

New rules affect financial aid recipients' credit loads

By Sharon SeaBrook
Staff Writer

A new federal financial aid regulation is rewriting the rules for second-year at LBCC. The new rule affects students who have accumulated 120 credits or more.

Starting this year, the U.S. Department of Education is requiring college financial aid departments to use the number of credit hours instead of the number of terms attended as the ceiling for awarding aid.

This means that students who have completed 120 hours or who will do so soon are facing the end of their financial aid.

Each college sets its own maximum credits allowed. Other

colleges in Western Oregon including Clackamas, Mount Hood, Chemeketa, and Lane allow only 108 credits to accumulate on student transcripts before students lose their financial aid.

"We realize that extenuating circumstances sometimes prevent students from obtaining a degree, such as illness or a change of major," said Sally Wojahn, LBCC Financial Aid coordinator. "These people may petition for an extension of financial aid."

So far about 25 students at LBCC have applied for the extension and 22 have received it.

"If a person does not qualify for the Pell Grant, it doesn't mean they cannot receive other sources of financial aid," explained Wojahn. "People need to come in and talk with us so we can explore the financial avenues that are available."

The LBCC library has several books on possible scholarships. "For those people who don't want to spend hours thumbing the pages, we have computers to print out scholarships available in a particular major," said Jeff Beck, president of Scholarship Matching Service in Corvallis. "We encourage people to inquire about the numerous scholarships and grants available to them."

Wojahn encourages students to follow these guidelines when applying for financial aid.

*apply in January for fall-term.

*read carefully all the information sent to you.

*respond, sending back all necessary information as soon as possible.

*ask questions about anything that is unclear.

*do not get discouraged.

THE COMMUTER A Student Publication

Linn-Benton Community College, Albany, Oregon

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Library lands big grant

Linn-Benton Community College, as part of the Marine/Valley Health Information Network, has received an \$82,962 grant from the National Library of Medicine.

The Medical Library Resource Improvement Grant will be used to purchase health/medical publications and books to update the collections of member libraries according to Charlene Fella, project coordinator for the network.

A needs assessment survey completed last spring, through a similar grant awarded the network a year ago, showed that the member institutions were generally collecting the same subject areas.

As a result, the same medical topics were missing at all the libraries, creating information gaps for the local health care community, Fella said. With the new grant, the network will be able to start filling those gaps.

Members of the original network formed in July 1983 were Albany General Hospital, LBCC, The Corvallis Clinic, Good Samaritan Hospital in Corvallis and the Lebanon Community Hospital.

Since that time, eight other institutions have joined, including Oregon State University, Chemeketa Community College in Salem, Valley Community Hospital in Dallas, Salem General Hospital, Pacific Communities Hospital in Newport, the State of Oregon Library, Marine Science Center in Newport, and the Environmental Protection Agency Library in Corvallis, the network's newest member.

'Pass The Buck' system invites student concerns

By Jon Lowrance
Staff Writer

The pass-the-buck system for registering complaints or offering suggestions and compliments is running smoothly so far this year, according to Mary Coleman, coordinator for Student Activities.

She said there have been some incidents of bucks being defaced or torn down, but she hopes that once students realize the importance of the bucks they will leave the bulletin board alone.

Although the bucks are used for complaints, Coleman stressed that they exist "not just for complaints, but as a vehicle for communication." Compliments and suggestions are encouraged.

Jackie Cherry, chairperson for Student Services, said that the bucks give students a voice.

The bucks first go to the Student Organization office where Cherry looks them over and weeds out any that prove unacceptable. If the buck appears debatable, both Cherry and

Coleman decide if it should be posted. Only constructive comments are accepted, Coleman said.

Next, Cherry posts the buck on the bulletin board in the College Center lobby. At this time Cherry delivers a copy of the buck to whoever it was directed to.

Coleman and Cherry expect the person receiving the buck to send back a response. If the response doesn't reach them within two weeks a follow-up will be initiated.

Coleman said that so far response to the bucks has been good.

She said that LBCC was the first community college in Oregon to implement this type of communication system. The system was put into effect during the 1977-78 school year, after student council members heard a presentation of the idea at a conference.

There are pass-the-buck drop boxes in each division on campus, as well as at the LBCC Community Education Centers in Lebanon, Sweet Home and Corvallis.



Photos by G. A. Petroccione

On The Block

This past Saturday the LB Horticulture Club spent the day splitting the remains of the oak tree that was felled in the northeast campus by last spring's Aborigiculture II class. The split wood is the prize in a benefit drawing for the club to be held at the Fall Fruit show on October 25 in the ALSEA—CALAPOOIA ROOM. One of the members is shown here taking a healthy cut to drive a wedge into the oak round.

Donors sought for blood drive

By Joyce Quinnett
ASLBCC Representative

The Linn-Benton Community College blood drive will be held Monday, October 21 in Boardrooms A and B.

Sign-ups will take place October 14-16, outside the Commons from 9:30 a.m. to 3 p.m. and in Takena Hall

during the noon hour. For students who cannot sign up during those specific hours, drop in at the Student Organizations Office, CC213, Thursday, October 17 and sign up.

A goal of 145 pints is set for this year, says Lily Winans, student council representative in charge of the drive.

During the summer the Red Cross

was put on alert several times because their blood supply was dangerously low.

Juice and cookies will be provided to each donor after blood is taken.

The LBCC Student Council sponsors the drive at the college each year.

Any one with questions can contact Winans in CC213.

Perspectives

Live for today, forget the rest

There are two days in every week about which we should not worry, two days which should be kept free from fear and apprehension.

One of these days is yesterday with its mistakes and cares, its faults and blunders, its aches and pains. All of the money in the world cannot bring back yesterday. We cannot undo a single act we performed; we cannot erase a single word we said. Yesterday is gone.

The other day we should not worry about is tomorrow with its possible adversaries, its burdens, its large promise and poor performance. Tomorrow's sun will rise, either in splendor or behind a mask of clouds—but it will rise. Until it does, we have no stake in tomorrow, for it is as yet unborn.

This leaves only one day—today! Any man can fight the battles of just one day. It is only when you and I add the burdens of those two awful eternities yesterday and tomorrow that we break down.

It is not the experience of today that drives men mad—it is remorse or bitterness for something which happened yesterday and the dread of what tomorrow may bring.

Let us, therefore, live but one day at a time.

