

THE COMMUTER

A
Student
Publication

Linn-Benton Community College, Albany, Oregon

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Support site opens for women at LBCC

By Jill Ahlschwede
Staff Writer

Women who need a place to sit down in comfortable surroundings and discuss issues common with other women now have a place to go.

The Women's Center, under the direction of Marian Cope and intern Lani Diehm from OSU, offers a wide variety of services including career counseling, guest speakers, workshops, movies, support groups and individual counseling by appointment.

"This is not a crisis center," Cope stated. "It's more a place for conversation and friendship."

Cope explained that the major goal of the Women's Center is to "help women identify and explore their needs and to assist them in setting and achieving individual goals."

Last year more than 370 women visited the Women's Center, and more than 460 phone calls were received, even though the center had no permanent location. This year Cope has established Room 112 in Takena Hall as a temporary meeting room.

The Center was established in the spring of '84 but funding for the grant ended in the spring of '85.

LBCC picked up the Women's Center at that point but funds to run the Center are minimal to non-existent, according to Cope.

The Center is in need of funds and any donations of money, magazines, books, tea or coffee would be appreciated.

Cope and Diehm are organizing a peer-advocate group of volunteers to staff the Women's Center.

These people would be available for questions, information and referrals.

People interested in staffing the Women's Center as a peer-advocate will need to pick up an application packet in the Counseling Center the week of Oct. 28.

Women who wish to use the services provided by the Center can come to T-112 (Veteran's Office), Cope's office, T-103A, or contact Cope at 967-6102 on extensions 377 or 321.

Cope explained that the center is available to women in the community as well as women on campus. Several inquiries have already been received about the center.

"I am excited about the opportunity for women to congregate and share ideas, feelings, and concerns," she said.

Computers wanted College seeks used equipment through local newspaper ads

By Judith Smith
Staff Writer

Wanted: Used micro-computers. The LBCC Foundation is advertising in local newspapers for donations of micro-computers that people no longer want or use.

Pete Boyse, executive director for the Foundation, said the computers are needed because of a rise in the number of students studying computer science. Student are constantly in need of a variety of computers and equipment, he said, but the college can't meet the need alone. The Foundation is asking the community for anything in the computer line: printers, modems, disk drives and any hardware or software connected with micro-computers.

The foundation hasn't received any computers yet, but there have been calls inquiring about the ad, which has been running for three weeks. One respondent may donate \$10,000 in equipment, Boyse said. When people donate equipment they will get a

thank you card and a receipt stating that the contribution is tax deductible.

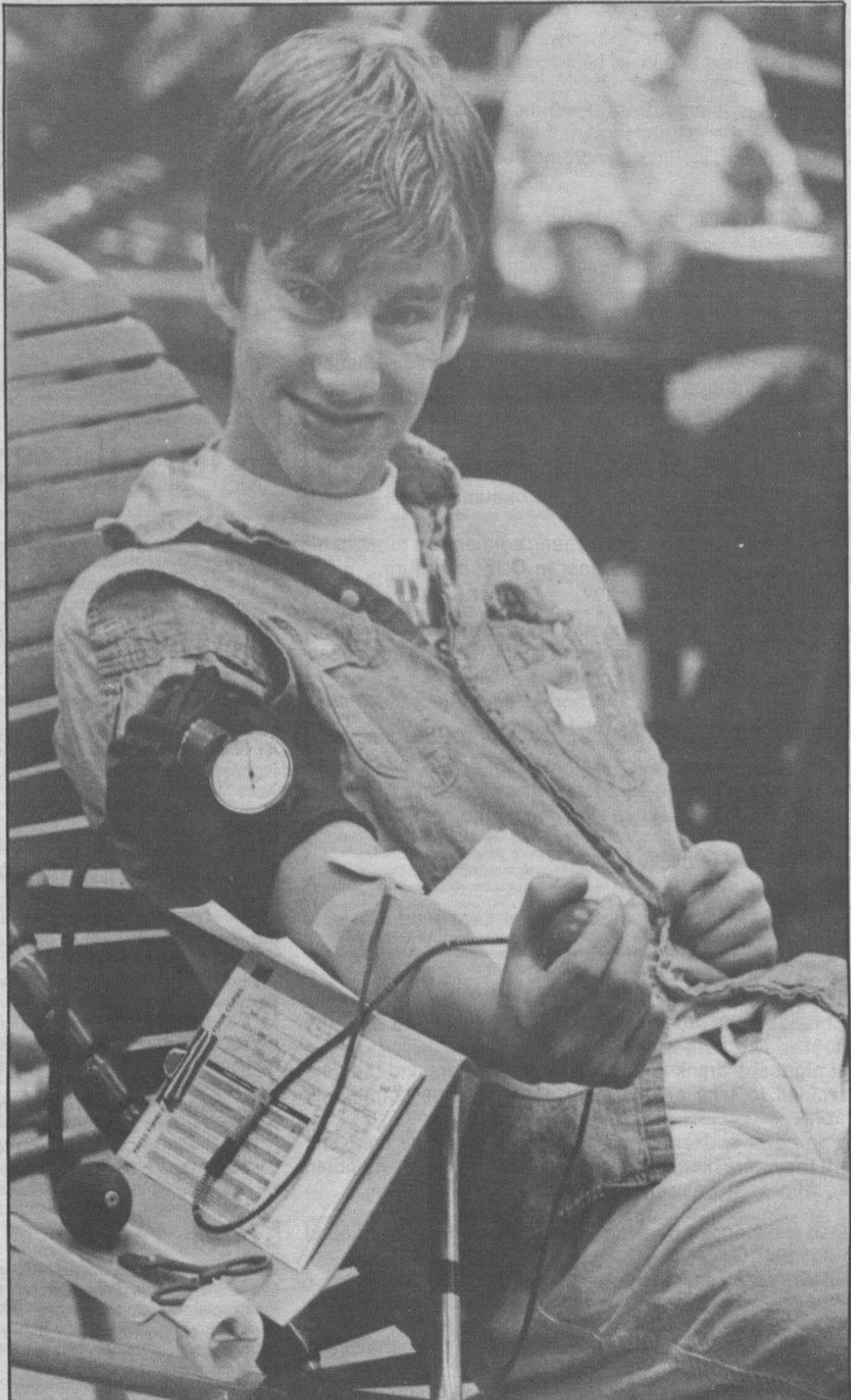
He said the ads will run for approximately two weeks at a time, two or three times a year.

The LBCC Foundation was chartered in 1972 as an independent non-profit corporation. It's stated purpose is to "advance the interest of the college, its students, faculty and the community."

Money collected by the Foundation is used for tuition scholarships, textbooks, student emergency loans, films and books for the library, fundraising concerts and dinners, and other activities.

The foundation also takes part in special projects. For example, two years ago it purchased a grand piano to be used for concerts in Takena Hall.

Boyse may be contacted in the assistant to the President's office on the lower level of the College Center or by calling 928-2361, ext. 441.



Photos by G. A. Petroccione

Giving With Glee

LBCC student Corey Harn gets into the giving spirit during Monday's blood drive at LBCC. The drive, organized by ASLBCC, reached its goal of 145 pints when an estimated 128 people gave blood in the College Center Board Rooms. There were 30 deferrals (individuals who had to wait to give at a later date). The unusually high number of deferrals may be attributed to the flu bug, according to Blaine Nisson, director of Admissions. The strong turnout was welcome news to the Red Cross, which was put on alert several times during the summer over the need for blood. The next LBCC blood drive is scheduled in the last week of April.

