

THE COMMUTER A Student Publication

Linn-Benton Community College, Albany, Oregon

VOLUME 18 • NUMBER 26 Wednesday, May 20, 1987

College calls in National Guard to move entry signs

By Keith Rude
Staff Writer

The rhythmic beat of jackhammers filtered across the campus over the weekend as 25 National Guardsmen unearthed the two 14-ton concrete signs that announce the entrances to LBCC.

The Guardsmen, representing the 1249th Engineering Battalion's Company "C" in Albany, used a combination of jackhammers, mallets, muscle and sweat in order to pierce the 18 inches of concrete and brick that secured the base of each sign. The Guard was invited to move the two signs in preparation for this summer's Highway 99E widening project.

The entire job, which from a distance resembled a group of busy

beavers hard at work, lasted about 15 hours, with a parade of jeeps, trucks, trailers and a crane leaving the sight after 4 p.m. on Sunday.

The National Guard performed the work as a community service project to LBCC, said Ray Jean, LBCC facilities director.

The only expense to the college was the fee for Valley Refuge dump, where about six truckloads of waste brick and concrete were hauled, Jean said.

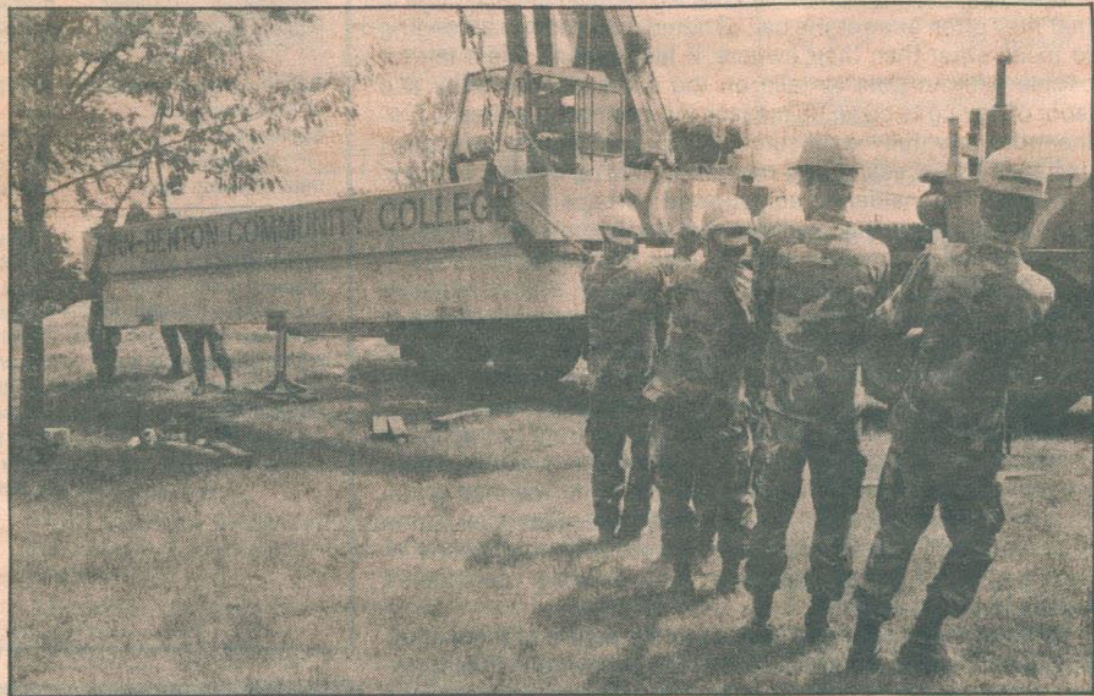
George Kurtz, vice president of business affairs, hand delivered a letter to the Military Department in Salem on April 30, requesting the Guard's help, and was impressed with the speedy response. "We hit the Guard at just the right time," said Kurtz.

The signs will eventually be cut in half lengthwise and placed in a triangular shape with dirt between them and grass on top. Floodlights will also be added to display the signs at night, said Jean.

"The Guard is not a sit-around outfit," said Cliff Kneale, specialist 4th class for the Guard and former LBCC student and managing editor of *The Commuter*.

Kneale said that community or state institutions may call upon the Guard for engineering jobs that benefit the public. One such event is the annual training from June 13 to 20, which will be open to the public. Company "C" will spend a week at Deschutes National Forest, near Bend, working in cooperation with the Department of Forestry. Here the guardsmen will do anything from building fishing shacks to improving roads and campsites, Kneale said.

The Highway 99E widening project will create four traffic lanes and one



The Commuter/KEITH RUDE

With machinery and muscle power several Albany National Guardsmen move one of the two 14-ton concrete entrance signs in front of LBCC last weekend. As a community service to the college the 25 guardsmen pierced 18 inches of concrete and brick that secure

the base of the signs to move them in preparation for the Highway 99E widening project this summer. Eventually the signs will be relocated west of their present location.

"refuge" lane, which will run to the corner of Allen Road at the southeast corner of the campus. Sidewalks and a bicycle path will also be included in the development, said Jean.

The Albany Redevelopment Agency has awarded a contract to Emery and Sons Construction Company from Stayton, Oregon, for \$204,000 to relocate the water and sewer lines west of Pacific Boulevard, from

Queen Avenue to 500 feet beyond Allen Road, said Gale Mills, engineering supervisor. The work will serve two purposes: to allow the state highway department to begin road construction and to serve the industrial park south of Allen Road. The job of moving the sewer and water lines will begin around June 15 and will continue for about 50 days, said Mills.

In addition to the \$204,000 contract, the agency also allocated \$500,000 toward the road construction. The state will award between \$8 and \$9 million on the project, said Mills.

"The construction is five years ahead of its time as a result of the city's action," said Jean, who added that construction on the highway widening will begin later this year.



A guardsman uses a jackhammer to chisel away concrete.

Transfer students face faster pace

University courses demand twice the time, counselors say

By Ron Vearrier
Staff Writer

LBCC transfer students can expect "fast times" at OSU, but not necessarily in their social life.

That was the theme last week from LBCC counselor Blair Osterlund and OSU counselor Les Dunnington, who presented a series of seminars on how to survive at a four-year campus.

The counselors said that the time demands and pace of the coursework at the university level are twice that of a community college, and that students get less help learning the system.

One tip both counselors agreed upon was that if you are doing well taking 17 hours at a community college, try 14 or fewer your first term at a four-year campus. "Most students grade points drop a half point after transferring," said Dunnington.

Another note of caution from the counselors was that students should expect larger classes.

"One shock the students will have is that almost all the classes have over 100 students in them," said Osterlund. "Along with the huge classes the work load is greater,

with more reading assignments compared to LBCC. The classes also grade harder by usually having only a midterm and the final for testing."

In general, the four-year campuses are bigger and less personal. "You will not find the general campus friendliness at the larger colleges like you do here at LBCC," said Dunnington. "But there are pockets of friendliness at OSU."

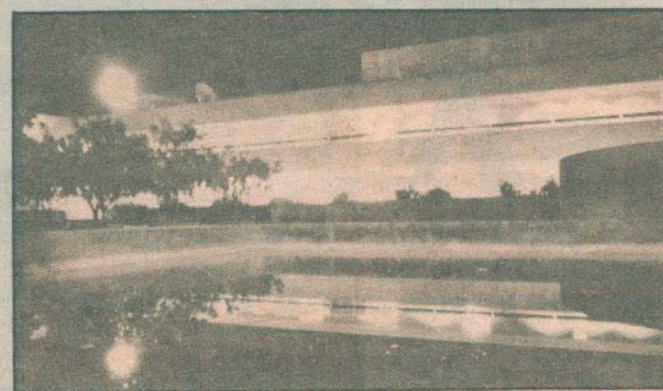
Osterlund advised transfer students to "make the first step to make contact" with their department's advisors and instructors. "You almost need to be aggressive," he said. "Be assertive to get the information you need. You have to take responsibility for yourself," he added.

"It's important to make contact with your department of studies," added Dunnington.

Not all the news from the counselors was negative. When closing the seminar, Osterlund said that during the last six or seven years, many of the top graduates from OSU have been transfer students who started at LBCC.

If students have any questions they should contact Osterlund in Room T 103B, or the Administrative Services Building Room 322 at OSU.

Inside



☐ *Commuter photographers spent nearly 24 hours capturing images of campus life last Wednesday for "A Day in the Life of LBCC," a five-page photo essay that begins on page five of this week's issue.*

Editorial

Animal fertilization unwanted

People raise cats and dogs for various reasons, including companionship, entertainment and protection. And many pet owners love and care for their animals responsibly, actually considering the pet as a part of the family.

However, some animals lack the attention from their owners that is needed to prevent cats and dogs from being obtrusive, annoying and even hazardous to other animals or people.

For instance, one common complaint about cats and dogs is that they often answer the call of nature on property belonging to those other than their owners. It just doesn't seem fair for people without pets to take on the extra responsibility and labor of having to clean up messes left by strange animals. Furthermore, carefully manicured lawns and plants have been damaged by excessive and random fertilizing by cats or dogs.

Another inconsiderate act, allowed perhaps by thoughtless pet owners rather than animals that don't know any better, is the noise and commotion made by cats, and especially dogs. A case in point is the canine that barks, yaps or whines because of some irritation or idiosyncrasy. It seems it only takes one of that kind to begin a chorus of yelping dogs throughout a neighborhood. And how many times has a screeching, screaming cat fight wakened someone from a peaceful sleep?

The most unfortunate situation resulting from untrained or unsupervised animals is attacks on children or adults. There are documented cases of people being scarred, maimed or killed from unprovoked attacks by dogs and cats. Moreover, some of these attacks have been made by pets with no previous indication of ferocious behavior and animals considered harmless by pet owners.