Adapted from Robert J. Burdette, "The Golden Day"

THE COMMUTER A Student Publication

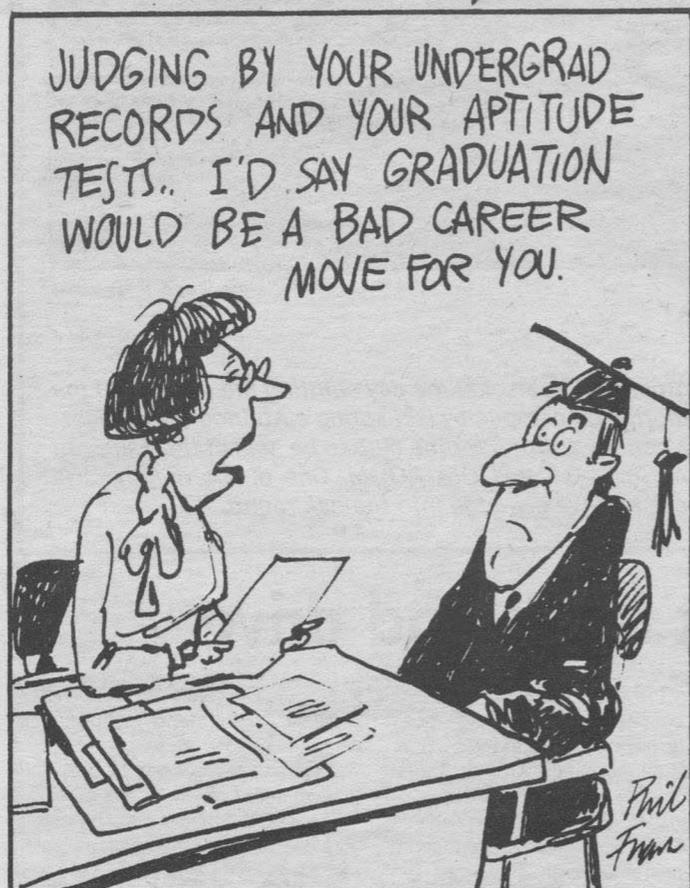
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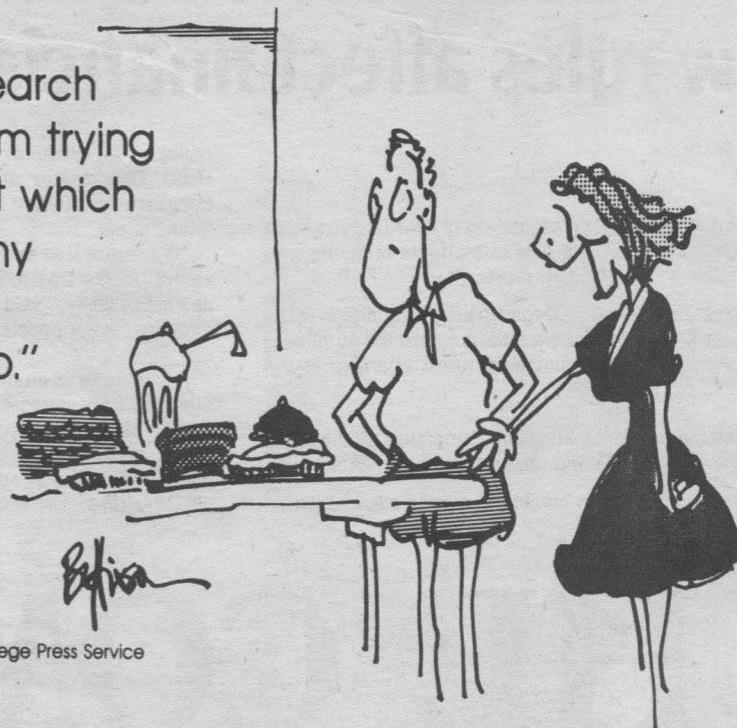
Frankly Speaking

by Phil Frank



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"It's a research project. I'm trying to find out which desserts my thighs are immune to."



College Press Service

Guest Column

Let your voice be heard-volunteer

By Joyce Quinnett
ASLBCC Representative

One thing I have learned so far this year in student council is that the council does not stand on it's own. We need the support of all of the student body to make everything run smoothly.

Our last meeting made me think hard about this fact. We need student volunteers for our committees. I'm sure you have seen signs around campus asking for help in a lot of areas.

For instance, the Activities Committee needs students to offer ideas and help plan upcoming events. If you don't know anyone around the school, this would be a good way to make friends.

Tim Bauer, head of the committee has set up another planning meeting on Tuesday, Oct. 22, at noon in the Student Organizations Office, CC 213.

If you don't let us know what your ideas are, you, as the student body, will be the losers. Only the ideas of people who know how to use the system will usually be accepted or listened to. It is your responsibility to let us know what is wanted and needed on campus. Not just a few should represent you.

The blood drive is set for next Monday, October 21 from 8 a.m. to 2:45 p.m. This is a great opportunity to show the whole community we can pull together and do something that really matters for others.

The Red Cross has been on alert this summer because of a shortage of blood in storage. Lily Winans, head of the blood drive committee, says that we need 145 pints just to be cost effective for Red Cross to come to the college. However, we are trying for 190 pints. If you haven't

signed up yet, there will be a table next to the Commons on Wednesday, October 16 from approximately 8 a.m. to 3 p.m., and in Takena Hall during the noon hour.

The float we are sponsoring in the Veteran's Day parade is another great way to show our neighbors in the community we can work together.

If you are a member of a club on campus, talk to the other members about helping with planning or decorating. We would also like one member from each participating club to ride on the float.

The theme of the parade is "Freedom and Justice for all." We have added a little to that by tacking on the words "in all endeavors." We want to show the people at the parade that we send well-trained people out into the workforce of the community to add to our economy, not just that we ask for tax levys from time to time. We want to show that their tax dollars are being spent effectively.

The week of October 21-25 is Classified Appreciation Week. This will be a great time for each student on campus to thank the people who keep the college running so smoothly. We all have our favorite secretary or ground-keeper or cook on campus. You know, the person who always goes just a little farther to help you out. Next week will be the time to do something a little special for them. Go ahead...make their day.

As you can see the council is very busy right now. But without the support of all students on campus, we can't do much.

Something else to remember is that only the people with the loudest voices are heard in a crowd. That doesn't mean they sing better, it just means they know how to be heard.

If you have ever wanted to volunteer, now is the time! Don't let the 'sour' voices do the jobs that your sweet voices can do better.

Oops!

Although some people on campus might consider LBCC's tennis courts a real treasure, they are not being resurfaced in gold.

The price quoted in last week's Commuter for the resurfacing job may have led you to believe that.

The cost of the job is \$30,800, not \$380,000.

Sorry.

Letters

Writer returns for another year

To the Editor:

Hello out there. Surprise. I'm still going to school and I see a lot of familiar faces. Also I see a lot of people going to the evening classes. It is really great to have the parking lot so well lit. I really appreciated that when

I attended rehearsals for observations.

The beauty of the changing colors of fall are indescribable, and it brings to mind the forth-coming holidays which, to me, are so exciting.

So now pay attention to your teachers, study your textbooks and by so doing you will come closer to your goals.

Thank you for listening.

