

# The Commuter

A Weekly Student Publication



Wednesday, Nov. 11, 1998

Linn-Benton Community College, Albany, Oregon

Volume 30 No. 7

## Students, staff asked to aid Mitch survivors

by Keirsten Morris  
of The Commuter

An OSU graduate from Honduras is spearheading a drive for donations of food, medicine and cash to help the victims of Hurricane Mitch, which devastated Central America, particularly Honduras and Nicaragua, last week.

LBCC students and staff are being asked to pitch in, and the Student Life & Leadership Office on the second floor of the College Center is acting as one of the collection points for donations.

Juan Carlos Torres who lives in Corvallis and has

family in Honduras, is working with Northwest Medical Teams in Portland. Assisting him are LBCC students Ana Sanchez and Ana Moreno.

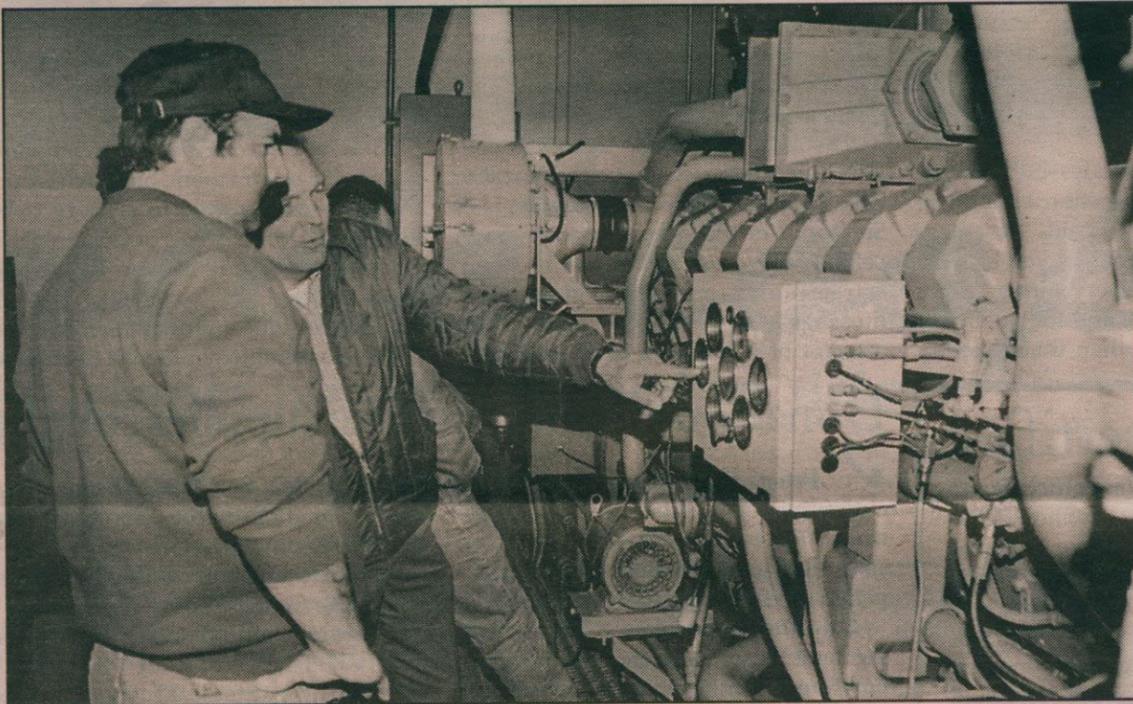
According to news accounts, an estimated 10,000 people have died and thousands more have been left homeless as homes and buildings were washed away, leaving survivors in dire need.

In a flier being distributed in the local area, Torres said that even small donations can make a difference for millions of sufferers. Canned food that doesn't require cooking, medicine and drinking water are priorities.

The following items were selected from a list provided by the Honduran Secretary of Exterior.

- Non-perishable food items are most needed, especially baby food formula, disposable diapers of all sizes, powdered or canned milk, drinking water, canned food (fruit, tuna, sardines, tomato sauce, tomato paste, vegetables), corn flour (masa harina is available in all supermarkets), beans (preferably packaged red beans), rice, vegetable oil not packaged in glass, vegetable shortening or lard, sugar, pasta, salt.

- Medical Supplies: Anti-diarrhea, decongestants, (Turn to "Donations" on Pg. 2)



Photos by Jeremy Parker

### Revvin' It Up

Diesel Tech instructor Allan Jackson (above) studies one of the 1144-horsepower spark-ignited engine at the Coffin Butte Resource Project north of Corvallis with Pat Haley, a diesel student. Jackson took his students on a field trip to the landfill last week. At right, Steve King, plant manager talks with students Amos Kirk of Molalla and Brendon Cooper of Fall City.



## Help take a bite out of car crime

by Brock Jacks  
of The Commuter

Students need to be more cautious when leaving their belongings in their cars in LBCC's parking lots.

This is the message Vern Jackson, chief of security at LBCC, would like to get across to students.

So far this term, LBCC has seen four car break-ins, Jackson said. The burglaries all had similarities. Each was committed on a sunny day with no sign of forced entry. Most victims left their windows rolled down slightly, making it easy for the thieves to take a peek inside.

Two stereos were stolen, one was tinkered with and

*"Think like a criminal. Park where it's inconvenient for them to mess with your car. All these crimes are crimes of opportunity."*

—Vern Jackson

oddly enough, one pair of prescription glasses was stolen.

"I can't say it's a real big problem," said Jackson of the break-ins. "It hasn't really peaked, yet."

Car break-ins are nothing new to the LBCC campus. Every fall for the past few years has seen a rash of thefts. Last October an average of two cars a week were broken into.

Jackson advises students to not leave items in plain (Turn to "Thefts" on Pg. 2)

## \$1,500 increase in Pell grant leads the way toward more financial aid

by Heather Wahlberg  
of The Commuter

Students throughout the country will find more financial assistance is available for the 1999-2000 school year, according to Lance Popoff, director of financial aid.

Every four to five years, Congress reviews the existing rules and regulations for various programs. In this case, the program was Title IV, dealing with financial aid for students. They then go through the process of re-authorization, where the rules and regulations are ana-

lyzed and renewed, sometimes with considerable changes, said Popoff.

In past years, for example, the maximum amount that a student could be awarded for a Federal Pell Grant was \$3,000. Starting next year, the maximum award has been authorized at \$4,500 with a \$300 increase each year for three years and a \$400 increase to \$5,800 in 2003-2004.

"It will definitely put more grant money in people's pockets," said Popoff, "but hopefully keep them away from loans or reduce the amount that they're

borrowing."

While there will be an increase in grant money, there will also be some changes in the loan program. For one thing, interest rates will be lowered substantially on certain loans, if not on all. The definition of community service has also been changed to include such things as child care and support of students with disabilities who are enrolled at the school.

Some of the changes made to Title IV will not be implemented with the Pell Grant, however. Some will have to be "phased in," while for others the changes

still need to be interpreted, said Popoff.

Pell Grants and loans aren't the only programs affected, either. For work study there will probably be more jobs off campus than on. For the last few years, schools have been encouraged to use the money off campus in human services.

