

THE COMMUTER

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LINN-BENTON
COMMUNITY COLLEGE

Linn-Benton Community College, Albany, Oregon

OCT 25 1989

When the 'Big One' hits

Geologist says NW quake possible; campus said to be built to survive

By Arik Hesseldahl
Of The Commuter

In the aftermath of a major earthquake that rocked the San Francisco area Oct. 17, local concerns have been raised surrounding the possibility of an earthquake in the Pacific Northwest that could conceivably be as strong or stronger than 8.0 on the Richter scale.

In Albany, City Manager Steve Bryant said that he and local officials would discuss and review local emergency plans.

Bryant told the Albany Democrat-Herald Oct. 18 that "a lot of our facilities are not designed with earthquakes in mind," but that because of the type of development in the area, no major problems, such as collapsing buildings, would be expected.

The fear of a major quake has centered around what is known as the Cascadia Subduction Zone, the collision zone of the Juan de Fuca and North American tectonic plates, roughly 200 miles off the coast of Washington, Oregon, and northern California.

A quake in the region would most likely involve the eastward movement of the Juan de Fuca plate under the North American plate, building up energy that can only be released by an earthquake, according to state seismic hazard geologist Ian Madin.

In 1960, a subduction zone quake that registered 8.3 in Chile killed 5,000.

Madin said that the Cascadia zone differs from California's San Andreas Fault in that the two sides slide horizontally past each other.

When the Juan de Fuca plates moves under the continent, it breaks up and has produced the largest earthquakes recorded in the northwest — a 6.5 Seattle quake in 1965 and a 7.1 quake in Olympia, WA in 1949 — that collectively claimed 15 lives and caused \$200 million in damage.

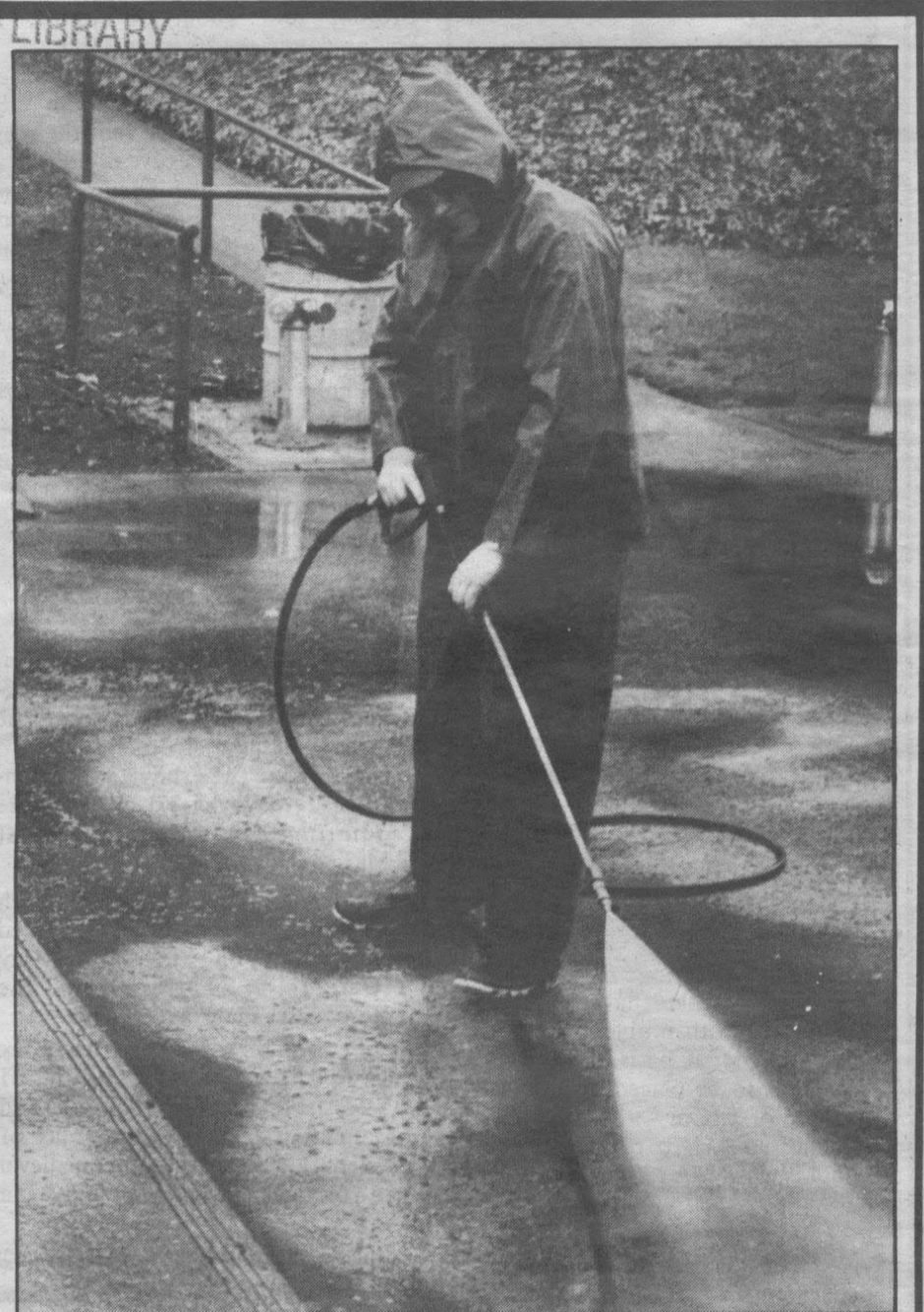
Madin said that further quakes would be centered under the Coast Range and in the Portland area.