Mary Millis
Student LBCC

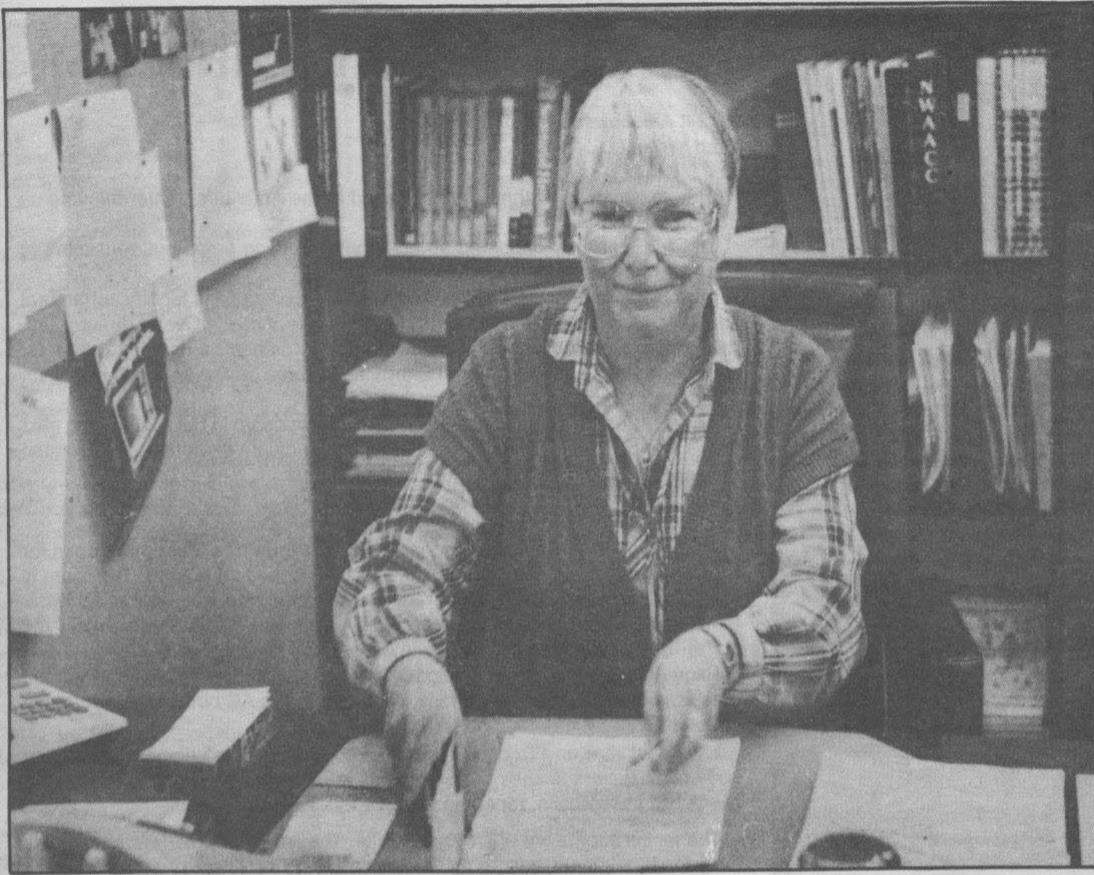


Photo by G. A. Petroccone

Patsy Chester, an 18 year veteran at LBCC has been named director of the Business Division. Chester, a former chairperson of the secretarial services department, was interim division director last year, but the appointment was made permanent this year.

New director means business

By Lisa Hall
Staff Writer

Patsy Chester said that as newly appointed director of the Business Division at LBCC she wants to make sure that students are getting as much as they can from the division.

Chester, who has been at LB since 1967, was chairperson of the Office Technology department, one of three departments now under her respon-

sibility as director. After spending a year as an intern with former director, Phil Clark, she was appointed to her present position in September.

She said that keeping up with technology is one of her main goals. Thirty computers were installed here a couple of years ago and she would like to see more installed in the future.

Chester is looking at another program that would give college credits to high school students. They would

have to do college-level work and pass a test. She is also working with students to try and help them schedule classes so that when they transfer to a four-year college they will have their freshman and sophomore years completed and won't have to repeat any classes.

Besides looking after student's welfare, Chester is also responsible for the business division faculty. She hired two new faculty members this year.

DECA raises funds for conferences

By Betty Tillotson
Staff Writer

Last week's hamburger sale in the courtyard was sponsored by LBCC's chapter of Distributive Education Clubs of America (DECA). Jay Brooks, chapter advisor, projected that profits from the sale would be \$250 to \$300.

According to Brooks, DECA is an international vocational student organization in marketing. It has chapters in both the United States and Canada. There are five divisions and LBCC belongs to Delta Epsilon Chi.

Students can earn two transfer credits through DECA. Projects are picked, planned and carried out by students. Brooks said that valuable marketing skills such as buying goods to market, pricing, and staffing for the sales are learned through these projects.

"Members gain practical experience not found in any

textbook," he said.

The Christmas season will bring a shopping spree raffle and Santa's photo booth.

Profits from sales projects are used to help chapter members attend conferences. This year the Fall Leadership Conference will be held at LBCC, Oct. 18 and 19.

The Western Regional Leadership Conference (WRLC) will be held in Cheyenne, Wyo.

The State Career Development Conference, Feb., 21-23, is a competition with other schools in the state. Areas of competition include advertising services, apparel and accessories, finance and credit, and food marketing. Winners will go to the national competition, April 30, May 1-4 in Atlanta, GA.

Students interested in business, hands-on experience, leadership skills, travel opportunities and a chance to meet other like-minded people should see Brooks in B206 about signing up.

Local dentists offer free check-ups for children

By Judith Smith
Staff Writer

The Albany Dental Group 827, S.E., Albany, Oregon, is offering free dental check-ups for children ages 3-15, on Saturday, Oct. 19, from 9 a.m. to 3 p.m. Check-ups will be given on a first come, first served basis.

According to Judy Hickam, public relations and treatment facilitator for the clinic, dentists Vernon Kutsch,

Walter Manning, Robert Rondeau and Douglas Fry will perform dental exams, orthodontic exams and give x-rays as needed.

They are offering the free clinic to aid unemployed parents in providing dental care for their children.

She said that when parents lose their jobs many also lose dental insurance and have no money to pay for check-ups. They often don't take their children to the dentist until they are in pain, which can make the first visit

a threatening experience.

Hickam said that the free clinic is their way of saying thank you and a way of paying the community back for the support it has given the group in the past.

She said she also hopes that parents will make additional appointments for any dental work that needs to be done.

The Albany Dental Group plans to run the free check-ups three more times, continuing into 1986.

Etcetera

Seminar

Dennis Sargent of the Small Business Development Center at LBCC will conduct a full-day seminar.

Topics covered include: defining your business, establishing realistic goals, marketing and financial planning, among others.

The seminar will be Tuesday, October 29 from 9-4 p.m. in the Alsea Room on the Albany campus.

Deadline for registration is Friday, October 25. The cost of the seminar, which includes lunch and classroom materials, is \$30.

For more information call the Small Business Development Center at 967-6112.

Concert

Comedy folk duo Austin and Ehart will perform at The Old World Center Saturday, October 19.

Tickets are \$2.50 and the performance begins at 9 p.m.

Concert

Nu Shooz will be performing Wednesday, Oct. 16 at the Greenhaven Lounge, 128 NW 3rd, Corvallis.

Ticket prices are \$4/advance and \$5 at the door. Limited seating.

Showtimes are at 8:30 and 11:30 p.m.

Amadeus Festival

The Oregon State University Music Department will hold auditions for singers interested in the 1986 Amadeus Festival Opera Workshop on Saturday, October 19, and Sunday, October 20, between 2-5 p.m. in room 303, Benton Hall on the OSU campus.

The Opera Workshop will be directed by Constantina Tsolainou with costumes by Marti Carlson of Albany.

For more information, or to schedule an audition, call the Music Department at 754-4291 or 754-4061.

Barbara Roberts to speak

Secretary of State Barbara Roberts will speak at the League of Women Voters of Linn County membership meeting, 7 p.m., October 21, at the main branch of the Albany Public Library, 1390 Waverly Dr. SE.

Secretary of State Roberts, a long-time member of League of Women Voters, will speak on "Women in Politics."

The membership meeting is open to all interested persons. For more information, call Katherine Harkins, 967-7093 or Sharon Little, 258-5350.

Holiday classes

Linn-Benton Community College's Benton Center is offering several late-starting classes that will help give your holidays a special flair.