"We're going to go into a period where there's a lot of changes in rules and regulations, and there'll be periods of uncertainty and slow down in terms of processing financial aid," said Popoff. "Hopefully this will go smoother than it has in years past when they do this."



### ✓ Life on the Loop

Students find friends, relaxation on loop bus

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### INSIDE THIS ISSUE

#### Check This Out

Few know the plight of the Aleuts during WWII. You can be one of them by visiting the Fireside Room at noon Thursday.

### ✓ Tuning Up

Lady Roadrunners prep for new season under new coach

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## CAMPUS NEWS

## Lack of sunlight may be the cause for wintertime blues

by Sarah Crauder  
of The Commuter

Feeling a little down in the dumps now that the bright summer days are behind you?

You might have Seasonal Affective Disorder (SAD), a form of depression that affects people once the days start getting shorter and the sun doesn't come out from behind the clouds as often.

Dr. James Phelps, a psychiatrist from Good Samaritan Hospital in Corvallis, conducted a workshop last Wednesday on SAD for students and staff. He said that about 75 percent of people living in the Northwest have it to some degree.

The disease is more prevalent the further you get from the equator, he said, noting that 1 percent of people in Florida have severe SAD, as opposed to 10 percent in Alaska.

According to the fourth edition of the Diagnostic and Statistical Manual, a medical reference listing mental diseases and their symptoms, the criteria for SAD is a recurrent depression in a seasonal pattern that has lasted for at least two years. Symptoms of the depression can be lowered energy, an increase in sleep and increase in eating, especially foods high in carbohydrates, which also leads to weight gain.

"This is sort of like the hibernating bear," Phelps said. "In fact, there's good reason to think that this seasonal pattern is some sort of vestigial remnant of [something] that we humans were supposed to



*"This is sort of like the hibernating bear. In fact, there's good reason to think that this seasonal pattern is some sort of vestigial remnant of [something] that we humans were supposed to be doing in response to seasonal changes."*

—Dr. James Phelps

be doing in response to seasonal changes."

The depression can vary in severity. Some people can continue about their regular activities, just feeling a little more grumpy and irritable throughout the winter months. Others can barely get out of bed some mornings.

"What really matters is—is this affecting your level of function enough to worry about?" Phelps said. "If it happens to such an extent that you become markedly impaired every winter, sort of at a predictable time and the quality of life really changes, then that is pretty

much what we make the diagnosis on. If you're really getting messed up by this, it probably merits being thought of as an illness."

For those with more severe forms of SAD, there are two treatments currently being prescribed.

The more traditional treatment consists of antidepressants such as Prozac or Zoloft. These drugs raise the levels of Serotonin in the spaces between brain cells, Phelps said. Serotonin is a neurotransmitter, a chemical that relays messages between cells, and a low amount of it has long been associated

with depression.

The second treatment is phototherapy. Patients sit next to a "light box" which is a very bright fluorescent or halogen light. The lights are 10,000 lux. By comparison, a sunny summer day is 100,000 lux, and a cloudy day is 2,000 lux. Phelps explained that patients sit next to the box every morning from 30 minutes to an hour and absorb photons into their skin. The same effect that is witnessed in antidepressants is seen in patients using light boxes, with success rates just about even at 50-60 percent.

Another way to get photons is to use a dawn simulator, he said. These are timers that you can plug your lamps into that will start turning on your lights slowly about 45 minutes before you want to get up. By the time your alarm goes off in the morning, Phelps said, you have gotten enough photons to get you going in the morning.

Regular light from the sun is, of course, also good for you, he said. If you feel a little low, going outside and absorbing a few photons might make you feel better.

Light boxes can set you back \$350-\$450, while dawn simulators run about \$125-\$175. Only one insurance company in the area covers them, but Phelps said that may change due to a study published in "The Archives of General Psychiatry." The study offered conclusive proof that light boxes work as well as anti-depressants and may no longer be considered as an experimental treatment.

## Medical assistant program certified

by Larry Bulling  
for The Commuter

LBCC's Medical Assistant program received its first accreditation Oct. 16 from the Chicago-based American Association of Medical Assistants' Commission on Accreditation of Allied Health Education Programs.

"This has been a critical requirement for us," said Medical Assistant Program Coordinator Peggy Krueger. "Many HMO's are demanding that only certified medical assistants do the work."

According to Krueger, the two-year Associate of Applied Science degree program, which began in the fall of 1996, now has 48 students enrolled. An average of 12 students graduate each June, and so far, all of them have found jobs in the field. This is not surprising, said Krueger, since the U.S. Bureau of Labor Statistics lists medical assisting as one of the fastest growing professions in the United States up to the year 2005.

The Medical Assistant program prepares students for both administrative and medical positions, known in the industry as "front office" and "back office" work. Front office duties include scheduling appointments,

medical transcription, office book-keeping, processing telephone calls and office correspondence, whereas back office jobs may include taking patient histories and vital signs, preparing patients for examination, collecting and processing specimens, performing specific diagnostic tests and maintaining medical equipment and supplies.

Krueger said some of the program's classes are held off campus in a medical facility.

Students also are required to complete a closely supervised externship with 270 hours of front and back office work experience. Graduates may take the four-hour national medical assistant certification exam, held annually in January and June, at the college.

Certified Medical Assistants (CMAs) are in the vanguard of health care cost containment. Their ability to don more hats and be more flexible in their job duties makes them attractive to doctors and clinic administrators looking at ever increasing health care costs.

Pay for medical assistants varies with experience and ambulatory care setting or clinic, ranging \$8 to \$12 per hour.

## Donations: Food, medical supplies sought

✓ From Page 1

antipyretics, pain relievers such as aspirin, cotton balls, pads, distilled water, soap, detergent, chlorine bleach, bug repellent, charcoal, cleaning supplies.

Care should be taken when packaging items that are considered dangerous. For example, chlorine bleach is a needed item for purifying water, but is dangerous and must be marked properly. Bring clean, sturdy cardboard boxes along with your donations.

All items that are donated will be packaged and delivered to the Consulate of Honduras in Los Angeles. Donations can be earmarked for a specific country—El Salvador, Guatemala or Nicaragua—by marking the box "Hurricane Mitch" along with the name of the country.

Cash donations should be made payable to Hurricane Mitch Relief Fund and can be sent to the Centennial Bank main

branch at P.O. Box 1560, Eugene, Ore. 97440. Donations can be delivered to any of the following locations:

- Student Life and Leadership Office in College Center Room 213, 917-4457.

- Centro Cultural Cesar Chavez at OSU, 737-3790.

- Northwest Medical Teams, P.O. Box 10, Portland, Ore. 97207, or call 1-800-959-4325.

- Any branch of U.S. Bank.

- U.S. Committee for UNICEF, 333 E. 38th Street, New York, NY 10016, or call 1-800-FOR-KIDS.

Remember to label all packages and checks or money orders to specify the country you would like your help to go to. Donations that are unmarked will automatically be sent to Honduras.

For more information contact Centro Latino Americano at (541) 687-2667 or [centrola@efn.org](mailto:centrola@efn.org), Ana Sanchez, 753-0159 or Ana Moreno, 752-6103

## Thefts: Car break-ins worry security officials

✓ From Page 1

sight, especially liquidatable items. He also advises against leaving your windows cracked or your doors unlocked.

