

THE COMMUTER

A
Student
Publication

Linn-Benton Community College, Albany, Oregon

VOLUME 17 • NUMBER 10 • Wednesday, Dec. 4, 1985



Shovel It

Linda Allen helps Dan Sayer negotiate slippery sidewalks Tuesday morning at LBCC. Like many other students, these two administrative secretary majors had trouble getting from the parking lots into the buildings. Snow and

ice over the weekend forced college officials to close the campus Monday and delay registration for winter term. Those students who have a registration appointment card will now register one day later than originally scheduled, but must still keep to the appointed hour.

Photo by George Petroccione

Groups organize to spread Christmas joy

By Jon Lowrance
Staff Writer

The Salvation Army and Linn Christmas Greeters are spearheading an assault this month that may keep many people from being despondent this Christmas.

Linn Christmas Greeters are working with the Salvation Army and several other organizations to help provide food and toys for the needy people this Christmas, according to Hugh Griffiths from the Salvation Army.

Griffiths said that past efforts at providing help for those in need has not been as coordinated as it is this year.

He said that this is the "first year that we have strived to get coordinated."

During past Christmas holidays he said things just "helter-skelter, got done."

Dottie Koehrsen, chairperson of the Linn Christmas Greeters board, said that their purpose is to coordinate Christmas efforts.

She said that Linn Christmas Greeters "organize them (other organizations), then they work for us."

According to Koehrsen, the Salvation Army runs the food drives and collects used toys, while Linn Christmas Greeters raise money to buy new toys.

Griffiths said that the Salvation Army expects to supply 700 food baskets, with each basket containing enough for 36 meals. He also believes that 2,500 used toys will come in, while Linn Christmas Greeters hope to buy another 2,000 new toys with anticipated donations.

Salvation Army barrels have been set up in various locations throughout Albany. The barrel at LBCC is in the College Center lobby, second floor, between the Commons and the Fireside Room. Toys can also be dropped off at both Albany Fire Stations.

A Christmas center is being set up in downtown Albany where food and toys will be distributed, according to Koehrsen. Parents will be able to pick

out one new and one used toy and one puzzle per child.

She said that sharing trees are also being set up so that individuals who want to help share the Christmas spirit can do so.

Ornaments on the trees have the name and age of a person who needs a gift. Anyone can pick an ornament off of the tree, buy a gift for the person, then bring it back to the sharing tree where someone will make sure it is delivered.

The trees are located at the Albany Courthouse, both Albany high schools, and at K-Mart.

The downtown Kiwanis is responsible for overseeing the courthouse tree, while the Altrusa Club will take care of the tree at K-Mart.

People who are interested in helping others are encouraged to get involved, said Griffith. He said that there is still much to be done for people in need.

Those people who may need a helping hand for the holidays can call the Salvation Army core office at 928-4774 to ask about food baskets and toys, said Griffith.

Class withdrawal deadline nears

If you've been putting off withdrawing from that class that you've only been to four times this term you'd better hurry.

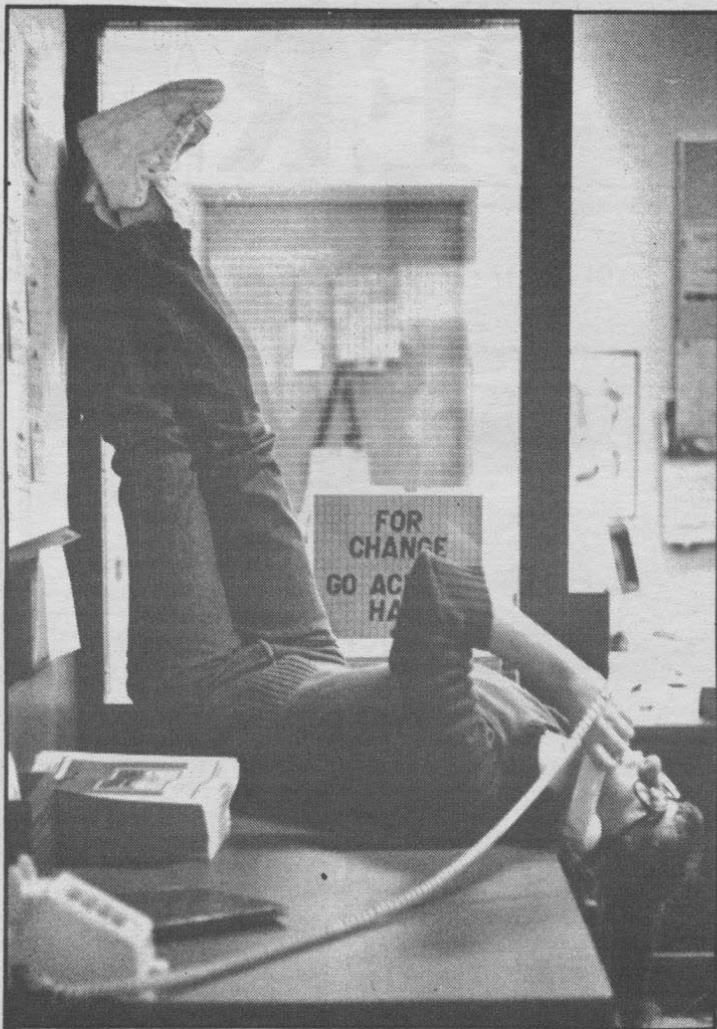
The last day to withdraw from classes this term is Friday.

Registrar Sue Cripe said that she doesn't know why the college has such a lenient drop system, but she does know it causes problems.

"We are in the middle of registration for next term and people are coming in to drop last term's classes, which is confusing and makes extra work," she said.

Cripe said that several years ago when someone withdrew at such a late date the teacher was required to put on the grade report whether it was a passing or a failing withdraw, but now it is listed only as withdraw.

There are no refunds for withdrawals this late in the term.



On-campus calls are now much easier to make thanks to the three new phones recently installed on campus. Two phones are located in Takena Hall, and one is located in front of CC 213. The phones are for student use to make on-campus calls. Students no longer have to scramble around wasting time going from one office to the next. The cost for the phones was nothing, because they were not in use. They had been in storage. This project was discussed in an October student council meeting. It took approximately a month to get them installed. Directories have been placed with the phones. If students use the directories to find a number, it will take some of the load off of the switch board.

