

Tonight the new Forum will be inaugurated by the appearance of world renown mental therapist, lecturer and author, Dr. Murray Banks. The completion of the Forum, delayed by the construction strike, means a new home for the Graphics Department and THE COMMUTER as well as other classes which will use the three amphitheatre type lecture rooms, which seat a total of 750 persons. Future concerts, lectures, movies and stage presentations will be held in the new building.

Banks speaks Tonight

Therapist opens Forum

A world renowned psychologist, Dr. Murray Banks, will speak Tuesday, November 13, in the LBCC Forum. His presentation will be "Anyone Who Goes to a Psychiatrist Should Have His Head Examined".

Dr. Banks has spoken in every English speaking country in the world to packed houses. He does a series of talks, as well as having 6 books and 7 LP records to his credit.

His talks mix a dose of psychology with that of entertainment.

He has performed from Washington DC to Joannasburg, South Africa and in Melborn, Australia, out-sold the hit of the day, "Hello Dolly".

He is presently a professor of psychology and a specialist in Mental Health at Northwood Institute in Midland, Michigan.

He has degrees or honorary awards in Science, a Bachelor's, a Master of Arts and a Doctorate of Education.

Admission will be 75 cents for students, LBCC students 50 cents, and general public one dollar. Tickets are on sale in the College Center. The talk will be given at 7:30 p.m.



Murray Banks

Student govt. active in week's conferences

Student government was very active this week. Many of the school clubs and committees are now functioning. The ASLBCC Senate is also meeting now to act on student business at 4 pm on Mondays.

Another retreat for student government is being planned to finish the revisions of student documents. It is scheduled on Nov. 17 from 10 am. No business is acted on during retreats.

Another student government election is being scheduled to ask students approval for Greg Robin Smith's appointment as second vice president, Dave Melsha's appointment as sophomore senator, and ratify the new constitutional changes. The exact date of this election is not set.

This week Susan Haines, Greg Robin Smith, Wes Hofferber, Jamie Kilburn, Carol Seaders, and Don Riebe plan to attend the National Student Lobby Conference in Eugene. Some workshops offered will be "Collective Bargaining and the College Student: An Overview", "Student Grievance: Pathways to the Bargaining Table", "Child Care", "Low-cost Housing", and "Formulating Student Demands: How to Analyze Contract".

Representatives of LBCC's college center attended a college union conference in Bell-

ingham, Washington last week.

The conference was a regional meeting of the Association of College Unions-International (ACU-I). The association is designed to aid those who work with college centers by giving them an organized chance to meet and discuss their problems and solutions with other colleges, 2 or 4 year and universities.

Discussed topics were "Student Center-Union Facility and Its Operation", "Recreation", "Student Provided Services", and "Programming". Divisions of these topics explored where day care, leadership programs, committee organization, financing, problem ranking, discussion techniques, communications procedures, recreational coordination and services for the community.

The conference took in 5 different states, 3 separate provinces from Canada, 40 participating colleges and was attended by approximately 200 college staff members and students.

Represented was Saskatchewan, Alberta and British Columbia from Canada, Alaska Idaho, Washington, Oregon and Montana.

Representing LBCC was Bob Miller and Judith Green of the Commons administration and Susan Haines and Greg Robin Smith, student representatives.*

We'll have the Blues soon

From the heart of blues country the Mississippi Delta Blues Band comes to perform at LBCC this Friday, November 16 in the Fireside Room at 10 am.

The members of the band are Harmonics Albert, vocalist and regarded as one of the finest harp players in America; Delta Joe, bass guitarist and vocalist; Guitar Jones, lead guitarist and vocalist; and Bob Hance, drummer.

The Mississippi Delta region has long been famous as a source of America's finest country blues, Mississippi John Hunt, John Lee Hooker, Freddy King, Fred McDowell, Sam Chatmon, Walter Vinson, Muddy Waters and BB King were all born within a few miles of each other on the Delta. Urban styles, such as the Chicago

Blues, grew from the Delta Blues tradition.

This musical tradition continues to live and grow in the rural areas and small towns of the Delta today. On back porches, in juke joints, in logging camps, and on the plantations the country blues is still played and enjoyed.

The Mississippi Delta Blues Band is one of the most pop-

ular blues bands on the Delta today. The harmonica and acoustic guitar dominate its lively and authentic sound.

