seat representing the Humanities Division on the council.

Wegner was one of four students who applied and qualified for the position. It was left empty when Amy Tatala resigned a few days after winning the seat in last month's student body elections. Tatala said she felt she couldn't give enough time to the position.

A humanities student active in the campus women's support group, Wegner was one of the unsuccessful candidates for the at-large seat on the ninemember council of representatives. She was active in helping to establish the child care exchange board in the Commons.

OSU president will give commencement address

The commencement address for this years June 7 graduation program will be delivered by Dr. Robert MacVicar, president of Oregon State University. Between 150 and 200 graduates are expected to attend the ceremonies, said Registrar Jon Carnahan. A total of 650 students graduate this year and those not attending graduation ceremonies will receive their diplomas in the mail. MacVicar, a former Rhodes Scholar nominee, was chosen by Carnahan. "It is an informal process," said Carnahan.

He takes input from anyone, beginning in January, and comes up with

several names, he said. He then selects one and presents it to the President's Council and the student council.

They give the name an okay and the person is contacted and asked to speak. The graduation program will also feature LBCCs Concert Choir, an address from Nancy K. Cary, a student association representative, and special Board of Education awards will be presented.

A graduate reception will be held in Takena Hall following the program

NEW YORK **STYLE PIZZA** Fresh hand spun dough-754-9199 Orders To Go-919 N.W. Circle Blvd

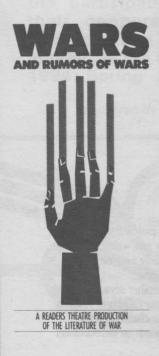


Photo by Diane Euban

MAY 18, 19, 25 & 26 8:15PM LOFT THEATRE-ROOM 205, TAKENA HALL LINN-BENTON COMMUNITY COLLEGE ADMISSION: \$2 TICKETS AVAILABLE AT RICE'S PHARMACY (CORVALLIS), FRENCH'S EVENELERS (ALBANY), THI FISHHOOK (LEBANON), LBCC COLLEGE CENTER OFFICE AND AT THE DOOR. THE





Ruby Jonsrud confronts fellow cast member David Hendrick

in an episode from LBCC's current Reader's Theatre produc-

tion, "Wars and Rumors of Wars," directed by Toni Toby.

Commuter•Wednesday, May 23, 1984 6

Drunk drivers to lose license on first offense lassified

FOR SALE

13" B/W TV. \$25. Full size chiropractic bed and frame, excellent condition \$75. Call after 5 p.m., frame, excelle 926-4574.

1978 DODGE COLT, 2-door sedan, rebuilt motor and carb, runs and looks good, needs driver's seat. Asking \$1500. OBO. Call 926-4574 after 5 n.m.

7' COUCH \$75, matching high back chair \$35, dresser (5 drawers) \$20, ottoman \$10. Contact Deb at 745-7120, evenings.

HAIRCUT SPECIAL—Men's cut and styled \$10, regularly \$14; women's \$12 regularly \$17-19. Good through May. Clip coupon in Democrat-Herald or show LBCC student I.D. cards. SUNRISE HAIR DESIGN. Ask for Lynne at 926-4518.

1971 EL CAMINO—sell or trade for older pick-up. Call anytime, 928-5968.

1967 PLYMOUTH VALIANT-4-door, runs ex-cellent, new tires, \$500 or best offer. Will trade for pick-up. Call anytime, 928-5968.

LARGE VARIETY, MISC. VW BUG parts. All types, VW repairs, large or small on imports or domestics, all work guaranteed. Call anytime, one spee 928-5968.

HERE'S "THE BEEF." Ground chuck, orders being taken now. 25 pound minimum. \$1.30 per pound. LEAN-no water or fat added. Call Glenda, ext.

1983 CELICA GT SPORT, loaded, nine months old, 11,000 miles, perfect - \$2950 cash plus \$210 per month. Call 752-9651.

1973 HONDA CB-500, good cond., runs great, needs some minor work. \$500 or best, call 926-6267 evenings.

WE BUY, SELL, TRADE used books. Excellent selection. AVOCET USED BOOKSTORE, 614 SW 3rd, Corvallis, 753-4119.