Story by Kirk Tabet
Photo by G. Petroccione

THE COMMUTER A Student Publication

The Commuter is the weekly student-managed newspaper for Linn-Benton Community College, financed through student fees and advertising. Opinions expressed in the Commuter do not necessarily reflect those of the LBCC administration, faculty or Associated Students of LBCC. Editorials reflect the opinion of the editor; columns and letters reflect the opinions of those who sign them. Correspondence should be addressed to the Commuter, 6500 SW Pacific Blvd., Albany, Oregon 97321. Phone (503) 928-2361, ext. 373 or 130. The newsroom is located in College Center Room 210.

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New project helps young parents

By Annette Krussow
Staff Writer

Remember those high school days? Young and carefree, you dreamed of the day you'd graduate; the day you could do what you wanted with nobody to answer to.

But what if you suddenly found yourself pregnant? A whole new life to worry about. A new mouth to feed. Well meaning parents telling you how to be a mother. A lost social life.

And you'll have to get a job. But how? You have no skills, no experience. And no high school diploma.

Until recently, pregnant or parenting youths had few places to turn for help. But a month ago a new program called Young Parent Project started providing classes on parenting and basic skill training for young parents.

The project, sponsored by the Community Services Consortium, is located at McFarland School, near LBCC. The three rooms they rent provide an area for day care while the mothers are in classes in the two other rooms.

Tamara Greenman, one of the counselors, said an important part of the outcome is helping the girls find jobs that allow them to become independent.

"You have to learn to take care of yourself before you can take care of someone else," she said.

They hope to eventually find contractors to provide work experience assignments for the young mothers.

According to a few of the girls in the program, one of the six girls aged 14 to 21 has graduated from high school and another plans to graduate soon. The rest are working towards their GED.

Shela Vail, 18, feels "really positive" about the program. Vail, expecting her baby in March, said that the atmosphere provided by the program makes depressing thoughts of the future look better.

"They make you feel important, like individuals," added Doris Britian, 19, and the mother of 11-month-old Amber. "I really like it."

Alta Ruiz, 21, found the program a "real relief to me." She said her 3½ year old daughter loves the daycare and it allows them to spend more time together.

The young mothers agree the program is a good place to be for somebody who needs to put their life into perspective.

Ruiz, who dropped out of school in the tenth grade to have her son, feels "very lucky to have it (the project) now. It's a very secure place to be."

Counselors work with the young women in several different areas, but volunteers are needed as mentors for the girls to turn to at any time for advice and emotional support.

For more information call McFarland School at 967-7784.

Speaker for peace group condemns U.S. interference in Nicaragua

By Todd Powell
Staff Writer

The anti-war presentation given by Witness For Peace representative, Ed Myer, M.D., Nov. 21 at the Methodist Church, was "A presentation of the reality of what's going on in Nicaragua," he said.

Myer explained that Americans really don't understand what's going on in Nicaragua and need to be informed by the facts, rather than what he called bad press.

He described Nicaragua's governmental body, the Sandinistas (the elected government) as being severely tortured by the Contras, which are terrorists funded by the U.S., he said.

Myer said that the U.S. government makes it seem like the Sandinistas are the ones who are at fault.

"The fact of the matter is, every coin has two sides, and their side (Sandinistas) has a very shiny side that you (Americans) don't have a chance to look at," he said.

He stated that there are conflicts and differences of opinion between the two bodies, but he asks why should the U.S. support the Contra's attacks against the Sandinistas?

"I believe in non-violent conflict resolution, and that means you don't have to shoot somebody up in order to express your differences."

Myer said that Nicaragua is not receiving enough attention in the U.S. media because of many other issues in the world—problems in the Middle

East and Philipines, as well as the Reagan-Gorbachev meetings concerning the nuclear arms race, overshadow Nicaragua, he said.

"I can't blame the public for not being aware of what's going on, but it's imperative that we know how we're handling some of the problems."

He claims that not only are the Contra's the terrorists, but the Americans are also, because they help fund, through tax dollars, the attacks in Nicaragua. He said, "I don't want to do it (present facts) from an anti-American point of view, because I am very much an American," he said.

Americans cannot express their democratic rights effectively unless they're properly informed, he said.

Myer contends that the problems in Nicaragua won't be solved by the U.S. helping to kill Nicaraguan people, but rather by less violent means. He said stopping the attacks is up to the U.S.

Lisa Rudolph, a member of Witness For Peace who spent a year in Nicaragua said, "If U.S. aid to the Contra stops, the Contra won't exist anymore."

She added that citizens need to voice their opinions about a foreign aid bill that Congress will vote on towards the end of November.

The pervious foreign aid bill that passed through Congress last summer sent \$27 million to Central America to finance Contra attacks, Rudolph said.

The bill facing Congress this month is a package containing \$53 million. If the bill passes a large portion will be sent to Central America.

WFP member's want Americans to call their congressmen and senators within the next month to voice their objection to the bill. The group feels there are better ways to spend tax dollars and to achieve peace, which they said is their ultimate goal.

"Peace is not going to be satisfied by bullets," said Myer.

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Officials study plan to stiffen basic requirements, improve advising in effort to curb drop-out rate

By Jon Lowrance
Staff Writer

After four years of declining enrollment, LBCC's vice president of instruction, Jon Carnahan, says it's time to "re-assess" LBCC's direction.

This redefinition started with CAPA—the Committee on Assessment, Placement and Advising. It is culminating this year with consideration of 21 specific recommendations which promise to reduce the number of students who drop out every year because they get into classes they aren't ready for.

The CAPA committee completed its work at the end of last year.

Carnahan said LBCC's enrollment grew every year up to 1981. During that time, the staff was busy meeting the needs of the growing student population.

Enrollment at colleges has declined nationally, and six out of 10 students who start a program at a community college don't finish the program. This 60 percent dropout average, Carnahan believes, holds true for LBCC.

Carnahan said more effort will be exerted to "maintain a certain level of students."

