

the **Commuter**

A WEEKLY STUDENT PUBLICATION

Wednesday, May 21, 1997

Linn-Benton Community College, Albany, Oregon

Volume 28 No. 25

College extends tuition deadline, sets tougher collection policy

by Pete Petryszak
of The Commuter

Some changes are in the works for LBCC's tuition payment process.

Beginning summer term, students will have approximately one month after registering to make payment arrangements with the Business Office. Students who do not pay their tuition or drop their classes on time may be turned over to a collection agency or face legal action.

Under the old policy, students were

required to either pay their bills in full or sign up for the LBCC Payment Plan on the day they registered. Students who did not pay their bills or set up payment accounts were disenrolled from classes the following day.

The policy changes will give students more time to pay or make payment arrangements. For example, students who register early for summer classes will have until July 7 to make payment arrangements. Those students who regis-

ter after July 7 will have until Aug. 7 to pay or apply for the Payment Plan.

On the other hand, the new policy's flexibility requires that students be responsible for paying their bills or withdrawing from classes in a timely manner. Students who do not make immediate arrangements to pay will no longer be disenrolled from classes.

Therefore, they must be sure to drop classes they do not wish to attend or they will continue to be enrolled in, and billed

for, those classes.

The accounts of students who fail to settle their tuition bills will be referred to a collection agency or to the Oregon Department of Revenue for legal action. Last year, the college referred 307 students' accounts to collection agencies for nonpayment.

The new policy also reduces some of the paperwork. Payment Plan applications will now be good for an entire
(Turn to 'Tuition' on Page 2)

Courtyard springs to life with food, games, music

by Allison Ross
of The Commuter

It's that time of year again when the Student Programming Board has its annual Spring Days. The events kick off today and finish up tomorrow.

For the third year in a row music will be provided by J.T. & the Tourist from Salem. The band will play everything from rock and country to blues and reggae. They will be in the courtyard from 11 a.m. to 2:30 p.m. today.

There will also be a miniature golf course set up at the Activities Center.

Once again there will be a BBQ at \$2 per plate. Each meal consists of hamburger or veggie burger, chips, vegetables, cookies and pop. The BBQ will be available on both days.

Various clubs around campus will also participate both days. The Refrigeration/Heating/Air-Conditioning student club will serve ice cream and slushies. Family Connections will have activities for families and children. The Spanish club will provide chips and dip and have a raffle. Chi Alpha Radical Reality will have a booth with information about their club.

Thursday's music will be provided by students as karaoke will be set up in the courtyard from noon to 1 p.m. Also in the courtyard from noon to 1 there will be a foot bag contest. From 1 p.m. to 2 p.m. there will be a three-legged race and a water balloon toss.

Finishing off the events on Thursday will be a 2-on-2 sand volleyball tournament at the Activities Center from 3 to 6:30 p.m.

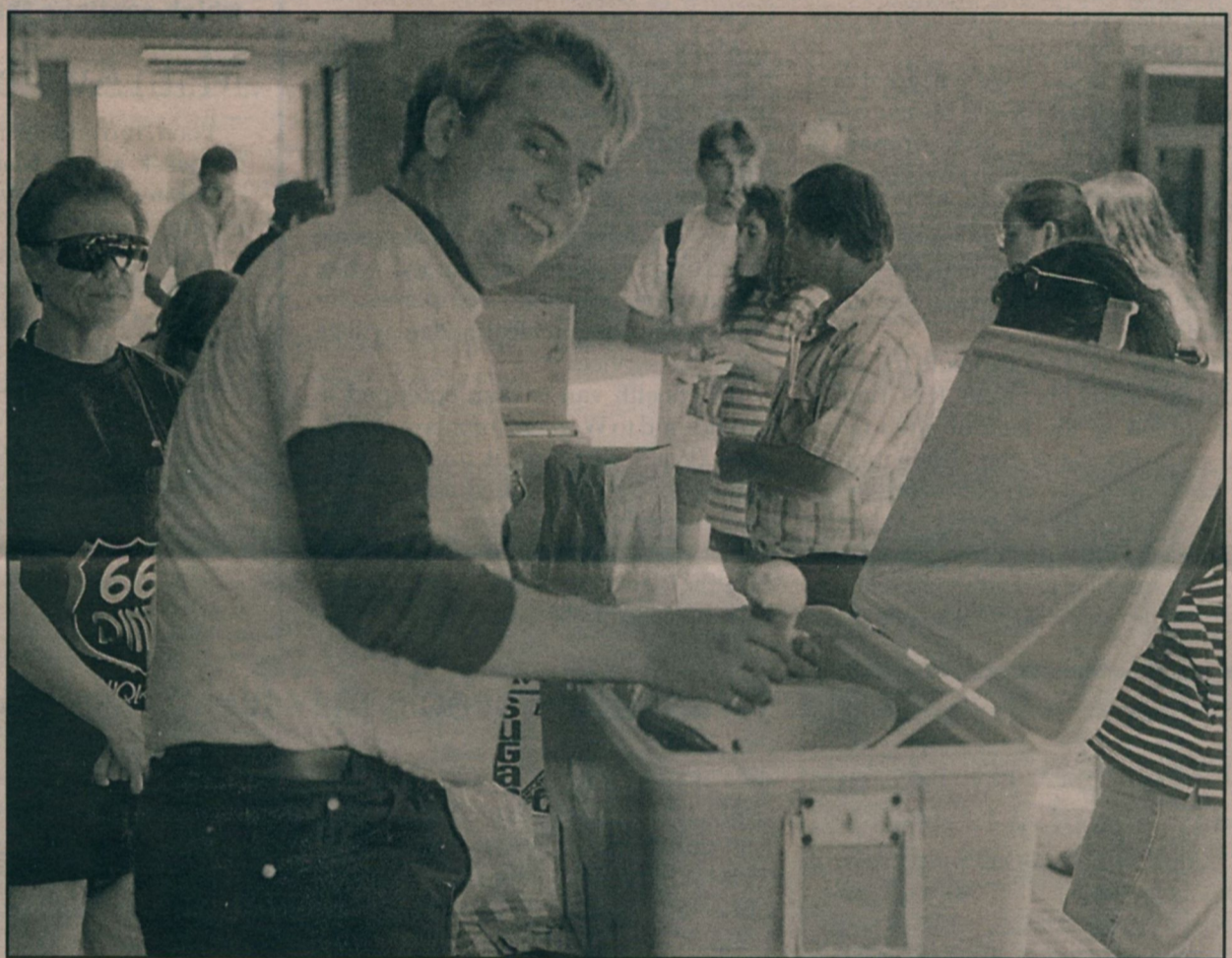


Photo by Jason Andrus

Counting Calories?

Math instructional assistant Shaun Marks scoops up ice cream while instructor Lynn Trimpe works the food line of Monday's opening of Math Awareness Week. See Page 2 for details.

Campus buildings cleared without incident in emergency drill



Photo by Pete Petryszak

Students and staff gather outside Tadena Hall during last week's emergency drill.

by Josh Burk
of The Commuter

"If we don't do a drill, then it's going to be total chaos," said Libby Stoops of the Risk Management Department of last Thursday's evacuation drill.

The reason that students and staff were dragged out of classes was to practice what to do if there were a real emergency while they were on campus.

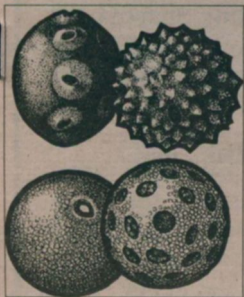
Scattered throughout LBCC's grounds were 70 BECs (Building Emergency Coordinators) whose jobs were to make a quick sweep of their buildings and to direct anyone they found out to the 12 designated assembly points located around the perimeter of the campus. Once outside, the BECs checked to see if everyone who should be there was and relayed that information to a

security officer, fireman or police officer.

According to Stoops, the campus as a whole did pretty well. There were some minor communication problems between students and staff, but the drill provided helpful information on how to improve the process.

One of those improvements is to make sure that no one evacuates to the courtyard, where a handful of people reportedly gathered after the alarm sounded at 3:45 p.m. "The courtyard is not a good place to be" in the event of a fire or other emergency, Stoops said, because you could be trapped.

The Albany Fire Department was on hand, although not in uniform. They were here to quietly monitor the
(Turn to 'Evacuation' on Page 2)



✓ Poison Air

It's back! Pollen once again chokes the valley skies

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INSIDE THIS ISSUE

Check This Out

Kids will be running for dollars in the gym today, so stop by after 10 a.m. and help them raise money for a new play center.

✓ How to Hurl

Throwing a baseball involves both art and physics

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Measure 47, lack of interest may drive away health van

by Schellene Pils
of The Commuter

Sick?

No insurance?

No place to go?

Since October the Mobile Health Van, which parks by the College Center on Wednesdays from 9:30 a.m. to 4 p.m., has been providing confidential, convenient services such as checkups, immunizations, physicals, STD screening and treatment to anyone who drops by.

Unfortunately, business is not booming.

The lab, run by the Linn County Department of Health Services, is capable of caring for as many as 20 students every Wednesday. However, an average of only 10 a week have been utilizing the medical services, and even fewer come during finals week, according to department nurse Pat Crozier.

"We don't know if we will get it next year because of cuts due to Measure 47," said Jackie Paulson, chairwoman of LBCC Health Occupation Division, adding that before the van came to LBCC, students relied on the nursing department for assistance that, with the exception of first aid, they were unable to provide.

The van "will be difficult for us to maintain" said Leta Friedt, R.N. Budget cuts, added to the lack of attendance, will probably cause the elimination of the program which will almost certainly not be at LBCC this summer, she said.

The van, with the combination of nursing fees, supplies and van maintenance, costs a little over \$500 a day to run. It is a

small, but efficient, self-contained unit with an exam room, bathroom, lab, waiting room and a room set aside for counseling. However, according to Friedt, students often confuse it for the blood mobile. A banner across the front of the van was considered to eliminate that problem, she said.

Many LBCC students have come in for help with a variety of things from colds to women's health concerns to HIV testing, which is as simple as drawing blood and waiting two weeks for the results to come in, as well as counseling for those who need it.

"We put 'em to ease right away," said Nurse Practitioner Joanne Johnston, who is authorized to take care of people over the age of 12. Friedt is authorized to help patients of any age, but adult care is far more common.