"If you have a stereo with a removable face, take it with you," he says. "Think like a criminal. Park where it's

inconvenient for them to mess with your car. All these crimes are crimes of opportunity."

Anyone who has been a victim or thinks they might have seen a crime in progress can call or visit the campus security office in CC-123, 917-4440.

## 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](mailto:commuter@gw.lbcc.cc.or.us). The newsroom is located in Room 210 of the College Center.

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IN FOCUS



# ride <sup>the</sup> loop

## Students have a ticket to ride

As the Linn-Benton loop bus rounds the corner to make its way to the front of Tadena Hall, a group of students gathers up their bags and slowly forms a line on the sidewalk.

Time to ride the lunch-time loop.

Mike Rach wheels his way to the back of the line, chatting happily with the students around him. The driver lowers the wheelchair lift so Rach can board the orange-and-brown striped bus and ride back home to Corvallis.

Rach said the bus drivers "are like a second family" to him, going the extra mile when needed. Once, when Highway 34 flooded a couple of years back, the driver came to his class to warn him to catch the earlier bus so he could get home.

Being a full-time student, Rach rides the bus every day out to LB.

"Without this bus I wouldn't go to school." He

meets people not only on the bus, but also at the bus stop, where he gets his daily dose of gossip.

Rach rides the Corvallis bus occasionally and finds the term pass for the loop bus a great deal at \$50. Rach has spent less than \$250 a year for transportation costs in his past four years as a rider.

"Without this bus there's no way anybody disabled could get a job, period," he said.

April Crawford sits near the front of the bus in a window seat eyeing the passing scenery. "I like the bus 'cause it's quiet—usually. You can read or catch-up on homework."

Crawford rides out to LB Monday through Thursday with the intent on getting her GED. She also finds the loop bus a lot more economical than driving her gas-guzzling V-8 from Corvallis each day, and would rather not risk getting a speeding ticket.

When trying to recall the most exciting thing that has happened to her in the seven weeks that she has been riding, Crawford cocks her head and grins.

"Well, last Tuesday a semi-truck swerved into our lane and almost hit us."

Though the bus proves to be economical and efficient for Crawford, she does wish the bus ran more often. "Today I slept in and had to wait two and a half hours to catch the next bus."

Chase Corniel agrees that the only downfall to riding the loop bus is the morning break from 9:32 and 11:50, when there are no pickups on campus.

"It's inconvenient if you forget something."

Corniel rides everyday from Corvallis to LB and spies the same riders on his journey. He says there isn't any real conversation among riders, mostly just "hi" and "bye."

Overall, Corniel is satisfied with the bus and will continue to ride throughout the school year.

"It's not bad," he said. "It gets you where you want to go."

Rich Stoneberg, a Benton Center student, rides the loop bus "once in a blue moon," which translates into once every couple of months.

Stoneberg was riding the bus from Albany, where he dropped off the family car for repair, back home to Corvallis. A recent mishap occurred when Stoneberg's cell phone case broke, leaving his phone behind on the bus. Luckily, a client of his found it and returned it the same day.

"I'm a little more careful now," Stoneberg said and patted the case by his side.

"Riding from Albany to Corvallis for \$1.25 is a bargain," said Stoneberg, who purchases a book of 20 tickets for \$16. "That comes out to 30 cents a ticket. I kind of like that."

Stoneberg said he doesn't ride enough to purchase a pass, but carries around tickets just in case he wants to ride the bus.

The most frequent rider of all, Dean Swindall sits at the helm in the front of the bus focused on the road before him, occasionally peeking around his shoulder before switching lanes.

Swindall has been sitting in the driver's seat for the Linn-Benton loop bus for about two months. The loop bus has two drivers—Swindall for eight hours a day, and a relief driver for the remaining two and a half hours.

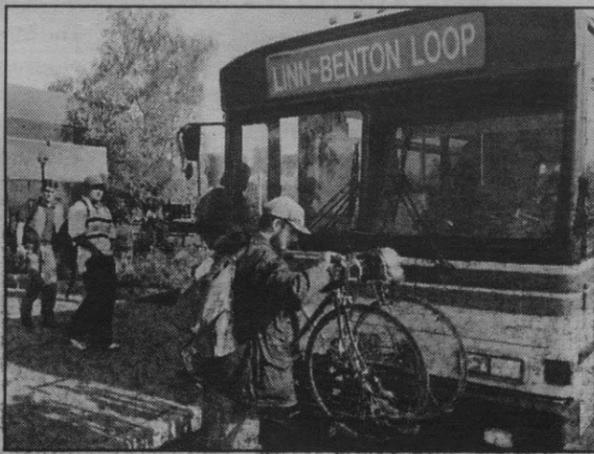
"It's fun," said Swindall, adding that his favorite part is the contact with the public. Remarking on the adventurous side of his job, Swindall smiled and said, "Traffic can get kind of exciting sometimes."

A former long-haul truck driver, Swindall said another positive aspect of his bus driving job is that "I get to come home at night."

An environmentally sound alternative to the often horrendously hectic Highway 34, the Linn-Benton loop bus gives students the chance to take in the scenery, chatter the ride away, or even do a little homework on the way to school.



Students study and chat to pass the time on the lunch-time loop out to LB. Mike Rach (above) is dependent on the bus to get him to school thanks to the wheelchair lifts that provide disabled students with a steady means of transportation. Bike racks located on the front of the bus let students carry their own wheels for local transportation.



Photos by E.J. Harris  
Story by Keirsten Morris

### loop bus facts

- Shuttles between Albany and Corvallis on Hwy. 20 & Hwy. 34
- One-way fare is 85 cents, children under 6 ride free
- Bus operates from 6:40 a.m. to 6 p.m.
- Booklets containing tickets for 20 rides are \$16
- Term passes are available for \$50 for students and \$62 for non-students
- Annual budget is \$126,900
- Ridership boasts 43,500 passenger trips annually
- For more information, call 917-7667

# Friends don't let friends take abuse from partners

Before the shark bites,  
find a safe species to date

by Kimberley Williams  
of The Daily Trojan (US C)  
(U-WIRE) LOS ANGELES—

Physical violence in dating relationships was up to 22 percent and rising among college students, according to a 1991 study. Among young men and women enrolled in colleges and universities, almost one in four students have experienced some form of dating violence. This figure is equivalent to the adult rate.

Highly publicized incidents emphasize that the problem continues today. Early Tuesday, Janie Salois, a freshman at the University of Montana, was allegedly killed by her 26-year-old long-time boyfriend. According to eyewitness accounts, the boyfriend threw Salois on the floor during a night of drunken fighting. Officials at the scene pronounced Salois dead due to broken blood vessels in her head.

With 42 percent of all female homicide victims killed by their intimate partners, experts are encouraging women to realize at a young age what a healthy relationship is.

"We have certainly been aware recently of an uprising in the amount of domestic violence from high school and before," said Elizabeth Davenport, director of the Center for Women and Men, who helps USC students deal with domestic violence issues.