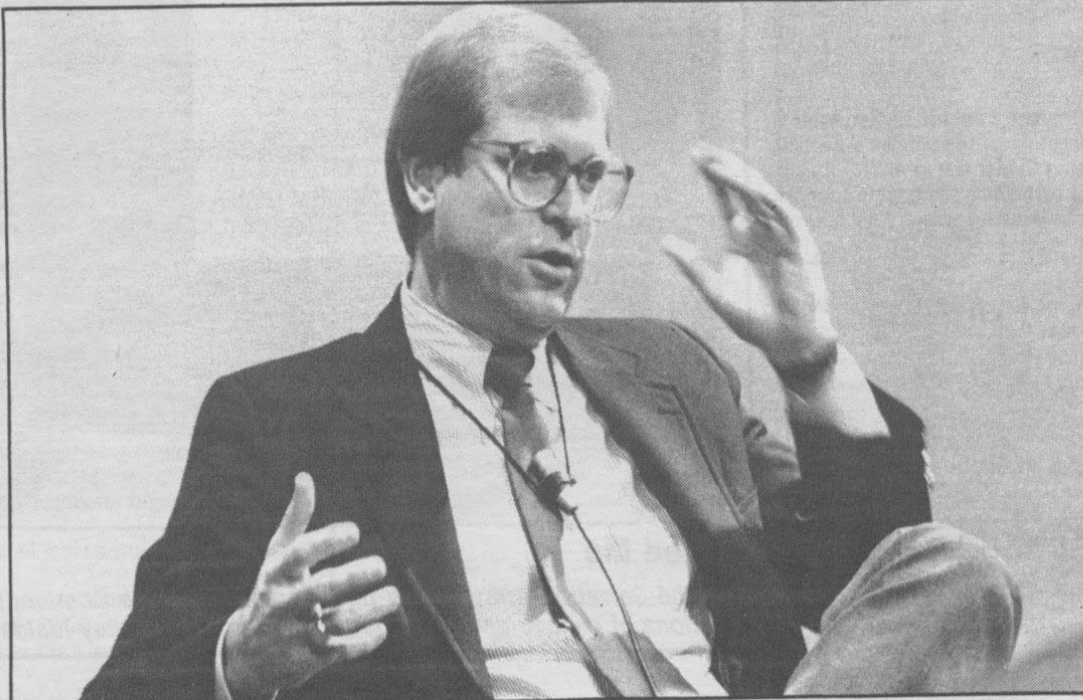
He said LBCC administration and faculty need to "pay attention to how students are doing and where they are coming from."

Last year, the committee came up with a list of recommendations in two major groups. One group with 21 recommendations deals with reading, writing and math, while the other recommendations deal with advising.

The CAPA committee, consisting of 36 members, broke down into four subcommittees; math, writing, reading and advising.

According to Carnahan, who was also the chairman of the committee, each subcommittee brought its recommendations to the members of the whole CAPA committee. They looked at the subcommittees' recommendations, discussed them, and came up with general recommendations in the two groups.

Carnahan said the CAPA recommendations would effect students, staff and the budget. The recommendations could be implemented over a



"We're an open-door institution. We don't want to close that door, but we want to slow down the revolving door," Vice President Jon Carnahan told reporters last week.

period of time, with the "support of the staff."

Last year the recommendations—compiled in a 171 page book—were sent to the faculty for comments.

This autumn, Carnahan sent the book of recommendations to the Instructional Standards Committee. The Instructional Standards Committee created a subcommittee made up of the chairmen of the CAPA subcommittee.

Last month, Carnahan said the subcommittee met and "prioritized" 11 of the 21 recommendations for reading, writing and math. When finished, the subcommittee will present its material to the Instructional Standards Committee, who, in turn, will present their recommendations to Carnahan.

Carnahan will handle the recommendations for advising himself.

Carnahan said CAPA suggested "super advisors" who would coordinate transfer courses with four-year universities.

He said the super advisor idea met

resistance from the staff who saw it as another level of bureaucracy.

The super advisor idea has since been dropped since the faculty's active interest in advising this fall term has filled the need.

Included in the 11 recommendation for reading, writing and math now being considered is one that would require all full-time students to take the Comparative Guidance Placement Test. All part-time students who have accumulated 25 credits at LBCC would also have to take the placement test.

An initial recommendation placed a reading level on each class. Members of the staff disagreed with this idea. Carnahan said they didn't want "arbitrary limits of reading levels." He said staff members are willing to help students with low reading levels by lecturing more, among other things.

Now the recommendation calls for students to be advised of their chances of being successful in a class based on their reading level.

Carnahan said another recommen-

dation suggests the need for a mandatory placement of students in writing and math classes. This would require a student to be placed in the class the test results pointed to.

Carnahan said LBCC "may never get to mandatory" requirements.

He also stressed that LBCC shouldn't do something just to do it, but that whatever action taken should be "in the best interest of the students."

One other recommendation suggests students take writing 121 during their first year at LBCC, and for students to take a prerequisite to their math requirement before accumulating 35 college credits.

Carnahan said there "could be a major shift in enrollment, at least initially," if these recommendations are implemented.

Right now, LBCC has an "open door" policy which allows anyone to take classes, and Carnahan said he doesn't "want to close the open door."

Etcetera

Nursing Open House

The Oregon Health Sciences University in Portland is having an Open House for pre-nursing students on Friday, Dec. 6, from 10 a.m. to 1 p.m. There will be an opportunity to tour the campus and visit nursing classes. Check the counseling office in Takena Hall for additional information.

Women's Support Group

The LBCC Women's Support Group will be meeting every Wednesday at noon. This week's meeting will be a combined meeting with the Lunch Bunch in the Alsea Room today (Dec. 4) at noon. It will feature Joyce Easton discussing the book "Goddesses in Every Woman" by Jean Shinoda Bolen. The book, subtitled "A New Psychology of Women," is a highly praised national best seller.

Chorale Performance

"A Christmas Special" concert will be held at 3 p.m. Sunday Dec. 8, and again at 8 p.m. Monday Dec. 9 in Takena Theatre by LBCC's Community Chorale, featuring "Laud to the Nativity" and "Songs of Christmas."