Learn advanced instruction in candy making in "Advanced Hand-dipping Chocolate Creams." The four-week class meets 7-10 p.m. Thursdays in room 109 at the Benton Center beginning Oct. 24. Tuition is \$10 and a \$5 lab fee is payable in class.

Make a super-cuddly teddy bear in "Old Fashioned Teddy Bears," 7-9 p.m. Thursdays in room HE-3 at Corvallis High School, 836 NW 11th. The three-week class begins Nov. 5 and costs \$6, plus a \$2 lab fee.

The "Jointed Soft Sculpture Doll" class meets in HE-4 at Corvallis High School on Thursday evenings, 7-10, for four weeks beginning Nov. 7. Tuition is \$10.

LBCC's Parent Education Program is holding a three-session class for parents and children. "A Homemade Christmas" meets 9:30-11:30 a.m. on Saturdays in room 108 at the Benton Center beginning Nov. 2. Working together, parents and children will make their own Christmas cards, wrapping papers and ornaments. Tuition is \$5 per person, plus a \$3

lab fee per person.

If the holidays have become too hectic and commercial, leaving you frazzled, sign up for "Unplug the Christmas Machine." This one-day workshop meets 10 a.m.-4 p.m. on Saturday, Nov. 16 at the Benton Center and is designed to help participants learn how to make Christmas reflect their own values. Tuition is \$5.

Preregistration is required for most classes. To preregister, stop by LBCC's Benton Center, 630 NW 7th St. For more information on these or other classes offered by the center, call 757-8944.

Free workshop

A free one-day workshop on Saturday, Oct. 19, is scheduled to help Willamette Valley residents who are out of work, living on a limited budget or considering career changes, whether those changes are voluntary or because of possible job cutbacks.

"Taking Charge: Managing in Transition" will meet 8 a.m.-3 p.m. at Lebanon Union High School and is sponsored by Linn-Benton Community College, city and county agencies and various community groups.

Participants will be able to choose one workshop during each of three sessions. A lunch break for a free hot dog lunch is set for 11:45 a.m.-12:30 p.m.

Child care will be provided at the high school for youngsters aged 2 to 10. Parents should bring a lunch and snacks.

Preregistration is not required but space reservation would be appreciated.

To reserve a space or more information, call your nearest LBCC Community Education Center: Albany - 967-6108, Corvallis - 757-8944, Lebanon - 451-1014, Sweet Home - 367-8901.

Lysistrata

Tickets for Lysistrata will go on sale on Oct. 18 in LBCC's College Center Office, French's Jewelers in Albany and Rice's Pharmacy in Corvallis. All tickets are \$2. Lysistrata will be presented on Nov. 1, 2, 8 and 9 in T 207 at 8:15 p.m. Seating is limited to 50 at each performance. Lysistrata is not suitable for children.

College visitation

A representative from Eastern Oregon State College will be on the LBCC campus to talk with students who may be interested in transferring Friday, Oct. 18 from 9 a.m.-12 noon in the Commons lobby.

PSU rep to visit

A representative from PSU (Portland State University) will be on the LBCC campus to talk with students who may be interested in transferring, Wednesday, Oct. 23 from 9:30 a.m. to 1:30 p.m. in the Commons lobby.

Grants offered

Students who are planning to take vocational/technical courses in a school or college leading to an Associate degree, certificate, or diploma, are eligible to compete for \$2,000 grants offered by the Elks National Foundation.

The Foundation trustees have set aside \$498,000 for grants for the 1986-87-1987-88 school years. Each grant is \$1,000 for each of two years.

A total of 249 grants will be awarded, one per state, and additional grants will be allotted according to Elks' donations within each state.

Graduating high school seniors and older students who desire training or re-training are encouraged to apply.

Applications are available from the financial aid office and local Lodges of the B.P.O. Elks of the U.S.A. Application deadline is November 25, 1985, and applications must be submitted to the student's local Elks Lodge.

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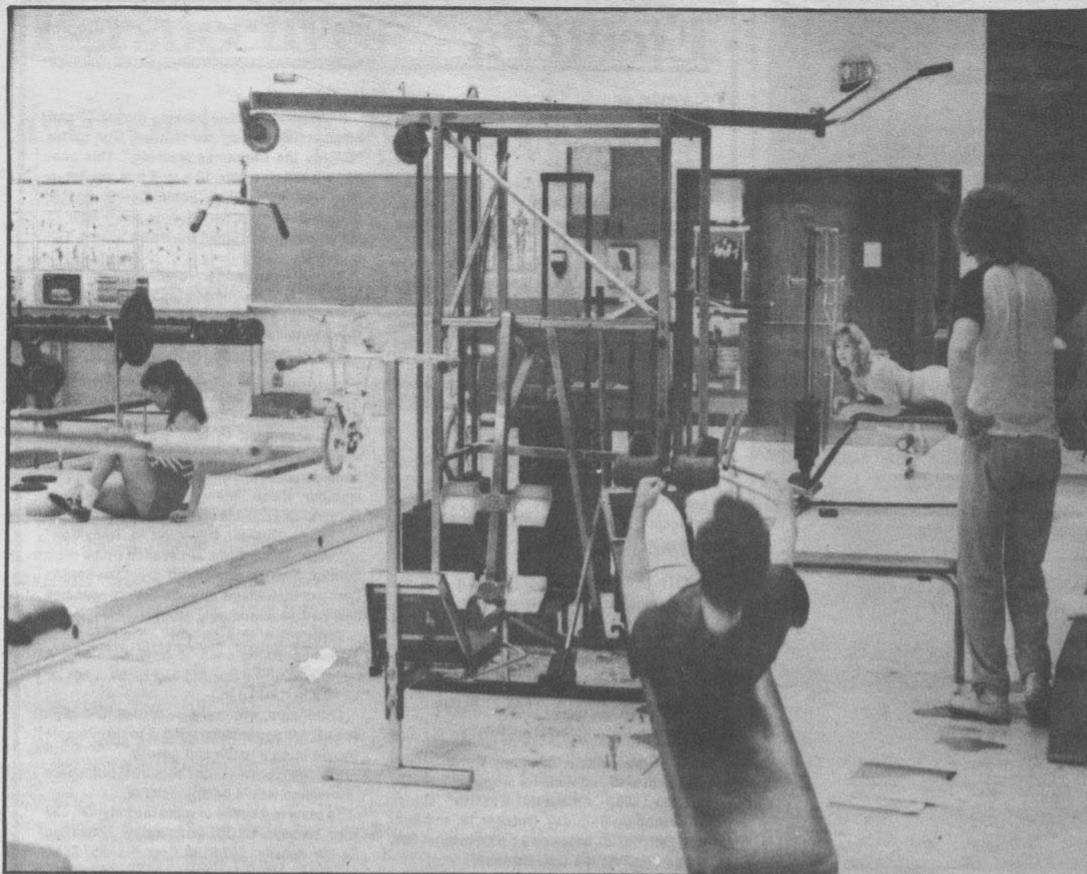


Photo by G. A. Petroccione

Students workout in the weight room during free time. A schedule is posted on the door to let students know when the room is available. Equipment such as basketballs, footballs and tennis racquets may be checked out with proper I.D.

AC offers fun, games

By Jill Ahlschwede
Staff Writer

Fun, exercise and fitness can be found at the Activities Center building on campus.

The fun starts by choosing an activity, exercising helps put your mind at ease and fitness helps you look and feel great.

