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King: He sought to make America sane

Black leader dreamt of a time without racial hatred, speaker says

By Ron Kennerly
Of The Commuter

As part of LBCC's celebration of Martin Luther King Jr. day Corvallis city manager, Gerald Seals, spoke to a noon-time crowd of more than 120 people in the Forum Building Monday.

Seals, in the manner of Dr. King, used Biblical reference to illustrate what he sees as the cause and cure of the "insanity of racial hatred" throughout American history.

Seals shared a story, from the eighth chapter of the Gospel of Luke, about a homeless, naked, chained and demon possessed man, who was of little concern to the people of his own town until he was healed by Jesus. When the people heard of the healing, Seals read, they went to see the man. They found the man sitting at the feet of Jesus, clothed, and in his right mind, and they were afraid.

"The community had adjusted to the fact that the man was consigned to

perpetual irrelevance," said Seals. The outrageous had become the norm. "When they found him dressed up, when they found him hanging around Jesus, when they found him 'together,' the scripture tells us simply, they were afraid.

"There is a Black-White parallel," said Seals. It began in the cotton fields of the South, when many Blacks were consigned to carry cotton and tobacco sacks in squalid conditions. As long as these people were barefoot and grinning, in spite of their conditions, America was not concerned. The outrageous had become the norm.

"Here is the parallel," said Seals. "One day America looked up, and America saw Blacks standing before the Supreme Court, interpreting the constitution better than those who had written it. One day America saw Blacks marching to the voting booths and sitting down at lunch counters, and all Americans became afraid." Like the people in the Gospel of Luke, the people of America, when they heard of the changes taking place, went out to see what was happening, said Seals.

In the scripture, the people went out to see, not to participate, and so it was in America. "Here is where the line is drawn between the role we play in life and history," said Seals. "Some people become and remain eternal spectators. They just go out to see. You can see them standing on the sidelines of every demonstration in history."

The demon possessed man in the scriptures was considered insane by the people of his community, noted Seals, but the community as well was every bit insane, he added. "How do we know the com-

munity was insane?" asked Seals. "The community didn't provide any housing for him. He needed a place to learn, but no school house was available. He needed love, but the community gave him chains." He was cast out and forgotten, said Seals, a crazy man in a crazy world, where no one wanted to participate.

"Today we still live in a world that's sometimes crazy," said Seals. "To be understanding and patient with South Africa and apartheid is just a little bit crazy. A world that will send a child to jail for stealing a loaf of bread because he was hungry," said Seals, "must be a little bit crazy. A world that would assassinate a Martin Luther King Jr. and then run a George Wallace for president, must be a little bit crazy."

"The Challenge is, where will we stand in life," asked Seals, "as eternal spectators, or as participants?"

"You've got to choose where you're going to stand in life," said Seals. "You see there is a right way for us to treat ourselves. There is a right way for us to be just to one another. Dr. King was a man that sought to make America sane."

Dr. King had a dream of a time when the insanity of racial hatred would be gone, Seals said. "Yes, there is unfinished business today," said Seals, "and that's the message. To simply commemorate Dr. King, to sing and celebrate, those are certainly commendable things. But in my opinion they don't reflect living the dream." "To embrace each other in brotherhood, love and purpose and not allow the outrageous to become the norm, Seals said, "would be living a dream."



The Commuter/JESS REED

Corvallis City Manager Gerald Seals discusses his evaluation of the cause and effect of Dr. Martin Luther King Jr.'s racial problem ideas in America. The speech took place in the main forum on campus last Monday.

INSIDE

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Michelle Derry sparked the Lady Roadrunners to their first two league wins in home games last week against SWOCC and PCC. The men also reaped the home court advantage, as Chris Whiting and Mike Hall lead the attack, pg. 8

STREET BEAT

What's your opinion of Hwy 34 drivers?



Tim Hoehne
English/
Creative Writing

"Some of the other drivers have no concern or respect for the driving rights of other people, they're offensive drivers. It's like they're playing football games, they don't look out for other people, they zip into the middle lane, and then zip off onto their own side roads. I love it when the police saturate the area. It's great."



Thomas Gleicher
Business

"I think some of the other drivers drive a little too fast, but I think it's to be expected. Obviously it's a four lane highway. I think they should up the speed limit to 65mph in places along there. People have to be more responsible, I mean you can't blame a lot of what happens on speed limits. Some people tailgate. Some people, no matter what the speed limit is, are gonna go 10 mph over the speed limit. I think if they cause a wreck they should have to pay for it. Some people just drive in the passing lane at 55 mph. I mean, the passing lane is to pass people, not to cruise in."



Andrew Lindsay
Business

"There are a lot of people that drive slow. There are so many places to turn off on that stretch, that people just space off until their turn comes, then they try to cross several lanes in one swift motion. I think people should know people going slow should drive in the right lane. You have too many people who are driving in the left lane. Some of these people should get moving, if you are going to pass somebody pass, otherwise stay in the right lane."

Compiled by James O'Guinn

March celebrates Roe vs. Wade

By Jacque Johnson
Of The Commuter

A march to commemorate the 17th anniversary of the Roe vs. Wade Supreme Court decision will be held on the Oregon State University campus Monday, Jan. 22, 1990.