Admission is \$3 for adults and \$2.50 for students and senior citizens. Advance tickets are available at French's Jewelry in Albany, the Inkwell in Corvallis, and LBCC's College Center Office on the main campus. Tickets not sold through these outlets will be available at the door.

Holiday Celebration

LBCC's Concert Choir will present a "Holiday Celebration" Concert at 5 p.m. Thursday Dec. 5 in LBCC's Takena Hall Theatre.

Directed by vocal music instructor Hal Eastburn, the choir will sing "Gloria" by Antonio Vivaldi, plus a variety of holiday music, including "Hi-Ho the Holly" arranged by Beth Calkins-Hoekje, "Fire and Drum" by Herbert Blawie, "Dona Nobis Pacem" from "Mass in C" by Mozart and "The First Snow of Winter" by Robert Leaf.

The concert is a presentation of LBCC's Performing Arts Department. Admission is \$2 general and \$1.50 for students and senior citizens. Tickets will be available at the door.

Christmas Closure

The President's office has announced that the college campus will be closed during Christmas week. This means that building temperatures will be kept at approximately 50 degrees from Dec. 21-29.

Donated Goods Sought

Donated canned and packaged food goods are being sought by the Salvation Army this season. A food barrel is located in the Commons Lobby for donations. Sponsored by ASLBCC.

Christmas Party

LBCC's 15th annual Children's Christmas Party will be held Dec. 7 from 1-4 p.m. in the Commons. The free party is intended for children 12 years and younger, who are accompanied by an adult.

Refreshments, entertainment and a visit from Santa Claus are planned. Contact Student Programs in CC213 for information.

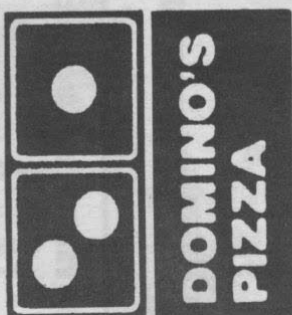
Pottery Sale

A Christmas pottery sale will be held at the Benton Center Dec. 7-8. The hours on Saturday will be 8 a.m.-5 p.m. and on Sunday from 10 a.m.-3 p.m. Items for sale include utilitarian and decorative pieces of stoneware and Raku. The proceeds are used to purchase clay and materials. Tea will be served.

Club Sponsors Movie

Christians on Campus is sponsoring a 50-minute movie, "Happiness is a Choice," at noon today (Dec. 4) in the Willamette Room. The film discusses stress, depression and how to put a stop to it. It will also be available in the library for those who cannot make the noon showing.

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Center gives women power to make choices

By Judith Smith
Staff Writer

"People learn by making choices," Linda Prather, from the Center Against Rape and Domestic Violence, told a joint meeting of the women's support group, and parents from the Children's Learning Center last week.

"We show people how to help themselves by helping them learn to make choices. We call this empowerment," Prather said during her informal speech.

The center serves Linn and Benton counties and is a non-profit corporation that aids families in crisis.

A woman is raped once every three minutes nationwide and five to six million women are beaten by their partners, said Prather.

Every year 4,000 women are beaten to death by their spouses, she added and one out of four children are sexually assaulted before the age of 18 years.

Police are very supportive of the center, according to Prather. Generally police are hesitant about going on domestic violence calls, because more officers are killed intervening in domestic violence situations than on any other type of call, she said.

The center offers three services. First, they have a 24-hour crisis hotline, staffed mostly by volunteers. There are six and a half full-time positions, nine part-time positions and about 24 volunteers.

"Many, many calls are from women who are in active crisis and are not safe," said a volunteer, who was at the meeting and asked not to be identified.

Last year there were 8,000 to 10,000 calls, some of which were repeats.

The center offers referrals to different support groups, plus medical and legal services. It also serves as an intake for a shelter facility.

"We want people in crisis to come," said Prather.

The shelter can house up to 30 women and their children. Its location, somewhere in Benton County, is kept secret for safety reasons. The shelter provides all the basic needs: food, clothing, shelter, volunteers to help with transportation and someone to give moral support to both the mother and her children.

"The women at the shelter are residents, not clients. It's their house," stressed the volunteer. "We have high security, because we choose to be safe." The security measures consist of keeping the center's location confidential and installing a "panic button," which brings police officers in 30 seconds in case of trouble at the center.

People at the shelter also stress giving women choices and building self-esteem for the victim of rape or domestic violence.

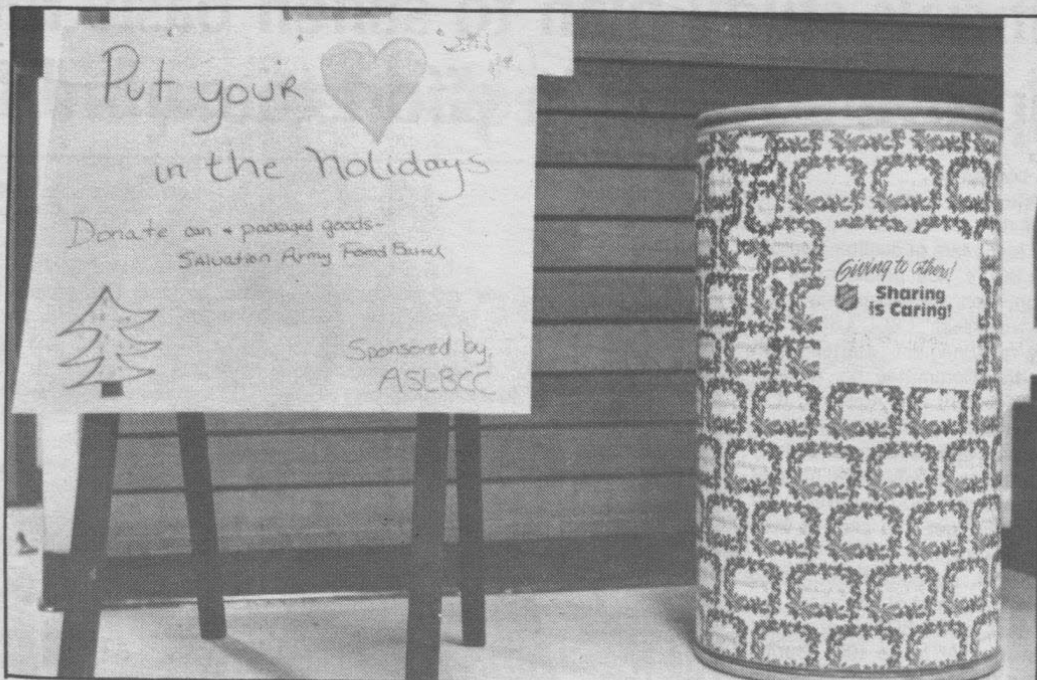
The shelter offered 2,000 nights of shelter last year. It will double this year, said Prather, because it's becoming more acceptable to ask for help.