Some of these problems may be in the nature of the animal. But in most cases the problem is in the pet owner's irresponsible care or illtreatment of the animal. In addition, a pet owner's carelessness and lack of consideration for others have compounded the problems, and the solutions that may be available.

Mandated laws and regulations could be an answer, but even those can be ignored. It isn't fair to responsible pet owners and people who don't have pets to share the burden of taxes needed for legislation and enforcement. Perhaps the real underlying solution is for people to exercise a greater rationale and intelligence than animals.

— Dale Owen



THE COMMUTER A Student Publication

Commuter Staff:

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Street Beat

Do you favor strict leash laws for pets?



Gary Ruppert, chairman of Performing Arts Department

"Yes, because I don't think anybody has a right to have their animal running around over everybody else's property. I think they should have the right to have their animal out, but not necessarily out running over everybody else's things."



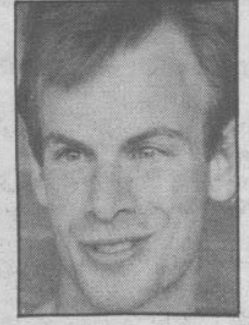
Tina Loughmiller, nursing

"For cats, it's kind of stupid because cats always run around. You can't control a cat. They can jump over anything like that and why tie them up. And for dogs to a point. It depends on where they're at. It depends on the people, too. If they constantly let their dog run around, then that is a problem. If the dog's a biter then it should be leashed up."



Pierre Osborne, foreign languages

"I think that dogs and cats should be leashed because they get out of their owner's eyesight and do their little waste all over the lawns. Like in my neighborhood in Corvallis, I have a dog that's always running over from the neighbor's house or them coming by, and they live a couple blocks away, and he's always unloading in my yard. I've seen cats, too. They do the same thing. I have a cat from our neighbor that attacks our garbage."



Dale Gleason, pre-engineering

"No, I believe a dog can be allowed to run free and if somebody gets bit by the dog it's the owner's responsibility for what happened. People should learn to train their dogs and cats. I've owned animals before and I don't believe you should own an animal if you're going to have to keep it on a leash and pen it up. You shouldn't own an animal unless you have room for it to run."

Compiled by Todd Powell and Annette Krussow

Letters

Advisor thanks club helpers

To the Editor:

It was great to enjoy the fun of Spring Daze, but it was even greater to observe the dedication of all the students who gave their time to make it a success. As advisor to the Inter-

national Students Club, I would like to name the students who did most of the planning and coordination; Julie Castillo, who with her family cooked the enchiladas and the flan; Kenneby Souryamat, who with his family and friends prepared the oriental food; Teri Hardin, who cooked the sopapillas; and Sharon Spires, Myloan Nguyen, and Charles Jones, who also helped.

The club thanks Chan's Place,

which donated spring rolls and fried won ton; OSU's Korean Students Association for the use of the artifacts that decorated the booth; Annie Gonzales, LBCC Student Activities coordinator; and Charlene Fella, of the International Advisory Committee.

Students interested in joining the club for next year, please call Vicki at ext. 395 or Vera at ext. 456.

Vera Harding



Students can pre-register now, pay later

By Todd Powell
News Editor

Buy now—Pay later.

Sounds something like a commercial advertising for VISA or Mastercard, right?

Actually, it's a slogan that could be used to describe LBCC's new offer for students to pre-register for summer term.

This means that a student currently enrolled spring term can register for summer classes between May 18-22 and not pay one cent until June 11.

"This should be a great service to the students," said Lance Popoff, director of LBCC's financial aid department. Popoff said that pre-registering students could take care of their

scheduling while spring term was still in progress, which would help save the student time.

"If they (students) pre-register early then they won't have to come back during their summer vacation to do it," he explained.

As well as helping the student, pre-registration would also assist the college. "This would help us (the college) determine how many instructors we need for what classes," he said. "It's going to help us respond sooner to the demand or the lach thereof," he added.

Popoff cleared up some misunderstandings that were printed in last week's Commuter concerning pre-registration demanding a cash payment. "As a matter of fact, it's just the opposite," he said. "We're not requiring students to pay

anything at the time of their transaction," he said.

However, Popoff did say that students are responsible for paying the required tuition by June 11. "If they (students) haven't paid by June 11 then their registration will get cancelled—but they can register again during open registration if they want," Popoff said.

The only mandate for pre-registering students is that they're not delinquent on any deferred tuition or emergency loans, he said.

"A lot of schools that are using this (pre-registration method) are the ones that have sophisticated computer systems to handle that kind of thing," Popoff added. "We don't have that at this point, so we're doing it for summer term and summer term only."

New ASLBCC reps take office in 3 p.m. ceremony today

By Marco Coleman
Staff Writer

New ASLBCC council members will be sworn in today in the Willamette Room at 3 p.m.

Kathy Huft, who was re-elected to council as a representative of the Humanities Division, will not be among those who are sworn in. Because of "personal and financial reasons," Huft opted to resign shortly before the swearing in ceremony.

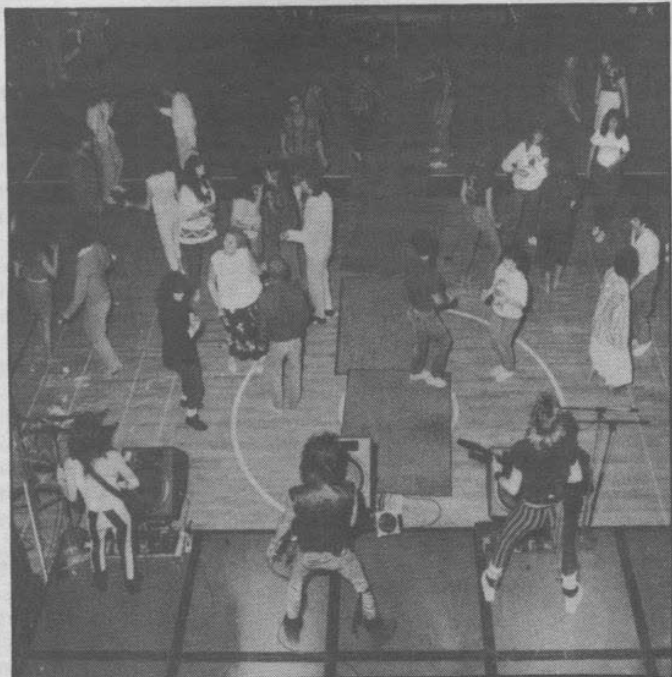
Huft's resignation created a minor problem for student council. No law existed dealing with how to fill a vacancy by a student council member prior to being sworn in.

Any vacancy that occurs after the swearing in ceremony is filled by a process of appointment.

A new by-law had to be created before a replacement could be chosen to fill Huft's vacancy. Council members decided that vacancies which occur when an elected member decides to resign before being sworn in should be filled by the candidate in the same division with the most popular votes. If there are no other candidates in that division, then the appointment process should be used.

In this case, there were other candidates in the Humanities Division who did not receive enough votes to win a council seat. However, Teri Hardin was next in line with popular votes, so she will fill the vacancy.

New council members begin serving their terms immediately after the swearing in ceremony.



Friday Night Live

The Commuter/KEITH RUDE

LBCC students dance to Miss Demeanor at the Spring Daze dance last Friday night.

Job picture looks mixed for 1987 grads

By Ron Vearier
Staff Writer

The outlook for jobs in the Willamette Valley for graduates is intimidating. Frank Schoonover, manager of the Albany office of the State Employment Division, said the jobs available call for specific training and experience.

"Employers are looking for highly trained and highly productive people," Schoonover said, "not trainees."

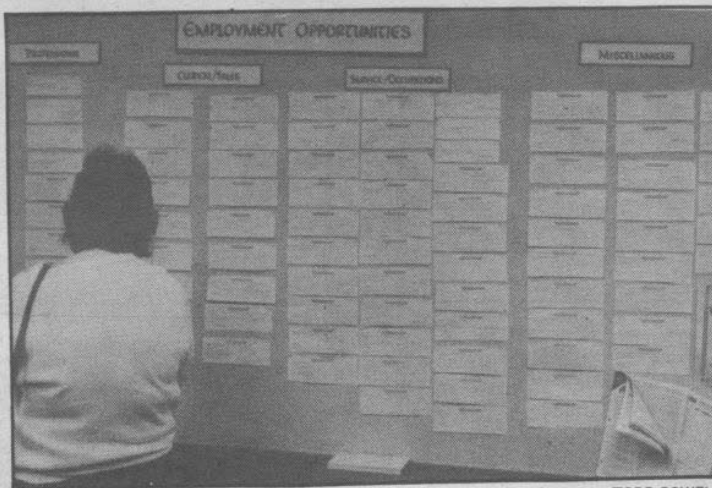
With unemployment down a variety of jobs are available, but they are of the general type. These would include jobs with food services and mills, which might have little advancement.

Schoonover says students should prepare themselves, and if they can't they should make themselves available for low income jobs, such as gas station attendant. "They need to prepare themselves to be the type of employees that employers want," said Schoonover.

Marlene Propst, LBCC Placement director, said LBCC graduates have been successful landing jobs in past years. "Right now we are in the process of doing a 10-month follow up of the graduates," said Propst. "We don't have all the statistics in yet, but last year's graduates did pretty well in the job market."

Propst predicted that this year's graduates will also do well. She said a majority of LBCC grads move from the mid-valley area, and find jobs in other parts of the state.

If students need help finding a job, they should contact the Student Employment Office, she said.



The Commuter/TODD POWELL

Laura Fosdick glances at the Employment Board located in Tadena's Counseling Center.

