

THE COMMUTER

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Linn-Benton Community College, Albany, Oregon

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PP&L donates 'state-of-the-art' equipment to cafeteria

More menu variety, breakfast service among benefits cited

By Annette Krussow
 Managing Editor

The LBCC cafeteria has undergone changes with the addition of \$25,000 worth of "state-of-the-art" electric kitchen equipment donated by Pacific Power and Light.

"Some of the equipment is to upgrade the old and some of it's new," said Gene Neville, manager of food services. He said the eight pieces of equipment will "result in more production space for more variety."

According to Neville PP&L was looking for a site to demonstrate the latest tech in electrical food services equipment to culinary arts students and potential buyers. LBCC was picked because of its centralized location and interrelation with culinary arts, Neville said.

PP&L hopes the students training on the equipment will develop a preference for it and use it when they become restaurant managers.

The equipment includes a new doughnut fryer; a steam kettle which is a replacement; a tilting brazing pan which is an upgrade; a roll in proof cabinet also an upgrade; a new deck oven with steam generators which, Neville said, is the first like it in the Northwest; a new bun toaster; a fast food deep fat fryer, an upgrade; and a grill for fast food also an upgrade.

Neville said a possible result from the new equipment could be an addition of a breakfast menu. In the past, the doughnuts had to be cooked in the grill area. With the arrival of the doughnut fryer, the grill area will be free in the morning for an addition of a breakfast menu which could be within the next couple of weeks.

The equipment is hooked to separate meters to identify how much electricity each piece uses. Neville said that the meters are up against the wall and are similar to the kind used to meter electricity for household use.

The students have not had much of a reaction because they haven't had much opportunity to use the equipment since it came over break, Neville said, though the equipment has "worked out quite well" for easier clean up and faster production.



The Commuter/GEORGE PETROCCIONE

Ken Grimm, LBCC maintenance worker, shows off the cafeteria's new tilting pan used to braze meats. The pan is one of eight pieces of kitchen equipment donated by PP&L.

Eligible work study students needed to fill 30 job openings on campus

By Louisa Christensen
 Feature Editor

Food Services and other departments on campus may struggle this term because they lack work study students, Sally Wojahn, Financial Aid coordinator said.

"Work study is not supposed to be the absolute bare bones," Wojahn said, but the departments do rely on the students to take a load off the permanent staff.

The lack of work study students is not unusual, Wojahn explained. Every term working students don't come back to school or decide they don't want the work study job anymore.

But the difference this year is that "not as many people have come in to apply for positions," JoAnn Perry, workstudy clerk, said.

The 30 work study positions are only open to students who have been awarded work study funds for the 1986-87 school year. Many students who are eligible for work study do not

know about the openings. When the students are informed some jobs may be taken, Perry said.

Fifteen of the work study positions are "hard to fill" jobs that require skills or are not very convenient for the students, Wojahn said. Computer programming positions or industrial apprenticeships take special skills that students may not have yet.

Work study positions open in the Benton Center, Sweet Home Center and Albany Center are not filled because students are not always willing to work off the main campus or students at the centers do not apply for positions.

The "hard to fill" positions typically do not get filled but the fifteen "newly" opened work study jobs concern Wojahn and Perry. The jobs were filled last term but opened when students stopped attending school or decided not to work anymore.

The majority of new positions are in Food Services, Wojahn said. "Food Service would go down the tube without work study students," she

said. Without work study the department could not provide effective service.

Other positions open are with Grounds and Maintenance, the Commuter office and the Graphics Department, said Perry.

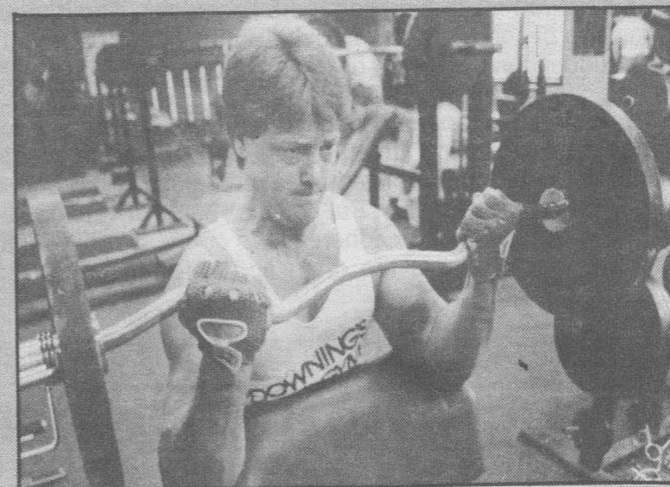
Open positions may soon be taken by work study students but if the necessary positions, such as Food Services, are not filled, "we will try to fill the positions in another way," Wojahn said. "We will try to provide help for them with our tiny, tiny account."

Work study funds are not available through financial aid for new applicants until the summer of 1987, Perry said. Work study may take more applicants if there is money left over from last year.

For the last two years work study hasn't reopened but after the Jan. 15 payroll run the acceptance of new applications may be possible, she said.

"If we are way below what the earnings were in 1985 and 1986 then we will be able to do more awarding for 1986-87 to fill the open positions."

Inside



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New column, "Cheap Thrills," explores low-cost good times, pg. 6

Editorial

Oregon drivers need more common sense, consideration

Recent campaigns to improve driving safety on Oregon's roads and highways have had little results. In fact, the Oregon Division of Motor Vehicles reported an increase of 10 percent for traffic deaths in 1986 (619) compared to 1985 (558).

Millions of dollars have been spent on legislation and promotions supporting mandatory use of seat-belts and stricter enforcements and penalties for driving under intoxicants. However, the grim statistic for 1986 traffic fatalities offers no evidence of success for such efforts. Perhaps isolating and focusing on only two of many problem habits of drivers have caused drivers to become less attentive to basic and important rules and courtesies of the road.

For example, yielding the right-of-way is sometimes virtually ignored, especially at 4-way stops. By law, whichever driver approaches and completes the stop first should have the right-of-way. But in standard practice, the driver in the biggest hurry usually puts the pedal to the metal and thrusts their vehicle into the intersection before anyone else has a chance to acknowledge any right-of-way. Heaven help the pedestrian attempting to maneuver across the street.

An additional right-of-way problem on highways and freeways in Oregon is a driver refusing to allow other drivers to pass. This is a characteristic often witnessed in drivers of vehicles moving slightly faster than parking speeds so that there is plenty of time to take in Oregon's scenic views. It is also common in overloaded trucks and recreational vehicles that should be displaying slow moving vehicle signs on their rigs. Not that long ago, it was common practice to allow traffic to pass by if traffic backed up more than 4 or 5 vehicles.

It's also ironic that Oregon drivers seem to always complain about Californians driving bumper to bumper when they do the same thing, only at slower speeds. This situation seems to happen frequently as one driver attempts to pass another on Oregon freeways at a speed about .00025 faster than the vehicle being passed. At that rate, it would take approximately seven minutes to gain 60 feet over the slower vehicle.

Another discourteous, neglectful and unlawful habit of Oregon drivers is the refusal to use headlights and turn-signals at appropriate times. Inclement weather will often motivate drivers to increase vision and chances of being sighted by using lights. However, even cloudy days and at dawn or dusk, vision is impaired making driving more hazardous. And it's not advisable to depend on a driver to use a turn signal, especially during sudden lane changes or turns.