Editorial

Self-inflicted malady leaves victims unnecessarily helpless

There's an epidemic in the United States which has spread to the campus of LBCC. It's not AIDS nor Legionnaire's disease.

The symptoms include: no power, no success, constant failure and a feeling of always being put upon and taken advantage of.

Some people blame this affliction on "circumstances," some blame "the establishment," or "other people." The disease is called "victim's syndrome" and it leaves a trail of victims behind.

The condition is actually caused by a wrong mental attitude. The prognosis? Until you stop feeling victimized, you will continue to be a victim.

People don't reward victims. Success begets success and power begets power.

You give your power away every time you blame somebody else for the condition of your life.

It's within your power to make the decision to bloom where you are planted.

Success and greatness do not depend on the place you live, the family you were born into or the circumstances surrounding you.

I recently read a story about a young soldier who brought his wife with him to a desert outpost in California during World War II while serving in the Army.

Wanting to spend time together before he went overseas they took up housekeeping in an old shack that had been abandoned by the Indians.

After many long, lonely and boring days the sand storms struck and the heat rose to over 115 degrees.

When the husband was assigned to spend two weeks deeper in the desert, the wife found the situation intolerable. She wrote her mother saying, "I'm coming home. I can't stand it here."

The mother wrote back.

"Dear Daughter,

Two men sit in prison bars. One sees mud, the other stars.

Love,
Mother"

After reading the note over and over she wondered what the stars looked like from where she was.

That night she drank in the beauty of the stars and the next day decided to take a walk to explore the little community around her.

Having never spoken to the Indian women in the area, she thought they were hostile. However, she came upon two Indian women who were weaving and decided to talk to them.

"When she stopped thinking they were hostile, they stopped being hostile."

Soon she was weaving baskets herself.

One day some little Indian boys brought her some sea shells and told her the legend of how the desert used to be the ocean floor.

She became fascinated with the subject and began to collect sea shells in the desert.

By the time her husband had finished his work at the base she had become an expert on the desert and had written a book about it.

She fell in love with the desert and had made some wonderful Indian friends. (Story adapted from "Discover Your Possibilities" by Robert Schuller).

For this period of time in your life LBCC is the soil, it's up to you to bloom.

Diane Morelli

Riggs DAYTON JOURNAL BOARD College Press Service



Guest Column

Council represents diverse interests

By Joyce Quinnett
ASLBCC Representative

This is my third column on the comings and goings of the Linn-Benton Community College Student Council. But when I write about the council, do you know who I am writing about?

The council consists of 13 students, seven males and six females. The oldest is 37, the youngest is 18. The average age is 23 years and three months.

When added together, the members have lived in Albany 117 years and 3 months.

To give you a little insight into the members themselves, I asked each of them to give me two facts about themselves that they would like the student body to know.

Tim Bauer, a Community Education Representative, is activities chairman for the council. He is single and on the LBCC livestock judging team. The team just got back from a trip to the Cow Palace in San Francisco.

Bill Baze, a Science Technology Representative, is a single parent. He is attending LBCC through the Veteran's Vocational Rehabilitation. He is serving on several committees

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.

for the council. He also makes a mean pot of chile verde.

Patsy Black, Community Education Representative, has two grown sons. She teaches Sunday School and once was a minister. She is helping on the Veteran's Day float committee.

Jackie Cherry, Humanities Representative, is from Toledo, Oregon. She says she hates spinach but loves the Easter Bunny and Santa Claus. She is the council member in charge of the "Pass-the-Buck" program.

Pam Cyrus, a Science Technology Representative, is majoring in genetics. She is on the livestock judging team also. She lives in Sisters, Oregon but stays in Albany for the school year. This is her second year at LB.

Kevin Day, Business Representative, is the hardest of all the council members to get in touch with. He is always on the go. He is involved with the ski team and was in charge of the Halloween dance this year.

Patty Gallup, Health and P.E. Representative, is a runner. She is on the LBCC cross country team this year. The school does not have a full team but in every meet Patty has run in she has done very well. She has a good chance of being first in Community Colleges of Oregon Women runners. Good luck Patty!

Kirk Marcotte is an Industrial Arts Representative. He is interested in welding and was in the service four years. If you like "fish" stories, he has a great one. He loves the outdoors. He hikes and rides his bike a lot.

Wayne Palmquist is the other Industrial Arts Representative. He is interested in Diesel Mechanics. His parents own a vineyard in the vicinity of Sublimity, Oregon. He is the chairman of the flat committee for the Veteran's Day parade.

Rodney Sheckla is another Health and P.E. Representative. He plays on the LBCC baseball team. He gave a lot of his time for the recent blood drive here at LBCC.

Lily Winans, Business Representative, is the mother of a young daughter. She loves to talk with people and she is majoring in Educational Administration.

Bryan Woodhall is the Representative at Large. He is a Culinary Arts major and he loves photography.

Then there is myself, Joyce Quinnett, Humanities Representative. I have four children and I am majoring in Theatre and Journalism.

There we are, the LBCC Student Council. I hope each of you will try to get to know at least one of us and feel free to come in to the council office, CC 213, if you have any kind of problem.

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.

Commuter Staff:

□ editor, Diane Morelli; □ managing editor, Quonieta Murphy; □ sports editor, Robert Hood; □ photo editor, George Petroccione; □ photo assistant, Sharon SeaBrook; □ advertising staff, Sherry Oliver, Rod McCown; □ editorial assistants, Katherine Marsh, Lisa Cardamon; □ reporters, Joe Lynch, Pat Wilson, Jill Ahlschwede, Linda Canoy, Lisa Hall, Rena Hall, Allie Harper, Fern Johnson, Annette Krossow, Jon Lowrance, Todd Powell, Judith Smith, Kirk Tarbet, Brent Vigil, Jalene McDonald, Betty Tillotson, Marie Parcell, Scott Montgomery, Robert Botts, Craig Martin; □ production staff, Steve Burkey, Robin Colbert, James Hampton, Jan Hulsebus, Pauline Husbands, Monica LeRoy, Lynn Powers, Karyn Smith, Brian Timian; □ typesetter, Jerri Stinson; □ advisor, Rich Bergeman.



Photo by G. A. Petroccione

Brian Brown presents Classified Excellence Awards at a president's reception Monday. From left to right are staff members Jo Alvin, Pauline Marler, Tom Mills and Molly Staats.

LBCC shows 'appreciation' for staff

Monday October 21 through Friday October 25 is Classified Appreciation Week. People who work on campus full time, but are not faculty, are considered classified staff. This week is set aside to let them know how much they are appreciated.

On Monday awards were given for distinguished service to Jo Alvin, Jane French, Evadene Griswold, Donna James, Betty Kerns, Sally Mack, Pauline Marler, Tom Mills, Mary Sue Scott, and Molly Staats. Awards were

voted on by faculty and students.

On Tuesday, a fashion show was held in Forum 104.

Wednesday, October 23, an LBCC Trivia College Bowl is planned at noon in Forum 104. All students are welcome to attend. Questions from past Commuter issues will be used. These date back to the inception of the college in 1967.

"Halley's Comet is Coming!"—a celestial salute to Classified staff is

planned for Thursday, October 25. Dr. Dave Perkins, science and math instructor at LBCC, will be the host.

