

# THE COMMUTER

A  
Student  
Publication

Linn-Benton Community College, Albany, Oregon

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Photo by George Petroccione

## All That Jazz

For the second year in a row, threatening weather forced the spring "Jazz on the Lawn" concert into Takena Theatre, where the band, under the direction of LBCC music instructor Gary Ruppert, entertained more than 150 people. The Memorial Day event kicks off a week of concerts. On Thursday the Albany Concert Band, directed by Richard Sorenson, will perform at 8 p.m. in Takena Theatre. On Sunday the Community Chorale, Concert Choir and Chamber Singers will share the Takena Theatre stage for the sixth annual Pops Concert at 3 p.m. Vocal music instructor and conductor Hal Eastburn has scheduled several spiritual, folk and humorous numbers for a pops program dubbed "The Lighter Side." Tickets are available at the College Center Office.

## Tight budget forces cutbacks in tutoring

By Dale Owen  
Staff Writer

Some students seeking instructional reinforcement from LBCC tutors will need to find alternatives in the future.

Because of budget constraints, individual tutoring will not be available summer term, and the program may be modified to limit future tutoring to vocational majors.

According to Robert Talbott, Student Development Division director, at least \$11,000 is being cut from the tutoring program as part of a budget trim of all student support departments, which include counseling, registration centers and developmental courses. Talbott said the cuts are in compliance with the administration's request for a 1 percent reduction in all division budgets for the 1986-87 school year.

"Any cuts made will hurt somebody, somewhere," Talbott added. He explained that the budget was discussed with department heads and it was agreed to make cuts that were "least painful in the sense of the number of people affected."

Approximately 200 people are tutored each term by about 50 paid tutors, according to Carolyn Miller, tutor coordinator.

The largest percentage of tutors work in math and science areas, Miller explained. Two or three tutors are working for credits through a community college tutoring class. Eight tutors are participating in a work-study program this term. "This is the first time we've had that many," Miller said.

Talbott said it cost about \$25,000 to run the tutoring program this year. Of that amount, 20 percent is available for vocational tutoring from a federal grant, he explained. The budget committee allotted \$11,000 to the program in its decision package.

The \$11,000 will not be included in the 1986-87 budget. "We will continue to do what we can to provide as much support as we can," Talbott said. He said that more tutors might be encouraged to volunteer if they knew they could earn college credit by tutoring. Classifying more classes as vocational would be another way to remedy the situation.

Another alternative Talbott mentioned was opening the basic skills lab, previously used for supplemental support for developmental program students, to other students.

The math lab will remain open with available help. Instructors at the lab help students at all levels of math. The math lab will be open summer term from 7:30 a.m.-4 p.m. Monday through Thursday.

## LB prepares for accreditation review

Faculty, staff, students examine programs to ensure goals are being achieved

By Lisa Hall  
Staff Writer

In October of 1987, LBCC will go through an accreditation review by the Northwest Association of Schools and Colleges (NWASC). If the review goes well, LBCC will be accredited for another 10 years, according to Gretchen Schuette, director of Community Relations and Instructional Services.

An accredited college is able to offer college credits that are transferable to other colleges. She said that colleges are reviewed periodically to make sure that they are doing what they are supposed to be doing.

A more formal definition of accreditation is that "an institution has clearly stated appropriate purposes and goals, and appears to be achieving them in large part..." (Kells, 1983).

Schuette is part of an accreditation self-study preplanning group that also includes LBCC President Tom Gonzales and Vice-president of Instruction Jon Carnahan. They began working on the self-study in August 1985.

Schuette described the accreditation self-study as "an enormous task."

A steering committee was first established, which includes faculty members and ASLBCC representative Bill Baze.

Then task forces were established in four areas: an instructional task force, chaired by Carnahan; an administrative task force, chaired by English instructor Linda Eastburn; a business affairs task force, chaired by George Kurtz, vice-president of Business Affairs; and a student task force, chaired by counselor Rosemary Bennett.

Each task force includes two to five members from the area under study and two to four members who are students, program advisory committee members, community residents or faculty from other areas.

The task force is then broken down into work groups. Schuette said there are approximately 58 work groups and that they are "all volunteers."

She said that each group goes through an individual pro-

gram study process, which includes four steps, using the standards from the NWASC handbook.

Each group is supposed to provide a brief description of the program, using the NWASC guidelines.

They are then supposed to analyze how well that particular program meets its own and NWASC standards.

Step three asks them to list the goals for the program, while step four asks questions about the strengths and weaknesses of the program. Step four also asks about any problems in the program and invites suggestions on how to solve them.

Each step is written up, then analyzed and reviewed by several people, according to Schuette.

Calendars have been set up which give deadlines as to when each step should be finished. So far, the deadlines have had to be moved only once, according to Schuette.

She said the whole self-study process will be completed and in book form by the time representatives from NWASC arrive in the fall of 1987.

## LB adopts value statement committed to high standards

LBCC has recently published a values statement for the first time in its history. When students enroll in the college and when employees are hired, they are expected to commit themselves to the institutional values outlined in the two-page manila-colored brochure.

Dr. Gonzales will be introducing the statement to campus employees at an all-staff meeting tomorrow.

Here is a brief outline of that statement.

**We believe that the college staff holds the institution in trust for the citizens of Oregon.**

- The viability of the college and its mission must take priority over individual concerns while the responsibility to safeguard the rights of staff and students is maintained.

- Academic freedom and the free exchange of ideas must be essential elements of the college.

- The college must be committed to responding to local and regional needs, yet must incorporate state and national issues into its mission.

**We believe that the college exists so that students experience growth opportunities through a college education, prepare for the world of work, and develop an appreciation for lifelong learning.**

- Students can grow toward their full potential by experiencing the joys of discovery and by participating in the rigors of study.

- Students have the responsibility to enroll in classes appropriate to their ability levels.

- Students must take responsibility for making their educational experiences significant and meaningful.

**We believe that all college personnel must contribute to and be supportive of the educational mission of the college.**

- Staff are responsible and accountable for their personal and professional actions as they carry out their assignments.

- Effective communication and cooperation among staff are necessary to fulfill the mission of the college.

- The college will share responsibility for providing professional development activities for staff.

**We believe that quality leadership and managerial practices must be provided to create a healthy working environment.**

- An open, team-oriented management style should provide opportunities for staff input to decision-making.

- A willingness to take risks in an open atmosphere of shared values is encouraged.

- Staff must be guided by principles of fairness, trust and respect for each other's skills, abilities and contributions to the college in accordance with these value statements.

