

Blocked by LB

Photo by John Bragg

Dondi Schock and Melissa Gale go for the block last Friday against Lane. The Roadrunners picked up three league wins last weekend and will finish the regular season tonight at Mt. Hood in Gresham. See stories and photos on Page 6.

College braces for budget cuts under Measure 47

by Allison Ross
of The Commuter

"There is no light at the end of the tunnel. It's dark."

That's what President Jon Carnahan told a special College Council meeting Tuesday morning about the impact of ballot Measure 47, the property tax limit that passed narrowly last week.

Council members and other campus leaders were called together to start planning for a 1997-98 budget that will be about \$1.4 million less than this year's budget because of Measure 47.

One of the major impacts of Measure 47 is a clause that requires a vote of the people before community colleges can increase tuition or fees. Originally, the LBCC Board of Education had planned a \$1 per credit increase for each of the next two years. The board had also discussed the possibility of a technology fee to help pay for new computers in the future.

However, the new law says that any tuition increase or fee must be approved by the voters if the purpose of the increase is to make up for lost property tax revenues. Carnahan pointed out that holding an election to raise tuition would cost the college \$15,000-\$20,000, which amounts to throwing money out the window.

The difference between the money the college had projected for next year's budget and what it will actually have is about \$1.195 million, Carnahan said. If the state decides to replace lost property tax funds, that would still leave \$797,000 less because of inflation and the abandonment of the state's equity funding formula. Equity funding is money that LB receives based on a recently devised formula that would bring the college's state reimbursement up to the state average.

"Unlike the last limitation measure (Measure 5), this measure does not provide for any replacement revenue, and even worse, prohibits any local option to increase revenue," Carnahan said.

Another concern is the way future bonds can be used. Under Measure 47, bonds can support only capital construction based on unforeseen needs. In other words, Carnahan said, bonds could be used for sudden emergencies, but not for equipment or technology.

LBCC's current capital bond measure covers both construction and equipment, something that will not be allowed in the future. The college's bond is unaffected by Measure 47, however, because it passed in 1994 and "is money in the bank," Carnahan said. Ironically, that means that construction projects funded by the bonds may be underway on campus at the same time that staff and activities may be suffering cuts.

Tuesday's meeting, which was attended by about 20 people, was arranged so that college staff could evaluate the situation and begin adjusting. In 1994, a budget reduction plan was devised but never used, and this will help in devising a plan for 1997, said Carnahan. He added he would like to issue a calendar to let staff members know what the future will look like.

"Although this will likely be one of the most difficult issues the college has had to deal with since its inception, we have a history of making the very best of difficult situations and doing the right thing," Carnahan told the staff in an e-mail message last week.

Election results surprise no one, disappoint some

by Julie Robinson
of The Commuter

The election is over, the polls are closed and the ballots are in.

In addition to choosing a president and U.S. senator, voters were faced with a long ballot which included 23 measures ranging from a cigarette tax to fencing Oregon's streams.

Students at LBCC shared their views on the results with The Commuter.

Naikia Benjamin is just glad they are over.

"No more political commercials and mud slinging," he said with relief, adding that he didn't like the choices of candidates for president.

Benjamin, an agricultural business management major, was glad that Ballot Measure 38 didn't pass because it would have affected his family's farm near Jefferson. The measure would have required farmers to fence streams running through their property, to keep cows out in order to improve fish habitat.

Karen, a Linn County resident who declined to give her last name, did not vote this year because she hadn't registered in time. She said that she wanted to vote because she feels the results of the election will affect her somehow in the future.

Michael Shebora was appalled by the number of ballot measures. He feels people were just putting their pet peeves on the ballot. When interviewed on Thursday, Nov. 7, Shebora thought Measure 47 was losing, which disappointed him. "It would have gotten the Legislature to reconsider reconstructing the problem of taxation on property for the future," he said. How-

ever, the measure, which cuts and caps property taxes, passed on Friday.

Long-time student Allan Hawkins voted even though he knew Clinton was going to win the election beforehand. He suggested that all the polls in the country be closed at the same time, or that exit polling be prohibited so West Coast voters won't know the predicted winner.

Hawkins strongly supported the term limit measure, which failed.

"Senators should look at it as a duty and not a career, so when they come home they will live under the laws they have created," he said.

One measure that passed that Hawkins strongly disagrees with is the cigarette tax, which he said unfairly taxes him and other smokers.

"The measure seems to tax a small group of people, he said, which is unfair to smokers, who are a minority." He felt that if cigarettes are going to be taxed heavily, so should alcohol, cholesterol and young drivers.

Wastewater management major Terence Fry said that he doesn't have an opinion

yet on the outcome of the measures because too many were undecided when he was interviewed last Thursday. But he did feel that not many measures would pass because people don't like changing the state constitution.

Like other students, Fry was not surprised by the outcome of the presidential election and was glad Clinton won. When asked why, he said: "It's like a jingle: More cops on the beat, less guns on the street, and more money for education."

"Senators should look at it as a duty and not a career, so when they come home they will live under the laws they have created."

—Allan Hawkins

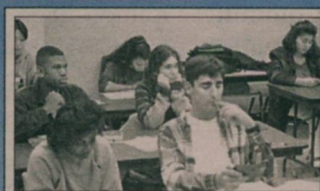
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CAMPUS NEWS



Photo by Renee Lunsford

Gloria O'Brien, president of the Horticulture Club holds up a plant she's getting ready for the club's sale this month.

Horticulture Club hosts annual open house and fall plant sale

by Renee Lunsford
for The Commuter

"I don't think you'd find a business student asking for more assignments after class," says Greg Paulson, Horticulture Club advisor.

But according to Paulson, that is exactly what happened in some of his horticulture classes. "Students wanted to be able to work with the plant collection and in the greenhouse outside of class," he said. So, in the early 1980s, students began the Horticulture Club. It now boasts an active membership of approximately 20 members.

Gloria O'Brien, club president, says, "There is a wide range of people in the group and that's partly what makes it so fun and interesting. Many of them have a lot of knowledge already, but there are some novices and kids."

And, although most members are studying horticulture as their vocation, they say people join for other reasons too. Some are hobbyists and some say it is just relaxing. Barb Holden, club member, says, "I think working with plants is a very down-to-earth soul food. It's spiritual."

Whatever your reasons — the Horticulture Club is open for new enrollment. The only prerequisite is to be an LBCC student, either part-time or full-time. And now may be a good time to check it out, because the club is hosting its Annual Fall Plant Sale on Nov. 19 and 26, from 10 a.m. to 2 p.m. It will be held at the campus greenhouse, which is located north of Industrial Arts Building C and east of the Science Technology Building.

Paulson said, "The first sales began as a way to dispose of surplus plants from projects that had been grown in different classes." But over the years, the sale evolved. Now, O'Brien says, "It's more like an open house to show how nice it (the greenhouse) is."

Plant varieties for sale will include bromeliads, flowering onions, angel-leaf begonias, transplantable Japanese maple seedlings, succulents, cacti and more. Prices range from \$1 to \$15. The proceeds of the sale will go to buy more supplies for the horticulture program and will sponsor club members to attend workshops and conferences.

"I think working with plants is a very down-to-earth soul food. It's spiritual."

—Barb Holden

Pastors for Peace deliver aid from NW to Central America

by Pete Petryszak
of The Commuter

Pastors for Peace, an organization dedicated to providing humanitarian aid to regions suffering the adverse effects of American foreign policy, has put together a caravan of supplies headed for the Chiapas territory of Mexico, Guatemala and Nicaragua. The detention of a previous caravan of computers and medical equipment destined for Cuba received national attention in January.

Representatives of the organization note, ironically, that most of the countries they deliver aid to have been the beneficiaries of American military or economic aid, but that aid has done little to improve the lives of the average citizens in those countries.

Three "caravanistas" spoke at a meeting in OSU's Memorial Union on Friday. The meeting and discussion was sponsored by OSU Students for Peace and Oregon Peaceworks. This was the first caravan for volunteers Patrick Piazza and Amy Stock. Mechanic Richard Fellows had been to Nicaragua before while the country was still at war.