LBCC's annual literary magazine is on sale now

By Todd Powell
News Editor

LBCC's annual literary magazine called the "Tableau," which features student productions in poetry, short fiction, fine arts and graphic design, is now on sale at various local outlets.

Last year the Tableau was in the form of a newspaper insert which ran in the college student

newspaper, the Commuter. "I decided to do the Tableau as a separate magazine this year because I feel Linn-Benton needed a publication of this type and quality," explained Brian Pearson, who's been Tableau editor for two consecutive years.

"I think it's a value to students because it is our own Linn-Benton literary magazine," he added "I

think this year we've produced something as good as or better than OSU's PRISM magazine."

Over 300 copies of the Tableau have been published. Copies are currently available for a price of \$1 at the various outlets: LBCC bookstore, Benton Center in Corvallis, Happy Trail Records in Corvallis, Disc-Us Records and Water Marks also located in Corvallis.

Etcetera

Business Of Art

"The Business of Art," sponsored by LBCC's TED Center, will be presented on three Thursday evenings, May 21, 28 and June 4, from 7-10 p.m. in Boardrooms A and B. Cost of the workshop is \$15. For more information, call the TED Center at 967-6112. Specific dates and topics are: "Legal Issues"—May 21; "Marketing"—May 28; "Investment & Accounting"—June 4.

Big Band

LBCC's Community Big Band, directed by Gary Ruppert, will perform on Monday, May 25, at 7 p.m. in the Mainstage Theatre.

General admission is \$2.50. Tickets will be available at the door the evening of the performance.

For more information, call LBCC's Arts, Humanities and Social Sciences Department, 928-2361, ext. 404.

Communications

Effective Communication, a full-day seminar, will be held May 28, from 9 a.m. to 4 p.m. in the Alsea/Calapooia Rooms. Deadline for registration is May 26. The cost of the seminar is \$30, which includes lunch. Specific topics include: understanding the relationship between good communication and productivity, building work teams by developing relationships, saying "no" nicely and communicating in simple presentations.

Private Lives

Auditions for "Private Lives," a comedy of manners by Noel Coward, will be held at the Regina Frager Theater, 111 First Ave. on May 25, 26 and 27. The four Major characters are all 25-40 years of age. For more information, call Robert Moore, director, at 928-4603 or 928-4044.

Mainstage Production

The Mainstage Theatre will continue its production of "Noises Off," a farce by British playwright Michael Frayn, May 22, 23, 29 and 30 at 8:15. Tickets are \$4.50 for adults and \$3.50 for students, children and seniors. Tickets can be obtained at the Theater Box Office or by phone 24 hours per day by calling ext. 504.

Council Swearing In

The swearing-in ceremony for the 1987-88 student council members will be held May 20 at 3 p.m. in the Willamette room with a reception allowing students to meet the council members to follow.

Director's Party

An afternoon of discussion concerning possible play selections for the 1988 Pentacle Theatre season will be held May 31 at 2 p.m. at the home of Ken and Sherry Collins, 1210 Rafael Salem, Oregon. Phone is 390-2343. Everyone with an interest in directing is invited.

OSU Auditions

On Tuesday and Wednesday, June 2 and 3, the University Theatre of Oregon State will hold auditions for an original play based on Native American legends of the Pacific Northwest. Actors will create the show through improvisations and games which will be refined and become "set" pieces. "Indian Tales" will be performed July 23-25 on campus with a possibility of a tour. Actors of all ages are needed, and auditions are open. Auditions will be held in Room 4 of the Mitchell Playhouse at 7:30 p.m. Wear comfortable clothing.

Training Seminar

"The Partners in Training Seminar," sponsored by the TED center and Parent Education's Work and Family Project, will be held on Tuesday, June 2 from 9 a.m. to 4 p.m. in the Alsea/Calapooia rooms. Cost is \$6 and preregistration is required by May 28. For more information, call the TED center at 967-6112.

Oregon's chances to lure Super Collider called slim

By Perry Koontz
Staff Writer

Although last week's President's Breakfast was considered a big success by organizer Sue Wolfe, of the Training and Economic Development Center, something was missing—the president.

Rumor has it President Tom Gonzales limboed his lumbar region out of commission while dancing to the Balafon Marimba Band during Spring Daze, May 12.

While Gonzales stayed home to recuperate, Jon Carnahan, LBCC vice president of instruction, filled in.

About 100 local business representatives attending the breakfast chow-ed down on a variety of entrees prepared by LBCC culinary students while Harold K. Longsdale gave his views on entrepreneurship, Oregon's bid for the Super-Conducting Super

Collider, and "What's Wrong with America."

Longsdale, chairman and chief executive officer of Bend Research Inc. (a research and development company with interests in natural gas and pest control), was appointed by Gov. Neil Goldschmidt six weeks ago to

head Oregon's Super Collider Project Task Force.

Longsdale believes the key element to success for small businesses is people, but pointed out that money is a close second. He feels Oregon is lacking in people who think "I can do it and if I fail, I still have my hands and my brain and I can try again." In other words, he said "Entrepreneurship is lacking in our state."

Taking pride in one's work, company and country is what makes a business successful, said Longsdale, and Oregon doesn't have enough of it. "Maybe we ought to be teaching entrepreneurship in our schools."

Longsdale did not dwell long on the Super Collider Project, giving a brief explanation of Oregon's efforts to draw the proposed world's largest atom smasher to the area.

"We have a chance. It's not a great chance, but a chance." Longsdale figured the odds of winning the bid to be about one in 10 with the site at Hermiston having an advantage over other Oregon sites. The advantage is bedrock.

During a test drilling at a site near Lebanon, workers came up empty in attempts to find bedrock after drilling over 250 feet. Longsdale explained that the tunnel system for the collider needs to sit on a solid foundation such as bedrock so that settling will not occur. He also stated that the collider could be built above ground as long as the ground was flat for the 53-mile-long track. Another site being considered is between Interstate 5 and the Oregon State University campus. Longsdale said that close access to a major highway and a major university would increase Oregon's chances for getting the contract. Tests are still being conducted in the Corvallis/Albany area, so whether a local site will be included in the final proposal is yet to be determined. Sites around Portland are also being considered.

"It could cost over \$100 million more to adequately develop a competitive proposal," said Longsdale, "and the rewards, if there are any, won't happen until well into the 21st Century. \$100 million is only offsetting a few years' budgeting (for the state of Oregon) compared to the billions in revenue the collider would produce."

Longsdale closed his speech with a plea for a return to the kind of spirit that existed when he was a kid back in the 1930s and '40s. "We used to have great pride in this country and it is slipping away to something called greed. We weren't so 'me' oriented then as we are now."

After the breakfast, the business representatives were invited to an electronics fair put on by LBCC faculty and students from the Electronics Engineering Technology Department.

COMING
IN JUNE

IN VIETNAM THE WIND DOESN'T BLOW IT SUCKS



Stanley Kubrick's

FULL METAL JACKET

WARNER BROS PRESENTS STANLEY KUBRICK'S FULL METAL JACKET

STARRING MATTHEW MODINE ADAM BALDWIN VINCENT D'ONOFRIO LEE ERMEY DORIAN HAREWOOD ARLISS HOWARD KEVYN MAJOR HOWARD ED O'ROSS

SCREENPLAY BY STANLEY KUBRICK MICHAEL HERR GUSTAV HASFORD BASED ON THE NOVEL THE SHORT-TIMERS BY GUSTAV HASFORD CO PRODUCER PHILIP HOBBS EXECUTIVE PRODUCER JAN HARLAN

PRODUCED AND DIRECTED BY STANLEY KUBRICK

WARNER BROS A WARNER COMMUNICATIONS COMPANY

Crossword Answers

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A Day in the Life of LB

Wednesday, May 13, 1987

Hump Day. Halfway to Friday. Wednesday's the day when you look back and see not only how far you've come, but just how far you've got to go till the weekend. It's all downhill from here.

Hump day, May 13, was not your ordinary Wednesday. It fell in the mid section of Spring Daze '87—a noisy, cut-loose and dance kind of day out in the courtyard, where you could beat on junkers, chomp on burgers and share the sun with people you hadn't seen outside these brick-encased classrooms for weeks.