## THE COMMUTER A Student Publication

The Commuter is the weekly student-managed newspaper for Linn-Benton Community College, financed through student fees and advertising. Opinions expressed in the Commuter do not necessarily reflect those of the LBCC administration, faculty or Associated Students of LBCC. Editorials reflect the opinion of the editor; columns and letters reflect the opinions of those who sign them. Correspondence should be addressed to the Commuter, 6500 SW Pacific Blvd., Albany, Oregon 97321. Phone (503) 928-2361, ext. 373 or 130. The newsroom is located in College Center Room 210.

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## Health-Wise

by Diane Morelli

"Go for the gold" I can relate to, but "go for the burn?"

Concerned that millions of American women may be suffering unnecessary injuries in aerobic exercise routines, the American College of Obstetricians and Gynecologists introduced safety guidelines at its annual convention recently.

There is growing concern about aerobic instruction that encourages women to continue an uncomfortable maneuver so they can "go for the burn"—a burning sensation in the muscle tissue—in the mistaken belief the pain is a sign they are eliminating excess fat from their bodies. Experts agree that this practice may cause muscle tissue to break down.

"The burn" is a sensation caused by a buildup of lactic acid—a symptom, in turn, of the breakdown of the normal chemical balance in the muscle fibers.

Some of the safety concerns extend to men practicing aerobics, but the physicians' group is focusing on the safety of women because they make up at least 90 percent of the estimated 25 million people exercising in aerobics programs.

The physicians stressed that women who keep up any exercise in which they jump repeatedly from the floor may be risking stress fractures

of any of the bones of their legs and even their pelvises, as well as permanent damage to ligaments, cartilages and tendons in the knees and ankles.

They stated that one unsafe maneuver common among many aerobics programs is one in which the person bends at the waist and then twists the upper body from side to side. This can prepare for a breakdown of discs between vertebrae according to several experts.

The college found that women and instructors who overindulge in aerobics often do so in the mistaken belief that the more vigorous and taxing a workout, the better.

This sets the stage for a serious incidence of so-called overuse injuries in which joints and muscles that can profit from a few repetitions of certain maneuvers break down after too many repetitions.

It must be remembered that there are physiological differences between individuals.

Dr. Robert Kerlan, a prominent Los Angeles orthopedic surgeon, said there are significant disparities among people in the quality and resilience of connective tissues. He said these innate differences cannot be changed by exercise.

To try to eliminate problems with aerobics, the new guidelines suggest that:

- In aerobics classes utilizing so-called impact exercises—an maneuver in which participants jump from the floor—maximum intensity levels should not raise the heartbeat above 75 percent of its calculated maximum rate.

- Jumping exercises should be limited to not more than four consecutive landings on either foot.

- Duration of impact workouts should never exceed 30 minutes, and should not be done on consecutive days.

- Floor selection is important—unpadded concrete surfaces are the worst.

- Pay attention to well-designed shoes. Soles that readily slide on floor are needed. Running, basketball and court sports shoes are not safe for aerobic dance. Running shoes are worst of all.

- Care should be taken in exercising muscles on all sides of the joints, avoiding a situation in which the hamstrings (in the buttocks and rear of the thighs), for instance, are developed but the quadriceps (the muscle group in the front of the thigh) is not. Such muscle imbalance can result in serious muscle pulls.



# Owen chosen Commuter editor

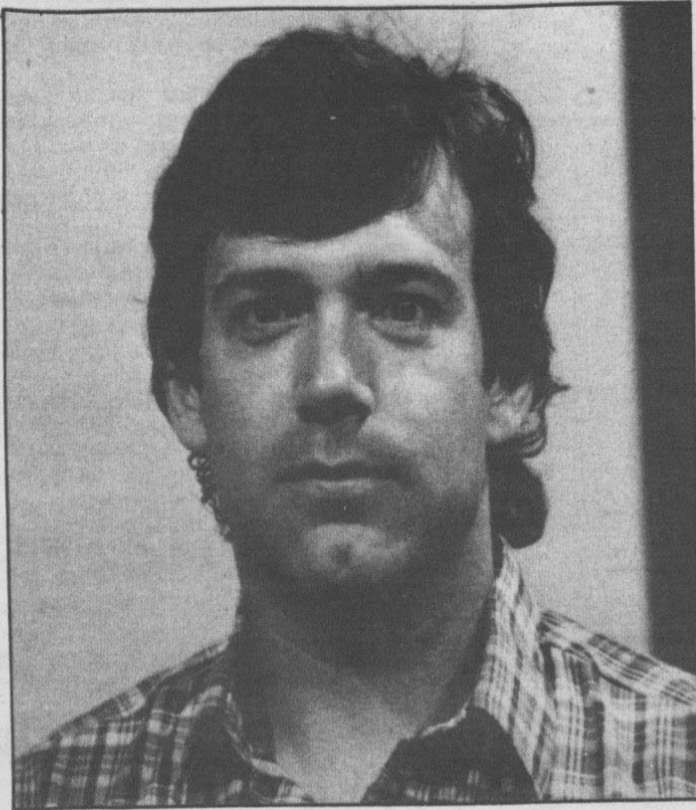
Dale Owen, a 32-year-old journalism major, has been named editor of *The Commuter* for the 1986-87 academic year.

Owen was selected Friday following interviews by the LBCC Publications Committee. He will succeed current editor Diane Morelli of Sweet Home, who plans to return to LBCC to finish her AA degree next year.

A resident of Albany, Owen worked in forestry before returning to college in 1985. He said he intends to continue *The Commuter's* emphasis on campus news, but that he also hopes to increase coverage of community events and issues of interest to *Commuter* readers.

"I view the role of the paper as a channel for information and communication between LBCC students, staff and administration and the Linn and Benton communities," Owen said.

Owen said he will announce appointments to editorial positions before the end of spring term. "We have a lot of good staff members returning next year and I'm looking forward to working with them. I'm confident we can put a good team together," Owen said. "My first priority is to maintain the standard of excellence that *The Commuter* has maintained over the years."



**Dale Owen, a 32-year-old Albany resident and LBCC journalism major, was appointed last week as editor-in-chief of *The Commuter*. Owen said students interested in writing, advertising, design or photography should contact him in *The Commuter* Office, CC210, to discuss opportunities on the newspaper.**

## Board seeks state funding

At their regular monthly meeting Thursday evening May 15, LBCC's Board of Education approved a motion to apply for state money to partially fund four district construction and remodeling projects.

If funded, the construction will include handicapped access and energy conservation projects at the Benton and Albany centers, remodeling at the Benton Center, and construction of a Parent Education Child Care Lab on the main campus.

The Board hopes to obtain these funds from reactivating a now inactive state Construction Assistance Plan responsible for the initial construction funds for Oregon community colleges. Under this plan, the state contributes 65 percent of the needed construction funds if the community college raises the remainder locally.