While deeply rooted in American black folkways and reflecting the experience of a long oppressed minority, the blues is also a wholly personal mode of expression and a richly affirmative music.

Bulletin

Board reverses decision of Student Government and Grievance Committee by granting payment of fees for OCCSA officer who transferred to LBCC in mid-term. Because of a National Student Lobby meeting in Eugene, top ranking Student Government leaders were unable to attend.

More details next issue.



Delta blues musicians from Mississippi to entertain LBCC students on November 16th.

Opinion

November 13, 1973—Page 2

EDITORIAL

The 'Grey They'

Sightseeing on the drive to LBCC from Corvallis on Highway 34, I daily cringe a little at the small scale development that I see gradually marring the beauty and rural feel of the road side landscape.

It may be that a little piece of my heart belongs still to the wide open spaces of the Eastern Oregon wheatlands from whence I come, but it bothers me to know that this entire stretch of highway is zoned for light industry and is showing the effects.

This daily reminder brings to mind a very large and complicated issue that affects all of us - what about industrial expansion in the Willamette Valley and particularly our area? It seems inevitable that we will become more and more urbanized as the years pass.

Albany alone at the present day growth rate will be home to an estimated 60,000 people by the year 1990. A comprehensive plan for land use has been drawn up by the city planners to try to deal with the problems that industrial expansion (and thus population growth) create. They are no slouches, either, in their realistic concern about the headaches of the future but the mind boggles a little at the vision of 40,000 more people crowding into our very immediate area within fifteen years.

Where do we stop it? And how?

Many out of staters, crowded industrialist and civilians alike, turn their eyes to beautiful Oregon (especially our valley) as an ideal place to relocate.

And we are divided in our acute concern for our environment and our less idealistic but very real concern for a better economy for our area.

We think of the ever present problem of air pollution (to which the Willamette Valley is critically vulnerable), of road side commercial establishments.

And then we think about the jobs we need and the conveniences we want.

I sure don't know the answer. There is so much to know and so much to say.

I feel a lot like my 16-year old sister who cries out, "They're ruining everything," everytime she sees a favorite Blue Mt. dirt road being made into a highway. I never quite know who the 'grey they' are, but I feel just as helpless in their wake.

I do know we all have to be concerned - and informed - and active - in these complex problems that affect us so deeply.

We must be able to shape our futures in the valley or be doomed to watch "them ruin everything".

Elane Blanchet

THE COMMUTER

THE COMMUTER is a weekly publication of the Associated Students of Linn-Benton Community College and students of Journalism 9.026. Editorial views are expressions of the individual staff writer and do not necessarily reflect the views of either the Associated Students or the Administration of LBCC.