THE BOOK BIN, now in two locations. Used books bought and sold, excellent stock on hand. 121 W 1st, Albany, 926-6869. 351 Jackson, Corvallis, 750 0040 752-0040.

1978 TOYOTA COROLLA (white), excellent condi-tion, one owner, 36 mpg. Call Tony at 754-1503 after 6:30 p.m.

1979 TOYOTA 4x4 pick-up, overhead cam, headers, new exhaust, cassette, AM-FM stereo, new tires, nice canopy, 60,000 miles. \$4995. OBO, call 928-9822.

10x55, one and one-half bedroom MOBILE HOME. NEW wall to wall carpet, linoleum; kitchen and one bath, patio cover, exceptionally priced at \$4,950. CLOSE TO LBCC, reasonable space rent. After 5 p.m. call Bill at 928-1310.

PROTECT YOUR EYES from the glare with FASHION SHADES. Four styles to choose from in-cludes case and safety string. Check out our col-orful display today through Friday, 11 a.m. to 1 p.m., next to the Student Organization office.

WANTED

VOLUNTEERS wanted for Wild Women Adventures, a feminist outdoor education program. Women are needed to assist with office work, prowomen are needed to assist with other work, pio-motions, equipment procurement, equipment repair, trip planning and program development. No experience necessary. Come to an organizational meeting June 4, at 7 p.m. at the Westminster House, 101 NW 23rd, Corvallis, or call 754-1065. 2 FEMALES TO SHARE a 3 bedroom home with one other. Non-smoker prefer. \$125 a month plus * utilities. Maria at 967-8018 after 5 p.m. WANTED: SINGLE WOMAN to share house in Albany. Call Mitzi at 928-1792

FOR RENT

3 BEDROOM HOUSE, in Century Drive area, \$325 per month, \$300 deposit. See at 3488 NE Eleanor Avenue, Albany, if interested call Eric at 753-1736.

OPPORTUNITIES

6 weeks training in Louisville this summer can qualify you this fall for \$6,800 two-year scholar-ship or optional non-scholarship program worth \$2,800 a year. Included in this 6 unit OSU credit course is round-trip air travel, room, board, and \$672. No obligation after training. Contact 754-3511.

JOB AVAILABLE for qualified responsible student at the Benton Center Electronics Lab in Corvallis. Student must already have applied and be qualified for financial aid. Contact Financial Aid Office.

PERSONALS

TO THE ROADRUNNERS baseball team. Thank you for an entertaining season and good luck in the play-offs. DAVID

SALEM, OR-Starting July 1, anyone caught driving under the influence of for the first offense; one year for subsequent offenses. intoxicants (DUII) will have their driver's license automatically suspended for at least 90 days by the Motor Vehicles Division. A person is considered to be DUII if he or she registers .08 or above on the Blood Alcohol Contest (BAC) test, commonly known as the breath test.*

This is the result of the new driver law, Senate Bill 710 (SB 710) passed in the 1983 Legislature. According to Oregon Traffic Safety Commission Administrator Gil Bellamy, the new law "is a major step forward in reducing the number of unnecessary deaths caused by drinking drivers.' Major provisions of SB 710 are:

immediate suspension of driver's license by the Motor Vehicles Division for refusing to take the breath test. The suspension is one year for the first refusal; three years for subsequent refusals.

-immediate suspension of driver's license by the Motor Vehicles Division for failing the breath test by register .08 or above. The suspension is 90 days

-mandatory minimum penalty if convicted in court of DUII of either 48 hours in jail or 80 hours of community service.

-limited availability of occupational licenses.

According to Bellamy, "the law reflects the growing intolerance of Oregonians toward drinking drivers who cause so much tragedy on our highways

A related law, House Bill 2975, which went into effect October 15, 1983, states a person between ages 13 and 17 who is convicted of breaking any law involving alcohol or controlled substances will be denied driving privileges. Suspension for the first offense is one year or until the person becomes 17, whichever is longer; second offenders are suspended for one year or until the person becomes 18, whichever is longer.