Participants will meet at 11:30 a.m. at the gate on Campus Way, located on 11th Street between Jefferson Avenue and Monroe Avenue. Marchers will walk through campus and end up at the Memorial Union Lounge where Mike Kopetski, Democratic challenger for the 5th District Congressional seat, will address the group.

OSU Students For Choice sponsors the event with the support of local affiliations of the National organization for Women, the National Abortion Rights Action League, the American Association of University Women and other members of the local Oregon Pro-choice Coalition. The Corvallis community and those of surrounding areas are invited to participate and join forces with pro-choice groups across the nation to show support for pro-choice issues.

Roe vs. Wade, the 1973 Supreme Court decision that gave women across the U.S. the option to choose abortion to end an unwanted pregnancy, has come under fire

after the recent Webster decision turned the question of abortion rights back to the individual states.

OSU Students For Choice is a new group that promotes education on the two ballot measures concerning reproductive rights scheduled for Oregon's November 1990 ballot. They plan to take an active role in the election of pro-choice candidates. The group meets at OSU every Tuesday at 7 p.m. in MU 106. All interested people are invited to attend.

For more information on the march, contact the OSU Womens Center at 757-3186.

Foreign students speak on culture

Foreign student speakers from Oregon State University will introduce their homeland and cultures during the International Insights program at LBCC every Wednesday from January 17 through January 31.

Speakers from different countries will address their respective cultures, traditions, customs, and lifestyles by presentations and slide shows.

"The purpose of this program is to gain interest in other cultures," said Charlene Fella, the coordinator of International and Intercultural services. "I hope that people at LBCC will find how interesting people are from foreign countries."

Speakers from OSU for the winter term are three foreign students from India, Costa Rica, and Yemen.

"The speakers will discuss the influence of religions, structure of society, sex rules, customs, lifestyle, and social problems, including individual experiences," said Fella.

In addition, they will introduce traditional clothes, art of each culture, characteristic cuisine, and answer questions from the audience at the end of each presentation.

Rising interest and increasing familiarity with foreign cultures would lead to better "chances of peaceful relationships" beyond different languages, cultures, and races, said Fella.

This event occurs every Wednesday at noon to 1 p.m. in the Willamette room (219). All students and staff are welcome to join and bring lunches.

Hesseldahl replaces Mills as editor of The Commuter

By Tim VanSlyke
Of The Commuter

The new year is off to a strange start for the Commuter following the announcement of resignation by Editor in Chief Bill Mills.

Mills resigned last week stating that the difficulties of school, his job and his position as editor were weighing too much on him.

"I hated my miserable life," he said. "I wasn't going anywhere, and I wasn't where I wanted to be."

Mills, who also withdrew from LB, plans to work for while and consider new directions. "It will probably have something to do with music," he said.

Former Managing Editor Arik Hesseldahl, will replace Bill Mills as Editor. Hesseldahl said he would like to improve sports coverage, "that's one area where we have been deficient," he said. "And I'd like to hear more from our readers."

Matt Rasmussen, former Commuter Editor, will be moving into the Managing Editor's position. "There's nothing he hasn't done for the paper," said Hesseldahl. "I know if I have any questions, Matt can answer them."

Commuter news coverage will also be aided by the addition of a USA Today news service on the Macintosh Computer.

"I think it will help us give broader coverage of national events, and occasionally there's a good feature story. I think it's a good investment," Hesseldahl said.

Workshop offered for day care

A six-week Home Day Care workshop for family child care providers is being offered by LBCC and the Mervyn's/Dayton Hudson Foundation through the Family to Family Initiative.

The Home Day Care Series covers ways to increase business, communicate with parents, create a contract, make time for yourself, and balance work and family.

The workshop is scheduled 7 - 9 p.m.

Mondays beginning Jan. 22 through March 5 at LBCC's Family Resource Center on the main campus. Drinks and snacks will be provided, and free child care is available upon request. The cost is \$23 for college credit and \$19 for non-credit. Child care providers registered with the Children's Services Division can save \$9 with a provider coupon.

For more information, call Jayne Dahl at LBCC, 928-2361, ext. 532.



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Recent changes in Eastern Europe National War College affecting U.S.

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WASHINGTON—This May, National War College students were supposed to participate in a war game based on a superpower confrontation in Europe.

The scenario is being rewritten. World events have made the original script unthinkable.

At the National Defense University at Fort McNair here, officers and civilians being trained as future military, intelligence and policy leaders are hustling to keep pace with shifting global politics and looming Pentagon budget cuts.

"World events are an incredible training aid this year," says Army Maj. Gen. Gerald Stadler, war college commandant.

The curriculum for 393 students in the de-

fense university's two schools—the National War College and Industrial College of the Armed Forces—is drawn more from daily newspapers than textbooks these days. Twin forces causing the disruption:

—Rapidly changing international politics, like the erosion of communism in Eastern Europe.

—The inevitability of huge cuts in Pentagon spending and U.S. troop strength in Europe and elsewhere.

Adjustments in courses have reflected the times: This year, war college instructor Stephen Szabo says, 50 students wanted to enroll in an Eastern Europe class; in previous years only about 20 signed up. Two years ago, drug interdiction was not mentioned in classrooms six years ago, terrorism wasn't addressed.