Friday, a breakfast, prepared by Management and faculty, will be served in the Alsea/Calapooia Room for the Classified people.

Numerous workshops are also scheduled throughout the week. A wide variety of subjects will be covered, such as self defense, communication skills, time management and financial planning.

Health committee hypes wellness

By Diane Morelli
Editor

Students at LBCC will soon be offered opportunities to measure their level of wellness and receive some personalized information for increasing that level if the Employee Health Committee on campus is able to carry out their goals for the student body.

According to physical education instructor Jean Irvin, the formation of the employee health committee resulted from a health conference she attended in Seaside, Or. in 1979.

The action plan of the conference dictated that the people return to their schools and implement a wellness plan.

The first Seaside Health Conference was held in 1976 with the belief that if the concept of wellness was promoted for school administrators and employers, that not only would their productivity increase and health care costs decrease but they would also become role models for students and then the community.

Through the efforts of the committee, staff members can now take an extra 30 minutes off at lunch three times a week to exercise and shower if they are part of a class or organized group.

Arlene Crosman, a physical education instructor, said one of their biggest accomplishments was a wellness clinic held during the employee in-service day in September.

Over 130 employees had a blood screening test to measure their risk of having a heart attack and also had their blood pressure checked. They received computer read-outs analyzing their stress, health and nutrition profile. Body fat percentages were checked and many attended a wellness workshop.

When the results of the blood tests returned Irvin said 4.3 percent of the men and 11.2 percent of the women tested had a higher than average risk of having a heart attack. However 67.4 percent of the men and 80 percent of the women had a lower than average risk.

A note accompanied the results stating, "It looks like your personnel are working hard at improving their health."

Crosman said the committee wants to know what the health needs of the student body are. "We want to implement the students more into everything we are doing."

During registration time in December tables will be set up in Tadena Hall by LBCC's student nurses for students to have their blood pressure checked.

Students will also be able to fill out a stress profile or health appraisal and receive a computer read-out of the results.

Sociology/psychology instructor Gina Vee said she would like to encourage students to become more aware of their own health. "If students are healthy and feeling well, many of the problems and stresses they associate with school will be reduced and the process of getting an education will become more manageable."

Another goal of the committee is to hold a health fair during Spring Daze, staffed by student nurses, to offer more tests and information.

Physical education instructor Jean Rix is currently organizing a walking club that is open to staff and students and the committee will be holding a turkey trot at Thanksgiving. The prize is a turkey and everyone is invited.

For more information concerning upcoming events call Crosman at ext. 251 or Irvin at ext. 250.

Etcetera

Comedy

The Valley Round Barn Theatre's production of Moss Hart and George S. Kaufman's "You Can't Take It With You" opens Oct. 24 at 8:15 p.m. in the Odd Fellows Hall auditorium, 223 SW 2nd St. Corvallis.

The production, a benefit for the Majestic Theatre Fund, continues on Oct. 25-26 and Oct. 30-Nov. 2.

There will be a Sunday matinee at 2 p.m. on Oct. 27.

Tickets are \$4.50 and \$3.50 for students and seniors.

They are on sale at The Inkwell in Corvallis or may be reserved by calling 752-1005.

Display case display

Would you like to put an exhibit in one of the display cases upstairs in Tadena Hall? Clubs, students, anyone welcome. Come to the archaeology lab in Tadena Hall, or call 928-2361, ext. 215.

Day care

The Giving Tree and Family Development Center, 2526 SE 20th, Albany, has announced the availability of several scholarships for full-time daycare at their facility.

The center, which is located off Waverly Boulevard, is a non-profit, non-denominational daycare and preschool.

Open daily from 7 a.m. until 5:30 p.m., the center provides care for children from the ages of 18 months to 9 years, and includes services for before and after school care, and drop-ins.

Emphasis is placed upon excellent preschool education and close contact between children, parents and staff.

Scholarships would cover half the cost of monthly care for each child.

Students wishing to learn more about these scholarships are asked to contact Jill Fosdick, director of The Giving Tree, at the following numbers: mornings 928-8100, afternoons 928-2735.

Chorale

Soloist auditions for the Christmas concert will be held Tues. Nov. 5 in AHSS 213.

The chorale will perform "Laud to the Nativity" by Ottorino Respighi.

Soloists should prepare one of the solos from this choral work.

For more information, contact Hal Eastburn, ext. 217.

Women's history

"The study of women's history is relatively new and comparatively quiet. It is purposeful; the goal is nothing less than constructive and expansive social change, change that must come with honest and thorough education."—National Women's History Project.

Those individuals who are interested in making this year's celebration of womanhood even better than those over the past five years are encouraged to make that commitment now. Please join in to start planning now!! Tuesday, Nov. 5, noon, brown bag, CC 135.

Play

Albany Civic Theater will be performing Dylan Thomas', A Child's Christmas in Wales.

While most characters do sing, please do not let this keep you from trying out. The minimum vocal requirement is that you can carry a tune.

Rehearsals begin Sunday, Nov. 3. The rehearsal period will be short and intensive.

Scripts are on reserve at the downtown branch of the Albany Library and the Corvallis Public Library until 4 p.m. on Oct. 26.

The play will be held from Oct. 27-29 at 7:30 p.m., 111 W. First Street, Albany.

Buckley Jr.

William F. Buckley Jr., host of the 'Firing Line' television program, will appear in Portland with a panel of five Oregon newsmen on Wednesday evening, Oct. 30.

The event will be at the Convention Hall of the Memorial Coliseum at 8 p.m.

Panel moderator is to be Mike Donahue of KOLN T.V., Channel 6. Discussion topic is "The Economic Impact of High Public Labor Costs."

Other Oregon newsmen probing Buckley's positions will be Oregonian Columnist Jonathan Nicholas; Bert Casey, publisher of the Clackamas County Review; Bob Swan of the Hillsboro Argus and KATU Channel 2 Public Affairs Editor Rick Myers. Audience questions will follow the give-and-take between Buckley and the panel.

For ticket information call 226-1605.

Prices are \$10 for adults. A concession rate of \$7.50 is available for senior citizens, students and O.C.P.A. membership.

Group concessions can be arranged for students and senior citizens.

Media representatives admission free.

Free class

"From Financial Flab to Fiscal Fitness," a free financial planning workshop, will be held 9 a.m.-4 p.m. Saturday, October 26, room 217A in Linn-Benton Community College's Tadena Hall, 6500 SW Pacific Blvd., Albany.

The workshop will be taught by Bruce Montgomery and Bob Gordon, private investment counselors from Lebanon.

With instructor assistance, participants will assess their present level of fiscal fitness and decide what they want their money to do for them.

Although the workshop is free, preregistration is requested to determine the number of workshop packets needed.

For more information, call LBCC's Albany Center, 967-6108.

Marylhurst representative

A representative from Marylhurst College will be on the LBCC campus to talk with students who may be interested in transferring, Monday, Oct. 28 from 9 a.m. to 1 p.m. in the Commons lobby.

China travel

Anyone who would like to travel to Hong Kong, X'ian and Peking after summer school, 1986, please contact Kitson Yu at ext. 482.

Livestock judges finish 7th

By Craig Martin
Staff Writer

Denver is the site for the National Livestock Judging Competition held in January. Thanks to a lot of hard work and good scores in the last two meets LBCC's team will be going, said Jim Lucas, animal technology instructor.