"The third and maybe the most important thing is community and parent education," said Prather.

"We need to keep the lines of communication open," she said.

In Tennessee, a Girl Scout troop has a youth-helping youth group that helps young people to understand and to help prevent rape.

The center would like to see some sort of peer support group in Linn and Benton counties.



Feed Me

The Salvation Army placed this food barrel in the Commons Lobby to collect donations of canned and packaged foods for needy valley residents.

Photo by George Petroccone

EMTs trained to cope with disaster

By Jalene McDonald
Staff Writer

Crippling accidents, sickness and death. These are things most people would prefer to ignore. But there are people who have chosen a career that exposes them to these things everyday. They are Emergency Medical Technicians who are trained to handle all types of life threatening emergencies.

Brian Vorderstrasse and Doug Emmert, EMT 4s with the Albany Fire Department, are graduates of LBCC's EMT-Paramedic program.

Both men find their job enjoyable and rewarding despite the constant exposure to the pain and suffering of others.

"You get a great deal of satisfaction helping people in trouble," they

said.

Albany runs 24-hour shifts with 48 hours off and Vorderstrasse likes having so much free time, he said. "It gives you time to get away from the pressures of the job."

One reason Emmert finds the job appealing is the lack of repetition. "I know when report to work, this day will be completely different from the one before. We are always working in a variety of atmospheres."

Both men started out as volunteer fire fighters, and because Albany uses medics on the engines too, their EMT training helped their careers. "It means more pay and adds variety to the job," said Vorderstrasse.

When asked if their job was anything like the emergency shows on television both men said "in a

way."

"We do get called out a lot during dinner and the middle of the night. But on TV they save almost everyone and in real life we don't have a lot of saves."

LBCC's EMT program is five terms in length and prepares the student to function in pre-hospital settings under a physician's direct orders.

Since the program is highly skills oriented, various teaching methods are used, including classroom lectures and skills lab sessions, where the student can perfect the use of the equipment used in the field. Also included is actual ambulance time and in-hospital clinicals.

State certification is required at four levels, and the tests have both a written and a practical portion. Both men agree that LBCC did a good job of preparing them to take the state tests.

According to Beverly Moore, EMT course instructor and coordinator, the Oregon Board of Education recently gave full accreditation to the program.

All Students, Staff, Faculty:
See you at the

CHRISTMAS TREE DECORATING PARTY

College Center Commons

Dec. 6

11:30 - 1:00



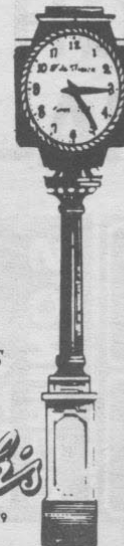
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Linfield College offers bachelors degrees at LB

by Linda Canoy
Staff Writer

People working full-time can still earn their bachelor's degree by attending evening classes at LBCC through the Linfield College Program.

Started in the spring of 1983, the program offers bachelor of arts degrees in liberal studies, Systems Analysis and a bachelor of science in Business Management.

Linfield offers similar programs in Astoria, Coos Bay, Central Oregon, Eugene, Portland and Salem.

"We have approximately 40 in the program at the present time at LBCC," said Shirley Dudzik, assistant director of Continuing Education for Linfield, and the average age would probably be 38 or 39 years old."

"The growing population in community colleges and in higher education is older adults, so it fits our program perfectly," Dudzik added.

Most are half-time students. That means they are taking two courses or six semester credits, which is equal to three LBCC credits.

"And since most students are half-time they qualify for financial aid," Dudzik said.

LBCC counselor Rosemary Bennett works as local advisor to the Linfield program.

"She really knows the ins and outs of the transfer ability, and what works with the Linfield program in conjunction with the LBCC program," Dudzik said.

Dudzik suggests that students interested in the program call Bennett at 28-2361 ext. 143.

Carolyn Miller, an LBCC employee for more than 11 years, is currently enrolled in the liberal studies program.

"It's been very hard," Miller said, but she feels good about it.

For example, the People and Organization course she is now taking meets every two weeks, and she spends over 20 hours a week reading the six textbooks and writing the 27 papers that are required.

"There are about 11 in my classes so this lends itself to lots of interaction between the professor and other students," Miller said.

Miller added with a smile that it's always been a personal goal for her to get her bachelor's degree. She hopes to graduate next June.

Bennett pointed out that students involved in this program are dedicated and motivated.

"The program is expensive, \$95 per credit hour as compared to the \$45 at OSU. But OSU doesn't offer this kind of program," Bennett said.

Joan White is also enrolled in the Liberal Studies program. She has been employed by LBCC for more than 11 years and is now on the Community Relations staff.

"It would be impossible to get my degree any other way since I am working full-time," she said.

White has attended other schools but didn't care for the "bigness."

"I really appreciate the help and advice I get. It's nice to have the instructors give you their home phone numbers," she said. "And Vicki Lind, dean of Continuing Education for Linfield, calls me back personally if I need anything."

White hopes to receive her degree this spring and adds, "My first thoughts about it is to have completed something I started 20 years ago."

Linfield is expanding its winter block, which begins Jan. 6, from five to eight weeks.