Overall there are too many negligent drivers. Unconcern for violations and inconsiderate attitudes of drivers cause unsafe situations. Operating motorized metal and glass is not only a privilege but a responsibility. But because some drivers do not drive with concentration or adherence to courtesy or law, that opportunity for others is too often and unfortunately taken away.

Dale Owen

THE COMMUTER A Student Publication

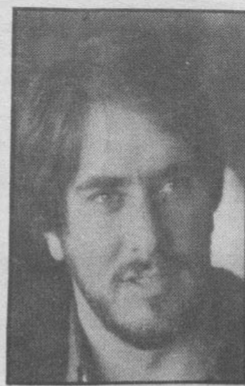
The Commuter is the weekly student-managed newspaper for Linn-Benton Community College, financed through student fees and advertising. Opinions expressed in the Commuter do not necessarily reflect those of the LBCC administration, faculty or Associated Students of LBCC. Editorials reflect the opinion 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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Street Beat

What bugs you about the way people drive?



Jeffrey Winter, civil engineering and drafting

"They're not safe enough. Parents don't buckle their kids in properly. I keep going down the road and see kids unbuckled and it drives me really crazy. I have a three-year-old myself, and if anyone ever took him in a car, unbuckled, I don't know what I'd do."



Don Pfeifer, electronics

"I don't have any complaints with Oregon drivers. I think they're more considerate than drivers from California. I think that people in big metropolitan areas become much more callous and aggressive in their driving. In a state with less population people are much more courteous and that carries over into their driving habits as well."



Linda McCravers, marketing

"They're inconsiderate. They don't take in to account how they would feel if it were done to them—pulling out in front of you, stopping fast, not remembering to signal before turning and things like that. I think people should take the time to care about somebody else for a change."



Bob Canfield, counseling

"I don't like the hot-rodders that peel out everywhere and think they're real studs. Cruising is just a way to show off and that bugs me. I guess I just don't 'get into it.' The cops are more likely to stop those kinds of people because they're more likely to break the law."

Compiled by Todd Powell and Dave Grubbs

Etcetera Column

The Commuter staff welcomes staff and students to submit announcements of upcoming events and activities to its Etcetera column, which appears weekly on Page 3.

Submissions should be no more than 100 words in length to permit publication of as many notices as possible in the space available. Final deadline for submissions to the Etcetera column is noon on the Monday prior to publication.

Submit written notices to: Etcetera, c/o the Editor, The Commuter, CC-210.

Express Yourself

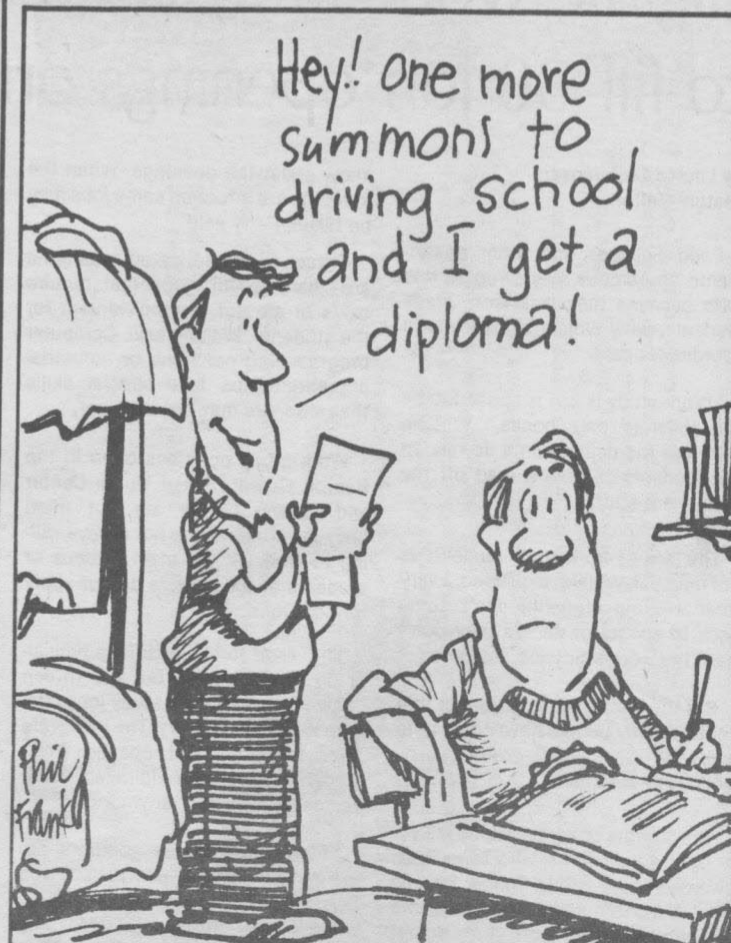
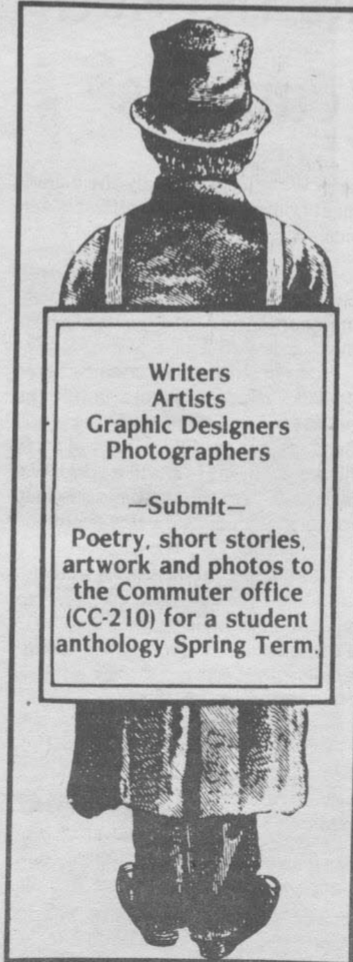
The Commuter encourages readers to use the Editorial Page to express their opinions. Commentaries and observations on campus, community, regional and national issues are welcome.