Many LBCC students have come in for vaccinations such as Hepatitis B shots, as well as tuberculosis tests and physicals required for various classes, said Crozier. No one is turned away, even the uninsured.

Fees are determined on a sliding scale based on gross family income and, when appropriate, insurance companies, including the Oregon Health Plan, will be billed for services.

The health van is even equipped to provide aid to Women, Infants and Children (WIC) who find it impossible to make their regularly scheduled WIC appointments.

For more information on the Mobile Health Van or to make appointments call 967-3888 or 800-304-7486.



Photo by Jason Andrus

Luke Miller and Rebecca Hundt play checkers on a giant board laid out in the courtyard as part of Math Awareness Week activities, which continue through Friday.

Math Awareness events feature food, puzzles

Food, fun and formulas are filling the week as the Math Department celebrates "Math Awareness Week" through May 23.

A hot dog lunch for \$1.25 is being served daily on the west end of the courtyard from 11 a.m. - 1 p.m., along with 25-cent sodas and ice cream cones and 50-cent root beer floats.

At the same time, a variety of games will be available, including a giant checker game on a 20-foot by 18-foot board, reflection golf, refraction toss and carpet tube ball.

Students can also go to the Learning Center to participate in a daily

puzzle, an estimation contest and an Internet scavenger hunt. Math Awareness T-shirts are also on sale there. Entries to the math limerick contest are due Thursday at 8 p.m. Winners will be announced Friday at 1 p.m.

Friday's events will also include the annual Odds 'n Ends construction contest, in which students and staff are invited to try their hand at building a crane with assorted materials and test how much weight it can suspend. The contest will take place at noon in the courtyard.

Information on any of the events is available in the Learning Center.

news briefs

Kids help raise funds for day care play center

The LBCC Family Resource Center is hosting a "Fun Run" fundraiser today at 10 a.m. in the Activities Center. Children from the center will run an obstacle course, and laps will be tallied. You can contact Barb Lawson at ext. 4904 or Judy Sumner at ext. 4900 to sponsor a child. Money raised will be used toward a large covered outdoor play structure for the children.

Summer registration begins this week

Summer registration opened this week for fully admitted students continuing from spring term. Fully admitted students returning after an absence can begin registering May 23, and newly admitted students can register by appointment beginning June 16.

Evacuation: people may feel too safe

✓ From Page 1

drill techniques and to lend advice.

Security Officer Vern Jackson said individuals have about two minutes to get out of the buildings in the event of a fire, because even if they are not in a room that's on fire, the smoke can quickly affect them. Most people who die in fires are not killed by the actual flames, he said, but by the smoke inhalation.

Jackson added that a lot of people feel they are safe from fire at LBCC because most buildings are made of bricks, not wood. But it's what's inside that counts. Things like the floor tile, carpets, plaster walls and desks are what can go up in

flames in a hurry.

Both Stoops and Jackson said they wanted everyone to know where to go and what to do in an emergency. All students and staff should take the time to learn where the evacuation locations are, and the quickest and safest ways to get to them. All assembly points are marked by a sign that reads "Evacuation Assembly Point," stationed between the parking lots and buildings.

If there's time, Stoops reminded staff and students to have their keys with them when they evacuate, explaining that it "could drastically cut down on the stress of an emergency."

Firm donates equipment to engineering program

The Electronic Engineering Technology Department recently received an in-kind donation worth \$1,500 from McDiarmid Controls Inc. of Eugene.

The equipment, including a laser, several power supplies and miscellaneous PC boards, was donated to the college

last month.

"This brings McDiarmid's contributions to the Foundation to \$53,500 over the past three years," said Dale Trautman, an electronic engineering instructor.

For information about McDiarmid Inc., call (541)726-1677.

Tuition pay plan reduces paperwork

✓ From Page 1

academic year, so students will no longer have to fill out the same payment form each term. The new plan defers part of a student's tuition and fees in excess of \$100.

Balances on Payment Plan accounts are due prior to registering for classes for the following term. An additional \$10 fee will be charged to students who use the plan each term. Students who use the Payment Plan summer term will be charged a down payment of at least \$100 for tuition bills \$101 to \$200 and half the bill for tuition charges totaling more than \$200, with the down payment due July 7 and the balance due before registration begins for fall term.

Information regarding a student's legal responsibilities under the LBCC Payment Plan is printed on Page 12 of the class schedule for summer term and on the Payment Plan application form.

commuter staff

The Commuter is the weekly student-managed newspaper for Linn-Benton Community College, financed by 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, columns, letters and cartoons reflect the opinions of those who sign them. Readers are encouraged to use The Commuter Opinion Page to express their views on campus or community matters. Address correspondence to The Commuter, 6500 S.W. Pacific Blvd., Albany, OR 97321; telephone (541) 917-4451 or 917-4452; Fax (541) 917-4454; E-mail commuter@gw.lbcc.cc.or.us. The newsroom is located in Room 210 of the College Center.

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Reporters: James Otto, Sharon Gauthier, Schellene Pils, Dorothy Wilson, Betty Hodges.

Photographers: Amanda Miller, Jason Andrus.

LOCAL NEWS

Mental Illness: few aware of realities behind the myths

by E. Jonathon Rinkin
for The Commuter

What do you think of when someone mentions May? Most people think of Mother's Day and Memorial Day. Some people can even remember Armed Forces Day and El Cinco de Mayo. Few people are aware that May is Mental Health Awareness Month.

Why is Mental Health Awareness Month important? Because, according to the National Institute of Mental Health, 30 million Americans are afflicted with mental illness and 33 percent of all Americans will suffer from some form of mental illness. If that does not impress you, then maybe the following information will: \$110 billion each year is spent on social services and support for victims of schizophrenia and depression; 25 percent of all hospital beds are filled by mentally ill patients, and 35 percent of homeless people suffer from schizophrenia.

According to Mike Rinkin of Compassion Ministries, an organization that educates churches about mental illness, there are a few misconceptions about it. First, it is believed that mental illness does not affect the average person. As stated above, 30 million people of all ages in this country will suffer from some type of mental illness in their lives. Also, it strikes people from all types of social, economic and racial categories.

Second, it is believed that people who are mentally ill are homeless or in mental hospitals. Nearly 67 percent of those who are mentally ill live in our neighborhoods, either with family or in various types of community settings.

Third, it is believed that treating mental illness is expensive and doesn't work. The treatment success rate is 85 percent for major depression, 80 percent for manic depression, 80 percent for panic disorder and 60 percent for schizophrenia.

Fourth, it is believed that a person can recover by "thinking positive" or praying. Because brain disorders are physical illnesses, recovery is possible when a person receives adequate care.

Fifth, it is believed that someone with a mental illness is dangerous. A person receiving proper care is no more dangerous than someone with cancer or diabetes.

Sixth, it is believed that a person who is mentally ill is crazy all the time. If you have a mental illness, you are in touch with reality unless actively suffering a psychotic episode. This is a symptom of the illness, not the whole person.

Finally, it is believed that if people with other disabilities can cope, people with mental illnesses should be able to cope. Most people who suffer from mental illnesses need help to cope. For a psychiatric disability, social rehabilitation is often necessary and effective.

Anyone who wishes to learn more about mental illness can call the National Alliance for the Mentally Ill at 800-950-6264.

Oregon Coast Aquarium celebrates fifth anniversary

by Josh Burk
of The Commuter

The Oregon Coast Aquarium is celebrating its fifth anniversary this May with a month of activities, fun and fireworks. Community partners will also be holding celebratory events and activities around the greater Newport area.

Lincoln County residents can visit the Aquarium for free every Tuesday night in May from 6 to 9 p.m., as the aquarium's way of saying "thank you" for five years of generous support. In addition to opening the doors on Tuesday nights, the Aquarium has planned a Fifth Anniversary gala dinner on Saturday, May 24, followed by a fireworks display beginning a little after 9 p.m. The dinner and fireworks show will be the caper to the five-year anniversary celebration.

Along with free admission on Tuesday nights and the fireworks show, the Aquarium sponsored many events earlier this month including a Mother's Day whale watch and brunch; and in correlation with SOLV (Stop Oregon Litter and Vandalism), the Aquarium worked with the community on a freshwater cleanup. The Aquarium also participated in the grand reopening of the OSU Hatfield Marine Science Center with a members-only night.

The Aquarium first opened its doors to the public in May of 1992, and since then has welcomed nearly four million visitors from around the world, including more than 200,000 schoolchildren and teachers.

1996 was a big year for the Aquarium. Attendance was over 1.3 million for the year, double the record for 1995. Diane Hammond, Public Relations Officer of the Aquarium, contributes this rise in attendance to the arrival of Keiko.

Keiko's presence doesn't only benefit Newport and the Aquarium, "it benefits Keiko," says Hammond. "Keiko brings the dollars in and ultimately is the recipient." She said the money from ticket sales gets recycled back to the feeding and training of Keiko.

This spike in attendance is typical, says Hammond. Usually after a big exhibit like Keiko opens, the attendance and popularity of the park rises dramatically. After this spike there is usually a classic three-year decline in attendance.

"We are expecting to decline this year to about 1 million," said Hammond. This pattern of ups and downs is normal for a park like the Aquarium.

The Oregon Coast Aquarium was first imagined in the early 80s as an economic antidote to timber and fishing industry downturns. In 1984, the Aquarium was incorporated as a private, non-profit organization with an education and conservation mission. Ground was broken for the \$24 million facility in July 1990, thanks to funding by federal, state, municipal and private donations. In its five years, the Aquarium has seen a number of major milestones and achievements, including the world's first successful breeding of two seabird and one shorebird species—rhinoceros auklet, pigeon guillemot and black oystercatcher—and research into tufted puffin egg incubation and chick-rearing behavior.

The Aquarium has successfully rehabilitated two fur seal pups which are members of a threatened species; and is also the first facility anywhere to exhibit a prowfish, a deepwater fish about which very little is known.

The Aquarium's education department has developed a successful curriculum of 17 different laboratory and theater programs that serve on-site school groups from kindergarten through secondary school, as well as a host of self-guided materials for all grades.

And as witnessed by TV viewers around the globe, Keiko was successfully relocated to the Aquarium in January '96 for rehabilitation. Keiko is on the first leg of his journey back to the wild after his debilitating stay in Mexico City.