In Portland on Oct. 12 they earned second in a 12 school face-off. At the West Coast Finals held Oct. 19 in San Francisco at the Cow Palace they earned a respectable seventh place. Top scorers in San Francisco were Tim Bauer of Madras, Pam Cyrus of Redmond, Brooke Ayers of Blodgett, Lester Sitton of Yamhill-Carlton and John Barrett of Prineville.

Cattle, sheep and hogs are judged on breeding and show qualities. Bone structure, size, weight distribution, muscle tone, and appearance are the main factors involved. The student must look for these characteristics in four animals and decide which is the best. They then give an oral explanation to the judges explaining why they scored the animals the way they did, said Lucas. The 20 members of the team then have their individual scores added together to reach a team score. This score is used to decide who wins the competition.

Trivia Bowl planned for today

The 1st annual LBCC College Bowl/Trivia Contest is being held Wednesday at 12:05 in F-104.

Blaine Nisson, LBCC director of Admissions, Records and Student Programs, is emceeing the contest between classified employees from the instructional area and the business area of LBCC.

George Kurtz, vice president of

Business Affairs, and Jon Carnahan, vice president of Instruction, are presiding as coaches for the two teams of 10 members each.

Questions are being donated by LBCC staff and will be picked at random.

Nisson urges everyone to attend for a full time and an educational experience.

'Lysistrata' brings ancient anti-war theme to LB



Photo by G. A. Petroccione

Cast members rehearse 'Lysistrata' in The Loft Theatre.

By Todd Powell
Staff Writer

"Lysistrata," a classic Greek anti-war play will be presented in Tadena Hall's Loft Theater on Nov. 1, 2, 8 and 9 starting at 8:15 p.m.

The play, written by Aristophanes, is about Lysistrata, a middle-aged Athenian matron who hatches a plan to stop the Peloponnesian War between Athen and Sparta.

Lysistrata persuades the women of Athens and Sparta to withhold sex from their husbands until the men stop fighting. The men, though not particularly happy about the "sex strike," eventually comply with the women's demands.

Jane Donovan, speech and theatre instructor, is director of the play. She said, "it's one of the oldest and funniest anti-war plays. I think this is a really good example of one of the ways comedy got started."

Donovan said that the play's message is very straightforward and contains lots of action. She also said that there is a lot of talk about sex in the play, which attracts the public.

She explained that although the play rings with comedy, "Aristophanes was really quite a conservative person," and that "Lysistrata" is more satisfying to modern audiences because it is more unified than some of his other plays.

According to Donovan rehearsals have been going well. The cast, made up of five men and seven women, have been rehearsing for about three hours a night since the second day of classes. "We've had an awful lot of fun with this because it's so silly," she said.

Because of limited seating, students and staff are advised to purchase tickets soon. Tickets are \$2 at the College Center office, Rice's Pharmacy in Corvallis and French's Jewelers in Albany.

Library offers taped TV shows

- Nova
- Wall Street Week
- All Creatures Great and Small

These programs may sound familiar. They're part of the Oregon Public Broadcasting's (OPB) curriculum now available for student viewing in the library.

"A lot of students miss programs or don't have the convenience of a VCR, so we're trying to help them out in that way," said Stan Ruckman, librarian.

"For the past year or so instructors requested we tape programs for their classes and we've decided to expand the service to students," he said.

The library tapes between 10 and 20 programs a month, said Ruckman, including such special events as the Shakespearean dramatizations and debates in Congress.

Because purchasing rights to the programs are very expensive Ruckman said they can only hold the tapes for 30 days.

A bulletin board will post the programs available on a weekly basis.

"Every Friday we'll either add or drop off tapes," said Ruckman.

Students can check out tapes, during library hours which are: Monday-Thursday, 7:30 a.m. to 9 p.m. Friday 7:30 a.m. to 5 p.m.

Fall fruit show features tasting, tours and more

Billed as a chance to "meet the experts," the free Sixth Annual Mid-Willamette Valley Fall Fruit Show has expanded from mainly an apple-tasting event to include displays, seminars, demonstrations and orchard tours.

Apple tasting will not be ignored, however, when the fall fruit show is held 1-9 p.m. Friday, Oct. 25, in the Alsea/Calapooia Room, second floor of the College Center Building at Linn-Benton Community College.

All the apples used for tasting are available in the Willamette Valley and include varieties such as Melrose, Mutsu, Liberty, Brock and Criterion.

Displays of fall fruits, including pears, grapes and apples, also will be available, as well as a free apple identification service.

A variety of lectures and demonstrations will be held in rooms 113 and 115 of LBCC's Forum Building.

About 30 informational and display booths will be set up in the Alsea/Calapooia Room, and representatives from the OSU Extension Service, Master Gardeners, Master Food Preservers and local garden clubs will be on hand to answer questions.

For those who would like to see an orchard operation first hand, self-guided tours of three local orchards have been arranged. Maps on how to reach the OSU Lewis-Brown Horticulture Farm, Par-fect Orchards and Santiam Orchards will be on the back of the fall fruit show program.

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ONE OF THE
OLDEST, FUNNIEST
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Nov. 1, 2, 8 & 9
8:15 p.m. Loft Theatre

Room 205, Tadena Hall
Albany, Oregon

All seats
general admission - \$2

Advance tickets available at Rice's Pharmacy in Corvallis, French's Jewelers in Albany and LBCC's College Center Office. For box office information and LBT season ticket availability, call 967-6504.

"Bawdy humor not suitable for children."

LBCC marketing strategy addresses 'caring' attitude

Linda Canoy
Writer

You have probably seen "Education—Our Heart's In It," or "LBCC—First Education" posters around campus. Or perhaps you have seen LBCC employees wearing similar buttons.

According to LBCC's Community Relations Director Gretchen Schuette, they are a carry over from last summer's pitch to encourage summer enrollment.

What's more important than the posters and buttons is the message LBCC wants to convey. "Our one direct focus is to identify student, staff, and community needs and be responsive to them," Schuette said. "LBCC is a college that cares about individual needs."

One of LBCC's focus on students is to inform them of the services the college has to offer. "LBCC has an open door philosophy," Schuette said, "that is even if you are not a high school graduate, but are 18 years old, you can enroll."

Some of the services include small classes, tutoring, academic advising and career counseling.

The college's focus concerning staff at LBCC is to continually inform them of any changes or new programs that are going on.

LBCC's focus on community is to improve communication. This will be done through the two newsletters that are mailed out to residents in the community. There will also be changes in the college's schedule of classes.

There will be including more helpful information in the yellow pages," Schuette said.

Other media used by LBCC include slide programs and advertisements on television. Ads last summer that encouraged students to enroll at LBCC were heard by 10 percent of the new students. The college does not advertise on television presently.

Plans are in the making for some new lively student activities and a new, unofficial "friends" group, said Schuette. Members of the group will be LBCC students and others who have supported the college in the past. They will act as a booster club.

Students are the major concern of the faculty and staff at LBCC," Schuette said. "We want everyone to go first class, just like in an airplane."

A sells cider at fruit show

The Future Secretaries of America will be selling apple cider at the Willamette Valley Fall Fruit Show, Oct. 25.

The cider will sell for \$3.50 per gallon or 40¢ per cup. It will be available in the Commons from noon to 5 p.m.

Money made will be used for scholarships, awards and community projects, said Patsy Black, president

of LBCC's FSA chapter.