Back in 1987, Fellows rode with a group of Vietnam veterans to Nicaragua, helping to deliver 45 truckloads of humanitarian aid to civilians displaced by the civil war between the leftist Sandinista government and the Contras, supporters of the country's deposed dictator, Somoza.

The success of the "Veterans Convoy" inspired Lucius Walker, a clergyman working in Nicaragua, to put together a similar group to deliver aid to people in areas affected by war. Walker announced the formation of the Pastors for Peace from a Nicaraguan hospital, as he recovered from a gunshot wound he suffered in a Contra attack. Since then, the Pastors have delivered aid to Nicaraguan civilians, Native Americans in Guatemala and most recently to Cuba.

Pastors for Peace volunteer Amy Stock sees the caravan as an opportunity to inform others of the difficulties faced by the people in these areas as well as to provide them with necessary supplies. Stock, who received her master's degree

in Environmental Science from Evergreen University last June, hopes to gather information on women's issues in Chiapas. The insurrection there has brought 60 percent of the Mexican army to bear against the Chiapan people. Over 20,000 people have been displaced, and the effect on the women has been especially severe, leaving them vulnerable to abuse by both the army and the local men. In the vil-

lages of Chiapas a woman's life is worth less than that of a donkey, Stock said.

Pat Piazza, also an Evergreen student, intends to spend a month living and working in the town of San Tomas, Mexico, after traveling with the supply convoy. Piazza spoke to the meeting about the detrimental effects privatization of industry has had in Nicaragua, where layoffs in 1990 through 1992 have left 70 percent of the people unemployed. Often, Piazza said, privatization means services like the telephone system and railroads are sold off to foreign interests, who raise prices, making the services unaffordable for the average citizens, then take the profits out of the country. This practice reinforces the class divisions in the country and makes the country itself dependent on foreign corporations.

One of the Pastors' goals is to help the people in these areas become self-sufficient. Rather than provide just food or clothing needed immediately, they also provide people with farming equipment and sewing machines, so they can raise their own food and make their own clothing. Organizations which provide only immediate needs like food can make the people even more dependent, because they are often left with no means to provide for themselves when the supplies they've received are gone.

Although they call themselves "pastors," Fellows said Pastors for Peace is a human rights organization not a religious one. Volunteers are not recruited through churches and the organization does not endorse any particular religious denomination. "It was started by leaders of religious organizations, but now we just call anyone who volunteers a 'pastor,'" Fellows said.

"It was started by leaders of religious organizations, but now we just call anyone who volunteers a 'pastor.'"

—Richard Fellows

Financial Aid revamps office hours

Beginning next week the LBCC's Financial Aid Office will be modifying its office hours. The new hours will be 8 a.m. to 4 p.m., Monday to Friday.

Lance Popoff (Financial Aid Director) would like to apologize for this inconvenience but he assures that this change

will be beneficial for the students. During the next six months, the office will be undergoing a complete computer systems change process intended to help correct the confusing and slow computer process that has plagued the office for the past four years.

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.

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CAMPUS NEWS

Going back to school means lots of life changes for former logger

by Allison Ross
of The Commuter

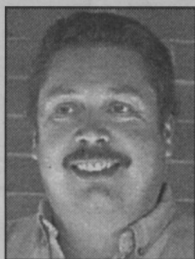
He spent 21 years in the great outdoors scaling trees and risking his life. And when an accident nearly cost him that precious life in 1992, he took it as a sign to begin a new life—one completely different from the one he had always known.

Dan Clark decided to break out of his comfort zone and go back to school at the age of 40. His goal? To become a nurse.

The Philomath resident entered LBCC's nursing program in 1993 with much support from his wife, Glenda, whom he has known for 17 years. He said it was Glenda, a unit secretary for specialized imaging at Good Samaritan Hospital, who received the call about Clark's accident and who helped him decide on his new career path.

Clark is one of 10 male nursing students at LBCC this

year. At first, he was intimidated at the idea of college. Not only had he been out of high school for about 20 years, but he was a man heading into a traditionally woman's field.



Dan Clark

He said he soon found out, however, that he was welcomed with open arms. He was not alone in his scenario—he has met numerous other students who have decided to start college a little later in life. He added he's also had the privilege to learn and interact in a college setting, which he probably never would have done while working in the timber industry.

As a second-year student hoping to graduate in June, Clark spends 15 hours per week training outside of class. He has his sights set on the operating room, "where all the action is," he said. After finishing at LBCC, he would like to transfer to Mt. Hood Community College, where he will focus on becoming an operating room technician.

The road he has taken has not been without difficulties. Leaving one career to start another means taking out student loans and living on one income rather than two.

He has maintained a 3.0 GPA, and Glenda said she has noticed much improvement in his vocabulary. Clark said he has expanded his life way beyond the timber industry, which he feels would never have happened if not for the accident.

"As a logger, I didn't use my brain as much as I used my physical attributes," Clark said. Coming back to school has opened a new future. Once he finishes school and starts his career, he and Glenda hope to move north to Vancouver, Wash.

He is also very respected among his classmates. Fellow student Michelle Germond said, "Dan gives us something to admire. He has shown so much growth over the past two years and is very proficient in his clinical. He will make a terrific nurse."

Students consider building an electric car for 97 Technology Festival

by Cari Roberts
of The Commuter

Students in a variety of manufacturing programs on campus are considering building an electric car for next summer's Da Vinci Days, an art and technology festival in Corvallis.

The electric car will be powered by car batteries, have a body style like a go-cart, and be just large enough for one person, the driver. Students also plan to enter the car in a race at the festival.

The ASCET Club (American Society of Certified Engineers and Technicians) are the ones who came up with the idea.



Donovan Moore



Tony Shires

"We wanted to do something that was interesting and challenging for everyone in the club, so all can get involved," said Donovan Moore, engineering and graphics technology major and leader of the project.

The ASCET Club, a club with about 11 members, does community projects, such as food drives, and other fundraisers for the needy. The club also works with engineers and technicians in the community to promote interest in this field among high school and college students.

"The club is waiting to see how much support the project is going to get and how much time it is going to take," Moore said.

The club is planning to enlist help from students in engineering, metallurgy, welding, auto technology and anyone else who is interested in being a part of the project.

According to Moore, a national organization sets rules for the competition including weight limit, body specifications, safety features and durability.

Financing the electric car project is another obstacle. The ASCET Club plans to conduct various fund-raisers and find sponsors from the community.

"We are going to look at it objectively to see if it is a reasonable project," Moore added.

Tony Shires, instructor of Engineering Graphics Technology and the advi-

sor of the ASCET Club, stressed that this was the students' project. He is only there to answer questions and give advice to the students, who will do all the planning and building of the car.

Give a little, get a parking spot

Dream spot could be reality for some lucky Linn-Benton student or staff member

by Shannon Weber
of The Commuter

In an effort to raise funds for United Way, LBCC is selling chances to win a reserved parking space.

It's going to be a long, wet winter term, and tickets are only \$1. They are available in the Learning Center and the library.

The raffle will run through Nov. 22, when the winner will be able to choose the parking spot of his or her dreams.

The fund-raiser is run by a committee of faculty and staff including Ann Smart, dean of students; Evonne

Rutherford; Catherine Quinnett; Pete Scott and Judith Turner.

The United Way committee is doing things differently for this year's event.

This is the first time the LBCC student government is assisting with the fund-raiser which gives students the chance to get involved with the charity work.

"It's a good way to give a little that helps a lot," said Judith Turner, who is on the library staff.

The latest tally of funds raised from pledge cards and donations is estimated at over \$8,000.

Staff and students are hopeful they will reach their goal of \$11,000 which would bypass last year's total of \$10,000.

"We wanted to do something that was interesting and challenging for everyone in the club."