*Although the effect of alcohol on an individual depends on a number of different factors, generally speaking, a 160-pound male who drinks two to four beers, or glasses of wine in two hours will register in the .08 range.

Don't just get a job with your special skills.



A specific job guarantee, accelerated promotions and a possible bonus are just the start. With our new Quality Enlistment Program, your high school diploma and special skills training

pay off from the beginning, proof that your special skill means something to the Corps.

For example, your specialized training could guarantee you a job like metal worker, electrician or construction surveyor just to name a few of the 260 select jobs you could qualify for.

Also, by getting accelerated promotions, you'll be making more money from the day you finish recruit training. Your



class and, within 13 months, you'll be promoted to corporal

Another advantage of our **Quality Enlistment Program** is the chance to get a

bonus. Whether you qualify for one depends on the enlistment option you choose.

The advantages add up quickly in our Quality Enlistment Program. And if you qualify, you'll have an advantage for life few others can claim-the self-confidence and respect that come with earning the title United States Marine

Call 1-800-423-2600. In California, 1-800-252-0241. S.V or call your local Marine Recruiter at 967-5911.

Maybe you can be one of us. The Few. The Proud. The Marines.

first rank will be private first

Etcetera

Food-buying group workshop scheduled

A non-profit organization will sponsor a free workshop May 29 for Albany people who'd like to learn how to organize food-buying groups that can help them save money on food.

The workshop will run from 7:30-9 p.m. on Tuesday, May 29. It will be held in the George Miller Room A-2 of the old armory building on 4th and Lyons streets in Albany. The workshop is sponsored by the Willamette Community Development Corporation, an Albany-based private, non-profit orgnaization involved with local economic development and projects that help people help themselves

Anyone who would like more information on food-buying groups, including those unable to attend the May 29 workshop, can call the Willamette Community Development Corporation at 928-2381.

Business trends to be discussed

Business owners and managers can learn about trends in today's business world and what impact those trends have on the mid-Willamette Valley at a one-day business seminar at LBCC on Friday, May 25.

Sponsored by LBCC's Training and Economic Development Center, the seminar is designed not only to help participants learn how to recognize these

trends, but also how to develop strategies for responding to them. "Thinking Globally, Acting Locally," will meet 8:30 a.m.-4 p.m. in LBCC's Alsea/Calapooia Room, second floor of the College Center Building, 6500 SW Pacific Blvd., Albany. Registration fee is \$25, which includes lunch. For more information or to receive a registration form, call LBCC's Training and Economic Development Center, 967-6112.

Seminar on float-building planned

A free seminar on designing and constructing parade floats will be held at LBCC this Thursday, May 24.

The four-hour session will meet 6-10 p.m. and will cover design, color, structure and safety. Judging criteria also will be discussed.

The class meeting room is to be arranged. Anyone wanting more information about the free class should call LBCC's Albany Center, 967-6108.



We would like to thank all the students, faculty and the rest of the participating members for their cooperation during the Spring Days festivities. We appreciate the help in making the 1984 Spring Days a success.

Sponsored by Student Programs



Teammates line up to congratulate Ron Hartsell after he belted a two-run homer in the sixth inning against Lane Thursday. Scott Finch also contributed a home-run in the eight-run inning, as the Roadrunners rolled up 9-3 and 7-6 victories in the doubleheader.

Roadrunners join Yakima in division conference play-offs this Thursday

By Dave Walters Staff Writer

The Roadrunners came back to win the second game of a double header against Mt. Hood Community College Monday, 5-2, after a 6-2 defeat in the first game

The victory secured the second place position in the Southern Division of the Northwest Athletic Association of Community Colleges for LBCC, giving them a spot in the playoffs

Roadrunner baseball coach Greg Hawk said he was a little "skeptical" after the LB no error first game loss, adding however, that he felt the team knew how critical the second game was and, "rallied for the win,"

LB's left handed pitcher Greg Lessard pitched his first league game win of the season, and outfielder Mike Caldwell started a four run rally

> BIG STOREWIDE ANNIVERSARY

> > SALE

ONLY everything in the

> ART DEPARTMENT

> > 15%

OR MORE DISCOUNT

NEW STORE HOURS Mon.-Thurs. 9:30-5:30

752-6343

134 SW 3rd

Downtown Corvallis

Friday

Saturday

Sunday

9:30-9:00

9:30-5:30

Noon-5:00

in the sixth inning of the second game with a two strike home run.