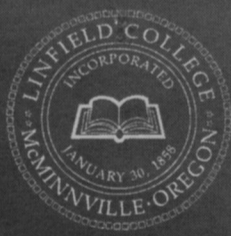
More than 290 volunteers from as far away as Portland and Eugene have donated more than 160,000 hours of their time and expertise to the Aquarium, serving in every department at the facility. In its five years, the Aquarium has also seen its membership rolls grow from 1,000 households to 20,000.

Six acres of outdoor exhibits and extensive indoor galleries showcase the habitats and animals native to the Oregon coast. Exhibits include sea otters, sea lions, seals, the largest walk-through seabird aviary in North America, and about 200 species of fish and invertebrates found along Oregon's sandy and rocky shore and its offshore waters.

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the **Commuter**

A WEEKLY STUDENT PUBLICATION

WANTED!

The Commuter needs creative students to fill positions on the 1997-98 staff

Editor

Individuals interested in journalism and communications careers are encouraged to apply. The appointment carries a full annual tuition grant and provides practical experience for aspiring writers and editors. Students with coursework and/or experience in journalism are preferred. Applicants must be enrolled as students throughout the 1997-98 academic year. Appointment made by the LBCC Publications Committee.

DEADLINE IS MAY 22

Photo Editor

Students with an interest and skills in photography are sought for this position, which offers valuable experience for anyone planning to pursue a career in photography. Several past Commuter photo editors have gone on to work at professional newspapers in Oregon and elsewhere. Applicants must have knowledge of conventional lab work. Familiarity with digital imaging preferred, but we will provide training in Photoshop skills. The appointment carries a 75% annual tuition grant.

Sports Editor

A writer with an interest in athletics and the outdoors is sought for this position. Students with some journalism or writing experience preferred, but anyone with a flair for writing and a passion for sports is encouraged to apply. The appointment carries a 50% tuition grant and provides valuable training and job experience.

Graphics Editor

The Commuter is seeking an individual with experience in graphics and/or journalism to take charge of the graphic design and production aspects of the weekly newspaper. This position involves helping develop the overall design of The Commuter and coordinating the graphic production operations. Macintosh experience preferred. The appointment carries a 50% tuition grant.

Assistant Editors

Students interested in arts & entertainment, copy editing and writing are encouraged to inquire about one of several assistant editor positions, including Managing Editor. Some journalism or writing experience preferred, but all interested applicants are encouraged to apply. Appointment to Managing Editor carries a 75% tuition grant, while other positions carry 35% tuition grants.

Digital Page Designer

This part-time position pays approximately \$6+/hour for up to 12 hrs/wk Mon.-Tues. Work with the Mac to typeset copy, design ads and format tabloid pages. Macintosh experience and good English skills required; familiarity with Pagemaker helpful. Provides valuable experience for majors in journalism, graphics and prepress technology.

Ad Manager

Individuals with career goals in business, graphics or journalism are ideal candidates for this position, which involves coordinating the sale, design and billing of display advertising. Macintosh experience helpful. The position carries a full annual tuition grant. Applicant must be enrolled for the 97-98 academic year.

Work Study

Editorial Assistant
Production Assistant
Advertising Assistant
Photography Assistant

These positions open to work-study eligible students only. Information on work study eligibility is available from the Financial Aid Office.

Deadline for Editor is May 22. Deadline for all other positions is flexible.

Applications are available in The Commuter Office (CC-210)
or from advisor Rich Bergeman (F-108)

For additional information call ext. 4563 or 4451

ARTS & ENTERTAINMENT

ASLBCC may have just the ticket for low-cost cultural events

by James Otto
of The Commuter

Just when it seems like everything is outside the budget of the starving student and the red tape limits of the school system, Linn-Benton Community College's SLL (Student Life and Leadership) office has a bit of good news.

So far this year, SLL has provided students and faculty with free transportation and admission to Eugene's Asian Festival and OMSI's Giants of the Gobi exhibit, free tickets to OSU's China Night and Persian Night celebrations and discount tickets to the Oregon Shakespeare Festival.

Before becoming a program, Trips and Tickets began as an opportunity to hand out free tickets to OSU's

China Night. They went quickly. Although the event soon sold out, SLL was able to give out far more than originally planned.

LBCC's Trips and Tickets program was "a good idea that turned out to be very successful," said Tammi Paul Bryant, director of Student Life and Leadership.

LBCC has students from all over the globe, and sometimes SLL has its hands full keeping up with all the varied interests on campus.

With recent budget cuts, it is impossible to schedule all the events students would like to see, but by handing out tickets and giving rides to events, SLL has been able to "piggyback" on events scheduled by other schools and communities. Bryant said that a lot of LBCC's student body lives or works in Corvallis, which

makes it "far more practical and less expensive to take advantage of OSU's events than to try and duplicate them ourselves."

The goal of the program, according to Bryant, is to foster student and faculty involvement.

Bryant said she hopes that instructors will get in touch with SLL when they find seminars, exhibits, trade shows or other events which would benefit their students but are outside of the budget for their classes.

"We hope to establish working relationships with faculty and to schedule events which work with the school's curriculum," said Bryant. "The program will probably be continued next year," Bryant added, "and if it continues to be successful, we hope to continue doing it."

Northwest authors offer five rules,
10 R's to budding writers at conference

by Mary Hake
of The Commuter

A book table, free publishers' materials, special speakers and workshops offered inspiration and how-to information to over 100 Northwest writers who attended a one-day writers' conference in Eugene Saturday sponsored by the Oregon Christian Writers (OCW).

Spotlight speaker Deanna Hershiser challenged writers to "do the work of a writer even when it's sheer toil, even when it doesn't produce a sale."

Keynote speaker Birdie Etchison of Ocean Park, Wash., shared her "Five Rules of Writing." Etchison, formerly of Oregon, has published both fiction and nonfiction books, as well as numerous articles. An instructor for Writer's Digest Schools since 1981, Etchison also teaches a writing class at Grays Harbor Community College.

Her writing rules include:

1. Write With Passion—"If you don't care about your writing, how can you expect someone else to care?"
2. Know Your Audience—"Read thoroughly, widely and critically—figure out what does and doesn't work."
3. Read each day. Etchison suggested trying different genres and styles than you usually read and using the library as a resource for both books and periodicals, with a notebook and highlighter handy for recording quotes and other information and keeping a record of sources.
4. Cut the Fat! She shared advice from writing colleagues, which included Sandy Dengler's "Don't bore me. Have a reason for every word you use."
5. Press On—"Do your dream." If it doesn't work, you can go back to what

you were doing before.

Afternoon workshops offered two sessions with three topics to choose from each hour: "Getting into Print" by Dr. Chip MacGregor, senior editor of Harvest House Publishers of Eugene; "Character Creation" by Birdie Etchison; "The A-to-Z of Critique Groups" by Denise Carlson; "Tackling the Shrinking Market" by market expert Sally Stuart; "Help for Discouraged Writers" by Stan Baldwin; and "The Part-time Writer" by Gail Denham.

MacGregor, who has previously worked as a freelance writer, offered 10 words to assist writers:

- Real (put your heart into it!)
- Research (study the market)
- Reflect (think through the subject thoroughly before submitting—"an idea is not a book")
- Refine (raise your standard of writing)
- Representation (use stories to move writing along)
- Range (consider a wide variety of writing endeavors)
- Relationships (publishers more carefully read authors they know)
- Read widely (especially well-written books.)
- Remain close to God
- Remember there's value in writing, not just in being published.

OCW will offer another writers conference, "A Time to Write," with hands-on coaching July 21 to 24 in Salem. Editors, publishers representatives, agents and numerous well-published authors will participate. For more information, contact Sandy Cathcart, 341 Flounce Rock Road, Prospect, OR 97536; phone (541) 560-2367.



Photo by Josh Burk

Art Gets Graphic

More than 50 people turned out for the opening reception of the graphic design student art show Monday night. Eleven graduates and more than 25 other students are represented in the exhibit, which will be open through the end of the term.

Civic Theater: time to show off acting talent

Albany Civic Theater will hold open auditions Monday through Wednesday, June 2, 3 and 4 for Susan Sandler's charming romance "Crossing Delancey."

Auditions start at 7:30 each evening in ACT's Regina Framer Theater, 111 First Ave., Albany, and are open to all.

Director Phil Brown needs three

women and two men for the story of a modern young woman and her old-world grandmother's efforts to fix her up with a "nice Jewish boy."

Scripts are available for checkout from the ACT mail room. For more information, contact the director at 928-3663 or by e-mail at brownp@skipnet.com.

Free tickets to:

Disney's
Beauty and the Beast

Cut this ad out! Fill out the information below! Turn it in to Student Life & Leadership, CC-213 by Wed. May 28th at 12:00 noon. The drawing will take place at 12:10 in the Commons Lobby. One entry per person. Previous winners may not enter. You may enter only once. You must be present to win. Students only.

Name: _____

Phone: _____

The show will take
place June 7th
7:30 pm at
Civic Auditorium

LINN-BENTON COMMUNITY COLLEGE PERFORMING ARTS DEPARTMENT PRESENTS

The Miracle Worker
by William Gibson
directed by George Lauris

May 23, 24, 30, 31 at 8 P.M.
& June 1 at 3 P.M.

Takena Theatre at LBCC
Admission is \$7

Tickets available at Rice's
Pharmacy in Corvallis and Takena
Theatre Box Office, 917-4531,
M-F, 12-3 P.M. or at the door
beginning one hour before
curtain time



If you require accommodations for disability
in order to attend, please contact us at 917-4531

THE
MIRACLE WORKER

LBCC 1997 Spring Days

Schedule of Events

Wednesday, May 21st

All Events at the Activities Center

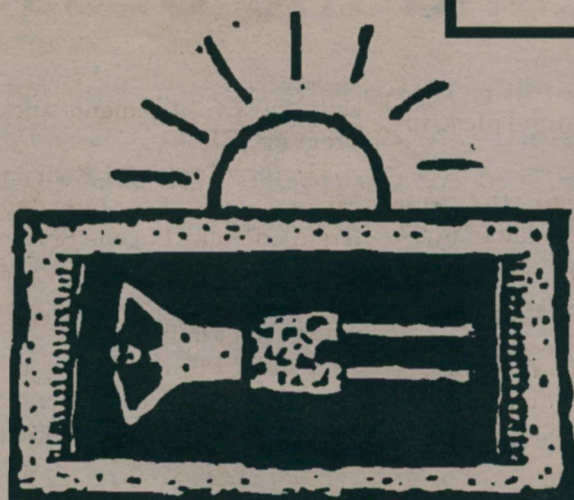
Music: J.T. & the Tourists <i>50's-90's rock/country/blues/reggae</i>	11:00 a.m. - 2:30 p.m.
Spring Days BBQ \$2.00 per plate	11:30 a.m. - 1:00 p.m.
Club Booths	11:00 a.m. - 2:30 p.m.
Miniature Golf	11:00 a.m. - 2:30 p.m.