## LB's Spilde named Junior First Citizen

Mary Spilde, director of LBCC's TED Center, was selected Junior First Citizen at the annual Distinguished Service Awards Banquet in Albany last week.

The ceremony is sponsored by the Albany Area Chamber of Commerce, the Albany Jaycees and the Albany Junior Woman's Club. Spilde was named for her service on the board of several organizations

## Etcetera

### Fashion Show

LBCC's Future Secretaries Association (FSA) is sponsoring a free Spring Fashion Show, May 29, from noon-1 p.m. in Takena Theatre.

Business and casual wear will be shown to fit all sizes, from small to queen size. Stores involved in the show include Oregon Girl, Allie's and Smart Size. Flowers will be done by Artistic Floral of Albany. For more information, contact Patsy Black in the Student Programs Office, CC 213

### Nuclear Landscape

The Corvallis-Albany chapter of Educators for Social Responsibility will sponsor an exhibition at Avery Park on May 31 & June 1. For further information, please contact Elizabeth Berry (929-5794) or Robert Baldwin (753-8891).

### Storefront College

May 28: 10-11 a.m. "Assertiveness as a Positive Communication Tool," Dael Dixon-Coffee; noon-2 p.m. "Starting a New Business," Dennis Sargent; 2:30-4 p.m. "LBCC Players on Stage," Bob Hirsh; 7-8 p.m. "LBCC's Women's Center," Marian Cope.

May 30: 10:30-11:30 a.m. "Aerobic Fitness—join in a session," Oni Morfitt; 12:15-1:15 p.m. "Balancing Work and Family," Pam Dunn; 1:15-7 p.m. "Health and Wellness Fair," LBCC Nursing, Dental, Health and PE faculty; 7-8 p.m. "Dance Aerobics Visitation Session," Anna-May Lundstrom.

### Trade Workshop

Manufacturing business owners who are interested in exporting their products can attend a workshop in early June to explore world trade opportunities. Co-sponsored by Linn-Benton Community College's Small Business Development Center, "Exploring World Trade Opportunities" will meet Friday, June 6, from 10 a.m.-2 p.m. at Takeena Lodge, 1212 Price Road, SE in Albany.

Deadline for registration for "Exploring World Trade Opportunities" is Wednesday, June 4. Cost of the workshop is \$10, which includes lunch.

For more information on this workshop, call LBCC's Small Business Development Center, 987-6112.

### "Influence" Workshop

Various styles of influence that can be practiced both inside and outside organizations will be the subject of a workshop scheduled at Linn-Benton Community College in late May.

Sponsored by LBCC's Training and Economic Development Center, "Influence" will be presented on Friday, May 30, from 9 a.m.-4:30 p.m. in the Aleska/Calapools Rooms on the second floor of the College Center Building on the main LBCC campus.

Cost of the workshop is \$30, which includes lunch. Registration deadline is Wednesday, May 28.

For more information, call LBCC's Training and Economic Development Center, 987-6112.

### Pops Concert

Spiritual, folk and humorous songs will be featured in Linn-Benton Community College Performing Arts Department's Sixth Annual Pops Concert, June 1, at 3 p.m., on the LBCC Mainstage in Takena Hall.

Dubbed "The Lighter Side," the concert will bring together all three of LBCC's singing groups—Community Chorus, Concert Choir and Chamber Singers—performing songs ranging from classical to modern, according to conductor Hal Eastburn.

Tickets are \$3 for adults, \$2.50 for students and seniors and can be purchased at French's Jewelers, 140 W. First, Albany; Rice's Pharmacy, 945 Kings Blvd., Corvallis, and the LBCC College Center Office, 6500 SW Pacific Blvd., Albany, 987-6101.

### Student Buffet

First- and second-year Culinary Arts and Hospitality Management students from Linn-Benton Community College will present an "End of Term Buffet" in the Santiam Room Restaurant on Wednesday, June 4 from 11 a.m.-12:30 p.m. The Santiam Room is located on the second floor of the College Center Building on the main LBCC campus, 6500 SW Pacific Blvd., Albany.

Cost of the meal is \$4.95. Tickets are available from the College Center Office on the main campus, and from the Benton Center, 630 NW 7th Street in Corvallis.

# 'Tough Love' helps save drug-using teens

by Kay Sams  
Staff Writer

Facilitating drug and alcohol awareness parent-support group meetings is not prompted by civic duty alone, according to Linda Ellison, but comes from experiencing drug abuse in her own family—and relishing the joys of recovery.

Ellison, the mother of three daughters and the coordinator of a parent support group in Albany and a teen support group at LBCC, recounts her experience as the mother of a teenage drug user. She explains that parents will deny their children's involvement with drugs until both the parent and child have "hit the bottom of the barrel."

What Ellison intends to do is raise the bottom of that barrel. She advises parents to make it difficult for their kids to keep using drugs by not rescuing them. It is called "Tough Love," and she is sure about the effectiveness of the technique.

"Tough Love," a book by Phyllis York, was the focus at the recent LBCC Parent Resource Fair, in which Ellison participated.

As her practiced fingers dove into a sea of resource books, pamphlets and anti-marijuana bumperstickers, she explained that the "Tough Love" solution sets guidelines and parameters to help parents regain the respect of their children.

"You won't get respect and love if you don't love your kids enough to make them responsible for their own actions," she said. Coming out from beneath the pile of resource material, she triumphantly held out a copy of the book "Tough Love."

One could see glimpses of the anger and frustration Ellison felt when she realized that her oldest daughter was using marijuana. But with a shrug of her shoulders she began to recount what caused her anger.

Ellison said that she was angry at her daughter because of the drug use and confused about how to deal with her. But when she realized she loved

her daughter, but hated her behavior, it was easier to cope.

"You've got to understand," she said, "when a person is using, you're not dealing with the person—you're dealing with the drug."

She said the road to a child's improvement lies in the parents knowing the difference between rescuing the child and rejecting them.

Ellison recalls how she and her husband worried that if they didn't rescue their daughter from trouble generated by her drug habit, she would think that they were rejecting her.

But with "Tough Love" they learned they had the right to tell their daughter that although they loved her, they would not continue to rescue her.

"We told her we would always love her and wouldn't reject her, but we wouldn't rescue her anymore," Ellison said.

"And she was glad!" she exclaimed, triumphantly throwing up her hands.

After her daughter recovered, Ellison formed the parent support group in Albany in 1970. Meetings are held on Thursdays at 7:30 p.m. in the West Albany High School library. She has also helped to coordinate Impact Training in Albany, in an effort to raise teacher awareness of the severity of drug problems in the schools. The next impact session is scheduled for June 9-13 at West Albany High School. She said those who are interested can get more information by calling 928-3866.