—Donovan Moore

Lutheran Students of LBCC

invite you to join them Thursdays from noon to 1 for conversation, Bible Study and cookies in The Commons

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LOCAL NEWS

Foreign students blossom in supportive environment

by Mary Hake
of The Commuter

America's diversity of cultures has drawn a variety of metaphors over the nation's 220 year history—a melting pot, a salad, a patchwork quilt.

These words could also be used to describe Dee Curwin's class in English to Speakers of Other Languages.

Curwin's ESOL class serves all students whose native language is not English, including international students and immigrants. The class integrates various aspects of the language—listening, speaking, reading and writing—to help students understand and communicate in English so they can better handle their college course work.

Curwin said she doesn't speak slowly or in a different manner than she would to an American student, but instead tries to enunciate clearly, continually offering explanations of unfamiliar words. She usually begins her class with a free-writing exercise or an activity in which students can move around so they will not be self-conscious about participating. Last Wednesday's session began with a class discussion about the English-only movement in this country and their personal essay assignment on the topic.

One of her biggest goals for these students, Curwin said, is to help them to envision themselves as communicators in English. She added that about one-third of them repeat the class before moving on to Writing 121.

"They have wonderful stories," she said, comparing their view of life to a swimmer with a face mask half-submerged—they can see both worlds at once.

The ESOL class serves as a "safe place where they can practice with each other," Curwin said. "Everyone is in the same boat." English can be a big barrier for non-native speakers because it is loaded with idioms and cultural references. Consequently, she said, these students must study hard and may have to read material five times in order to understand it.

"It's fun to see the students come alive," she said. "Some are very fluent and articulate; there are many skill levels."

Curwin's students come to LBCC from around the world

Daniel Nduaguba, of Nigeria, was born in Rome. His father, a retired U.N. officer and an American citizen, now travels. Nduaguba has lived with his siblings in Corvallis the past three years and graduated from Corvallis High School. Now majoring in mechanical engineering at LBCC, he eventually plans to work for his father's company.

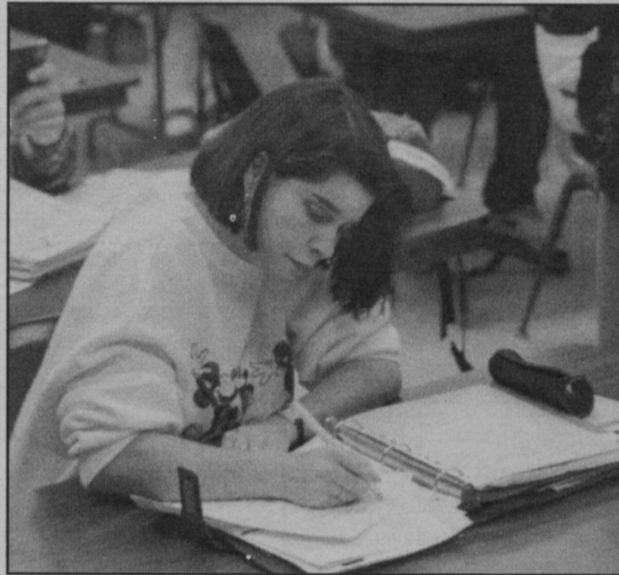
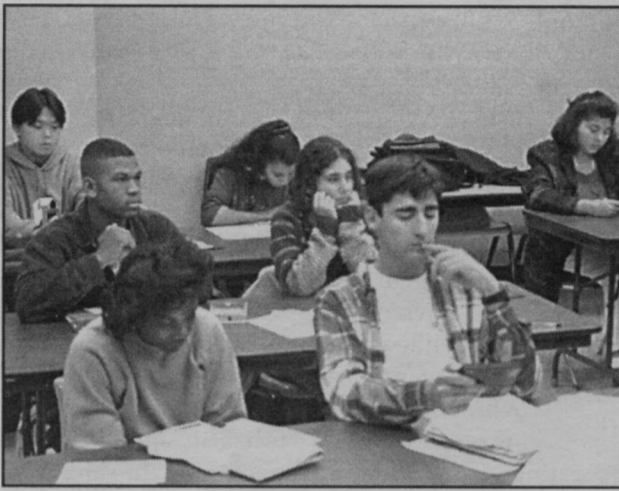
Jeong Kim came from Korea seven months ago. He studied at WOSC's English institute before coming to LBCC.

Erhan Tanu, of Indonesia, arrived in June and is majoring in business.

Miguel Manaute came from Spain two years ago. He lived with a local family while completing high school at West Albany. He said he knew no English before that, and that he's having fun learning a new language. He wants to become a physical education teacher and would like to travel to find the best place to work.

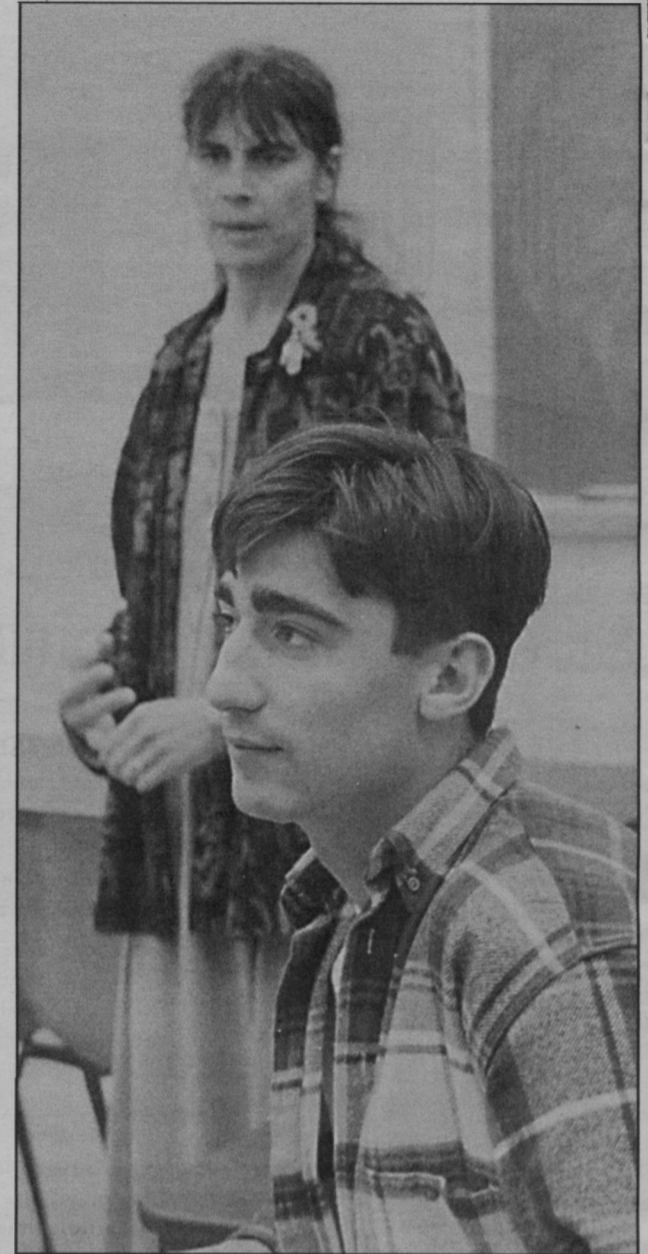
Anna Moreno is also from Spain, but she is a U.S. citizen. Her mother, who is from Columbia, had previously lived in the United States for 13 years. Moreno came to LBCC two months ago to study English. She looks forward to a career in the medical field, either as a physical therapist, nurse or doctor.

Vivian Afifie Adom, a pre-nursing major, moved



Photos by Roger Lebar

ESOL instructor Dee Curwin (right) listens to Miguel Manaute of Spain. Rebecca Davenport of Germany (above) takes notes during the biweekly class.



from Ghana in August with her family.

Rebecca Davenport, of Germany, is married to an American and knew no English before moving to Albany with her husband and two children two years ago. She said it was a big change. Now a premed major, she had been an emergency medical technical working in an emergency room in Germany.

Other class members include several immigrants from Mexico and from Vietnam. Hai Miller, who immigrated from Vietnam 22 years ago, returned to LBCC to work on an electronic engineering degree. She said writing is her biggest challenge.