The Commuter/DARIN RISCOL

Tony Pak (above) lines up his shot while Jason Bender (below) slams a shot in the rec room earlier this week. LBCC will be holding a recreation tournament on the 25, 26 and 27 of January.

Recreational tournament features pool, chess, bowling, ping-pong

By David Mihm
Of The Commuter

Pool, bowling, pingpong and chess are some of the games students may select to participate in at the annual campus recreation tournament.

This tournament will be held Jan. 25 and 26 and is open to all students with a 2.0 grade average who are enrolled for three or more credits.

This contest is a preliminary tournament to select the individuals who will represent the school at the regional contest at the University of Idaho, in Pocatello.

Each participant who competes at the campus level must donate a two dollar playing fee to help pay for the cost of the trip, which is free to the regional player.

Each category may have up to two regional contestants depending upon the competitive similarities of the two top individuals.

The event is sponsored by the Association of College Unions International.

The association decided several years ago that colleges needed a sporting event that was not related academically.

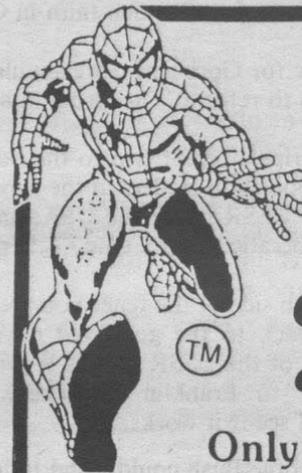
Tammi Paul, Linn-Benton's student activities coordinator, stated, "Each year the participants increase in numbers, and this year we expect the same. Last year we had 60 contestants competing, having 34 of those people competing in pool alone."

People may sign up for the competition Jan. 10 through Jan. 23 in the ASLBCC office behind the cafeteria.

Pool playoffs will be held all day on Jan. 25 in the College Center while chess, pingpong and bowling will be held all day on the 26th. Bowling will be at D&B Bowling in Albany behind Fred Meyers.



The Commuter/DARIN RISCOL



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IN THE LBCC ACTIVITY CENTER

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POINT OF VIEW

COMMUTER EDITORIAL

Cold warriors must holster rhetoric

Just when the end of the Cold War was thought to be at hand, and the vision of a world at peace with itself was materializing, the powers that be in Washington D.C. are preparing to throw us a curve ball in an attempt to keep the Cold War mentality alive.

After leading us to believe Communism was dead and the world was safe for democracy, the administration and people of the Pentagon realized they were about to lose their best trump card.

Checking Soviet aggression and world-wide Communism has long been the fail-safe device used as justification to fund the American war machine over education, welfare and the general good of the American people. Vietnam serves as an example.

Perhaps it's simply the fear of playing a new political game, or a belief that you can't teach an old dog new tricks, that holds the Cold War mentality in place.

One example, Paul M. Weyrich, President of the Free Congress Foundation, voices these beliefs when he warns Americans not to put so much faith in Gorbachev, let alone money or trust.

"This is not the time for us to make life easier for Gorbachev; we should let him stew in his own juices. That is the sure road to reform," he wrote in a nationally published newspaper commentary.

"In his own juices" seems to contradict Weyrich's recent trip to the Soviet Union, during which he counseled democratic opposition leaders in the ways of democracy, American style. The problem is, the USSR is not the USA, and if Gorbachev goes now, so does the concept of democratic reform. One week in the USSR does not an expert make.

Reform can go two ways, depending upon which side of the fence you are on. Communist hard-liners would like to reform back to the good old days of totalitarian diplomacy. They are more in control of the USSR than is Weyrich.

Think of Gorbachev as the Soviet answer to Franklin Roosevelt. He understands the mentality of "try something and see if it works."



George Bush could stand to learn that and much more from Gorbachev. By coming up with new foreign policy ideas to match the growing spirit of internationalism Gorbachev has inspired.

As a nation, we must not allow ourselves to be deceived by conservative rhetoric, paranoid Pentagon officials, and the host of lobbyists representing the military industry. We can live without the Cold War, without billion dollar planes, and without the threat of global thermonuclear destruction. The question is how much longer can we live with it.

BROUGHT TO YOU BY

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, columns and letters reflect the opinions of those who sign them.

Readers are encouraged to use the Point of View page to express their opinions on campus, community, regional and national issues. Letters to the editor should be signed, with a phone number and address, and limited to 250 words in length. Guest columns may be longer, but should be discussed with the editor in advance.

Correspondence should be addressed to The Commuter, 6500 SW Pacific Blvd., Albany, Oregon 97321. Phone (503)

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MAKE MY DAY II

NO MORE MR. NICE GUY



ed Stein '89
Rocky Mtn. News - Nea CPS

COMMENTARY

Dr. King's philosophy inspiring, but mandatory homage disturbing

By Kathe Nielson
Of The Commuter

"An abiding expression of man's higher spiritual nature is his freedom. Man is man because he is free to operate within the framework of his destiny. He is free to deliberate, to make decisions, and to choose between alternatives."

Dr. Martin Luther King Jr. -1959

I first became aware of the program planned to honor Dr. King when I saw it listed on the storyboard in the Commuter Office. It sounded like an event that I would like to both cover for the newspaper and participate in myself.

Then, I saw the posters around campus outlining the program and I decided to go.