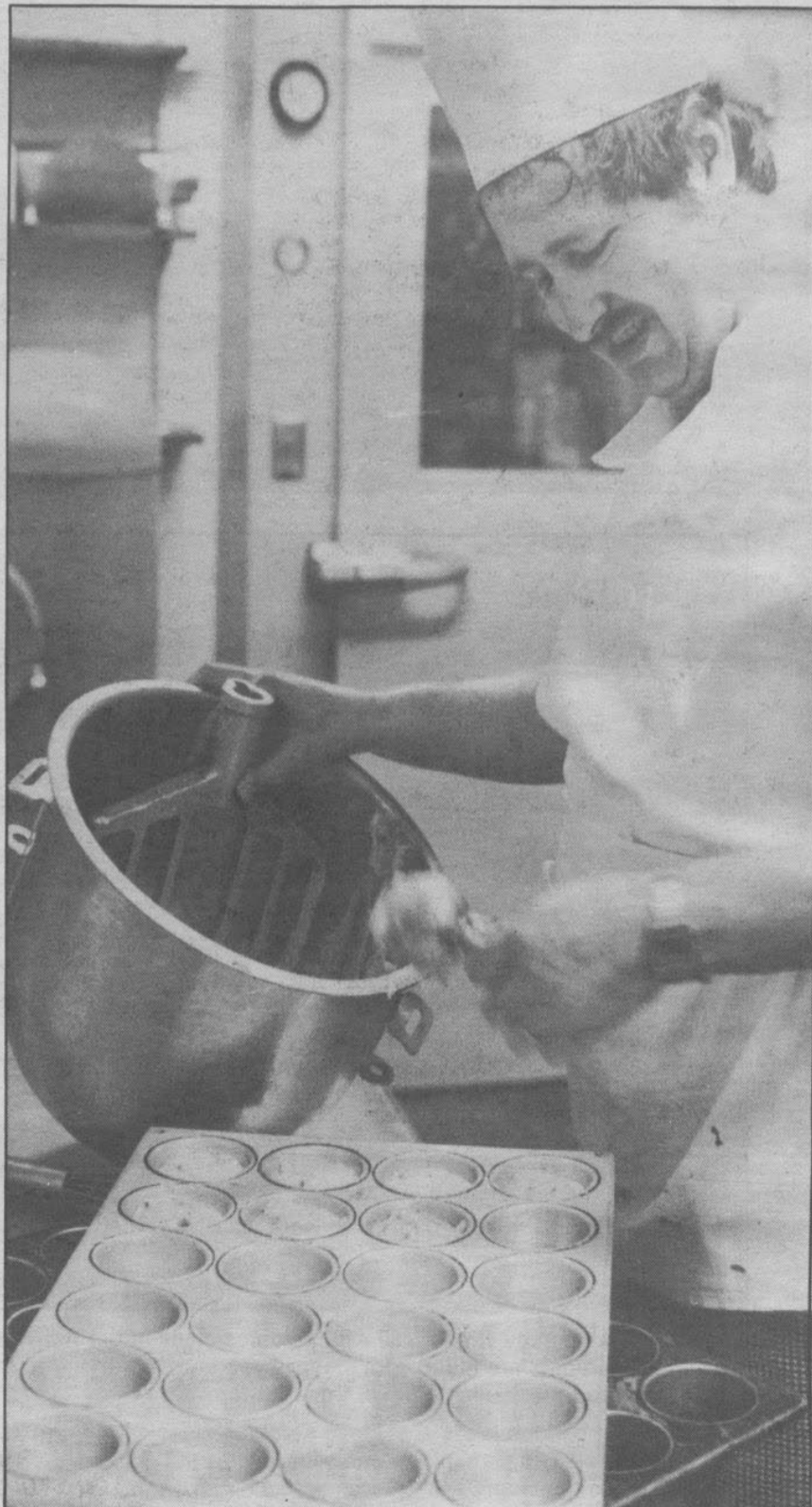
But there's another reason it wasn't an ordinary Wednesday. On this day, four Commuter photographers spread out over the campus from the wee hours of the a.m. to closing time. Their mission: to chronicle life at Linn-Benton Community College, from the fluorescent night of the custodial crews to the mid-day mayhem of Spring Daze.

The photographers started out early. Below, Photo Editor George Petroccione captured a lonely 2 a.m. hallway scene familiar to the custodial crews who prepare the campus for another day. He also found baker Mike Cough in the cafeteria kitchen mixing muffins for the breakfast rush to come, and custodian Steve Lanham cleaning yesterday's lessons from the chalkboard.

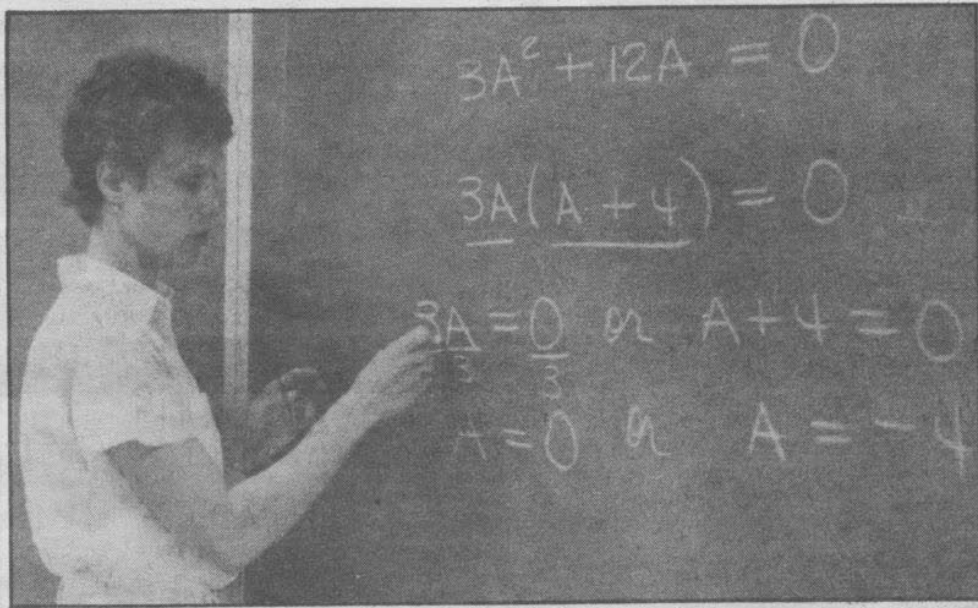
In the pages that follow, you'll find many more pictures, images that provide a sense of the scale and scope of this institution, and of the familiar and unfamiliar people who make it run.

The photos on the following five pages were taken by Keith Rude, Dave Grubbs, Todd "Top Gun" Powell, and Petroccione, who also edited and designed the layout.