FSA is also planning to hold a tea, at least one raffle and help with the Veteran's Day parade.

FSA is a credit class that meets on Tuesday and Thursday at noon.

Last year LBCC's FSA chapter won the Western Regional and National Professional Secretaries International award for the most members in a chapter for the size of the college.

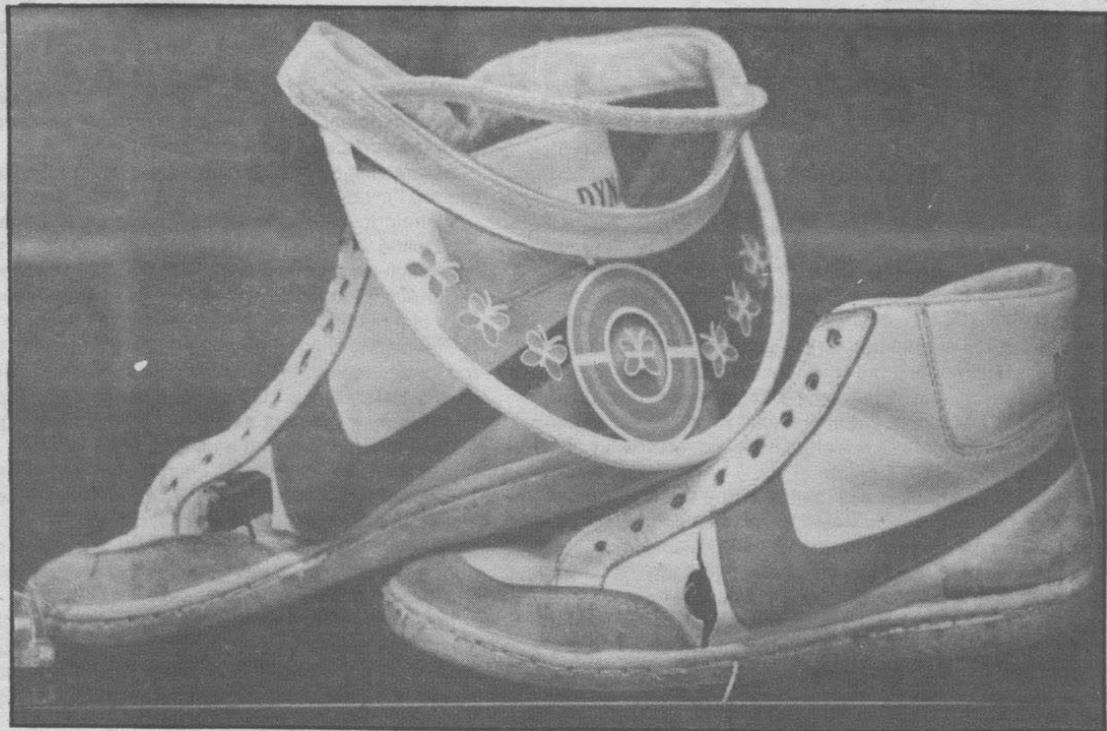


Photo by G. A. Petroccione

Lots of items can be found piled up in the back of the Campus Safety and Security Office where the college's lost-and-found department is located.

Check Security for errant articles

By Lisa Hall
Staff Writer

If you have lost or found something lately the place to report it to is the Safety and Security office in CC 109, said Miriam Kuipers, a clerk from that office.

"Just take time to ask," said Kuipers. Jewelry, books, coats, umbrellas and notebooks are some examples of typical items lost. Any item that is found on campus should be turned in to the Safety and Security office.

She said that the bathrooms are where items are most commonly lost or stolen. "It only takes a half a minute to reach in and take something out," explained Kuipers.

Her advice is "don't leave anything lying around of value."

Kuipers explained that theft is a crime of opportunity. So don't provide that opportunity. Keep an eye on all your valuables. If you haven't put your name on your books then mark them in a way in which only you can tell that the book is yours. She also said that nameless notebooks are often found by faculty.

If you lose something this term contact Kuipers as soon as possible. Lost items are kept at the Security office until the end of each term. After that the items are given to student programs who, in turn, auction them off.

Sample Nature's Bounty
at the
Santiam Restaurant
9:30-12:30
Monday-Thursday
(ext. 203 for reservations)

Professor says we can all be fooled

By Jon Lowrance
Staff Writer

If we find out how the mind can be right, we can find out how the mind can go wrong, a University of Oregon psychology professor told an Albany audience last week.

Ray Hyman spoke at the Albany School District Administration building before more than 50 people concerning functions of the mind and how persons can be deceived by misinformation, lack of information and expertise in a specific field. His speech was sponsored by the U of O University Forum, a series designed to bring scholars into communities around the state.

"Once I know what rules you're following, I can fool you," Hyman claimed.

Hyman, who has studied many practices relating to delusion, said parapsychology is one field which is full of delusion. For two years he

studied data given to him by a parapsychologist. (Parapsychologists concern themselves with the investigation of evidence for telepathy, clairvoyance, and psychokinesis). The data was collected from parapsychological experiments which he found to be "sufficiently flawed.—They do not add up to a conclusion," he said.

Hyman admitted that "there's a lot that exists beyond our perceptions," but said that "it (parapsychology) hasn't been demonstrated yet."

Hyman said he does not blame people for believing in parapsychology without questioning. They go on believing it, he said, because "people don't have adequate information."

He described different ways people can be deceived, saying, "Under the right circumstances, we all can be taken."

Professor Hyman used several demonstrations to show how the mind works, and what limits the mind.

The mind approaches a "data limit" when the information is incomplete, blocked, or wrong. When this occurs, the mind has "ways of correcting or filling in," he said.

When the data is adequate, but the mind doesn't have the capacity to handle all the information, this is called a "resource limit." The mind handles resource limits by picking up what it can and filling in the rest, Hyman said.

If you know what the mind can do, and know its limits, he asserted, you can take advantage of a person.

While admitting that "knowing about your mind" can help keep a person from being deceived, Hyman said the only way you can never be deceived is to "create a state for yourself where you trust nobody, not even yourself."

"Just to live, we have to be open to vulnerability," the professor said. When no one can get away with deception, then no one is trusted.

Float committee needs student help

Can chicken wire, grass clippings, a flatbed truck and other materials be made into a float in three days for the Veteran's Day Parade, Nov. 11? The ASLBCC float committee is working on it but needs more help. All clubs and divisions are being asked to help plan how they would like to be represented on the float.

People who are interested in helping the committee in the planning stage should attend the next float committee meeting on Nov. 1 at noon in CC 213, said Patsy Black, council representative.

The float will be built in the diesel shop Nov. 8-10. Anyone who would like to work on it is welcome. Contact Black in CC 213 for times.

Most of the materials for the float are being donated. Silver Mountain Christmas Trees is donating the flatbed truck. Black said that a few reusable items will be purchased by student council.

She said that LBCC's float is to "let people know we are alive and well. It shows the community that things taught here benefit college and community."



Gone Fishin'

By Robert Botts

Catching an unexpected fish or unexpectedly meeting a friend adds to the pleasure of fishing, making it a satisfying hobby.

I have hooked several fish when I wasn't prepared, but I was totally unprepared for "The Hot Foot Trout."

Five years ago my family and I spent seven days in the Yellowstone and Grand Teton National Parks. Since I hadn't fished in that region, I took along my fly rod, some flies and a pair of boots.

