

Commuter

LINN-BENTON COMMUNITY COLLEGE

VOLUME 9 NUMBER 6 • NOVEMBER 9, 1977

Today's weather calls for mostly cloudy conditions with a chance of rain. Thursday will be dry, with chances of rain again on Friday and Saturday.

Highs will be in the 50's, with lows in the 30's to mid 40's. □

Pacific Boulevard remains a battlefield

by Cliff Kneale

Little of Linn and Benton counties appears on the State Highway Department's list of priorities, according to Lee Archibald, dean of students.

Eight different streets and roads are slated for repair in Linn County and two in Benton County. Of the ten roads in the two counties, one is on the state's priority list. That one is Pacific Blvd. in Albany.

Even so, the road will not see repair action until 1984, according to a report from Archibald. Pacific, long a major concern of persons who commute from

Albany to LBCC is destined to undergo repair only if a bonding measure passes in April.

It has been determined that the street is too narrow, causing a safety hazard to those persons who must travel that route during the rush hours.

However, the 1984 date does not satisfy the concerns of these people, who are worried about the number of accidents that are considered to be imminent during the next six to seven years.

In reaction to the state's decision to postpone the street

improvement, the Faculty Association, the LBCC administration and the ASLBCC have rallied in a campaign to alter the decision.

Circulating a petition that calls for more immediate repair of the controversial street, LBCC hopes to convince the State Highway Department that prolonging the repair on Pacific is detrimental to public safety.

The petition will be presented to the commission during a public hearing on Nov. 9 at 7 p.m.

Archibald has called upon the

ASLBCC to attend the meeting in the Linn County Courthouse in mass. "Have several people prepared to give testimony in support of improvement of this mess we call Pacific Blvd.," he said.

Last year in a similar effort, a tour was arranged for the commission in order to present the problem of Pacific Blvd. to them. All concerned agreed that the street needed widening.

At that time, "Hopes were high that something would be done," said former ASLBCC senator Rod Ortman, who at the time served on the ASLBCC bike path committee. The committee was concerned with the same section of highway.

Ortman still is of the mind that the changes called for on Pacific will come to pass.

"I don't see how it can fail considering the need," he said.

Still, it appears that the improvements demanded will take some time to implement when the commission's report is taken into consideration. □

Santiam Room now serves specials

by Cliff Kneale

The Santiam Room re-opened following a summer closure on Oct. 24.

The popular restaurant on campus is the second of a three phase priority listing for food services, the first being the scramble area in the Commons, and the second being the Santiam Room. Later in the year the third priority (the Sprout, a natural foods service on campus) is expected to open.

The Santiam Room will be open for breakfast from 8:30 until 10 a.m. during the week. Lunch will be served from 11 a.m. until noon, and there are no dinner hours scheduled.

With the re-opening of the Santiam Room, students can look forward to less crowding in the scramble area during the school week.

Offered in the restaurant is a daily and a weekly special, this weeks special is a Denver Sandwich. A completed list of the daily specials is not yet prepared. □

Albany valuation may reduce

homeowners' taxes

by Peggy Walker

Tax rates for the LBCC district will drop as much as 10% for the 1977-78 tax year.

According to LBCC President Ray Needham, the tax rate will drop largely because of a significant increase in Albany area valuation from last year to this year. The increase in valuation is due mainly to the return of Albany area redevelopment properties to the tax roles.

The Linn County Assessor's Office indicates that most property owners receiving increased valuations up to 10% will actually pay fewer dollars this November.

The combined debt service and general fund tax rate of \$1.43 for LBCC is the lowest rate per \$1,000 of true cash value since 1971-72.

This is partly due to the 6% limitation to the tax base which has been approved by district voters. Also, the debt service rate is dropping each year as LBCC pays on its bonded debt.

Homeowners inside the city of Albany with a \$35,000 home will pay \$50.05 in taxes for LBCC. Homeowners inside the city of Corvallis with a \$35,000 home will pay \$61.95 to LBCC as the combined debt service and general fund tax rate is figured on \$1.77 per \$1,000. □

PLU visitation

A representative from Pacific Lutheran University of Tacoma, Wash., will be on the LBCC campus on Tuesday, Nov. 15. Interested students may see the representative in the Commons lobby from 1 to 4 p.m. □

Error in catalogue

An error in this year's college catalogue might have caused some people to plan an extra day of Thanksgiving vacation.

Sorry, but Pat Wren of the Office of Information says the catalogue is wrong. Thanksgiving vacation is two days only, Thursday, Nov. 24 and Friday, Nov. 25. The catalogue erroneously included Wednesday. □

Northwest science women attend workshop

by Kay Chapman

Garlic really does inhibit the growth of the white *Staphylococcus* bacteria. That experiment was just one of the fascinating peeks into science seen at the "Women in Science Career Workshop" at Portland State University last weekend.

Virginia Knapp, LBCC student in Water/Wastewater, was among the over 500 Northwest college women attending the federally funded workshop.

Knapp reported that life style,

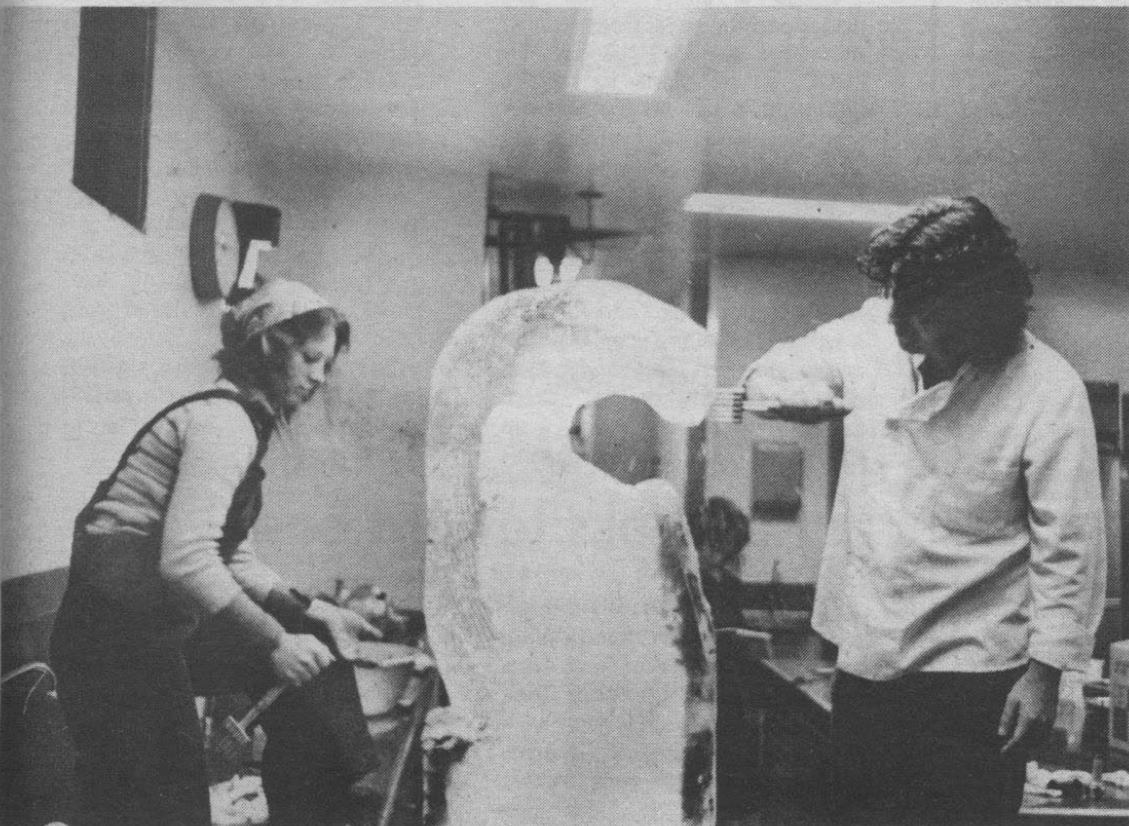
laboratory and career workshops encouraging women to choose a career in science were conducted by over 70 women scientists.