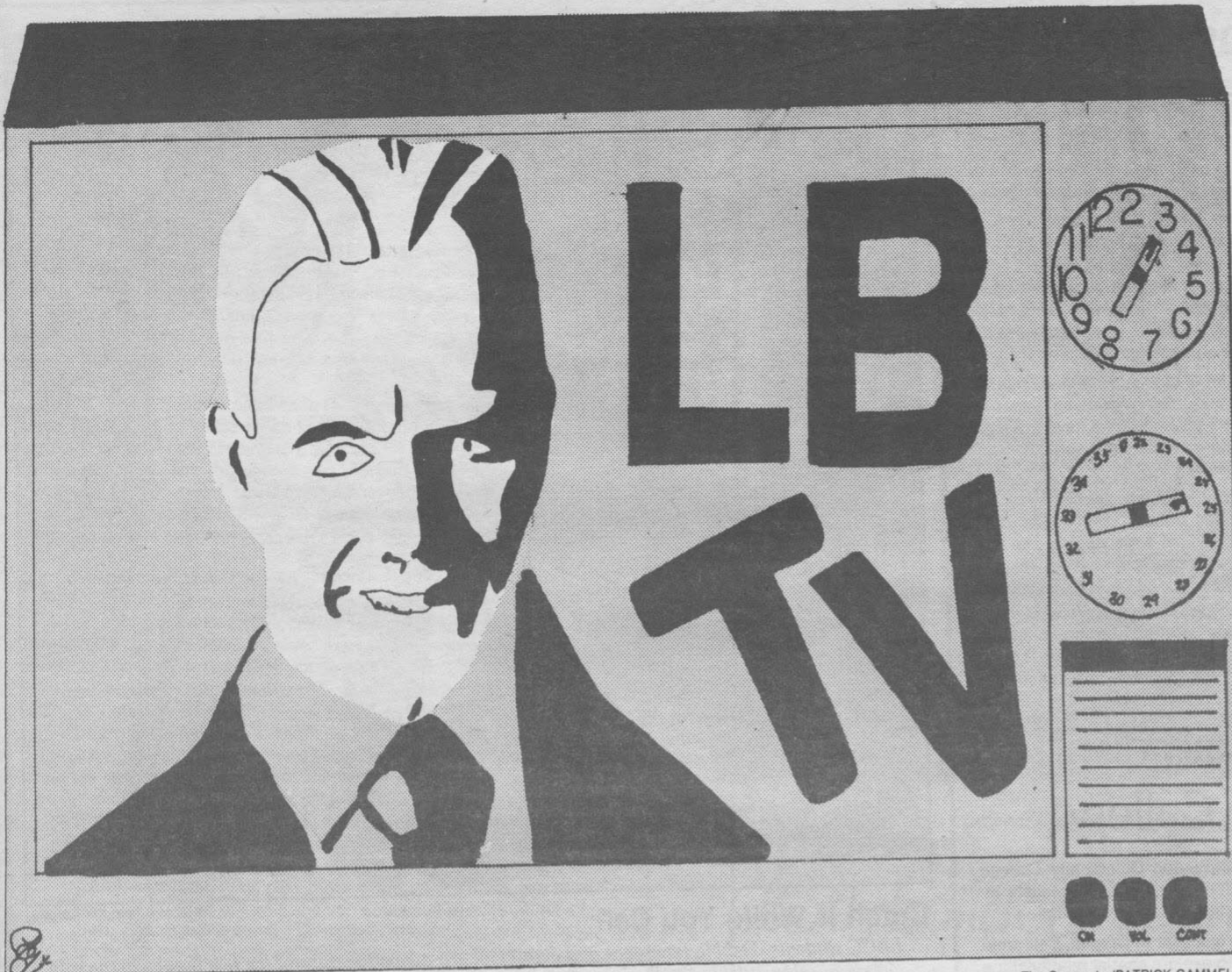
Submissions may be in the form of letters to the editor or, for topics which require deeper analysis, guest columns. All letters received will

be published, space permitting, unless they are considered by the editor to be potentially libelous, obscene 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.

All submissions must be signed, with phone number and address. Please limit letters to 250 words. Editors reserve the right to edit for length, grammar and spelling.

Frankly Speaking





The Commuter/PATRICK GAMMELL

Move over Max!

LBCC instructors turn to video to help students keep pace

By Louisa Christensen
Feature Editor

In Mike Kauffman's business classes, students can miss the first day of class without missing the first day of class.

"We've always rewarded students for not showing up," Kauffman explained. Now he just gives a syllabus to the students who missed the first day of class and sends them to the library to view the video tape he made of his orientation class. "I don't have time to sit down with each individual who missed a class," he said.

Kauffman, who started using videos two years ago, uses about 10 or 12 tapes a term. He provides a video tape for his classrooms if he is absent. With the use of the video tape, Kauffman guesses that about thirty hours of work is taken off his schedule.

Video tapes are also used with telecourse

classes, used in the reading lab, and used by instructors to view themselves, said Paul Snyder of Media Services.

The telecourse students can check out the video tape of the program that is run on the Public Broadcasting Station which must be viewed for class credits, Kauffman said. The tape can be viewed in the library or can be taken home. Checking out a tape from the library is an advantage for the student because the tape can be rewound or played over again. "The student can't call up PBS and say 'hey can you rewind that?'" Kauffman said. When a video is watched on PBS it is harder for the student to pick up names and concepts, he explained.

Video tapes are used in the reading lab to help students improve note taking skills and listening skills, Snyder said. An instructor's lecture is taped and the students in the lab take notes and practice listening skills without having to worry about

remembering the information from the lecture for a test. It takes pressure off the student so they can concentrate on the two skills, he said.

Instructors have also used tapes of their lectures for their own review. The tapes help the instructors to see how effective the lectures are.

"You have people that fall through the cracks...and there's no catching up," said Snyder. But a video can supply 85 percent of the students needs and gets education out to the maximum amount of people, explained Snyder and Kauffman. Through a video tape, which costs under \$5 to produce, a student gets all the basic information, Snyder said. Videos can give students an advantage in learning but for some students the classroom atmosphere may be a better way to learn. "Private conversation—that's a special thing that happens in education," Snyder explained, "that's what you pay for and is missing in a tape."

Ceiling tile shortage delays campus lighting project

By Todd Powell
News Editor

The college's major lighting project is currently in stalemate because the hired contractor, Linnco electronic, haven't had the proper ceiling tile needed to do the job, according to Facilities Director Ray Jean.

Jean explained that progress will probably remain dead for a couple of weeks until the contractors receive their tile shipment. "They need special 2'x5' tiles to do this job. There's only one factory that makes them and, unfortunately, it's in Florida," he said.

Jean says the college is "crowded for time" because of the project's Jan. 31 deadline. "I've requested a completion now of March 31 so that the contractor can have extra time to finish the job," said Jean.

The project will include reducing lighting levels and replacing incandescent bulbs with fluorescent and mercury vapor lights with sodium vapor.

"All changes made will produce better lighting as well as yield a savings," he said of project benefits.

Besides classrooms and offices a few of the major areas to change will be the:

- Library—"We are planning to change from mercury vapor lights to metal halight," he said.

- Commons—"We'll switch from incandescent bulbs to fluorescent ones. The new installation will save a tremendous amount of money."

- corridors (covered walkways)—"They'll be replacing that with high pressure sodium. That will help give us better lighting as well as using less electricity."

- parking lots—"They'll be treated the same way as the corridors."

As soon as contractors receive their required tiles the installation will begin, although some work has already been started in the College Center. "They'll be working swing and graveyard shifts so it won't be disruptive of student activities. Students are the most important thing around here," he said.

The project, once completed, is estimated to yield an annual savings of \$49,000, according to the engineering study conducted last spring by CH2M-Hill. "To me, that sounds like enough worth saving, don't you?" asked Jean.

Etcetera

Puppet Theatre

The Tears of Joy Puppet Theatre will be held Sat. Jan. 17 at 3 p.m. in the Takana Theatre. Tickets are available at French's Jewelers, Albany Parks and Recreation and the Inkwell and at the door for \$2.

Art Display

Seventeen works from Drawing and Design classes are on display in the showcase by the telephone switchboard in the College Center. The art examples will be up through January 23. Instructor for the classes is Sandra Zimmer.

Albany Parent Night

Area residents can come to an "Albany Parent Night" at 7 p.m. on Thursday, Jan. 15, at the Memorial Middle School Auditorium, 1050 Queen SW. No preregistration is necessary. A \$1 admission fee is payable at the door. For more information, call LBCC's Parent Education office, 928-2361, ext. 384.

Free Lecture Series

Linn-Benton Community College's Parent Education Program will present a six-week series of free noon-time lectures. The sessions will meet from 12:10-12:50 p.m. each Thursday, Jan. 15 - Feb. 19 at the Pizza King, 1188 S. Main in Lebanon.