My wife knows me too well to object. She said, "If you don't take your fishing gear you would be miserable."

Such famous streams as the Gallatin, Madison, Gibbon, Yellowstone and Firehole Rivers originate in Yellowstone Park and are known all over the world for their brown trout.

In Yellowstone Park, about five miles north of Old Faithful the main road joins the Firehole River in a region known as Biscuit Basin.

Our first day in the park, I hurried to this section of the river to fish. The region contains a collection of thermal basins, mud pots and hot pools that bubble up. These outpourings join

cold waters of the Firehole River to raise its temperature several degrees. And in the morning cool an eerie fog rises from the surface of the water.

Assembling my fishing gear, I stepped into the water only to find that my right boot leaked. But nothing would stop me.

Without much success, I had fished up and down the river for a while with a variety of flies when I noticed my right foot was much warmer than my left one. In fact it was hot.

Curious, I looked around to see that I had stepped into the path of a bubbling spring flowing into the river.

Stooping to check the source of the warm water, I placed my rod in the crook of my arm and a trout nailed the fly bouncing on the water. Since the line snagged some forceps hanging from my vest, the trout definitely had the advantage.

Despite a hot foot and a tangled line I subdued a beautiful brown trout, the largest one I had landed in four days fishing.

Fishing and hunting have also strengthened some of my closest friendships.

I have met some old friends in some strange places, but none stranger than a surprise meeting on the Siletz River in Oregon in 1977.

My favorite river, the Siletz, has provided me with many enjoyable hours of fishing. About five miles above Logsdon there are two steel bridges in an area called the Upper Gorge. I like to fish here—it's near where I caught my first steelhead.

On one particular rainy morning, I was fishing by myself and working my way upstream through a series of fishing holes.

Several fishing holes on the Siletz are named: the Pyramid Hole, the Round Hole, the Slot Hole and the Flat Rock Hole. Steelhead rivers must have identifiable fishing holes. Friends can be told where the fish are holding.

Walking up the road, I noticed a car parked near the Pyramid Hole. Nearby I heard some fishermen walking through the brush toward the car. I stopped and waited to ask them if they had caught any fish.

The first person to emerge from the tree line at the edge of the road stopped and said, "Botts, I can't believe it."

Laughing, I replied, "Dick, what do you think you're doing? Right now. I think I'm getting wet," he said, all the while shaking his head.

The last time I had seen Dick Westcott was in Columbia, Missouri, 11 years ago. He had left Missouri and taken a position at Washington State University at Pullman.

I asked, "What are you doing here? I thought you were in Washington."

"I am, but I'm visiting Dr. Wedman at OSU's School of Veterinary Medicine. He invited me to go steelhead fishing with him," he added.

In between casts we spent the rest of the morning talking about our fishing and goose hunting in Missouri. Unfortunately, that afternoon he had to catch a plane in Eugene to return home.

We parted and I said, "Maybe I can sneak up on you sometime at your favorite fishing spot in Washington."



Health-Wise

By Diane Morelli

A father reading his paper came across a map of the world. He clipped it out, cut it into pieces, and told his small son to put the world together. After a while the boy called, "I've done it!"

His father marveled, "As quick as this? How did you do it?"

The son said, "I turned it over and on the back was a picture of a man. I put the man together—and the world was right!"

The solution to world problems may not be

as simplistic as this but it's a good place to start.

And stress management is a good way to start putting the man back together again.

Stress is tension. It is also an unavoidable part of life.

However, stress is not all bad. Without stress a person wouldn't accomplish anything. There would be no tension or pressure to succeed.

It is the way you react to over-stress that is important.

A negative reaction to stress can produce headaches, high blood pressure, upset stomach, depression, anger, impatience, an increase or decrease in sleeping and reckless driving. These are just some of the symptoms reported.

One helpful hint in controlling your response to stress is to look back over stressful events

in the past. Ask yourself if you could have responded in a different manner. Even though you may not be able to control the events around you, you can control your responses to them.

Donald Ardell, Ph.D. and Mark Tager, M.D., suggest a few slogans in their book, *Planning for Wellness*, that might be helpful reminders for keeping unpleasant circumstances in perspective—"One Day at a Time; It's Mighty Bad Now—Might Have Been Worse; Never Play Leapfrog with a Unicorn."

Ardell and Tager also offer eight tips to help you plan better; to reduce the stress of never having enough time to accomplish your tasks.

1. Consolidate similar tasks.
2. Tackle tough jobs first.
3. Delegate responsibility.
4. Stem the paper tide. (throw out junk mail)

5. Avoid the cluttered-desk syndrome.
6. Chip away at important tasks.
7. Reduce meeting time.
8. Take time to plan.

Dr. Barbara Mackoff in her book, "Leave the Office Behind," says "Most research suggests that stress is not the event itself, but the label we assign to the event."

While you are entitled to strong feelings, helps to tone down the labels assigned to them.

For instance, if you are experiencing anger, why not say you are angry or perhaps annoyed. You might substitute the labels anxious or worried for the feeling of fear instead of using the word terrified. Or how about describing hurt as being let-down or disappointed as opposed to crushed.

And remember this, it's just as easy to say "I can cope" as it is to say "I can't cope."

Classifieds

FOR SALE

THE BOOK BIN, now in 2 locations. Used books, bought and sold, excellent stock on hand. 121 W First, Albany, 926-6869. 351 Jackson, Corvallis, 752-0040.

AVOCET USED BOOKSTORE, quality S.F., Lit., non-fict., much more! Buy-sell-trade, Mon.-Sat., 10-6. 614 SW 3rd, Corvallis, 753-4119.

1973 Plymouth 340 Duster, mags, buckets, console automatic, runs great! \$725. Call 967-8406.

'82 Fiat X19. Excellent condition. 14,000 miles. \$6500, 745-7363 evenings.

Men's brown suede leather jacket with sheepskin collar, size 40, like new. \$130 value will sell for \$75. Call Connie after 6 p.m., 926-7688.

1976 Subaru Wagon, 4 spd. good condition. New battery, tires, or 1981 Honda 750K motorcycle with fairing, extras. Asking \$1000 for either, 926-2151 (keep trying!) or trade for piano.

Frigitare washer & dryer/avocado \$150. Hot range and refrigerator \$300. Swivel rocker/recliner gold \$35. Coffee table and end tables \$50 set. Contact Rod, Commuter office, mornings.

Furniture - chairs, couch, dinette set, 2 dressers, saddle, and miscellaneous. 926-4111 ext. 205.

1981 Celica GT liftback, 55,000 miles, air, 5 ps, pb, tilt, sunroof, AM/FM stereo cassette, 2 wheels, much more. Asking \$5695 or make offer. 929-6605.

19" Sekai - only 6 mos. old. Immaculate condition. \$250 includes toe clips, pump, water bottle. Call Lisa 757-8459 or leave message in Commuter Office.

LOST AND FOUND

Found: Tiny orange and white kitten in LBCC parking lot. Call Allie 754-6309.

PERSONALS

B.S.W. III - How is the C.A. cult? Bobbie - Ho Johnny Q. doing.

HELP WANTED

\$ Need Cash? \$500/1,000 stuffing envelopes! Guaranteed! stamped addressed envelope. McManus Enterprises Box 1458/TC Springfield, OR 97477

Banquet Servers Needed. No experience necessary, but helpful. See Carol, CC 214 or 967-6101, on campus calls extension 101.

