

# The Commuter

Vol. 25, No. 16

Feb. 23, 1994

Mental illness  
comedy is  
superb  
⑨

Roadrunners finish  
season on  
losing note  
⑪

Green conference  
tackles Russian  
problems  
④

Linn-Benton Community College, 6500 SW Pacific Boulevard Albany, Oregon 97321

## Womens Center shortens hours, looks for new site

By Audra J. Stephens  
Of The Commuter

Students who use the Womens Center from now on won't find it open as often. In fact, they may not find it at all if an accessibility problem isn't solved.

In a decision made by Student Programs Director Charlene Fella, the Womens Center hours were cut back. In addition, the center may have to move because its present location on the second floor of the Industrial Arts building is not accessible to disabled students and staff.

Last Wednesday, the center's hours were changed to 9 a.m.-2 p.m. The center had been closing each weekday at 3 p.m. "We're negotiating setting the hours back to 8 a.m.," Fella said.

The hours were cut back because some staff members were using up all of their work study hours too early in the term, which would have meant the center would be understaffed later. The new hours also coincide with the times people were using the center.

In the long run, the center will either move or be shut down because it does not meet requirements regarding handicap accessibility. "This is something this institution has been aware of all along," Fella said. She, along with the Women's Center Advisory Board, is trying to find a solution to the problem.

The center could be made more accessible by extending into the room next door to the center's  
(Turn to 'Center' on page 5)

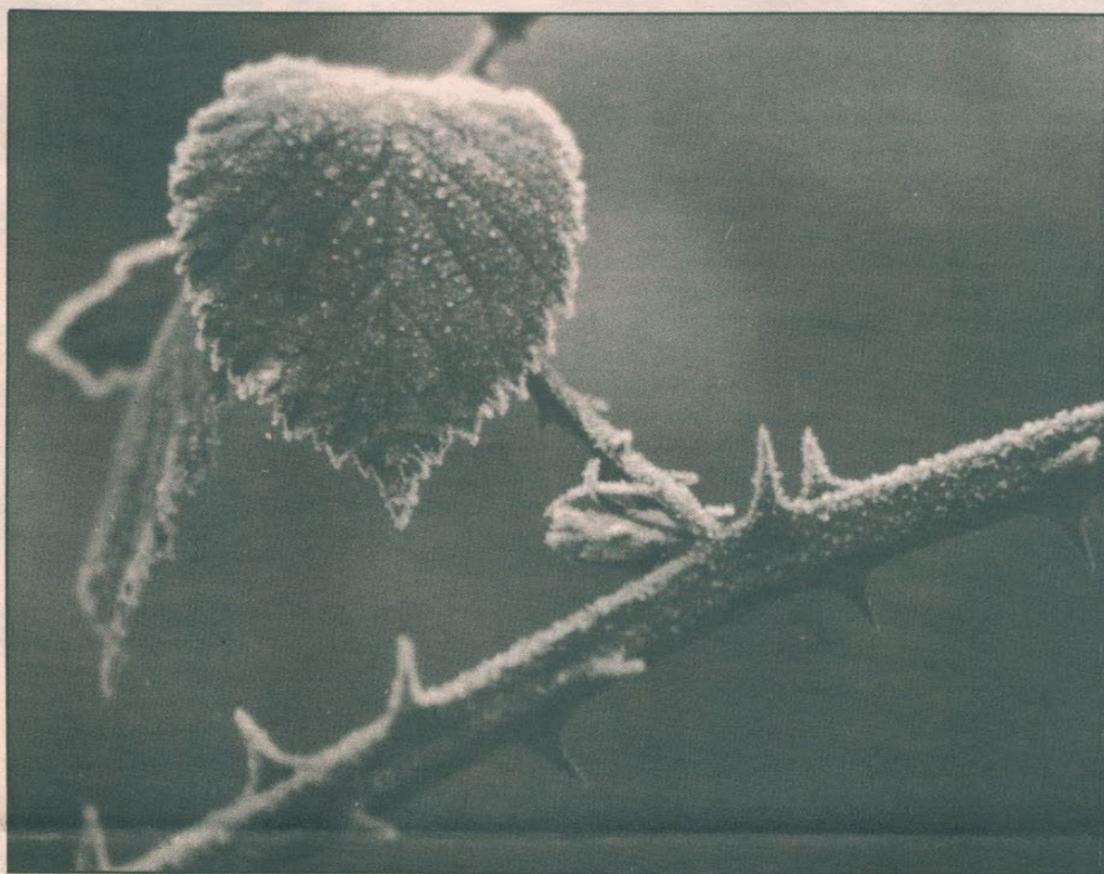


Photo by Keith McInturff

### Frosty Morn

Chilly mornings are rapidly becoming a thing of the past as spring begins to take the winter chill out of the air. This closeup photograph was made by Keith McInturff for a recent project in the Introduction to Photography class that required students to experiment with depth of field with their cameras. Additional photographs taken by other students can be found on pages 6-7.

## Students discuss concerns about homophobic society

By Trista Bush  
Of The Commuter

Approximately fifteen students and staff attended a lively Homophobia Workshop on Thursday in IA227 at 1 p.m.

The workshop, which turned into a heated discussion, was sponsored by the Womens' Center and was directed by counselors Rhiannon Ashe and Barb Wood.



Photo by Michelle Harris

Rhiannon Ashe and Barb Wood lead a discussion on homophobia at the Women's Center.

To get the workshop started, Ashe and Wood asked everyone in attendance to wear name tags. The top of each name tag read, "Northwest Gay and Lesbian Association; Hello my name is:" and at the bottom it read; "I am a lesbian," "gay" or "bi-sexual," depending on who the name tag was given to.

Ashe led the group through a visual exercise in which everyone was to imagine a world where heterosexuality was not accepted and homosexuality was encouraged. This led to a heated discussion concerning discriminating practices of the heterosexual community towards the homosexual community.

Wood described a scenario in which her partner was hospitalized after a bike accident and she was not able to see her because they were not legally married.

"I would want my family there. What is the difference between me choosing to be partners with a woman or being partners with a man?" Ashe said.

Ashe is a counselor for the Women in Transitions program—a program that helps women get out of shelters and into independent living—through the Center Against Rape and Domestic Violence (CARDVA), conducts about 10 homophobia workshops every year.

Ashe said she looks forward to the workshops. "If I stay silent, there is a valuable, wonderful peace of me that this person is never going to know about."

Wood is working on her doctorate in human development and family studies at Oregon State Univer-

*"I would want my family there. What is the difference between me choosing to be partners with a woman or being partners with a man?"*

—Rhiannon Ashe

sity and helps conduct about four or five workshops a year.

Wood feels society's views about homosexuality are changing. "I would say that they have become more divided in that there are more people that are more outspoken and supportive, yet the people that the not supportive are certainly more outspoken."

Wood said she gets a good reaction from the people who attend her workshops. "Generally it's pretty positive, although there was one woman who refused to put her name tag on," she said.

Ashe and Wood handed out a "Heterosexual Questionnaire" and "When you meet a lesbian (hints for the heterosexual woman)."

Following is part of the "When you meet a lesbian" hand out.

"Do not assume she is attracted to you.  
Do not assume she is not attracted to you.  
Do not assume you are not attracted to her.  
Do not assume that her heart will leap for joy if you touch her arm (condescendingly? flirtatiously? power—testingly?) It makes her angry."

# Stop the real pollution and don't blame the smokers

To the Editor:

I am writing in response to last week's editorial "Must students choke on toxic vapors?"

I am not a smoker, nor an ex-smoker. Yet, I've seldom heard more intolerant, closed-minded, unthinking propaganda than that contained in last week's editorial. Said the writer: "A fog of toxic second-hand smoke hovers over LB Students' heads. It burns their eyes. It smells bad. And it has to go." The writer also suggests restricting smoking to the ground-level on campus.

I have a few problems with these views.

Why is the writer out to punish smokers? They've already been shoved into the cold—why inconvenience them more? Cigarette smoking is an addiction. Many people seem to feel that a person who smokes forfeits all human rights and comforts. Although plenty is said about banning smokers everywhere, or forcing them to quit, no one is offering funding for the expensive smoking cessation therapy that is necessary for many smokers to quit.

Which brings me to a second point. Many people feel free to complain about second-hand smoke, yet hardly blink an eye at the greater amounts of pollution in the air all around us. Sure, I agree that second-hand smoke is toxic and smells bad. But, try standing on a corner at a busy intersection. You'll breathe in plenty of toxins that smell bad—yet most

non-smokers would not give up use of their automobiles, or agree to a law which allows driving only at certain times and in restricted areas.

You're right in that shopping malls, restaurants and movie theaters are mostly non-smoking. They are all also indoor establishments. You can't compare them to upstairs and downstairs on an open-air campus.

If you truly worry about the quality of the air which moves through your nose and lungs, do something about the causes of most of the pollution around us—lobby for cleaner-running cars; demand higher standards for factory pollutants; vote for public officials who share these concerns. Shoving smokers into some discreet corner on campus is not going to protect your nose and lungs. You'd need to wear a gas masks 24 hours a day to do that.