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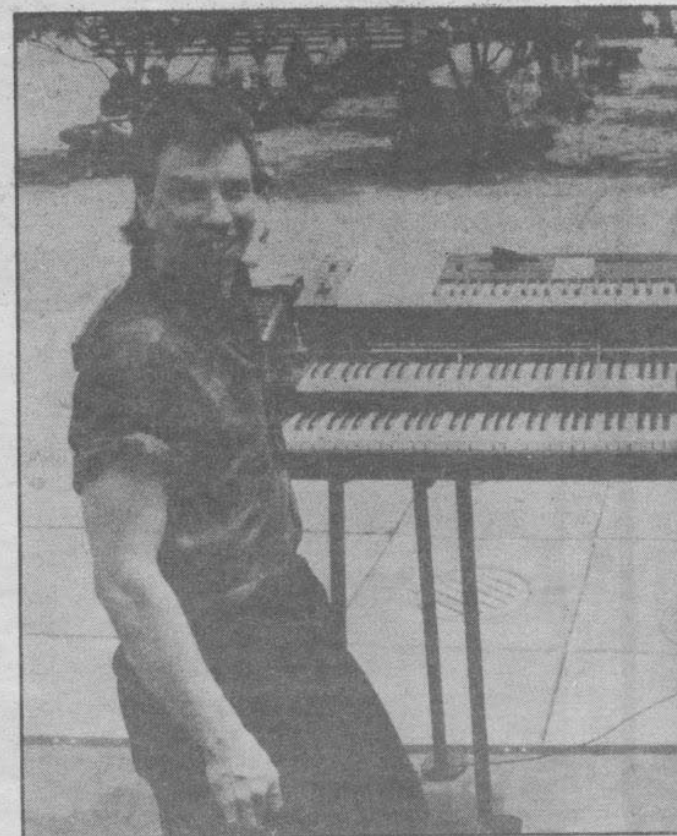
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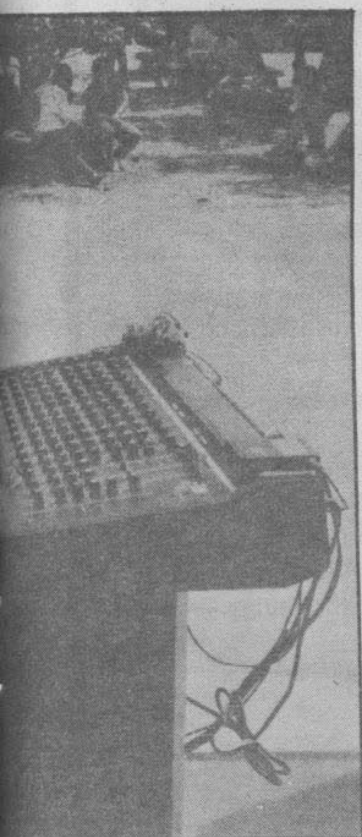
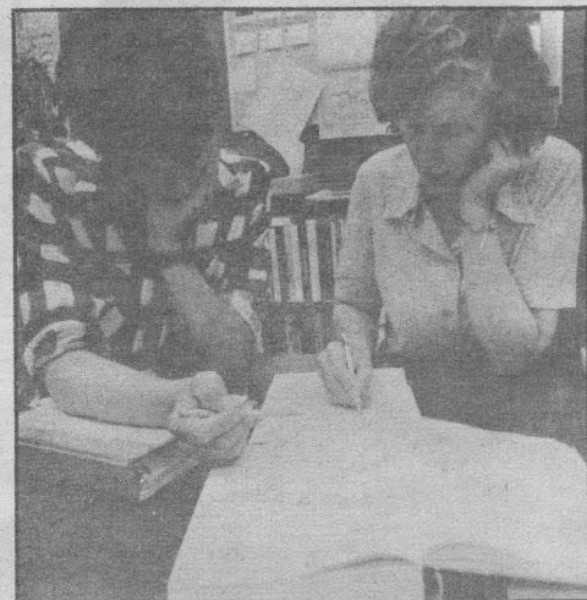
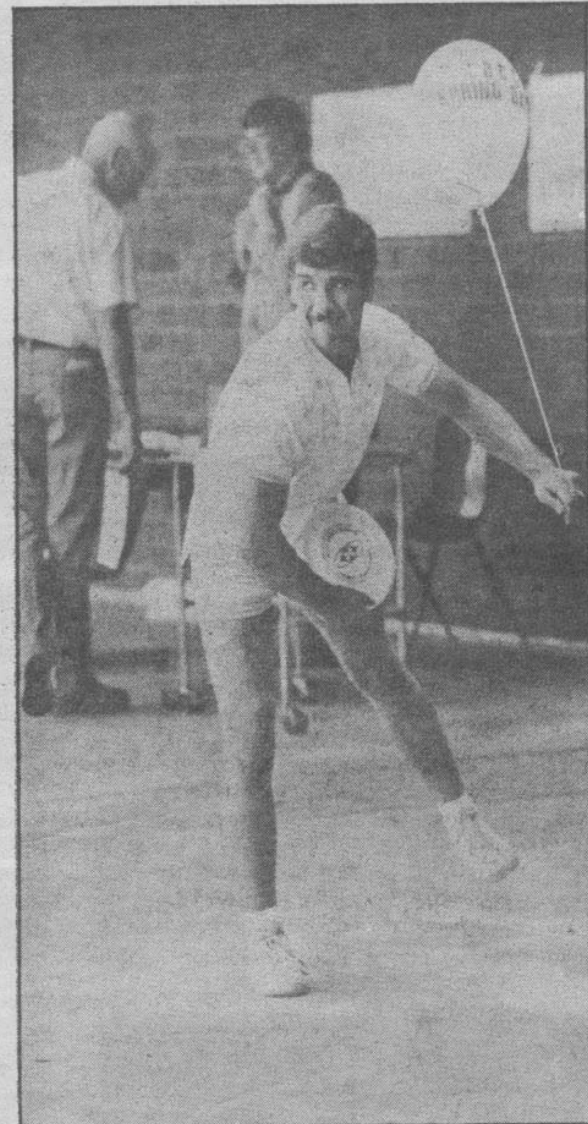
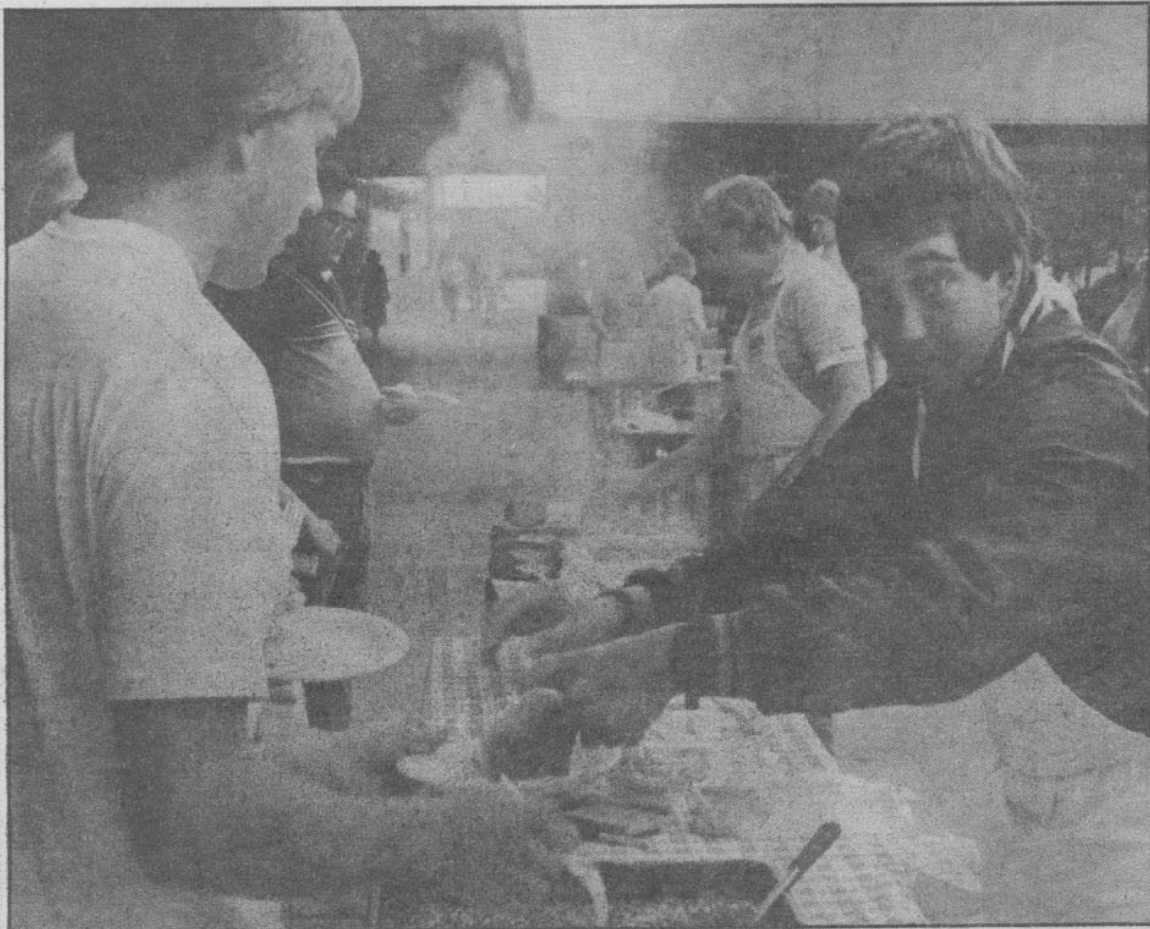


The campus wakes up early with a 6:30 a.m. aerobics class in the Activities Center, and by 8 a.m. classrooms are filling with sleepy-eyed students trying to grasp such subjects as math and mechanics. Shown from the top:

- Instructor Ruby Gilbertson leads a wake-up aerobics class with enthusiasm.
- Math instructor Lynn Trimpe explains the workings of the quadratic equation.
- Mike Henich, deisel mechanics instructor, works on an engine with student Bill Grossman.

11:AM



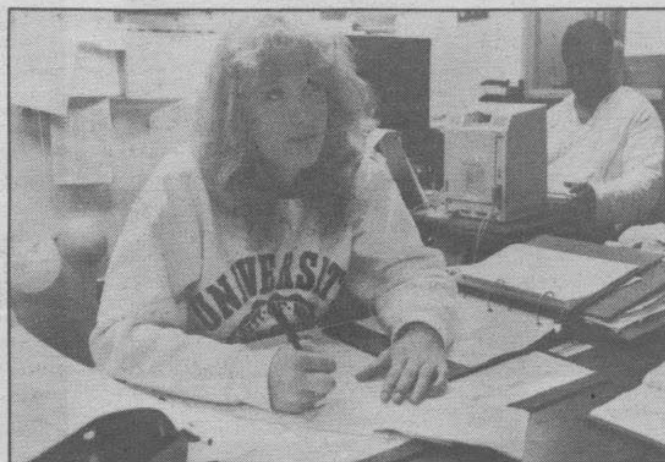
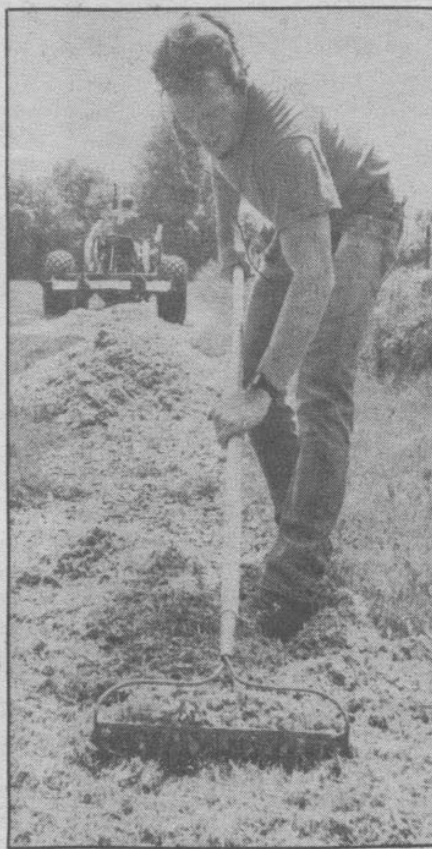
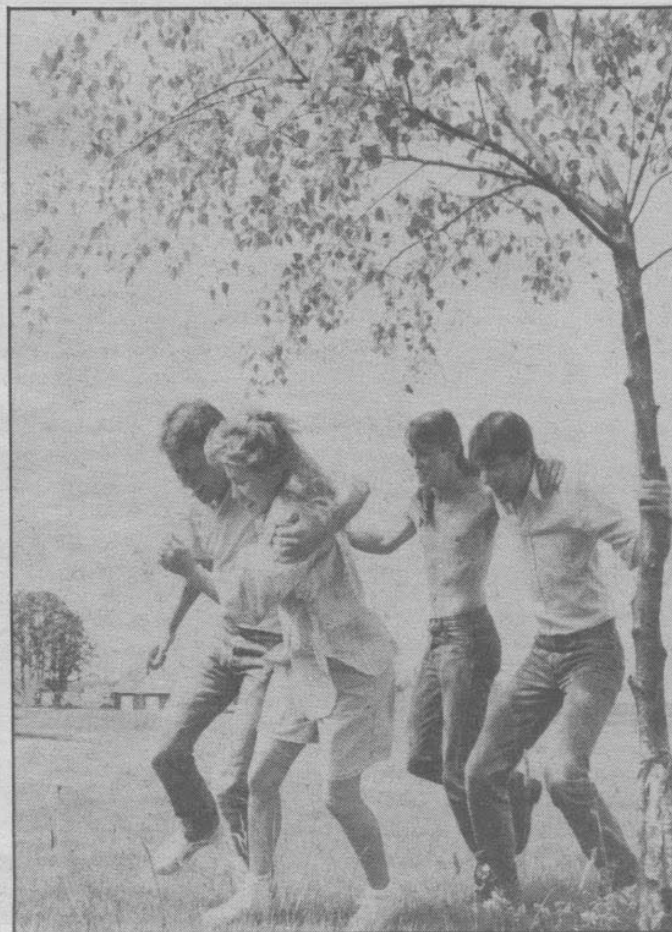


The courtyard rocks with a wide range of activities during the Spring Daze All-Campus Picnic. Shown left to right, from the top:

- Journalism major Dawn Lucas dons her dancing shoes to the music of jazzman Dan Waters.
- ASLBCC council rep Fred Nesbit serves up burgers to Marty Endicott and other students lined up for the picnic.
- Rod Dowse, animal tech major, prepares to whip a Frisbee across the courtyard.
- Dan Waters, a one-man jazz band, provides

- energetic entertainment for the picnic crowd.
- Charlie Weyant, reference librarian, arranges books being peddled by the library.
- Ben Gonzalez spends the mid-day jogging around the track.
- Journalism major Todd Powell lays some heavy metal on the roof of a junk car, which was used by the ASCET club as a "car bash" fund-raiser.
- It wasn't all fun and games—Nancy Clough and Jae Chang try to ignore the noise rising from the courtyard below as they work on a problem in the Math Lab.