Thursday, May 22nd

All Events in the Courtyard

Karaoke	12:00 p.m. - 1:00 p.m.
Hacky Sack Contest	12:00 p.m. - 1:00 p.m.
Three-legged Race	1:00 p.m. - 2:00 p.m.
Water Balloon Toss	1:00 p.m. - 2:00 p.m.
Club Booths	11:00 a.m. - 2:00 p.m.
2x2 Sand Volleyball Tourney	3:00 p.m. - 6:30 p.m.



Coupon

Wednesday May 21 only!

Free to the first 100 people. Bring this coupon and get a Spring Days sports bottle or straw

Achoooo!



Nature photographer and biology instructor Bob Ross captured this cloud of pollen one spring day as it rose over a grass field along Oakville Road southwest of Albany. Millions suffer from allergies to substances, such as pollen, which do not affect non-allergic people. Spring is the worst time of year for those allergic to pollen.

Haul Out the Hankies:

The season of sneezes is back

- A single plant may release one million pollen grains in one day.
- Pollen is carried by the wind many miles from its source.
- Pollen counts are higher in hot, dry or windy weather and from 4 to 10 a.m. It may be necessary to stay indoors in the mornings.
- Pollen count reports show how much pollen was in the air at a specific location at a specific time, usually the previous day, and often measure only one type of pollen.
- Hundreds of ordinary substances can trigger allergic reactions.
- Allergies can cause secondary symptoms such as ear infections, recurrent sore throats, headache, fatigue, chronic sinus infections, asthma or difficulty breathing, ulcers, hypoglycemia or altered sleep patterns.
- Allergies are not inherited, but the tendency to be allergic is.
- Allergies are the sixth most prevalent chronic condition in the United States.

Stories by
Mary Hake and Schellene Pils

Various treatments offer relief for allergy sufferers

Avoidance is the best medicine

- Limit time outdoors during peak pollen times.
- Keep windows closed; use a clean air conditioner.
- Change or clean filters regularly. A HEPA (High Energy Particulate Air) filter is recommended to help remove pollen and mold spores from the air.
- Don't hang laundry outside—pollen clings to it.
- Wear a dust mask when mowing, raking or gardening. Keep grass trimmed so it won't pollinate.
- Shower and wash hair and clothes after outdoor exposure to get rid of collected pollen.

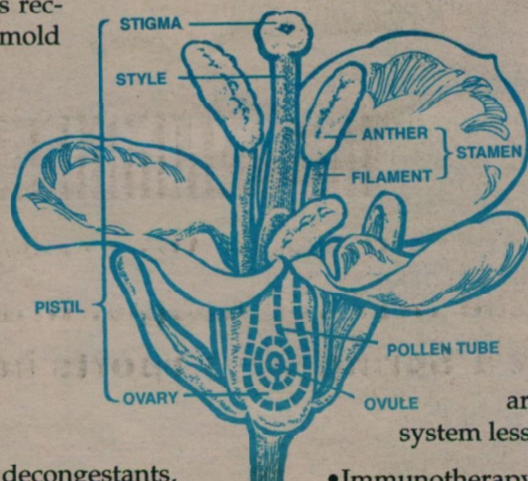
Medications can help

- Drugs, such as antihistamines and decongestants, may be needed to help control symptoms. Over-the-counter medicines and prescriptions are used by millions of Americans annually.
- Antihistamines counteract the histamine, an inflammatory

chemical released by the body when an allergic reaction takes place. They often cause drowsiness.

- Decongestants reduce congestion, but may have limited effectiveness. Prolonged use is not recommended.

- Cortisone sprays reduce allergic reactions, but take about a week to produce results.



- Immunotherapy is not a cure, but a preventive treatment for patients who do not respond well to treatment with medications.

- An allergist oversees the individualized treatment and suggests preventative measures.

Internet Resources

American College of Allergy and Immunology
allergy.mcg.edu

Allergy Internet Resources
192.296.46.53/select/med.77.html

Homeopathy for Allergies
www.tripod.com/living/columns/homeopathy/960829allergy.html

Something in the air: Airborne Allergy/Pollen Allergy
www.medaccess.com/allergy/air/air_03.htm

Pollen Allergy
www.mcg.edu/News/96features/allergies./html

Hay Fever
noah.cuny.edu/illness/misc/ushc/heyfever.html

Medical Learning Lab
www.learninglab.com/banners/yahoo1.html

U.S. Department of Health and Human Services
www.hoptechno.com/book46.htm

American Academy of Allergy and Immunology
execpc.com/~edi/misc/travel.txt

Allergy ABC's-Allergy Basics Center
www.io.com/allergy/allabc.html

*The illustration in the background depicts four types of pollen. From top left they are Timothy grass, walnut tree, Russian thistle and ragweed.

Spring pollen battle underway

If you're one of the 50 million Americans who suffer from allergies, you may have mixed feelings about the abundant blooms of spring.

With its profusion of pollen, spring brings on allergy attacks for many people. Symptoms such as itchy, watery eyes; itchy, runny nose; itchy throat; frequent sneezing or coughing; congestion; and sinus headaches can detract from your enjoyment of the season.

The first medical person to describe these symptoms, a 16th-century Italian named Botalli, called the condition "rose fever." Today we commonly refer to it as hay fever, but the proper medical term is allergic rhinitis, which comes in two forms—seasonal and perennial (year-round). Some people actually experience both types, with symptoms becoming worse during pollen seasons.

Whenever allergies interfere with normal activities, you probably seek some form of relief. A wide array of over-the-counter remedies treat bothersome symptoms. Some choose natural methods, such as herbs and nutritional supplements, to alleviate allergy symptoms.

Barbara Brown, a licensed nutritionist who owns Vital Health in Lebanon, said "I think the best way to deal with allergies is to build up the immune system." She recommends raw glandular supplements to help this process.

If you have severe allergy problems, medical help offers prescriptions of stronger medication than is available at retail outlets, as well as immunotherapy (allergy shots). None of these cure the problem, however.

The American College of Allergy, Asthma & Immunology (ACAAI) recommends consulting an allergist, a physician with specialized training in managing allergies. An allergist can develop a treatment plan to enable you to live a life as symptom-free as possible. The ACAAI offers a free nationwide allergist referral service by calling 800-842-7777.

Dr. Kenneth Stevens, an allergist who practices in both Albany and Newport, currently treats about 130 patients, according to his nurse Nancy Stevens.

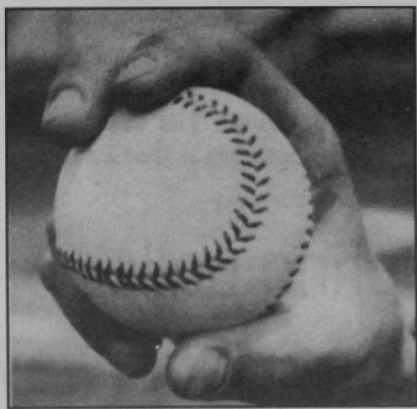
Doctor Robert S. Rapp, an allergist at the Corvallis Clinic, said he sees many patients between March and July, explaining that February through May is tree-pollen season, and May through June grass-pollen season.

Rapp said that when it doesn't rain, allergies are worse. He commented that "steroid nasal sprays are safe and quite effective," and allergy shots are 80 percent effective if patients stick to their program.

Doctors Candice M. Rohr and John D. Minor operate Allergy and Asthma Centers in Corvallis, Eugene, Springfield and Roseburg, treating over 1,000 patients. They are so busy that they will add a new partner in July.

At the Northwest Center for Environmental Medicine in Portland (503-261-0966), doctors test for allergies and are able to neutralize the antigens which cause problems.

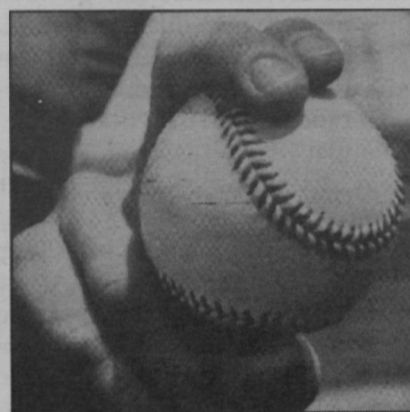
Scientists continue to search for more and better approaches to allergy treatment. There is hope for a future where one day allergies will be preventable.

**Fastball—**

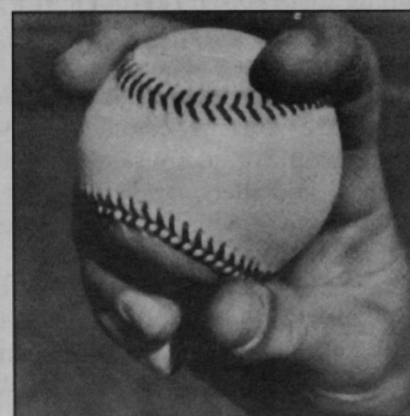
Grip the ball across the long seams with your index and middle fingers, resting the ball on the inner part of the thumb. Throw the ball from a three-quarter over-hand delivery for more movement.

**Change-up—**

Push the ball deep into the palm. Placing the thumb alongside the ball will effectively decrease the pitch's velocity. Throw change-up with the same arm speed and delivery as the fastball to catch batters off guard.

**Curve ball—**

Place middle and index fingers on top of long seam. Delivery is similar to fastball but as your hand comes over the top push down with middle finger and snap your wrist; this gives greater spin to the ball as it approaches the plate.

**Split-fingered fastball—**

Place middle and index fingers on top of long seam. Set the ball deep into the palm resting on thumb and ring finger. The spitter's release is identical to the fastball, but will drop dramatically just as it reaches the plate.

Strrrrike 3!



Story and Photos by
Shawna Phillips
and Josh Burk

The art of pitching unmasked

An inside look at pitchers and the secrets of their success

There is no question that good pitching is the single most important requirement for a baseball team's success.