"This is definitely an issue here on campus," Davenport said. "We need to bring these issues out into the open so that people know that they are not alone when this is happening."

To increase such awareness on campus, Student Senate's Community Outreach Committee held a forum on domestic violence Wednesday. About 40 students met in Salvatori Computer Science Center to hear a panel of guest speakers which included Susan Estrich, USC professor of law, and Diane Watson, a California state senator.



The forum, called "Breaking the Cycle," addressed raising awareness of domestic violence among college students and stressed that the only way to stop abuse is to confront younger men and women with the fact that everyone is at risk.

"Because it is an issue that young people don't think about, they are definitely at high risk," said Heather Yamanoha, director of the Community Outreach Committee and a sophomore majoring in public policy and management. "I hope that this event becomes an annual one, similar to Take Back the Night, which is an annual candlelit walk and forum focusing on abuse, sponsored by the Office for Women and Men, addressing all violence against women."

To help the efforts of the Community Outreach Committee, Student Senate is about to pass a bill that will make Oct. 28 a day of recognizing domestic violence on campus. In addition to hosting such forums, the senate plans to pass out purple ribbons to students

to promote awareness of victims in relationship abuse.

Traci Tucker, a staff psychologist at the Student Counseling Center, thinks that this is a great way to educate students.

"It is impossible to know who will be an abuser," Tucker said. "He may seem like a great guy who everyone loves and has a great personality. Suddenly he is critical, questioning or controlling."

This is exactly what happened to Estrich's younger sister who married her college sweetheart. He began physically abusing her after they were married, Estrich said.

"He seemed like the perfect man," she said. "They were the perfect couple, or so everyone thought. She was being hit and abused for five years before she told anyone. No one would believe that her smart, funny husband was an abuser."

According to Tucker, violence is gradual and takes place over time. In what she calls the "Cycle of Violence," abusers try to make their partner feel isolated and alone and will criticize them until they feel humiliated and embarrassed.

"Physical abuse is usually then the last sign in a violent cycle that cannot end without intervention, starting from the victim's friends," Tucker said.

These are ways that friends can intervene: Provide a place of refuge. Don't allow the abuser to cut off the friendship. Let them know that you will listen, but don't push them into talking. Don't be judgmental. Encourage your friend to see a professional, and be willing to accompany them. Encourage your friend to file a report with the Department of Public Safety and Center for Women and Men.

"Keep in mind that these people are in denial," Tucker said. "Don't forget that these people are usually feeling embarrassed. Just let them know that you are there for them, to support and encourage them. However, they do need to see a professional."

The Center Against Rape and Domestic Violence welcomes anyone who is in an abusive relationship and needs counseling. CARDV is located at 129 NW 4th Street in Corvallis and can be reached at (541) 754-0110.

## From posters to inflatable furniture, students make apartments home

by Kristen Pyle  
of The Daily Collegian (Penn. State)  
(U-WIRE) STATE COLLEGE, Penn.—

Decorating trends come and go like avocado kitchen appliances. Some trends rise from the dead to make a comeback and some become permanent.

This fall's trends are a potpourri of both the old and reliable, the new and innovative.

One of the funkiest trends seen around campus this fall is of the inflatable variety. When Steph Lamont has her friends over to visit, she offers them the most comfortable seat in the house: an inflatable chair.

Inflatable furniture provides an alternative to bulky and often expensive furniture. It can be stored away when not in use just as easily as it is to blow up for unexpected guests.

"It's a pretty hot item," said Dottie Cantley, sales representative at Rude Boyz, 200 W. College Ave. "We've had to reorder a number of times already."

Cantley said the furniture is very popular among students because it is fun, a bit out of the ordinary and reasonably priced to meet a student's budget.

"They are actually pretty comfortable," she said, adding that inflatable furniture also provides for a great conversation starter.

For those who are skeptical of furniture that has the potential to pop from beneath them, Cantley said she has heard no reports of any furniture pops.

Posters, on the other hand, are one of the most common, tried and true deco-

rating trends.

"Posters make walls look more like a dorm room than a cubicle," Lamont said.

The most popular posters are fine art, photography and Penn State prints, as well as vintage advertisements from the '30s and '40s, Hons said.

Although some students prefer the stab-your-poster-to-the-wall-with-a-

push-pin framing tactic, Hons said they should be framed.

Dry-mounting posters on foam board is popular because it is an inexpensive and effective way to protect posters.

Students are having fun dressing and undressing the infamous "David" and "Venus" of fine art on their refrigerators.

Hons said refrigerator magnets have

been selling incredibly well, especially the "David" and "Venus" magnets, complete with wardrobes, as well as jumbo magnets of "South Park" characters.

## Take your degree higher

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A transfer specialist from WOU will be in the Advising Center

Tuesday, Nov. 3 10:30 a.m. to 3 p.m.

Tuesday, Nov. 17 10:30 a.m. to 3 p.m.

Students who plan on transferring to WOU, want to connect with an advisor or have any questions about the university are encouraged to attend. The transfer specialist will be accompanied by a transcript evaluator and faculty from various programs.

To learn more or make an appointment for either session, call (503) 838-8037.

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## ARTS &amp; ENTERTAINMENT

## Nature photographers share works at Bob Ross slide show

by Larry Bulling  
for The Commuter

Come and share your nature slides at the 19th annual Bob Ross Open Invitational Nature Photography Slide Show on Friday, Nov. 13, at 7 p.m., in Room 119 of the Science and Technology Building. The event is free and open to the public.

After the free slide show, a software program that manages digitized slides will be demonstrated. The program makes slides, graphics and captions to be searchable on the Internet.

Amateur and professional photographers are invited to bring up to 20 nature-related slides taken in the last 12 months to share with the audience. A Kodak slide projector and screen are provided.

"This is not a contest—no judging or critiquing—just friendly sharing," Ross said. For the purposes of the show, "nature" means parts of the world without humans and human artifacts. There may

be appropriate times to break the rules, but be sure the subject is nature, rather than architecture, hot air balloons, vehicles, backpackers, etc.

Nature photographers from throughout the Willamette Valley gather together each year on this occasion to celebrate nature by sharing their experiences, techniques, favorite places and things to see.

"We are challenged to grow by seeing each other's slides, our enthusiasm is maintained, and photographers are reminded once again that every season is just as good a time for practicing the art as any other time of year," Ross said.

Beginners sometimes feel hesitant to share their slides, but Ross pointed out that nature photographers are friendly people, so this is a good forum for making your debut. Besides, new photographers have new insights, he said, and even experienced photographers have something to learn.

For more information call Ross at 917-4763.

## Poetry slam boasts LB winners

by Barry Greer  
of The Commuter

Linn-Benton Community College staff member and poet Susan Neuschwander tied for first with 44 out of 50 points possible at the Willamette Slam on Nov. 7 in Corvallis. Neuschwander said she "loves performance poetry" before an enthusiastic audience.

Neuschwander then competed in a poem-off with Donovan Reves of Corvallis who won with a perfect score.

One of 13 poets who performed before a standing-room-only Oddfellows Hall audience on 2nd St., Neuschwander lost the tie-breaker by a slim margin of two points.