2:PM

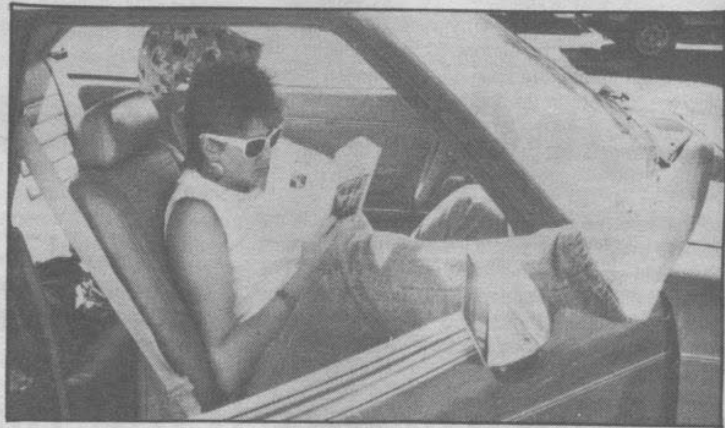
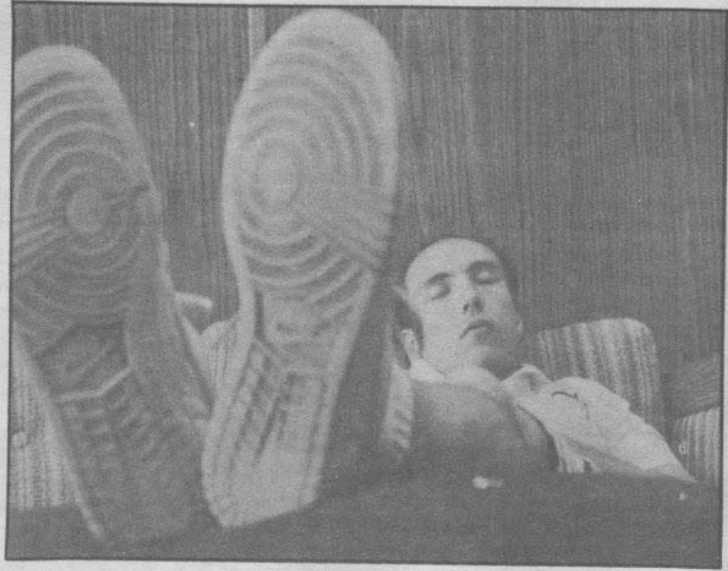
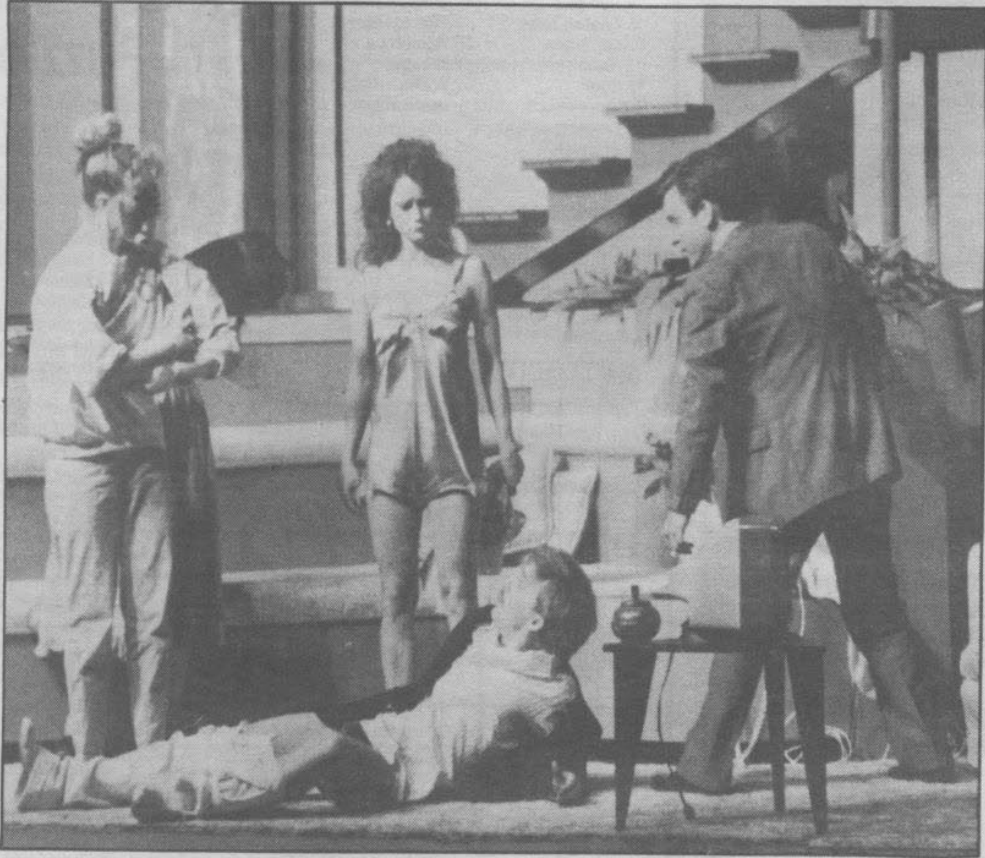


With the sun providing plenty of incentive to cut classes and join in the Spring Daze fun, students can be found in all corners of the campus. Shown left to right, from the top:

- Graphic design major Minda Smith creates a screen print in art class.
- Two teams round a turn in the three-legged race during the Battle of the LB Stars, one of several afternoon Spring Daze events.
- Melanie Coburn hams it up on an inner-tube swing in the Child Care Lab playground.
- Dan Jones, a work study student on the grounds crew, rakes new barkdust on the Wellness Trail.
- Carrie Aaron spends the afternoon inside, completing some tasks in the Student Programs office.
- Students strain for the upper-hand in the Spring Daze tug-of-war competition.
- A student steps out to take a break from class.



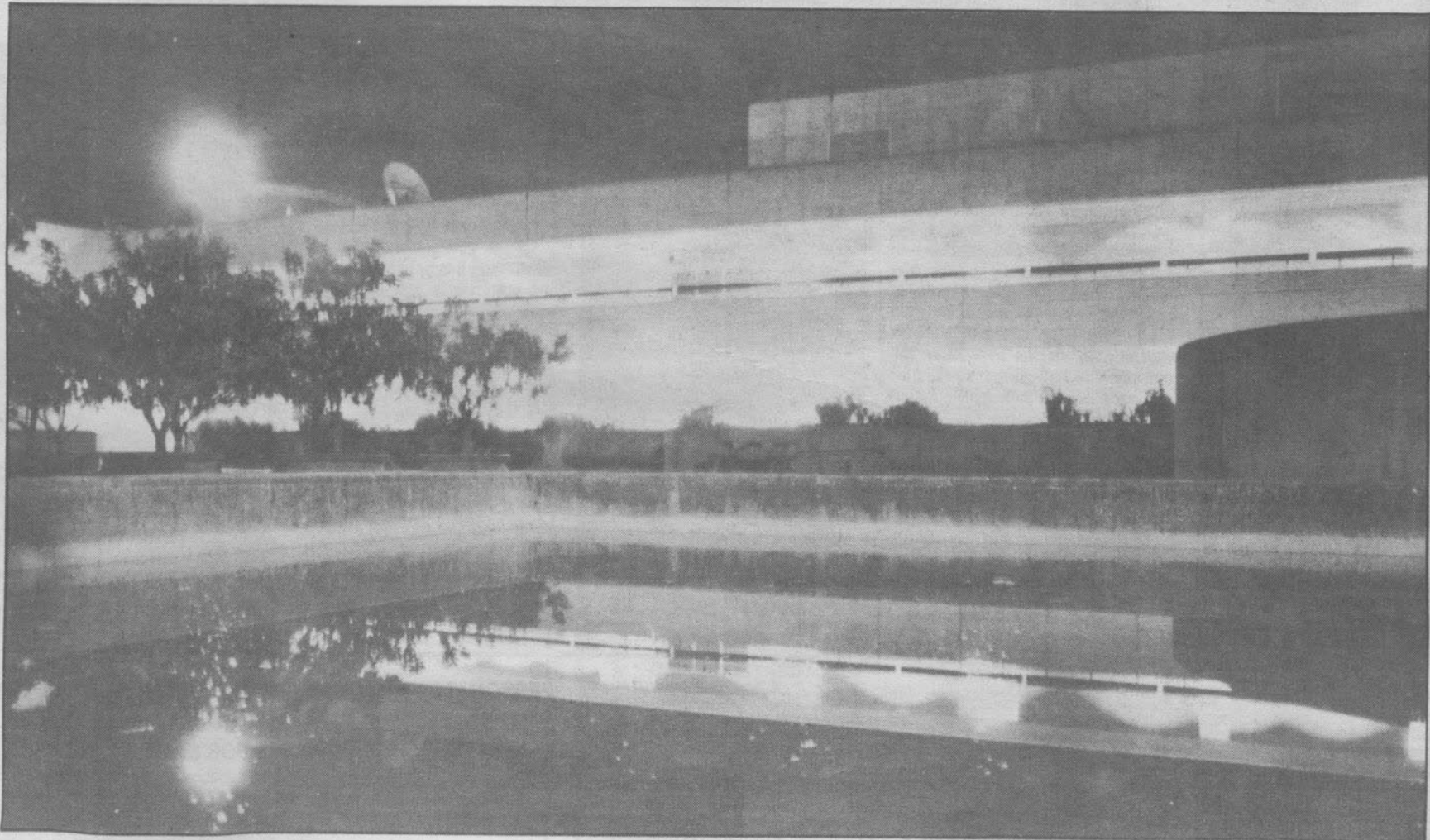
4:PM



Classes begin winding down by late afternoon and students kick back to study or wait for a ride home. But the campus remains alive with activity. From top left:

- The cast for "Noises Off" goes through a dress rehearsal for their opening performance. The play continues this weekend in Takena Theatre.
- Paul Davis catches a quick nap during an afternoon study session in the library.
- Kimberly Conley relaxes in her car with a good book.