Ron Hartsell then got a walk and Barry Hunt beat out a bunt for a hit. LBCC catcher Steve Contreras sacrificed the runners to second and third base and first baseman Dennis Cook hit a grounder to Mt. Hood's second baseman who dropped the ball, allowing two runs to score.

Friday, the Roadrunners clinched both games of a double header against Umpqua Community College, winning the first game 9-3, and the second game 7-6.

LBCC pitcher Pete Stansbury picked up both pitching wins, and Ron

Hartsell and Scott Finch each sent the ball over the fence.

Tomorrow the Roadrunners travel to Lower Columbia College in Longview, Wash., to play against the number one ranked team in region 1 of the NAACC, Yakima Valley Community College.

This is the first game of the conference playoffs and starts at 10 a.m.

The double elimination tournament will run through May 27, with the top two baseball teams from the four regions in the NAACC battling it out for the conference championship title

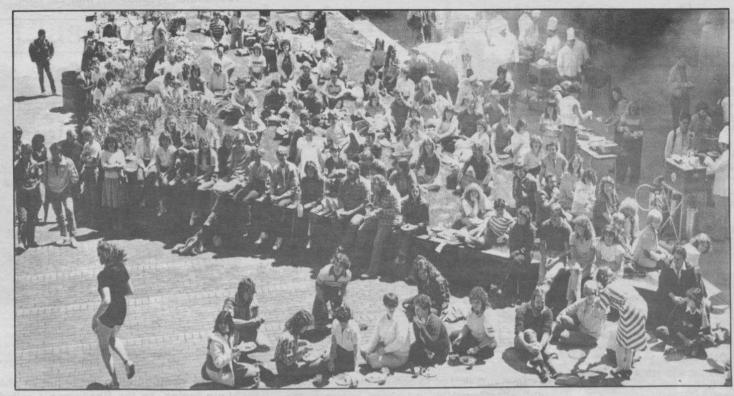


LBCC's Greg Lasard unleashes a fastball to a Lane Community College opponent in the first game of a doubleheader last Thursday. Although he lost that game, Lasard helped the Roadrunners clinch a playoff spot by winning Monday's game against league leading Mt. Hood, 6-2.



to by Scott Heynd

Commuter•Wednesday, May 23, 1984 8



Newport center tries to close gap with

By John Chilvers Staff Writer

The gale warnings went up at LBCC's satellite adult education service in Newport last October

Some students became frustrated, confused, and angry when they found classes they needed were cancelled because not enough people attended to make them profitable.

Some students found that grant money they had applied for didn't arrive on time

Many students didn't know they could get an Associate of Arts degree from the center. And, perhaps most importantly, the students felt there was a lack of communication between community education, LBCC, and the students and staff.

The winds of change replaced the gale when Christy Gilmartin, 28, a full-time student, breezed into room four at the Naterlin Community Education Center in Newport, where Marcia Truman, LBCC adult education coordinator, runs an understanding ship.

"My original approach was one of complaining, but I soon learned it was getting me nowhere. I felt I needed to set up a meeting with Marcia and say, 'We really need to work together on this,' " Gilmartin said.

"I wasn't the only one to feel this way. Other students had the same feeling.'

According to Gilmartin, Truman was more than willing to help and the result of that October 1983 meeting was an agreement to set up a student advisory committee.

Their first meeting Nov. 11, 1983 included five students, Christy Gilmartin, Geri Martin, Mike and Roberta Polly, Barbara Riddle, and two LBCC staff members, Marcia Truman and Lynn Kauffman.

They laid the groundwork for what they felt were their needs for then and the future: identifying student needs, and promoting successful communication between community education, LBCC students and staff.

To determine what other student needs might be, they felt a survey of LBCC students was essential. Gilmartin said, "The objective (of the survey) was to determine what types of class scheduling and programs will be needed for earning an associate degree in Lincoln County.'