It is not uncommon for outstanding high school and college pitchers to strike out two of every three batters they face and the top major-league pitchers over the past 25 years—the Koufaxes, Seavers, Ryans and Palmers—have all recorded numerous one or two hit shutouts in their careers when they literally dominated the game. No doubt, future records will list names like Cone, Clemens, Maddux and Johnson.

To be one of these tremendous pitchers it helps to be a big hard thrower, but don't worry if you're not 6'6" or built like Roger Clemens. In fact, there's little correlation between a pitcher's size and how fast he can throw. For instance, look

at Hideo Nomo. Some people big or small are simply born with the capability to throw heat.

But simply throwing hard is not enough. The most important quality is control. It doesn't matter how fast you can throw or how much break your curve ball has to it, if you can't get it over the plate you can't be a successful pitcher.

Combining both control and a variety of pitches is the best way to get through a game. If you can throw two or three different pitches to a given spot at any time, you will strike out even the best hitters.

Baseball history is full of veteran pitchers, who despite losing zip on their fastball and snap to their breaking ball, were still very effective pitchers, able to beat batters and win games utilizing pinpoint control.

SPORTS PAGE

Roadrunners end season with disappointing string of losses

by Shawna Phillips
of The Commuter

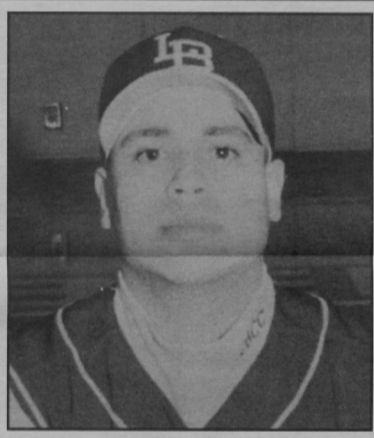
Linn-Benton watched their playoff hopes go up in a cloud of dust after getting stomped by Chemeketa on Tuesday and losing two more to Mt. Hood on Thursday.

Tuesday's game was tough for the 'Runner pitchers after starter Brian Fauth couldn't get out of the first inning, allowing seven runs to score before being relieved. Then in the fifth, relief pitcher Derek Wells lasted only two-thirds of an inning before he was tossed out of the game by the field umpire after some words were exchanged.

LB's offense mustered up five runs, which under other circumstances could have been enough to win a game. Unfortunately, the Chiefs kept pounding the ball and went on to overwhelm LBCC 24-5.

"We showed up not ready to play," Coach Greg Hawk stated. "We didn't get out of the first inning, and it didn't get any better."

jock in the box



Who: Omar Cepeda

What: Sophomore 1st baseman

Background: Dr. Santiago VeveCalzada/ Fajardo, Puerto Rico

Recent Highlights: In his last three games he's gone 7-14 with a double, a home run, three RBIs and four runs scored.

Stats: .316 batting average, scored 19 runs, stole a base and led the team in RBIs and home runs with 19 and three.

Sports Hero: Jose Cepeda

Best Sports Moment:

"When I my first home run this year. I didn't know the ball was gone, and when I got to second base I pointed my finger. It was great."

Both Barry Banville and Jamie Hollister went 1-for-1. Omar Cepeda was 1-for-2.

In Thursday's doubleheader in Gresham, Linn-Benton had the chance to play the roll of the spoiler by beating Mt. Hood twice and sending them home instead of to the playoffs. However, it seems that Mt. Hood has had the Roadrunners' number all season, and they proved it again by being the only team to sweep LB for the season, beating the Roadrunners in both games.

The Saints didn't claim the first game until the bottom of the ninth, however. Robbie Greenawald started the game for LB and had his best league outing, going five and two-thirds innings and giving up four runs. Reliever Dan Bowers came in to hold Mt. Hood scoreless the rest of the way, until the ninth.

Offensively, things were looking bleak for LBCC until the seventh inning, when Chris Burton hit a two-run double that scored Banville and Cepeda. Domingo Amaya then singled to drive Burton in and cut the Saints' lead to one.

LBCC tied the game in the top of the ninth when Amaya drove in pinch runner Jake Williams, but a base-running error put an end to their rally.

Brannon Cedergreen came in to try to get the save in the bottom half of the inning and immediately got two outs before giving up three straight singles. The third was a hard hit ball to Ryan French, who had just come into the game at first base. When he hesitated slightly, the runner on third took advantage to score, giving the Saints the 5-4 victory.

Ben Ward went 1-for-1 in the game, while Cepeda and Amaya were 2-for-4.

In the second game Banville had a strong outing, going 2-for-3, scoring two of LB's four runs and driving in one. Ward also had a two-hit outing and drove in a run. Neftali Aguiar was 1-for-2 with two RBIs. All three doubled.

Josh Fox had his first start of the season, but couldn't get the win as he gave up six runs in three and two-thirds innings. Mickey Lydic came in to relieve Fox and held the Saints scoreless, but LB couldn't build enough steam to come back and lost 4-6.

The Roadrunner's ended their season with a seven game losing streak and dropped from second to fifth place in the league standings.

"We lost our last seven games. I don't know whether they got tired or burnt out or what have you. I can't put a finger on it," said Hawk.

"I enjoyed the guys and think they had a good experience, but without a question we didn't play very well the last 10 games. When you don't play well the last quarter of the season, you don't go to the playoffs."

Larger than normal turnout sparks spirited competition in annual tennis tournament

by Shawna Phillips
of The Commuter

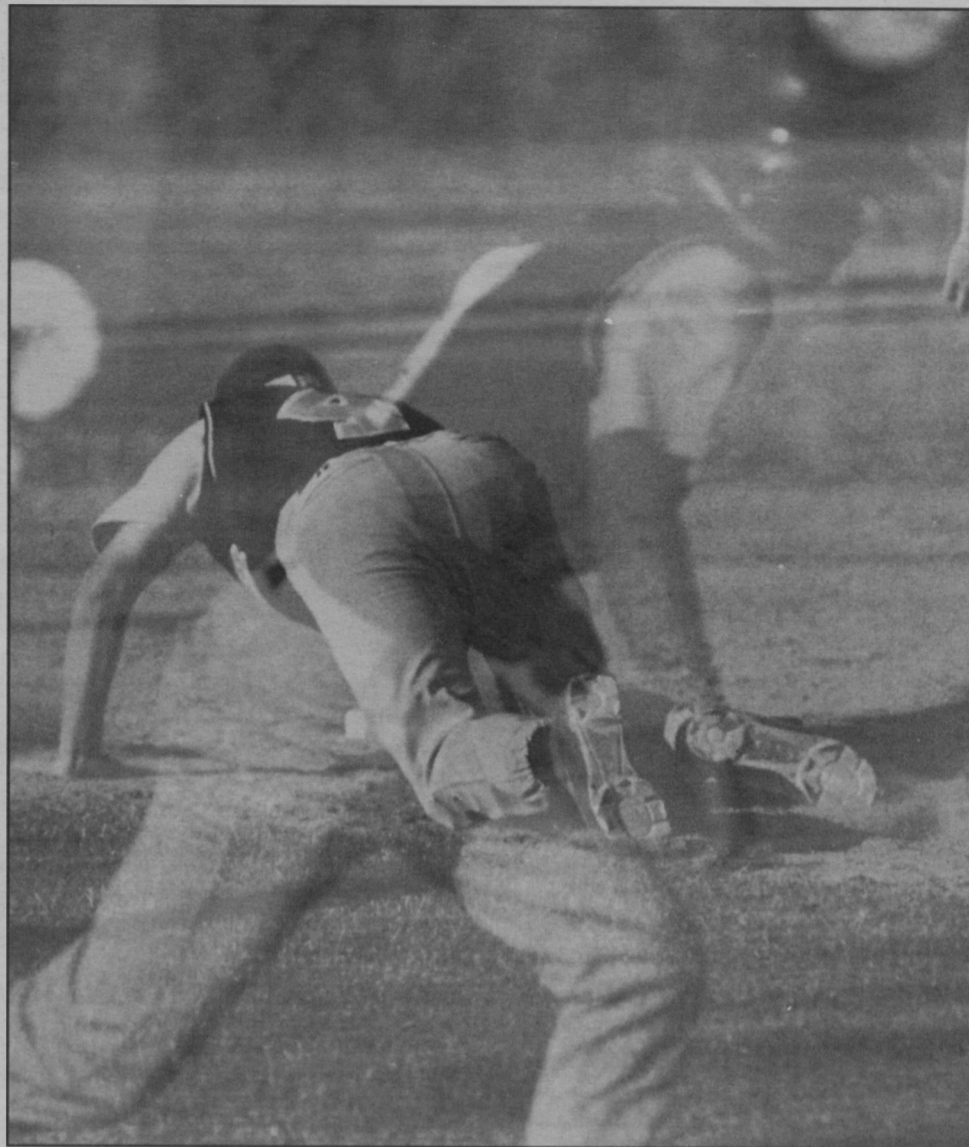
The singles tennis competition last Thursday had the best draw that it's had in the past three years.

Eleven people showed up on the courts to compete in the beginning and advanced singles tournaments. However, only two of those people, Chrissie Minami and Ryan R. Vosborg, signed up for doubles. Consequently, they were

declared the automatic victors.