**Barb Bradshaw**  
Freshman Nursing Student

doesn't accumulate or hover.

My smoking friends huddle around doorways and picnic tables, under overhangs, ostracized from the warmth of the buildings at LB, shivering in the cold, catching one last smoke before their class begins, and barely eluding pneumonia in the process.

Sacred Heart General Hospital in Eugene has one well-ventilated room for smokers to congregate. Although it's cold and dank and uninviting, it is warmer than outside and is sheltered from the wind and rain. It is well-appreciated by smokers, as well as their friends and families who accompany them to this refuge.

If an institution devoted to the health and well-being of humanity has the heart to provide a haven for the poor, misguided addicts that society, in general, is trying to reject, shouldn't an enlightened, accepting, integrated institution such as ours here at LB do at least as well?

Tammy J. Bails

# LBCC should have a heart when it comes to smokers

To the Editor:

I'm writing in response to last week's editorial about the evils of smoking on campus. Before I state my opinion, let me say that I am not a smoker and not an ex-smoker; However, I do have friends in both categories.

Non-smokers have the entire school in which to hide from their smoking friends' bad habits. They also have most of the outdoors where the smoke

# Looney Lane not a raceway; drivers urged not to tailgate

To the Editor:

(This letter is directed) to the young lady in the little blue car, License #PKN 849, who was driving on Looney Lane Wednesday morning Feb. 9. I would like to know how much faster you managed to make that red van in front of you go, driving two feet from its bumper at 65 mph?

Tammy Torbet



The Commuter is the weekly student-managed newspaper for Linn-Benton Community College, financed by student fees and advertising.

## Commuter Staff

Opinions expressed in The Commuter do not necessarily reflect those of the LBCC administration, faculty or Associated Students of LBCC. Editorials, columns, letters and cartoons reflect the opinions of those who sign them. Readers are encouraged to use The Commuter Opinion Page to express their views on campus or community matters.

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## Opinion

SHE'S TOUGH, SHE'S MEAN, SHE CONSPIRED WITH HER HUSBAND AND FRIENDS TO CRIPPLE THE COMPETITION, AND SHE WANTS TO REPRESENT AMERICA.



## The promotion of bigotry is a perversion of what higher education should stand for

By Richard Cohen

The Washington Post Writers Group

Washington—If freedom of speech, as Justice Oliver Wendell Holmes observed, "would not protect a man in falsely shouting fire in a theater," then academic freedom should not protect the right of a professor to teach garbage.

That purported right, though, seems to be enshrined at Wellesley College, one of the nation's best. There, a tenured member of the faculty has adopted as a text a book published by the Nation of Islam.

He would be on surer scholarly footing if he taught astrology.

The teacher in question is, Tony Martin, a professor in the African studies department, and the book is "The secret Relationship Between Blacks and Jews."

It seems to be Louis Farrakhan's favorite reading, since he refers to it often and cited it at his recent Washington press conference. The "facts" in the book are credited to various scholars, many if not all of them Jewish.

As a scholarly work, though, it is fatally blemished. Its intent is to manipulate facts (some of them in dispute) to suggest that Jews played a dominant role in the enslavement of black Africans. In reality, according to Dr. Harold Brackman, one of the scholars cited by Farrakhan, Jews owned "a fraction of 1 percent" of the total slave population.

Historical truth is important, of course, but even if Farrakhan had his facts right, it's hard to see their relevance. After all, the ancestors of about 99 percent of American Jews were still in Europe at the time of the Civil War—and even those who were singing "Dixie" are long dead.

The relevance, if such a word can be used, is this: the "Secret Relationship" is an anti-Semitic tract, employing the standard lexicon of paranoia: "secret," "hidden," "facts known to only a few."

So why use "The Secret Relationship" in a college course?

The answer Martin has given is that "the book is substantially accurate and represents a serious attempt at historical scholarship." As for the former, that's hardly the case. As for the latter, nothing could be further from the truth.

Martin may well have provided his real reason when he wrote about the Wellesley controversy in a self-published book, "The Jewish Onslaught: Dispatches from the Wellesley Battlefield." In it, he wrote about "the on-going Jewish onslaught against black progress." The chairman of Martin's own department, Dr. Selwyn R. Cudjoe, called the book "pernicious."

Two issues have to be separated.

The first is Martin's right to write his book without fear of losing his job. No problem. That is the

essence of academic freedom. But when he uses an anti-Semitic book in his teaching and, moreover, refers to it as "substantially accurate," that is a different matter.

That is like Dr. Leonard Jeffries, the City College of New York's pre-eminent racial theorist, teaching that whites are somehow morally and intellectually inferior to blacks because they have less melanin. Both are examples of pseudo-science based on pseudo-research that have no place in the academy.

Wellesley, however, sees things differently. The school's president, Diana Chapman Walsh, sent out a letter to some 40,000 parents and alumni reaffirming the college's belief in academic freedom.

She said the college "will not censor him (Martin) in any way. But we will censure him."

**Wellesley and the rest of American higher education cannot allow itself to be used by bigots who abuse academic freedom.**

But why one and not the other?

After all, if a math teacher taught that two and two equaled six, would he be protected by academic freedom? Could a racist use the writings of certain people to suggest that blacks are less intelligent than whites? Would a college tolerate the use of purported evidence to suggest that Japanese are sneaky, Chinese inscrutable, Turks cruel, Poles dumb and women shrieking hysterics who ought to be subjected to monthly house arrest?

The pretense at Wellesley is that an academic debate is in progress—one of those on-the-one-hand-on-the-other disputes, this time about the Jewish role in slavery.

But that's not what Martin is doing here. If he were to use the Nation of Islam book as an example of racist propaganda, more power to him. But when he introduces it as having scholarly bona fides, then he is trafficking in bigotry himself.

The intent of the book, the very reason it was written, was to buttress Farrakhan's case that Jews were and continue to be inordinately responsible for the plight of African Americans.

That is not only a lie, it stands truth on its head. If Jews played an inordinate role vis-a-vis African Americans, it was as their allies.

Wellesley and the rest of American higher education cannot allow itself to be used by bigots who abuse academic freedom. The promotion of bigotry in the classroom is not, as some would have it, an interesting dispute about academic freedom; it's a perversion of everything Wellesley and the rest of higher education are supposed to stand for. Martin should be fired—not for his politics, but for his incompetence.

## Wild geese hold special place in writer's heart

By Jack Josewski  
Of The Commuter

One of the things I value most about my life in the Willamette Valley is our good fortune to live among the wintering Dusky geese. I'm sure you've seen them winging overhead or feeding in the fields throughout the area.

In the fall of this year I was delighted when a flock of about twenty or so began to fly directly over my house just above treetop level every day. This particular flock seemed to be mostly young birds perhaps on their first trip south. When they flew over they were somewhat in disarray. I chuckled at their antics and watched them barely avoid several mid-air collisions.

The sight and sounds of these magnificent birds triggers an almost sappy emotional response in me. After some inner searching I believe I've discovered why.

The early years of my life were spent along the Missouri River, in the heart of the great central flyway of the migratory flocks. Where we lived, immense flocks wintered, offering the joy of their company throughout the seasons. My formative years were punctuated by the sounds of wild geese singing of their privilege to fly.

I realize now when I see or hear the glorious Willamette flocks, in my sub conscience, I'm replaying the happiness of my childhood years.

The geese remind me of autumn days, with my father raking leaves in our yard, only to be scattered by the dives of whooping kids when he turned his back. And of the golden spring days and the feel of brand new tennis shoes, laced as tight as I could lace them, to increase the blazing speed of a five-year-old runner.

They bring back the smell of cinnamon rolls; fresh-baked, hot and delicious just out of my mother's oven. Or the special way she had of wiping away my tears and making everything all right again.

They remind me of hours of torture, listening to sour notes coaxed out of an aging piano by my sister, faithfully practicing her recitals. And of the feel of being snuggled warmly beneath heavy quilts, early on a Saturday morning, knowing I had only to face a day of wonderful play with my friends.

And they bring back the memories of my excitement while shadowing a disgruntled older brother—a brother ordered to take me along to an evening of high school basketball. Or the chill of a frosty evening, trailing behind my brother and sister, with ice skates over our shoulders. The promise of skating magic under the floodlights accompanied by scratchy music beckoning us along.

But what I remember most, when I hear the singing of the wild geese, are the memories of my father—rake or snow shovel in hand—with a calculating eye raised to the sky. And the shaking of his head, as he went back to the task at hand.

At the time I did not realize the irony the flocks overhead offered. The day before he had risen at three o'clock in the morning, to spend the freezing day in the cornfields above the river, shotgun in hand. Watching the same flocks from as close as he could get to them. Two miles away.

The singing of the wild geese has always been a common thread weaving through my life. When I hear their song it reminds me of all these days of my life. They make me feel alive. Alive to feel the pain and joys of life. They are a wake-up call to my mortality.