10:PM





Health-Wise

By Diane Morelli

Mark Twain said, "Age is a case of mind over matter. If you don't mind it, it doesn't matter."

People are living longer, and they are healthier and more active than any generation past. The key is to start young to prepare to become old.

I like dancer/choreographer Martha Graham's response when asked what she attributed her longevity to. "I am excited about life and I don't look back," she said. She said this at the age of 91, while still involved with her dance company.

It's time to discard negative images about getting old. It hasn't been ordained that, "Thou shalt fully enjoy the first half of your life—and totally regret the second half!"

With an average life expectancy of 74 years, the majority of this country's population will soon be senior citizens. By the year 2025, 51 million Americans will be over the age of 65, almost double the current 25 million. Eighty-five million Americans will be 55 or older by 2025.

Medical science has been partly responsible for increasing life expectancy by almost 30 years since 1900 but our maximum human life span hasn't changed much. Gerontologists, experts in the field of aging, believe that our race is evolving toward a longer life. But for now, our biological limit seems set between 110 and 120 years of age.

Are our parents the predictors of our longevity? Some people believe that if their parents lived a long or short life span, they could pretty much expect the same thing. The fate—good or bad—of most people who have reached the age of 60 years depends more on nutrition, disease, stress, psychological attitudes, occupation and life style

factors than the lifespan of their parents.

According to a report in the "Prime Time" newsletter from Sacred Heart Hospital in Eugene, researchers studying people who have maintained both their health and mental and physical vigor well into their 80s, have found these common characteristics:

- A plan for the future. These people stay interested and involved in community and public affairs. They make plans and have a sense of purpose.

- An optimistic attitude. Cheerfulness and good mental health are requisites for emotional stability and longevity. These people also realize that what cannot be changed, must be accepted.

- Vitality. These people have vim and vigor. They still possess youthful enthusiasm, a strong sense of humor and enjoy keeping up with new trends.

- A high activity level. Vigorous physical exercise is a part of their daily lives.

- Healthy eating habits. These people are essentially vegetarians, consuming some poultry and fish, but little meat. They remain fit and trim on a low-fat, low-calorie diet.

- No smoking.

- Sexual activity is maintained. Touching, holding and kissing are common, regardless of age, as is affectionate contact with family and peers.

- A sense of belonging. These individuals are respected members of their communities. They are accorded social status and position.

Next week we'll explore memory loss associated with aging, the causes of aging, slowing the aging process and the secret of long life.

ACROSS

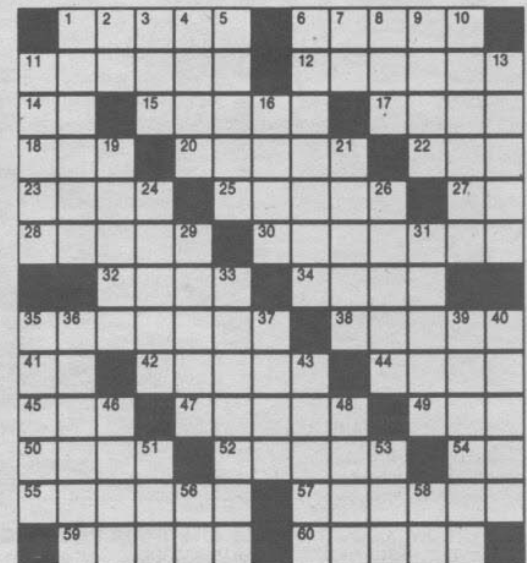
- 1 Parts of airplane
- 6 Harvests
- 11 Storage room
- 12 Christian festival
- 14 Sun god
- 15 English baby carriages
- 17 Rabbit
- 18 Eggs
- 20 More exact
- 22 Chicken
- 23 Promise
- 25 Sharpen
- 27 Symbol for niton
- 28 Sag
- 30 Deduces
- 32 Native of Morocco
- 34 Case for small articles
- 35 Stirred into activity
- 38 Shrewd
- 41 Parent: colloq.
- 42 Surgical thread
- 44 Kill
- 45 Skill
- 47 Tropical fruit: pl.
- 49 Title of respect
- 50 Humorous sketch
- 52 Walks unsteadily
- 54 Negative
- 55 Harbinger
- 57 Extinguishes: colloq.
- 59 Depressions
- 60 Spirited horse

DOWN

- 1 Fragrance
- 2 Behold!
- 3 Viper
- 4 Saucy
- 5 Heavenly bodies
- 6 Self-restraint
- 7 Babylonian deity
- 8 Pallor
- 9 Chief god of Memphis
- 10 Calm
- 11 Throng
- 13 Leases
- 16 Speechless
- 19 Odor
- 21 Underground parts of plant
- 24 Entrances
- 26 Fruit: pl.
- 29 Aroused by stirring
- 31 Small bottles
- 33 Holds back
- 35 Shatter
- 36 Put car in garage
- 37 Lavish fondness on
- 39 Showered
- 40 Beginners
- 43 Wants
- 46 Weary
- 48 Narrow opening
- 51 Make into leather
- 53 Petition
- 56 Army officer: abbr.
- 58 Compass point

The Weekly Crossword Puzzle

Answers on page 4



COLLEGE PRESS SERVICE

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Three instructors trade places with European teachers

By Allen R. Anderson
Staff Writer

Many people dream of spending a year or two in Europe, but few actually get the chance to fulfill that dream. At Linn-Benton that dream is becoming a reality for three instructors.



Doug Clark

Next year instructors Doug Clark (social science), Rich Liebaert (biology), and J.T. Peterson (business) will go to Europe on the Fulbright Program.

"The primary purpose of this program is to promote mutual understanding between the people of the United States and the peoples of other countries through educational exchange," according to the U.S. Information Agency.

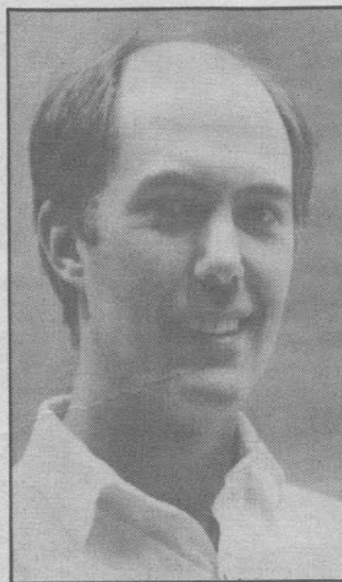
Applications are filled in the summer and applicants are notified the following April whether or not they are selected.

The program selects teachers in the U.S. and foreign countries that teach similar subjects and then switches them. For example, a math teacher in the U.S. will change places with a math teacher in France. The teachers will also bring their families and trade houses with their counterparts.

Doug Clark, who teaches social sciences, will trade places with Leon Valk, who teaches social sciences at Ubbo Emmius in Groningen, Netherlands. Clark will meet with

Valk in the Netherlands for an orientation at the end of July, then he will begin teaching at the beginning of the school year.

"It's like a sabbatical," said Clark. "I'm curious to see how others see the U.S., but also to get some of that



Rich Liebaert

perspective," he added, holding up his thumb like an artist appraising a subject.

Another wandering teacher is Liebaert, who will be teaching the life sciences at Paddington College in London, England. He will be trading places with Richard Greenhalgh.

"I'm looking forward to teaching in a new place," said Liebaert.

Peterson will also be traveling with Liebaert to Paddington College. Peterson's counterpart is a woman named Yvonne Webb. He will be teaching business classes.

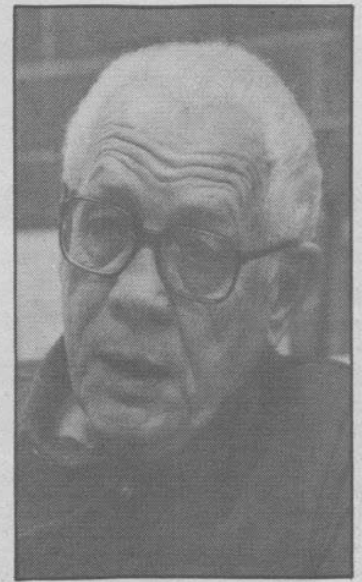
Peterson has applied twice before, but both times the exchange has been canceled at the last minute. "I won't believe it until I get off the plane," he said of this year's effort. He is also planning a safari in Kenya and Tanzania next year.