Although no stronger temblors have occurred in recorded history, geologists have found evidence of marsh areas being abruptly covered with mud, suggesting that a large-intensity quake may have rocked the region as recently as 300 years ago.

It was concern over such a possibility that prompted the LBCC campus to be constructed with what former Facilities Director Ray Jean called "seismic considerations."

Jean, who coordinated construction of the campus in 1971-72 said that campus buildings are not connected tightly and that they can "come apart a foot without collapsing."

Jean said that the campus could have definitely survived the recent Bay Area quake with no serious damage, if not and even stronger quake, and that it was built "with earthquakes in mind."



Fall Cleaning

The Commuter/MATT RASMUSSEN

Groundskeeper Charles Mork gives nature's rain a helping hand by pressure washing away leaves and debris from the sidewalk outside the College Center.

INSIDE



Family Center serves both parents and kids, pg. 3

Police say drivers not stopping for buses

By Kevin Porter
Of The Commuter

Red lights flash as the yellow school bus pulls over, the stop sign pops out, kids pile off, and nobody stops.

But everyone is supposed to.

"People are just unaware of the law," said Lt. Wayne Hyde of the Albany Police Department.

The law says that a driver must stop on all highways except those with a concrete wall or barrier down the middle of them, said Hyde. It makes no difference if it's a two lane or a five lane road all traffic must stop, he said.

According to Hyde, most of the problem around Albany is on Pacific Boulevard between Queen Avenue and Allen Lane. Many people drive Pacific in the mornings while buses are pick-

ing up kids, and most drivers are not stopping, Hyde said.

Oregon State Police, Linn County Sheriffs, and Albany

Police Departments are writing six to seven tickets a day to people who break the law, according to Hyde.

All three departments combined have written in excess of 100 tickets since the school year started, said Hyde. He added most of the citations are being given to commuters going to work, not college students. Although there have been no accidents, Hyde said, there have been several "near misses."

Hyde said the patrolmen would like to be proactive rather than retroactive and solve this problem by educating drivers through the media not through tickets. "If everyone knows that the red lights are important and we could get drivers to stop, there wouldn't be a problem."

STREET BEAT

How can our educational system be improved?



Cheryl Baird,
Albany
Social
Sciences

I think that America's educational system is too lax. If a person were to look at the other countries and see how far ahead their students are, they would be amazed. It's kind of scary. We have to at least keep up with the rest of the world. Our kids have to be able to converse intelligently with the rest of the world when they grow up. The administration should be like it was when I was in school. I see so little respect for the teachers now days, especially in the bigger cities.

Gene Patrick,
Albany,
Psychology
& Social
Sciences



The teachers have to learn how to deal with problem children on an individual basis. More emphasis has to be placed on the importance of school without making the children feel so restricted, like school is a bore. A lot of people are



Libby Ten-Pas,
Corvallis,
Business
Administration

I think that we are keeping up with the other countries quite well. But it doesn't matter how we keep up with them, we still aren't doing as well as we could be doing, that is, according to the American standards. A lot of the teachers in the high school are too slack. They let the students get by with minimal effort and they don't learn anything. The students aren't really being prepared for college and then when they get there, they don't do as well as they could. One good thing that helps students to deal with different problems is team sports.

Abusers use alcohol to avoid feelings, hide from relationships, speaker says

By Ron Kennerly
Of The Commuter

Substance abuse is on the rise in our society because it offers individuals a way to control their feelings, Bill Ballester, assistant dean of students at University of Oregon, told about 40 people last Wednesday in the Fireside Room.

Speaking from noon to 1 p.m. as part of LBCC's Alcohol Awareness Week, Ballester said, "I believe that the reason that we're having excessive problems, and people wanting to alter how they feel with alcohol and drugs, is because they don't feel part of a relationship." From pre-adolescence to adulthood, people have a basic need to be able to contribute to the relationships they are in. If as children, Ballester said, they aren't allowed to actively contribute to the family life, they can develop feelings of being a useless or

dispensable part of that first very important relationship.

As we grow older, Ballester continued, a pattern can then develop of either resigning to those feelings of uselessness in other relationships, or attempting to run from them—physically or mentally, through the use of alcohol and drugs.

Once caught up in this pattern of resignation or seeking relief through substance abuse, another basic human phenomenon occurs. "I'm also suggesting that none of us wants to be contributed to," said Ballester, explaining that substance abusers naturally resist praise and become defensive to constructive advice. This then leads to refusing any outside efforts to help.

Several recovering addicts and alcoholics, at this point, interjected how

they had abused drugs and alcohol to deal with uncomfortable feelings. Until they were ready to be helped by others, they said, they were unable to stop abusing.

Ballester commended them for their willingness to contribute personal disclosures, then asked the others present to evaluate how they received those contributions. "Do you know what's happening to some of you?" Ballester asked, "Test it. You're not willing to take that as a contribution, because we're not willing to be contributed to about anything," he claimed.

It's up to each of us as individuals to realize we needn't be victims, Ballester concluded. We need to evaluate our own lives, and be willing to contribute to our relationships and allow ourselves to be contributed to as well.