As for the wild flock that wings above my house? At this later date, deeper into their stay among us, they pass above locked into a perfect V not a straggler or misplaced bird among them. And always, as is their right, they sing out loud and clear, of the glory of life, their power and freedom of flight, and the beauty and joy of living...

## Conference held on Russia's environment

World Affairs Council discusses ways for Russia to improve upon its nuclear disaster clean up and overall environmental quality

By Mike Burns  
Of The Commuter

Environmental gurus discussed the state of environmental affairs in the former Soviet Union two weeks ago at a program hosted by the World Affairs Council.

According to literature provided by the WAC, the environmental problems facing the former USSR are the legacy of a political system which stifled the spread of environmental information and conscientious dissent.

"This has allowed the government to sacrifice environmental protection for the sake of economic and military development," said Jane Mathews of the World Environmental Watch.

"As industry's ability to destroy the environment has increased, pressure from the informed public of the United States has forced the government to implement moderate environmental reforms," Mathews said. "The Soviet Union, however, has been allowed to ignore the destruction of its own ecosystem for 75 years."

Mathews said the former USSR's environmental negligence combined with the political and economic chaos that grips much of the former Soviet Union makes the job of environmental cleanup "nearly impossible."

David Yaden, USAID advisor to Czechoslovakia on environmental cleanup, and John Baldwin, Director of the Institute for a Sustainable Environment and University of Oregon Research Investigator on the incident spoke about the former Soviet Union's environmental problems in Portland last week.

Yaden focused on the legacy of control by the former Soviet centralized government which makes

individuals and newly formed local governments reluctant to accept the long-term problems required to clean-up large environmental problems.

Baldwin concentrated specifically on the problem associated with the Chernobyl disaster and other nuclear reactors still operating throughout the former Soviet Union.

"Chernobyl is still leaking radiation into the atmosphere and contaminating the farmland surrounding it," Baldwin said. "The containment procedures implemented immediately after the explosion have proven to be inadequate."

He said the cement casing which encloses Chernobyl was originally intended to be only temporary protection.

"The political upheaval of the entire region, however, has placed the final disposition of the reactor in limbo."

Other nuclear reactors in the former Soviet Union are also in jeopardy, Baldwin said. "Even though these reactors are in danger of suffering the same fate as , they are continuing to operate."

Baldwin said governments want to keep the power plants open, regardless of environmental dangers, solely to make money. "The respective governments now in control of the reactors are more interested in the money they can bring into their struggling economies by exporting excess power across their borders," he said.

"Money is now being pumped into the region by business, governments, and international organizations like the World Bank," Baldwin said. "But it is all being funnelled into economic development, not environmental cleanup."

"Poland alone needs roughly \$300 billion to clean up its environmental problems," said Mathews. "The danger exists that the current problems, as bad as they are, could become uncontrollable in the near future if they are once again ignored in favor of political and economic expediency."

## Depoe Bay takes action against piling of dead fish

By Philip Smith  
Of The Commuter

The City of Depoe Bay enacted a local ordinance last month which bans the dumping of fish carcasses into the harbor.

In the past, recreational fishermen were allowed to clean their catch at cleaning stations provided by the city. The carcasses were usually dumped into the harbor, where seals, sea lions, and seabirds would presumably scavenge over the remains. The law comes after it was discovered that fish guts were piling up on the floor of the harbor.

Depoe Bay City Recorder Kate Becker said the law reflects a change in the local government's awareness of environmental issues. "Now we're better educated, whereas before we had no guidance," Becker said. The city council will post signs at cleaning stations which previously allowed dumping. They have not decided, whether or not to remove the stations. The cleaning station at the south end of the harbor has a grinder which allows the waste to be disposed of in the city's sewage treatment system.

"We're taking an active role before people from outside tell us how to do this" said Becker. The Oregon Department of Fish and Wildlife, the Department of Environmental Quality, and the U.S. Coast Guard will assist the city in enforcing the ban.

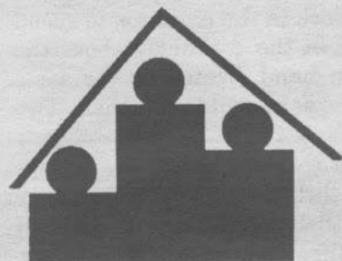
Personnel at the Port of Newport said they will be affected by a new federal law which prohibits commercial and recreational dumping of fish carcasses into the harbor.

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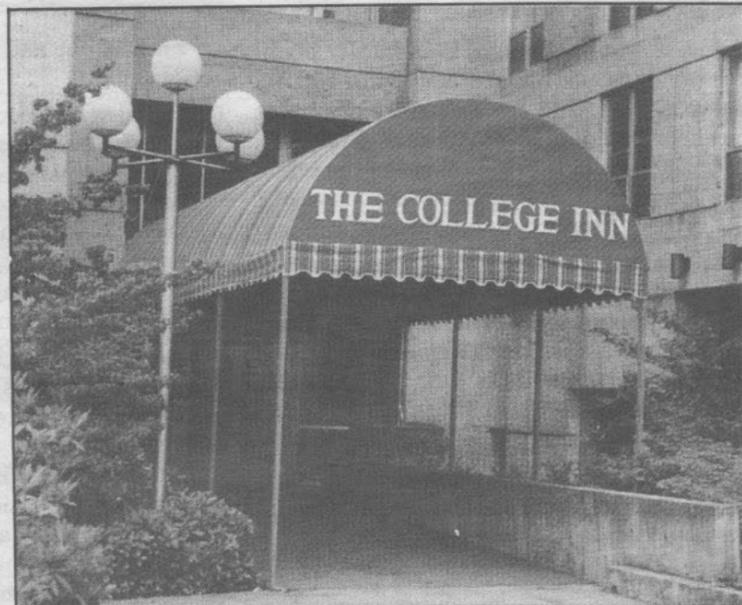
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## Campus News

# New microbiotics class promotes healthy eating

Instructor Jim Landers will help LBCC students learn about a nutritious festyle after fighting his own battle with unhealthy eating habits

By Chris Trelloggen  
Of The Commuter

*"The term macrobiotic was originally introduced by Hypocrates and was used to describe people who were healthy and lived long. Macro is taken from the Greek meaning "large or great" and bios signifying life. Aristotle and other classical writers used the term macrobiotic to describe a lifestyle including a simple balanced diet that promoted health and longevity."*

—Jim Landers

Albany resident Jim Landers will teach a macrobiotic foods class based on his research and experiences with the nutritional lifestyle.

Beginning March 30, the five-week class will meet Wednesdays from 5:30 p.m.—8:20 pm.

Landers, a 41 year old Albany resident, is a firm believer in maintaining a disciplined diet. But his eating habits weren't always so healthy.

At age 39 he was diagnosed with gall bladder problems and told to reduce the fat in his diet. He began counting calories and using low-fat and non-fat products but eventually left these more conventional dieting methods behind as his research led him to a vegetarian diet, and then more specifically to a macrobiotic diet.

The fruits of his discipline improved his appearance and health. Weighing 248 lbs. two years ago, he now weighs 165 lbs. and his gall bladder problems are nearly gone.

Landers described a macrobiotic diet as "being more than just vegetarian--50-60 percent of the diet is made up of whole grains such as rice, wheat, barley and oats.

Normal daily vegetables such as carrots, celery, broccoli and cabbage must be organically grown without chemical fertilizers and pesticides. Legumes, commonly known as



Photo by Chris Trelloggen

**New microbiotics class will teach students the kinds of foods that make up a balanced microbiotic diet.**

bean products are an important part of the diet and include such items as azuki, lentils, chick peas, miso (for soups), natto (a fermented bean product), tamari, and tofu.

Two things that are characteristic of the macrobiotic cuisine are the use of koji, which is a bacteria starter that enables the fermentation of certain ingredients and nishime which is a way of cooking similar to steaming which uses a slow cook process with limited water.

"We follow this nutritional lifestyle with a passion," Landers said.

Landers' friend James Chido, a math student at LBCC, agrees. "I had a malignant, cancerous brain tumor surgically removed and I think much of the rise of cancer in our society may be linked to our diet."

Chido said he subscribes to a macrobiotic diet as a preventative measure to keep cancer from reoccurring and to ensure good health.

## From Page One

### Center faces problems

present location. This will not be necessary if the center moves to a room that is in compliance with regulations.

If the access problem is not resolved soon, however, the center may be shut down, Fella said. "What a college has to do is show that we're making an honest effort," said Fella.

The Women's Center is revamping their logo and mission statement. Fella said the center is exploring ideas for a new name for the center. However, she said the new title will not be geared toward men, as some female LB students feared. Fella said the name "certainly wouldn't be changed without a lot of discussion college-wide."

Joy Reed, who has supplied information, provided referrals, and offered peer support for the center feels it's "very important to keep the present name and deal with women's issues."

Reed left the center after the hours were cut. She fears the center will be changed to the equivalent of another Family Resource Center or Fireside Room. "The center shouldn't be changed to accommodate something that's already on campus," Reed said.

Another problem that the center has to contend with is people's attitudes toward the women who work there. "Many of the women hired are fearful of being labelled a feminist or lesbian," explained Reed.