Two former ESOL classmates now serve on the Student Programming Board together. Phuong-Dung Chiem, in her third year at LBCC and her second year on SPB, is currently the team coordinator. She came to Albany from Vietnam with her parents in 1993 after attending one year of university there. She had no trouble adjusting, she said.

"I learned a lot from the (SPB) office. I learned to communicate and got to know people." Her uncle, whom she now lives with in Albany, originally took her to LBCC and told her to start here because it's easier. She plans to transfer to OSU and study international business.

Chau Vo came from Vietnam with her father in 1995, while her brother and sister remained behind with her mother. With two years as an English major, she had no trouble enrolling in LBCC, where she majors in business administration. Vo plans to stay in

the United States.

"I like the way the young people live in America," she said. "They're more independent from their parents." She added that school here is quite different from in Vietnam, where students have their schedules set up for them.

LBCC offers special services for foreign students to help make their college careers successful. Charlene Fella, international student advisor, said the college has 26 full-time fully admitted students here on student visas and about seven more part-time. Her biggest role is "dealing with them and the government," she said.

LBCC policy does allow international students to be admitted directly from their home countries. Before enrolling, they must first attend another U.S. school, then pass a placement test.

Fella said her biggest task is to get the students to participate in other activities. "One hundred percent of them study like crazy," she said, leaving little time for socializing. As part of her efforts at socialization, she plans to take them on a group shopping trip to Washington Square on Nov. 23. Fella also publishes a monthly newsletter to keep them all in touch.

She said most of the students try to take heavy loads because foreign student tuition is so high—\$137 per credit or \$2,055 for 15 to 20 credits. She said she meets with each one individually during the term to see how they are doing and to inform them of help they may not

(Turn to 'International' on Page 5)

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The annual Turkey Trot will be held on Thursday, Nov. 21st from 12 - 1 p.m. at the LBCC track. You can participate as an individual or team of three. Prizes are given for the best poker hands. This event is a fun run or walk. All participants will be entered in the drawing to win turkeys, pies, T-shirts and more. This event is sponsored by LBCC Intramurals.

For more information, please contact Naikia Benjamin at ext. 4463.



CAMPUS NEWS

Minority students helped by going to CAMP

by Mary Hake
of The Commuter

Four of the international students attending LBCC this term are participants in the College Assistance Minority Program, which assists legal residents with financial aid and support services.

First-year students who come from seasonal agricultural backgrounds qualify if they or their parents have worked 75 days in seasonal farm work in the past two years. A notarized affidavit from their employer verifies this.

Kathay Green, CAMP advisor, said

she expects four or five more seasonal farm workers to join the current four students this winter term. Word-of-mouth is CAMP's main advertisement, she said, although she also goes to career fairs, church groups and area high schools to talk about the program.

CAMP requires that students participate in a college success skills class, and if there are enough students they have a special class just for them, Green said. The program's goals are to seek ways to help the students with academic problems, she said, and "try to get them confident enough to find solutions on their own."

Brazilian exec starts over at LB

by Mary Hake
of The Commuter

At an age when many retire and stay home, Sylvio Terra chose to begin a new life.

Currently the oldest international student at LBCC, Terra, 63, moved last year with his wife and two teenage children from Brazil to Corvallis so he could attend college in the United States. He said he wishes to learn English and update his knowledge. His son and daughter attended an American school in Brazil, and they know English well, he said, adding that he would like to be able to understand his children and their teachers.

"School English is very different from reality," Terra said. He feels his English is deteriorating because he doesn't have enough time to use it while he is so busy with school.

Terra said he had no trouble adjusting to American life since he had visited the U.S. many times. He explained that he didn't experience culture shock because he wasn't "fighting for a job." He also had prior college experience, having earned bachelor's degrees in law and business administration in Brazil, and had worked in retail and banking.

Before moving, he retired from his job as general manager of Banco do Brazil in Punta Arenas, Chile, at the southern tip of the continent, he said.

Terra's wife, Maria Elena, a native of Chile, is also studying at LBCC. She loves it here, he said, and has lots of friends. In their home, they speak both Spanish and Portuguese, so their children won't lose fluency in their native languages.

Terra commented that his family loves

the weather in Corvallis because the climate is the same as in Punta Arenas. That makes them feel "at home."

He began his American schooling at the English Language Institute at OSU, where he developed good relationships with his teachers, he said, and made many friends there. While at the ELI, Terra learned about LBCC and decided to enroll as a liberal studies major. He said his dream is to get his two-year degree at LBCC, then go to OSU for his undergraduate program and maybe even a master's degree.

He said "age makes learning more difficult," explaining that he faces many obstacles, among them the language and caring for his family. He feels 12 credits are too much for him to handle because it is not easy to keep up when everything is in a foreign language.

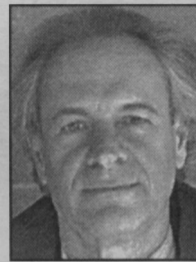
He said his biggest challenge is following some of his instructors, interpreting and remembering what they say.

"Understanding the English is difficult." But, he added with a smile, students "have to accept the rules of an American college."

Terra said his children fit right in and are thriving in their American setting. His daughter is on the Corvallis aquatic team and his son is in the international honor society. Another son remained in Brazil. He plans to visit him when he travels to Brazil next June.

He also has a business to check on, he said, and he plans to take advantage of Brazil's free health care by getting a checkup while there.

Terra sounds content with his choice to study in America in spite of his struggles with English.



Sylvio Terra

International advisors help ease transition

From Page Four

be aware of.

Fella explained that international students are required by the government to take at least 12 credits, which presents a big challenge since each subject has its own vocabulary. The rules also require that they attend college three years in a row. If they leave the U.S., they must get an authorized signature saying they are in good standing at their school that they must show at their port of entry. They must also make reasonable progress in their program, finishing college within a certain amount of time. They also have the right to transfer to other schools.

Many come to LBCC from OSU, where they have experienced academic difficulties, in order to raise their GPAs. The smaller classes and more individualized instruction helps them succeed.

When these students come to LBCC, they first attend a special orientation before registering. Advisors Jan Frazer-Hevlin and Marthajane Christensen assist students with forms and guide them in choosing classes. They must first in-

terpret test scores and evaluate writing samples in order to place students in the proper classes. Frazer-Hevlin said she tries to let them know she's "a support person" and hopes that they will use her as a resource.

After enrolling, "they are no different than any other student," Frazer-Hevlin said.

ESOL teacher Curwin said that it is hard for them to make contact with American students, and suggested that it would be "great" if people would make themselves available as friends or to help with classwork.

All of those who work with international students say they love meeting people from all over the world. One problem they have observed is the isolation international students experience when living outside their own culture. They often have a fear of being misunderstood or misunderstanding others, Curwin said, making them self-conscious.

"It's like playing a game without knowing the rules," she said.

classifieds

HELP WANTED

Looking For Work? Visit the LBCC Student Employment Center located on the first floor of Takena Hall in the Career Center. Part-time, temporary and permanent positions are available. Accounting intern, Secretarial/Administrative Assistant, Photographer's Rep/Receptionist, Retail Sales, Yard Work, Child Care Provider, Computer Lab Assistant, Food Service, CNA, Print Shop Assistant, and Auto Mechanic are just a few of the jobs listed. If you are eligible for the Federal Work Study through Financial Aid, a few jobs are still available on campus as well as the Extended Learning Centers in Corvallis and Lebanon. Business Technology Lab Aide (Benton Center), Van Maintenance Aide, Instructional Lab Aide (Lebanon Center) and LAHP Production Assistant position are open. For a complete list of jobs, come to the Career Center, T-101. Visit us today!

JOBS GALORE!!!!