Specific topics and dates are: 1/15 The Work and Family Manager; 1/22 Communication in Today's Family; 1/29 Be Good to Yourself; 2/3 Good Riddance to Guilt; 2/12 Time: Your Limited Resource, and 2/19 Ideas to Keep Your Family Well.

Participants are encouraged to attend all of the sessions, but may attend any number. Preregistration is not required.

For more information on this free series, call LBCC's Parent Education Program, 928-2361, ext. 384.

Announcement

If you are over the age of 18 and are looking for a rewarding way to spend a few hours a week, Community Outreach (Sunflower House) is offering a training for crisis line volunteers. The class will meet every Tuesday and Thursday evening from January 22 to March 10. A pre-training interview is required. For more information, call Community Outreach at 758-3000, or stop by 128 SW 9th St., Corvallis. It's a great way to serve your community.

"Working Women of the '80s"

"Working Women of the '80s," a free, brown bag lunch series, will attempt to answer questions concerning the many roles and needs of working women. The lecture series begins Jan. 14 at Linn-Benton Community College's Benton Center, room 106, 630 NW 7th, Corvallis. The nine-week series features a different speaker or speakers each Wednesday. For more information, contact LBCC's Benton Center at 757-8944. Preregistration is recommended.

Great Decisions

Key points of American foreign policy choices will be discussed in the free "Great Decisions" group sponsored by Linn-Benton Community College's Albany Center.

The meeting time is 7-9 p.m. on Wednesdays in room 130 of LBCC's Science and Technology Building, 6500 SW Pacific Blvd., Albany.

The topic for this Wednesday's meeting is "The Constitution and Foreign Policy."

On Jan. 21 "Defense and the Federal Deficit" will be the topic.

No preregistration is necessary for this free public service course. For more information, call LBCC's Albany Center, 967-6108.

Jazz Pianist

John Eaton, Washington D.C.'s premier jazz pianist and lecturer, will perform in the LaSells Stewart Center at 8 p.m. on Wednesday, January 21. His performance, entitled "The Golden Age of Song: American Jazz Favorites" is the second in a series of lecture-concerts in the OSU Winter Music Festival, "200 Years of American Music."

Admissions to the concert is free.

Small Business Briefs

A series of six, small business seminars offered by the TED Center will be held each Monday evening from 6:30 p.m. to 10 p.m. through Feb. 16. The first class was held Jan. 12, but the second class will be held Jan. 19. Cost is \$19 per seminar.

Cold weather brings increase in campus parking violations

By Dawn Lucas
Staff Writer

LBCC's Justice Services Division issues between three and five parking tickets each day for violations like parking in crosswalks, handicap spaces and loading zones.

Mirian Kuipers, who works for the justice office, said, "It depends on the weather. In bad weather people want to park as close to the college as possible," adding that as many as 25 fines have been given in a single day. "Students should show others simple courtesy and obey the rules of the parking lots," Kuipers said.

The lots, which are patrolled by work-study and cooperative work experience students studying criminal justice, are checked on at various times during each day. "We vary our times so students can't plan when they can park illegally," Kuipers said.

The fines are flat fees of \$2.50, but double to \$5 after three violations. Students who ignore these fines are not allowed their transcripts and cannot register for another term.

"This is not serious if the student takes care of their debts owed to the college," Kuipers said. "The rules are in the student handbook."

"A lot of students complain that we have too many handicap spaces," Kuipers said. "But we have the legal minimum and can't reduce that number by law."

Any student who feels they received a fine unfairly, can appeal it to Jerry Phillips, supervisor of the program, who may reduce it or change it to a warning.

The money the Justice Division receives from the fines goes into the college general fund where it is divided and used wherever it is needed.

Bergeman and Garah display works in Fine Arts Gallery

The current Fine Arts Gallery show at Linn-Benton Community College features large-format black and white photography by LBCC Journalism instructor Rich Bergeman and ceramic works by Jim Garah of Corvallis.

Bergeman's photographs were taken over the last year in Oregon, California and South Carolina. They are part of a project to explore spatial relationships and textures found in nature and man's environment. Bergeman has been at LBCC since 1976 and holds a master's degree from Oregon State University.

Garah is displaying a series of large hand-built plates with designs made by inlaying colored clay into the plate structures. The display includes both abstract designs and nature scenes. Garah estimates that a minimum of six or seven hours of continuous work are required for each piece, which must be completed before the clay dries out.

Garah, who received a Masters in Fine Arts from Idaho State University, at Pocatello, is currently working in the Salem Public Schools as part of the Artist in the Schools Program.

LBCC's Fine Arts Gallery is located on the first floor of the Arts, Humanities and Social Sciences Building, 6500 SW Pacific Blvd. in Albany. The show is free and open to the public during the hours of 8 a.m.-5 p.m. Monday through Friday, through January.



The Commuter/DAVE GRUBBS

Catch It While You Can

LBCC students, Debbie Lawrence and Carol Coburn take advantage of the few breaks in the rain clouds to relax outside the Business Building.

Community Education officials trade jobs

By Annette Krussow
Managing Editor

Although most major position changes happen in the spring or summer, LBCC has decided to make some changes this term.

Al Barrios, director of the Albany Center, and Dee Deems, director of the Lebanon Center, will be trading places effective at the beginning of this term and will last until the end of the contract year, according to Tom Gonzales, LBCC president.

The move for both is a lateral one, according to Pete Boyse, assistant to the president. He said the move will be good experience for both and very beneficial to the school.

Deems is involved with Friends of LBCC and the LBCC Foundation. She can be more effective in the organizations if she worked on campus, Boyse said.

Gonzales said these lateral changes are periodically made to create a "shuffling effect to be on top of the needs" of the college and the employees. It "gives them a new perspective on the people," Gonzales said of the change.

Boyse said that these type of changes can be beneficial "in the long run" giving people the experience that could help in getting promotions.

At the end of the year Gonzales said the position change will be reviewed and a decision will be made to determine if the change will be permanent.

Another possible change is the transferring of Leon Bruer of the college computer services to the President's office. "A final decision hasn't been made," according to Boyse but he said it would be a lateral move for him if the decision is made. Gonzales said a final decision will be made in the next couple of weeks.



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Hawaiian Day



Jan. 14th

Dress Hawaiian all day
and then come to the game.

LBCC vs. Chemeketa

Women's 6:00 - Men's 8:00



Eddie Murphy Film Series

Two showings:
2:15 and 5:00

Jan. 16 - 48 Hours
Jan. 23 - Trading Places
Jan. 30 - Beverly Hills Cop

in the Forum

\$1.00 w/ student body card

Sponsored by Student Activities

Whale watching class spouts with enthusiasm

By Perry Koontz
Staff Writer

"I really enjoy motivating people and getting them turned on to what the marine world is about," said Mary Goff, part-time LBCC biology instructor.

Goff is teaching a one-credit whale watching class this winter through LBCC's Science and Technology Division and has definite plans for her students. "My goal is to work in the marine environment helping people to enjoy, learn about, and make educated decisions about the marine world," stated Goff.

The 40 students enrolled in the class will go on one of two ocean trips (Jan. 17 and 18) to whale watch and will attend pre-trip and post-trip classes.

Goff said the pre-session, held Jan. 13 was an introduction to the marine environment. This included explanations of what a mammal is, talking about the different mammal groups and then focussing on the Gray whale regarding their range, feeding behavior and migration habits. In addition to the lectures, a video of past National Geographic film clips depicted scenes the students probably won't get to see from the boat such as underwater swimming and aerial views.