Added Fella: "We have tried to get out the word that the center is open to all women whatever their status, beliefs, stage, or need."

Fella said the center is also open to men. More men are beginning to have similar problems as women in areas such as child care.

Although men rarely use the center, over 3,000 women seek help and advice there each year. At this time, the center's six female staff members are volunteers, work-study students, or are receiving talent grants.

According to Fella, the mission of the Women's Center is to be a referral and resource service, and a safe place for women to go if they're upset, afraid or need help. The center is funded through student fees and receives \$7,000 a year. Fella said the funds are sufficient for now, but may need to be increased if the center is moved.

The Women's Center is sponsoring a series of Brown Bag Sessions to promote information sharing and hopefully "change people's attitudes about things they don't understand," Fella said.

## Two LB students win scholarships from the Altrusa club

The Altrusa International Club of Albany assists older students who want to get a new degree

The Altrusa International Club of Albany recently awarded two LBCC students with \$750 scholarships.

Karen Klinkner of Albany and Christie Ritchie of Corvallis won the scholarships through the Altrusa club's Scholar/Mentorship program.

The program is designed to "assist individuals in the community who have been out of school for an extended period of time" and seek a two year degree from LB, said a press release.

The scholarship gives students \$200 per term for school, plus \$150 for emer-

gencies. If the \$150 is unspent, it will become available to scholarship recipients when they graduate.

Altrusa member and Career Center director Marlene Propst said the scholarships used to go to high school students who could take the money to the school of their choice. But this year the club wanted to keep the money at LB.

Although anyone can apply for the scholarship, she said, the money is intended to help second year students, who might have dropped out, continue with their education.

The club will distribute scholarship applications by Apr. 1. Deadline for applications is Jun. 1. The club will select scholarship winners by Sept. 1.

Scholarship winners are required to participate in club activities.

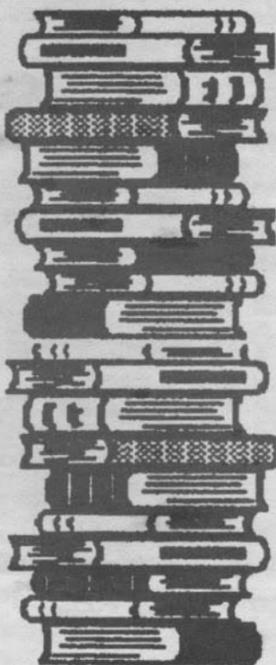
"The two students that won have a commitment to help us raise money," Propst said. "They have the support of the club and they get they opportunity to see what community service involves."

The club will take over Izzy's Pizza in Albany on March 29, where it will earn a percentage of the restaurant's profits from that day.

In the coming weeks, club members will sell dinner certificates for the restaurant on campus and in the community

Propst said the club hopes to raise at least \$2,500 from the event.

The funds go primarily to scholarship winners and club-sponsored community service projects.



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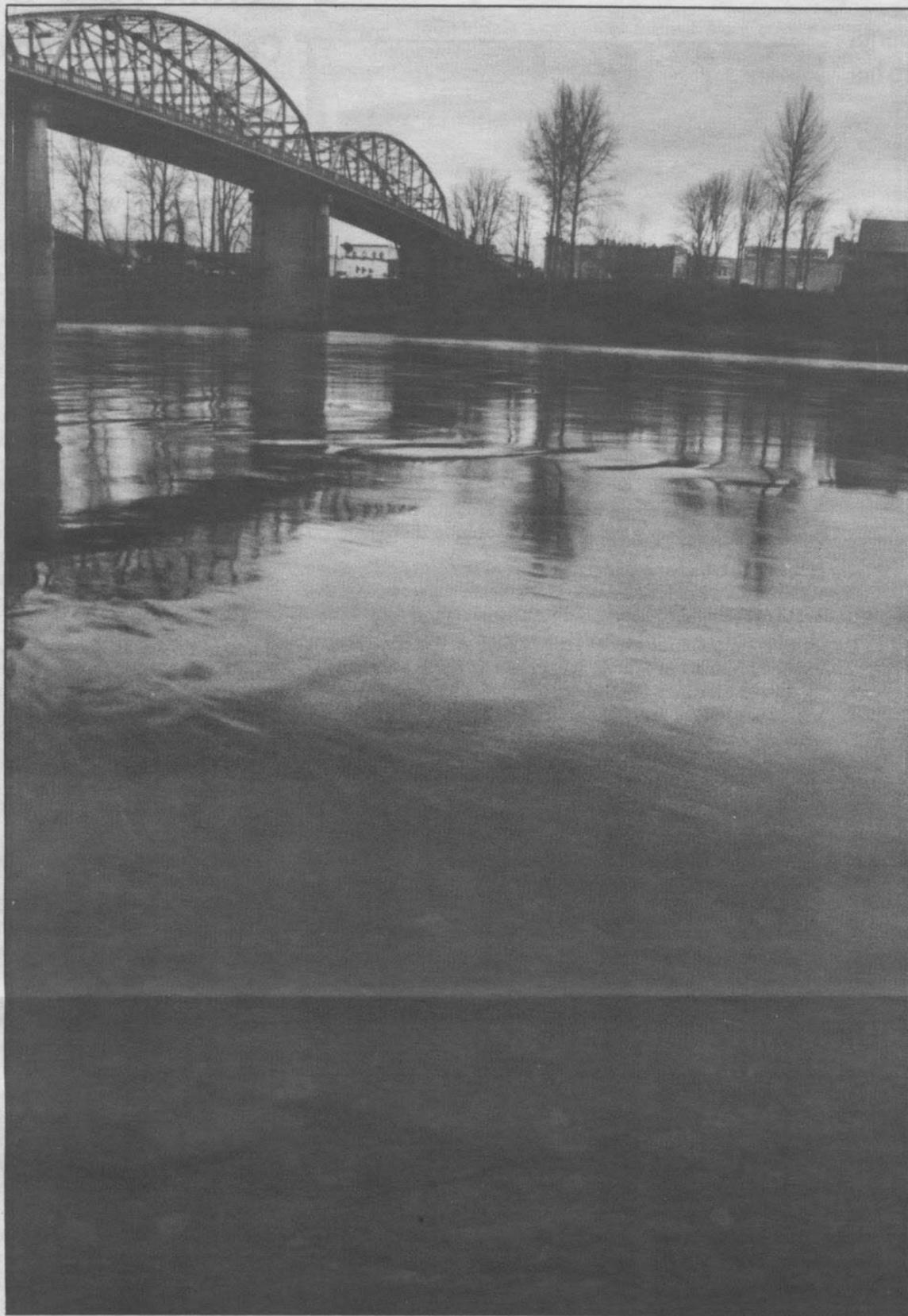


Photo by Chris Treloggen

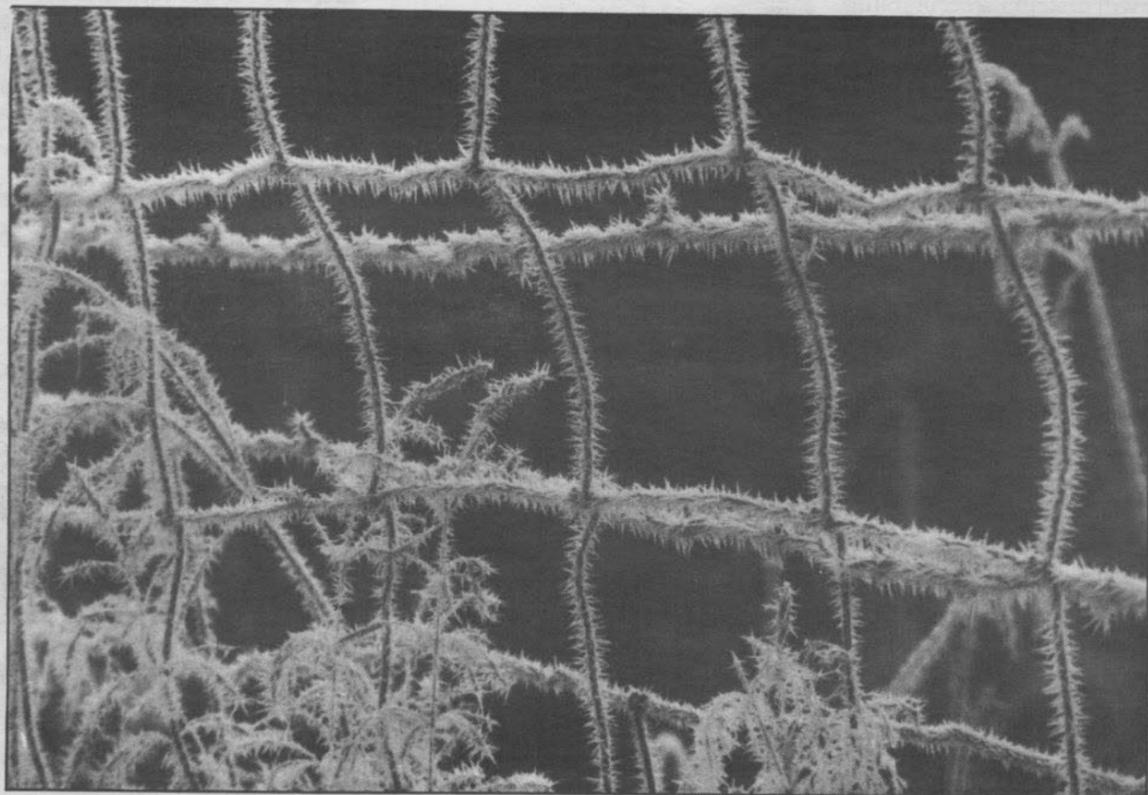


Photo by Ann Woods

# Depth of

One of the often overlooked characteristics of the camera's lens to manipulate focus from the foreground to the background "depth of field" can be enhanced, or minimized, at the intent of the photographer. By using a shallow depth of field, the camera lens when making an exposure can focus on both distant and closer objects in the scene. By selecting the larger apertures, and focusing on the object focused upon, visually separating the foreground clutter that may distract from the center of interest. The photographs demonstrating the depth of field can help control the focus. All were taken by students in PHO201.