Are you needing some extra cash?...the LBCC Student Employment Center can help you with your employment needs. We have over 200 different jobs currently listed. Open positions include: Office Administrator/Receptionist, general office/clerical, chemistry lab assistant, bookkeeper, accounts payable clerk, lobby clerk, retail sales, warehouse worker, telemarketing, child care, food service, house keeping, and many, many more...an added bonus—if any of these jobs are related to your major, you could earn elective Cooperative Work Experience (CWE) credits. Also, a few on-campus Federal Work Study positions are still available for STUDENTS awarded financial aid. Let us help you! Visit the LBCC Student Employment Center located in the Career Center, first floor, Takena Hall. If you have any questions, please feel free to contact us at 917-4780.

We need volunteers to sign up for the

Children's Winter Festival on Sat. Dec. 7, 1996 from 10 a.m. to 4 p.m. For any question or to sign up please contact Student Life & Leadership CC-213 or call ext. 44.

SELECTEMP HIRING

Do you need a job? Then you need Selectemp!! Selectemp has immediate openings with excellent companies: General labor: Temp to hire positions, \$6.50/hr to start; graveyard/swing/relief shifts; 10 positions open; Brownsville area. Custodial: Excellent work environment, \$6.00/hr to start; must be able to pass background check; 6:00 p.m. to 2:30 a.m. shift; 5 positions open; Corvallis area. Welding positions: Swing shift, immediate openings, wage DOE. Must be able to pass drug screen. Apply between 8:30-11:00 a.m. or 2:00-4:00 p.m., Mon.-Fri. 375 Pacific Blvd SW Suite C, Albany. 967-6881 or 753-6220. *Alternate hours by appointment.

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

SCHOLARSHIPS

Scholarship contest sponsored by Anheuser-Busch. This poster competition will award 19 scholarships totaling \$15,000 to students who submit the best poster ideas to communicate personal responsibility and respect for the law regarding alcohol. This contest runs through Dec. 15, 1996. Information available in the Career Center in Takena Hall.

The Oregon Nurserymen's Foundation is offering 14 scholarships ranging from \$500 to \$1,000 per year to students who want to explore the field of horticulture through their studies at a community college or university. Students must complete the application form, attach a copy of their transcripts

and provide 3 letters of recommendation. For complete details, please go to the Career Center in Takena Hall. Application deadline is April 1, 1997.

The Financial Aid Office is now accepting applications for the following scholarships: Jeld-Wen, Peter DeFazio, Libby Vocational, Corvallis Clinic, Marilyn Lieberman and Oregon Sheriff's Association. Please contact the Financial Aid Office in Takena Hall (T-119) for application materials and requirements for the individual scholarships. Applications must be submitted to the Financial Aid Office by Nov. 15th.

Announcing the EMI/Selena Scholarship Program. Applicants must be a U.S. citizen, be Hispanic, a full-time sophomore at an accredited 2-year college who plans to transfer to a 4-year college and enroll full-time fall 1997 in an undergraduate program leading to a bachelors degree. Must have a 3.0 GPA. Application deadline is Dec. 1, 1996. Applications are available in the Career Center in Takena Hall.

Crater Lake National History Association is offering grants up to \$3000 to faculty, graduate students and undergraduates interested in doing scientific research or cultural studies about the park. Application deadline is Jan. 31st, 1997. Applications are available in the Career Center in Takena Hall.

96-97 Underrepresented Minorities Achievement Scholarship Program is offering tuition awards to students who meet scholarship eligibility requirements. Scholarships available in Career Center in Takena Hall. Deadline to apply is May 1, 1997.

Leslie S. Parker Memorial Scholarship Award. This scholarship is for women who have completed two years of satisfactory college work. Students must be Oregon residents. Information regarding this scholarship is available in the Career Center in Takena Hall.

Application deadline is April 1, 1997.

DAYCARE

Tina's Daycare now has fall openings for preschool/daycare. Small groups for lots of individual attention. Space limited. Call today for reservations: 926-8920.

MISCELLANEOUS

Want to learn the secrets to getting better grades in college? Send a long SASE with \$3 for S&H to: TMS, PO Box 1144, Albany, OR 97321

Are you a woman over 30 yrs old who would like to participate in a support group dealing with life issues? For more information please contact Marlene Propst, Career Center, ext 4784.

TURN JUNK CARS INTO CASH

Come to a meeting at Pop's Branding Iron, Pacific Blvd, Albany, to plan a community car disposal sales event, to take place in '97 or '98, that will bring together local "havers" of collections of dead, old cars...with regional, commercial buyers of collectable cars. Nov. 19th, 5-7 p.m. Contact Herb Martin, 967-9613, or Don Boarstad, 745-5628, eves.

FOR SALE

Aiwa-AM/FM stereo with dble cassette and equalizer. Brand new; \$75.00 or best offer. Call 752-3902.

Clarion car CD player. Less than 1 year old. Paid \$400, selling for \$250/OBO. If interested please call Josh at 766-8744.

Full size van with 4ft. extension. Captain's chairs in front and back with small, removable table. Fully carpeted. Great for hauling! Call Ty at 967-8236, Sun.-Wed., to discuss price.

Spikers go on 8-0 surge to get in position for playoffs

by Jessica Sprenger
of The Commuter

The Linn-Benton volleyball team is on the verge of qualifying for post-season play for the first time in history following victories over Lane and SWOCC over the weekend.

The Roadrunners have now won their last three league matches, guaranteeing them at least a tie for fourth place in the Southern Region and an outside shot at finishing third.

"This was a very big weekend as far as playoff spots (are concerned), and no matter what happens from here we've had a great last couple weeks," Roadrunner coach Jayme Frazier said.

Over a one-week period, the Roadrunners have gone 8-0, starting with the championship at the Shoreline Cross-over two weekends ago and carrying over to last Wednesday's game at Umpqua and this past weekend's pair of wins against Lane and SWOCC.

"The tournament really helped," Frazier said. "I think in the preseason we just didn't have enough (games to play), and the tournaments really seemed to help us learn how to win."

With a victory tonight at Mt. Hood, the Roadrunners, now 5-6 in league play, would finish third in the Southern Region, the highest ever for a Linn-Benton volleyball team.

"Wednesday's going to be tough, but I think if we play like we did yesterday and today, we'll do it," sophomore setter Charisa Norton said.

Last Wednesday the Roadrunners traveled to Roseburg and defeated the Timberwomen of Umpqua for the second time this year, 17-15, 15-9, 15-10. Linn-Benton was powered by the play of Dondi Schock with 13 kills and four solo blocks.

The Roadrunners returned home to play Lane on Friday and downed the Titans in four games 15-13, 15-12, 10-15, 15-11. Carrie Surmon led the Roadrunners with 18 kills and 20 digs, while Melissa Gale added 18 kills and 17 digs.

Schock added to the Titan's downfall with 17 kills and 17 digs, while Opal DePue had 10 kills and seven solo blocks.

On Saturday Linn-Benton shook off a shaky first game to defeat the Lakers of SOCC 17-15, 15-10, 15-8.