Next, I was required to attend. The director of the Family Resource Center and instructor for the Monday seminar of my Living and Learning with Preschoolers class determined that the class would fulfill the seminar hour by being required to attend, by being required to celebrate Dr. King's birthday.

That's when I decided not to go.

As a child of the 50s, a radical of the 60s, a flaming liberal of the 70s and a mellowed middle-of-the-roader of the 80s, I had wondered what the 90s would bring. By my reaction to this incident it would appear that I've entered a period of

principle. The re-emerging ideals of honor, courage and conviction that had echoed around inside me had been originally instilled by the highly principled influence of Martin Luther King Jr., John Kennedy and Bobby Kennedy.

Their quality civil rights lessons cannot be denied. They have such strength and power, they will not be denied. Their lesson on life, their words, live on. The men do not.

Heroes are hard enough to find; wisemen, next to impossible. Had attendance been offered as an option rather than a dictate, surely my response would have been different. As it stands though, I strongly believe that no one can determine when or why I choose to pay homage to those heroes.

And so, I deliberated, I made some decisions and I made my own choices. I choose to "make up" an hour of seminar time and not to write the story covering the program. I choose to revere Dr. Martin Luther King Jr. and hold him hero but, I choose not to attend.

"Because they believe that man has no freedom, they wait for external forces to decide for them..."

Some of us, of course, will die without having received the realization of freedom, but we must continue to sail on our charted course."

Dr. Martin Luther King Jr. -1959

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Rick
THE
STUDENT REVIEW
STUDENT CHRONICLE CPS

Students express concern for environment

By Pete Wisniewski
Of The Commuter

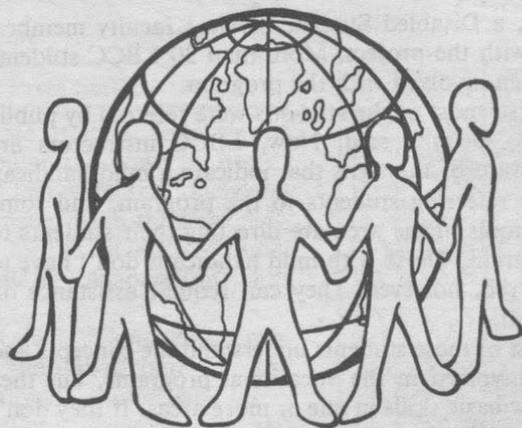
Last Friday, a diverse group of individuals concerned about the state of the environment met on campus to organize in preparation for Earthday 1990. Their next meeting is today (Jan. 17) from 2:30 to 4 p.m. in Takena 213.

Organizers Carole Trueba and Natalie Cutsforth, both LB students and social activists, told the 15 students, instructor, and faculty advisor who attended that they hoped to see a local Earthday develop into a community-wide event that would help galvanize support and interest in protecting the Earth, and mobilize people toward finding effective solutions.

Earthday '90 will mark the passage of 20 years since the first Earthday, April 22, 1970, was originated by Senator Gaylord Nelson, who called for a constitutional amendment guaranteeing every American "an inalienable right to a decent environment." Since then, Earthday has been observed around the world, and events demonstrating public concern are being planned in cities, colleges and churches in at least 84 countries this year.

Those attending the LB meeting expressed a wide range of concerns about environmental issues. Richard Liebart, a biology instructor at LB for 10 years, said, "This is my thing. I have watched the environment slide downhill for the last 15 years." He sees Earthday '90 as a celebration of rebirth of a world-wide ecological awareness and respect for the environment.

Melissa Schmaedick expressed concern over the state of the Earth and seeing it "run-down." She said that her travels—especially her experience living in the Netherlands, where she said people take the environment quality more seriously—made her realize that



Americans need to alter their lives and way of thinking about the Earth. She said it is very important for us to educate ourselves about environmental issues. Her goal is to help people become more aware of the consequences of our actions, she said.

Helen Huddleston, a second-year environmental science student, said that "I'd like to make a difference. It's time to take a stand."

Catherine Lovelle agreed that it is vital for more people to be aware and take individual responsibility for doing what they can. "I have a son, and we are going to leave him a bunch of shit if we don't get our act together," she said.

"I'm ready," added Jill Shinkawa, a graphics art student. She said she wants to learn how to tell others about the need to develop sensitivity to the environment without getting angry, and hopes to use her graphic skills to reveal the fragile beauty of our land and forests.

Ann Marie Bidy said, "I have three young children, and I need to do my part. I want to make a commitment."

Steve Fenno said, "I'm sick of standing on the sidelines. I want to do something to help."

Laura Royer Burt, a student at LB for one year and a mother of two children, is active in the peace movement, which she sees as being very closely connected to the environment. "But environmental concern precedes nuclear and peace issues," she said. "We need to work on it every day, and Earthday is a good reminder."

Sandy Foster, an LB student and mother, said "I am a veteran of Earthday 20 years ago."

Rusty Burton, a long-time LB student and agriculture major, said "I haven't really been active in the environmental scene. I come from a ranching family, and am angry at how our fore-fathers have turned our world upside-down."

After everyone introduced themselves, a 20-minute brainstorming session followed, in which ideas for local Earthday projects were suggested. Those ranged from the creation of a natural-study area on campus to a series of lecture programs, and included such things as setting up recycling bins and information, conducting an environmental audit of the campus, suggesting library resource additions, starting a large tree-planting project, having an environmental art exhibit, organizing a trip to an old-growth forest, and featuring an Arts and Drama presentation.