Photographer gives gallery talk today on Yugoslavia show

The gallery is exhibiting a dozen of Bergeman's copper-toned black-and-white photographs that he made last summer during a trip to Yugoslavia. The exhibit, which concludes Friday (Oct. 27), also includes paintings by Corvallis artist Margaret Puckette.

Photography instructor Rich Bergeman will present an illustrated gallery talk on Yugoslavia today (Oct. 25) at 11 a.m. in the Humanities Gallery.

Bergeman will discuss his work and show color slides of Yugoslavia's Istrian Peninsula and Dalmatian regions, as well as of Salzburg, Austria, and medieval towns in Germany's Bavarian region.

Prospective LB nursing students encouraged to apply on Nov. 1

By Susan Osburn
Of The Commuter

Students planning to enroll in LBCC's Associate Degree Nursing Program for 1990 are encouraged to apply for admission beginning at noon on Nov. 1, 1989.

Jacqueline Paulson, R.N., program coordinator, said that students must follow LBCC's admission requirements and take an NLN Pre-Nursing Guidance and Aptitude exam. Applications for the 1990 class will be accepted through April 27, 1990.

Those students at or above the 50th percentile on the NLN exam will meet the minimum admission standards and be placed on "Track A."

Students can pursue a "Track B" option if they score from the 35th to 49th percentile on the NLN. To qualify for "Track B," Psychology 201 and Writing 121 must be completed by the end of

winter term, 1990. Also, three of the four following classes are required: Human Anatomy, Physiology, Biology 231 or 232; Microbiology BI 234; and Nutrition FN 225.

"First priority will be given to "Track A" and "Track B" students based on date of application on a first-come, first-serve basis, not based on NLN exam score," Paulson said.

To clarify program qualifications and criteria changes, "informational meetings have been scheduled, and will give prospective students the opportunity to have their questions answered," Paulson said. Meetings will be held on Oct. 25, between 4 and 5 p.m. and on Oct. 31, between 10 and 11 a.m. at LBCC in room HO 116.

LBCC's Associate Degree Nursing is fully accredited by the National League of Nursing and won an award last year for Oregon's Best Post-Secondary Vocational Program.



The Library is celebrating its annual Halloween Open House, October 31, 1-3p.m. with food, games and prizes. We are proud to combine this open house with the 10th Anniversary of Interlibrary Loans (ILL) celebration.

An interlibrary loan is a transaction in which, upon request, one library lends an item from its collection, or furnishes a copy of the item to another library. The transaction can be arranged over the telephone, in the mail or using a computer network such as the OCL Interlibrary Loan system.

If you need more information for a term paper or a special interest that is not in our collection, come to the Library Halloween Open House or drop by Media Services and see Brenda Frasure, or call 928-2361 x332.

Registration gripes sought from students

Did you have difficulty scheduling classes during the fall term? If so students are invited to attend a Student Focus Group from noon to 1 p.m. today and Thursday in the Calapooia Room on the second floor of the College Center Building.

During this meeting students are encouraged to talk about any difficulties they may have had in scheduling for fall registration, so that the Registration Office can receive ideas to help the process of registration run smoother.

Director of Student Services and Enrollment Management, Blaine Nissen, and Roger Gaither, director of institutional development and marketing will be facilitators.

Family center concentrates on teaching parents not kids

By Ila Jean Pitts
Of The Commuter

LBCC's Family Resource Center is more than just a day care facility. The focus is on parents as the real teachers and is receiving national attention as a pioneer program.

As the center clears new trails through the wilderness of today's world, LBCC student Kim and her three year old son, Zachary take beginning steps of their own.

"Now it's mommy's turn to cry," interjects a friend, Dorothy, as Kim speaks of her son and her first experience with the separation process of parent and child.

"He cried every day for the first two weeks..... now he waves kisses."

Kim's words reflect a mixture of pain & pride as she relates the feeling of letting go.

Other parents, such as Kim expressed similar feelings finding comfort in knowing their child is nearby with quality staff to cushion this transition, and building a support network with other parents and staff.

Children are encouraged to learn and grow at their own pace, socially and in-

tellectually with access to materials and space to stimulate personal development.

Observation rooms are set up so as not to disturb the classroom structure, for the reassurance of parents as well as for educational purposes.

The center's reputation has reached public officials, with Governor Neil Goldschmidt and Secretary of State Barbara Roberts taking an active part in its future success.