LBCC offers many recreational activities for students and faculty. Intramural activities are provided for students by Steve Hyre, Activity Center director. Activities include a three on three basketball tournament, a badminton tournament, a doubles coed badminton tournament, three on three volleyball, a slam dunk contest and a free throw contest.

An activities schedule is posted on the bulletin board in the AC building next to the laundry room. There is no charge to participate and prizes are awarded to winners, depending on the turn out, said Hyre.

There is a weight room available to all students. There are free weights, two stationary bicycles, a large exercise mat and jump ropes.

A schedule is posted on the door which tells you when the room is open for free workouts. Each term there will be a new schedule posted. The room is supervised by Hyre or his work-study students for safety as well as security.

"As long as students take proper care of the weights and equipment, the better the facilities the students will have," said Hyre.

Racquetball lovers can get a discount card to play at the YMCA if they are full time students. See Teresa Thomas, secretary in the AC building, for your discount card.

Hyre said that an I.D. card is required to check out equipment. A student body card, drivers license or anything of value to the student can be used to check out basketballs, tennis rackets, tennis balls or footballs.

The locker rooms are open to everyone. The AC building offers fun and activity for all students, according to Hyre and they don't have to be enrolled in a PE class to take part.

The building is open as long as classes are being held inside.

Hyre commented, "We have organized time schedules for students to work around. The space and times are limited, but if students check their schedules they may find room to use the facilities."

Board told enrollment up slightly fall term

Linn-Benton Community College's fall term enrollment may be up slightly, if early figures are any indication.

Jon Carnahan, LBCC Vice President for Instruction told the college's board of education at their regular monthly meeting Thursday night (ed. note Oct. 10), that second-week figures show that the college has 40 more full-time credit students than at the same time last year.

Part-time credit students have increased by 25. Processing of non-credit registrations is lagging behind last year because of a shortened registration period, so those figures are difficult to compare, Carnahan said.

He did indicate, however, that he thought non-credit registrations would be about the same as last year.

Figures at the end of the fourth week of classes will more accurately reflect the college's enrollment picture, but Carnahan anticipates an overall increase of about 1 or 2 percent. The board and college officials view that as good news, considering the number of two- and four-year colleges in Oregon that are experiencing continued enrollment decline.

The board also learned that the college has received two funding awards. A \$100,000 grant was awarded by the U.S. Department of Health and Human Services to implement parent education programs in two other Oregon community colleges.

Although other community colleges in the state teach some parent education classes, LBCC is the only one to have a full-fledged, on-going program.

Bobbie Weber, LBCC's Parent Education coordinator, will coordinate the replication grant. The top priority right now, according to Weber, is to select the two community colleges. Ten of the 14 eligible community colleges and service districts have expressed interest in the project.

"One of the really exciting things about this proposal is that we were asked by the other colleges to write it. Having the grant awarded is a fantastic tribute to the people involved in the LBCC Parent Education Program. It recognizes the quality of the program, which is due to the dedication and hard work of our part-time faculty who have developed and refined (the program) over the past 12 years," Weber said.

The other award was for \$2,100 from the Action Alliance for Excellence in Education to provide support for a cooperative effort in computer education between LBCC and secondary school. The funding will provide educational materials, books and supplies for use by high school students, so they can receive more advanced training to prepare them for college course work.

The Alliance is made up of representatives from educational institutions, businesses and industries in Linn and Benton counties.

The board's next meeting will be at 7:30 p.m., Thursday, Nov. 14.

Wolfe uses humor to make his point

By Allie Harper
Staff Writer

Tom Wolfe, journalist and author, spoke to an audience of about 1,200 at the LaSells Stewart Center on the OSU Campus last week.

Wolfe's speech, though advertised as a presentation followed by a question and answer period, was conducted more like a comedy routine.

Topics in the speech ranged from religion, politics and art, to drugs,

x-rated movies and university life.

Concerning athletes, Wolfe said, "It's not generally known, but just this year in the Big 10, they no longer require athletes to take I.Q. tests in the conventional way, which is sitting down with a paper and a pencil. They now, in the Big 10, as of this season, use tire gauges."

Born in Richmond, Virginia, Wolfe attended Washington and Lee University, earned a Ph.D. in American

Studies at Yale University, and earned many awards in journalism.

Wolfe wrote "The Electric Kool-Aid Acid Test," "The Right Stuff," and "New Journalism." He has also contributed articles to many magazines, including Esquire, Harpers' and, most recently, Rolling Stone.

Smiling, Wolfe complained, "It used to be that lawyers said, 'Your money or your life'...now lawyers say, 'your bookrights or your life.'"

Ball wants Reagan to 'give peace a chance'

Former ambassador criticizes U. S. nuclear arms policy

By Linda Canoy
Staff Writer

The sign in a car window in LBCC's parking lot states simply, "Give Peace A Chance," and that's exactly what former U.N. Ambassador George W. Ball would like the U.S. to do.

Speaking Wednesday night at OSU's LaSells Stewart Center, Ball delivered the fourth annual Ava Helen Pauling Lecture for World Peace. His address was entitled, "The Way to World Peace."

Ball made it clear that his way to peace is completely contrary to that of the Reagan administration's pursuit of nuclear superiority. He indicated that with the present administration there is little hope of nuclear disarmament.

He also feels that Reagan's \$30 billion-plus "Star Wars" defense program will not bring the peaceful objectives that Reagan is hoping for.

"Reagan only sees two players in the nuclear game, the U.S. and the Soviet Union. But even our own Western European allies are beginning to have doubts about this defense program, and will come down in opposition just as France has already done."

Ball went on to say that, "in the present world, security won't come from a technological fix or from talking around a table in an atmosphere of suspicion. We must find areas of common interest."

Ball, author of five books which deal with world concerns and the problems with obtaining world peace, has held government posts since the 1930's. He is now chairman of the advisory board of the Woodrow Wilson School of Public and International Affairs at Princeton University.

His speech was sponsored by OSU's College of Liberal Arts and the Convocations and Lectures Committee.

Phones will soon be available for student use

By Anette Krussow
Staff Writer

Three phones will be set up for students to make on-campus calls, Mary Coleman, coordinator for Student Activities, announced Tuesday at the ASLBCC Council of Representatives meeting.

The phones will allow students to locate a person on campus without

running from office to office.

Two phones will be set up in Takena and one in the College Center. Students will be able to use them to call through the switchboard or to other offices directly, according to Joyce Quinnett, student representative and publicity chairman. She said the phones were ones that LBCC had not been using so were available

for this project.

"It's nice to plan a project for the school and find out it won't cost anything," said Quinnett.

Coleman said she hopes they will be ready before next term.

Other subjects discussed were the blood drive, scheduled for Oct. 21-23 and "Classified Appreciation Week" which begins Oct. 21.

Chambers, Sargent write handbook

By Rena Hall
Staff Writer

Instructors Maynard Chambers and Dennis Sargent have co-authored a book in use at LBCC. "Your Business Plan" is a handbook for those investigating the possibility of opening their own business.

Students enrolled in Small Business Management and Creating a Small Business courses at LBCC are using the book, along with 45 community business owners. It has been in print for three months and is their first book together.

Chambers is chairman of the Business Management Department at LBCC and has been at LB for 14 years.