She has testified before the Oregon legislature urging the adoption of a paraphernalia bill, been involved with Citizens Against Legalization of Marijuana and been a member of the American Lung Association.

Ellison says the greatest challenge she now faces is the possible legalization of marijuana. She said that the promoters of the Oregon Marijuana Initiative (OMI) have spent \$36,000 collecting signatures, and that the bill will be on the ballot next month.

The potential impact of this bill on the public

appalls Ellison. She said she feels people will be fooled by the arguments in its favor, such as the right to privacy, the right of personal choice and the allure of having another tax source.

"It (the bill) is worded to deceive voters," she said, sighing, as she thrust forward a copy of the bill. The bill had been transformed with the addition of "Vote No" inked in with red letters on the bottom.

Ellison classifies both alcohol and marijuana as drugs. But in her opinion, alcohol is less devastating because it leaves the body within 12 hours. Marijuana, however, lodges in the body's fat for up to a month, she says, decreasing the natural immune system, altering cell metabolism, reducing male hormones and retarding motivation.

But she remarked that both drugs instill denial in their users. "It allows the enabling of drug abuse," she said.

She says that often drug users and their parents refuse to recognize what is really going on. She added that parents remain oblivious because they choose to justify, excuse or ignore the problem, just as she did.

Knowing that this happens, Ellison guides her group and reinforces the will to go on, despite frequent relapses—a side effect of recuperation. She said she feels that if group members follow the premises of Tough Love and Al Anon, estrangement from their children cannot last.

Almost all users relapse, she says. It is a part of the learning process, and leads to what Ellison sees as the greatest joy of all—recovery.

Ellison said that her role in the war against drugs was shaped not only by her daughter's drug problems, but also by her father's influence. He was a surgeon and a "very conservative" Republican who served in the Missouri House of Representatives for eight years.

She said that she believes her goal in life is to reach out and help others, just as he did.



# Gone Fishin'

By Robert Botts

You have been fishing for hours without a single strike. It's cold and the weather can't make up its mind whether to rain or snow. Raindrops worming their way down your sleeves have soaked your shirt to your armpits. You remember clearly the admonition of your wife, "You are crazy to fish in weather like this." Shivering, you have to agree.

Suddenly you feel that familiar tap, tap, tap. Without thinking, you jerk the rod; it bucks, and the water explodes in front of you. The golden moment has arrived. What do you do now?

A library could be filled with books on ways to lose steelhead. The most crucial time period is the first two to

three minutes of the encounter. During this time, if the steelhead is fresh from the sea, he has the ability to accomplish amazing feats. He panics. Adrenalin has him pumped up; fight and flight reflexes are switched on full blast.

After being hooked, many steelhead swim down river, adding the burden of the current to the fragile line. During the first two to three minutes, if you put too much pressure on the fish, they usually break the line or tear the hook loose. To counter this burst of energy, set the drag on the reel to the light position. Later, as the fish tires, you can use the thumb or forefinger against the spool to put more pressure on the

fish.

A frustrating problem develops when a steelhead runs downstream and comes to rest below a riffle, and you can't move downstream with the fish. In this situation, it is difficult to force the fish upstream over a riffle.

In this situation, flip the bail on the spinning reel to let out line. The line is carried downstream by the current to a position below the fish. When the line is below the fish, you jerk the rod. The idea being that the fish feels the pull of the line from behind, heads upstream to clear the riffle and comes back to a position closer to you.

If the bank of the stream is clear, however, you may run downstream

with the fish to avoid the frustration of pulling the fish back to you. It doesn't take as much pressure to pull a fish across the current of the river as it takes to pull the fish against the current.

During the first two to three minutes, you should try to keep the rod tip pointed toward the sky. This maneuver makes the fish struggle against the flighty action of the rod tip; this is tiring.

When a tired fish comes to the surface and turns on its side, it is usually ready to be landed. Such instruments as nets and gaffs can be used to land fish.

Without a net or gaff, you can use other methods to land a fish. You can tire the fish and grab it by the tail. Or you can use your foot to kick the fish onto the bank. You can even fashion a tool such as a forked stick to land a fish in shallow water. After the fish is tired, the fork is placed behind the head to hold the fish against the bot-

tom of the stream. It is easy then to place your fingers through the gills

After you have passed the first two to three minutes of the fight, landing a fish is generally not difficult. Because of the small volume of blood—1 to 2 percent of the body weight—fish don't have much endurance and tire quickly. But a fish will fight until it passes out.

There is always the possibility of losing a fish. If you want to keep the fish, the battle should end quickly. And if you are going to turn the fish loose, don't tire it until it becomes unconscious.

An unconscious fish can be revived by taking the fish by the tail to place the head upstream against the current; move the fish back to aerate the gills. The unconscious fish then breaks loose most likely floating downstream without reviving and dies. Do the fish a favor, and land it quickly.

## Study says federal aid system unfair to commuting students

Washington, D.C. (DPS)—Commuter college students often don't get their fair share of federal aid money, claims a new study commissioned by the American Council on Education (ACE).

The aid system, education consultant Scott E. Miller found in the ACE survey of 15,000 students, tends to punish commuter students because it doesn't let them count all their off-campus living costs as expenses.

As a result, the students can't get as much Pell Grant money as they need, the study concludes.

Most of the students affected attend community colleges, where officials estimate more than 90 percent of the students commute.

Miller traces the problem to the late seventies, when college lobbyists failed to get Congress to protect commuter students when it adopted new formulas for distributing financial aid.

"We were not in the (lobbying) game early enough," concurs Jose Robledo, director of financial aid for the Los Angeles Community College District.

"The big schools cleaned up the grant market" by getting an early start, adds Andrea Bolling of the American Association of Community and Junior Colleges.

Commuter students also get hurt because aid programs don't consider the needs of "nontraditional" students who may be parents, older than 22 years or hold part-time jobs, Miller says.

"This is a new and emerging population on college campuses," he observes.

Nevertheless, federal aid formulas do not include childrearing expenses in calculating how much grant money students need.

But the lower tuitions of the two-year schools don't mean commuter students can do without aid money, says Arthur Cohen of the University of California at Los Angeles.

"We are low cost," Bolling says, "but we have extraordinary need" because many of the students come from low-income backgrounds.

### News from the Centers

## Classes set in etching, hiking

By Linda Canoy  
Staff Writer

The Albany Community Education Center is offering a one-day glass etching class from 7-10 p.m., June 3.

According to instructor Jeff Senders, glass etching uses a pre-cut stencil and an acid paste to etch a design on glass.