The survey, written and conducted by Gilmartin, (who will receive one school credit for it), was a "mammoth" four-month project

Geri Martin, 47, an enthusiastic full-time student in psychology, worked on the survey with her.

"We wanted the people going to school to understand that there's a distinct difference between transferable college courses and the community education classes, which are mainly vocational courses," Martin said.

Gilmartin's survey is successful because she, Martin, and others actively pursued respondents, surveying 109 students out of a possible 278. Of these, only nine to 12 are full-time students taking 12 credit hours or more.

"In the two years I've been here, no previous survey has been successful," Truman said.

All of the results of the 28-question survey have not been tabulated, but those that have provide statistics that might suggest that communication between the students and LBCC staff is still inadequate.

The survey suggested a need for a counselor who could promote better understanding and communicate what classes are available, but they don't have an on-campus counselor. "It's not cost-effective," Gilmartin said.

The responses also indicate the lack of communication between students and staff of LBCC. The committee sees one cause of communication problems as the format of the schedule of classes catalog

Lincoln county school district and LBCC share the same catalog which does not show which classes are offered by whom.

The only way a student can tell the difference (between a Lincoln county adult education class and an LBCC class) is by the term line number, and if a

student doesn't know the difference between the two, it creates confusion," Gilmartin said.

To add to the confusion, the Lincoln county school district and LBCC share the same office. Only two people, Marcia Truman and a secretary work for LBCC. The five others in the office work for Lincoln County. The committee sees this as another problem needing attention.

The Student Advisory Committee has taken some of the responsibility for counseling upon themselves.

Mike Polly, the program's first graduate, acts as a Veterans Affairs advisor for students needing help with VA benefits. Geri Martin acts as the center's advisor for financial aid.

'We are basically stuck with our fellow students getting together with each other. Some of them come to Christy, some of them come to me, and some go to Marcia. It's a hit and miss situation. But, if we don't have the answers, we sure as hell make an attempt to find out," Martin said. "We can't dictate what students should and should not take. That's not our

function. We can only suggest," Gilmartin said.

"I am not a counselor, I lack the necessary skills-it would be irresponsible of me to advise them," Truman said.

The last question on the survey deals directly with past counseling conducted by LBCC's main campus counselors and students at the Newport center. Tabulation showed 67% have not talked to a counselor, 14% found the counselors helpful, and 18% found the counselors not helpful at all.

The students of LBCC's Newport center have had a small taste of higher education and are hungry for more. The biggest obstacle they face is money. They are out of the district-no tax money from Linn and Benton counties can be used to fund programs in Lincoln County. Money they get must be generated from the classes LBCC conducts by contract with the Lincoln county school district. In other words, it must support itself.

Problems still exist, and will continue to develop, but the committee regards the last six months as improvement because they have been involved in working out solutions.

Whenever they can, members of the committee spread the word about the benefits of education, emphasizing that a two-year degree can be earned in Lincoln County.

"I want knowledge so badly I can taste it. With an education I am powerful," Martin said

Iking Arthur's PIZZA PARLOUR • PIZZA • CHICKEN • SANDWICHES • SALAD BAR • BUFFET • "We're more than just pizza" 10% Discount On Any Purchase

Downtown Albany

Third & Lyon

VISA

926-9468

representative, won the \$25 gift cer-tificate for the best pair of legs.

so popular last year we brought them back again.



Comedian Rev. Chumleigh





Spring Days draws crowds

Last week's Spring Days events drew record crowds of sun-starved students, according to Blaine Nisson, director of student programs.

The ASLBCC-sponsored festival kicked off Wednesday with an allcampus picnic. "About 390 or so bought tickets," Nisson said, "But I'd guess over 500 were there.'

Wednesday's entertainment was provided by the Mr. LB Legs contest, and an appreciative audience cheered the 60 naked legs. Mike Caldwell, a newly elected student council

Thursday's noon performance of the rock band "Runaway John" drew about 250, Nisson said, and on Friday

comedian Rev. Chumleigh entertained 300. Friday night "Nimble Darts" played "700 to 800 well-behaved students," Nisson said. "They were