Reves, an Environmental Protection Agency librarian, said he "appreciated the opportunity to participate and had fun." He also wanted to see more slams, the kind of event where his off-beat brand of verse works best.

LB student Lisa Tenney, one of many young poets present, earned fifth place while third place went to Gabrielle

Yantone of Monroe, who arrived just before the contest ended and performed two blues riffs with vocal power matching Mahalia Jackson.

Anne Wimberley and Jan Zvibleman tied for fourth place in a competition that included voices, young and old, that ranged in tone from angry to sardonic, contemplative to exuberant, vicious to voluptuous.

The slam ended with an open mike because the audience refused to leave and literally shouted for more. Gabrielle Yontone and her seven-year-old daughter offered an encore as did three other poets.

The Willamette Slam was organized by the National Writers Union and the Willamette Literary Guild. As the crowd finally left the hall, Guild president, Steven Sher, said the slam "was quite a success. It had the most interactive audience I've seen. I think we should do it again."

Corvallis poetry fans agreed. Several called Sher to tell him they had a great time.



Photo by A.J. Wright

## A Shakespeare Moment

David Studwell, who is in his first season with the Oregon Shakespeare Festival, and Kathleen Mulligan, in her second year, perform excerpts from Shakespeare and both classic and contemporary literature in Forum 104 last week.

## 'Great American Smokeout' features tobacco trade-in, speech and Barfmobile

The American Cancer Society's "Great American Smokeout" takes place Thursday, Nov. 19, a day when smokers are encouraged to abstain from smoking all day and consider quitting.

Smokers will be able to trade in their tobacco for prizes and a "Quit Kit" at a variety of local locations, including one on campus. You can trade tobacco in for prizes at following locations:

- College Center Room 213 between 9 a.m. and noon.
- Heritage Mall 12-7 p.m.
- Albany Hospital Lobby 8 a.m.-5 p.m.
- Lebanon Hospital Lobby 10 a.m.-4 p.m.
- Mill City Family Center 3-6 p.m.
- Brownsville Family Medicine 9 a.m.-noon and 2-5 p.m.
- Harrisburg Medical Clinic 2-4 p.m.
- Scio City Hall 1-4 p.m.

Prizes include t-shirts, water bottles, coffee mugs and raffle tickets to dinner and theater shows.

On Friday, Dr. Bruce Thomson will speak from 10 to 11:30 a.m. in Forum 113 on tobacco advertising. His speech, "Laughing the Pushers out of Town," focuses on tobacco advertising and how it is aimed at youth, women and minorities. He will discuss a variety of strategies for counteracting tobacco company promotions.

Coinciding with Thomson's visit, the "Barfmobile," a van designed to parody

tobacco advertisements will be parked outside. Friday's events are sponsored by Student Life & Leadership, the Wellness Committee and the Linn County Tobacco-Free Coalition.

## The Dining Room

by A.R. Gurney, the author of "Sylvia"  
and "Love Letters" • directed by George Lauris



The Dining room is a comedy - a mosaic of scenes focused on the all-American family dining room.

Performances are November 13, 14, 20, & 21, 1998 at 8 p.m., and November 22 at 3 p.m. in LBCC's Takena Theatre.

Tickets are available at the Takena Theatre Box Office, Takena Hall 104A, LBCC, 6500 Pacific Blvd. SW, Albany. The Box Office is open M-F, 12-3 p.m. or call (541) 917-4531 for 24-hour reservations. Tickets are also available at Rice's Pharmacy in Corvallis.

All seating is reserved.



A Linn-Benton Community College Performing Arts Department Presentation

The November 21 performance will benefit the Performing Arts Foundation Scholarships

If you require accommodation for disability in order to attend, please contact Jayne Kief, 917-4536, at least 48 hours prior to the performance

## SPORTS PAGE

# Lady 'Runners tune up for new season with fresh faces

by Malia Ramos  
of The Commuter

Looking to improve on last year's 3-24 non-league record and a 0-14 league record, the LBCC women's basketball team has begun practice under new head coach A.J. Dionne.

With a new coach, five sophomores and a strong line-up of new recruits, the Lady Roadrunners are optimistic about the upcoming season.

Returners for LBCC are 5-9 post player Krysie Tack, 5-11 forward Tiffany Sweet, 5-4 point guard Leslie Boer, and 5-10 wing Opal DePue. Joining the sophomores on the team is Beth Nelson, a 5-11 post player who transferred from Western Oregon University.

Newcomers to the squad are post players Renee Prigget (5-11, Perris, Calif.) and Eva Larsen (6-3, Twin Falls, Idaho); wings Jana Sissom (5-9, Davis, Wash.), Dawnyel Merriman (5-10, Baker), McKenenzie Fauth (5-8, South Albany); and Janine Balsbaugh (5-7, Santiam

Christian); and guards Sally Aiello (5-7, Sweet Home) and Mindy Kleinbiel (who becomes eligible in January).

"This team is a lot closer than last year," Tack said. "We are more disciplined and I think we have enough potential to make it to the NWAACC finals."

Coach Dionne said their weakest asset is the lack of depth at the post positions. However, Dionne did mention that the ladies have strong outside shooting and good teamwork.

"This team pushes each other to work hard and has a good work ethic," she said.

The Lady Runners are undergoing conditioning drills so they will be able to push the ball up the floor and to have a lot of fast breaks.

"In the last seven minutes of a game, we'll be able to outrun our opponents," said Dionne.

The Lady Roadrunners open non-league play at home on November 28.

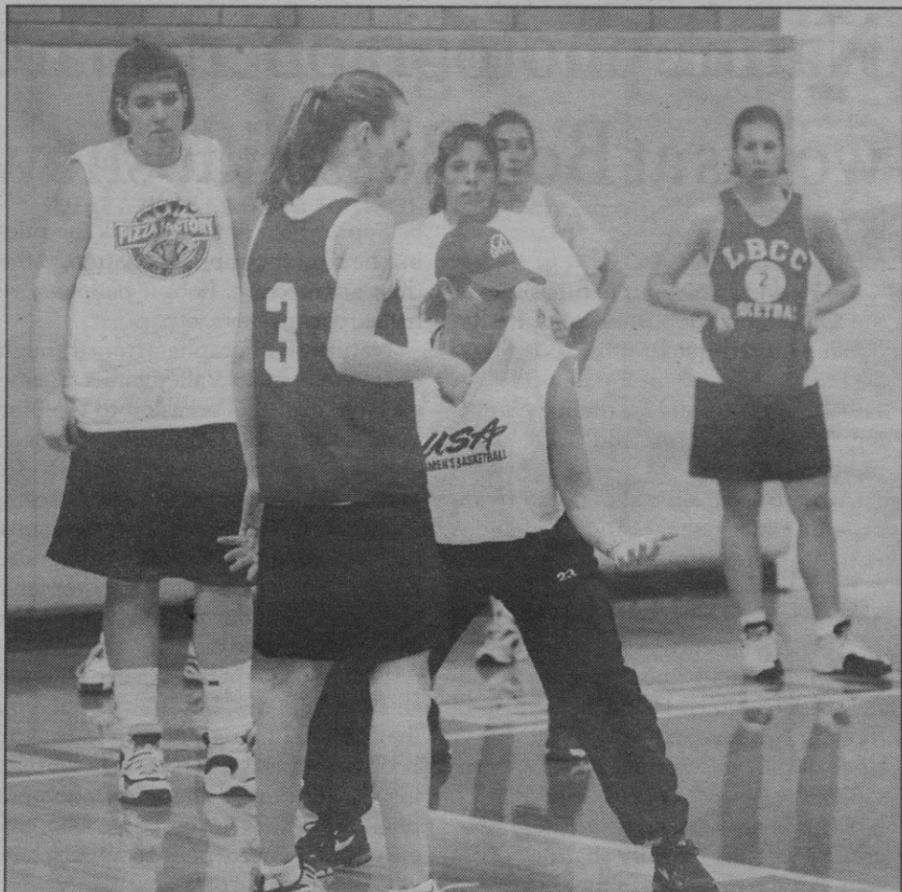


Photo by E.J. Harris

Coach A.J. Dionne demonstrates some defensive moves during practice.