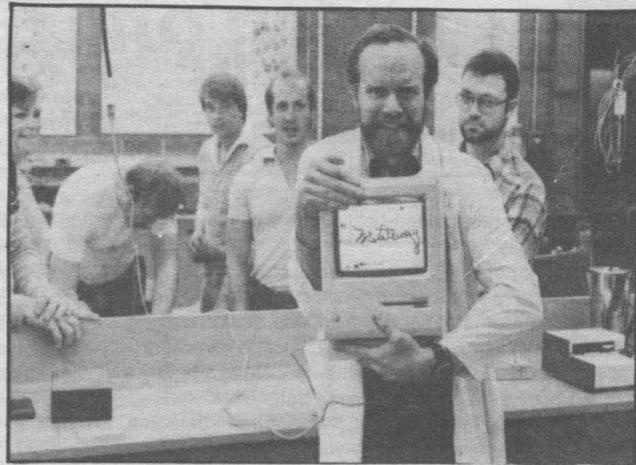
Sargent is small-business management instructor at LBCC. He has worked with local businesses for the past two years, and has also worked as a CPA for Arthur Anderson and Co.

Both have worked with people in the Small Business Development Center at LBCC. Chambers said it was through their experiences with the center that they saw the need for this handbook. "Your Business Plan"

is unique, he said, for it not only explains the steps one must take, but allows space in the book to work these steps out. He added that anyone who would like assistance to start a small business or to borrow money may find this book beneficial.

The book clearly defines and outlines important steps to take in the development of a business plan, from goal setting to marketing strategy.

The U.S. Small Business Administration and the Oregon Department of Education jointly funded the publication of "Your Business Plan."



The Lucky Winner

Photo by G. A. Petroccione

Metallurgy instructor Seaton McClennan, who says he's never won anything in his life, saw his luck change last Wednesday when he won a McIntosh 512k at OSU's Computer Expo '85. He plans to use the McIntosh to prepare graphics for metallurgy workbooks and to store test results for later revision.

Sexual revolution over, study says

AMES, IA (CPS)—The sexual revolution seems to have ended on campuses, some experts say.

Iowa State psychology Prof. Meg Gerrard's most recent survey of college sex habits found far fewer "sexually active" women on campus than there were just a few years ago. "My research clearly indicates that there is less sex on campus than five years ago," she reports.

While other observers are reluctant to endorse Gerrard's conclusion, they do sense a change in students' sexual practices.

ual practices.

"I don't know if it is statistically reliable to say there has been a drop" in sex, says Clive Davis, a Syracuse University psychology professor who monitors sex research.

"At most, I would say there might be a leveling off," Davis concludes.

Gerrard bases her conclusion on ongoing surveys of college women since 1973.

In her first survey, Gerrard found that about 34 percent of the University of Texas-Austin female students

she asked were "sexually active," having sex at least once a month.

In 1978-79, Gerrard expanded her research to include University of Kansas women, too, and found that 51 percent of the women at both schools were sexually active.

"The late seventies were definitely the height of the sexual revolution," she observes.

Now Gerrard has released the results of her latest survey, taken during the 1983-84 school year at Texas, Kansas and Iowa State, and found sexual activity seems to have declined.

Some 37 percent of the women responding said they had sex at least once a month.

Gerrard attributes the decrease in sex to the generally more conservative attitudes of students these days.

"They will wait until they are in a relatively committed relationship until they jump into bed," Gerrard adds.

She speculates that fear of sexually transmitted diseases also is contributing to the downswing in campus sex, and that women may be more assertive in saying "no, that they are not ready yet."

But Davis contends there are not enough recent conclusive studies to determine if in fact there has been a decrease of sex on campuses nationwide.

New GI Bill promises more educational benefits for vets

By Brent Vigil
Staff Writer

A new GI Bill passed by Congress in 1985 promises more money for future veterans.

The bill applies to people entering active duty after July 1, 1985. The veteran must put in \$100 a month for the first year of active duty. In return he is paid \$300 a month for 36 months of education after discharge.

"The new bill was added because of the low veteran enrollment nationally. The enrollment is down to 169 at LBCC but the amount should go up in the future," said Dick Abernathy.

"The reason for the low enrollment is it is getting farther from the Vietnam War, and the veterans who served have used up their benefits," said Abernathy.

He said there are six other programs that a veteran may be eligible for.

Chapter 31. Vocational Rehabilitation—For veterans suffering from a disability as a result of active duty.

They receive training assistance to help them pursue a new vocation.

Chapter 32. Veterans Educational Assistance Program—Assistance for veterans who entered active duty between Jan. 1, 1977 and Jan. 30, 1985. They receive assistance based on their contribution while on active duty. They are repaid for school attendance at the rate of 3 for 1 over 36 months.

Chapter 34. Vietnam Era Veterans—This is the old GI Bill. They receive up to 45 months assistance based on the amount of time spent on active duty. It must be used within 10 years from release from active duty or before Dec. 31, 1989.

Chapter 35. Veterans Assistance for Dependents or Spouses—Assistance for the spouses or dependent children of veterans who are deceased or totally disabled as a result of injury suffered on active duty.

Chapter 106. Selected Reserves—People who enlist or reenlist for six years between July 1, 1985 and 1988 are entitled to receive assistance for 36 months. They receive benefits, but at a lower rate than others.

To find out if you are eligible talk to Abernathy in the Financial Aid office at the veterans window.

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Health-Wise

by Diane Morelli

It's quite possible that a good belly laugh a day might help keep the doctor away.

A good laugh not only lifts your mood, but it's also a mini-workout; according to an article in Health magazine.

"Even mild laughter is good exercise, kind of a 'stationary jogging,'" says William F. Fry Jr., MD, associate clinical professor of psychiatry at Stanford University. "There's hardly a system in the body a hearty laugh doesn't stimulate."

When you laugh, your chest, abdominal muscles, diaphragm, heart, lungs and possibly your liver, contract.

A belly laugh can raise your systolic blood pressure and double your heart rate.

Laughing pumps extra adrenalin into your system which may

stimulate a rush of endorphins to the brain.

Endorphins are the body's natural painkillers. It stands to reason then that it should "only hurt" when you don't laugh.

After a good laugh your system returns to normal or slightly lower which explains why so often laughter reduces stress, hypertension and muscle-tension headaches.

Laughter produces an all-around good feeling.

Scientists and researchers began a serious study of laughter after Norman Cousins reported that he overcame a degenerative spinal condition through laughter.

Doctors today are prescribing laughter to relieve physical and mental illness.

Dr. Barbara Mackoff writes in the Hope newsletter, "One secret to reducing the stress in your life, is to become a comic observer and to use your sense of humor to rise above it all."

Mackoff listed a few ways to find comic relief.

—"Humanize machines. One data processor exchanges daily insults with a computer terminal whom she's christened 'Igor.'"

—"See yourself or others as cartoon characters. In the middle of sizzling staff meetings, one manager envisions himself as Garfield the cat, making silent sarcastic comments about

—"Use props. Whenever the computers malfunction, the computer operators at one bank reduce their stress by donning green 3-D glasses to warn staff who innocently come through the door with new projects."

For you mothers with teen-age children, I've found a stress reducer. It helps to understand my solution if you've seen the movie, The Karate Kid.

At the end of the movie the karate kid stands before his opponent and assumes a pose standing on one foot with the other knee raised before him with arms held out and hands pointed down.

This attack stance wins the day for the karate kid.