"In the post-session (Jan. 20) we'll look at things like the history of whaling and how man has used and abused marine mammals," said Goff.

The course field exercise involves a two-and-a-half hour boat trip out of Newport where the class will be looking for Gray whales.

The Gray whale's southward migration along the Oregon coast began in late December and lasts until early February. "At the time of year we're going, they (the Gray whales) are mostly going to be juveniles," said Goff, adding "When they go south, the pregnant females go first, then the adult males and non-pregnant females, and then the juveniles."

Along with spotting the whales and observing their anatomical features, Goff plans to have the class time the whale's deep and shallow dives and record behavioral data on a worksheet so that they can compare surface-time verses behavior patterns.

Goff said the closest past classes got to the whales was 30 to 40 feet. "Last year one crossed our bow and you could see what is called a footprint," said Goff. She explained that "when they (the whales) are travelling fairly close under the surface, they actually suck the water down around them and it is almost like a giant just stepped on the surface of the water. You can see it even when you can't see the whale itself."

Last year, "we saw some breaching, lots of spouting, and of course the thing that the charter operators are fond of saying is that if you're down wind when they blow, it smells like a garbage dump."

"It's really fun," Goff added, "We've had a good response to it (the class) and have had to put in extra sections last year and again this year. About half are students and then you get community interest too."

Goff, who has a bachelors degree in psychology from Southern Oregon State College and a master's degree in educational science from Oregon State University attributes her enthusiasm for the sea and sea life to her past.

"My dad was in the merchant marines and the family lived near the coast, so I kind of got an interest in being around the ocean because of him," said Goff.

At 22, she took a break from school and fished commercially out of Depoe Bay. After finishing her psychology degree, Goff describes the following three years, 1978 through 1980, as "a sort of Jeckel and Hyde relationship."

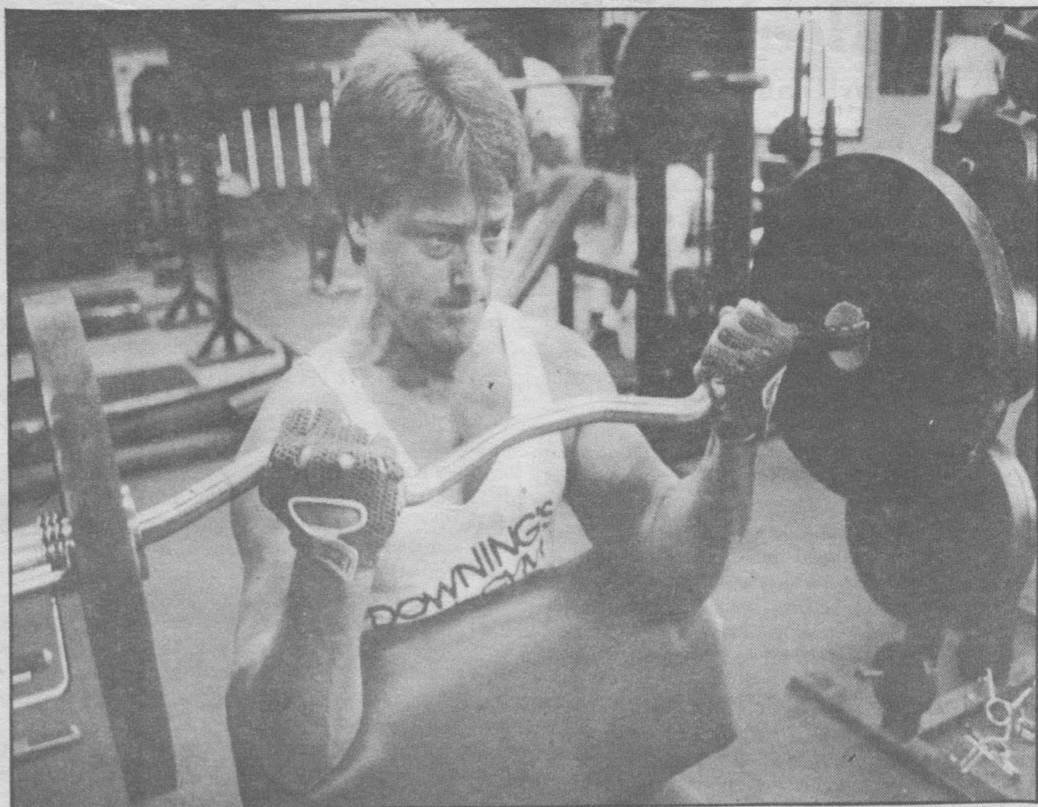
During summers and falls, she worked in Oregon as a psychology counselor and then in the winter "I'd go south with the birds and end up working on ships in the Caribbean."

"The first year I worked on an old windjammer out of Antigua as a stewardess," said Goff. "The next year, I went back... as a helmsperson for a motor yacht," and the last year "I worked on a large Norwegian cruiseship with 400 crew members of 32 different nationalities," again as a stewardess.

"Because of my experiences—being on the ocean as much as I was beginning to be—and (because) I enjoyed working with people, I came to the realization that I wanted to use my brains instead of my brawn. I got tired of looking at toilets and making beds all day, so I decided to go back to school."

Goff got her masters degree in 1984 and then began her career at LBCC helping with field trips and teaching classes part-time.

As well as the whale watching class, Goff also taught a course on whales and seals last spring titled Whales and Seals. Whether this course will be offered again this spring is not yet known.



The Commuter/DAVE CARSON

LBCC student and body builder Mike Lee does arm curls while working out at Downing's Gym in Corvallis.

Bodybuilders' training pays off

By Todd Powell
News Editor

Where's the beef?

Bodybuilder Mike Lee knew exactly where it was when he displayed it and won the novice heavyweight title in the Western Oregon Bodybuilding Championship on Oct. 18.

"I'm not arrogant, but I know what I've got," said the husky, 215 lb. Lee.

Pat Downing, owner of Downing's Gym in Corvallis, sponsored the local event. Downing, who's had Olympic style weight training had nothing but praise to say about Lee. "He's got excellent genetics and makes fast gain. He's real intense in his training and it definitely paid off," he said.

He hasn't always had his 19 inch arms. He began lifting weights in the summer of June 1985.

"I used to be a small guy, standing 6' 1" and weighting 165," he added "I couldn't stand it. I sort of had a complex because all my friends were bigger."

Since that time Lee has become "hooked" on the sport lifting weights five times a week for at least two hours per session. "Those are vigorous workouts, not lifting a weight and resting for 10 minutes," Lee said.

Lee said he's thrilled about winning the novice heavyweight title, but he has higher goals. "I would love to win the open category," he explained. "Now that I've won novice, I'm forced to compete in the open. That's where the higher level is, like Mr. Oregon."

Bodybuilders are judged on body symmetry (how you look), muscular definition (the amount of ripples and veins) and overall size, according to Lee.

"Today they judge on how 'hard' you look as opposed to Arnold Schwarzenegger days when it was just looking masculine," he said. Lee said an important factor in today's bodybuilding is the ability to get "cut up" easily. He explained getting "cut up" as what brings in your muscularity and veins. "I stay lean year around. My metabolism is so fast, it's easy for me to get 'cut up.'"

Another thing Lee watches is his weight. "I eat like a horse just to keep weight on but my fast metabolism burns it off," he said. His firm body usually carries about eight percent body fat when in training. "For a contest you should be down to three or two percent," Lee said.