Cocktail waitress wanted. Apply in person, Co Pocket, 1331 Waverly SE, Albany.

MISCELLANEOUS

Professional typing, 926-4196.

HALLOWEEN COSTUME RENTAL Over 1,000 adult Halloween costumes for rent. Open October 22nd to November 4th, from noon to 8:00 p.m. or by appointment. 213 W. Street, Albany. 926-0326.

The Costume Loft

STOP!! Don't throw or give away those jeans because of a broken zipper—let me replace zipper instead! Call Diane at 926-6883 between 9 p.m.

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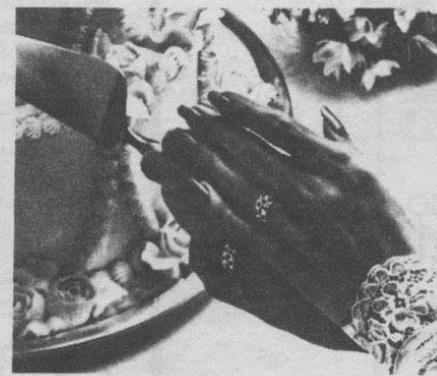
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Gallup preps for Saturday showdown

at Wilson
Writer

CC's top female cross-country runner, Patty Gallup, will test her mettle as one of the regions top runners this Saturday at the Region 4 Championships.

This year's Regionals will be held on the Roadrunners' own turf Oct. 26 at 8 a.m. Gallup sees herself in a close-run battle for first place, which includes myself," she said. She will also compete in the ACC Championships at McIver Park in Portland, Nov. 8, where she and head coach Dave Bakley feel she will finish among the top five.

Her confidence comes as a result of finishing in the top three in four out of four races so far this season. Gallup cruised to a first place finish twice, second place once, and third place once. Her 27th place finish came in the 5,000 meters at the Mettete Invitational in Salem, where she ran in a field of 130 runners including teams from the U of O and other top four-year colleges.

Her second-place finish came Oct. 14 at the Mt. Hood Invitational, where she and community college teams from Oregon and Washington competed. Her father helps support her and Bakley's confidence that she is among the state's top three and the Northwest's top five runners.

She has moved from the top third of the region's runners last year to

the top five or six individual runners this year," said Bakley.

"She is running comparable times to Nina Putzer (LBCC's top harrier last year), but Patty has more speed," Bakley said. He said she is running 45 seconds to one minute faster than she did last year.

When asked how Gallup compared to his past runners, Bakley said, "If not the all-time top, then one of the all-time top" runners he has ever had.

Gallup has lived on a dairy farm all her life, in Lacombe, near Lebanon. "Lacombe is where I began running on my own about eight years ago when I was in the seventh grade," she said. "I began competing for Lebanon when I was in the eighth grade."

When she was a senior at Lebanon Union High, she was their top female harrier and one of the best in the state. She ran a 10:35 personal record in the 3,000 meters that year.

After her senior year, she came to LBCC to major in physical education and to run. She ran with a complete cross-country team then and ran to a 17th place finish at the NWAACC Championships. This year, however, she is running with an incomplete team and is expected to finish among the top five at the Championships.

"I will be going into the Army as a Supply Unit Specialist and an E-3, which is a Private First-Class," said Gallup. She plans on running for the Army, and her long term goal is to make the U of O varsity team.



Photo by G. A. Petroccione

Patty Gallup, LBCC's top women's cross-country runner, goes through some stretching exercises earlier this week as she prepares for Saturday's Region 4 Championship meet. Gallup is considered one of the top two or three women cross-country competitors in the state, and one of the fastest runners ever to compete at LBCC. Last weekend she set a per-

sonal record of 18:29 in running to a second-place finish at the Northwest Preview meet in Portland. Her previous best time was 18:49. Gallup's improvement as a runner has come despite the fact that LBCC has been unable to attract enough women to field a complete team in cross-country.

Jones leads harriers into regionals

Jimmy Jones, Linn-Benton's top men's cross-country runner, is picked to finish in the top two this Saturday in the Southern Regionals at Linn-Benton Saturday.

The meet will consist of men and women teams from Clatsop, Lane, Mount Hood, Umpqua, and Linn-Benton community colleges.

Although Jimmy was sick all last week and didn't compete Saturday, he still has a shot at the number one or two spots this Saturday. It all depends on how he performs," said Coach Dave Bakley. Jones missed the Northwest Preview at McIver Park in Portland, because of a sprained ankle Saturday. He has beaten everyone in the region this season, which makes him a top runner in the Northwest Saturday. "His best time on a five-mile course is 18:45 and he's been having a good season so far," adds

Bakley.

In the Northwest Preview Linn-Benton finished seventh as a team, but got some strong performances from Pat Wilson, Chuck Freemont and Shawn Minor. Wilson finished 34th in a field of 100 runners with a time of 27:01.

"Pat is getting stronger and should compete well this Saturday," said Bakley. Freemont finished 40th with a time of 27:32 and Minor finished 49th with a time of 27:48.

Patty Gallup finished second in the Northwest Preview, and set a personal record with a time of 18:29. Breaking her old record of 18:46.

"Patty ran well and should be the top runner this Saturday," said Bakley. "Sandy Ragan, Kathy Bervin and Melony Bruce also had strong performances last Saturday in Portland," said Bakley.

Pokers pummel Western Baptist

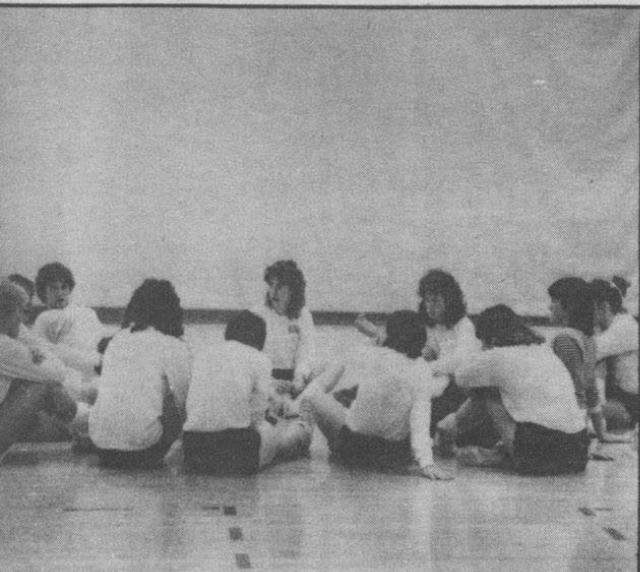


Photo by G. A. Petroccione

Coach Deb Strome, center, talks to members of the volleyball team during a practice this week.

The Linn-Benton women's volleyball team has definitely had a season of ups and downs and Thursday's Western Baptist game was a definite up.

At the halfway point in the season the woman Roadrunners record is four wins and four losses, but they are only 2-4 in league. Coach Deb Strome said she feels the team hasn't played up to par, but once they do they'll compete for postseason play.

Last Thursday against Western Baptist Community College the women played tough and won quickly by a wide margin of 15-10, 15-4, and 15-1.

Jami Moberg, the team's middle blocker and middle hitter, performed well with a kill percentage of 63. Strome said Kelly Harrison also played well with a team leading kill percentage of 68.

The team begins the second half of its season at Southwestern Oregon Community College Tuesday.