How a woman scientist can combine a career and a family was one of the primary topics covered in the life style workshop. The scientists gave personal examples of how they had resolved conflicts relating to personal and career fulfillment, Knapp noted.

According to keynote speaker,

Dr. Frances J. Storrs of the University of Oregon Medical School, there are proportionally fewer women currently holding doctorate degrees than in 1928.

She attributed the decline to the extra pressures women face in nontraditional careers and their loss of professional and self-esteem if they are excluded by their male peers. Math anxiety is an additional reason women do not attempt careers in science. □



Lourie Wilson and David Carl, Culinary Arts students, prepare a cornucopia ice sculpture. The huge block of ice originally weighed in at 300 pounds.

photo by Tom Barnes

editorial Orwell told them about 1984, but failed to notify LBCC about the long road there

by Cliff Kneale

1984 and all of George Orwell's predictions may become a rather shocking fact before commuters to LBCC are able to travel to and from campus without risking their lives in the process.

The Oregon State Highway Commission has failed to list Pacific Boulevard in Albany, a street that has been a headache to many LBCC students, as a priority for repair.

Yes, it's true. Apparently other damaged roads and streets have the first come on repair.

The much discussed intersection of Pacific Boulevard and Queen Avenue in Albany has been the scene of many accidents in the past—some of them near fatal—and now the people who must commute on this particular highway are not being considered for a chance to travel in safety. Until 1984, LBCC students and anyone else who must use this route to and from work will be subjected to the famed battlefield bottleneck. They will no doubt lose a few of their number between now and then due to traffic fatalities, but who cares? The street is not important enough to repair.

Not a lot can be done when the powers that decide to do things do not include the concerns of the people that are supposed to be represented. Folks just sort of sit back and wait for the projected date, 1984.

This has not been the case at LBCC. People are not just sitting back and waiting. People are doing something about a deplorable situation. Rather than take a kick in the seat from the state the ASLBCC Student Association and members of the faculty and administration have banded together in an effort to change the way things are being done by the highway department concerning Pacific Boulevard.

With the sanction of Lee Archibald, dean of students, the Faculty Association, and apparently a good portion of the student body, a petition has been circulating to alter the state's decision on what should and should not be determined priority.

With the aid of the petition, the people of LBCC and Albany could conceivably change the minds of the state heads and the future of the LBCC commuter.

Gaining enough signatures to influence the highway department may well be the only way people can get to and from LBCC and work without having to run the proverbial gauntlet of Queen's and Pacific.

Archibald, in a memo to the ASLBCC President Phil Sarro, has stated that the State Highway Department is responsive to the community desires. If so, why was the situation of Queen's and Pacific overlooked when the state was determining its priorities?

Considering the efforts of the ASLBCC in circulating these petitions in order to alter the trend of catering to larger areas and other major highways, one can only concede that the ASLBCC is actually a working organization deserving the support of the LBCC student body.

A meeting is scheduled Nov. 9, at the Linn County Courthouse in order for the community to voice its opinion on the matter of the Pacific Boulevard atrocity. Archibald has asked the ASLBCC to attempt to attend in mass in order to give testimony on the necessity of widening the Pacific bottleneck.

Perhaps it would be even better if as many students at LBCC that could possibly make the 7 p.m. meeting attend and make their concerns known to the state agencies involved. Who knows, maybe the past trend of disregarding student concerns by the state will be altered. □

vets voice Vets Club may come back letter Selling traditional lands a sacrilege

by Ed Stratton

Would you like to have a Vets Club on campus again? A couple of years ago we had one here. With dues, and some money that had been given us from various sources, we had an emergency loan fund. There are several possibilities that could come about. If you are interested in forming a club again, why don't you come into the office and let Milton know what your feelings are.

Are you certified in more than one VA program? Now, I don't mean Auto Tech and Graphics. What I'm talking about is going to school under Chapter 34 (the regular GI bill), and apprenticeship. This way you would be getting two checks from the VA, one from each program. This would be nice while it lasted, but eventually the computer would catch up with you and what a tremendous overpayment you would have. If you think that you might be in this category, come in and check it out.

Speaking of overpayment (and no one likes to), have you had one lately? If you did, where did you send the check back to? In order to try and keep the problem of checks and overpayment letters crossing in the mails, try this.

Instead of sending the check to the address on the envelope, send it to the Regional Office in Portland. Come in and see us for the address. This way the PRO (Portland Regional Office) can make their changes and then send the check on to the place from which it came. Just maybe this will cut down on the time it has been taking for overpayment returns to be entered on your financial record.

Starting with winter term, the Veterans coordinator is going to institute a policy of having each veteran come into the office at least once each term. This way it is felt that some of the problems of being in the wrong program and not being certified for the right number of credits and other problems, may be at least partially corrected.

One way to do this is as soon as you register, come in with your registration slip so we can check it over and see that it is right. An even better way would be to make out the registration slip and come in before you go to the window.

See you next week. □

To the Editor:

The Hopi Nation, the native American tribe which has been in one place longer than any people in North America, is in danger of having their land sold to the uranium and coal companies for less than a dollar an acre.

The Bureau of Indian Affairs has been allowing a few younger members of the tribe to fence and sell land that has been held in common for 10,000 years.

To the traditional Hopi, selling of the land is a sacrilege—unthinkable at any price. No one owns the land, but the Hopi guard and preserve it to sustain future generations.

So far the appeals of the traditional tribal leaders have been ignored by the United States government. They are now making a direct appeal to President Carter to intervene and request a Congressional investigation of the entire affair.

The Friends of the Hopi have asked that telegrams be sent to President Carter beginning this Friday, Nov. 11, asking him to honor the Hopi request. For \$2, people can send a 15-word Personal Opinion Message (P.O.M.) via Western Union. They have a toll free number listed in the phone book that can be used to call in messages and be later by mail.
Dale Armitage

Class to thwart farm monopolies

Oregon's small farms are disappearing, says Doug Clark, Political Science teacher at LBCC, so he plans to hold a one-night class at the experimental college in Corvallis to see what he can do about the situation.

Along with Barry Kerr, student at LBCC, Clark will direct a discussion format with the class based on the book *Food First*.

"The farmland monopolies are driving the price of food up and the quality down," Clark said. "The money made from these food monopolies doesn't

go to the local farmers, but to the owners of the land in California."

Clark also hopes to discuss with the class that perhaps the satisfactions of basic needs, such as growing our own food or buying locally grown food, are being taken away gradually.