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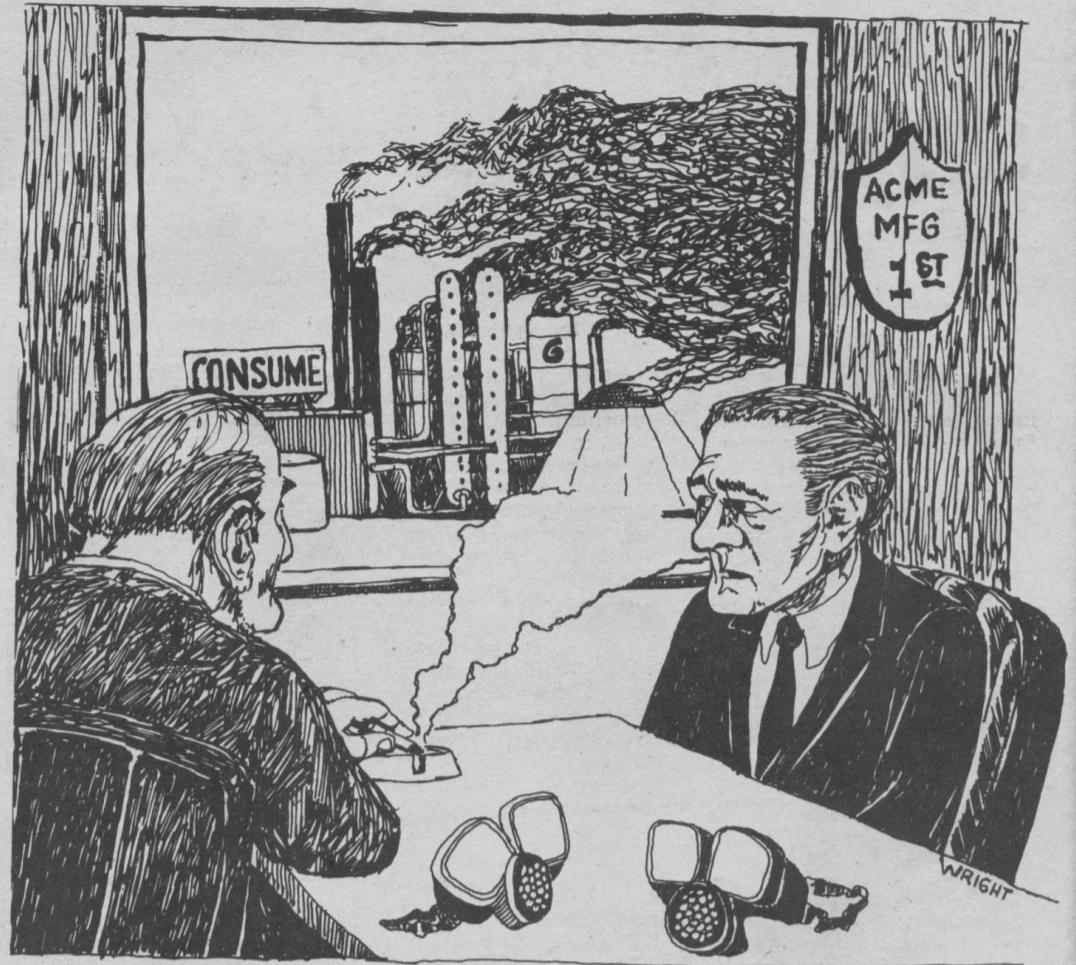
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"If God didn't want smoke, He wouldn't have made it!"

RHIP OFFS

Doug McLeod

Ultracakes and sidekick escape gumballs, poolballs, doughballs

I was walking around LBCC the other day, just looking around and feeling in a real existential mood, shuffling my feet, whistling, and noticing how good it sounded echoing off the bricks. "Ultracakes", an old friend of mine from San Francisco, had stopped by on her way through, and I was giving her a guided tour of the campus. We were on our way to meet a guy who knew who Dr. Needham was, and we had a little time to kill, so we dropped into Commons for a cup of coffee and one of Chubby's vegetarian cheeseburgers. "Far out", said Ultracakes when she spotted the meatless burger. "people around here are really into the 'natural' trip, aren't they."

Drinking our coffee, we strolled around and looked at the photo-silkscreens that were being displayed in and around there. We both agreed that

Jon Masterson did a fine job of relating to "Mother Earth" through his use of gumball machines and nudes. We were reading something about "Ben's razor back ridge" on one of the art pieces, when I noticed there was a fellow standing beside me also looking at the art. I turned and asked him what he thought of it, and before the words were out of my mouth I realized I had done the wrong thing. His eyes got as big as sewerlids, his face turned red, and by the way he was sucking in the air I knew we were about to get a speech. I looked at Ultra, she looked at me, and we both looked for a door. Just about that time, he started in. "The Adult Shop wouldn't even get away with this!" he shrieked. "Look at those breasts! Look at them pubic hairs!" he ranted. Then I said, "We already seen em' man," and Ultra and I charged for the door. We ended up in the serenity of the pool room, but we could still hear him through the walls. "Wow," said Ultracakes, "his spiel would make Billy Graham sound like a used car salesman on the Saturday night movie. Who was that guy?" "I don't know," I said, "but he must be the chief-thump of some movement."

Ultra and I decided as long as we were in the pool room we might as well shoot a game, but then we found out the billiard club was having a tournament, so we went over and

sat on the bench with the rest of the girls. After watching for a while, Ultra said, "I can beat any of these guys. I wish I had my stick with me." About that time the girl sitting next to me said, "Some of us girls can beat those guys too, but even though we belong to the billiard club we're still not allowed to co-compete with the men for official tournament points." "Oh no," I said to myself, and immediately started looking for another door, because I knew that Ultracakes had heard the girl's comment, and I also knew that Ultra was a devout womens' libber. Just as Ultracakes yelled "WHAT!", a big guy was really leaning into his stick for a break shot, and when she yelled he looked up, and all I saw was the cuestick ripping into the cover and the poolballs flying straight up in the air. "Who's the eight-ball who made a rule like that!" Ultra was yelling as I grabbed her arm and ran for the exit.