# of Field

Characteristics of photography is the ability to manipulate the apparent sharpness of the background of a scene. This "depth of field" is controlled, depending upon the artistic intent, by the smaller f/stop openings on the lens. By using smaller f/stop openings, photographers can keep a large range of apparent sharpness. As the photographer moves closer, they can isolate the subject by separating it from background and drawing the eye from the photographer's perspective. The photos on this page show how controlling the visual message of your picture. (from Introduction to Photography)

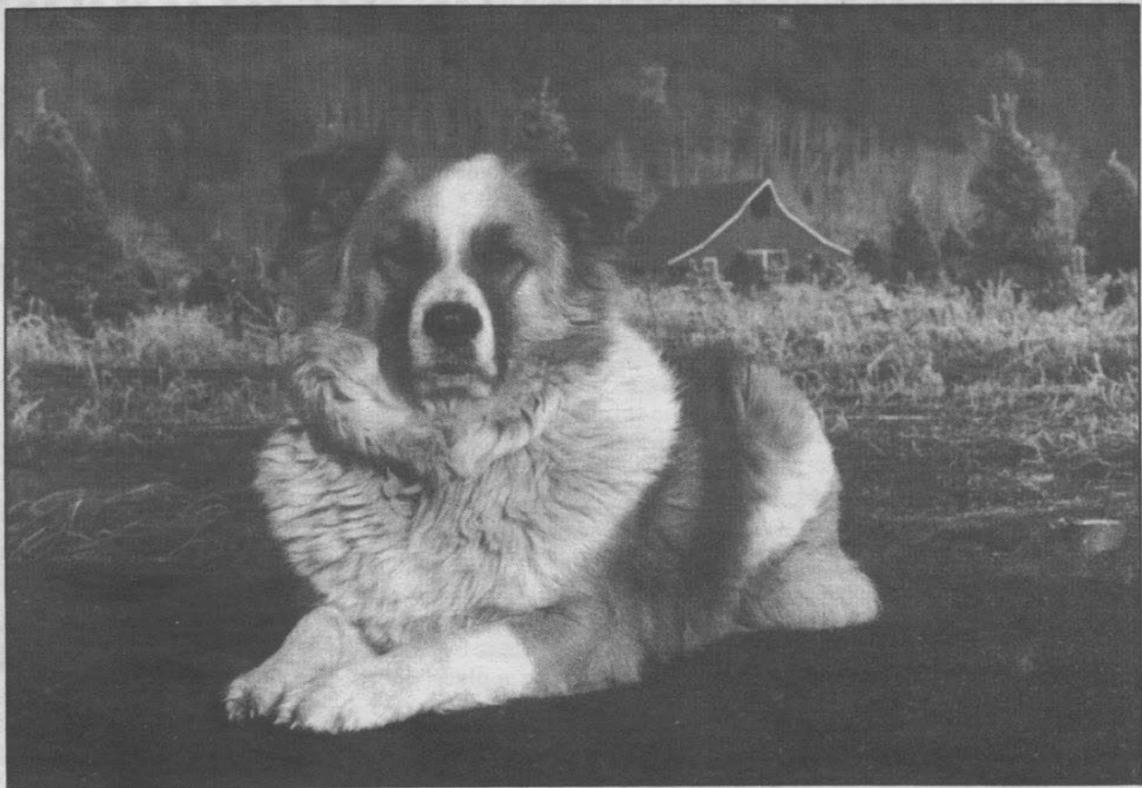


Photo by Ann Woods

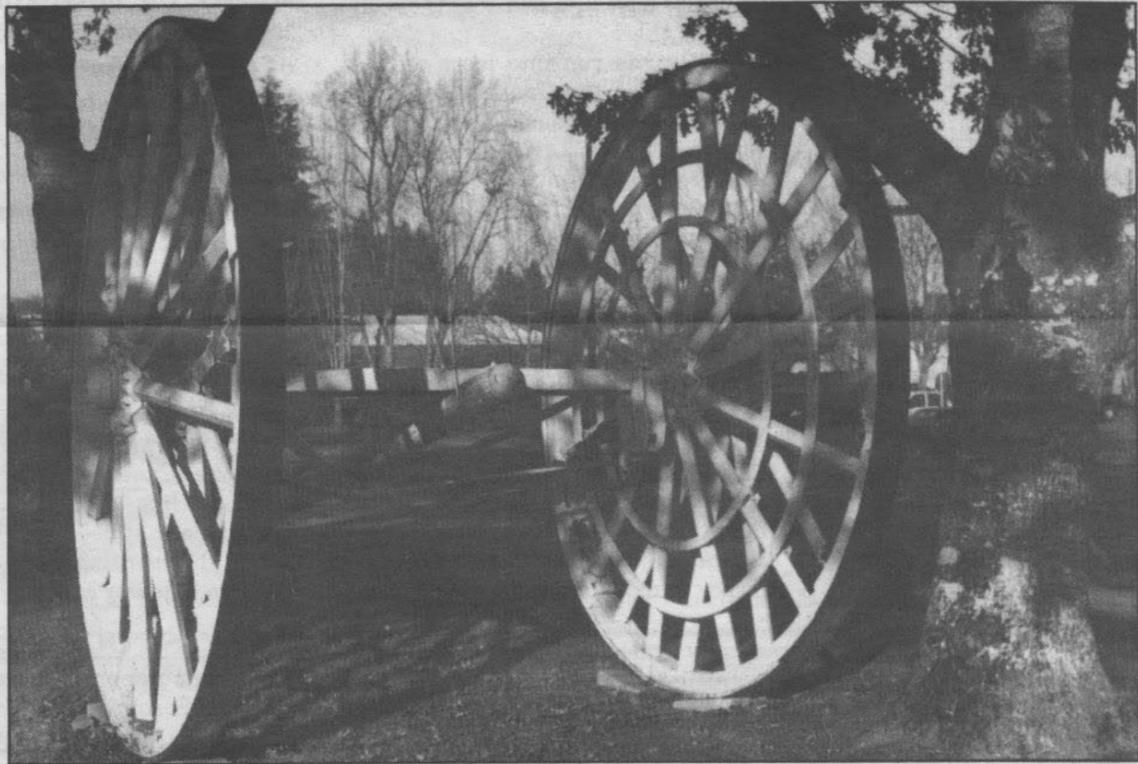


Photo by Lee Wright



Photo by Keith McInturff



Photo by Eric Dapp

# Controversial 'Nipples' mag focuses youth angst

Publisher says his new local magazine is looking to publish all forms of written work

By Micky Shannon-Monroe  
Of The Commuter

When Mark Hadley decided to publish his monthly magazine, he knew some of his ideas wouldn't be widely accepted.

Hadley says Twisted Nipples is an alternative magazine with no restrictions and no censorship. If you have the guts to write it, Hadley will print it.

*"To me, realistically, money is little green pieces of paper that we lose or trade, and that's as far as it goes."*

-Mark Hadley

"The main reason I started the magazine was because I was tired of playing the games the mainstream demands of you," Hadley said. "If it's Valentines Day they want lovey stuff, if it's Christmas they need inspirational stuff."

And Hadley's "stuff" wasn't what they were looking for.

Hadley had been trying for nine years to get his work published, but publishers were looking for more traditional, seasonal works.

He said it suddenly hit him that the only way he'd ever see his work published was if he took the initiative to do it himself.

So he bought a computer, learned how to use it, and went into the publishing business on his own.

Hadley said people are waiting for an opportunity to publish whatever it is they're doing, without any restrictions, without censorship and without having to follow specific guidelines.

"I pay for it," he said. "I have no sponsors that can drop me and the stores that carry my magazine are free-thinking, independent, privately owned establishments."

Hadley said his magazine is for people who don't watch Geraldo or Rush Limbaugh. It's for energetic people who are full of frustration and angst.