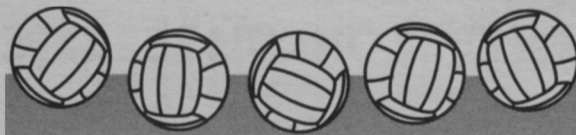
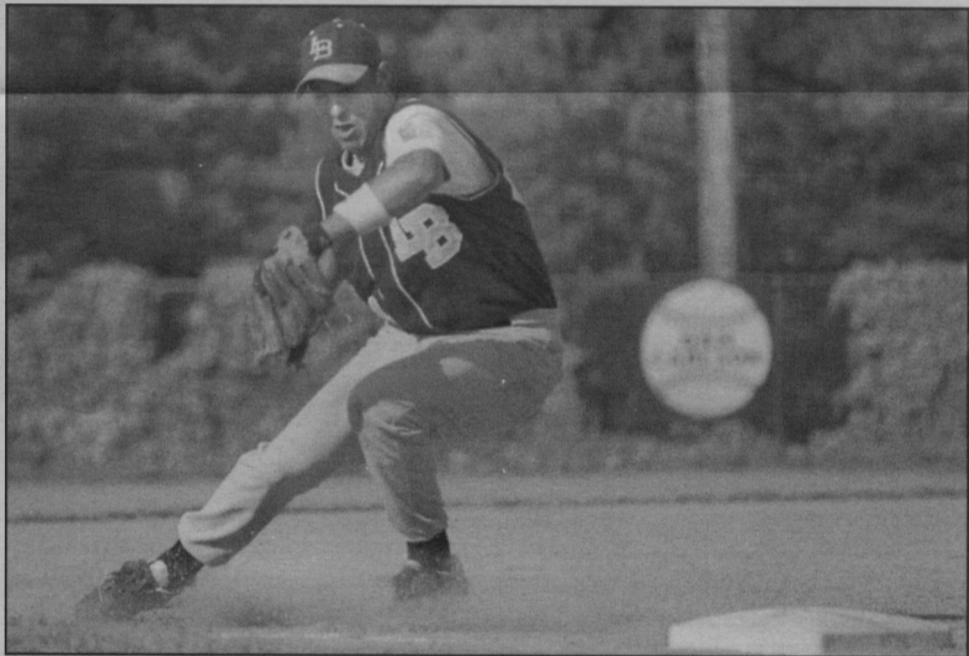
In advanced singles action, Chad Evett beat out staff member Jack Giles to win the tournament.

In the women's beginners bracket, Minami beat Sue Boyanovsky. In the men's beginners action, Vosborg won over another staff member Steve Coffing. Twins Jacob and Jason Foster battled it out for third and fourth place, in which Jacob won.



Photos by Shawna Phillips

Photographic illusions become part of the games as a double-exposure (above) catches Jake Williams diving back to third to avoid a tag and later dashing home to score in last Thursday's game against Mt. Hood. Below, third baseman Domingo Amaya appears to be fielding a huge baseball that's actually a sign on the left-field fence.

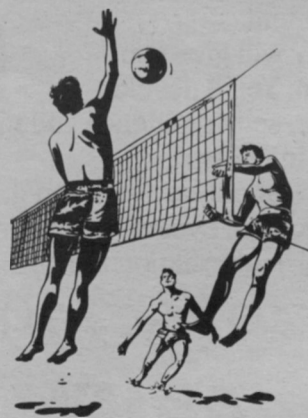


VOLLEYBALL

Sand Volleyball Tournament '97

Thursday, May 22nd at 3 pm

This tournament will be at the LBCC Sand Courts.



Pick up entry forms for these tournaments in the Student Life and Leadership Office, CC-213. Contact Naikia Benjamin at 917-4463 for more information.

CLASSIFIEDS

HELP WANTED

Attention students and families: For Federal employment information, please call 1-900-378-6181 ext. 9600 for your referral. \$3.99/min. 18 years+. Touch tone phone required. Pro-call Co. 602-954-7420. REAL JOBS, REAL SOLUTIONS.

CRUISE SHIP EMPLOYMENT - Want to Travel the World AND earn a living? Get the #1 Source for anyone seeking work in the Cruise and Land-Tour industry. For information: Call 800-276-4948 ext. 606541. (We are a research and publishing company.)

ALASKA EMPLOYMENT - EXCELLENT EARNING POTENTIAL! Get the #1 SOURCE for finding work in the booming fishing & processing industry. For information: 800-276-0654 ext. A60651 (We are a research and publishing company.)

EXCELLENT PAY. APPLY NOW FOR SUMMER WORK. Seeking Manufacturing Field Service Technicians to perform residential roof repair and recoating from about May 1 to Sept. 12, 1997. Starting dates in June also available. **Pay-\$10.00-\$12.00/hour.** Opportunities for overtime. Must be willing to travel throughout NW for extended periods. Company pays during overnight travel for approved expenses for room/board and meals. Strenuous activity, heavy lifting, heights and long hours. Pre-employment and random drug tests required. Previous roofing, construction or painting experience preferred. **APPLY NOW!** To request a job application, call (541) 928-6397 or mail your resume to: American Cemwood, ATTN: Human Resources (MFST), 3615 Pacific Blvd. S.W., P.O. Box C, Albany, OR 97321.

Mt. Hood Kiwanis Camp Program is an outdoor recreational facility which serves children, youth and adults with disabilities. They are now recruiting counselors for the 1997 summer camp. Participating counselors may earn six undergraduate or graduate practicum credit hours through Portland State University while gaining valuable personal and professional experience working with a wide range of individuals. For info, call 917-4780.

Agri-Tech Inc. of Oregon is advertising for approximately 20 Summer Seasonal positions. The jobs that are currently open are as follows: Tractor Operator, Loader Operator and Site Lead. For info, call 917-4780.

CRUISE & LAND TOUR EMPLOYMENT- Discover How to work in exotic locations, meet fun people, while earning up to \$2,000/mo. in these exciting industries. Cruise information Services: 206-971-3554 Ext. C60652.

2 Jobs available: Summer/Full time outdoor landscaping/land clearing. Will train. \$7 hr./start. Apply in person: Viewpoint Signs, 4920 S.W 3rd Street., Corvallis.

Need a manager trainee. Full-time or part-time, no experience necessary and will train. Company expanding. Manager earns \$3,000

base & commission. Call: 503-373-3697.

The employers are looking! But are you! If you wait too long, the jobs will be gone! Here are some of the new job openings: Microsoft software demonstrator, Clerical Support, Bookkeeper/Administrative Assistant, Drafting Intern, Movie theater concessions, box office & ushers, Residential Treatment Assistant, Residential Treatment Specialist, Blueberry pickers and Field Manager, Boeing metallurgical jobs, HP electronic positions, Environmental Technician, Cook, Civil Engr Technician, Sales Associates, Dispatcher, Production Leader, Operating Assistant, Secretary, Installer of 2-way radios or cellular phones, Dental Assistant, Accounts Payable Clerk, Manager, Welders, and combine drivers. For info call the Career Center, 917-4780.

SCHOLARSHIPS

The Financial Aid Office of LBCC is currently offering two scholarships. The first is the Dr. Robert Hyland Memorial Scholarship which is available to students in Science or Engineering Programs. This is a \$300 award. The second is the George and Edna McDowell Charitable Trust which is available to students in the Nursing Program or any of the Industrial Arts Programs. This is a \$500 award. Information and forms are available at the Financial Aid Office in Takena Hall

Student Financial Services profiles over 200,000+ individual scholarships, grants, loans, and fellowships—from private & government funding sources. A **MUST FOR ANYONE SEEKING FREE MONEY FOR COLLEGE!** 1-800-472-9575 Ext. F60652.

The James F. Burnett, SR. memorial scholarship advertising Grant-In-Aid- This grant is designed for a student who demonstrates significant advertising ability. The recipient must show potential for success and be making satisfactory progress toward goals must have completed 2 terms and maintained 3.0 GPA. Financial need primary reason for grant. Single parent given special consideration. Deadline: May 30, 1997 Applications at Financial Aid Office.

Oregon Logging Conference Scholarship- Students interested in forest and wood-related areas as well as welding, diesel mechanics, etc. are eligible. Deadline June 5th 97. See Career Center for applications.

FREE MONEY FOR COLLEGE!

Seeking financial aid? Get the system to help find money for college! Detailed profiles on 200,000+ individual awards from private and public sectors. Call Student Financial Services: 1-800-263-6495 ext. F60651 (We are a research and publishing company.)

FOR SALE

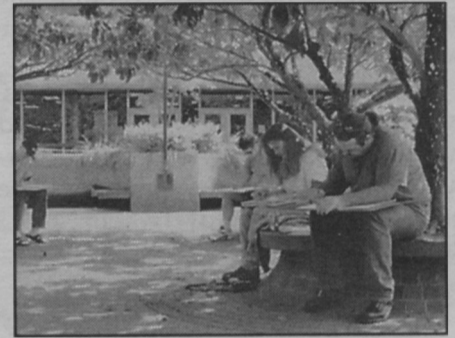
1990 Kawasaki EX500, runs excellent, Always garaged, 12,500 ms, \$1,400 o.b.o, call Ryan at 757-2077.



Photo by Jason Andrus

Sunny Classrooms

The inviting weather has lured many classes out onto the campus grounds in recent days. One class found refuge under the trees on Monday (above), while Analee Lively's drawing class used the courtyard for practice last week.



29 gallon fish tank with power filter and more. \$75.00 obo. Freezer in excellent condition. \$125 obo. Call 541-967-7776.

MISCELLANEOUS

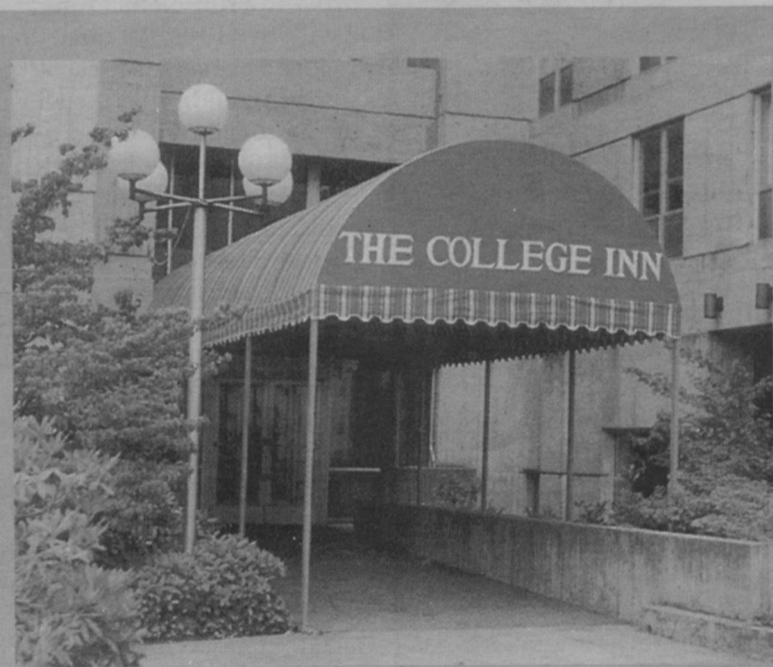
Students who would be interested in volunteering in welcoming International Students next year, please call for information- Tammi Paul Bryant at 541-917-4457, Kathay Green at 541-917-4461 or Dee Curwen at 541-917-4700.