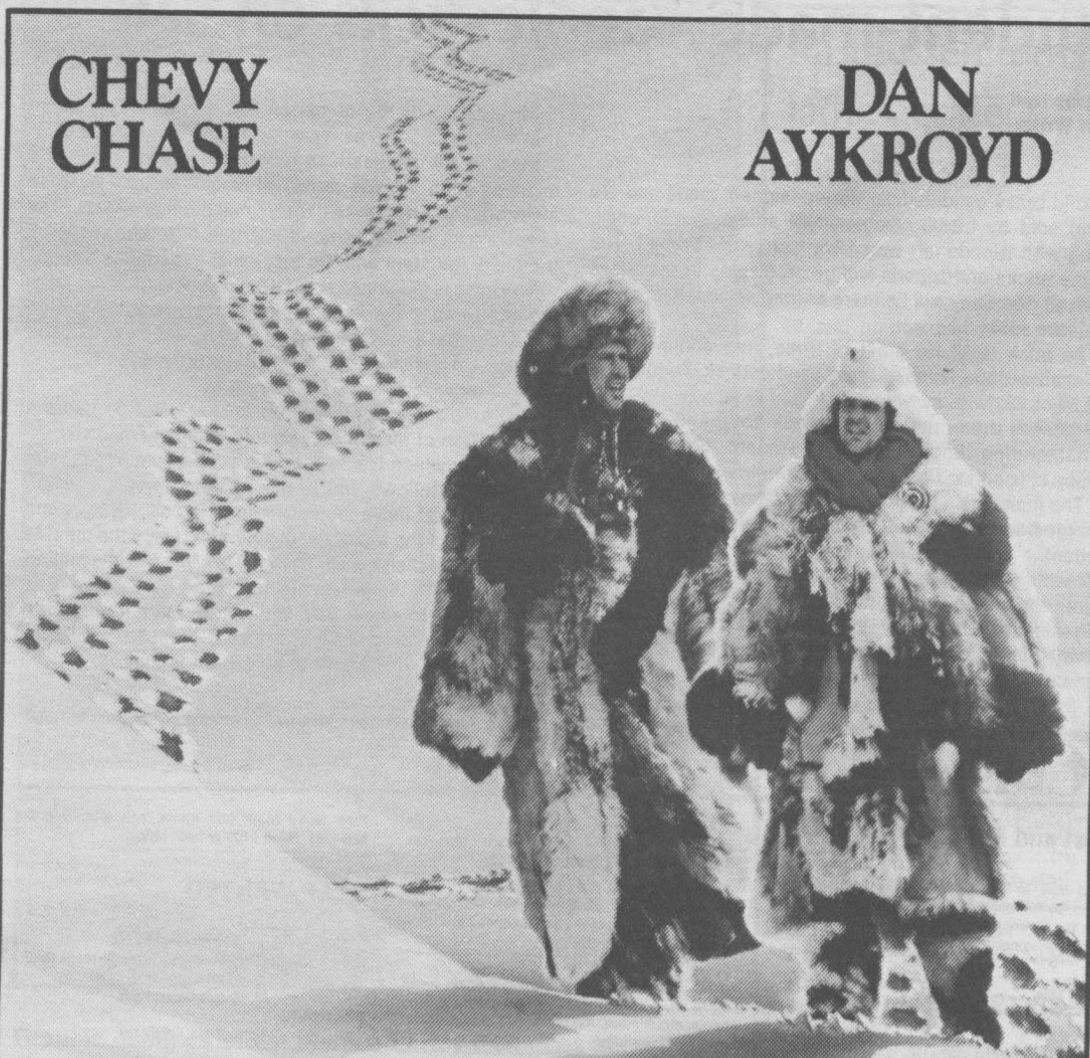
Another new aspect of the program is that students who are working towards a degree in business management may take enough advanced accounting courses and at the same time to make them eligible to become a Certified Public Accountant. The next advanced accounting course will be offered March.

"If you are getting a business degree or analysis degree you are almost immediately marketable," Dudzik said. "As for the liberal arts, I think business and industry is finally recognizing the need for a broader education."

Linfield College, located in McMinnville, is the second oldest private school in Oregon. It was founded 136 years ago and now enrolls about 1500 students.

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Student-made candlesticks on sale

By Lisa Hall
Staff Writer

Solid brass candlesticks were designed, made and are being sold by LBCC machine tool students this week, along with tripods left over from last year's project. The candle sticks and tripods will be on display in the Alsea room all day. They will be there as long as possible, or until all are sold.

The price is \$7 for a set of three, four and five inch polished or satin finished brass candlesticks. Tripods run \$22.50 or \$31 with swivels.

Proceeds from the sale go back to the Society of Manufacturing Engineers club, student chapter. The money is used for field trips and Christmas projects.

"The money is a small part of this," said Matt Woolsey, vice president of the club and a second-year machine tool student.

Machine tool students have a choice of whether or not to join the club but most do, said Woolsey.

President of the club, Bonnie Sanders, vice president Steve Hopkins and treasurer Tony Sinclair and other club members sat down and designed the shape of the

candlestick.

"Every step of the operation had unforeseen problems that we had to solve as we went along," said Woolsey.

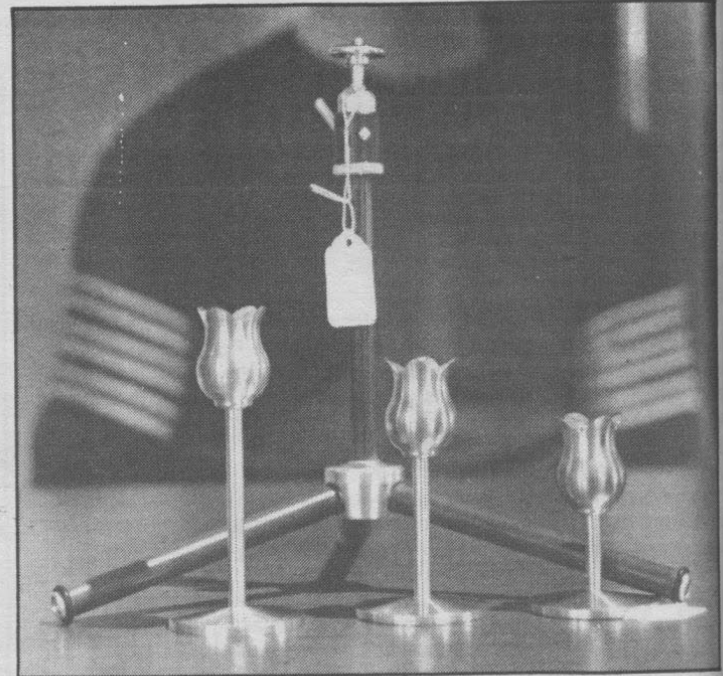
Making the candlesticks took three weeks in LBCC's machine shop. A wide variety of machines were used so students could utilize their machining skills. The candlesticks were machined in three different sections: the base, the stem and the top, which resembles a tulip.