Trueba said she was really impressed with the energy and range of experience of those who attended, from relatively new environmental activists to sophisticated veterans. Most of those present signed a declaration of intent to establish themselves as members of a club, tentatively known as "Earthday 1990 Celebration."

Students and staff interested in becoming involved in the club on Earthday 1990 are welcome at today's meeting at 2:30 in Takena 213.

Students given access to international news service

By Lynne Griffith
Of The Commuter

International media wire services are available for student use following the addition of a new program in the LBCC Instructional Computer Lab that receives a direct feed from TCI Cablevision of Oregon.

According to Paul Snyder, LBCC media specialist, "The system allows access to several foreign wire services, sports, weather, and Standard & Poor's stock reports."

"The X-Change software program sorts the information into categories that can be accessed and read through the computer by using key words," said Snyder.

Some of the wire services available are TASS from the Soviet Union, Kyodo from Japan, and Xinhua from the People's Republic of China. News is also available from Canada, Mexico, West Germany, and France.

Larry Schuetz, an Instructor in the Business Division, said "This program will allow us to move toward the 21st century. In the future the classroom will have instant access on a global basis." He also said that students have a need for more immediate information than is available from textbooks that are out of date by the time students buy them.

"This new service will help us meet the needs of students. It is a great way to supplement the texts because it enables us to talk about things going on right now," said Schuetz. He added that "this type of service will change both the teaching industry and the publishing industry."

Students in the Business Division will access the program on stock reports to build a portfolio. The X-Change software

program takes 15 minutes to access current stock reports which is much better than reading the reports a day later in the newspaper, according to Snyder.

Instructor Schuetz plans to use the program on a trial basis during the summer term. If all goes well, he hopes to use it for most classes next fall. Eventually, a classroom in the Business Division will be equipped with computers hooked up to this system, said Schuetz.

Snyder added that he would like to see a terminal set up in the LRC for student use. He said he thinks the service will be good for international students who want to read the news from their countries as it is reported there.

Snyder said, "This service allows students in all fields to follow major news

events from several different perspectives. I think that it will be particularly useful for political science students. They can get material for papers from the perspective of the country they are writing about as well as from the perspectives of other countries."

The program is available on one computer in the Instructional lab (Forum 204). Students interested in using this program should talk to Dietrich Schulz in the computer lab.



"John Nilsen also proves that he's an effective performer. Nilsen achieves a kind of unity that listeners are sure to appreciate."

-Keyboard Magazine-

Jan. 24, 1990

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Faculty members attend program to help youths

Two Linn-Benton Community College faculty members, Paula Grigsby and Jan Krabbe, were among the nearly 100 directors of federally funded model educational programs to attend a recent conference presented by the University of Illinois' Secondary Transition Effectiveness Institute.

At the workshop, Grigsby and Krabbe exchanged ideas with their counterparts, received updated information about the Institute's activities and participated in work sessions with staff members from the Office of Special Education and Rehabilitative Services.

Grigsby, coordinator of LBCC's Disabled Student Services, is director of the Vocational Access Program, which is in its second year of a three-year grant. Jan

Krabbe, a Disabled Student Services faculty member, assists with the project. More than 30 LBCC students have been involved with the program.

At first, most of the students were referred by public agencies, Grigsby said. Now, LBCC instructors are more aware of the signs that indicate a mild handicap and are referring students to the program, and some high schools in the area are directing their students to the program. Those with mild handicaps don't have to be referred, however. They can request assistance on their own.

"Most of these students understand the concepts and theory involved in the vocational programs, but they have low basic skills in one or more areas. If they don't

receive assistance, they become frustrated and drop out of school," Grigsby said.

"We can provide them with intensive support. We have a tutorial lab set up; we can provide note takers and readers. We have even rewritten text material so that it has the same meaning, but with a lower readability level. We can provide recording equipment for taping lectures, and we have readers who will record textbooks," Grigsby said.

Students in the program are enrolled in a variety of vocational fields, including culinary arts, animal science, horticulture, auto body repair, refrigeration/heating/air conditioning, graphics, office/clerical, manufacturing technology and automotive technology.

Classical pianist plays on campus next Wednesday

By Cynthia Soper
Of The Commuter

Contemporary solo pianist, John Nilsen, will bring his brand of classical and jazz music to the Fireside Room's lunchtime crowd on Wednesday, Jan. 24.

Nilsen, a resident of Ashland since 1974, began playing the piano at the age of 6. Continuing his music talents into his teens, he tried rock and roll, but settled back into playing and composing his own music on the piano.

Nilsen, who is ranked among AEI-Music's top contemporary pianists, has recorded four albums.

"John is well received by his audience. The room is actually quiet because the people are really listening," said ASLBCC activities coordinator Darcy Ketchum.

Nilsen will answer questions after the free performance, which begins at noon. He will also be selling compact discs featuring his four albums.

LB class offered to renew liquor licenses

An "Alcohol Server Education" class that meets Oregon requirements (Senate Bill 726) for renewing liquor licenses and service permits will be offered today from 9 a.m. to 4 p.m. in Boardrooms A and B (CC 103 A & B).