SHERIFF'S RESERVE: APPLICATION DEADLINE MAY 31ST. Opportunity to volunteer for the Benton Co. Sheriff's Reserve. Law enforcement training, community service, great people. Applications can be picked up Mon. - Fri. 8 am-5 pm at 180 NW 5th St., Corvallis. Written exam will be held Saturday, June 7th, 9 a.m. at address above.

Roommate Wanted to share a 2BR house on nearby ranch with grad student. It's a very nice place, horses ok. For details 758-7446.

THE COLLEGE INN

INVITES YOU TO SHARE THE GOOD LIVING IN CORVALLIS.



New state-of-the-art computer lab!
Eleven different room types to choose from!
Reasonable rates include room, utilities, local phone, cable tv!
Flexible meal programs and policies!
Convenient service hours!
Applications are now being accepted for future terms.

Stop by at 155 NW Kings Blvd. for information and tour or phone 737-4100

SUCCESS. GET AN EDGE ON COLLEGE EXPENSES.

The Army can help you get an edge on college expenses in just two years.

When you enlist and qualify for a certain skill, you could become eligible for the Montgomery GI Bill plus the Army College Fund. That means you could earn \$26,500 for college with a two-year enlistment.

And the Army will give you another edge, too. You'll develop the self-discipline, self-confidence and maturity you'll need to succeed in college.

Find out more about how you can get \$26,500 for college in just two short years. Call your local Army Recruiter for more information today.

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OPINION PAGE

commentary

Date rape drug poses threat even when used without alcohol

by James Otto
of The Commuter

I have seen a lot of informative news articles and posters about "Roofies"—AKA rohypnol, the date-rape drug. While many of them tell about the effects of the drug and the way in which unscrupulous people have used it, I have yet to see the media point out that rohypnol can be used in any beverage.

The warnings I have seen so far only tell how it is used with alcoholic drinks. Perhaps they don't want to give new ideas those who may already have devious plans.

The simple fact is that people who are just having ice water need to take the same precautions as someone working on a third glass of rum punch. Never hang out alone with people you wouldn't trust with your life, and if your drink has been out of your sight, even for a second, don't drink it any more!

In living with college friends, I have seen how long it takes for a spoonful of salt to get dropped into your glass of milk or juice without your knowledge. If silly pranksters can do it, so can a determined rapist, but it probably won't be salt.

Male or female, it doesn't matter. A large number of reported rape victims are male.

Warn your kids when they are hanging out with friends, even if they are only in grade school. Also, this gives new impetus to the old adage "Never take food from strangers."

If someone slips a roofie into your drink, you can't see it, smell it or taste it, and you will most likely not be in control of your situation when the drug starts to take effect ten minutes later.

Seriously, kids in high school can get this drug just as easily as they can get LSD, pot, crack and whatever else they want. So can anyone.

The results are horrifying. One man alone is suspected of having drugged and raped dozens of Oregon women.

Each of these women is a real person like you or me, not just a statistic on paper. It could just as easily have been you, your spouse, your child, your parent, your brother or sister. . . .

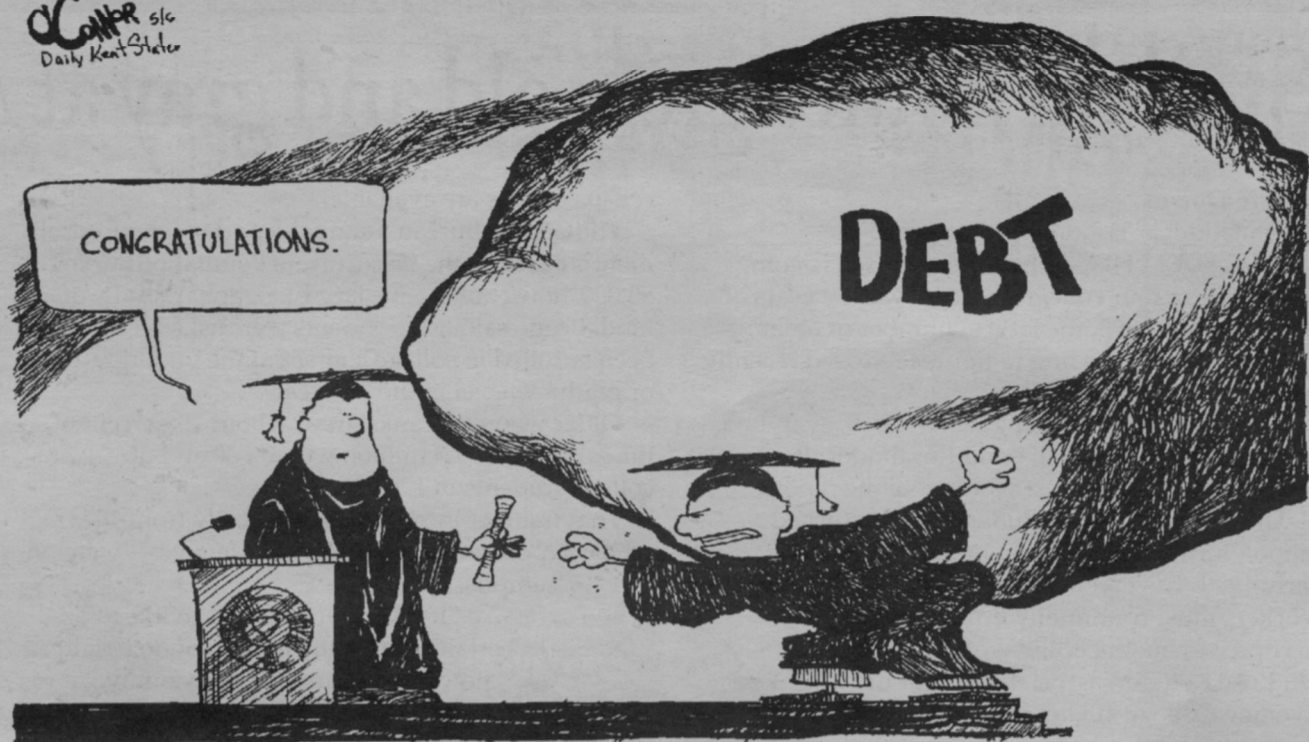
Sure, most people know about rohypnol and what it can do, but how many know it works as well in diet soda as in a screwdriver? How many know it doesn't need alcohol or any other drugs to make it work?

You can bet the rapists know that. Perhaps it's about time you and your loved ones knew as well.

Next time you get on the web, I advise checking out these sites on rohypnol:

- earthops.org/rohypnol.html
- www.clark.net/pub/klaatu/rohypnol.html

Commuter sic
Daily Kent State



commentary

Senator says government should help students

by Sen. Gordon H. Smith
for The Commuter

In his first speech before an audience, a young Illinois lawyer said that "education . . . is the most important subject that we, as a people, can be engaged in." Those words are as true today as they were when Abraham Lincoln spoke them 165 years ago.

Part of our responsibility in recognizing the impact of education is to make it easier for students and families to keep up with the rising cost of college tuition. As a member of the Senate Budget Committee involved in crafting this year's budget, I am working to make higher education more affordable and more accessible to Oregonians.

To best explore ideas on how to pave an easier way to our colleges and universities, I went to the experts themselves: Oregon students. In separate round-table discussions with students from Eastern Oregon University, Lane Community College, Portland State University, Oregon State University, Southern Oregon University and University of Oregon, I learned that while our colleges and universities are doing a fine job of educating our students, the financial pressures on students and their parents are rising to alarming levels.

According to national statistics compiled by the Treasury Department, real average tuition at public two-year colleges rose by 75 percent between 1980 and 1995. At four-year colleges, it rose even higher, by 92 percent nationally. Consequently, it is not surprising that students from lower-income families enter college at a much lower rate than students from higher-income families. In fact, only 23 percent of high school graduates from families with incomes of \$29,000 or less earn a college degree, whereas 53 percent of high school graduates from families with incomes of \$78,000 or more earn a degree.

In my round-table discussions across the state, the financial burden of college was the most worrisome to students. The following are several specific concerns I heard:

- The unmet financial need for college students is getting larger.

Many students are falling behind—by literally thousands of dollars—in meeting their school expenses. One student from Eastern Oregon University said he will graduate from college with a \$15,000 debt, even though he works full-time. This type of situation creates an immediate stress on students and demands a job after college that will pay living expenses AND cover huge loan payments.

- There are few easy and accessible options that provide high-growth savings for college.

- There is uncertainty about the right time for students and parents to begin planning for college.

Students and parents alike have said that if they had known about the various resources available to them, preparing for a college education would not have been such a daunting task. Federal and local governments should do more to bring information directly into the home to educate families about what it takes to enter the world of higher education.

The three challenges mentioned above are serious. Here is how I see that Congress can provide some

answers:

First, Congress can do its part to protect federal grant and loan programs that work. Pell Grants, for example, are important for raising enrollment and graduation rates of low-income students. This is an example of a program that has yielded results, demonstrating the ability to help Oregon students afford college. The last Congress increased Pell Grant funding to a record level, and we should continue making this program a budget priority.

Second, Congress should expand Individual Retirement Accounts (IRAs) for higher education expenses and pass tax credits and tax deductions to help families meet the high cost of college tuition. Establishing tax-free savings accounts for college expenses would allow families a smart and easy way to prepare for tuition costs down the road.

When the student begins college, parents could take money out of the IRA without incurring an early-withdrawal fee. If parents put aside \$1,000 at the time their child is born and contribute \$1,000 every year until the child is 18, the IRA would have approximately \$34,000 to provide for the costs of a college education.

I also want to see a tax deduction for student loan interest to make it easier for graduates to erase their post-graduation debt. I will work to help pass a \$2,500-per-year tax deduction on interest paid on a student loan for the first five years of repayment.

Third, we need to make the nuances of higher education understandable and desirable to the average American family. Too often what parents see are just the costs, with the attendant anxieties and discouragement that college expenses often bring. What they don't see often enough are the financial options open for meeting those costs.

For instance, if parents believe their child will need financial aid, do they know about Pell Grants, Stafford Loans or Perkins Loans? Have they heard about the College Work-Study Program or various scholarships available? And do they know about detailed financial assistance guides like the one found on the U.S. Department of Education's Internet web site (www.ed.gov)? The federal government can do a better job of coordinating with the states and schools to get information about these important resources into the hands of parents and students. What we think is in our grasp, we will work harder to achieve.