The base is machined on a lathe by facing, drilling, tapping and forming the angle which forms the shape on the top of the base.

The stem is a straight rod, which is threaded to fit in the base and the top.

The tulip-shaped top section is machined by using a combination of machines. The tulip shape is made by using a tracer which traces the tulip shape from a template. The stylist follows the shape of the template using hydraulics that move the cutting tool in and out to shape the outside of the top of the candlestick. Once the outside is formed it is then bored. Then it goes to a verticle milling machine where the petals are cut.

Woolsey explained that what they learn during the manufacturing process is an important lesson. This is an annual project, usually done before Christmas.



Tripods and brass candlesticks are being sold this week by machine tool students.

Classifieds

Lost and Found

Need Help: in locating safety orange book pack which mysteriously grew legs and walked away from the library Nov. 27 at 9 a.m. Reward if returned with all contents intact.

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1963 Ford Fairlane. 260 V-8, 4-speed. Interior rough, everything else good. Radials. AM-FM cassette. Shop Manuals. \$750. 753-2442.

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Albany Full-Time: registered nurse.
Albany Part-Time: registered nurse, nursing aide, special ed trainee, data entry, appliance salesperson, salesperson, cashier-clerk, stocking shelves, bartender-cocktail waitress, nursery attendant, cab driver, answering service, college rep., housekeeper-certified aide, child care, ceramic work, appliance repair, automotive trainee, welder-pipefitter.

Other Locations: child care, food preparation, counter person, live-in home care, general office typist management trainee, agri-business, RN, nurse, choir director.

Machine tool students selling Ross' improved design tripod

By Pat Wilson
Staff Writer

A closeup tripod, on sale this week, is the product of a joint venture between biology instructor, Bob Ross and machine tool students.

The students made more than 100 of the tripods last year from Ross's improved design of a West German model. Fifty were left over and went on sale along with brass candle sticks.

The proceeds of the sale will go to the student chapter of the Society of Manufacturing Engineers. The money enables the machine tool students to participate in the annual West Tech show in Anaheim, Cal.

Any tripods not sold this week can be purchased through John Griffiths, machine tool instructor.

Over 20 years ago, Ross bought a tripod similar to the small closeup one he helped the students design

and make. He said the West German company which manufactured them stopped making them 10 years ago.

Ross said that stores do sell small tripods, but they are weak, not as sturdy as the ones he and the students build. Ross, who is also a nature photographer, wanted a tripod that was sturdy enough for his nature photography students to take still nature pictures with.

After considering all of this, Ross came up with an idea of a tripod that was similar to the West German one he already has. The one Ross developed was much sturdier and more versatile.

His tripod can be changed into a monopod, which is used to keep a person's camera from going up and down. A monopod is like a stick that holds the camera. All a person has to do is remove some parts and they can adjust the height of the tripod and have a monopod, too.

Once Ross came up with his design plans, he sent letters to different manufacturers looking for marketing, he said, but they turned him down. He decided to talk to local ones, but they weren't interested either.

Finally Ross talked to John Griffiths, head instructor of the machine tool program, about three years ago. Griffiths was skeptical at first, but he finally decided to give it a try a year later.

Ross told the machine tool students the good and bad points about the tripod, and they started to build them last school year.

Ross got involved with the project to serve his nature photography students, while at the same time giving machine tool students some production skills, he said.

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Student finds challenge in triathlon competition

By Jill Ahschwede
Staff Writer

The Hawaii Ironman has been the supreme challenge of all triathletes since 1978. It involves a 2.4 mile ocean swim, a 112 mile bike ride and a 26.2 mile marathon.

There were 15 entrants in the first competition. Now, more than a thousand competitors enter the grueling endurance test.

Triathlons are becoming popular in other states as well, including Oregon. The Heart of the Valley Sprint Triathlon in Corvallis is not quite as grueling, but is still a challenge for local triathletes in the Willamette Valley. It involved a one-half mile swim, a 12.5 mile bike ride, and a 3.1 mile run.

Although the Ironman and the Heart of the Valley Sprint differ in distance, they both are competitive in spirit and require endurance from each athlete.

Monica LeRoy, a Graphics student at LBCC is a local triathlon competitor. LeRoy's interest in triathlons began after watching her husband, Mike, compete in one last spring, she said. She started training in May.

"I had to learn to run," said LeRoy. "It wasn't always one of my strong points."

She entered her first "tiny" triathlon on June 1, and did particularly well in the swimming portion.

"You have to feel confident in at least two areas so you can pull through in the third area," said LeRoy. "You also don't get bored with triathlons, because you do three different things."

LeRoy said that in the first triathlon she entered her only goal was to finish. In the second one, she wanted to finish and make a better time. By the third one she wanted to finish with a better time and distance.

"You are always competing with yourself," said LeRoy.

LeRoy said she spends time training with her husband when she isn't busy with school and her family. She quit smoking and enjoys being physically fit after 15 years of not exercising regularly.

"This has made me prouder of myself. I've had to work hard and it gives me a sense of accomplishment," she said.

"I'm a low key triathlete," commented LeRoy. "I just do it for fun. It builds my confidence."