## Volleyball squad winds down season with two wins at tournament

by David Thayer  
of The Commuter

The Linn-Benton volleyball season is closing down. Before finishing its season against a league opponent, LB played at the Chemeketa Crossover Tournament.

On Saturday, LBCC faced off with Blue Mountain Community College, Clark Community College and Edmonds Community College and lost all three matches. BMCC defeated LB 15-4, 15-12 and 15-12. Clark was the next school to knock off LB, with scores at 15-4 and 15-13. In the final match of the day, Edmonds won 15-8 and 15-13.

Michele Dardis finished with 13 kills, followed closely behind by Christie Schwartzengraber and Andrea Tedrow with 12 kills each. Elicia McFadden had 48 assists while Malia Ramos had five and Schwartzengraber had three.

Schwartzengraber was the top server for LB with five service aces, while Mandy Vannice followed with four aces. McFadden and Becky Dolan were next with three aces. Schwartzengraber had 22 digs, while Dolan, Vannice and Jenni White finished with 17, 16 and 15 respectively. Renee Priggett finished her day with eight blocked shots.

The totals for the team were: 68 kills out of 197 attempts, 56 assists out of 193 attempts, 19 service aces out of 144 attempts, 101 digs and 14 total blocked shots. They converted 89 percent of their services.

Things went better for LBCC on Saturday. The Roadrunners started the day by defeating Walla Walla Community College and Everett Community College in the first two matches, but then lost to host Chemeketa in their last match. Against WWCC, the scores were 15-9, 1-15 and 15-5 in LB's favor. The second match against

ECC went 15-9, 15-6 and 15-7 for LB. In the last game, Chemeketa swept all three games 15-6, 15-10 and 15-7.

Dardis again was the top offensive player, having a total of 18 kills. Priggett was next with 12, while Tedrow had nine and Vannice had eight. McFadden had 45 assists and Jessica Anderson had the only other assist.

Dolan led the way with 10 service aces and Ramos with five aces. The tops in digs were McFadden with 16, Dolan and Anderson with 15, Ramos with 14 and Vannice with 12. Priggett had 10 blocked shots with Vannice having five and Dardis having four.

The team totals for Saturday were: 59 kills out of 190 attempts, 46 assists out of 161 attempts, 19 service aces out of 154 service attempts, 97 digs and 20 blocked shots.

The last game of the year is against Mt. Hood tonight at 7 p.m. in Gresham.

### classifieds

#### HELP WANTED

Bell Ringers (Albany & surrounding area). Want to ring in the season? Visit with people, spread cheer, do something for others and make a few bucks all at the same time! See the employment trio (Carla, Cathy, or Molly) in Student Employment (Takena 101).

Census Field Positions gather information door-to-door for the gov't starting in March, 1999. Pay is a whopping \$9/hr plus 32 1/2 cents per mile. Just think, you can get exercise & get paid well for it and be a part of history! Student Employment in the Career Center (Takena 101).

Shipping/Receiving Specialist. If you are highly organized, accurate and have good data entry skills, this full-time job is for you! It pays \$8/hour or more DOE. See a Student Employment professional for your referral to this postal opportunity (T101).

General Manager for fast food restaurant. Always wanting to be in charge? Love to work hard? Can you motivate people? Then this job opportunity is for you! This full-time position pays \$20,000/year or more DOE. See Student Employment for details (T101).

#### Classified Ad Policy

**Deadline:** Ads accepted by 5 p.m. Friday will appear in the following Wednesday issue. Ads will appear only once per submission. If you wish a particular ad to appear in successive issues, you must resubmit it.

Great School  
Great Faculty  
Great Location

Linfield College  
in Albany



For more information

Marcia Rio, Advisor

541-917-4846 • mroi@linfield.edu

Winter Registration • November 23 - December 23

Bachelor's Degrees: Accounting, Arts & Humanities, Business Information Systems, International Business, Management, Social & Behavioral Sciences

Evening & Weekend Classes at Linn Benton Community College

1-800-452-4176 • www.linfield.edu/dce

OPINION PAGE

editorial

# If you didn't vote, then don't complain

The freedom to vote. Our ancestors fought for it, women campaigned for it and people have died for the right, not privilege, to vote. So I find it very hard to understand why, every other year, when the time comes to vote, many citizens have to be coerced into doing their part to evolve America's democratic society and vote. Since George Washington became the first president appointed to office in 1789, Americans have basked in the glory of being able to CHOOSE who we want to make the decisions that affect us and our nation as well as the ability to decide what our laws will be. Sometimes our choices are poor or shallow, but I'd like to think that over the years we've learned from our mistakes and gotten better about making the choices that will affect our lives.

That is why I find it a little difficult to understand why, in the weeks before the time comes to use our democratic voice, we see so many people, from movie stars to musicians trying to promote the vote.

In Oregon only about half of all registered voters actually voted.

I find that appalling, don't the people who decide to not utilize their right to vote realize that if they did vote, whatever law they complain about that did or didn't pass could have had a different result. That if all the voters went to the polls on Nov. 3, the majority really would rule.

So if you have a complaint about the government or one of the laws that have been accepted by those of us who did spend the less than ten minutes to vote, don't gripe about it so much, get out of that comfy chair of yours and vote.

—Schellene Pils

letter

# 'Tis the time to help others

To the Editor:

With the holiday season approaching, our attentions are focused on many things; finals week, what to get for gifts, what I might be getting this year in the way of spoils. The holiday season is the time to relax, kick back and do as little as possible...or is it?

This time of year brings cold weather, snow and rain. It also brings hardships on many families whose financial and living status won't allow them to provide the same giving and sharing most of us might take for granted. These families need our help.

Students on this campus, I offer a challenge. Around the campus you might notice barrels informing us of donations being gladly accepted. I challenge you all to make those donations food, toys, appropriate clothing and yes, even money to help sponsor a family in need of such gifts.