At least 40 percent of the material he receives is from frustrated young people who think the world is against them, or their parents hate them and no one understands. He feels some of these young people have little or no self-esteem and seeing their work published helps build them up and convince them their okay.

Hadley feels Nipples gives young people a place to vent their fears, concerns and frustrations: a place where they can read about other people's problems, and realize they're not alone.

Hadley spends about \$350 a month to put out Nipples. He says it cost him about 55 cents per copy and he usually puts out 250 copies a month.

Most Nipples distribution happens through Hadley's friends who pick up a few copies from him and drop them off here and there.

Hadley has run into more of this attitude since the January issue of Nipples where he named Oregon State Representative Liz Vanleeuwen, "Asshole of the Month" and offered a \$10,000 reward for her nipples. It was a joke, and he never thought anyone in their right mind would take him seriously.

But when Corvallis Police came knocking on his door Hadley knew folks weren't amused with his assault on the representative.

"I now know for a fact Vanleeuwen has filed something with the Oregon State Attorney General's office," said Hadley. Rumor has it the charges are solicitations to commit assault, conspiracy to defame the character of an



Photo by Micky Shannon-Monroe

*"The main reason I started the magazine was because I was tired of playing the games the mainstream demands of you. If it's Valentines Day they want lovey stuff, if it's Christmas they need inspirational stuff."*

-Mark Hadley

elected public officer.

"I would like to say, I realize I should not have offered money for her nipples. And I would like to point out it was after a six-pack of beer, and it was 3 o'clock in the morning when I wrote that article," Hadley said.

*"I pay for it, I have no sponsors that can drop me and the stores that carry my magazine are free-thinking, independent, privately owned establishments."*

-Mark Hadley

"But I meant what I said, and I would say it again, only this time a bit more eloquently," he said.

Hadley doesn't publish Nipples to make a profit.

"To me, realistically, money is little green pieces of paper that we lose or trade, and that's as far as it goes," he said.

If Nipples does yeild any profit for him, Hadley said he wants to use a portion of that money to house and feed the homeless.

Hadley and his friends are organizing an open-microphone performance at the Corvallis Oddfellows Hall sometime in April. Admission will be \$1 and two or three cans of food.

Proceeds will pay the \$150 rental fee for the hall, and the food will be donated to Sunflower House, Fish and the Salvation Army.

"I don't expect everybody to pick up a copy of Twisted Nipples and get into it," Hadley said, "But I hope that most people can at least get past the title."

Copies of Twisted Nipples can be purchased in Corvallis at Not Necessarily News, The Purple Crow, KBVR radio at OSU and Happy Trails. Hadley said some copies also make it to the WOW Hall and Hunkie Dories in Eugene.

Local writers who are interested in submitting work for publication in Nipples can send their manuscripts to World's Too Heavy Press, 544 NW 4th Corvallis Or, 97330 c/o Mark Hadley.

Linn-Benton Community College  
Performing Arts Department Presents:

## the BOYS Next Door

by Tom Griffin

Poignant and refreshingly funny

A two-act play presented in  
the Loft Theater, Takena Hall

Directed by George Lauris

Feb. 25, 26, March 4, 5, 1994 at 8 pm  
and March 6, 1994 at 3 pm

Admission: \$4.00

Tickets go on sale February 14  
Reservations: call 967-6504, 9 am to 3:30 pm, M-F  
Tickets can be purchased at Takena Hall Rm. T-236,  
9 am to 3:30 pm, M-F  
or at the door 1/2 hour before performance

### E XPRESS YOURSELF

The Commuter encourages readers to use its "Forum" pages to express their opinions. Commentaries and letters on campus, community, regional and national issues are welcome.

Submissions may be in the form of letters to the editor or, for topics that

require deeper analysis, guest columns. All letters received will be published, space permitting, unless they are considered by the editor to be potentially libelous or in poor taste. Guest columns should be approved in advance by the editor.

## Wanted

Seeking energetic, enthusiastic, organized, service minded individuals for positions on the student leadership team.

Must be creative, able to work in small directed work groups and desire to have fun.

Student Government and Student Programming Board applications now available in CC-213

Remember to vote March 9th and 10th.

## Arts &amp; Entertainment

## Loft Theatre opens 'touching, funny' play Friday

'Boys Next Door' examines the relationships among mentally disabled and their counselor

By N.D. persons Jr.  
Of The Commuter

"The Boys Next Door," a play by Tom Griffin, and a presentation of The Performing Arts Department at LBCC, is your ticket to laughter this weekend.

"The play is very funny, yet very touching," says director and LBCC Theater Arts Instructor George Lauris.

The off-Broadway comedy focuses on the lives of four mentally ill men living together as outpatients under the careful, compassionate, yet sometimes hesitant supervision of an increasingly "burned out" social worker.

The performances have an added charm due to the closeness between the actors and audience in the compact, yet cozy Loft Theater.

In addition to a good laugh, The Boys Next Door offers valuable insight into the lives of the mentally handicapped.

"It reminds us that the mentally disadvantaged, like the rest of us, want only to love and laugh and find some meaning and purpose to their lives," Lauris said.

The nine member cast of LBCC students includes Mike Baze, Nick Bruno, Curt Hammock and Angi Parr of Albany; Brockton Gnose, Wayne MacKinnon and Heather Richter of Corvallis; Arild Leavenworth of Sweet Home; and John Barker of Tangent.

The simple set consists of a black lima bean shaped coffee table, a green fridge, and a beige love seat with brown



Residents of a halfway house for mentally ill youths throw a party for their counselor in the LBCC Loft Theatre production of "The Boys Next Door," which opens this weekend. In the back, from the left, are Brockton Gnose, Mike Baze, Arild Leavenworth and John Barker; in front are Heather Richter and Nick Bruno.

and black partridges on it. The set serves first as a boy's apartment at Stone Henge Villa, then, with the furniture cleared, it becomes a dance floor where the mentally ill mingle with their strange friends.

The social worker, played by Baze, says in the play, that the dance floor is either the happiest or saddest places he's ever been. He's just not sure which.

Richter plays Sheila, the girlfriend of Norman, played by Nick Bruno. Together they show normal ebb and flows of romance through their simple conversations while they dance.

Richter who works with the Albany

Special Olympics says mentally ill people are just like everyone else.

"They have the same wants and feel the same emotions," she said. Richter who had apprehensions about playing the role was able to draw from her experiences to create a credible character.

Bruno reminds people that being mentally ill is not all bad. They get government money, they go to dances, they go to the mall, or they can hang out with no worries. But sometimes they experience anxiety caused by some of the same hopes and fears everybody might have.

*"It reminds us that the mentally disadvantaged, like the rest of us, want only to love and laugh and find some meaning and purpose to their lives"*

Hammock's character, Mr. Kempler, is responsible for bringing anxiety to Barry Kempler's life. The classic father/son conflict is demonstrated when Barry's terrible fear of his dad's visit, is polarized with Mr. Kempler not really wanting to see his crazy son at all.

Gnose draws part of his character from the time he spent babysitting for a family whose oldest daughter was mentally ill. He remembers that she had so much love for everyone. She liked to hug people.

This type of child-like innocence comes out in Lucien P. Smith, a grown man with the mind of a five year old, played excellently by Gnose.

The cast is made up of obviously experienced cast members as well as new comers like Leavenworth who gives an inspiring first performance.

The Loft Theater is located in room 205 on the second floor of Takena Hall.

Opening night is Friday, Feb. 25, at 8 p.m. Additional shows are Feb. 26, and March 4 and 5, at 8 p.m. Actors will perform a matinee March 6 at 3 p.m.

Tickets are \$4 and can be purchased a half hour before curtain or in advance in Takena Hall, room 236. Due to limited seating, reservations are recommended. Call the Box Office between 9 a.m. and 3:30 p.m. at 967-6504.

## Neil Simon's 'Star Spangled Girl' to shine at dinner theater

LBCC's Student Programs is sponsoring a dinner theater program featuring Neil Simon's "Star Spangled Girl" in the Commons on Tuesday, March 1.

Hors d'oeuvres will be served at 6:30 p.m., dinner at 7 p.m., and the play begins at 8 p.m.

Tickets are \$18 for the general public, or \$14 for LBCC and OSU students and senior citizens. They are available in the Student Programs Office, CC212, or at Sid Steven's Jewelers in downtown Albany.

The "Star Spangled Girl" comically raises the question "Can a couple find happiness together if

they hold different political opinions?" Simon brings two young, earnest intellectuals together with an irresistibly cute super-patriot. Living across the hall in a San Francisco apartment, the alluring girl of athletic prowess and patriotic principles becomes a disturbing influence on the two young men struggling to write and publish a magazine of social protest.

To their dissenting eyes, their pretty neighbor imbued with 100 percent Americanism is a square—until, that is, one of the men falls in love and his sympathetic collaborator is forced to help the ideo-

logically-cursed courtship along. It all leads to a comical, topical love triangle in typical Simon style.

With its contemporary spoof of youth and protest, the "Star Spangled Girl" was one of the biggest comedy hits in New York during its eight month run in 1967.