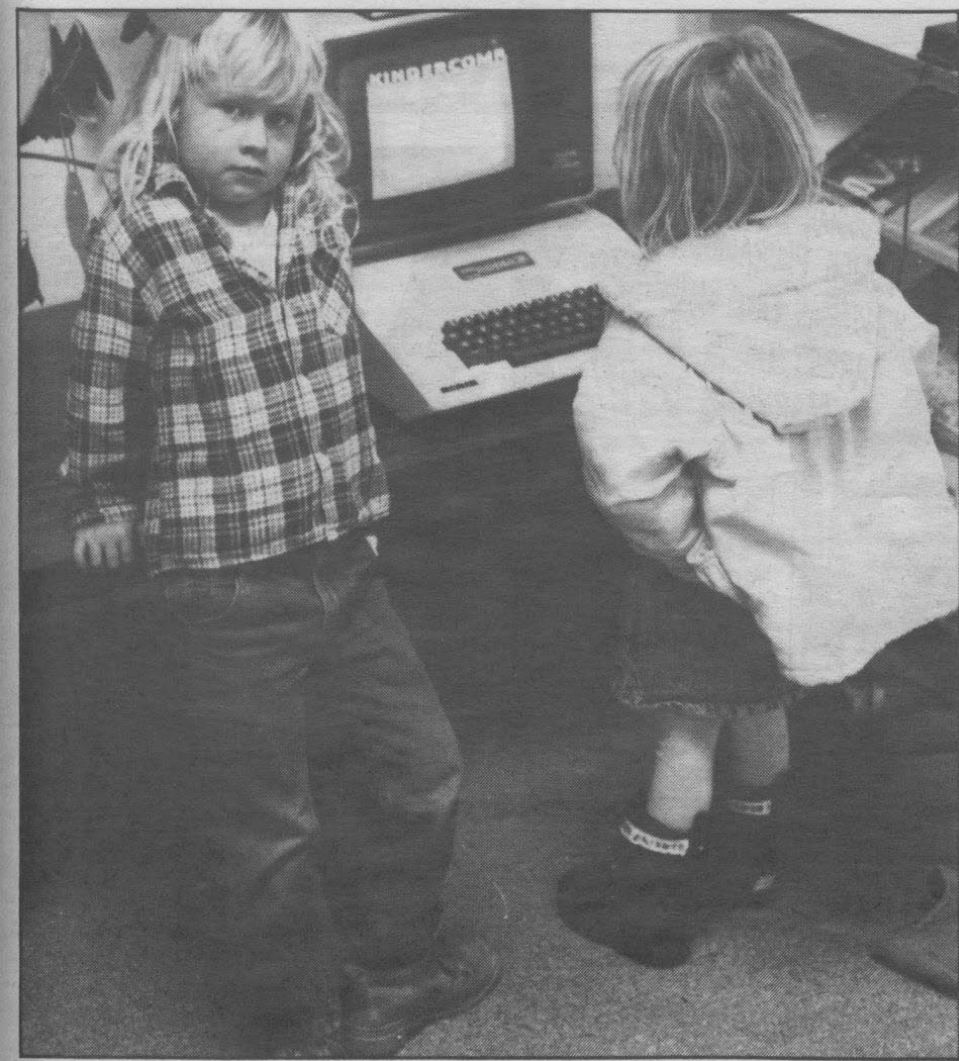
Goldschmidt officiated twice last year at the ground breaking ceremony and again for the official opening, last spring.

Roberts hosted a parenting workshop, dealing with sensitive issues such as divorce, drugs and sexuality.

Priority for enrollment is given to LBCC students and their children on a first come-first serve basis, with the majority of parents taking an active role in the classroom.

Elizabeth Pearce, coordinator, tells of goals and dreams yet to be, as the center grows and funds become available, such as infant care, requiring specialized personnel. The center now serves children ages 2 1/2 through 6 only.

For more information or an appointment to visit the Family Resource center, call Liz Pearce 928-2361 ext. 358.



The Commuter/TIM VANSLYKE

Aaron May, left, and Cara Johnson contribute their computer skills at the LBCC Family Resources Center.

Dr. Perkins attends and speaks at Salem's state-wide science meeting

Dave Perkins, science instructor at LB held a discussion on parliamentary procedures at a state-wide science fair Oct. 14.

Perkins, a member of Oregon Science Teachers Association, discussed how to conduct a formal meeting, explaining about motions and voting on amendments. This helps keep the meeting organized, said Perkins, and one motion occupying the floor at a time makes holding a meeting easier and more efficient.

The science fair is an annual event held on inservice day for public elementary,

junior high, and high school teachers, who either speak or attend sessions. There are about 100 different sessions throughout the day, where speakers discuss different science related topics.

After graduating from high school, Perkins attended Central Washington University, where he was vice president on the student council.

Perkins plans to attend another science fair at which he won't be speaking. "You must go to these things to keep up with chemistry, astronomy and with techniques or get left behind," said Perkins. The science fair will be held the last week of November in Phoenix, Arizona.

Volunteers sought to fight illiteracy

By Deanna Grubbs
Of The Commuter

In Linn County alone, 22 percent of those 16 years and older are illiterate, according to the Post-Secondary Education Department at OSU.

Nancy Kendall, volunteer tutor coordinator at LBCC, is doing something to bring these statistics down. Kendall aids illiterate people by organizing a program of volunteer tutors who work either on a one-to-one basis or in a classroom setting. They cover all levels of reading, living, and math skills.

The tutors also help prepare some illiterates for their General Education Diploma (G.E.D.).

Five people have received their G.E.D. through a program at St. Mary's Soup

Kitchen in Albany.

In another program, 55 tutors have volunteered approximately 2000 hours on 100 students. According to Kendall these are good success rates.

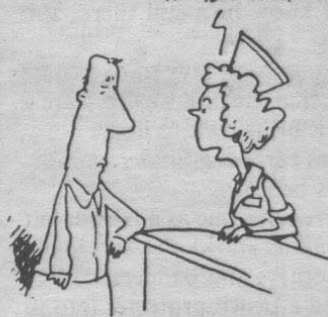
Illiterate individuals are referred to the tutoring program by physicians, Adult Family Services, radio announcements and relatives, said Kendall.