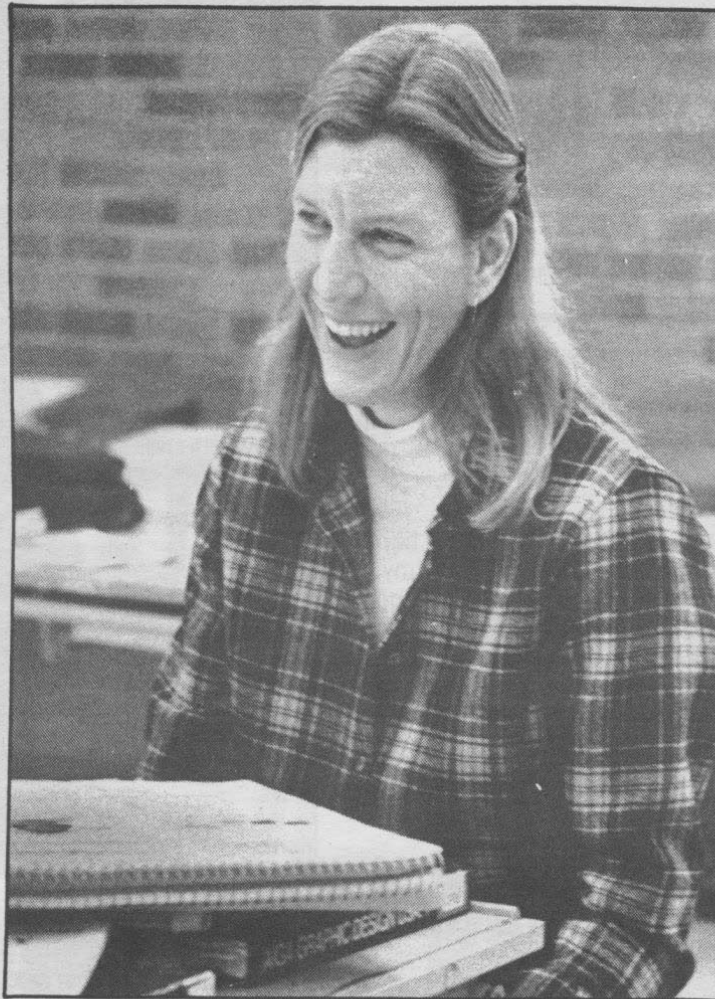


Photo by George Petroccione

Graphic design student Monica LeRoy describes herself as a "low key triathlete."

Hoopsters open season with strong performance

Robert Hood
Sports Editor

Both the men's and the women's basketball teams opened their seasons on a successful note as the women defeated Umpqua 72-58 and the men captured second place in the Lower Columbia Tournament.

Head Coach Greg Hawk wasn't pleased by the play of the women's roadrunners, but accepted the win.

"We turned the ball over far too many times," said Hawk, who saw the women mishandle the ball 17 times. "We weren't aggressive enough on the boards, but we were quicker,"

The women blew by the Timberwomen and scored a bundle of points on fastbreaks.

The men shocked Lower Columbia with an opening round 99-89 victory Friday night. Forward Clarence In-

gram had 25 points and 13 rebounds as the Roadrunners opened up a 20 point lead midway through the second half. The Red Devils made a comeback late in the game, but the Roadrunners hit their free throws down the stretch.

The men faced Edmonds, the defending Northwest Athletic Association of Community Colleges champions, on Saturday and put up a

fair fight before losing by 12 points. The Roadrunners were down by 26 in the first half after playing their worst basketball of the season but narrowed the gap to two points midway through the second half.

Both the men and the women will be in action tonight as the men play host to George Fox's JV team at 8 p.m., and the women travel to Clark College in Vancouver, Wash.

15th Annual Children's Christmas Party

All Children 12 or under are Welcome
Parents, please accompany younger children)

Activities and Guests:

- Clowns
- Cookie Decorating
- Merry Olde England Singers
- Letters to Santa
- Magician: Jim Kingsley
- OSU Rainy Day Jugglers
- Tears of Joy Puppet Theater
- And, of course, visits with Santa Claus (Pictures \$1.00)



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Rasmussen turns lathe accident into research

By Betty Tillotson
Staff Writer

An artery was severed. The dorsal tendon and associated sheath were smashed. A nerve bundle was damaged. The bone was fractured. It all happened in about a tenth of a millisecond.

Steve Rasmussen, physics instructor, sustained such injuries while cutting some small blocks on his table saw.

Rasmussen said he saw some interesting physics in what happened.

In 1984 he gave a talk at the Pacific Northwest Association for College Physics Conference on the physics involved. Later he received a letter from Thomas D. Miner, associate editor of Physics Teacher Journal asking him to write an article for the magazine concerning the accident and what physics were involved. His article "The Physics of a Table Saw Kickback Accident" was published recently.

Rasmussen has been teaching physics at LBCC for 14 years. Before coming to LBCC he taught at Corvallis High School. He also taught one year in Denmark.

Besides teaching, Rasmussen writes articles for publications regularly. He is serving a second term as vice-president of the Oregon Association of Physics Teachers and is also director of the Northwest section of Physics Teachers.

Rasmussen is a well-liked instructor, according to Dr. Pete Scott, Science/Technology Division director. Students have to work hard but studies are kept interesting. Rasmussen said that he likes students to have hands-on experience in learning. They are given opportunities to experiment with gadgets in the lab to help them understand things talked about in lectures. He has designed and constructed many of the gadgets used in the lab.

"He emphasizes the experimental aspects of science," said Scott. "Students practice what the lecture is about."

Students use an in-lab computer to analyze materials and do graphical analysis.

Rasmussen also gives talks at conferences on techniques used in teaching physics. He says he always brings back "rich ideas" from other teachers to use here.

"Rasmussen is well respected around the Northwest," said Scott.

Rasmussen's methods have helped LBCC's physics department reach its high quality standing, said Scott.

Even OSU physics students have sometimes been sent to LBCC to receive some of their training.

Focus On:

Doug Eriksen

Security officer Doug Eriksen came to LBCC six and a half years ago after spending 12 years on active duty in the Army. Working security on the graveyard shift entails maintaining campus security and doing lock repair and maintenance and monitoring fire alarms, lights and the heating system which are all run by Honeywell computer.

During the day Doug is a graduate student at Western Oregon State College, studying counseling and sign language. He has a bachelor's degree from WOSC in corrections, with minors in Spanish and psychology. He is also a member of the Army Reserve.

Doug's hobbies include motorcycling, fishing and a once a year camping trip. The philosophy that Doug follows is "If you're willing to sacrifice, you can attain any goal, within reason. The sky's the limit—literally."

Story and Photos by G. Petroccione