When not lifting weights, Lee works 40 hours a week at Safeway, where he is a grocery checker, and attends LBCC, taking 12 credits. "One of those LBCC credits is through Downing's gym where I workout," he added. "I would work out anyway, so I figured I might as well earn some credit for it."

Lee doesn't have any immediate goals other than to keep training and some day compete and win the "open" category.

"One thing's for sure, lifting weights will always remain because it's a confidence builder," he says. "When people tell me how good I look I get the same feeling that I would driving a Porsche around."

Computer helps trace male financial aid recipients who fail to register for draft

By Nita M. Halstead
Staff Writer

A new computer match system being used by Selective Service has brought more than 22,000 male students into compliance with the federal law requiring all men between 18 and 26 to register for the draft in order to get financial aid.

The financial aid departments of colleges are required to submit lists of all students who receive a Pell Grant or Guaranteed Student Loan to the federal government, said LBCC Director of Student Financial Aid, Lance Popoff.

Popoff added that LBCC's financial aid office "hasn't seen a problem, because all we see is a signature." The financial aid office is not required to see registration cards or request proof because the system is "self reported" Popoff said.

Now that the federal government has the ability to verify

that financial aid recipients are registered, Popoff said, it is important to register. The fine for not registering is \$250,000 and/or a five year jail sentence.

Popoff feels the major drawback to the new system of checking the Selective Service records with financial aid records is that it is "citing those people that are economically disadvantaged." He feels that more non-registrants would be caught if they matched records with the Department of Motor Vehicles, since almost every man between 18 and 26 drives.

Ebel reported that only 3 percent of the men are not complying with the law. He added that "With the increasing federal and state legislation supporting registration, and new computer checks and processing, the comparatively few men failing to register now are risking greater personal consequences and have a greater likelihood of being caught."



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Health-Wise

by Diane Morelli

In my last two columns I wrote about the effects of alcohol on a person's body and then the different stages of alcoholism. This last article in the series will cover treatment for alcohol dependency.

It has been agreed upon by physicians and experts that there is no one kind of cure for alcoholism that will work for everyone. But past statistics indicate that 75 percent of all alcoholics can be cured.

Different avenues of treatment that have been successful for some are: psychiatric help, drugs that counteract the desire for alcohol, halfway houses and support groups.

While male and female alcoholics are sometimes treated together, it has been found to be beneficial to many women to separate the sexes. This has encouraged the operation of a few halfway houses exclusively for women. Most female alcoholics have a very low self-image and some have an overwhelming sense of sexual inadequacy. Placing them in treatment situations with men might counteract their recovery process.

Two non-medical programs that have a high success rate are Alcoholics Anonymous (AA) and Women for Sobriety (WFS). The members concentrate on helping themselves but also in helping each other.

Some of the methods used by AA are "tools" designed to help the member regain self-respect along with sobriety.

The member pays every debt owed, whether it's from secretly padding an expense account to owing an apology. A growing sense of humility is one of their goals.

However, the members of Women for Sobriety believe that humility might be self-defeating for female drinkers because they already have a damaged sense of self-esteem. WFS was founded by Dr. Jean Kirkpatrick who regained sobriety after 27 years as an alcoholic. This group stresses an effort to regain love of self and assertiveness.

While both groups stand for total abstinence, sobriety is not a condition of membership but it is the ultimate goal. WFS also work toward happiness as a goal and enthusiasm as the way to live.

Two points to remember; the sooner a person joins any group, the better, and it's not necessary to be an alcoholic in order to benefit from membership.

For those who would like additional information, an excellent source is the National Institute on Alcohol Abuse and Alcoholism, 5600 Fishers Lane, Rockville, Maryland 20857.

The special problems of women alcoholics are understood by Women for Sobriety, PO Box 618, Quakertown, Pennsylvania 18951.

The background material for this series on alcoholism was provided by the brochure, "Alcoholism," by Blue Cross, Blue Shield.

Classifieds

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PERSONALS

Alcoholics Anonymous will meet in HO 116 Monday through Friday at 12 noon.



Cheap Thrills

by Perry Koontz

It's the beginning of the quarter. You've recently purchased Christmas presents, possibly forked over for fare home, paid tuition, purchased books, hopefully paid the rent, and now you're almost broke. Still, you'd like to do something fun this weekend.

What can a struggling student do with the few remaining dollars and still allow for groceries and gasoline?

Dress warm, pack a lunch, grab the binoculars and head to the coast.

Many sea birds are starting to nest or are passing on their migrations and if you've never seen a Tufted Puffin, a Rhinoceros Auklet or an Arctic Loon, now is your chance.

For viewing, capes and heads are your best bet. Yaquina Head is the closest spot, but the farther south you go, the better the variety will be. Heceta Head is excellent.

If bird watching is not for you, then perhaps whale watching is. Gray whales are making their way south in heavy numbers during early January.

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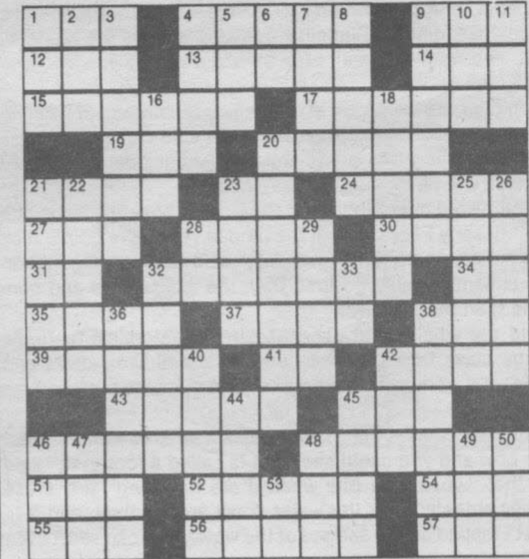
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ACROSS

- 1 Brim
- 4 Gives up
- 9 Greek letter
- 12 Large bird
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- 14 Hawaiian wreath
- 15 Rends
- 17 Oriental salutation
- 19 Spanish plural article
- 20 Slave
- 21 Part of stove
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- 45 Ocean
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- 48 Memorable periods of time
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DOWN

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- 2 Demon
- 3 Young hem
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- 7 Actual being
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- 49 Jump
- 50 Pigpen
- 53 Maiden loved by Zeus



Out-of-Bounds

by Matt Rasmussen

America's Game alive and thrilling in LBCC gymnasium

Attention Citizens of Planet Earth: In accordance with Federal, State, and Local Journalism laws one, (1, uno, singular, don't get your hopes up!) sports column per term must have its basis in reality and not appear to be merely a forum advocating lunacy and mental depravation.

This week's column had been tentatively scheduled to deal with the Bolivian triathlon team's forced removal from the Ural Mountain Iron Man competition. But there are several more deserving groups on campus that I feel need some recognition.

Friday evening had all the makings of an ordinary Sports Editors' nightmare. In short: a quiet evening, in a quiet gym with a tomb-like atmosphere, watching a game that almost appears to be a practice.

If you've followed my column you know that I am no ordinary sports editor, I can entertain myself almost anywhere. But Friday night made me appreciate a group of student athletes here at LB.

Doubling as what else... athletic supporters, 20 or so LB baseball players nearly doubled the crowd, and affirmatively tripled the volume that spectators are accustomed to. It's been said, (by me), that many athletic contests at Linn Benton resemble wakes, the echo of whatever ball used resembling a funeral drum, dry and hollow. Un-enthused players move up the floor at a pall bearer pace, and of late many fans leaving quieted—as if leaving a funeral.