The play is performed by Alpha-Omega Players of the Repertory Theater of American, which is on a nine-month North American tour. The troupe has performed at LBCC in the past.

For more information, call ext. 831 between 8 a.m.-5 p.m. weekdays.

## Coming Attractions

## 'Sacred Sites' in LB Art Gallery

An exhibit from the travel journals of Darrylya Green-McGrath are on exhibit in the LBCC Art Gallery through March 3. Green-McGrath's work includes both drawings and paintings depicting experiences the artist had while travelling in Europe and elsewhere.

The gallery is open from 8 a.m. to 5 p.m. Monday through Friday and features the work of local artists as well as the faculty and students of LBCC. During spring term it will exhibit the work of students in the graphic design, fine art and photography programs.

The gallery is located in the foyer of the Arts, Humanities and Social Sciences Building on the main campus.

## Myth-Symbol-Dream at CAC

This month the Corvallis Arts Center features a batik artist, a sculptor, and a print maker in an exhibit entitled "Myth, Symbol, Dream." While the artists' backgrounds and choice of

media are diverse, they bring to the exhibit a shared mythology. Also at the Corvallis Arts Center, in the Corrine Woodman Gallery, the SweetArt Show will run through Feb. 26. It is an invitational show with the theme of love—both sweet and bitter-sweet.

The center is at Madison and Seventh streets in Corvallis.

## Kuhn Theatre

Adults .....\$4.00  
Seniors .....\$2.50  
Children .\$.2.50

New show  
starts  
Friday

Sat. & Sun. Matinees

All shows before 6:00pm  
\$2.50 All Ages

668 S. Main, Lebanon

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# Winter Olympic briefs

## Gift buying minimizes losses

LILLEHAMMER, Norway—The Lillehammer Olympic Organizing Committee (LOOC) is losing between 8 and 10 million kroner (\$1,142,857 and \$1,428,571) a day on cultural events. And the main reason for the loss is the extremely low turnout for "Olympic Nights" performances.

That loss is compensated, however, by people buying much more than expected (like gifts for their wives, husbands and kids).

In addition, the LOOC is selling tickets to sports events to the whopping tune of 10 million kroner more than budgeted, NRKDagsnytt (the Norwegian Broadcasting Company, Daily News) reported Monday.

## Writers work around clock

The LOOC's electronic information system, Info '94, hasn't had a day of rest. Surveys conducted indicated that nearly 450,000 requests for information were being made per day.

The "news" and "sports" modules were used most frequently, with about 160,000 requests made each day. In the LOOC's own news agency, LONA, there are 60 journalists and 35 translators who produce news and information 24 hours a day, helping foreign journalists fill up Olympic notes columns on a daily basis. Thank you.

## Medal winner meets royalty

Pernilla Wiberg zipped to a gold medal in the combined downhill Monday, and afterward, she was greeted by royalty. King Carl XVI Gustaf and Queen Silvia of Sweden congratulated Wiberg in person after the ceremony. What, no call from Bill?

## Hockey team faces Finland

Don't be fooled by the 7-1 victory by the U.S. hockey team over Italy on Monday. The United States had to win to make the medal round, and the Americans (1-1-3) will play Finland on Wednesday. Italy was terrible. The first two goals by the United States went right through the legs of the Italian goalkeeper. The Italians even pulled their goaltender (David Delfino, a Boston native) nine minutes into the game. Finland will be a different story. The chances of the United States earning its first medal of any type since 1980 are slim.

## Scalpers do brisk business

The toughest guys in town may be the scalpers. According to LONA, a Norwegian news service, "Some of the ticket touts took pictures of the Olympic ticket office staff and threatened them when they were not allowed to buy all the tickets they wanted." "Foreigners" were blamed for the problem and police are investigating.

**RICTOR'S  
COMICS**

Join us each Friday night for our spectacular give away drawing at 7pm. Then catch the action at our auction. Comics of all ages (collector's comics), posters, t-shirts, cards, etc. Everyone gets a prize.

OSU and LB students bring in your student ID card for a **25% cash discount** on subscription comics.

Bring this coupon for

**10% OFF** Your first purchase

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## Intramural/Recreational Sports Schick 3-on-3 Basketball Tournament Team Representative Meeting

Wednesday February 23

Time: 4:00-5:00pm

Where: Fireside Room

We will be discussing tournament format, rules and prizes. Please attend. Pizza provided!



**3-on-3 Tournament**  
Thursday February 24  
4:30-8:00 pm  
LBCC Gym  
See you there!



## Classifieds

### HELP WANTED

**Part time bartender** needed at Lakeshore Lanes for evenings and weekends. Good tips. Call 926-4631 ask for Brett.

**Students needed!** Earn \$2000+ monthly. Summer/holidays/fulltime. World travel. Caribbean, Hawaii, Europe, Mexico. Tour Guides, Gift Shop Sales, Deck Hands, Casino Workers, etc. No experience necessary. Call 602-680-4647, Ext. C147

**Alaska Summer Employment**-fisheries. Many earn \$2,000+/mo. in canneries or \$3,000-\$6,000+/mo. on fishing vessels. Many employers provide room and board and transportation. **No experience necessary!** For more information call 1-206-545-4155 ext.A6065

### MISCELLANEOUS

**Central Oregon Builders Association Scholarship for 1994-95.** Eligibility: Residents of Deschutes, Crook, or Jefferson Counties majoring in construction related fields. Deadline: April 1, 1994. Applications are available in the Career Center located in Takena Hall.

**1994-95 Asparagus Club Scholarship.** Eligible applicants: Interested in a career in the food industry, enrolled full-time and show a financial need. Deadline: 4/15/94. Additional info is available in the career ctr.

**1994-95 OAPA Scholarships.** Eligible applicants: Accounting majors enrolled full-time. Must be an Oregon resident. Application deadline: 4/1/94. Applications are available in the Career Ctr. located in Takena Hall.

**94-95 WTS scholarships:** Eligible applicants: Women pursuing a transportation-related field and a 3.0 GPA. Deadline: 3/5/94. Applications are available in the Career ctr.

**94-95 American Water Work Association scholarship** eligibility: Students leading to a career in the waterworks field. There are 3 available with an award amount of \$500 each. Deadline: 4/1/93. Applications are available in the Career Center located in Takena Hall.

**Leslie S. Parker Scholarships:** Eligible students are females who have

completed at least 2 years of satisfactory course work. Deadline is 3/1/94. Additional info can be picked up at the career center.

**94-95 NAWIC Scholarship Available.** Eligible students: male or female entering into the following courses of study: construction, architecture, civil, mechanical, or electrical engineering. Deadline: 4/1/94. Applications are available at the Career Ctr.

**94-95 Ore Als Scholarship,** Eligibility: Preparing for a career in the legal field, show financial need and have at least a "B" average. Deadline: 3/18/94. Add'l info and applications can be picked up in the career center.

**16 Track Recording Studio and Promotional Photography.** Large Rooms, Grand Piano and Hammond Organ. \$20 per hour, call Dennis at 754-7328.

**94-95 Clifford and Grace Taylor Scholarship.** Eligibility: enrolled full-time in the following courses of study: Nursing, medical related field, automotive tech or engineering. Deadline: April 15, 1994. Applications are available in the Career Ctr. located in Takena Hall.

### FOR SALE

**1969 Karman Ghia,** new engine, brakes, and stereo. \$1500 or best offer. 451-2486.

**Newly painted, '82 Mazda RX7.** \$2200, or best offer. Call 924-9176 for more information. Ask for Misty.

### Classified Ad Policy

**Deadline:** Ads accepted by 5 p.m. Friday will appear in the following Wednesday issue. Ads will appear only once per submission. If you wish a particular ad to appear in successive issues, you must resubmit it.

**Cost:** Ads that do not solicit for a private business are free to students, staff and faculty. All others are charged at a rate of 10 cents per word, payable when the ad is accepted.

**Personals:** Ads placed in the "Personals" category are limited to one ad per advertiser per week; no more than 50 words per ad.

**Libel/Taste:** The Commuter will not knowingly publish material that treats individuals or groups in an unfair manner. Any advertisement judged libelous or in poor taste by the newspaper editorial staff will be rejected.

## Apply now for the Student Programming Board



- Series events specialist
- Community events specialist
- All campus events and recreation specialist
- Multicultural specialist
- Political events specialist
- Health and recreation specialist
- Family and evening student specialist
- Intramural/Recreational sports specialist

Leadership credits and talent grants are available to motivated and hard working students.

For more information or an application, contact the student programs office in CC-213.

**Applications due March 16, 1994!**

# Lady Roadrunners struggle to finish tough season

By Zachary Spiegel  
Of The Commuter

Going into the last week of the season, the Lady Roadrunners' goal was to play hard and try to come out of it with two wins.

Neither was accomplished, however, as LB lost both league games to end the season with a 9-15 record overall and 4-10 in league.

The women played their second to last game at home against the Lane Titans last Wednesday, which turned out to be a game of spurts. The Titans struck first, reeling off nine straight points with eight minutes left in the half to go into the locker room leading, 38-21.