Clark will teach a class on international relations this winter at LBCC using material from *Food First*.

The class will meet tonight at the Oregon State University Memorial Union, Room 216, at 7:30 p.m. □

FSA looks toward busy year

Future Secretaries of America has had a very busy month, with election of officers and the numerous guest speakers that have appeared.

The organization is looking forward to another such month in November. The November schedule started with a guest

speaker and a blood drive last Friday.

Initiation of new members and the installation of officers took place with the National Secretaries Association yesterday.

FSA claims that they are looking forward to a very good year. □

COMMUTER

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editor Tim Trower □ managing editor Cliff Kneale □ sports editor Pete Porter □ photography editor Tom Barnes □ production manager Cheryl Nicklous □ ad manager Jana Trulove □ typesetter Evelyn Leslie □ adviser Jenny Spiker □ reporters Peggy Walker, Dale Stowell, Raeline Kammeyer, Ian Brown, Kay Chapman, Mike Leedom, Mitch Scheele, Paul Hooven, Joyce Mask, Kathy Buschauer, Rod Ortman □ photographers Ted Foulke, Mike Leedom, Cheryl Nicklous □ office manager Patty Shirer □ production crew Tom Barnes, Elizabeth Carlson, Gene Linn, Kevin Oliver, Ernie Perry, Pete Porter, Pat Sarro, Joann Scaltreto, Elizabeth Warne, Mitch Scheele, Paul Hooven, Peggy Coady □

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The COMMUTER, a member of the Oregon Newspaper Publishers Association, aims to be a fair and impartial journalistic medium covering the campus as thoroughly as possible. We encourage participation through letters, freelance articles, artwork and photos, story ideas and suggestions. All written submissions should be typed, double-spaced and signed by the author. Deadlines are the Thursday of the week prior to Wednesday publication days.

Psychedelic and culinary angles of fungi examined

by Cliff Kneale

"Mushrooms and Man," a symposium conducted on the LBCC campus, can only be termed as a success, according to Tony Walters, coordinator of the four day affair.

Drawing an attendance of over 200 persons, the symposium served a dual purpose. It was an educational session, and it was a chance for mycologists to exchange ideas on the subject of mushrooms.

"This has got to be one of the most valuable kinds of education that can be offered," stated Bob Ross, LBCC Biology instructor. "People who are in the field of mycology don't often get a chance to exchange ideas and current knowledge."

Indeed there was an impressive representation of notables

in the mushroom field, many who traveled some distance to lecture on the various aspects of mycology.

Perhaps the most interesting demonstration, according to some in attendance, was the presentation by James Beard of New York City. Beard lectured and demonstrated methods of cooking mushrooms. Beard has several books on the culinary

arts in print, and many were on sale at the symposium.

On the toxicity and medical treatment for the ingestion of toxic fungi, Dr. Philip Catalano of the University of Montana, presented a lecture that was described by Ross as, "an excellent means of clearing up a lot of myths."

Those who enjoy eating the fungi were not left out of the festivities, either. A complete display of hallucinogenic species of mushrooms were provided for those interested in the more heady angles of the mycological field.

Speaking on the issues of the psychedelics and contemporary mushroom counterculture was Dr. Andrew Weil, a research associate in Entropharmacology from Harvard University.

In close relation to this subject, Dr. Richard Triska, a local attorney, spoke on the legalities of mushroom experimentation.

During a break-time conversation, Marshall Tate, an OSU pharmacy student, mentioned some of the problems he had been encountering during the season this year. Of particular interest to Tate was the lack of *Boletus* species in the area.

"I don't really know what the problem is this year," he said, "but the species just don't seem to be as plentiful as in the past."

Tate, and in the forging of edible mushrooms, is considered an authority on the availability of edible species in the Valley.

Many of the mushrooms on display in the Commons were harvested on the LBCC campus.

"This is an excellent presentation, being able to have fresh specimens on display and being able to study them before they begin to dry or decay," said Amy Rossman, and OSU mycologist. "It's been a lot of work and a lot of fun as well," said Rossman of the symposium. □



Photo by Ted Foulke

Parapsychology film to be shown

The top film of the New York Psychic Film Festival, "Energy Fields of Life," will be shown next week in the LBCC Fireside Room.

The film, which features an in depth study of the new science of parapsychology, will be shown on Nov. 16 and 17 from 10 a.m. to 2 p.m. and from 5-7 p.m. The film will be shown again on Nov. 18 from 10 a.m. to 2 p.m. only. The admission will be free. □

Sweet Home to offer toxic and narcotic plant class

by Kathy Buschauer

The Sweet Home Community Education Center is offering a hallucinogenic, narcotic and toxic plant class next week.

The class is a non-credit class and will run for three weeks beginning on Nov. 14 at 7 p.m. Registration is being accepted at the center and at the first meeting of the class.

The instructor of the class will be Tony Walters, a consultant here in the Valley on the identification and symptomology of mushrooms and poisonous plants.

Walters has designed the class primarily for the education of law enforcement personnel, but he believes that it is of interest to anyone in the area, as there are many varieties of hallucinogenic, narcotic and toxic plants in this region.

He cited an incident that took place last September when a small child in Lebanon ingested some berries from a common decorative plant called a hedge laurel (*Daphne*). A dose of 12 of these berries for an adult and four for a child is enough to cause a fatal reaction. Luckily, the poisonous substance in the plant was extracted from the child's system in time to save his life.

Walters, who has taught classes on foraging for wild edible plants, wild medicinal herbs and culinary spices, likes to terminate his classes with a pot-luck feast. Fortunately for those interested in attending this particular class, there will be no pot-luck. □

Mystery, occult misconceptions of psychic energy

by Peggy Walker

What do you think when you hear the word psychic? Most commonly we relate this word with mystery and occult. Contrary to popular opinion, most psychic study groups are based

on faith in a supreme source of energy—God.

It seems these days that more and more interest is being turned toward the acceptance of a para-normal source of power

which is latent in each one of us.

At one time or another, in most of our lives, we have had an experience that has been unexplainable—possibly a feeling of having been in this spot before (*de ja vu*), or a vision or dream that told us of something to come, or warned us of a danger to ourselves (*precognition*), or maybe we have thoughts that we've somehow transferred to another (*ESP*).

These are just a few examples of psychic awareness. The extent to which we develop our awareness is, of course, an individual choice.

There are several groups in the area that are open to anyone wishing to expand their minds and discover more about their inner-energies.

According to Leslie Fieber, who heads a study group based

on the Edgar Cayce readings, "we are at the beginning of an awakening of a new era in psychic awareness."

Fieber says that our purpose for being here on earth is that "we all are working towards a oneness with our creator and that we're oriented to soul growth." She says there are "different varieties and possible approaches to the one direction we're all going."

Any interested persons can contact people involved in these groups. Edgar Cayce—Leslie Fieber, 752-7320; Alice Bailey—Diane Silata, 753-2710; Mysticism and Music—753-2405; Foot Reflexology—Chris or Sally Allen.

The Grass Roots Bookstore has more names and numbers of various people who are involved in inner-awareness. □

Novice mycologists gain 'field experience'

by Joyce Mask

More than 100 people, young and old, sifted through the pastures and timber on Sulfer Springs Road Monday to gather mushrooms. In three-and-a-half hours, students and experts found close to 150 species of fungi.