As we bottomed out on the first speed bump, Ultra said, "What kind of school is this?" "You got me," I said as I looked in the rear view mirror and saw that we were pulling away from the angry gumball and poolball throwing mob behind us. "This sure is a switch from San Francisco," Ultracakes said, "and that meatless doughball I had in there sure isn't doing my stomach any good."

Write to your Representatives-

Sen. Bob Packwood
6327 New Senate Office Bldg.
Washington, D.C. 20510

Sen. Mark Hatfield
426 Old Senate Office Bldg.
Washington, D.C. 20515

Rep. Al Ulman
2410 Rayburn House Office Bldg.
Washington, D.C. 20515

Rep. Edith Green
2441 Rayburn House Office Bldg.
Washington, D.C. 20515

FEED BAG

Sugar: It ain't so sweet

Sandy Byington

Last week I wrote about something healthy, this week I'll tell you about something very unhealthy: sugar.

It might be nice to work with in its pure-white, granulated form, but the truth is, it does nothing good for your body! And isn't that what we eat for? Too often old eating patterns and familiar tastes and textures govern what we eat instead of eating to keep our body in good running order.

Anytime a food is not providing nutrition, it is actually creating a lack of nutrition. This is simply because it is eaten in place of a nutritious food. Foods with no nutritive value aren't just nothings, they are negatives. Stick with the positives! Become aware of which foods are which.

Back to sugar. By the time sugar reaches the supermarket, the only thing in it is the sweet, (calories). All the minerals are taken out. The only effect it has on your body is to give

you a high blood sugar level soon after you've eaten it, and just as soon after that to drop the level below normal. The reason this happens is that its immediate effect is to give a boost to the system which, by its over-stimulation, depletes the blood sugar level lower than what it had been. People that have consistently poor eating habits often suffer from headaches, lack of energy, and even faintness due to this low blood sugar level.

Besides producing a lack of energy, sugar rots your teeth, can make you fat and may be harmful to your heart. It is absolutely unnecessary to a balanced diet; quite the opposite. A healthy body can get all the energy it needs from other foods.

There has been an illusion that brown sugar has more of the natural content than white sugar. Not true. Brown sugar is just as refined as white sugar.

The texture, color and flavor is added after everything else is removed.

Raw sugar, which is natural, can be found at some health food stores, food co-ops and supermarkets. This is definitely superior to the refined sugars and should be used to replace them.

There are alternatives other than raw sugar. In your baking and sweetening, either honey or molasses can be used. Granted, you'll have to get used to a few changes in texture and taste, but it is worth the getting used to.

Honey is Nature's true sweetener, and you certainly can't object to its flavor! There are many foods that molasses can be used in very neatly, although it is a little more limited in use than honey.

Besides the foods you prepare yourself, you mustn't forget the constant bombardment of unhealthy foods you may eat away from home.

Be careful.

Vicious circle seen in future development

Meg Rothrock

Industrial expansion is a definite possibility in this valley in the near future. Several industries have inquired about certain aspects of the area, weather, soil, etc. etc., without anybody really knowing who is doing the asking. "One electronics firm and three or four other large industries have shown an interest in this area, but even local officials do not know the names or natures of these companies," says Bill Lilja of the Albany Chamber of Commerce. Usually the inquiring is done at state level.

They, the industrialists wish to keep their names out of the public eyes and ears for several reasons. They fear land prices will suddenly jump if people hear that they're looking to buy, and the bigger the company the higher the price. They also fear being besieged with requests for business from equipment suppliers and other services, when they themselves aren't even sure of their move. One other reaction may come from the current employees of these companies who may feel that they are being misled about their positions if they heard from outside sources that their company was about to move.

Why the Willamette Valley? There are several reasons. One idea is that the industries feel that they have an obligation to give jobs to people. Growth usually accompanies industry bringing in more people for the industry to support. Consequently the company feels it must expand to meet the growth—a vicious circle. These pro-

spective industries look to a place like the valley, instead of an area like Eastern Oregon which is underpopulated because it already has a ready supply of labor and also provides an attractive place for their key people to live. Other factors involve how the companies would benefit from being closer to their areas of consumption, creating a lower shipping cost for them.