Liebaert and Peterson will be traveling to San Francisco in August for their orientation.

Clark said that the administration has been very supportive through the whole process.

One thing these teachers have in common is that they all are looking forward to experiencing the cultures of other countries.

"I'm excited and scared at the same time," said Liebaert.



J.T. Peterson

Classifieds

HELP WANTED

EMPLOYEES NEEDED! Part-time employees needed. Apply in person. Cirello's Pizza in the Albany Plaza.

JOBS AVAILABLE IN THE STUDENT EMPLOYMENT CENTER: Data Entry/Billing Clerk, Computer Sales, Cashiers, Secretary I, General Office Clerk, Word Processor, Medical Receptionist/Medical Assistant, Quality Control Manager, Career Mgmt. Positions, District Manager, Management Trainee, Commission Sales, Food Service Aide, Cook, Counter Person,

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Child Care. A FEW MORE SUMMER JOBS AVAILABLE. FOR MORE INFORMATION ABOUT THESE JOBS PLEASE VISIT THE STUDENT EMPLOYMENT CENTER LOCATED IN TAKENA HALL ROOM 101.

MISCELLANEOUS

Vitamin Hutch - Mental alertness aids and stimulants. Hours 11-6 Monday through Saturday, 848 Burkhardt, Albany, 928-4799.

Therapeutic massage, tailored to fit your health needs (non-sexual). Kathleen Nelson, L.M.T. appts. 451-1685. Info. 466-5864.

PERSONALS

Alcoholics Anonymous will meet in HO 116 Monday through Friday at 12 noon.

"Moving Sale." Everything must go. Refrigerator, bike, dishes, TV, clothes, and much, much more. Starts April 20th at 1042 SW Belmont Apt. 19, Albany, Oregon. Times it will be open are: Mondays and Wednesdays from 4:30 to 7:00 p.m.; Tuesdays from 6:00 to 10:00 p.m.; Thursdays and Fridays from 4:30 to 10:00 p.m.; Saturdays and Sundays all day from 9:00 a.m.

Are you looking for work? Have you applied for

work study for next year? If so, apply for a work study position in the Career Center. Deadline is May 22nd.

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.

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Out-of-Bounds

By Matt Rasmussen

Editor's Note: In the event that you've been following this column you noticed that last week it was missing. It was no accident, it was a purposeful attempt by the editorial staff not only to censor this reporter, but to replace him with a surrogate writer. A clone, if you will, grown from a fingernail clipping of Geraldo Revolver. But now I'm back, ready to break the story wide open and expose the heinous crime that was almost perpetrated upon my audience.

I've had this sinking suspicion that things weren't kosher here in the Daily Planet office. For weeks things have been a little more goofy than normal, (that means really wacko!).

I had noticed that my picture was changing from week to week. One week I was a blond, the next a brunette. And the next, no photo at all! Two weeks ago a sketch appeared in place of my picture, and I heard the Editor comment that Gus, the roller skating mule, could take my place.

Last Monday things came to a boil. During the Editorial meeting, the evil lord, Darth Vader, asked what stories I would have for the upcoming issue. I told him of a feature on LBCC's decathlete, the baseball team winning the Southern Championships, and my surprise feature on drug testing in intramural softball...

Darth went bonkers (believe me it was a small step, but a very painful one at that.) He must have been afraid that the NCAA would discover that he lived on a diet of fresh fava beans cooked in 30 weight motor oil. At any rate he nuked the story, then sent me out to count the chitter bugs on the Wellness Trail.

Not knowing what a chitter bug was, I went straight to the library and researched the infernal creature. It was then I saw Darth talking to a group of people from the Science Tech. department.

I nonchalantly skipped over to the magazine section and hid behind the most recent issue of Popular Nuclear Mechanics, all the while eavesdropping on Darth and his cohorts.

"Zee clone will be finished before zee month eez out." I heard one of them say. That was it, I knew what was going on. I knew I had to stop it.

I ran to the science building and found Darth's lab station. I looked around to see if any storm troopers were standing guard, then pulled the plug on all his experiments.

I went back to the Daily Planet office to wait for Darth and gloat over his failed attempts. But he never showed.

About an hour later Topgun came in saying something to the effect that Darth's science project had been destroyed, and that he'd be back next year because he wouldn't have enough credits to attain escape velocity.

So now things are back to normal, (chaos, confusion, and lunacy, but otherwise normal.) I brought in a few chitter bugs for Darth to dissect, he seemed to enjoy that. He made a deal to graduate, (he donated my body to science!) All is quiet on the Wellness Trail.



The Commuter/KEITH RUDE

Who's on First . . .

Albino first baseman George "Wheels" Petroccione takes the throw at first in a recent intramural softball game. The Albinos finished the season atop the standings with a 5-1 record. Tournament play begins today.

Track teams eye Northwest

By Matt Rasmussen
Sports Editor

Linn-Benton track teams racked up six first place ribbons, including two from Shawn McMorris, as the men finished second and women seventh in last Saturday's NWAACC Southern Division Track and Field Championships in Eugene.

LB will now send at least 16 athletes to Gresham and the Northwest finals in two weeks.

"I would rank this team's effort at that particular meet (Southern Championships) in the top two or three all-time performances in team effort that I've ever had at Linn-Benton," said men's coach Dave Bakely.

McMorris won both the 5,000 and the 10,000 meter distance races for LB, and will represent the Roadrunners in both events in Gresham.

"Shawn dominated the distances," said Bakely. "He was in total control."

Wade Bakely vaulted 15 feet to win the pole vault, and will compete in the Northwest as the defending NWAACC champion.

In the hurdles, Kent Pauly took first in the 400 intermediate, and also qualified for the 110 high hurdles. Jay Havel won the 110 hurdle event in Eugene, and is qualified

in both the hurdles and the high jump for the Northwest.

Jim Cole tossed the hammer 152'8" for an LB first place. Craig Yon and Doug Silbernagel have both also qualified for the Northwest meet.

Billy Fields' best mark, Saturday, was a fourth in the pole vault, but he is qualified in the long jump and the pole vault. In the tripple jump, Mike Burrell placed second with a 46'4" leap, and will compete in Gresham. Eric Moen placed second in the high jump with a 6'6" leap. He qualified for the Northwest earlier in the season with a jump of 6'8".

Jeff Waldien hit 21'10" in the long jump earlier in the season to earn a spot in the finals. Brian Cherry made the cut in the 100 meters with a time of 11.1, his time also took third on Saturday.

For the women Roadrunners, Coach Wayne Fisk has five athletes heading to the Northwest meet. Although the women placed seventh in Saturday's regional meet, he wasn't discouraged by their performance.

"Everybody placed in all the events they entered," he said.

Myra McGarry and Ellen Hodson have qualified for the distance races. Holly Tinker is qualified in the triple jump. Eunice Coy will compete in the javelin and Sherri Cook made the cut in the shot put.

LB's baseball champs face Centralia

By Matt Rasmussen
Sports Editor

Linn-Benton baseball is headed for Yakima, Wash., and a showdown with Centralia Community College in the opening round of the NWAACC Baseball Championships.

Tomorrow morning at 10 a.m. the Roadrunners will take the field as the

Southern Region champions with an axe to grind against the team that forced them out of the tournament last year.

Centralia bumped LB out of the consolation bracket last year, 7-6, in a hard-fought game that went down to the last pitch.

"I think we've had a real fine

season," said coach Hawk, "and we're looking to cap it off with some exceptional play in the tournament. We have the physical makeup of a good ballclub, now we just have to see if we're mentally ready to play."

In addition to a trip to the playoffs, coach Hawk and crew received all-star honors this week as the Southern Division All-League Team was announced.

Hawk was named "Coach of the Year" for the second consecutive season during a coaches conference yesterday in Portland.

Sean Reed, 3-1, garnered 13 votes to top the voting for pitchers. Ken Nielson, 6-0, made the second team with five votes.

Dennis Kluss and Brent Vigil made the outfielder first team. Kluss led the voting with 15, largely due to his six league home-runs and his 23 RBI's. Gary Boyer made the second team.

Chad Hartsell made the first team at third base; Jeff Canfield made the second team at second base; Dave Bartlett made the second team at shortstop; and Kelly Garland made the second team as designated hitter.

Linn-Benton will play either Edmonds, from the Northern division, or Spokane, from the Eastern division, in Friday's second round play.

"a hilarious mix of comic characters and situations."

by Michael Frayn
directed by Robert Hirsh

NOISES OFF

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23, 29, 30
8:15 p.m.

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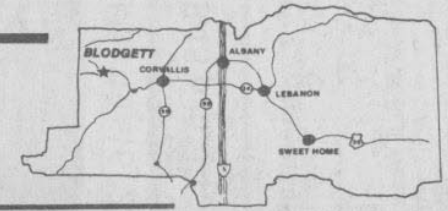
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Backroads



Blodgett

Water, timber, good land, mild climate and abundant game attracted the first settlers to Blodgett Valley about 15 miles west of Corvallis, Ore.

In 1847, William and Asceneth Blodgett homesteaded 640 acres in the valley that still bears their name. Cattle, hogs and horses raised by the Blodgetts were shipped to Portland and Oregon City to be sold.

Mrs. Blodgett had been a school teacher in New York, and taught her children and others after a schoolhouse was built on land and with lumber donated in 1852 by the Blodgetts.

The first post office established in the valley was named Emrick, but was renamed Blodgett in 1888. Blodgett became one of the stopovers for travellers between the coast and Corvallis.

In the 1900s, there were many small sawmills and logging operations in addition to ranching and farming. Today, Christmas tree farms and small herds of sheep and cattle can be sighted from roads transversing through the valley.

Photos by George Petroccione