Kendall urges people to volunteer to tutor, especially in Lebanon. Illiterate people have been turned off from learning because of some form of negative influence, so a requirement for anyone interested in volunteering is to always have a positive attitude, Kendall said.

People now tutoring range from former professors to people just receiving their G.E.D. For more information contact Nancy Kendall at 928-2361 ext.371.

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POINT OF VIEW

COMMUTER EDITORIAL

Censorship still spooky stuff, even if it's only Halloween hijinx

It is evident to me that the specter of censorship is alive and shrieking in empty halls and rattling windows.

Halloween is near and even at the age of 23 I still get a little excited toward the end of October.

It's pure adventure for a child to go out and face the night and its scary things. This is an important time for children, to put on scary faces and charge out in search of candy despite the darkness and what it hides.

Unfortunately the ghosts and demons in this all-grown-up-reporter's life aren't as easily exorcised as the boogymen of childhood.

Sometimes when I need a face for my fears, I envision this creature somewhat like Gollum from J.R.R. Tolkein's "The Lord of the Rings." I see him lurking in some dark place stewing on all kind of mischief.

He made his presence known the other day when I was reading a local newspaper. I had just finished an article devoted to re-hashing this Jesse Helms fiasco, the one where he's got a bunch of people all worked up over the way certain artists express themselves. It's obvious that he'd love to put these heathens away somewhere, but being unable to do so he's darn sure that they won't get near any government funding.

Reading that brought back my personal spook, I would hear the sniveling little mutant muttering under the couch, "Bad artistsss," he said "bad...bleeding...heartesss...gollum...sssecluar humanisssts!"

I got up and went into the kitchen.

Reading on, I found another article that gave me the shivers. I could hear scratching and slithering from the living room.

The article told of parents in Montana who were trying to ban the book "The Witches" by author Roald Dahl who wrote "Charlie and the Chocolate Factory." They claim that there are real witches aligned with the satanic church, and so this fictional children's story should be banned from the school library. Now the gnome is in the kitchen, in the cupboard and he's getting slime on my plates and glasses.

The article went on to mention that this attempt at book banning came a week after pressure groups in Texas and Maryland have been working to "limit observance of Halloween," apparently because the holiday is linked to "devil worship."

This frightens me, somehow even more than the wide exposure given to Helms. Incidents of book banning and such have become increasingly prevalent through the 80's, and they give me the shivers.

The creature in the cupboard is quiet now, but I know he's still there. I'm afraid, but determined to face this fear.

I decided to refer to childhood experience for inspiration on how to overcome my personal demon. Countless Halloweens taught me that the best way to scare a spook is by putting on a hideous mask and meeting it in its own territory.

So I went out and bought a George Bush mask, it was perfect: a kinder, gentler face with shrewd beady eyes that betray the meanness beneath.

Had I bought a Reagan mask the creature would have taken me as a friend, but not George the Education President, George is a friend to knowledge and logic, which in turn is the spook under the beds of book burners and banners.

To add effect I piled books on the table and pushed a pencil protector into my short pocket to add a geeky yet smart look — the mask helped immensely.

I steeled myself for the encounter and threw open the cupboard, the creature was there cringing in a salad bowl and trying to hiss in a threatening manner. Brandishing a copy of "Extraordinary origins of everyday things," by Charles Panati, I laid into the creature with logic. "Halloween was first practiced by the Celts in the 5th century B.C.," I informed the goblin in a cool voice, "they did it to scare away evil spirits not to worship them."

I could tell that I was getting to him, but despite his fear he responded somewhat defiantly, "Bad pagansess, bad druidssss worship the devil... gollum gollum."

"No, the druids worshiped oak trees," I argued, "Seems pretty benign, besides that was 2500 years ago and Halloween has long since become a children's festival, and fictional witches just harmless characters in literature."

The creature couldn't take much more, he was starting to fade away.

"No, bad bad bad," he whined and hissed, "Bad artisssts, bad kiddiesss, witechesss, globalissstss ahhhhh." and he was gone.

By Tim VanSlyke



LETTERS

Reader lashes out at anti-communism stand

"COMMUNISM ON ITS LAST LEGS"

The above headline to last week's editorial represents more wishful thinking than objective analysis. If the leaders of the Abolition Movement had committed some grievous errors, and the Slaveowners had then gained the upper hand, would that mean that Slavery had triumphed and the Abolition Movement was dead? Not really.

To be sure, the Communist Parties governing Socialist countries have made serious errors. Not that they have had easy going, without interference of every kind possible from Western Capitalism. This is no small matter when you have to start from the bottom, with nothing but war-ravaged land.

The basic question is simple: If Socialism rolled over and played dead, would the problems facing Humanity go away? Would the "Greenhouse" diminish? Would eradication of the world's forests slow down? Would poisoning of the air and ground water cease? Would our Military stop oppressing small nations around the world? Would the Homeless find shelter and the Hungry find food? No! In short, none of the problems we are all familiar with would disappear. In fact,

they would become worse, if anything. The Capitalist System, based on the Profit Motive, is the most destructive force ever unleashed against the Earth's resources. The Human Race will have to continue to deal with it, just as the Abolition Movement had to continue the struggle against Slavery.