It is the peoples' choice as to whether or not the valley will swell with industry. The State Legislature has taken steps to establish prerequisites for new industries as to their pollution control. Still the fact remains that, even though they may be clean, they cover up valuable farming land with buildings and pavement. Some of the land in the valley, near Lake Creek that was zoned industrial for years has been changed back to farming.

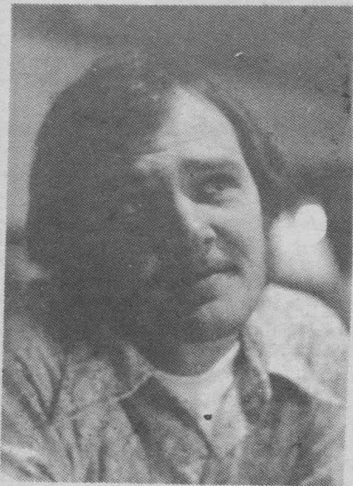
There hasn't been a paper plant built in the US for a good five years because of the price of including clean air controls into the process, so they build in Canada where there are fewer restrictions. At the same time there are 1500 other industries going up in the US every year. "In the local area here, 80 or 90 percent of the growth is due to the expansion of existing industry," according to Karl Cayford of the Corvallis Chamber of Commerce. City council meetings are at hand for voicing opinions when the time comes to decide for or against the issue of expansion.

THE COMMUTER

Features

Inquiring Reporter:

How do you feel about Willamette Valley industrial expansion?



Diane Lawson: "I think its going to be another California."

Russell Osborne: "Whatever expansion that takes place should be done with the environment in mind. They should use land that's not fertile land and not just build where it's convenient."

Ross Jackson: "It means more money for the valley, but also more people. I'm in favor of it only up to a point. I wouldn't want to see industry here as in the East Coast. Expansion would be fine if cities planned for the expansion."

Steve Szczepkowski: "You have to have some expansion in industry to keep up with the needs of the people as long as industry can help protect their own environment from pollution."

James Stevens: "I am against it because a valley like this should remain mainly farming and industry should settle in less fertile areas such as Eastern Oregon where it would draw more people to a less populated area."

The Willamette Valley is going fast. There should be some kind of national zoning for prime farm land."



Nancy Cole: "I suppose it would be alright if it didn't pollute anymore. We have enough pollution as it is."

Mike Donovan: "I feel it should be limited until effects of industry on environment can be determined. Only industries compatible with long term effects on the eco-system should be let in!"

Jeff Harper: "Industry will be detrimental to the valley because of its great potential for adverse inversion effects."

SCHEDULE: WEEK OF NOV. 13TH THROUGH THE 16TH

- Tues., 13:
- Dr. Murray Banks, speaker, "Any one who goes to a psychiatrist should have his head examined!" 7:30 p.m. LBCC Forum.
 - Professional Relations Committee-Faculty Association meeting; 12-1 pm, Board Room A.
 - Presidents' Advisory Council, 12 noon, Alsea Room.
 - SNO Meeting, 11-2 pm, Calapooia Room.
 - Carpenter Apprenticeship Meeting, 7 pm, Willamette Room.
 - AAUW Meeting, (possibly joint Albany-Corvallis); 8-10:30 pm, Alsea-Calapooia Room.
- Wed., 14:
- Social Security Administration Board of Hearings and Appeals, 9-1 pm, Board Room B.
 - Corvallis Chamber Meeting, 12 noon, Willamette Room.
 - PHI BETA KAPPA, 12 noon, Willamette Room.
 - Activities Meeting, 12 noon, Santiam Room.
 - Veterans Meeting, 12 noon, Santiam Room.
 - On-the-job-training, 12-1 pm, Board Room A.
 - FSA Meeting, 5-7 pm, Santiam Room.
 - FSA Dinner and Program meeting, 5-7 pm, Alsea Room.
 - Industrial Apprenticeship Committee, 7 pm, Willamette Room.
 - Alumni Meeting, 7:30 pm, Alumni Room, CC-112.
 - Pre-Opera Lecture, 7:30-9 am, Santiam Room.
- Thur., 15:
- Fire Prevention Seminar, 8-5 pm, F-104, Forum.
 - Religious Advisory Group, 8-9:30 am, Willamette Room.
- Fri., 16:
- Fire Prevention Seminar, 8-5:30 pm, F-104, Forum.
 - Western Regional Elementary Principal's meeting, 9-12:15 pm, Santiam Room.
 - Western Regional Elementary Principal's meeting, 9-3 pm, Alsea Room.
 - Mississippi Delta Blues Band, 10 am, Fireside Lounge.
 - Faculty Association Representative Meeting, 12 noon, Board Room A.
 - Instructional & Extension Service meeting, 1:30-3:30 pm, Santiam Room.
 - Adult Leader Training Pow-Wow, 7:30-9 pm, Santiam-Alsea-Calapooia-Commons-Willamette-Fireside Lounge-Rooms.