Senders, owner of Custom Stained Glass in Albany, has worked with glass for 11 years and has taught at LBCC for more than eight years.

"There are three types of no-color processes you can do on glass," Senders said, "etching, sand blasting and engraving."

Senders said etching is the cheapest and simplest process.

"It's so easy to do, you can teach your kids to do it," he said.

Another late-starting class offered by the Albany Center is a day hike to Silver Creek Falls.

According to instructor Jean Ella, it is primarily geared for the senior population.

The class meets June 4, from 7-10 p.m. and the one-day field trip to Silver Creek Falls is June 7, from 9 a.m.-5 p.m.

Ella said she will be talking about the ten essentials that should be taken on a hiking trip; these include a map, a compass, matches, water, a knife and extra clothing.

She will also discuss the moral issue of wilderness hiking. The big issue today, she said, is: should we stay away and leave our wilderness alone because of damage being done from over use?

"It's the 'leave footprints; take only photographs' idea," she said.

Ella will also teach the "rest step" climbing technique, which is a steady forward progress technique that lets you rest as you climb.

"It's so much better than stopping to rest and starting again," she said.

## The Puzzle

Answers on page 5

### ACROSS

- 1 Roman date
- 5 Pierce
- 9 Flying mammal
- 12 Civil injury
- 13 Fee
- 14 Native metal
- 15 Mexican shawl
- 17 Behold!
- 18 Beverage
- 19 Foray
- 21 Sum
- 23 Persevere
- 27 Spanish article
- 28 Foreign
- 29 Ethiopian title
- 31 Greek letter
- 34 Negative prefix
- 35 Leaves
- 38 Running
- 39 Scold
- 41 Bspatter
- 42 Judge

44 Before noon

- 46 Musical instrument
- 48 Uninteresting persons
- 51 Paradise
- 52 Ancient
- 53 Printer's measure
- 55 Skill persons
- 59 Falsehood
- 60 Chicken house
- 62 Sound a horn
- 63 Measure of weight
- 64 Fruit cake
- 65 Portico

### DOWN

- 1 Possessive pronoun
- 2 Female deer
- 3 Transgress
- 4 Began

- 5 Beer mug
- 6 As far as
- 7 Everyone
- 8 Blemish
- 9 Glass container

- 10 Region
- 11 River duck
- 16 Ached
- 20 Lasting
- 22 Faeroe Islands whirlwind
- 23 Son of Adam
- 24 Spanish pot
- 25 Symbol for nickel
- 26 Organ of hearing
- 30 Packed away
- 32 Pitch
- 33 Dillseed
- 36 Moccasin
- 37 Kind of piano: pl.
- 40 Vegetable patch
- 43 Sign on door
- 45 Coroner: abbr.
- 47 Make suitable
- 48 Burst forth
- 49 Mixture
- 50 Clan
- 54 Extinct flightless bird
- 56 Vessel
- 57 Also
- 58 Music: as written
- 61 Either's partner

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59				60		61				62		
63					64					65		

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# There's more to directing than meets the spotlight

By Sherry Oliver  
Staff Writer

Joyce Quinnett appears to be calm, relaxed and all-together on the outside, but beneath that facade is a frantic student trying to juggle her time to get everything done by opening night.

Quinnett is directing "Spring Seasonings" this term, which opens Friday night. It will be performed in the Loft Theatre, May 30-31 and June 6-7 at 8:15 p.m. and June 4 and 8 at 3 p.m.

She has learned a lot this past year while organizing the show, she said. She began last spring compiling poems and short stories into a script for the production. She described the show as "a real interesting mix of pieces." The script includes works written by LBCC's creative writing instructor Barbara-jene Williams, former LBCC students and famous authors such as Robert Frost, E.B. White and William Shakespeare.

Quinnett said the Loft productions have "a real specific place in this college." She believes that "it would do a world of good" if directing at least a small show in class became a requirement for theatre majors.

She didn't realize when she started how much was involved in putting a show together. "It's not just directing," she said. Publicity, scenery, props and costumes are all things the director must coordinate and make sure get done.

Quinnett has run into a lot of "brick walls" trying to find out when and how to get things done. For example, she got a call from Glenda Foster, Humanities Division secretary, at 3:50 p.m. one afternoon telling her the copy for the program had to be in by the end of the day. She hadn't been told what the deadline was for getting the program information to the Graphics Department until that time.

Once Quinnett finishes the show, she said, she plans to make a student director file that tells the next student director what needs to be done, when it needs to be done, and whom to contact to get it done. That way, the next student won't run into as many stumbling blocks as she did, she said.

Quinnett enjoys working behind the scenes, she said. "More of you goes into the behind-the-scenes work—nobody sees it, but that's OK." She said she doesn't have an ego that needs to be patted on the back. "I'm glad I'm directing at this point in time," she said. "It's helping me focus my purpose."

She is a very active person. Directing is only one of the many things she's involved with—she works at the Albany Public Library 19 hours a week, she is a full-time student and is an active member of ASLBCC. She is also the mother of four kids and in the process of going through a divorce. When she is working on the play, she says, she lets go a little and "personal problems get put under the table."

Directing has been "a real experience," she said. "I've enjoyed it. We'll reach our peak at performance time. I hope our final dress (rehearsal) is a disaster. That means our performance will be good."