"We were all tired from yesterday

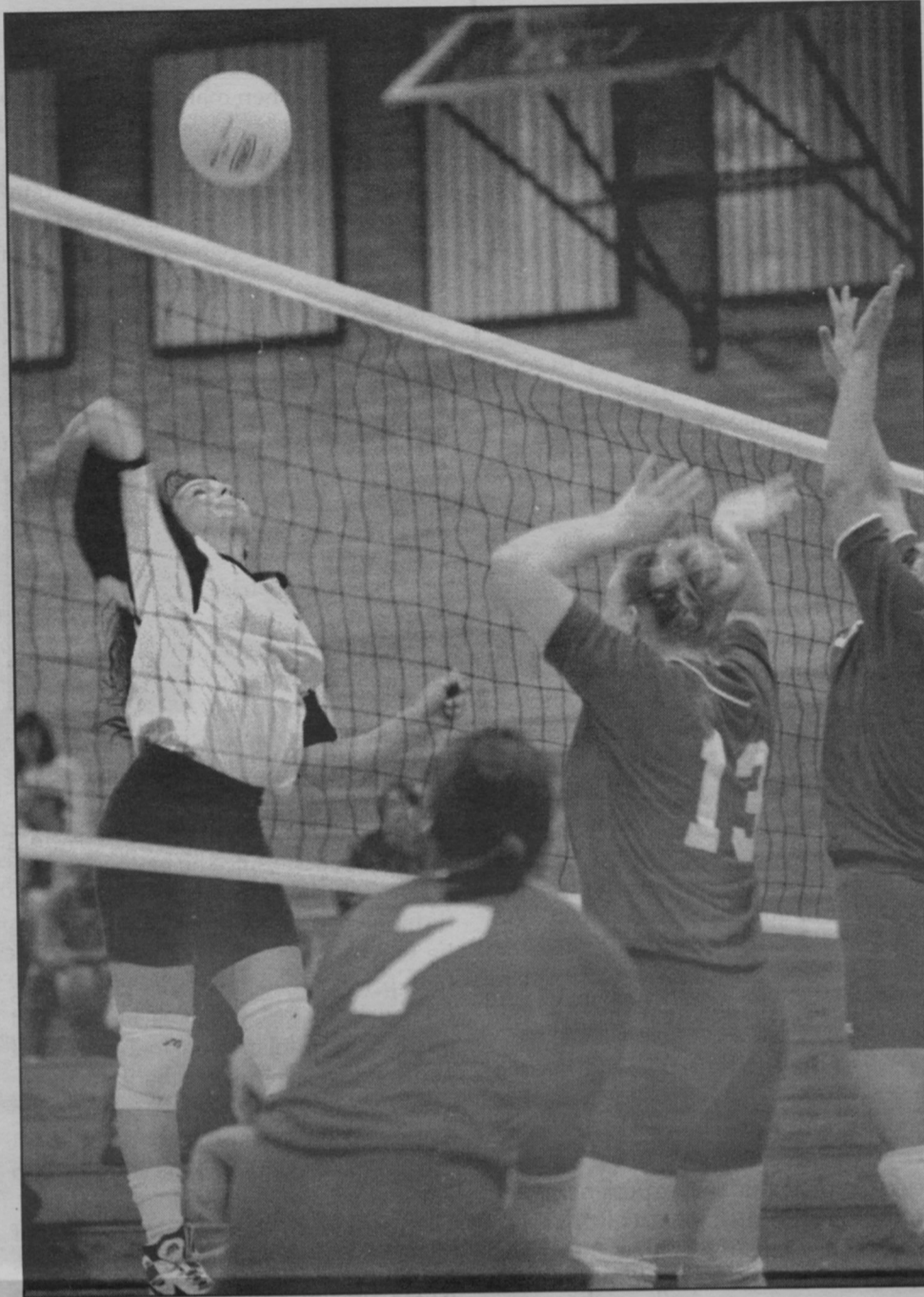


Photo by John Bragg

Roadrunner Melissa Gale goes up for a kill against Lane Friday night.

(Friday), but we pulled it out," Norton said.

The Roadrunners took 48 minutes and five full rotations to win the first game. SWOCC was up 13-7 before Linn-Benton battled back and knotted the game at 13 all following an DePue kill. Linn-Benton then took a 14-13 lead on a kill from Schock.

The Lakers got the ball back on a service error and tied the game on a Roadrunner hitting error, then took a 15-14 lead.

But Linn-Benton got the ball back and tied the game on two kills in a row from Schock, then went up 16-15 on a Carrie Surmon service ace, and finally won the game on a kill by Gale.

"We played a great first game as far as the last five points," Frazier said. "We were putting the pressure on and SWOCC started making some crucial errors."

The second game was even through the fourth point, then Schock and Gale took over as the Roadrunners went on runs of four and seven.

scoreboard

Standings

Clackamas	11	0	1.000	—
Mt. Hood	8	3	.727	3
Chemeketa	5	6	.455	6
Lane	5	6	.455	6
Linn-Benton	..	5	6	.455	6
SW Oregon	4	8	.333	7 1/2
Umpqua	1	10	.091	10

"In the second game we were very aggressive and put a lot of kills down, ran some quicker offenses and they started free-balling a lot of balls back to us," Frazier said.

Game 3 was a lot like the second—even through seven, and then the Roadrunners went on a six-point run to go up 13-8. Schock and Gale teamed for a kill and a service ace to end the match.

As a team Linn-Benton served 95 percent and hit 35 percent in the game. Schock finished the game with 21 kills and a 53 percent attack average.

"That's the Dondi I recruited," Frazier said of Schock. "She's learned the other players. She plays her position and she's very aggressive and that's what we need. In the last couple of weeks her confidence has gone up 100 percent."

Gale added 17 kills with an attack percentage of 61. Defensively for the Roadrunners Gale led the team with 16 digs, while Norton, Schock, Surmon and Danae Laqua each added 13. DePue recorded six solo blocks for the Roadrunners in the match, which lasted one hour and 40 minutes.

"Everybody was on," Frazier said. "That's what counts in the tougher games (higher percentages). That's what's going to get us all the way there."

Also chopping at the Timberwomen were Gale and Surmon, who had 11 kills apiece. Surmon had a team high of 17 digs, while DePue added four solo blocks.

In the last three games Schock has recorded 51 kills and Gale 44, thanks in large part to the setting of Norton.

"The passers are doing great," said Norton. "I'm getting the sets up there and they're adjusting and hitting very well. Everybody's different and everybody's hitting, everybody's on and that's really good."

Philomath grad Gale finds new home on Roadrunner's volleyball court

by Shawna Phillips
of The Commuter

As Melissa Gale is trying to get a feel for college life here at Linn-Benton Community College, she has been making herself at home on the volleyball court.

Being an outside hitter, she has played a very important role on the volleyball team this year. As a freshman, the 5'6" player has already made the All-Tournament team at two of the three tournaments that the Roadrunners have participated in this year, and she was named the Southern Region Player of the Week one week last month. At the halfway point in the season, she had 84 kills with a 30 percent hitting efficiency, which put her in the top 25 in the region. She also had 82 digs (3.5 per game), which put her in the top 50 in the region.

Gale began playing volleyball when she was in fifth grade and played all four years at Philomath High School. Her first year she played on the freshman team and was named team MVP. The next year was the start of her varsity career in which she made First Team All-League all three years and was named team MVP her senior year.

Unfortunately, her sophomore year she developed a nagging shoulder injury that still affects her serving and her offensive play, which is her favorite part of the game, she said. Gale once hit the ball into a girl's chest and watched it bounce off and hit her in the face. "It was pretty cool," she recalled with a smile.

So far, the transition from playing volleyball for Philomath to playing for LBCC hasn't been as difficult as she had anticipated, she said. She said the only major differences that she has come across are that in college they play three out of five games instead of only two out of three, and it was hard to play with mostly the same people in high school and then have to play with different people in college. Of course, there was the six-hours-a-day practice during the summer that she wasn't used to, she said, but otherwise it was pretty much the same, only a little bit more fun.

Coach Jayme Frazier has enjoyed having Gale as part of the team. Frazier said, "She's very coachable and willing to learn. She's just a fun player."

When the volleyball season ends, she is planning on coaching a club volleyball team in Philomath during the winter and participating in track in the spring.

Although Gale is obviously a very talented volleyball player she thinks that track is actually her best sport because she has gotten more offers from colleges for track. She was in track all four years in high school. Her sophomore year she placed fifth in state in the javelin throw and the team placed first. Her junior and senior years she placed second, while the team only placed (second) her junior year. She plans to continue track after she leaves LBCC, but she said that she probably won't play volleyball.

Gale doesn't know for sure where she plans to go



Photo by John Bragg

Melissa Gale warms up before Friday's game.

after next year, but she mentioned Southern Oregon State College and the University of Oregon as two possibilities. She's not totally sure about her major either, which is now Physical Education and Human Performance, but thinks that it could change.

Gale and the Roadrunners play Mt. Hood Community College at Gresham tonight at 7 p.m.

OPINION PAGE

commentary

Americans re-discovering traditional herbal medicine

by Cindi Fuller
of The Commuter

There is a growing tenor in America to re-establish good health, and society is becoming interested in understanding natural healing and herbal remedies.