We have many hurdles to clear before education is truly more accessible to our citizens. The place to start is to empower families and students with the ability to plan early for the rising costs of higher education. As Oregon Senate President, I helped create record levels of funding for schools and sponsored the creation of the Oregon Education Empowerment, which dedicates 15 percent of the state lottery revenue for local schools and college scholarships. In Congress, we can also make a difference. We should make the college dream built on enterprise and ability, not on wealth and luxury.

Times indeed have changed since Abraham Lincoln occupied the White House, but the importance of education remains the same. Today's test is: Can we turn this longstanding priority into longstanding results? ♦

EXPRESS YOURSELF

The Commuter encourages readers to use its "Opinion" pages to express their opinions. Commentaries and letters on campus, community, regional and national issues are welcome.

Submissions may be in the form of letters to the editor or, for topics that require deeper analysis, guest columns. All letters received will be published, space permitting, unless they are considered by the editor to be potentially libelous or in poor taste. Guest columns should be approved in advance by the editor. Readers wishing to submit a guest column are asked to first discuss their idea with the editor.

Letters should be limited to 250 words or less, and will be edited for length, grammar and spelling. In order to confirm the authenticity of letters, they must be signed, with phone number and address included. As general policy, The Commuter will not publish anonymous letters to the editor, although the editor reserves the right to make exceptions when conditions warrant.

LOONEY LANE

Student bodies grow old and gray at America's colleges

by Jere Downs

Knight-Ridder/Tribune News Service

PHILADELPHIA—The college crowd is going gray. One in four college students was 30 years of age and up in 1995, the largest number of older students ever, according to figures released recently by the U.S. Census Bureau.

"The job market is changing so much, everybody has to go back to school," said Rosalind R. Bruno, the census education analyst who wrote the report.

The anxiety of older students who returned to school during the recession in the late 1980s and early 1990s has given way to acceptance that workers must continually train themselves to cope with an uncertain workplace, said Dr. Rose Ketterer, associate dean of the Evening College at Drexel University.

"People have accepted the fact that the workplace is changing," Ketterer said. "Nobody is going to work from their teens until their early 60s at the same job and get a gold watch."

Nationally, enrollment of older students—30 and up—has climbed steadily, from about 15 percent of all college students in 1973 to about 26 percent, or 3.8 million students, in 1995, the latest year for which

census figures are available.

The Census Bureau's annual report of school enrollment is based on the 1995 Current Population Survey of 55,000 households, the largest national study of its kind, Bruno said. Respondents were asked if they had been enrolled in college courses at the undergraduate or graduate level in the last year.

Older women's ranks grew: About 29 percent of the sample—or 2.3 million women 30 and up—were college students in 1995.

That number increased dramatically from 1973, when 16 percent—or 738,000 older females—were on campus.

"It takes two incomes to live a certain type of life in this country right now," said Montgomery County Community College spokesman Andy Back. "A lot of women are returning, mostly part-time, to hone their job skills or go for an entirely new career."

The average age of students in Montgomery County Community College's graduating class this year is 30, a figure that college officials say has climbed in recent years as more and more adults return to school to improve their skills in a changing economy.

After women, the older African-Americans are second proportionally in the nation in the return to college. Overall, roughly 30 percent of African-Americans aged 30 and older—or about 527,000 people—reported being enrolled in a college course in 1995. That was up from a 1973 rate of roughly 20 percent of the African American student population.

Of white students 30 and older, roughly 26 percent were enrolled in a college course in 1995. Fifteen percent of older whites reported they were enrolled in college back in 1973.

Among older students, men appear to be least likely to head back to college. About 23 percent of all male college and graduate students were 30 or older, the census said. But that, too, is up from about 14 percent in 1973.

The figures do not surprise Ted Sikorsky at Camden County Community College in New Jersey. The college spokesman said the campus in Gloucester Township had seen a steady rise in older students returning for training to improve their chances for economic advancement.

Of this weekend's graduating class of 1,200 students, Sikorsky said, fully half are 25 or older.

"No longer is the community college the bastion of students coming right out of high school," Sikorsky said. "We are providing a service to adults who may find themselves out of a job or those who are just coming back for career training."

Typical of Camden Community College graduates, Sikorsky said, is a 49-year-old federal government administrator with only a high school diploma who was forced to go to college when he was told he needed more training to advance in his job.

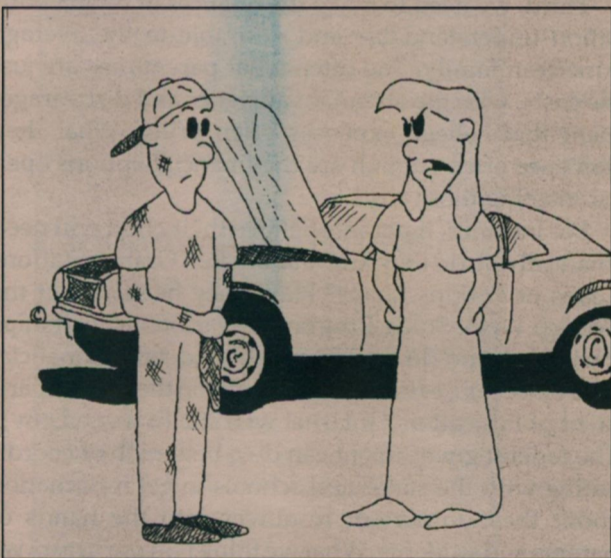
"Dad and son did homework together," Sikorsky said of the student, Robert Elwood, who will graduate this weekend with an associate's degree in liberal arts and business administration.

Elwood got hooked on college and plans to transfer to Rowan University for a bachelor's in history, Sikorsky said, for a second career as a history teacher when he retires from the federal government.

"People start off in jobs that they think are going to make them money," said Back, the spokesman for Montgomery County Community College. "Then, they find out there is a wall at the end. That puts them smack in our backyard."

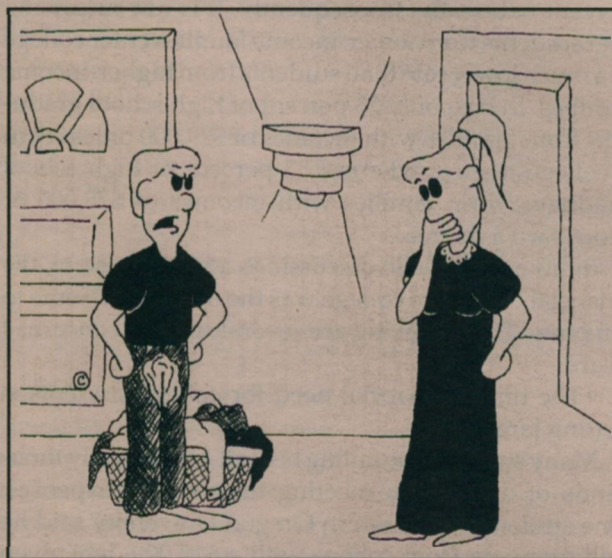


Reality Bites



What do you mean I destroyed the clutch? I didn't even use it.

by Lance Dunn



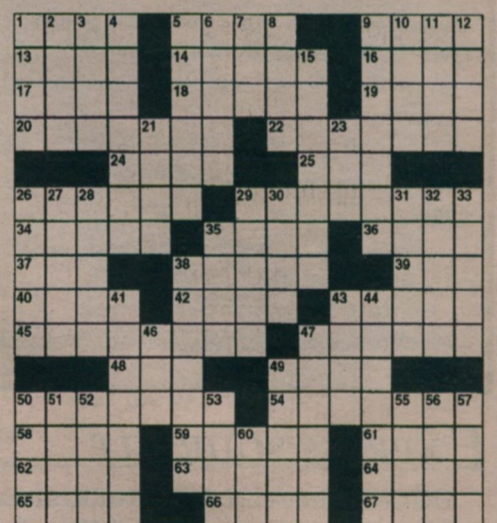
I know I look stupid! Some jerk put bleach around the agitator of the washing machine.



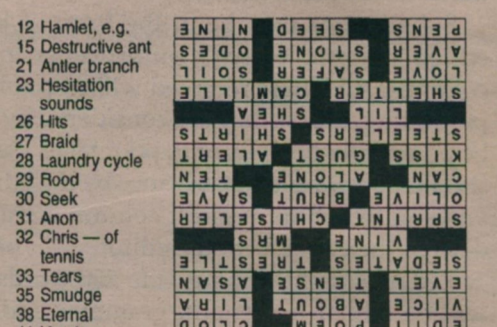
Weekly Crossword

- ACROSS
- 1 Prepare for publication
- 5 Work by Sandburg
- 9 Oaf
- 13 Sin
- 14 Circa
- 16 Italian coin
- 17 — Knievel
- 18 Edgy
- 19 — example
- 20 Calms
- 22 Braced framework
- 24 Climbing plant
- 25 "— Miniver"
- 26 Dash
- 29 Swindler
- 34 — Oyl
- 35 Wine word
- 36 Redeem
- 37 Container
- 38 Solo
- 39 Decade number
- 40 Osculate
- 42 Sudden burst
- 43 Warn
- 45 Pittsburgh athletes
- 47 Garments
- 48 "— Abner"
- 49 Mets' stadium
- 50 Haven
- 54 Garbo film
- 58 Adore
- 59 More secure
- 61 Earth
- 62 State strongly
- 63 Granite, e.g.
- 64 Pindaric works
- 65 Writes
- 66 Germ
- 67 Baseball team

- DOWN
- 1 Holiday times
- 2 Low place
- 3 Frosted a cake
- 4 Israel's capital
- 5 Inventor's grant
- 6 Fat
- 7 Long time
- 8 Has to
- 9 Grades
- 10 Catalogue
- 11 Spoken



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- 12 Hamlet, e.g.
- 15 Destructive ant
- 21 Antler branch
- 23 Hesitation sounds
- 26 Hits
- 27 Braid
- 28 Laundry cycle
- 29 Rood
- 30 Seek
- 31 Anon
- 32 Chris — of tennis
- 33 Tears
- 35 Smudge
- 38 Eternal
- 41 Vendors
- 43 Interruption sound
- 44 Means of communication
- 46 Ignited
- 47 Partook in
- 49 Play division
- 50 Rebuff
- 51 Threw, nautically
- 52 Steady
- 53 Rodents
- 55 CA city
- 56 Legal claim
- 57 Other
- 60 Enemy