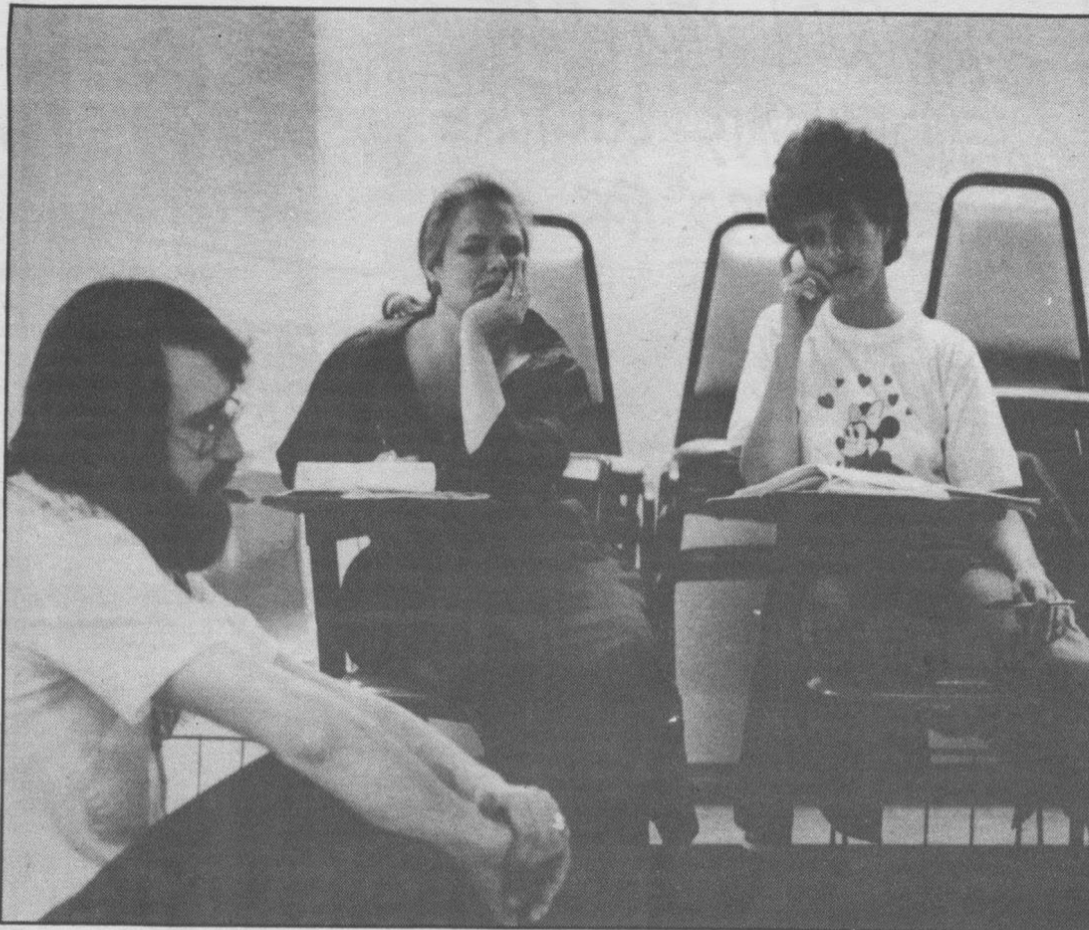


Photo by George Petroccione

Jane Donovan and Joyce Quinnett during rehearsals of "Spring Seasonings." The Reader's Theatre production will be presented at 8:15 p.m. May 30-31, June 6-7,

and 3:15 p.m. on June 4 and 8 in Tadena 205. Quinnett will direct the cast in a collection of humorous and serious poems and short stories dealing with spring.

## Teledyne Wah Chang opens door to college journalists

By Annette Krussow  
Staff Writer

In an effort to improve relations with the public, Teledyne Wah Chang Albany has adopted an "open-door" policy, replacing past policies limiting the press's access to company information, according to Pete Ryan, a public relations representative.

As part of their image-improving promotion, officials at Wah Chang greeted journalists from various Oregon colleges at a press conference Thursday (May 22).

The journalists, from schools including Oregon State and the University of Oregon, were taken on a tour of the plant where zirconium, hafnium, niobium and other "specialty metals" are processed.

Company representatives explained some of the processes that are performed at the plant.

After the metals are melted and formed into 15,000 to 18,000 ingots, they are shaped into various products in the fabrications plant.

To make plates, heated ingots are rolled on a roller, a 2-high mill. The metal is then conditioned and reheated, and the process continues until the plate is rolled to the desired thickness.

In the extrusion area, a hydraulic press shoves heated metal through a small hole to be made into tubes or rods.

Sheets, slabs, wire and foil are also produced in the plant.

The lime-sludge ponds contain wastes from the processed metals. According to Jim Denham, Public Affairs coordinator for Wah Chang, the controversy surrounding the sludge ponds began before 1979 when the "Pathway Exemption" law came into existence, and Wah Chang altered its manufacturing process.

The Pathway Exemption specifies the maximum level of radiation that can reach the atmosphere externally or through ground and surface water.

According to Denham, the sludge ponds, which contain less than .2 percent of radioactive elements such as uranium, thorium and radium, meet the Pathway Exemption requirements.

### Puzzle answer

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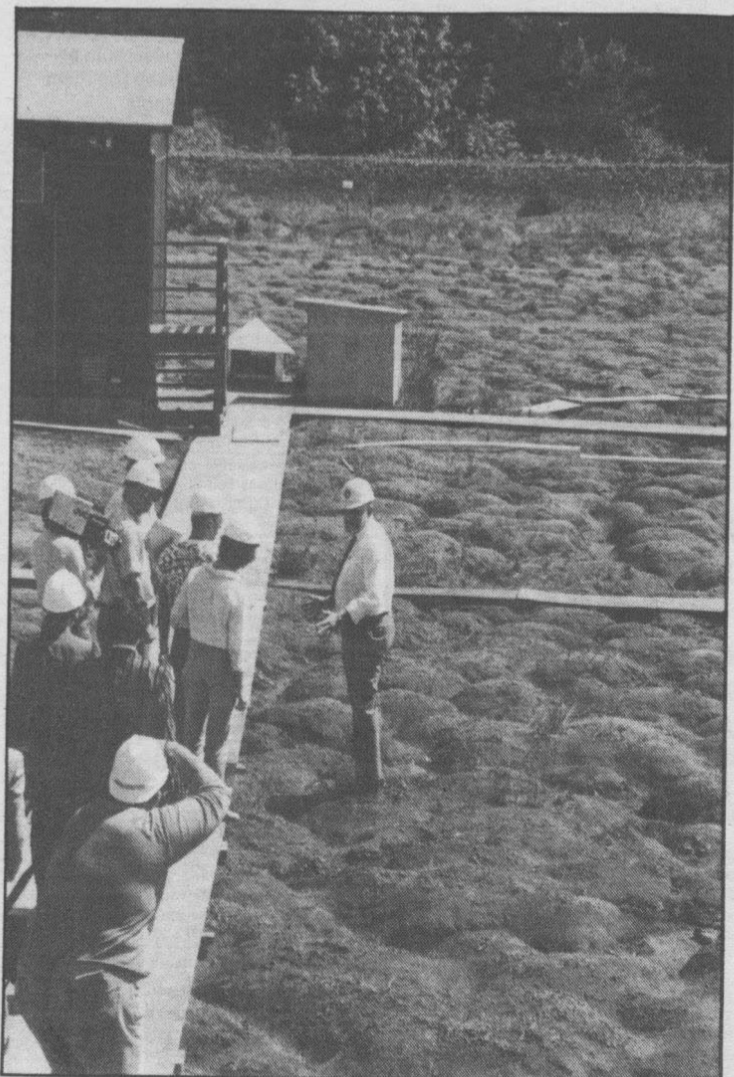


Photo by George Petroccione

A spokesman for Teledyne Wah Chang Albany stands on one of the company's controversial sludge ponds while addressing a group of college journalists.