Workshop topics include identification of minors, methods of intervention, Oregon's revised Driving Under the Influence of Intoxicants (DUI) law and the civic liability of alcohol servers. During the workshop, participants will complete the Oregon Liquor Control Commission (OLCC) exam, which will be mailed to the OLCC for scoring.

Cost of the workshop is \$20, which includes workshop materials and lunch. Payment must be received three working days before the workshop unless other arrangements have been made.

The workshop also will be offered on Feb. 7 and March 7 at the same time, location and cost. At the request of a business owner or manager, the workshop also can be held on site.

For more information or to register, call LBCC's Training and Economic Development Center, 967-6112.



The Commuter/JESS REED

Student Bonnie Peterson points out the different products that contain caffeine in her display in the Science Technology building.

Health **Works**
L.B.C.C. WELLNESS PROGRAMS

Caffeine: Bad antidote for sleep

By Susan Osburn
Of The Commuter

"Caffeine: An Acceptable Drug Habit?" is the theme of a current display at LBCC ST Room 117.

Available for viewing until spring break, the informational display features a comparison of caffeine amounts found in common beverages. Also, the physiological effects of the stimulant are listed.

Leroy Heaton, LBCC instructional assistant, and lab assistant Bonnie Peterson used a dehydration process to extract caffeine from coffees, tea and cola. The extraction residue was left in beakers, labeled, and displayed so observers can see the caffeine result.

Heaton said that the increasing scientific focus on caffeine prompted him to perform his own research. His project concluded with the following: Decaffeinated coffee — 3 milligrams per cup; regular coffee — 85 to 250 milligrams per cup; tea — 21 to 46 milligrams per cup; cola — 30 to 90 milligrams per 12 ounces.

When asked about his findings, Heaton said, "250 milligrams of caffeine is a considerable amount — that's a quarter of a gram."

According to the Federal Food and Drug Administration, caffeine doesn't appear to have serious detrimental effects at low doses. However, the FDA claims that high doses of caffeine (10 to 15 cups per day) can cause "caffeinism" — a disorder with symptoms of anxiety, insomnia, irregular heartbeats and irritability.

Questions continue to be raised over whether decaffeinated coffee is healthier to drink than regular coffee. Heaton said his research indicates that caffeine is extracted from regular coffee by using volatile solvents. He said there is a possibility that solvent residues remain in the coffee after extraction, "I'm not sure how much of that solvent remains or how much of it would be harmful," he said.

Last year, Dr. Robert H. Superko, directing caffeine research at Stanford University, found that people who switched to decaffeinated increased their cholesterol an average of one percent.

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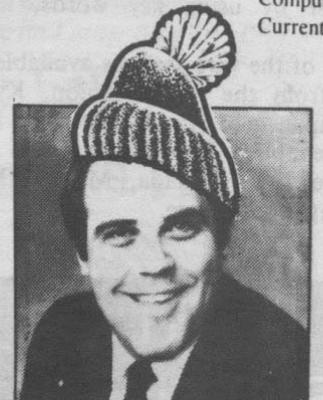
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NEWS ANNOUNCEMENTS

SPANISH TABLE: Join us in the cafeteria to chat in Spanish. Look for the table with a flower—Every Wednesday at 12:00.

SUPPORT FOR EX-SMOKERS

The LBCC Women's Center is hosting a Smoker's Anonymous Group. The open discussion meetings are being held on Fridays at 12:00 noon for ex-smokers and those with a desire to stop smoking. Both men and women are invited to join us. Room HO 201A.

Diets Control your life?

Overeating compulsively? OA is for you — Meets every Wednesday on the main campus from 12-1 in B 101. For information call x 327.

Come and join us every Friday at noon in the cafeteria and get together with the International round table. You will have a chance to ask questions and share international experiences and culture with students from different countries. If you have any questions about this. Please contact Dania Samudio Ext. 150 or Charlene Fella Ext. 238

Want to learn more about another culture? Want to share your culture with others? We are looking for LBCC students to serve as "peer mentors" for International students. Interested? Contact Dania Samudio at Ext. 150 or Charlene Fella Ext. 238.

BOWLING CLUB! If you are interested in bowling and having fun, then help create a bowling club at LBCC All skill levels are welcome. There will be two tournaments this school year. One is worth scholarships to bowlers. If you have questions or are interested in joining, please call Melanie at 929-5900

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"ATTENTION - HIRING! Government jobs - your area. \$17,840 - \$69,485. Call 1-602-838-8885 Ext. R 18813.

Jocks feeling lonely in their popularity

By Dacia Dorries
Of The College Press Service

Big-time college athletes, long viewed as the most popular and powerful people on campuses, in fact often feel lonely, exploited and alienated from their coaches, a report issued by the NCAA (National Collegiate Athletic Association) has found.

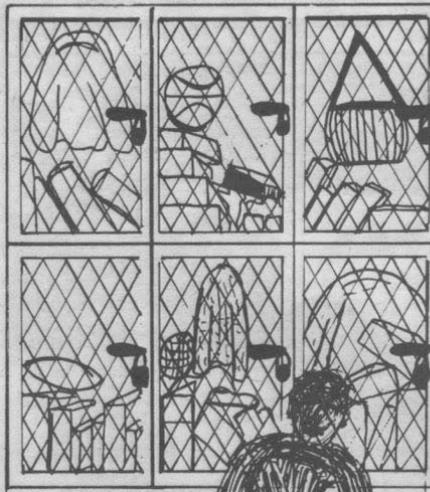
The report, called "Comments From Students," is the final part of the NCAA's "National Study of Intercollegiate Athletics," launched by the NCAA's ruling Presidents Commission. The report is the subject of a meeting this month, in which the commission is expected to decide whether to shorten the NCAA basketball season and football practice.