People gathered around the hood of a car with their mushroom specimens. Then Dr. William Denison of Oregon State University, led the discussion on species that were found.

Dr. Varro Tylor, pharmacal Sciences, Purdue University,

said that mushrooms grow year around in Oregon.

Denison commented that the diversity of people was unique to this particular outing. He also said a lot of truffle hunters came, but no truffles were found. The truffle is a delicate, tasty mushroom.

Everyone concerned took advantage of the expert advice while they could. Especially the question, "Which mushrooms are edible and which are poisonous?"

News Briefs

\$1,000 expenditure approved

by Dale Stowell

An expenditure of \$1000 was approved by an 8 to 1 vote Monday at the Student Senate meeting. These funds will be used to send Associated Students of LBCC (ASLBCC) President Phil Sarro and another member of the Student Senate to a higher education law seminar in New Orleans, La. Jan. 5-7, 1978.

This seminar is set up entirely for students of colleges and universities to help them with legal problems of education. The person to accompany Sarro will be appointed by the Student Senate.

Also discussed at the meeting was the possibility of requiring instructors at LBCC to hand out their goals and objective sheets to the students at the first session of each class. These sheets are now only required to be filed with the dean of instruction.

ASLBCC Vice-President Byron Bray made this suggestion and said that in order for him to push this through, he needs a hand written note from a student

stating that a class he/she took did not fulfill the objectives stated in the college catalogue. The note does not have to be signed, but this could help, said Bray.

Students being denied housing because they are students was brought up by ASLBCC President Phil Sarro. Sarro plans on advertising that anyone that has been discriminated against on these grounds should contact the Student Senate. According to Sarro, any documented proof of student housing discrimination would be of great help in the passage of Senate Bill 697, which deals with this topic.

Dick Robertson of Albany's Volunteer Services was also at the meeting in response to a tentative commitment by the Student Association to help Volunteer Services with their Christmas drive.

The drive consists of collecting usable toys, canned goods and cash to benefit about 800 needy families. Help can also be used in the manning of a used toy store to raise money to go along with the donations. □

Musicians, speakers included in calendar of coming student activities

by Rod Ortman

Pat Sarro, student activities director, has scheduled several events for the rest of the term.

World traveler Mike Marker will be entertaining during the Chautauqua today from 11:30 to 1 p.m. in the Alsea/Calapooia Room.

Marker's forte features enthusiastic folk ballads of his own writing that deal with historical and current issues. His resounding voice is backed-up by his own expert banjo picking or either a six or 12 string guitar.

Tomorrow the latest film released by Greenpeace ("Save the Whales" campaign) will be shown. It will feature the last three voyages of the James Bay as they intervened in the

whaling operations of the Russians.

Chautauqua on Nov. 16 will feature LBCC student Dan Mahoney playing the guitar and singing.

The New Science of Parapsychology will explore the concepts of energy fields and will relate them to life's energies. This 55 minute film will show continuous from 10 to 2 p.m. and from 5 to 7 p.m. on Nov. 16 and 17 and 10 to 2 p.m. on Nov. 18 in the Fireside Room.

Sarro said that Jammin' sessions during the lunch period on Friday, Nov. 18 and Dec. 2 in the Alsea/Calapooia Room will continue with the open microphone for any students wishing to display their talents. □

Batteries revived by Service Center

by Dale Stowell

So your lights have been on all day, and your battery is dead. Don't worry, you're not stranded and you're not alone. The Service Center offers a battery cable service for those hurried souls that don't seem to have enough time to turn off their lights.

If you happen to be one of these people, just call the Service Center, ext 251, and there will usually be a maintenance person on the way in five minutes. The exception to this would be when the Service Center staff is out to lunch or when the staff is working on another part of the campus.

Make sure before you call that you know which parking lot you're in. All parking lots have a large sign with a number. Also put your hood up, and try to remember what your car looks like. They'll probably ask for a description. □

College Center now showing Stobie art

Paintings and drawings by Oregon artist Larry Stobie are currently on display at the LBCC College Center.

Stobie's art is usually directed toward mystical signaling devices and ghostly flagging vehicles. Set in mountainous landscapes and flat, open country, these devices appear modern in function. Yet, they are actually primitive in structure and material. The bones and wood provide a farcical look at contemporary technology.

As well as satire, Stobie's works present a haunting look at a dead culture. Skeletal animals and stick structures bring the Indian nation to mind.

Stobie's work will be on display through Nov. 18. □

Tryouts today

Tryouts for the Albany Civic Theater production of "The Merry Wives of Windsor" will be Monday and Tuesday, Nov. 14-15, at the Red Cross Building (3388 S.W. Pacific Blvd.) at 7 p.m. Scripts are available from the LBCC Library and the Albany Public Library. □

No cups, just glops;

by Kay Chapman

"I don't cook with cups. I use the 'glop' method—a glop of the glop of that."

Baking with sourdough is a natural pursuit for Bob Ross, chairman of the department of biology in the Science Technology Division.

Ross, who teaches General Biology, describes sourdough having "lots of biology. It's a living system using bacteria yeast."

Bread has a long history and has been seen in pictographs in ancient caves and mentioned in written accounts that easily go 6,000 years, Ross explained. "Bread has been on earth as long as people, or nearly as long."

Many stories and myths exist about sourdough. The most popular ones relate to Alaskan prospectors and trappers, commonly known as "sourdoughs." Ross noted that in emergencies, sourdough even been used to repair the chinking (caulking) in log cabins.

More has been written about sourdough since about 1900. Biologists have been able to identify many different species of yeast and have a good understanding of the workings of sourdough, Ross noted.

Sourdough starter is naturally fermented flour and water which acts as the leavening agent in sourdough cookery. Because of the living bacteria and yeast in the starter, sourdough breads are considered more nutritious, Ross explained.

Ross' original Alaskan starter was brought back by his aunt. The starter had been in an Alaskan Indian family for generations.

"But it's probably an Albany starter now," Ross said. Bacteria and yeast spores float around in the air. When the lid is removed from a sourdough pot, some spores drop into the starter and change its combination, Ross explained. The flavor then changes because each yeast and bacteria has different by-products.

"Some seasons my starter has a nutty flavor, like dropping in chopped walnuts into it. Other times it's sort of peachy. It varies with its zip and zing," Ross commented.