In the second half, LB was scoring more easily, but was not playing respectable defense. This turned out to be the key to the second half as Lane stretched the lead to 70-46 with five minutes to go in regulation.

"The score the last time we played them was 95-69, so there was a little talk of revenge," commented head coach Brian Wake. "The game speaks for itself."

By the time the final horn had sounded, the score was 82-58, and the knockout was complete. No tears were shed, but the anger was apparent.

Bridget Burke led the Runners with 23 points and 10 rebounds. Michelle Neuman added 14 points.

Last Saturday was a much more challenging game as the women traveled to Salem to face league-leading Chemeketa. But the game proved to be a warmup for the Chiefs as they got their pay-back for an earlier loss to LB in January.

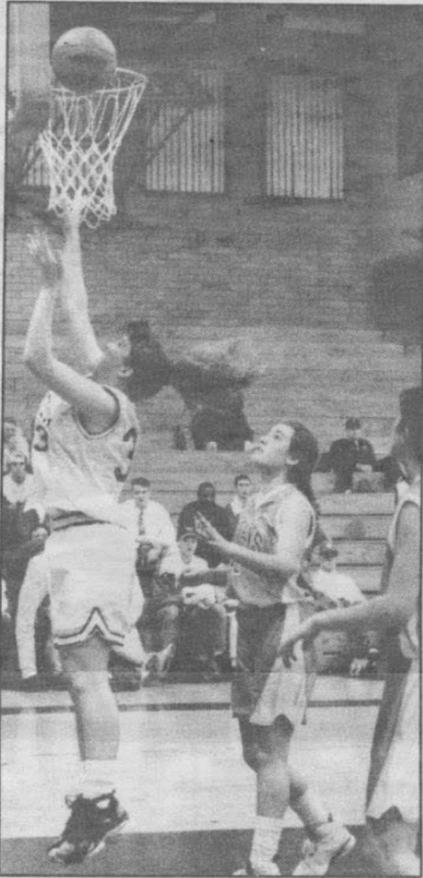
LB went into halftime down eight, 26-18, and looked happy with their first-half performance. In the second period, the Lady Roadrunners played intensified defense, which resulted in

the deficit being cut to five, 29-24, with 18 minutes left. But the Chiefs then went on a 6-0 run in the next two minutes, prompting Wake to call a timeout and regroup.

"I have been trying to convince the girls to be winners," stated Wake. "I needed to prove to them and others that our first win against Chemeketa was not a fluke."

This did not happen in the second half as LB was outscored 40-22, and dropped its last game of the season, 66-40.

Burke had another good game, scoring 18 points and pulling down 11 rebounds.



Photos by Michelle Harris

Darci Powell (left) and Bridgette Burke (above) both go up for two of the easier shots LB had Wednesday night as they dropped a league game 82-58 to Lane. Powell and Burke were two of the team's leaders this year despite the women losing seven of their last eight games to finish the season 9-15.

## LBCC men conclude stressful season with losses

After a 3-game winning streak that brought out their skill, the men lost their last three games to finish sixth place in league

By Zachary Spiegel  
Of The Commuter

After building a three-game winning streak going into the last week of the season, the Roadrunner men dropped their last three games to finish the season on a down note.

The men hosted Lane last week in a game that meant nothing to the league race, but was played with the intent of gaining respect for the team. This respect was not earned as Lane demolished LB 98-57 in their worst defeat of the year.

The first half was played very evenly until the six-minute mark when a 12-0 run by the Titans proved to be the demon to Linn-Benton.

**"Lane is not 40 points better than us. We are better than we played tonight."**

—Randy Falk

"We could not dig ourselves out of that hole," remarked freshman forward Matt Bonniksen. "We went into the game confident, but that run killed us."

Even after that run, the Roadrunners trailed only 43-33 at the half.

But another Titan run, this time 24-9 over the first 10 minutes of the last period, ousted the men from any possible comeback.

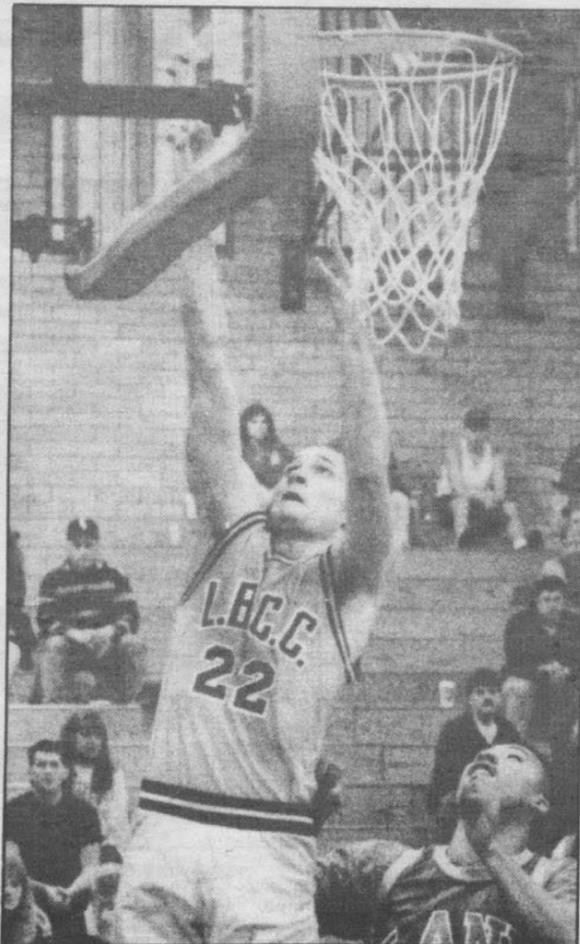


Photo by Michelle Harris

Kevin Moreton eyes the hoop as a Lane defender looks on. Linn-Benton lost the game 98-57 despite Moreton's 17 point contribution.

**"We did not end the season the way we would have liked, but it is not all bad. We turned the season around with our defense but did not showcase it tonight."**

—Joe Kleinschmit

"Lane is not 40 points better than us," explained head coach Randy Falk. "We are better than we played tonight."

Kevin Moreton led the Roadrunners with 17 points, but it came on 6-17 shooting. Bonniksen and Greg Obrist had strong games, combining for 31 points and hauling down 15 rebounds between them.

LB had a chance to redeem themselves for the demolishing they had been issued by Lane when they faced Chemeketa in Salem, but it was not to be.

"We started out in a zone (defense) because we felt it would be the best way to shut down their big men," commented assistant coach Joe Kleinschmit.

Although LB did manage to slow the production of the Chiefs' inside play, the long-range bombers came out in full force and proceeded to take aim on the basket. When the outside shooting became a problem, the paint opened up for the wide bodies to do some damage. These problems added up to a 40-21 half-time deficit for the Roadrunners.

Not much changed in the second half as the Chiefs held their lead until the horn had sounded and ended up winning 78-54.

"We did not end the season the way we would have liked, but it is not all bad," remarked Kleinschmit. "We turned the season around with our defense but did not showcase it tonight."

## The Attack

My pulse races  
 my breathing quickens  
 faster and faster  
 more shallow by the minute  
 i can feel my heart beating in my ears  
 it has the sound of thunder  
 cold sweat breaks out on my forehead  
 my feet and hands are ice  
 i shiver where there is no coldness

i touch my chest  
 there is no pain  
 there is nothing

dull pain behind my eyes  
 throbbing in time to my pulse  
 lack of oxygen perhaps

i sink to the floor  
 waiting  
 hoping it will kill me  
 afraid that it will  
 my life passes in front of me  
 nothing of consequence

cross-legged on the floor  
 eyes focused on infinity  
 i cradle myself  
 breathing  
 nothing more  
 hours pass or minutes  
 who knows  
 time is nothing

my breathing becomes more regular  
 my pulse returns to normal  
 the roaring in my ears abates  
 the panic is over  
 for now

Marguerite K.A. Petersen

I see a river--bent and strong,  
 narrow and long.  
 I swallow myself in the sea of Pride  
 I.

Empty your sea in the buckets of heaven,  
 and you will see small claypots filled--  
 with streams.

Electric lights see the way,  
 until a storm of wisdom  
 presses you to a  
 primitive way.  
 Listen to the

Sage!

When life gets you down,  
 Lift up your head,  
 For there is a way  
 To unleash your pain.  
 Cry if you need to,  
 But don't hide.  
 A teardrop is the  
 Only way out  
 If you want to be free.

A heart can't see the future.  
 A mind can't see the pain.  
 We will walk awhile,  
 Tell our thoughts,  
 For the world is made up of



## A Lifetime of Freedom

Hatred and love.  
 But only the strong will fight,  
 And the weak will love.

Like an unborn child,  
 You can only hear,  
 You cannot see.  
 A blind life,  
 Unable to understand  
 How a world of sadness can make  
 A lifetime of happiness.

If someone pushes you back a little,  
 Or steps in front of you,  
 Take your time,  
 Your turn is sure to come.  
 Just a little time and understanding  
 Brings love to a beaten world.

Tammi L. Howser