What we really witness in the world today is a general uprising in demand of more democracy on the part of all people of the world. Here at home we demand an end to the arms race, national health care, jobs and equality. All things our government could provide, but would rather spend for Star Wars and Batman Bombers. In the Socialist countries too, the people want more say in the decision making process. This is the "Pro-democracy" movement. Not sufficiently involving the people in the social movement was the basic error of the socialist governments. I believe that the people of the world will win their just demands, and that stronger Socialist Democracies will arise.

Socialism means, the democratic public ownership and control of resources and industry for human needs instead of private profit. It's a great idea. It is the Capitalist Military-Industrial Empire that is crumbling.

By Ed Hemmingson, State Chair

BROUGHT TO YOU BY

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Local growers show their best at fruit fest

By David Mihm
Of The Commuter

While unseasonably cold weather last winter destroyed much of this year's peach crop, apple growers prospered.

This last Friday LBCC's activities center was the site of the 1989 annual, "Fall Fruit Show", held every other year at LBCC.

There were over 30 booths displaying different varieties of apples, pears, grapes, peaches and filberts. There were seminars on preparing fruit leathers, grape varieties of the Willamette Valley, pruning grapes, small fruit varieties of the Willamette Valley, and organic pest control for home orchards.

Many producers were on hand to answer questions and give advice about production.

"The cold weather this year brought temperatures down to one or two degrees below zero, and destroyed our peach crop for this year" commented a representative of Snow Peak Orchard, of Lebanon.

"The problem was that January temperatures were actually warm and started the peach trees sap to drip, and the trees started to open up, then the cold weather hit and destroyed the trees."

"Since there was little fruit on the trees this year, the trees actually grew too much. And since we are running a dwarf operation, we like to keep the trees down to a eight or nine foot minimum."

She also explained the fact that if a tree is not pruned every so often the tree branches get so overloaded that the over abundance of fruit will actually break the tree.

Many producers introduced new methods of production, including one method that was developed and brought over from New Zealand, and started here in Tangent, at the "Easy Pickin Fruits" Orchard. The method is similar to using tressels in grape production, in which wires are used to support and enhance production. The tree actually grows with



Joseph Postman, left, shows a spectator a giant two-pound, 11-ounce apple at the Fall Fruit Festival held last Friday in the LBCC Activities Center. The event drew hun-

dreds of local orchardists and spectators to see and sample a wide variety of Willamette Valley fruit, from this huge apple to miniature kiwi fruits.

The Commuter/DARIN RISCOL

the wire and the wire supports the branches of the tree that predominately grow the most fruit, curing the problem of over production and broken branches or split trees.

One of the more popular booths of the show, was the apple selection booth, in which experts told people, who brought different varieties of apples, what variety they had.

For some of the apple eating connoisseurs, there was a variety of different

types of apples and a few pears to select from. There were many to choose from, from the most exotic types, to some of the more old time favorites.

One of the more intriguing booths, was the U.S.D.A. National Clonal Germplasm Repository.

Stationed in Corvallis, it is one of eight of its kind in the United States. The repository is a collection and testing station for all species of filberts, strawberries, raspberries, blackberries, gooseber-

ries, blueberries, pears currants, hops, mints, and genera that is cross-compatible to the pear, are also maintained.

At the repository they maintain all the above species of fruit known to man from all areas of the world.

Pete Scott, commented on how the show went by saying, "The turnout was greater this year than in the past, particularly in the evening. There were more families that came this year, as well as many retired folks."

Library Writing Desk offers free assistance

The Writing Desk, which is located in the southeast corner of the LBCC library, actively provides routine assistance for students to improve writing skills.

Assistants help students in writing to generate, develop, organize, explain, support, and document the content of their papers and offers guidelines for proofreading.

May Garland, the coordinator of tutoring services, especially encourages students to get assistance at the Writing Desk.

Students can drop in at the Writing Desk without appointment. Five different members of the staff take turns to provide effective assistance on Monday, Tuesday, and Thursday from 8:30 a.m. - 4:30 p.m. Also on Wednesday & Friday from 8:30 a.m. - 3:00 p.m. The Writing Desk also provides special assistance for students who are not native of English.

Smart brings leadership skills to job as new vice president of instruction

By Katie Whiteis
Of The Commuter

Ann Smart has been named to nine-month position as Vice President of Instruction at LBCC. At that time Jon Carnahan, President of Linn Benton Community College, will decide whether or not the job will remain a position.

"I'm glad to be doing the job now, it gives me a chance to see if I want to do it permanently," said Smart.

Smart is a person who enjoys new situations and experiences. One such way that she is involved in new situations is traveling.

"I love to travel, meet new people; I haven't been any where that I wouldn't want to go back to," said Smart.

One place she traveled to was Japan. Not only did she find a rich culture, but she also discovered an art which in now her favorite pastime; photography.

Now both Smart and her husband are enthusiasts of photography. Just last year one of Smart's photos was selected to be shown at the State Fair. Only 30 percent of all photos entered are selected to be shown.

Another way that Smart is able to be in new situations is her job as an administrator. Although Smart's resume is filled with

leadership positions, she didn't begin her career in the direction of an administrator. "I have a Masters in home economics, but every position I had ended up in was a leadership one," said Smart.

Home economics wasn't her first choice either, nursing was. But she soon decided nursing wasn't for her when she realized she didn't like to be around sick people. Since she already had many credits in home economics, it was easy to transfer. Becoming an administrator was also an easy transition.

"Home management is basically the same as business management" said Smart.