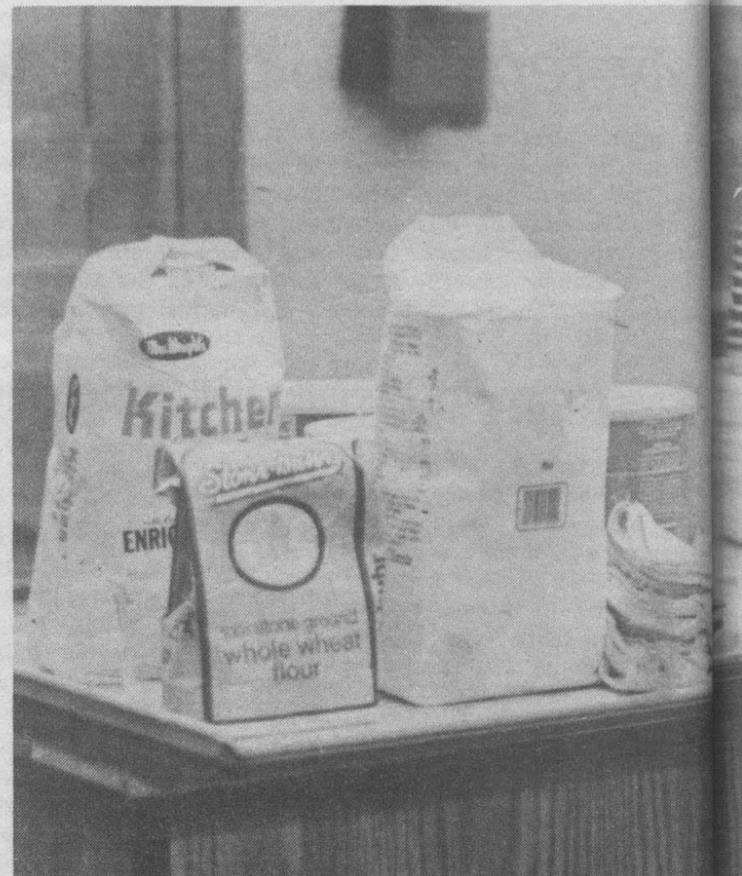
Ross likened this procedure to a compost pile in the garden. Each year you add something a little different to your compost pile, such as different leaves or vegetable peelings.

You can make your own starter, but Ross says it is much simpler to get a starter from a friend who already has one going.

Ross has stored his starter in the refrigerator for up to six weeks. There are methods of drying and freezing which allow for longer storage.

"The best recipes are the simplest which allow the fine sourdough flavor to come out," Ross believes. "Recipes which allow you to appreciate the diversity of flavors."

This reporter certainly appreciated the flavor when she sampled a slice of "Bob's Best Brown Bread." Ross said he is still perfecting this delicately flavored bread, but it is already delicious.



A sampling of the equipment used to create sourdough bread from

music west

"your complete music store"

PIANO-ORGANS
GUITARS-AMPS
BAND INSTRUMENTS

325 West First St. [503] 926-8823
Albany, OR 97321

Happy Trails

Quality New & Used
Records
Books & 8-Tracks

Buy Sell Trade Rent

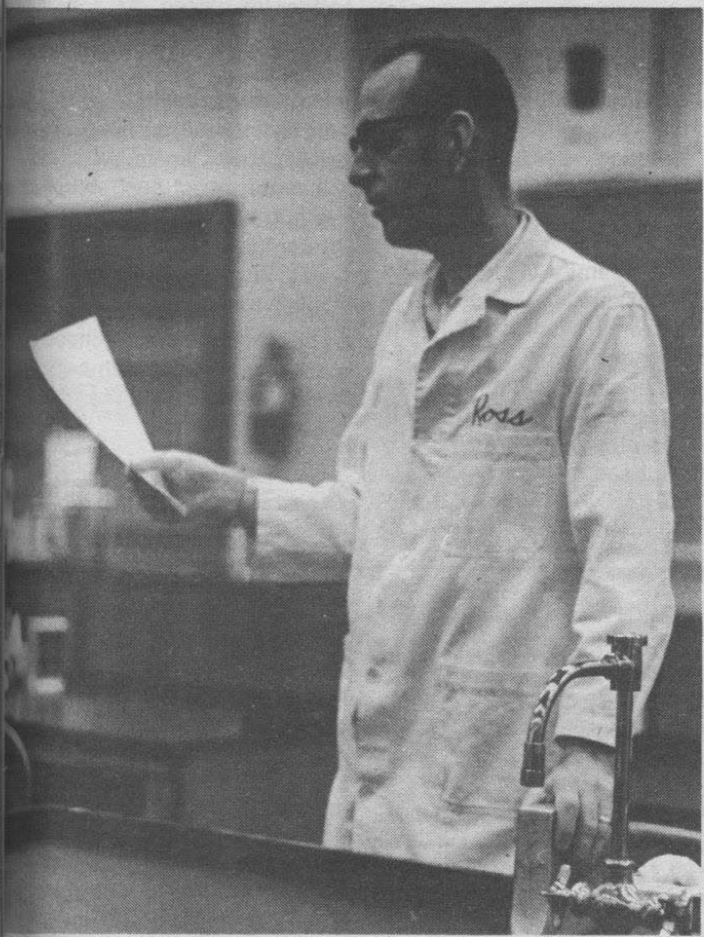
133 S.W. 2nd Corvallis, Ore. PHONE: 752-9032

The Family Hair Fair

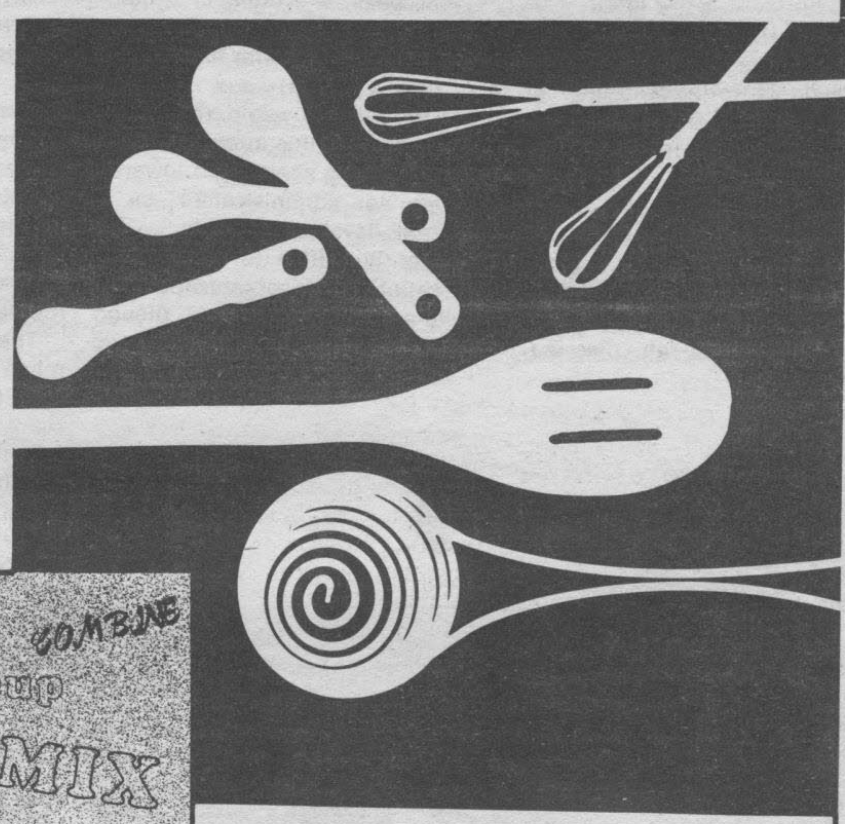
for men, women & children

Betty Daniels Operator 928-5655 1109 Bain St.