## Gifts to universities reach record high

NEW YORK, N.Y. (CPS)—Gifts to the nation's colleges and universities reached a record \$6.32 billion last year, footing about \$516 of the average student's education costs, the Council for Financial Aid to Education reports.

And the business community, for the first time, became the largest donor. As a group, corporations gave \$1.57 billion, which was 23.8 percent more than the previous year.

Many hope the increase signals a trend in private support that could allay the damage done to college programs by recent federal and state budget cuts.

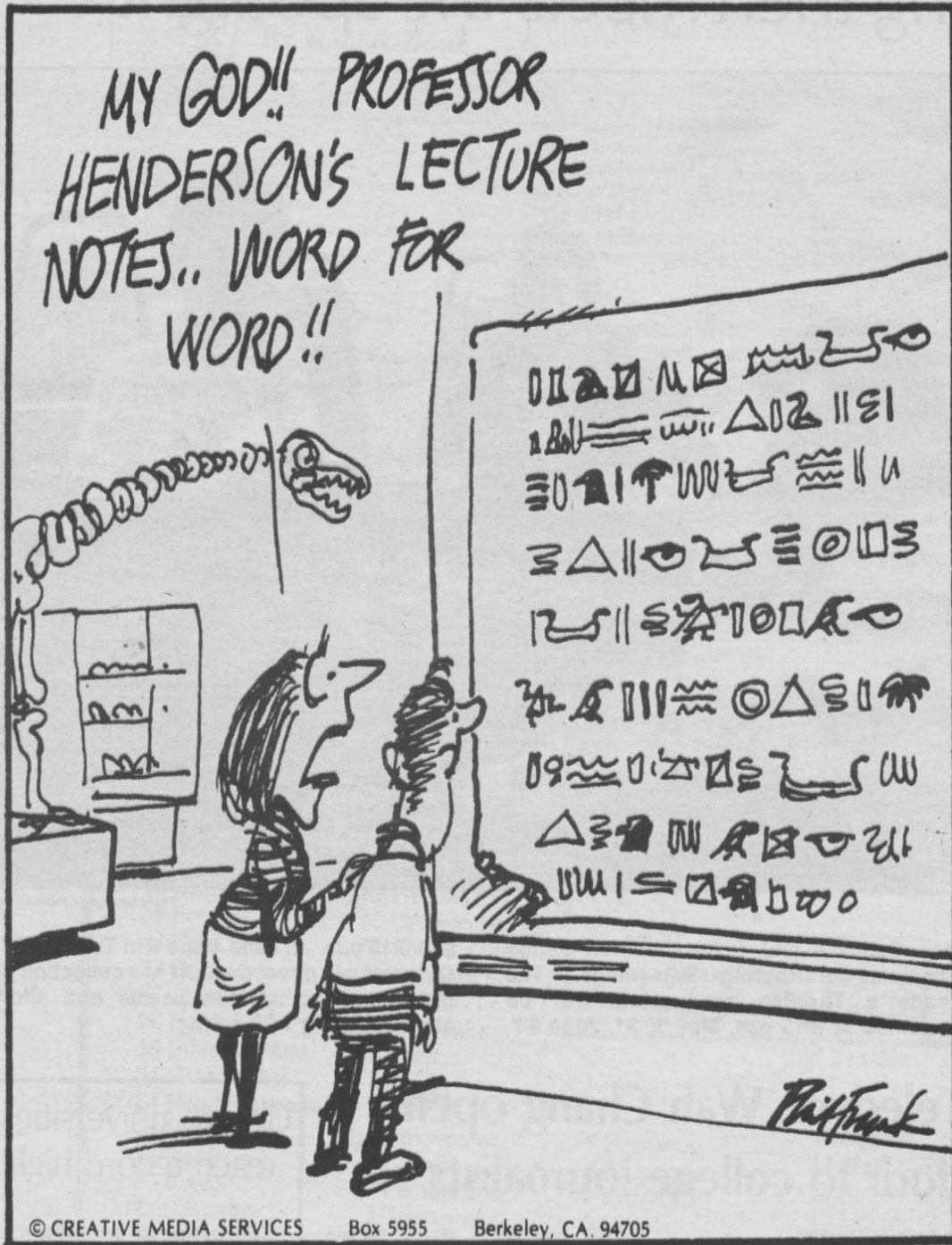
"Business is responding (to government cuts) by taking a larger role," says council president John Haire in the report.

In all, private donations covered about 6.6 percent of the \$7,801 schools spent on the average student in 1984-85. Private generosity hasn't been that high since 1950, when gifts comprised 9.6 percent of college costs.

Donations, moreover, rose at a faster rate—12.9 percent—than the Higher Education Price Index, which measures the cost of goods and services purchased by colleges and universities.

# Frankly Speaking

by Phil Frank



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## Counselor suspects women batteries may be increasing

Columbus, Ohio (CPS)—"It's a huge, hidden population on campus," says Ohio State University counselor Barbara Fisher of the number of battered women on American campuses.

"We have just begun to peel the onion," she adds. Although she has no statistics to confirm her notions about "relationship violence" on campuses, Fisher contends the problem may be on the rise. "I really don't know if it has increased, but my sense is that it has."

Fisher and colleague Hattie Johnson-Nails started a program on the campus last fall because, "Of my (female) clients, more than half have been abused."

Currently, Fisher and Johnson-Nails counsel 10 abused OSU women. But at the University of Minnesota, which has just started a program for battered women, counseling service director Elizabeth Wales isn't sure relationship violence is increasing on campus.

Society, she says, is less tolerant of battering, and that encourages more women to report abuse.

"Sex violence is embedded in the culture, but the culture is changing," Wales says.

Where Wales sees positive cultural changes, Fisher finds decay and danger. "It's the Rambo complex; everything can be solved through violence," Fisher laments, adding the current conservative mood may facilitate a rising propensity toward violence.

In her counseling of battered women, Fisher says the pattern begins with boyfriends verbally abusing their mate, either by degrading the woman's intellectual ability or attacking her sexuality.

Physical violence would follow, Fisher says. The victims then "dissociate, they numb out to what is happening," Fisher adds. They often deny there are problems in the relationship.

The tendency toward denial and books that suggest that 60 percent of married women will be battered once in their lives leads Fisher to believe the problem is growing.

Fisher also estimates 80 percent of the cases involving the battery of women are alcohol related.

## Patrick's Believe It or Not

By Mike Patrick

Yes, believe it or not, on May 20 the Farrier School students put new shoes on not your ordinary, everyday, big-time race horse or thoroughbred show horse. This morning was spent building and installing a new set of special shoes for none less than Abigail, the only (as far as we know) roller-skating mule.