As Vice President of Instruction Smart mentioned a few ideas she wants to work on. One of these programs is the Welfare Reform program. This program will go into effect in October, 1990. It requires people on welfare to take classes at LBCC or forfeit their welfare money. She also hopes to make sure that the college is still serving the students' needs as it grows.

Ann Smart is someone who gets involved and enjoys new challenges. Smart has worked hard to accomplish her goals and she will work hard at making her new job as successful as it can be.

CLASSIFIEDS

Support for Ex-Smokers

The LBCC Women's Center is hosting a Smoker's Anonymous Group. The open discussion meetings are being held on Tuesdays from 12:30 to 1:30 p.m. for ex-smokers and those with a desire to stop smoking. Both men and women are invited to join us for all or part of the meeting. Room HO 201A

Diets Control Your Life?

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NEWS ANNOUNCEMENTS

Women wanted with high-school experience to play college basketball. Contact Debbie Prince for more information at ext. 250..

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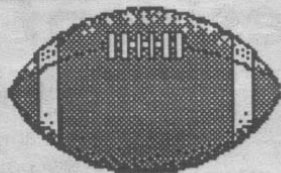
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PP&L completes showcase electric kitchen

By Susan Osburn
Of The Commuter

Pacific Power and Light (PP&L) and LBCC have created an electric demonstration kitchen, complete with state of the art cooking equipment.

PP&L donated a \$30,000 grant to LBCC's Culinary Arts Department so that former ovens, griddles, fryers and kettles, could be replaced with what PP&L believed to be more energy efficient models.

After two years of completion, the kitchen, located behind the Commons, continues to serve as a training ground for Culinary Arts students. In addition, LBCC is participating in a partnership with PP&L to provide guided tours of the facility; so PP&L can promote electric cooking as "the most efficient and cost effective way to produce quality food."

PP&L claims that "electric cooking equipment provides better control of the kitchen environment because electricity heats the food, not the kitchen, so

employees' productivity increases."

In a cooking efficiency study conducted by the University of Minnesota for PP&L researchers found electric cooking equipment to be 35 percent more efficient overall than natural gas.

Scott Anselm, LBCC Culinary Arts advisor, agreed that an increase in productivity was evident after the kitchen remodeling was completed.

Among the additions was a combination oven-steamer that bakes, roasts, steams, braises and boils, replacing the need for three separate pieces of equipment. Also added were fryers that have shortening-immersed heating elements for precise temperature control and easier clean-up, and a solid state grill with individualized heating zones, "which allows you to cook an egg on one zone while frying bacon on another," according to PP&L literature.

Anyone interested in touring the kitchen can contact the local Pacific Power representative.



The Commuter/GENE TAYLOR

LB chefs chop carrots in the college's demonstration kitchen outfitted by Pacific Power & Light.

'Transitions' program helps women adapt

By Kathie Nielsen
Of The Commuter

"I was tired of feeling emotionally black and blue," explains Pat, an Albany resident who is participating in LBCC's "Women in Transition" program.

"It's more than just writing resumes," adds Jan, of Corvallis. "I felt like connecting with other women with similar problems, with other women having something in common."

"The world is still out there," says Carolyn. "I needed to know, is there still a place for us?"

These three are among 11 local women of varied age and backgrounds who chose the federally funded program "Women in Transition" as a starting place.

While some have recently experienced traumatic life changes, they don't all have their fingers in the dike, but they all seek answers on how to deal with life's changing experiences. Women enrolled in the program are looking for general coping, decision-making and problem-solving skills, as well as specific information about jobs.

"I looked at myself and decided to quit telling myself little stories," Pat says. "There were some truths about myself I had to face. We've (women in general) come a long way, but where do we go from here?"

Pat decided to enroll in "Women in Transition," a tuition-paid, two credit course. The workshop, offered by LBCC's Training and Economic Development Center, is held weekdays from 8:50 a.m. to noon at the Family Resource Center.

According to Mary Lou Bennett, program coordinator, what used to be called the Displaced Homemakers Program has been

newly funded by a federal grant, through the Oregon State Department of Education.

"Women get stuck in the reality grind," says Bennett. "We've got to help them. This program is a way to do that."

Bennett, along with co-instructors Sara Power and Jan Fraser-Hevlin follow general guidelines handed down by the federal government, then personalize the program to the Linn-Benton area and to the dynamics of the group itself.

"We're still developing," states Bennett. "We're still discovering needs."

Topics included in the workshop are self-image and confidence building; assertiveness and communication skills; career identification and exploration skills; positive parenting and time management.

Participants view the program as an overall "synopsis" of living skills. The classes stress introspection, self worth, personal value and learning through others.

Three weeks into the program with one week remaining, the students feel they've grown together as they've grown stronger. "What's going to happen after class?" questioned Pat. "I guess we'll just keep reaching out."

"I'm dreading the ending," adds Carolyn "Four weeks just isn't enough."

Jan expressed the group's opinion that all women would benefit by taking the course. "Even my daughter would benefit."

The second "Women in Transition" program will be held Oct. 30 - Nov. 24 at LBCC. Registration is limited to 15 participants. Pre-workshop interviews are necessary. For more information, call the Women's Center 967-6112.

DECA elects new student officers

By Dana Woodward
Of The Commuter

The Distributed Education Club of America (DECA) club recently held this year's election of officers.