Recently, an herbal medicine class called "Herbal Medicine" was offered in Lebanon at the LBCC extension center by Dr. Truman Berst, Master Herbalist, PH.D in Herbal Medicine. The room was jam-packed, leaving standing room only.

The attendees hung on every word of wisdom Dr. Berst bestowed, seeking the mysterious hidden secrets to a healthy life through the use of herbal medicines. The class participated in an open forum where they could ask questions and Dr. Berst offered nutritional answers to many health concerns. Although he stressed the importance of seeking a traditional medical evaluation, he appeared to know of herbal treatments for every question, and all who attended seemed to leave with new insight and wisdom.

Americans have begun to examine the therapeutic value of the foods they eat and the significance it has to good health. Ancient methods used for healing in other countries and cultures are now being studied and confirmed by U.S. doctors and scientists. The trend can be seen in the constant stream of popular books offered at bookstores everywhere on home remedies, herbal medicines and natural healing. Medical providers like Pacificare and Capitol have started giving their customers free handbooks on how to prevent, treat and diagnose their own illnesses, resulting in lower medical costs for the providers and better health for the recipients. This does not appear to be a passing phase. It is a new way to treat and sustain good health by the use of the old, once-forgotten methods.

In the April 1995 edition of SELF magazine there was an article written by Cyra McFadden called "Healing Foods." The article listed foods that can fight every day afflictions as well as major killer diseases. McFadden covered everything from cataracts and arthritis to high blood pressure, listing preventive measures and treatments by the consumption of foods rich in the vitamins, minerals and nutrients needed to prevent or fight diseases. It was filled with nutritional information that answered the questions of how each food helped the body fight illnesses.

"You are what you eat" is a common expression used today, but it actually holds a much deeper meaning, giving people the key to a healthy existence. Natural medicine is worth considering as an option in medical care. Often in life it is the obvious answers that are the last to be recognized.

EXPRESS YOURSELF

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

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

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



pete petryszak

Measure 47 only answers part of the question

The issues debated in an election can drive voters apart, creating the image of two armed camps that want nothing to do with each other. It's important to remember, after the results are tallied and the winners declared, that elections are meant to be a unifying force in our society, not a divisive one.

By returning a Democratic president and a Republican Congress to Washington, the voters have forced the two sides to work together. To avoid gridlock, the issues that divided the parties must be resolved by finding a middle ground where both can be accommodated. Each side must be willing to give in on some of its demands in order to move forward.

Like the national elections, Measure 47 raised some issues that divided Oregon voters. Having passed Measure 47, Oregon voters must now come together to find new ways of funding local governments.

Measure 47 cut property taxes in the state, which is good for property owners. I would have probably supported it if I owned land myself. What proponents of the measure didn't say, however, was that it could drastically cut local budgets which rely on property taxes, and could increase the total tax burden on the average Oregonian as the legislature looks for ways to make up for the shortfall in local revenues.

The conflict over Measure 47 is an example of the larger debate going on in this country over the proper size and role of governments, both locally and nationally. As governments grow and try to do more things, taxes must be increased. Naturally, people who do not use the

government or do not realize how it serves them, would object to paying consistently higher taxes.

Unfortunately, the tax question is often separated from the question of what services we want the government to provide. I think we can take it as a given that everyone would choose to pay less in taxes if that was the only question they needed to decide.

We also need to decide what our taxes should be used for. How many people would choose to reduce their own taxes would do so if they knew that it also meant reducing the ability of police and fire departments to respond to emergencies, cutting \$1 million out of the local community college's budget and calling into question the quality of the K-12 education available to their kids? How many people would have voted to reduce their property taxes if they thought there was a good chance that higher fire and property insurance rates would negate any tax savings they received?

In the wake of Measure 47, we need to prioritize local government functions and decide how they should be funded. Certainly public safety should be a top priority, as should education, but what about other services, like public transportation, parks and recreation or maintenance of government buildings? It's quite possible that the new property tax revenues won't be enough to cover all of these, so we'll have to either live with less or think of new ways to raise money. This could mean having to pay fees for police or fire services, a local income tax or maybe a school tax. Who knows, Measure 47 might be the straw that breaks the camel's back and forces Oregon to adopt a sales tax. It just depends on how much we want from government and how much we're willing to spend.

With government, as with most other things in life, you get what you pay for.



letters

Students may find over-perfumed peers offensive

To the Editor:

The problem with perfume and cologne today is vast. You put this smell on yourself on purpose. But, it's in your shampoo, your deodorant, your clothes, your cars, your homes, not to mention the incense and cigarettes you burn.

Maybe you don't smell it, but a lot of us do. The variety of these mixtures are an explosive sinus overdose. You can smell and taste these people before you get near them.

What has happened with our culture where you cannot walk past a person without smelling them? Most perfume is so overwhelming it reminds me of vehicle exhaust or sewage.

My senses are keen like a lot of fellow students I have spoken to. Some have asthma, allergies, sinus problems or just dislike perfume.

I hope for the day when the impact of perfume will be recognized. I doubt it will happen, for I see so very much ignorance in the growing population of our culture.

There is a growing fad to cover up one's lifestyle with incense, and their insecurities with a stink called perfume.

It is a scientific fact that people are attracted to a clean, natural scent. Not an odor that can be recognized from a mile away.

To attract another, you need to learn this... the smell that one appreciates is difficult to notice, will bring the prey in closer to absorb the scent they crave. If this is not why you wear perfume, then it is time to analyze why you do so.

If you are trying to keep people away from you, then do not be around people!

Many would appreciate if you would wear less perfume and smoke away from the doorways. A lack of respect for another person's air space is rude.

For most of you, I should be direct and to the point. Stop wearing so much perfume! It is disgusting and a total disregard for others.

Alex, LBCC Student

LOONEY LANE

Soup's on: Ideas for the cooking-impaired

by College Press Service

ROCHESTER, N.Y.—LuAnn Leavitt spends hours mixing together chemicals inside a lab at the University of Rochester, where she studies biochemistry.

The aspiring medical researcher says she's made a great discovery since starting graduate work, but it's not a cure for cancer.

It's quiche.

The dish is simple to make, an excellent source of protein, and, for some reason, friends are always impressed when she makes it.

"That one's easy. It only takes a few minutes to put together," enthuses Leavitt, who lives in an off-campus apartment.

She rattles off the recipe without checking an index card or pausing: "Just buy the pie crust. Beat together six eggs. Throw some cooked spinach into the pie crust. Sprinkle some Parmesan cheese. Mix green scallions into the eggs, and pour it into the pie crust. Add some salt and bake it in the oven at 375 degrees until lightly brown on top. That's it."

For Leavitt, recipes have three simple requirements: they must be quick, nutritious and taste good. That might not mesh with the gourmet standards of the Culinary Institute of America, but it's a perfect fit for the busy lifestyle of a student living in a sparsely equipped kitchen.

"I will admit, I eat a lot of pasta," she said. "But food is just too expensive in the cafeteria."

A number of recent publications offer helpful tips to students when it comes to stepping out of the dining hall—or away from Mom's oven—and into your very own kitchen.

Kevin Mills, a Los Angeles writer, has put together a cookbook with his mother, Nancy, called, "Help! My Apartment Has A Kitchen."

Mills, who describes himself as a "gastronomically disadvantaged amateur," says the book offers more than 100 recipes designed to create self-confident cooks who have "always known of the existence of the kitchen . . . the room with the fridge in it."

The cookbook, he says, is essential for people who don't have a clue how to make fruit salad that doesn't "taste like it did in the school cafeteria" or who don't know enough to take the plastic bag out of the chicken before they roast it.

Take, for instance, his recipe for "Cheese Easies," which serves 10-12 people. All recipes come with a

rating: Very Easy, Easy and Not So Easy (or, Requires Effort But Worth It). This one is "Easy."

Directions include mixing one-half cup butter or margarine, two cups shredded Cheddar cheese, half-cup dried onion soup mix and one cup flour until it feels "like Play-Doh but slightly greasy," according to Mills.