Sports

November 13, 1973—Page 4

Kim Taylor takes first

Debbi Conrad

LBCC long distance runner Kim Taylor placed first at the National Junior College Athletic Association Region 18 Cross Country Meet, held Saturday, November 3 in Coos Bay.

Taylor outran John Dawson of Clackamas by 4-10ths second, with a time of 20:08.6 to take first place.

Defending national champion, Lane Community College, held on to its first place team title with 40 points. Clackamas came in second with 87, followed by

the College of Southern Idaho with 88 points. The College of North Idaho was fourth with 101 points, Ricks College fifth with 105. Central Oregon CC placed sixth with 136 points, while Linn-Benton took seventh with 141 points. Southwestern Oregon CC was eighth with 176, while Umpqua came in ninth with 228 points.

Next stop for Kim and the other top runners, is Tallahassee, Florida, where on Sat. Nov. 10 they will compete in the national meet.

Runners praise coach

"For a first year team, the development was fantastic through the coaching of Dave Bakley," stated cross country runner Ted Wolfe.

"He not only guided us in work-outs, but he also prepared us psychologically for each meet."

Looking back on the 1973 season, Wolfe was pleased with the efforts made with the 6 man squad. The team placed 4th in the state championships, and 7th in the NJCAA Region 18 meet. Wolfe commented, "State was our best race. Everyone really put out for that one. Each runner is quite proud of the team in general, for each member had to start from the ground."

The team is coached by Dave

Bakley, a man that Ted had much respect and praise for. "He's a great guy. He will eventually have a team that will win nationals. This guy knows what he is doing," commented Ted.

Over the weekend, distance runner Kim Taylor had the opportunity to compete in the national cross-country meet in Tallahassee, Florida. Ted commented about his chances. "He could take first. He stands a very good chance of running a 4:08 - 4:09 mile. In the national race, a first mile will be about 4:25 with a final time around 19:40. He could win the whole thing physically, but he needs to keep his poise up the last few days before the race."

Vets to elect officers

There will be a very important meeting for veterans this Wednesday at 12 noon in the Alsea-Calapooia Room, November 14. The election of officers for the veterans organization will be held. All interested vets are requested to attend.

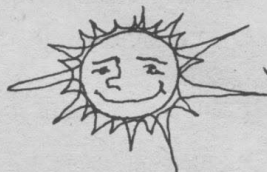
The organization is to assist veterans with the many problems facing vets returning to school, it is not a social beer drinking fraternity.

The organization will help vets get food stamps, jobs,

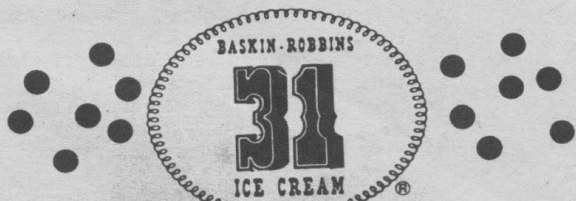
emergency loans, and assistance with legal questions.

There is money that the school receives for veterans. This money makes possible certain work study positions for veterans and a tutorial assistance program that is available to all students.

At the meeting Dave Haugen will report on a conference on vets benefits and what is going on in Congress that concerns the veteran.



WHAT ABOUT SOLAR ENERGY?



BOB and BETTY McVICAR

2705 Santiam Highway, Albany, Oregon. • 926-9039

CLUB NEWS

Rifle club

A rifle club is being formed at LBCC. This club is for owners of rifles of any caliber who are interested in getting together with other people for target practice. Interested people should sign the registration paper on the bulletin board in the Alsea-Calapooia Room of the student center. Any person requiring more information call Milton Dennis at 928-2006.