So what can an audience do? Just what they did Friday night—yell, scream, shout, stomp and generally pump up the gym with some enthusiasm.

Are these my personal biases? I think not, and just to prove it I asked the people who would know the best:

Men's Coach Duane Barrett: "It's always good to have some people there to show some interest and support. We'd love to have some people here to urge us on, that's always a real benefit to a ball club no doubt about it."

Women's Coach Greg Hawk: "Emotion is spread throughout the gym and the players catch on, they execute better and the other team becomes intimidated. When there's a good home crowd I call our gym the 'Snake Pit.' We've very seldom lost any games in the 'Snake Pit.' I'm hoping that we get some people from across campus to come out tonight. If you're sitting at home just watching TV, record it and come out and have some fun, get involved."

Pat Herbert, So. Forward: "I thought it was great. It helped us out and pumped us up late in the game."

Scott Montgomery, So. Forward: "I hope the support continues, it's a real motivator. The support helps the player keep his head in the game."

The ultimate guile of a sports editor is to force his opinion into other areas of the publication, so without further adieu I shall shirk all responsibility and change hats to entertainment editor. Tonight offers a chance to participate in Linn Benton athletics. An evening away from the senseless doses of radiation received from hours of tuning in and tubing out.

On to another group of students who deserve mention.

Over the holidays the Linn Benton women's basketball team traveled to the Lower Columbia College She-Devil Tournament and brought home a second place trophy.

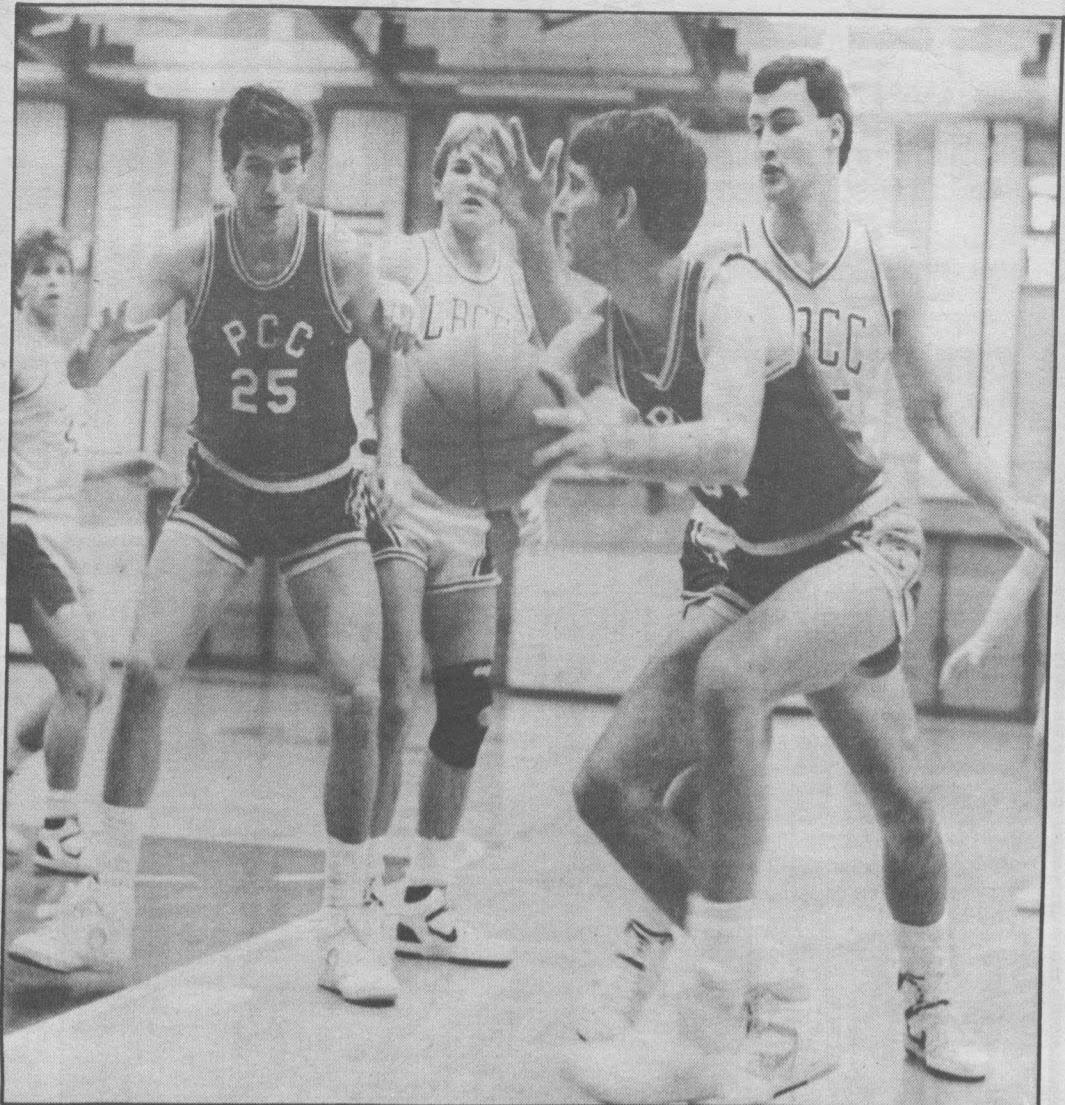
What's so special about second place? The team consisted of only five girls! No rest for the weary, no room for random fouls and no breaks on the bench.

Linn Benton ended up first in scoring, and had the top three scorers in the tourney; Dianne Erickson 64; Judy Barnhart 55; and Andrea Powell 55. LB also had the top three rebounders; Jami Moberg 46; Erickson 38; and Powell 37.

The team consisted of Moberg, Powell, Erickson, Barnhart and Kelly Reed.

Hawaiian night is enough reason for any rain soaked Oregonian to come out and celebrate, the price is right (with student body card, but those are free too!). Show some spirit and pride, personally I'll be there just to see if the baseball players can complete their pyramid this year.

I now return you to lunacy and bad craziness!



The Commuter/GEORGE PETROCCIONE

Roadrunner Scott Montgomery makes an attempt to knock the ball loose from a PCC player in Friday's game, which LB won by one point.

Men edge PCC, then lose to Saints

By Matt Rasmussen
Sports Editor

One night after recording their first NWAACC league win against visiting Portland Community College, 72-71, Linn Benton's men traveled Mt. Hood and were pummeled by the Saints, 72-50.

Saturday's loss to Mt. Hood drops the Roadrunners to 1-3 in league, and 4-12 overall.

"We shot the ball awfully poor Saturday night," said LB Coach Duane Barrett, "I think we hit about 30% of our shots. That made it a struggle and awfully disappointing."

Scott Montgomery led the team with 10 points and eight rebounds followed by Chris Denker with eight points. Mt. Hood led at the half 37-24, and out rebounded the Runners 42-33. LB turned over the ball 24 times to MH's 14.

Friday night at home the Roadrunners were a different team hitting 50% from the field and 68% from the charity stripe. Although the offense was sluggish throughout much of the first half, LB stayed in the game as the lead changed hands with each trip down the court.

"We needed a win real bad," said Barrett of the Portland

game, "I was pleased that we pulled together and got some things done."