After reading the comments from 1,789 athletes at 42 NCAA Division I schools, Presidents Commission chairman and University of Nebraska-Lincoln Chancellor Martin Massengale concluded, "We have to take steps to improve (college athletic programs). Athletes need time to be students."

In their anonymous comments, gathered for the NCAA by the American Institutes for Research, the students complained of feeling isolated, of not being a part of any non-athlete social life, of suffering racial epithets, of having little time to study and of being physically abused by their coaches.

"The pressure the coaches put on us to win at times has resulted in physical violence, such as punching and slapping by the coaches. Some days the coaches make you feel as though you are a part of a large herd of animals. In other words, they treat you like a piece of meat," wrote a football player.

Among some of the other players' comments published in the report were:



JoLynn

"They say that I am a student-athlete, but really I'm an athlete-student. They lied to me on the recruiting trip. Football is the Number One thing here."

"The coaches should have a more personal and sympathetic attitude toward the athletes, not treat us like pieces of meat," said a freshman football player.

"The atmosphere at practice and games is very tense. Coaches are so caught up in winning, they project a very tight attitude toward players. They need to relax."

Those feelings weren't exclusive to football players.

One woman who plays in a non-revenue sport wrote the term "student-athlete" is an oxymoron, and that "the athlete who cares about maximizing her education is in a constant tug-of-war match between

studies and her sport."

"One problem I see with the student-athlete concept is that while coaches stress the student aspect, they aren't always true to their word," wrote a female basketball player.

The majority of athletes quoted in the report were critical of their coaches, saying they exert too much pressure with too little understanding of personal problems or academic demands.

The comments "probably reflect the relations that coaches and athletes have in Division I schools where sports is a big business," said James Frey, a sports sociologist at the University of Nevada-Las Vegas (UNLV).

"I think their concerns certainly have some validity," said Ed Tapscott, head basketball coach at the American University in Washington, D.C.

"With all the pressures of revenue sports, it's easy for students to get the impression that coaches are not concerned with their well-being."

Many of the adults who run such programs, however, don't believe athletes' lives are as bleak as the report portrays them to be.

Roy Love, athletic director at Portland State University in Oregon, said most coaches do care about their students.

"For every coach who doesn't have any student empathy, there are many others who do."

The complaints, added Susan Gibbs, assistant director of athletic and academic services at the University of Louisville, a perennially top-ranked basketball power, might simply be isolated comments.

"I could see where (athletes) begin to feel they don't have a life of their own," she said. "That happens to a lot of people — such as secretaries — who have to answer to other people."



SUMMER JOBS LISTING

LBCC STUDENT EMPLOYMENT CENTER
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The Dept. of 4-H and Youth Development, Oregon State University
National Park Concessions, Inc., Mammoth Cave, Kentucky; Big Bend, Texas; Isle Royale, Michigan; Olympic National Park, Washington; Blue Ridge Parkway, North Carolina - Virginia
TW Recreational Service Stations, Yellowstone National Park
Yellowstone National Park Service Stations, Yellowstone National Park
Hamilton Stores, Inc., Yellowstone National Park
Mount Rushmore Mountain Company, Inc., Keystone, South Dakota
Presbyterian Outdoor Ministries, Buck Creek, Sound View, Washington
Nanny Network, Inc., Connecticut

For more information and application packets see Angie or Marlene in the LBCC Student Employment Center, Tadena Hall first floor.

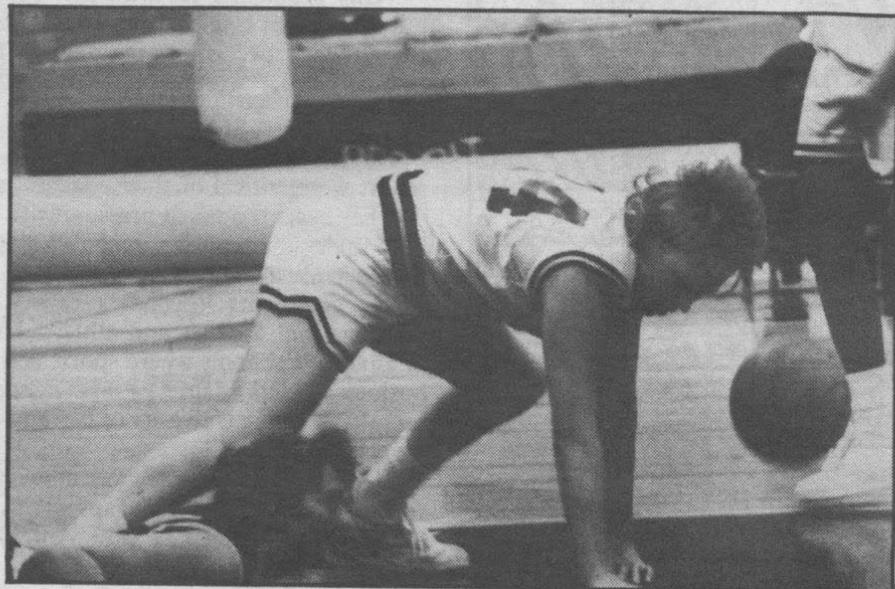
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SPORTS PAGE



The Commuter/JESS REED

Roadrunner Michelle Derry shows her determination as she chases a loose ball in the Roadrunner's victory over PCC last Saturday.