Divide dough into thirds and shape into 6-inch rolls that "look like big hot dogs," he says.

Chill for an hour, then slice into one-quarter-inch slices and place on an ungreased baking sheet.

Bake at 375 degrees until brown. Each cheese easy should look "like a cookie but taste like a cheese cracker," Mills explains.

Those who are wary of spending more time than it takes to open a can are encouraged to try dishes like "Hearty Lentil Soup," he said. "You may ask, 'What are lentils?' That was

my first question, too."

As most first-time chefs know, disaster can strike easily, and without warning.

Leavitt said she's had a few culinary nightmares, usually while trying to experiment.

"I once took red chili peppers, and I stuck them in oil, oh my God, it stung my eyes so bad," she said. "I was trying to add some flavor to popcorn. It was a bad idea. I never even ate it."

Mills offers general advice for most cooking disasters: "Option No. 1 is to sulk and go to bed hungry. Option No. 2 is to be creative."

Amy Meyers, a junior at Pennsylvania State University, says she and her roommates have a simple solution when a meal doesn't turn out right:

"McDonald's is right down the street."

Meyers, who lives in an off-campus apartment, says she and her roommates have perfected at least one dish: chicken.

"We have, like, all this chicken. It comes by the case—skinless, frozen breasts of chicken," she said. "We just thaw it, toss it in the pan and fry it up. Make some potatoes with it, and vegetables, and that's dinner—at least three days a week."

Meyers, who studies hotel management, much prefers having her own kitchen rather than having to deal with the dining hall hours.

"I once took red chili peppers, and I stuck them in oil. I was trying to add some flavor to popcorn. It was a bad idea. I never even ate it."

—LuAnn Leavitt

"Casually take a few tastes, browse around the store a little, come back and sample a little more. Continue until you get thrown out."

—Lela Nargi

"You can't really run over there at three o'clock in the morning after a night of drinking," she explains.

A kitchen can even come in handy the day after a late night, too.

Lela Nargi, author of "All U Can Eat: Make It Fast! Make It Cheap! Make It Delicious!", offers a remedy for one of the most common student ills: the hang-over.

"Lucky for you, we know what to do about it," she says, and proceeds to relate a recipe that sounds something like a homemade Egg McMuffin. "Follow up with Alka Seltzer chaser."

"This cookbook is intended for use by precisely the type of person who would never think of buying a cookbook," she explains.

A first-time chef should keep in mind that "cooking is easy, and cooking is fun," according to Nargi. "And please don't be put off by recipes that look long. Often, a recipe is long by virtue of the number of spices it contains, or because it has a lot of steps that mostly instruct you to do easy things like chopping or adding salt to boiling water."

She also suggests what basics to buy to equip a kitchen—such as a baking sheet ("if you ever want to make cookies"), a saucepot, a can opener and a colander ("the spaghetti drainer").

Leavitt, who is in her fifth year of post-graduate studies, said she gradually accumulated pots and pans over time.

A must for student cooks is "a great big frying pan," she said. "That's good for French toast. I make it for supper even. You figure, it's got eggs in there, and you've got your carbs [carbohydrates]."

Also on her list of must-haves are: a 5-quart pot to make spaghetti, a pot with a lid for cooking rice, a toaster oven for bagels and a microwave.

Meyers said she would like a bigger freezer for frozen vegetables and meals. "We get a lot of frozen stuff," she said "You can just thaw them out and throw them in the oven."

In her cookbook, Nargi also offers some advice for those who are truly lost in a kitchen.

Take a trip to the local gourmet supermarket or health food store where samplings of new food products are offered in the aisles, she said.

"Casually take a few tastes, browse around the store a little, come back and sample a little more," she said. "Continue until you get thrown out."

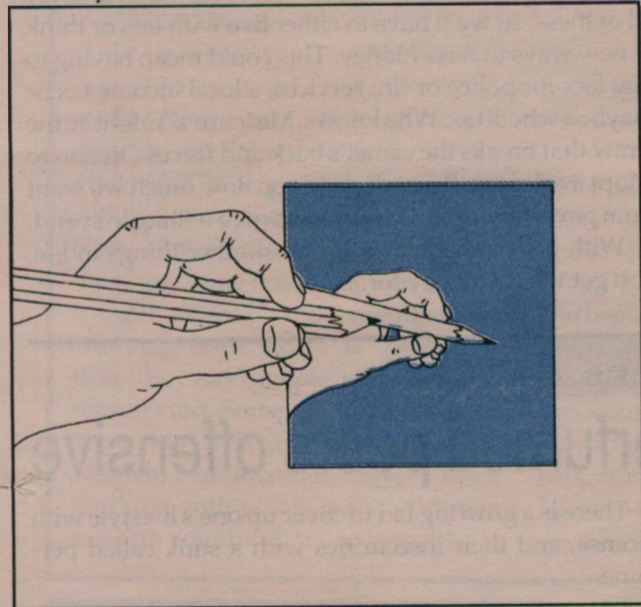
Weekly Crossword

- ACROSS
 1 Animal assemblage
 5 John Quincy —
 10 Walk through water
 14 African plant
 15 Map within a map
 16 "— for All Seasons"
 17 Soft mineral
 18 Gardener, at times
 19 London's Scotland —
 20 Steals
 22 Makes stiff
 24 "I — man with seven wives"
 26 Pole on a ship
 27 Things owned
 31 Seats at a bar
 35 Throw in a high curve
 36 Stacks
 38 Out of alignment
 39 Encourage
 41 Tropical trees
 43 Rescue
 44 Organs of smell
 46 Little bit
 48 A legume
 49 Minute and T-bone
 51 More sleek and sinuous
 53 Location
 55 Adolescent
 56 Footwear
 60 Horse sounds
 64 Beginner: var.
 65 Overpowering fear
 67 Adhesive
 68 Gunner's need
 69 Serviceable, old style
 70 Queen of the Greek gods
 71 Jelly or kidney
 72 John Paul and John Paul II
 73 Reveal

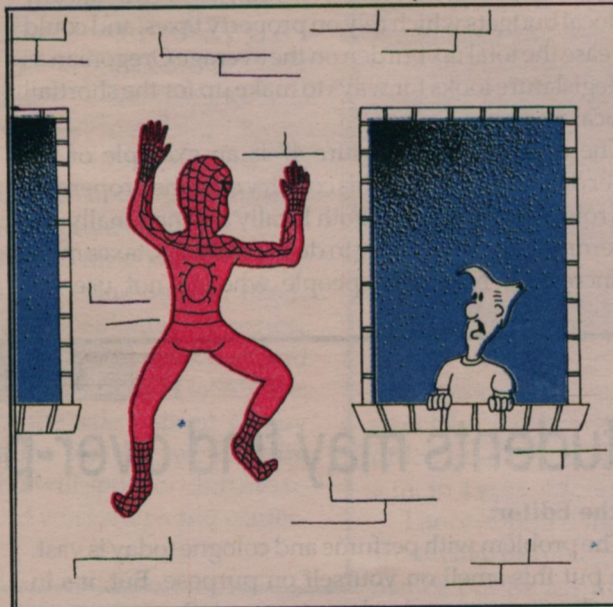
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2	Ardor	3	Actor's part
4	Leave suddenly	5	Runway
6	Letters in genetics	7	Inquires
8	Athletic events	9	Thongs
10	City in Georgia	11	Asian attendant
12	Challenge	13	Ceases
21	Hold on to	23	Pro — (proportionately)
25	Book of maps	27	Blueprints
28	Mechanical man	29	Much too heavy
30	Cries	32	African animal
33	Dike	34	Curse
37	Oily fish	40	Recipe measure
42	Arts and —	45	Omit
47	Patch locale	58	"— La Douce"
50	Increase	59	Cut
52	Man in armor	61	Merriment
54	Poetic Muse	62	Fling
56	Attempt	63	Close tightly
57	Juicy fruit	66	—de-France



When cartoonists lose it.



Your wife drives you up the wall too, huh?

STAMPEDE



DOWN
 1 Berets