Sourdough kneads creative biology



Photos by Ted Foulke



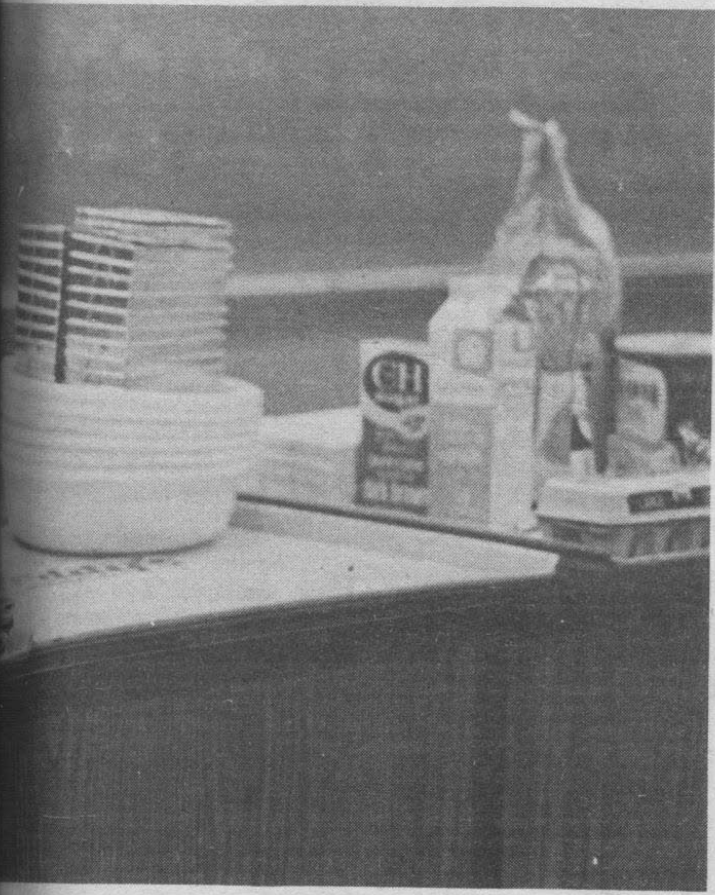
Sift COMBINE
1 cup
6 lbs MIX
fold 1/2 teas.
1/4 C pinch
3 TBSPNS
BEAT knead

Bob Ross explains to his students how the "glop" method works.

Bobs Best Brown Bread

1 egg
1 cup water
1 cup milk
2 cups starter
1/4 cup vegetable oil
1/2 cup packed brown sugar
1 scant tablespoon salt
Approx. 6-7 cups flour (of which 1/2 to 1/2 is whole wheat)
1/2 teaspoon baking soda, for milder flavor.
Mix ingredients together, using about 2 cups of flour at a

time. Put on board or cloth and knead immediately. Place in greased bowl, let rise until double. Dump risen dough out on board. Cut in half for two loaves. Return one half to bowl. Roll out other half in a rectangle as wide as the baking pan. Roll up rectangle and place in greased pan. Repeat with other half. Let rise until double.
Bake at 375° for 45 minutes.



Sourdough Starter

Mix:
1 cup water
1 cup flour (can be rice, wheat, white, etc.)
Cover with cheese cloth, set in open and let work for two (2) days.

Reserve 1/4 cup of the above mixture, discarding the rest. Add 1 cup of flour and 1 cup of water to reserved starter mixture. Again cover and let work for 2 days.

Follow same procedure a third time using 2 cups of flour and 2 cups of water. When this mixture has worked 2 days, it will be ready to use.

Reserve 1/2 cup of the mixture for your starter, and use the rest in a sourdough recipe.

The starter can be stored in the refrigerator for up to six weeks. Remove from refrigerator 1 day before baking.

Bring to sufficient quantity to allow for the amount needed in the recipe and to save back approximately 1/2 cup for your starter. Do this by adding flour and water in equal portions (1 cup of flour to 1 cup of water).

Sourdough Chocolate Cake

Prepare batter (Mix and let stand 2-3 hours until there is a clean, sour milk odor - bubbly).

1 1/2 cups flour
1 cup warm water
1/4 cup dry non-fat milk
1/2 cup thick starter

Prepare creamed mixture.

Cream the following:
1/2 cup shortening
1 cup sugar
1/2 teaspoon salt
1 teaspoon vanilla
1 teaspoon cinnamon
1 1/2 teaspoon baking soda
2 eggs (add one at a time and mix well)

Melt:
3 squares baking chocolate.

Combine:
Chocolate and creamed mixture.

Fold:
Fold in batter very gently until blended (45 strokes).

Bake:
In 7" x 11" pan, 35 minutes at 350°.

Frost.
(Univ./Alaska Extension Recipe)

Cruising Students fly, losing Faculty cry in pigskin fight

by Mike Leedom

It was an event to forget, really. Oh sure, the Student vs. Faculty football game had its moments of superb frenzy. But all in all, the student's annihilation of a confused, disoriented Faculty was a low affair.

The event started appropriately enough when the clean-cut Students trotted onto the field in their glory, dressed in formal attire, a costume of gridiron godliness.

Tears of patriotic fervor were brought watching the Students scrimmage in perfect mechanical formation. They huddled in American prayer and then burst into shouts of rah, piercing the cold air.

Mere mention of the Student Rally Squad would only serve as a discredit. They performed as pom-pom ladies in the highest tradition, dredging old cheers from the depths of yellowed yearbooks, executing in a manner that the Dallas Cowboys would be green with envy.

Any—(repeat)—any mention of the Faculty would serve as a discredit for this motley crew. It would bring shame and lowered eyes to administrators of a school devoted to quality.

Let it suffice to say: in the light of their disorganization and old age, they performed, though not admirably, but at least, we would prefer to believe, to the

best of their ability.

The Faculty—lacking in proper skills for such a highly fierce competition—depended on luck and, as it went, they won the opening coin toss. But even luck deserted them. The Faculty decided to kick off and the Students went to work.

On the first kickoff, a valiant Student gracefully scooped up the ball and strode forward like a proud Palomino. But he fumbled the ball as an unwitting Faculty member gouged his eyes. In a game with no Student officials, the Students recovered the ball—rightfully, of course.

The second play from scrimmage brought few surprises as the Students—nearly yawning—scored a touchdown. In a proud display of tact, the Students declined an extra point the Faculty wanted to give away free.

Faculty received the kickoff next, but doped by fantasy, they thought they were in the Rose Bowl and decided to play tackle ball. Only slightly discouraged, the Students took the problem in stride by tackling in retaliation.

A few plays later, the Faculty was called for too much time in the huddle. It did seem an unfair penalty, though, as the re-adjusting of a truss is quite a delicate affair, not to be rushed. On the other hand, the coach could have passed out the "vitamins" to his men prior to the start of the game.

As the game crawled on, it seemed the Faculty became somewhat desperate. If, while chasing down a Student ball carrier, an orange flag or arm can not be snatched from its socket, they reached for shirts, ripping and tearing with hideous glee.

But alas, the Faculty was called for still another penalty—too many men on the field. It was later discovered that the extra man was a lawyer offering

a discount will service and also taking down names and numbers to notify next of kin.

In youthful exuberance—boys will be boys—the Students' intercepted a pass, but were called "unnecessary roughness." The *Commuter* wishes to express its concern for the widow and family of the Faculty member. Donations for the slain member may be brought to the *Commuter* office.

Another interception by the Students' toward the end of the game and the crestfallen Faculty could not seem to get it up. But suddenly, a lost Faculty player out searching for his contacts

accidentally picked off a Student pass and the Faculty was back on the ball game again.