When my 15 year old, 6 foot high son is giving me his "rotten attitude" business, I stand before him and assume the karate kid pose.

My children peel out in laughter and law and order are restored.

I haven't quite determined whether this belly laughter is the natural reaction of an opponent faced with this stance or whether it's the peculiar picture I present when I assume this position but "it works for me."



Talking computer offers health tips

By Jalene McDonald
Staff Writer

It's the middle of the night and your child wakes with a high fever, you're not sure what's causing it and you need answers now.

With the dedication of Maxwell, the nation's first telephone-talking health information computer you can have those answers at home, 24 hours a day, free.

The computer, designed by DND Business Computer Co. of Portland, was programmed by 10 northwest doctors headed by Lendon Smith of Portland, and has 99 symptom topics

to choose from.

After choosing your subject and calling Maxwell, he'll ask you a series of questions that you'll answer by pushing certain numbers on the phone. He will then recommend immediate medical attention, an appointment with a doctor; or he'll give you a home treatment to try.

The system, according to Trin Dumlao, director of Linn County Health Department, will be like having the public health nurse back. It will enable people who would normally ignore health problems to seek advice. It will also cut down on unnecessary visits to the doctor, saving time and

money.

The system was funded by a grant from the federal government, and the decision to purchase the equipment will come after a six month trial period.

After an initial trial period of three months for high school students and senior citizens, all Linn County homes will receive instructions on its use.

Carl Stephani, chairman of the board of county commissioners, gave the official dedication speech, saying it was time someone did something to improve access to public health information.

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.

Ski Boots! Caber Quadra Soft, size 10 1/2 (really 9 1/2) used only 6 times. \$95. 752-5262 (Brian).

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

Lg. round or full length mirrors. 5 and 15 gal. fish aquariums w/misc. equipment. Weight bench w/weights and barbell set. Roll-a-way bed. Best offers. Phone 967-7657 Monday after 5 p.m. or Tues. & Wed. between 5 and 7 p.m.

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

WANTED

Light weight, inexpensive dog house for medium size dog. Phone 967-7657 Monday after 5 p.m. or Tuesday & Wednesday between 5 and 7 p.m.

Single, low income student seeks "nice" 1 or 2 bedroom house or duplex with yard area. Must allow medium sz. dog and cats. Pet deposit possible. References available. Willing to do minor

repairs—painting, etc. LBCC area ideal. Phone 967-7657 or write 6242 Wilford Ct. Albany.

PERSONALS

Jack and Cathy Minnick wish to thank all their friends and family as well as George Petroccione and the Commuter for making their wedding very special.

Happy Birthday Don and Pete!! The Neighbors. Hey Bif, I need some long nails!! J.D.

MISCELLANEOUS

The Albany YMCA is offering 30% discount on year-long memberships for LBCC staff and students. Visit the "Y" on Pacific Blvd. or call 926-4488 for details.

What do you think of Albany's bus system? Send comments via campus mail to Bill Baze, CC 213.

Oregon Nordic Club ski swap for used cross-country ski equipment. At Reed Opera House in Salem, Sat. Oct. 19th, 10-6. Questions? Call Suzie at ext. 289.

HALLOWEEN COSTUME RENTAL

Over 1,000 adult Halloween costumes for rent \$10. Open October 22nd to November 4th, from 12 noon to 8:00 p.m. or by appointment. 213 W. First Street, Albany, 926-0326.

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THE STUDENT ACTIVITIES COMMITTEE NEEDS YOU!!



Help plan LBCC's guest speakers, performers, dances, and activities. Come to CC213 on Tuesday, Oct. 22 at noon. Can't make this meeting? —Call Tim Bauer, LBCC Activities Chairperson at EXT150 and leave your name and telephone number.

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Extra Innings

by Robert Hood



After last year's dismal ratings Monday Night Football is making a comeback. Never mind Joe Namath's monotone voice or O.J. Simpson's bad calls, the games are finally getting better. After all of the tinkering in the booth ABC finally got smart and programmed some good football games.

Getting rid of Howard Cosell hurt the ratings. Cosell may not have been liked but he was listened to. He always had something of substance to say, whether you agreed with him or not. The booth was better in the past than it is now but the ratings were down. But when it comes right down to it it's not the guys in the booth that America turns to, it's the men on the field.

The Monday Night crew opened up with Dallas vs. Washington, a classic rivalry that always gets the public revved up for football season. They followed that with the "Blue Collar Bowl," as Pittsburgh and Cleveland bumped heads in a hard hitting football game. Two great running backs were on showcase as Los Angeles and Seattle played. It's easy to see why Monday Night Football is on the rise. They're finally showing us something worth watching.

Next week the undefeated Chicago Bears will host Green Bay. The crowd will be pumped, Walter Payton will be running and the Monsters of the Midway will shove ratings even higher. Of course, ABC will claim their magical combination in the booth has something to do with this but that's a crock. It's games like Dallas at St. Louis, Seattle at San Francisco, Chicago at Miami and the Rams at the 49ers that brings the fans back to the television. The only thing that could hurt the ratings when those teams play is mom's home cooked chicken and biscuits served at kickoff.

Speaking of football, do they still play it in Corvallis?

The Beavers have been anything but exciting in their last two games. The hot air coming from Parker Stadium has finally cooled off just like the OSU Air Express offense. It looks like people will be looking for the Orange Express Basketball team to save face once again.

Will Ralph Miller let Tyrone Miller play basketball this year? "T-Bone" has all the talent in the world, if Ralph would let him run up and down the court. A.C. Green was held in check for four years so Miller will probably suffer the same fate. Green will be a new man in the pros, especially with the Lakers style of play.

This Sunday marks the final pre-season game for the Blazers as they take on Seattle in Gill Coliseum in Corvallis. The last time these two teams met Kenny Carr and the Supersonics didn't mix. A number of pushing contests evolved but nothing serious. It wouldn't be a surprise to see these teams do the same thing in Corvallis.

Ticket prices are \$10 and seats may be available at the door.

Gallup, Jones lead LB

By Robert Hood
Sports Editor

Linn-Benton's Jimmy Jones finished fourth and Patty Gallup finished second as the Roadrunners competed at the Mt. Hood Invitational last weekend.

Gallup was beaten in the last few meters by Sue Spriggs of Clackamas. Gallup finished with a time of 18:49 while Spriggs finished at 18:46.

Lane won the men's team event with a score of 50 while the women's event was won by Belleview with a score of 28. Linn-Benton's men's team finished seventh with a score of 198.

Both teams will compete in the big-

gest meet of the season this weekend as the Northwest Preview meet takes place at McIver Park.

TEAM RESULTS

Men's Five Mile

Team Scores: Lane 50, Highline 54, Green River 108, Clackamas 113, Mt. Hood 134, Belleview 176, Linn-Benton 198.

Top Five: Emmet Kipp, Highline, 24:58; Mike Lynes, Highline, 25:16; Rob Collins, Mt. Hood, 25:51; Jimmy Jones, Linn-Benton, 25:52; Cary Brady, Mt. Hood, 26:00.

Linn-Benton: Jones, 25:52; 34, Pat Wilson, 28:21; 49, Chuck Freemont, 28:21; 69, Eric Nelson, 29:34; 89, Jon Lowrance, 30:41.

Women's 5000 meters

Team Scores: Belleview 28, Green River 62, Yakima 63, Mt. Hood 77.