Club meetings

& Wednesday, 8-noon Saturdays.
RPM Club: 6 pm, Wednesday, Auto-tech Building.
Rodeo Club: Noon, Wednesday, Santiam Room.

Chess Club: 12-3 pm, Friday, Commons.
Christians on Campus: 7:45 am, Wednesday, Fireside Room.
Agriculture Club: 5 pm, Monday

Pool Club

Hustlers organize club

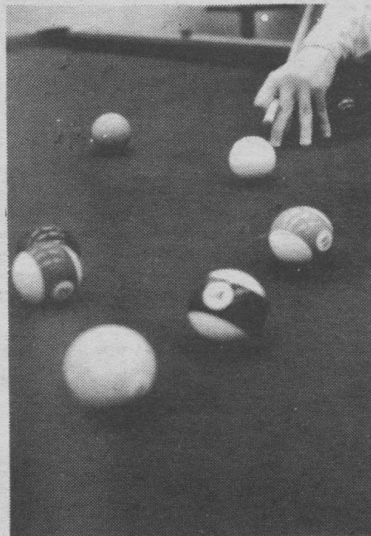
The second biggest indoor sport has taken a pretty broad step. Pocket Billiards is now a club sport in action every Friday and Saturday afternoon. Point playoffs start at five each meeting day.

Club captain Frank Bitterman, expressed a great deal of enthusiasm over the turn out of players. Frank put it this way,

"Pocket Billiards puts a person's head to work and still lets them enjoy the game. The guys show great promise in moving towards an outstanding intercollegiate Billiards team."

The team stands at full strength with an open membership peaked out at 40 with 18 of those holding team points. The top five, at this printing, are: Frank Bitterman, Dale Gropp, Dennis Shannon, Ted Clairmont, and Gary Willams.

By definition, the Pocket Billiards Club wishes to promote interschool pocket billiards activating and introducing the fundamentals of pocket billiards to interested persons, with the ultimate purpose of creating an intercollegiate competition. This is how their philosophy reads and by the point standings they mean every word of it.



Pool clubber polishes his game.

Pink Commuter?

Have you been wondering whether the color of THE COMMUTER last issue reflected the staff's political leanings or the sex of the editor? Whether next issue will be blue or purple?

Actually the color reflected an ecology move on the part of the Democrat - Herald who used the pink ends of their newsprint rolls, which are usually discarded, to print THE COMMUTER.

Not even the staff knows what color our paper will be next week.

Attend hearing!

Bill Andreasen, of Albany, has made application to the Public Utilities Commission to operate a charter bus service in Linn and Benton counties.

Nurtured by the conviction that public transportation can be both stimulating and fun, Omnibus is seeking to create a genuine transportation alternative; bring people together, improve the air, conserve fuel and be fun.

A public hearing of the application will be held November 20 and 21 at 10:00 a.m. in the Jury Assembly Room of the Linn County Courthouse.

Mr. Andreasen is seeking public support at the hearing of all concerned persons who advocate increased and diversified public transportation due to the failing quality of our air and the shortages of fuels. Witnesses with personal experiences of inadequate service with existing bus lines are also invited to testify.

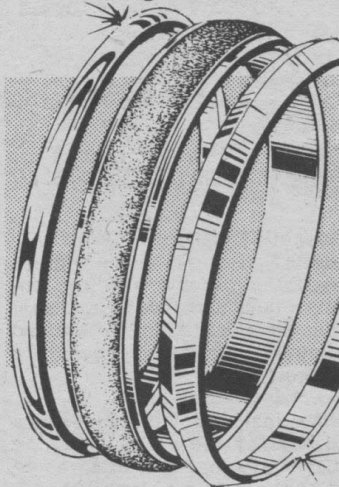
Anyone with further questions about Omnibus, or their testimony, can contact Mr. Bill Andreasen at 2170 S.W. Bryant Way, Albany, or by calling 926-0762.

File petition

The position of Second-Vice President and a Sophomore Senator seat are now open in Student Government. Gregory Robin Smith has been appointed by Susan Haines to fill the vacancy of Second-Vice until a special election can be held. Dave Melsha was appointed to fill the senate position.

The position of Second-Vice is paid. Interested persons should contact Monique Bourandas, Election Committee Chairwoman.

Delight Yourself with bangle bracelets



Diamond-polished and textured by Anson

Wear 3, 4, 5! In different widths, different designs. See our golden choice. From 3.50

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