LB held a two point lead with 1:40 left to play, 67-65. PCC missed shots on both of their next possessions and both times proceeded to foul Montgomery, sending him to the line four times in the final 1:26. Montgomery hit all four to give the Runners a six point lead with :58 seconds to play. The Panthers next fouled Denker who hit his first free throw, but missed the bonus, scoring LB's last point of the game with :41 seconds remaining.

PCC closed the gap to 3 points with :14 left to play, 72-69, then fouled Joe Kleinschmit on the inbound play. Kleinschmit missed the free throw and PCC controlled the ball. Portland missed a three-point shot with :07 on the clock, but controlled the rebound and tipped it in to trail by one with 4 seconds to go. LB's Jeff Stevens held the ball out of bounds to end the game 72-71.

Action resumes at 8 p.m. tonight as Linn Benton hosts league leading Chemeketa, 13-1.

"They're an awfully good ball club and we're going to have to have a real good effort against them," Barrett said, "I think our guys are up to accepting the challenge."

Lady hoopsters mugged by Hood; land in tie for first

By Matt Rasmussen
Sports Editor

Linn Benton's lady Roadrunners had their first taste of league-defeat Saturday night as Mt. Hood downed LB 71-61, in Gresham.

After Chemeketa's loss to SWOCC on Friday, LB held sole possession of first place in the NWAACC Southern Division. The #1 standing was short lived as the loss leveraged the Roadrunners into a four-way tie for the conference lead at 2-1.

"Everyone in the conference had a loss besides ourselves," said Coach Greg Hawk, "We just didn't take care of ourselves. We were definitely humbled."

Linn Benton trailed by 13 at the half and by as many as 18 in the second period, but had pared the Saints' lead to just five with just five minutes to go in the contest. Several turnovers

and a few bad shots cut the Roadrunner comeback short and the Saints came up with the victory.

"We played very flat," said Women's Coach Greg Hawk, "We had no emotion or enthusiasm throughout the game. We shot just 22% from the field in the first half, we simply didn't play very well. We really hurt ourselves by turning the ball over too many times. It's tough to lose those type of ball games because we shouldn't have lost to Mt. Hood."

Dianne Erickson led Linn Benton with 16 points followed closely by Andrea Powell with 14 points and 12 rebounds. LB edged Mt. Hood in the rebounding department 42-41, but gave away the game on turnovers 26-19.

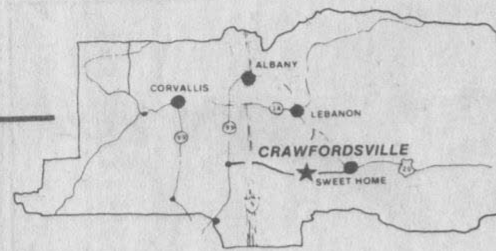
The Roadrunners play host tonight to Chemeketa, one team tied with LB for the #1 spot in the standings. Although it's Hawaiian night, Coach Hawk isn't planning any luau for the visiting Chiefs.

"I'm looking forward to Wednesday night that's for sure," says Hawk. "We've worked real hard on preparation. We've gone over their team roster, the plays they run, what type of tendencies they have. I know I'm ready to play, the only thing is that I can't dribble, shoot and score! I just hope that our girls come out with some emotion and play smart basketball we'll beat them. There's no doubt about that in my mind."

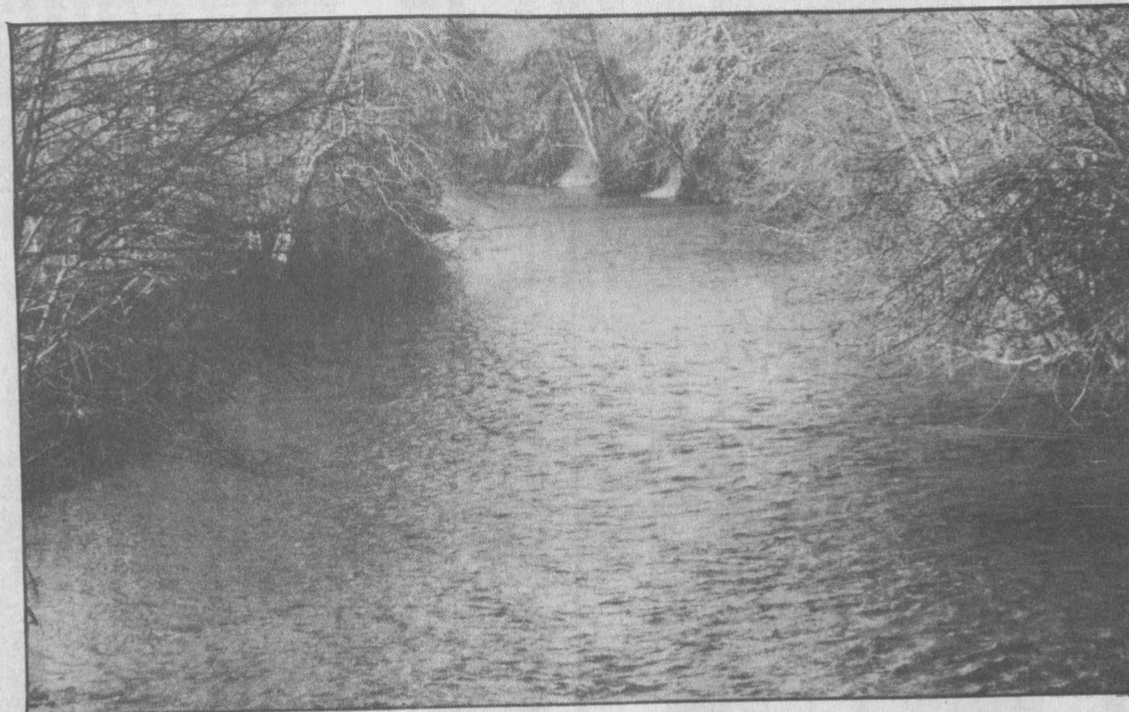
Coach Hawk also has three new faces on the squad. Stacy Marcum, a transfer from Southern Oregon State College, and a graduate of West Albany; Kerri Moos, a freshman guard from Philomath; and Marnie Branstiter, a transfer from Lewis and Clark, and graduate of Toledo High School. Hawk is still waiting on transcripts for Branstiter from Lewis and Clark, but touts her as being "one of the best women shooters around."

Game time is at 6 p.m., followed by the men's game at 8 p.m.

Backroads



Crawfordsville



By Tami Wilson
Staff Writer

The community of Crawfordsville, located on the Calapooia River about eight miles above Brownsville has one of Linn County's old-time covered bridges. The Crawfordsville Bridge was built in 1932 and then was bypassed by Highway 228 in 1963.

The population of Crawfordsville is estimated at 250 residents, according to Linn County's Director of Planning, Marv Gloge.

The town was named after Philemon V. Crawford, whose land the town was built upon. It was founded in 1870, but there was plenty of activity before this time. Linn County's two main early-day industries, a flour manufacturing mill and a small sawmill started in this community. By 1906 this small sawmill grew to be the largest saw and planing mill in Linn County. It's now located in Brownsville.

Education came early to the area when school district No. 3 was formed. But now, due to less population, grades 6-12 commute to Sweet Home. The elementary school is still in the original spot in the town.

"Entertainment is left up to the residents and what they want to do. Because Crawfordsville is such a small place, there is nothing to offer entertainment wise," replied Marion Wood of 25919 Brush Creek Road. "Our Crawfordsville is a very quiet serene place, and when I want excitement I go into Sweet Home and the other larger towns."

Photos by George Petroccione