Top Five: Sue Spriggs, Clackamas, 18:46; Patty Gallup, Linn-Benton, 18:49; Michelle Finwuk, Green River, 19:05; Patti Livingston, Belleview, 19:12; JoAnne Maris, Belleview, 19:36.

Linn-Benton: Gallup, 18:49; Sandy Ragan, 20:03; Kathryn Bervin, 21:01.

Cagers leap into new season

By Pat Wilson
Staff Writer

It is still too early in the season to decide how the men's basketball team will fair this year, but head coach Brian Smith said he is looking forward to a good year.

"The players started out in pretty good shape. They really surprised us," stated Smith. "We hope to make the NWAACC Playoffs if everything goes well."

The Roadrunners have two returnees from last year's squad, Kevin Burton and Chuck Freemont. One of the Roadrunner's top players, Burton, from Baltimore, MD., averaged fourteen points and 6 rebounds per game last year and was awarded Se-

cond Team All-Conference. Freemont, from Portland, OR, started late in the season last year. He attended Roosevelt High before coming to LBCC.

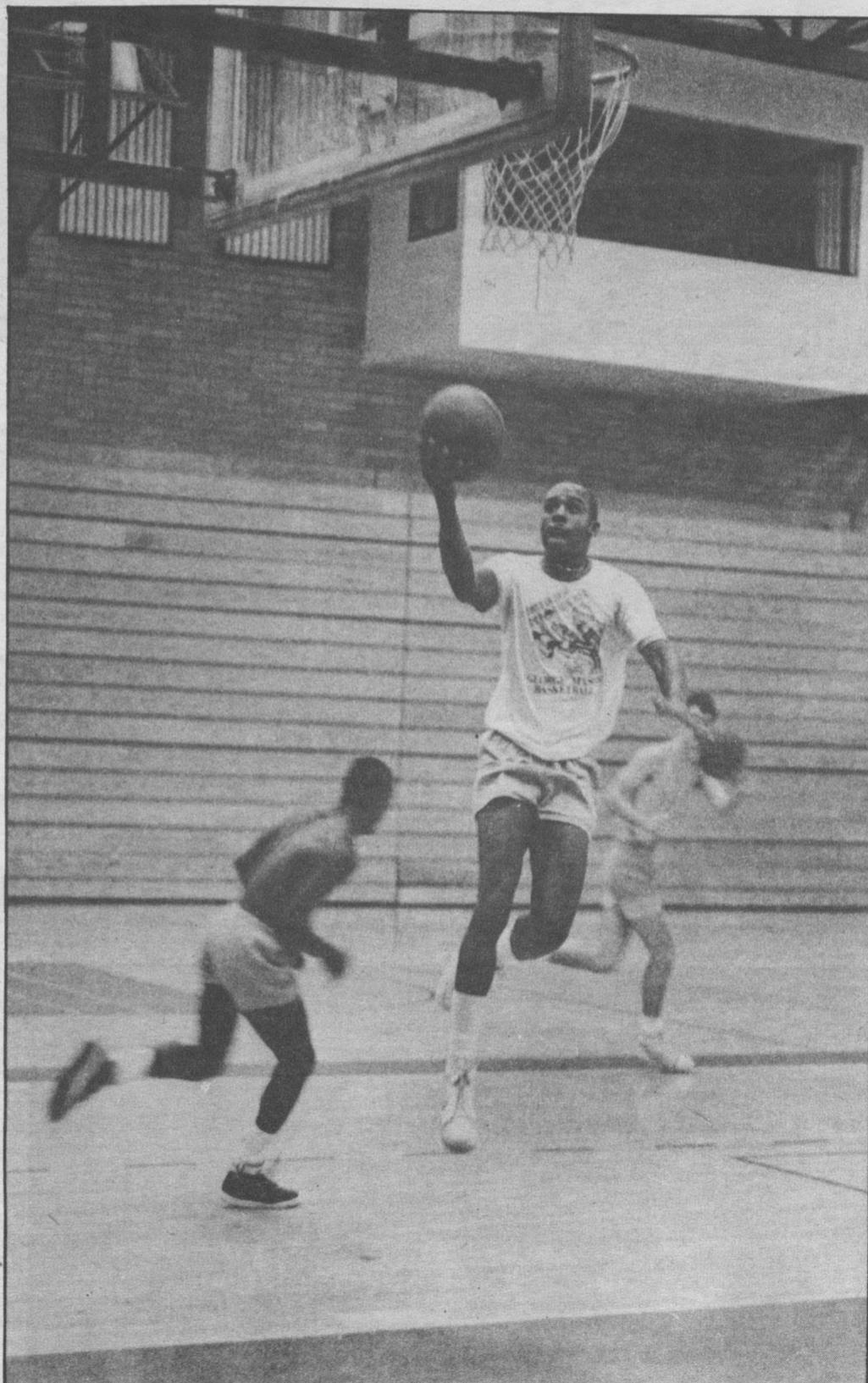
"We are hoping for good leadership from these two," Smith said.

The hoopsters have been practicing to get into condition and polish up their skills.

Smith said new team members are Paul Boyd, Rob Barton, Dave Gillot, Clarence Ingram, Joe Kleinschmit, Nick Klungel, Scott Montgomery, Jesse Sapp, Jeff Vinson, Jerry Weatherspoon and Jim Wells.

Official practice begins Oct. 22, with the Roadrunners opening against Clark College on Nov. 22.

Smith said that the team will participate in scrimmages before their first game.



Photos by G. A. Petroccione

Roadrunner Jeff Vinson goes in for a layup during recent conditioning drills. Practice officially begins for mens basketball on Oct. 22. The season starts Nov. 22 against Clark College.



EVENT	DATE	TIME	LAST DAY TO SIGNUP
Singles Badminton Tournament: Both Men's and Women's Division	Thurs. Oct. 17	2:00-4:00 p.m.	Oct. 16, 5 p.m.
Slam Dunk Contest Double's Badminton Tournament: Men's, Women's and Coed Divisions	Wed. Oct. 30	2:00-4:00 p.m.	Oct. 29, 5 p.m.
	Fri. Nov. 15	2:00-4:00 p.m.	Nov. 14, 5 p.m.



Focus On: Louise Johnson

Story by Annette Krussow
Photos by George Petroccione

Louise Johnson came to LBCC in 1976 and has cared for students' children ever since.

Johnson, who runs the Child Care Center in IA227, cares for 24 children with the help of an aide, work study students and Early Childhood Education students. Parents, who are required to register for a three-credit course called Living and Learning with Your Preschooler, take turns working in the center.

A mother of four, Johnson worked with her own children in a cooperative preschool much like the center at LBCC when they were young. She has been working in day centers for 30 years. She says that she likes working in the center because it is exciting to see children discover things for the first time.

With a graduate degree in Early Childhood Education, Johnson takes classes at Oregon State University so she can earn her doctorate. Active in the Oregon Association for the Education of Young Children, Johnson helps compile the Child Care Services Guide for Linn and Benton counties, published each fall.

Pictured with Johnson are the following children: Above is Rachael LaBrasseur, daughter of Susan LaBrasseur (left), and Adam Grenz, son of Jackie Grenz. At right is Amanda Lewis, daughter of Dennis Lewis (left) and Shannon Bird, daughter of Barbee Bird. Below is (left to right) Noah Gray, son of Sylvia Gray; Scott Hanson, son of Barbara Hanson; and Jonah Liddle, son of Josh Liddle.