The clock ticking down the Faculty threw an uncontested two-forward-thrown pass, but was intercepted once again as the gun sounded loud and clear. Student 6, Faculty 0...Simply.

The crown left. Walking to the middle of the battlefield, one could hear the echoes of moaning Faculty members and trailing cheers of the mighty Student warriors.

In the glorious inevitability of it all, the Faculty bit the dust once more. □



photo by Tom Barnes

A gallant Student warrior unleashes a "wounded duck" under the pressure of a menacing Faculty football player. The Student-Faculty flag football game was played Monday with the youngsters winning 6-0.



by Pete Porter

pete's pot-shots

Several of Dave Bakley's LBCC talented runners participated in the 1977 Region 18 Cross Country Championships last Saturday, at Ezondale Golf Course. This site is located at Hayden Lake, outside Coeur d'Alene, Idaho.

Lane Community College, paced again by first place finisher Ken Martin, (26:17.4) won the team championship with a low of 27 points.

Linn-Benton finished seventh with 150 points.

Ted Wolfe recorded LBCC's best effort as he placed 13th in 27:17.

"Ted ran a very hard race for us," reviewed Bakley. "He competed well, especially in the first and third mile. Ted had some problems with the second mile."

However, Bakley commended Wolfe for his consistent performance meet after meet throughout the season.

Other Roadrunner men finishers were Steve Templeman, 23rd place, (27:52); Tim Wolfe, 45th place, (29:56); Ron Carlson, 46th place, (30:04); Barry Hendrix, 49th place, (30:31); Larry Curtis, 54th place, (31:21).

Two LBCC women also placed in their division.

Bakley stated that both Kelly Carr (26th place finish—18:36) and Carol Nyman (29th place finish—19:23) had experienced

physical problems prior to running of the regional meet.

"Both could have finished 5-7 places higher on any other day," he added.

Bakley praised both girls for their individual efforts and excellent competitiveness, considering the circumstances involved. □

Linn-Benton finished fourth place in the Oregon Community College Athletic Association's women volleyball championships held at Clackamas Community College, 3 and 4.

Host Clackamas was crowned the 1977 OCCAA ruler, with Southwestern Oregon as runner-up.

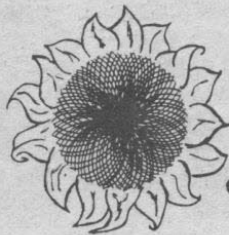
Umpqua Community College finished in third place, while Chemeketa trailed in fifth place.

On Friday, LBCC looked impressive as they whipped Chemeketa twice by similar scores.

"The first day our girls played very good," stated LBCC coach Sandy Hug. "They nearly won Southwestern Oregon, but ended up in second place."

LBCC topped SWOCC 15 to 15 but then lost twice, 15 to 6 and 15 to 9.

The first-year volleyball coach was unable to explain the Roadrunners' complete turnaround on Saturday, except to state that sometimes volleyball is a very unpredictable sport.



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Former OSU Beaver great returns to native Oregon

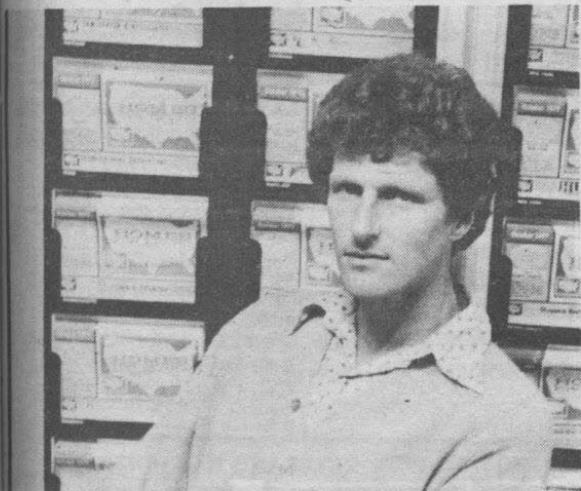
by Pete Porter

From Boston, to Baltimore, to Los Angeles, to Phoenix, to Philadelphia, back to Los Angeles and finally to New Orleans.

So went the professional basketball travels of former Oregon State University All-American Mel Counts.

"I was kind of a gypsy in this business," said the 7-foot Counts after reviewing his 12 year National Basketball Association career late last Thursday afternoon.

But the curly haired, 36-year-old skyscraper doesn't regret a moment of his exciting past—especially since he has two world championship Boston Celtic rings to remind him of those glorious years.



Mel Counts the realtor.

Counts, now a sales associate for Dennis Miller Realty, Inc. in Woodburn, was placed on waivers by the New Orleans Jazz in 1976.

After his 11th full season had ended, Counts had played in 760 NBA games; he scored 2,628 field goals, 1,170 free throws, captured 4,656 rebounds and scored 8,426 points. This total averaged 8.5 career points per game.

The 12th year, however, wasn't to be completed as he retired and returned to his native Oregon.

"If I had it to do over again, I'd do pretty much the same thing," Counts stated. "The good Lord saw fit for me to travel all over the world, plus the United States."

The former Olympic games basketballer stated that people are all about the same, the world over, and he was thankful that he had been given the ability to play pro ball.

Currently, the towering former NBA performer lives in the heart of the Willamette Valley near Salem, with his wife Nedora and three sons.

"We have three boys," revealed Counts. "They are 12-year-old Brent, 10-year-old Brian and 9-year-old Chris, who are in the seventh, fifth and third grades, respectively."

Then, smiling, he added, "Brent is just turning 12 and already is 5'10". He'll be pretty tall. Brent plays first base and pitches in baseball. He also plays basketball at Elridge School."

After gaining All-American (1963-64) status under the late Slats Gill at OSU, Counts was drafted and signed by the powerful Boston Celtics and groomed as All-Pro Bill Russell's understudy.

"After the second year at Boston, it seemed like I wasn't going to be able to play much because Russell was playing 48 minutes a game," recalled Counts. "I went to your coach, Red Auerbach, and asked to be given the opportunity to play forward."

He tried me at forward, and things worked out. Actually, of my 12 years in the NBA, I played six at forward."

This former professional warrior, much traveled, played for 11 different NBA coaches.

Red Auerbach, Mike Farmer, Gene Shue, Cotton Fitzsimmons...on and on goes the lengthy list.

"I don't think there was any one coach you could call outstanding," stated the former Coos Bay prep star. "If you could throw the eleven in a pot with all their individual ingredients, you would come out with an outstanding coach."

Who was the greatest player Counts either played with or against in pro basketball?

"You would have to boil that down into two categories," he replied. "That of sheer, raw talent, or that of being a winner."

Obviously in deep thought, Counts continued: "If I was to start a team today and pick a player in his prime, the player I'd pick wouldn't necessarily be the best all-around player."

"The fellow I'd pick would be Bill Russell. In 13 years at Boston, Russell helped bring 11 world championships to the Celtics. There isn't anything better than being a winner and successful," he added.

Counts stated that Russell always brought out the best in the other players.

"This, plus the fact he usually averaged 20 to 22 rebounds a game and six blocked shots besides his scoring," he quickly proclaimed.

Pausing briefly, Counts continued: "Bill Walton of Portland does this, too. The true criteria for a great player is that you can't judge him until after he has played 10, 12 or 14 years. If a player has only played three or four years, I don't think it is fair to judge him."