"The DECA club is not exactly a club. It is more like a student organization in business," according to Jay Brooks, club advisor. "DECA gives students experience in leadership and competition in the business world," Brooks continued.

The new officers for 1989-90 year are: Matt Koon president, who is also a candidate for state president; Vice President, Dave Stanley; Secretary, Lisa Hargis;

Treasurer Dave Trow and chapter representative Cindy Seeley.

Twenty-six students participate in DECA at LB this term. DECA's activities this term will include the Fall Leadership Conference in Salem November 3, and the Western Leadership Conference in Seattle Wa., November 19-21.

Students interested in DECA are urged to become involved in the organization this fall and to start to receive credit winter term.

For more information please contact Jay Brooks at B-206 or call 928-2361 ext.160.

Express Yourself

The Commuter encourages readers to use the Editorial Page to express their opinions. Commentaries and observations on campus, community, regional and national issues are welcome.

All submissions must be signed, with phone number and address. Please limit letters to 250 words.

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SPORTS PAGE

Gregory is 'backbone' of close-knit volleyball squad

By Ken Monge
Of The Commuter

Kris Gregory, an LBCC sophomore and one of the leaders on LBCC's volleyball squad, feels that the key to the team's success in the second half of the season, will be staying healthy.

Injuries were a major cause of the Roadrunners' 2-4 league start. Key injuries to Pam Babcock (pulled stomach muscle), Debi Lamp (shoulder tendinitis) and Gregory (pulled back muscle) kept the team from getting off to a strong start.

Gregory believes that the second half will see improvement, and noted that Melinda Wenzel has already shown vast improvement in her all-round game, and that Angela Royal has come on strong as a front row blocker. "We should surprise a few people in the second half of the season," Gregory proclaimed.

The Roadrunners are a close-knit unit. Five attended South Albany High School — Janie Grey, Kelli Swanson, Pam Babcock, Katie Whiteis and Gregory — making communication on the court no problem.

Gregory is quick to compliment her South Albany Coach, Steve Pensinger.

He showed them the ropes, and now coach Kevin Robbins has been handed the torch. Robbins is a disciplinarian who stresses the fundamentals.

Coach Robbins says that Gregory is the backbone of the team. Being a returner, she brings experience and leadership to the young team, along with Esplin, the only other returning player from last year's squad.

Gregory feels volleyball is secondary in her life. Her main focus is education where she majors in Business Administration. Next year she plans to attend Oregon State University.

Gregory has been playing volleyball since the seventh grade and she hasn't stopped playing. As a middle blocker this year, her job is to stabilize the front row. But Gregory raves of another front rower, setter Kelli Swanson, who according to Gregory, is one of the best setters in the league.

Gregory also sings the praises of Pam Babcock, a great hitter, whose sense of humor keeps the team loose.

Although the Roadrunners are young (6 freshman, 3 sophomores) they don't suffer because of their team unity. What they need now is enthusiastic fan support.



Helping to cement LBCC's volleyball team this year is a corps of five South Albany High graduates—Kelli Swanson, Kris Gregory and Janie Gray (back row); and Pam Babcock and Katie Whiteis (front row).



The Commuter/MATT RASMUSSEN

Cross country coach Brad Carmen (second from left) poses with runners Brandon Baughman, Jason Hawthorne, Ken Weckersham and Jeremy Morgan as they prepare for this weekend's regional championships at Lane Community College in Eugene. LBCC will

be taking a full team to the meet for the first time this season, and hope to place at least two runners in the top 10 and finish high enough as a team to qualify for the Northwest Championships next week in Seattle.

LB races for shot at Northwest meet

By Ladd Whitcomb
Of The Commuter

After going all season without a full team, LB's cross country men finally managed to fill their roster in time for the Region IV Championships at Lane Community College this Saturday in Eugene.

On the line at LCC is a trip to the NWAACC Championships in Seattle on Nov. 11. The top four teams and top 15 in-

dividuals from each region qualify for this meet.

The Roadrunners have been training hard, and "have a legitimate shot at it (the NWAACC meet) if they run tough," said Coach Brad Carmen. He added that he hopes LBCC leaders Jason Hawthorne and Brandon Baughman can place in the top 10, but said he needs all his runners to place high so they can qualify as a team for the Northwest championships.

"With a full team now we should be very competitive," commented Carmen.

Spikers drop 2; record now 2-6

By Mark Bolton
Of The Commuter

The lady Roadrunners struggled in the weekend loses at Lane Community College and at Southwestern Oregon Community College losing both volleyball matches, three games to one. The Roadrunners played solid defense in both matches, but could not get anything going offensively.

The Roadrunner's record drops to 2-6 in the southern division of the NWAACC. In both matches Friday and Saturday, the Roadrunners lost the first two sets and then came back with a strong third set, before finally losing the fourth set.

The team played solid against Lane Community College with a strong defensive game by everyone. The Roadrunners had sixty digs in the match, which Coach Robbins stated was an impressive performance. The only thing lacking was offensive power. That would prove to be their demise in the fourth game in which they had led most of the way until dropping it and the match 12-15.

The Roadrunners were once again down Saturday after another defeat at SWOCC. They played another solid first set winning 15-9, but then dropped the fourth set 8-15 to lose the match.

On Wednesday evening the Roadrunners have a match with Chemeketa Community College at home. Saturday they travel to Portland for a dual match against Multnomah Bible School and the Olympic School of the Bible.