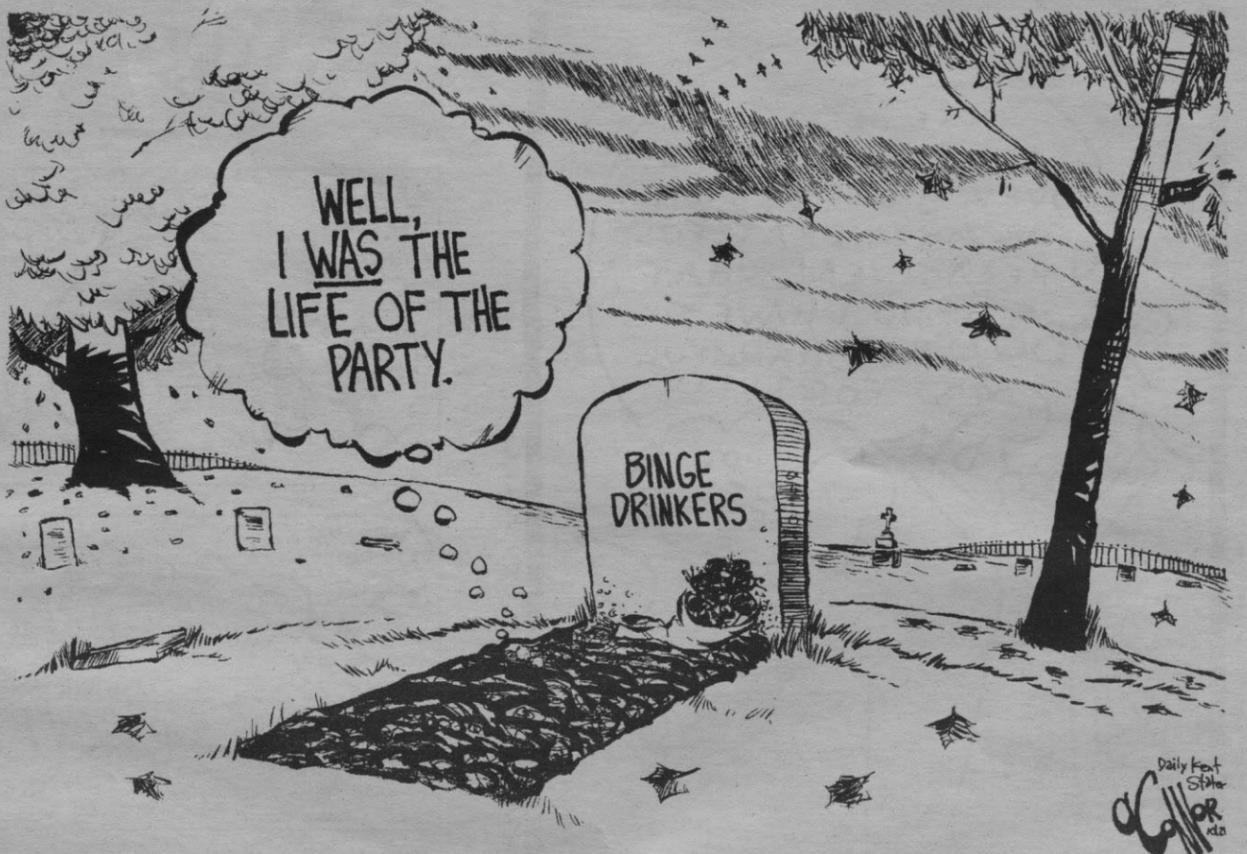
Every year the word goes out to help families who deserve a better holiday season than they are going to get. Please help me make this season a better one for all of those who deserve more than what they have. There are other ways to help, as well as bringing food and gifts to the barrels. There is also a "Sharing Tree" in the president's office. This tree provides a way for members of the community to directly provide for an individual the gift of giving. You can sponsor a child whose name is on this tree by purchasing a gift for them.

This is a big challenge to the entire student body, but I am confident that we are all willing to share a little of our holiday spirit with others.

The Associated Student Government is sponsoring the following activities:

- Toy Drive, Nov. 12-Dec. 11
- Canned Food Drive through Dec. 4
- Drop location for survivors of Hurricane Mitch. Medical supplies, food and clothing are needed. These supplies are needed ASAP.

—Jon Alex ASG



commentary

# An ounce of marijuana is not the measure of a class C misdemeanor

by David Thayer  
of The Commuter

**Marijuana:**  
The entry in the dictionary says the plant's dried leaves and flowers are "smoked especially as cigarettes for euphoric effects."

My definition of marijuana is that I think of it as a drug, but one, if used properly by doctors, can help patients that need it, as in the case of Measure 67, the medical marijuana initiative approved by voters last week.

But what happens when you are arrested for carrying just a small amount, like an ounce or less?

Nov. 3 was the official voting day in the state of Oregon and across the country. Oregonians had the choice to vote on a specific measure, classified as Measure 57. According to the voters pamphlet Measure 57 would convict a user of a class C misdemeanor which carries a jail term of up to 30 days. Plus, the old \$500 to \$1,000 fine is still kept.

"From a law enforcement perspective, we follow the laws created by the people. If this measure is passed, we will enforce the law," said Corvallis police Lt. John

Sassman.

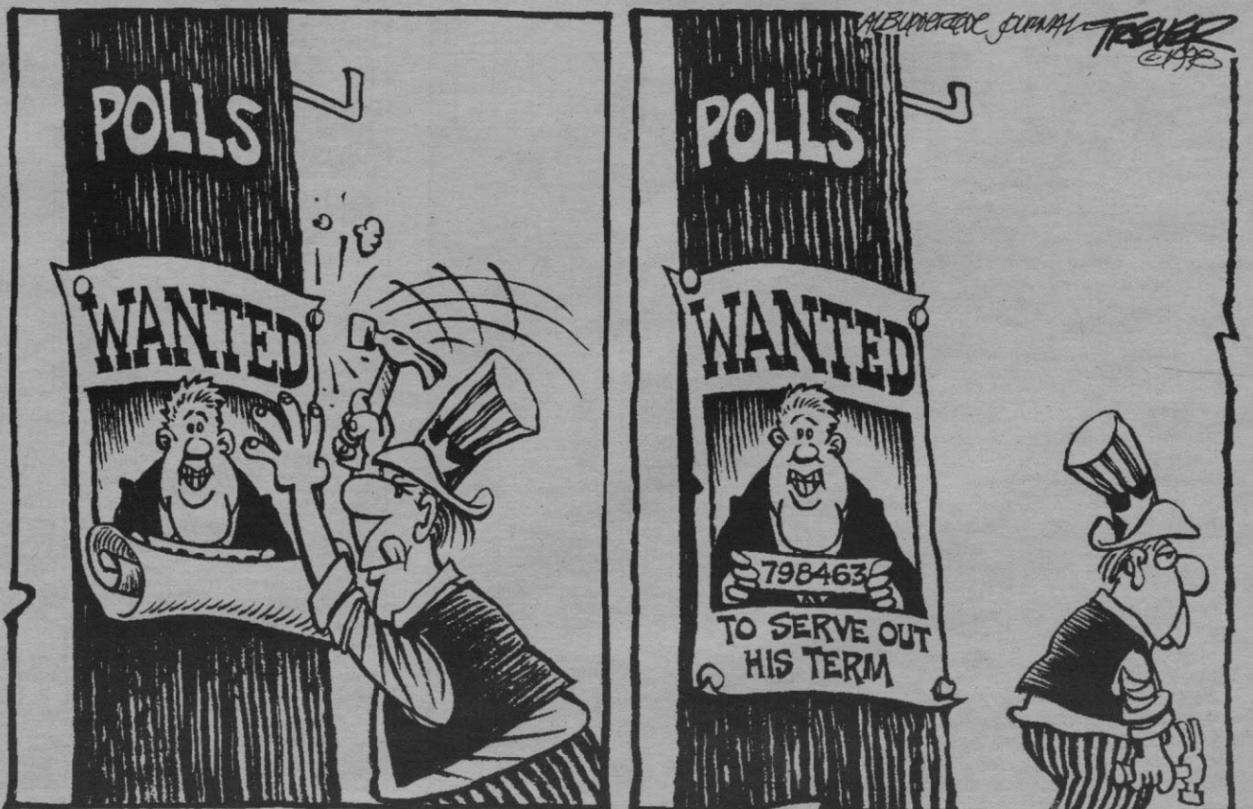
Measure 57 drew most of its attention from the "No on Measure 57" ads that were shown on television. They say that arresting people for just an ounce of marijuana will release hardened criminals, such as murderers and rapists, back into society. Sassman does not agree with those ads.