Derry leads women to wins

By Kofi McPherson
Of The Commuter

After a slow start in Southern Region play, the Lady Roadrunners picked up two important conference victories last week.

Wednesday night they played host to Southwestern Oregon Community College.

"We've been in a slump lately, but everybody really came to this game ready to play," Coach Debbie Prince said of LBCC's 99-54 romp over SWOCC.

The Roadrunners full-court pressure created problems for SWOCC and completely took them out of their game allowing easy buckets and well rounded scoring for the Roadrunners.

"We've had five players score in double figures and that pleases me, because it shows that everyone contributed," said Prince.

Leading scorers for The Roadrunners were Michelle Derry scoring 26 points and Monica Straws, back form ineligibility to help with the scoring with 24 points.

Jennifer DeJong enjoyed her best game of the season scoring 14 points and sweeping the boards for 11 rebounds.

"I felt good coming into tonight's game and I used my height advantage effectively to get rebounds and score a few points," said DeJong.

Saturday night the Roadrunners improved their conference record to 2-2 as they handed a defeat to Portland Community College 81-59.

Just as they did against SWOCC, the Roadrunners used their relentless pressure to wear down their opponent, "We were able to make some key steals and that hurt them, and we killed them on the boards," said Prince.

The Roadrunners outrebounded PCC 48-26, and Derry enjoyed another fine performance scoring 30 points and grabbing 17 rebounds. Straws chipped in 19 points to seal the victory.

The Roadrunners play host to Western Oregon State College JV's Tuesday at 7 p.m. Scores for that game were unavailable at press time.

Men win two straight

By Keven Porter
Of The Commuter

Chris Whiting and Mike Hall combined for 49 points and 21 rebounds to lead the Roadrunners to a 76-63 victory over Portland Community College Saturday night.

LBCC improved its season record to 8-8 overall and 2-2 in the NWAACC with the win.

"We are finally coming together as a team," Steve Seidler, Men's basketball coach said. "We lost seven of the original 12 players because of grades and disciplinary reasons."

Seidler said it's nice to be on a winning track and hopes the team can stay on it.

Todd Karo finished with 10 rebounds and Cory Badger had seven points and

five steals in the PCC game.

Earlier in the week LBCC downed Southwestern Oregon Community College 72-67.

In that game, Whiting scored 22 points and had 17 rebounds to lead the Roadrunners. Hall finished with 19 points and Badger added 12. LBCC outrebounded SWOCC 44-22 and held them to 41 percent shooting from the field.

Linn-Benton travels to Mt. Hood tonight and then plays host to Chemeketa on Saturday.

Seidler said the team hasn't had much public support and to beat undefeated Chemeketa the gym will have to be packed, adding that the team will have to play its best game of the season.

"It helps to get support from the public," Seidler said.

Men:

Southern Oregon 67, LBCC 72

LBCC (72) — Anderson 2, Ecker 6, Whiting 22, Hall 19, Henderson, Karo 5, Allen 6, Wechter, Badger 12.

SWOCC (67) — Foren 7, Warick, Godfrey 12, Davenport 15, Tuuttila 4, Hightower 9, McCalister, Kellar 7, Meserole 5.

3-point goals: LBCC (0-5) Hall 0-4, Allen 0-2. SWOCC (3-14) Foren 1-4, Davenport 1-3, Tuuttila 0-4, Meserole 1-3.

Portland 63, LBCC 76

LBCC (76) — Allen 2, Whiting 25, Wechter 3, Henderson 4, Anderson 2, Hall 24, Ecker 2, Badger 7, Karo 5, Esplin.

Portland (64) — Smith 18, Scott 15, Gill 12, Krumond 8, Terry 6, Sillet 2, Fraser, Williams,

3-point goals: Linn-Benton (4-5) Alcen 1-1, Wecher 1-1, Hall 2-3. Clackamas (7-15) Daniels

3-6. Bartel 1-3, Osborne 1-3, Nosland 2-3.

Women:

SWOCC 55, LBCC 99

Linn-Benton (99) — Torrez 11, Slack 4, Downie 12, Dejong 14, Orchard 8, Straws 24, Derry 26.

SWOCC (54) — Gunnell 14, McKeown 2, Hoppins 2, Hill 2, Boquist 15, Harris 6, Bachioh 5, Munson 2, J. Harris 6.

3-point goals: LBCC (2-5) Torrez 1-1, Downie 1-3, SWOCC (0-2) Hill 0-1, Boquist 0-1.

Portland 59, LBCC 81

LBCC (81) — Torrez 2, Slack 2, Downie 10, Dejong 12, Orchard 6, Straws 19, Derry 30. Portland (59) — Paulson 8, Oja 18, Hough 15, Athey 6, Williams 8, Kounts 4.

3-point goals: LBCC (3-7) Torrez 0-1, Straws 1-3, Downie 2-3.

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