Hyre hopes coming events will help intramural turnout

Intramural athletics haven't always been high on the list of priorities for the average Linn-Benton student, but if Steve Hyre has his way that could change.

Hyre, the intramurals coordinator, wants to get more students involved by introducing new activities and letting people know about the already existing ones.

"We've never had a real big intramurals program here at LB," said Hyre. "Most students are older and support families or work after school so there just isn't time for them to participate. The younger students who don't already participate in sports or are in an off-season make up the bulk of the participants for intramural activities."

This season has been about average for intramural participation. A few of the events had to be cancelled due to lack of participants but the big events are yet to come.

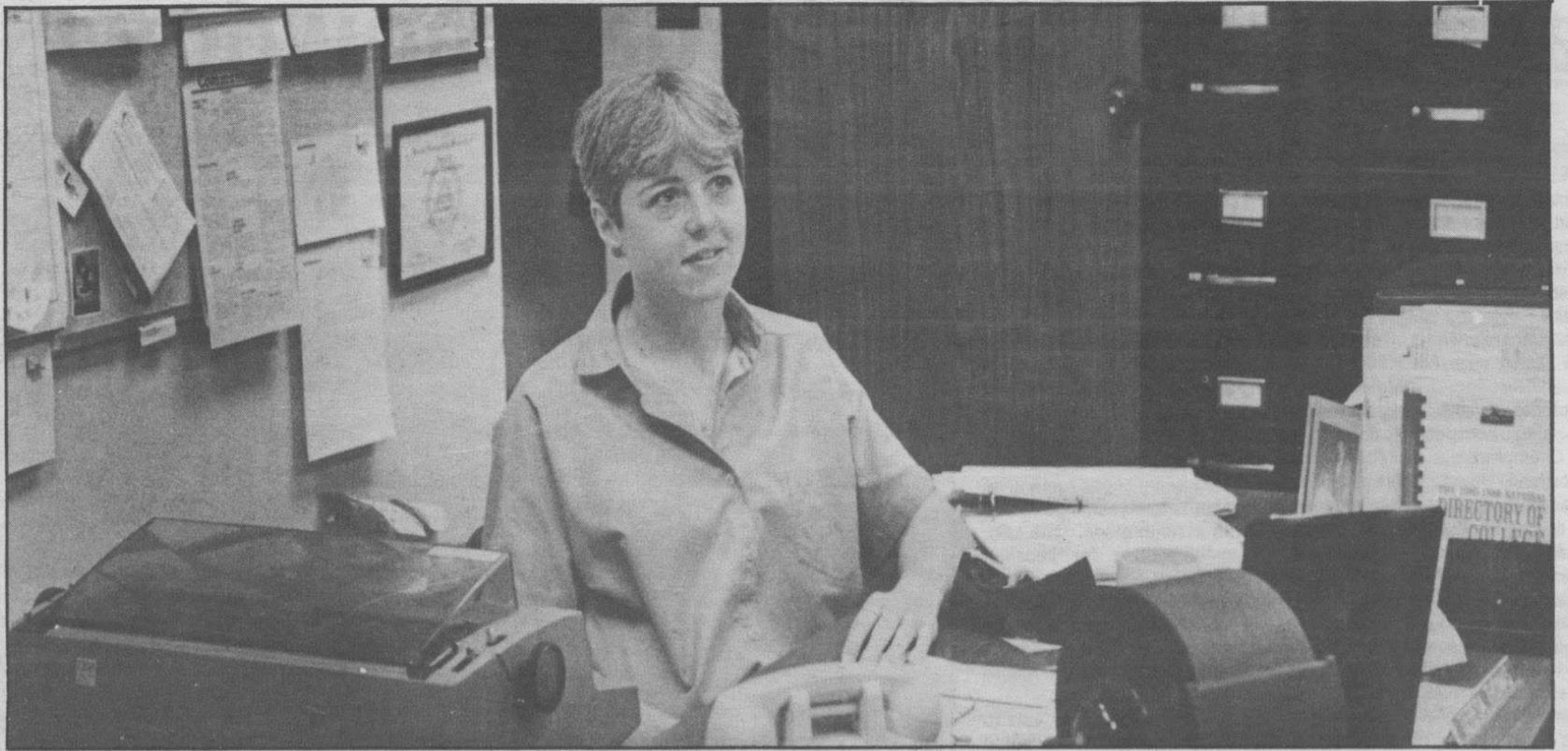
"Co-ed softball and the poker walk/run are the biggest events of the season," said Hyre. "We usually have about 90 people in the softball league and around 80 in the poker walk/run."

The poker walk/run is scheduled for November 21. First prize is a 12-15 pound turkey. Teams of three will walk or run one mile around the track. After each lap a participant gets a card. At the end of the run the team with the best five card poker hand wins. The best part of the event, like all intramural events, is that it's free.

"We'd like to add some new events like a bowling tournament and a racquetball tournament but it would depend on student interest," said Hyre. "I would also like to have a flag football league in the fall next year but again that would depend on student interest."

Any student who wishes to compete in intramural athletics can contact Steve Hyre in the Activities Center or call extension 246.

EVENT	DATE	TIME	LAST DAY TO SIGNUP
Slam Dunk Contest	Wed. Oct. 30	2:00-4:00 p.m.	Oct. 29, 5 p.m.
Double's Badminton Tournament: Men's, Women's and Coed Divisions	Fri. Nov. 15	2:00-4:00 p.m.	Nov. 14, 5 p.m.
Thanksgiving Poker Fun Walk/Run: This Run/Walk is for all LBCC students, faculty & staff.	Thurs. Nov. 21	12:15-12:50 p.m.	Nov. 20, 5 p.m.



Focus On: *Teresa Thomas*

Story by Todd Powell
Photos by George Petrocclone

Teresa Thomas has been a secretary in the Activities Center since July 1981. Thomas said she learned about the job through her sister-in-law, Jackie Grenz, who is a secretary in the vice president's office.

Thomas says she really enjoys the variety in her job. She does everything from typing and filing to taking care of travel arrangements for the athletic teams, including handling the finances.

She also said that the only reason she has stayed at LB this long is "because of the people." According to Thomas the staff and students are very nice people to be around.

Dick McClain, director of Health Occupations and Physical Education said that she has a difficult job considering her many work requirements. He added that she not only meets his personal demands, but also meets those of the staff.

"She's a valuable part of our division's operations and has an extremely good sense of urgency and priorities, which is a must in her job position," he said.

Thomas enjoys being active. She runs between four

and six miles every day on her lunch hour. She said she's lost 30 pounds since she's been working at LB.

"I'm a lot more productive since I've started running." She's also been pitching for a softball team known as the Santiam Jewelers for about four years, and is very competitive. As a matter of fact, she married the coach of the team, John Thomas, last February. She said the other women on the team joke with her, saying she got married just so she could keep her position on the softball field.

Thomas recounted a frightening incident that she experienced last summer. She said there had been rumors that there was someone living in the gym area.

Janitors had reported hearing someone in the gym frequently. They called it the "ghost." She said it didn't seem possible that someone could actually live in the gym but, "it made everyone a little apprehensive."

She said there were times during the summer when she was alone, heard noises and became frightened. She found herself calling security several times. Security never found anyone, so that made the whole thing even more frightening.

They finally decided that the "ghost" was living in the air conditioner, she said with a smile. No one has figured out what caused the noise.