"That is really unrealistic. Even though marijuana is a Schedule 1 narcotic, it does not necessitate releasing a murderer or an actual dealer. It would only be a class C misdemeanor, which is the lowest misdemeanor in the state of Oregon."

Final statistics gave a landslide victory for a no vote on Measure 57. Two thirds of Oregonians, or 722,662 people, voted no. One third of the people had chosen to vote yes, or 365,341.

In my opinion, I believe that this measure is a joke and should have never been placed in the voters pamphlet. Just because someone has an ounce or less of this drug, it does not make them a bad person. I myself don't smoke marijuana, but if people smoke it, let them smoke it. It's not our place to tell people what to do.

I am glad that this measure did not pass.



# LOONEY LANE

# Emily Bellamy

© 1998 by Adrian Wallace



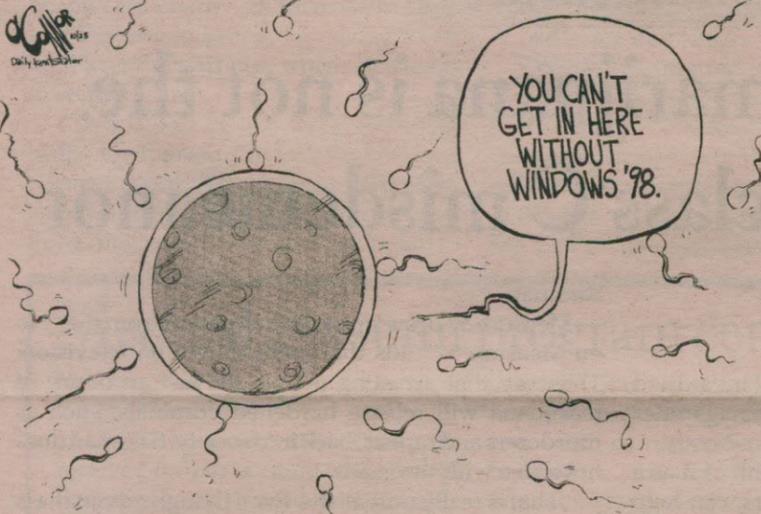
©1998 ADAM "GIBLETS" GREEN



OUT OF THIS WORLD



BY MICHAEL D. SHEPHERD



ACROSS

- Carson's predecessor
- Spicy stew
- Spectrum maker
- British princess
- Victory signs
- Heart connection
- Observers' position
- Spiral fastener
- Longshoreman
- Passes over
- Sooths
- Thoroughfare
- Rejuvenation center
- Listed mistakes
- Actress
- Armstrong
- Encourages in crime
- Egyptian sacred bird
- River of Russia
- The king of France
- Ms. Fitzgerald
- Cradle call
- Antelope with twisted horns
- Spread slowly
- Barrel liners
- Squimmy catch
- Rodeo ropes
- Desert stopovers
- Zurich folk
- Shaft for steps
- Long and lean
- Jason Gedrick movie
- Total
- Moist and chilly
- Took to court
- Curtis and Danza
- Flock females
- Flock females

DOWN

- Outmoded
- Loos or Baker
- Peruvian range
- Actor Christopher
- "Ars Amatoria" poet
- Letterman's
- competition
- Lascivious looks
- Cash in hand, e.g.
- Quarterback, at times
- Gardens of stones
- Easily nettled
- Part of a process
- Gullets
- Not so many
- Live
- Least colorful
- Seth's brother
- Mosaic piece
- Memo acronym
- Hoboes
- Part of QED
- Good (compassionate person)
- In a servile manner
- Historic period
- Vocal inflection
- Art stands
- Traditional stories
- Stage whisper
- Drawn lot
- Flooded
- Transition
- Burstyn of "The Exorcist"
- Snow-day transportation
- Peekaboo
- fashion feature
- Sot
- Top-notch
- Writing fluids

11/14/98



MARY KAY LETOURNEAU (NOW AGE 36) IS DOING SEVEN PLUS YEARS IN THE SLAMMER FOR DOING FORMER STUDENT VILI FUALAAU (NOW AGE 15)...

AND CHECK THIS OUT: SHE BEGAN HAVING SEX WITH HIM AT AGE 13!! THIRTEEN!! NOW I DON'T KNOW ABOUT YOU FOLKS.. BUT I BEGAN HAVING SEX AT AGE 15..

He may have been 14, but he screwed like a 16 year old!!

HANDAH & Her sister

PAUL the (it was just a phase) PILLOW

A BITCH named CHAMP!!

...AND NONE OF MY PARTNERS EVEN REMOTELY RESEMBLED A THIRTY YEAR OLD WOMAN...

I CAN'T EVEN IMAGINE WHAT IT WOULD BE LIKE BEING SEDUCED BY MY GRADE SCHOOL TEACHER AT 13...

Keith... would you like to stay after school & earn extra credit?

clap my erasers?

sharpen your pencil?

IN FACT, MANY FORMER MALE STUDENTS ARE PROTESTING THE FACT THAT THEY DIDN'T GET THE FOCUS & ATTENTION THAT FUALAAU GOT FROM LETOURNEAU AT SUCH A YOUNG & TENDER AGE...

THE YOUNG STOD IS PRESENTLY IN FRANCE PROMOTING A BOOK HE RECENTLY WROTE WITH LETOURNEAU CALLED:

"U SEUL CRIME, L'AMOUR"

or in english: "I screwed my grade school teacher at age 13... And you didn't... HA!!"

Small boy for Letourneau Society

Neglected Fat mer problem

I CAN READ BUT MY WIFE SEE I Suck IN BED... JUSTICE!!

STOP

George Thoms THE BIBLE: Danites with sheep. R.E. CHRONICLES: Conventionalism send 13 so to: Po. Box 5911991 SPIN FROM: KICKS ON 9157-1991 KEITH KNIGHT