The average American basketball fan will never get to meet some of these famous sports figures, so Counts gave his personal insight into the lives of these individuals.

His Responses:

JERRY WEST: "Russell would be the first player I'd pick to start a team, and the second would be Jerry West. I know Jerry well, as we would hunt and fish together when we had time. He isn't only a great basketball player, but also a great gentleman."

"Everyone looked to Jerry as a great offensive threat, but I think he was equally as good on the defensive end. He was always like another coach on the floor. If a last second shot was needed to be taken in the game, Jerry would be the one to take the pressure shot. You just knew he'd make it."

WILT CHAMBERLAIN—"Wilt was a tremendous basketball player. He knew the game, but was a very controversial individual. Wilt kept to himself. To Wilt's credit, he enabled me to play forward. If I had to play the smaller forward and he got around me, Wilt was there to block his shot. I appreciated the fact Wilt was playing at the time I was with the Lakers."

JOHN HAVLICHEK—"Mr. Perpetual Motion. A tremendous individual and basketball player, one of the greats of the game. This has been proven by his longevity in professional basketball."

SAM JONES—"Sam was by far one of the best bank shooters to ever play the game. When the Celtics needed a big hoop, they'd get the ball to Sam for the jump shot."

PETE MARAVICH—"I got to know Pete very well. He is not as controversial as some sports writers make him out to be. Pete is a super person and I enjoyed

playing with him. We are very good personal friends."

"For a guy 6'5½", Pete can dribble as well or better than a fellow 5'10" or six-foot. He told me his dad use to work for the YMCA in Louisiana, and Pete would spend endless hours playing basketball."

"Even today, Pete is one of the most dedicated athletes I've ever been around. He does 400 or 500 sit-ups at a time and is always lifting weights. He is constantly trying to improve his game and to help the team."

RICK BARRY: "Rick is a great player with an outstanding knowledge of the game. He believes in the team concept of moving the ball and is constantly hustling. Rick is just a truly great player."

Counts stated that the uncertainty of things is one of the biggest disadvantages of professional basketball.

"When they call you up and say you've been traded," he remarked, "you have got 48 hours to move. Or, if you become injured after playing only a year or two, that could be your whole career."

Counts stated the vigorous travel was also a disadvantage, and the constant getting on and off airplanes becomes tiresome.

"Sometimes you may travel 250,000 miles in six or seven months," he concluded.

But the advantages far outweigh these troublesome things, and Counts is thankful for a long, 12 year pro career. Especially the championship Celtic years and the friendship of three pro players—Henry Finkle (Boston), West (now L.A. Laker coach), and Maravich, with whom he still keeps in close contact. □



courtesy of Gazette Times

Counts during his All-American heyday at OSU.

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- Salesperson

Deadline for classified ads is Thursday at 5 p.m. Ads received after that time will appear in the following week's *Commuter*.

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BABYLINE CRIB with kantwet deluxe mattress, complete with sheets, blankets and quilts, all in good condition, \$25. Stroller, baby front pack and baby back pack, make offer. Funky but sturdy couch, free, if you haul. Call Maureen, after 10 p.m. 753-4636. (5,6)

1971 KAWASAKI 175 in good condition \$300 or make offer. Montgomery Wards 10-speed bike in good condition, \$60. 6-piece drum set in real good condition, only one cymbal. See at 1042 S.W. Belmont Apt. #31 After 5 p.m. (5,6)

'65 V.W. BUG, runs good, \$550. 753-8954. (5,6)

1973 YAMAHA 650, Low mileage, excellent condition, many x-tra's, see to appreciate, 258-6080 or 259-2024. Anytime before 10 p.m. (5,6)

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I AM INTERESTED in joining a car pool from Newport. My classes are 9-2, Monday, Wednesday & Friday. Stan Ebil, Ph. 265-7257, 454 SW 7th, Newport, Or. 97365. (5,6)

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WANTED GOOD, used, electric typewriter. Reasonably priced. Call after 7 p.m. 928-3421. (5,6)

WANTED FARM fresh eggs. Call Ted evenings, message, phone 259-2268. (5,6)

DRIVER NEEDED for van from my home to LBCC, T-W-Th 9 a.m.-3 p.m. Hours can be changed to meet your schedule. Call 926-4991. (5,6)

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calendar

WEDNESDAY, NOV. 9, 1977

- Food Service Staff Meeting
Willamette Rm., 8:30-9:30 a.m. □
- Chautauqua-Mike Marker
Alsea/Calapooia Rm., 11:30-1 p.m. □
- Food Co-op Interview Table
College Center Lobby, 11:30-1:30 p.m. □
- Christians on Campus-Bible Distribution
College Center Lobby, 12-2 p.m. □
- Christians on Campus Meeting
Willamette Rm., 12-1 p.m. □

- Instructional Unit Advisory Committee
Board Rm. A, 12-1 p.m. □
- Annual Event Meeting
Board Rm. B, 12-2 p.m. □
- Folk Dance Club
Commons, 1-2:30 p.m. □
- Collective Bargaining Meeting
Alsea Rm. 3-5 p.m. □
- Faculty Association Meeting
Board Rm. B, 3:30-5 p.m. □
- Leadership Seminar Class
Willamette Rm., 4-6 p.m. □
- Mid-Willamette TATC Meeting
Willamette Rm., 7:30-10 p.m. □

THURSDAY, NOV. 10, 1977

- Bake Food Sale-Effluent Society
College Center Lobby, 10-1 p.m. □
- Benton County RISE
Willamette Rm., 10-1 p.m. □
- Greenpeace Foundation Presentation-ASLBCC
Alsea/Calapooia Rm., 11:30-1 p.m. □
- Ski Club Meeting
Board Rm. A, 12-1 p.m. □

International Students Meeting

- Counseling Conf., 12-1 p.m. □
- Counseling Project
C. Alcove, 1-3 p.m. □
- Board of Education Dinner
Alsea/Calapooia Rm., 6-7:30 p.m. □
- Board of Education Meeting
Board Rms. A & B, 7:30-10 p.m. □

FRIDAY, NOV. 11, 1977 VETERAN'S DAY HOLIDAY

SATURDAY, NOV. 12, 1977

- Tax Seminar
Forum 115, 8-5 p.m. □
- Food Service-Vending Machines
Commons □

TUESDAY, NOV. 15, 1977

- Pacific Lutheran University-Re
Commons, 1-4 p.m. □

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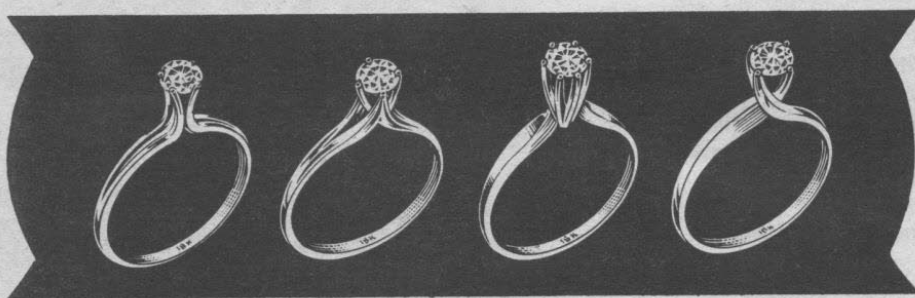
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