After being fitted with her new custom-made LBCC deluxe "Roller Rink" specials, Abigail donned her wheels and did an in-classroom performance. And we ain't woofin'—that mule was hoofin' round the room like a champ. Need a date for the roller rink? Abigail is single.

What's next at the LBCC Farrier School? We are looking for a skydiving quarterhorse that needs a new set of air shocks.



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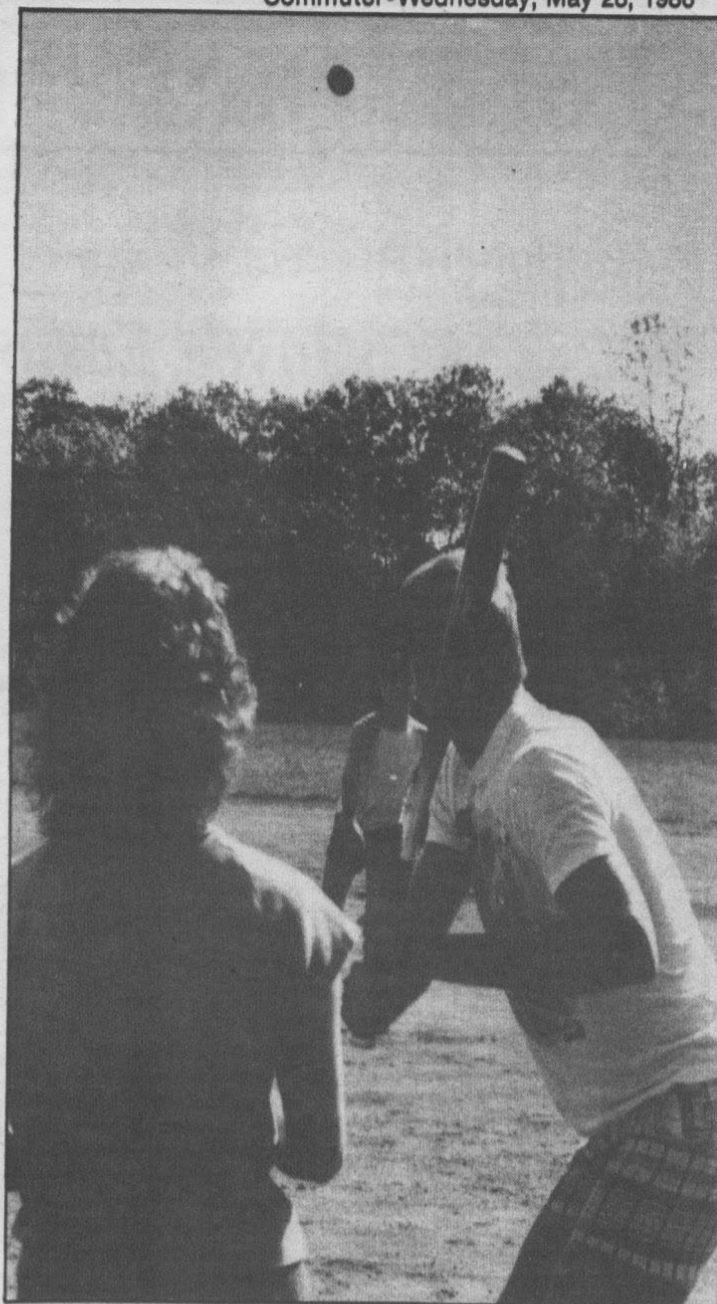
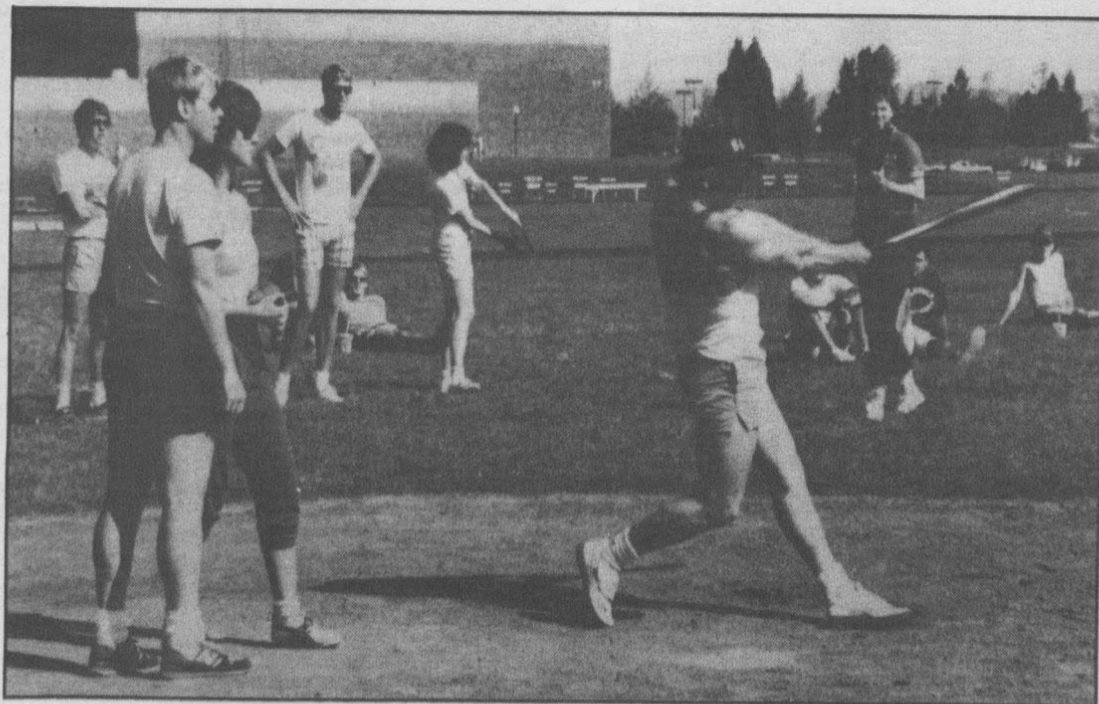
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# Sports

## Intramural Championships

LBCC's intramural coed softball season ended last week when the BMAF team overpowered the Cowboys 19-6 in the championship game of the playoffs. BMAF was led by shortstop Scott Montgomery, who went four-for-five, and second-baseman Kim Phillips, who was two-for-three. At right, Nick Klungel waits for a pitch during the game. Below, Goiau Curry rips a shot to left field as umpire

Steve Hyre looks on. Hyre coordinated the intramural program for the Physical Education Department this year. The softball league, one of the last events of the spring, attracted the largest turnout, as four teams were fielded and more than 45 students participated. The Commuter's team finished third and the Asterisks fourth in the playoffs.



Photos by George Petroccone

## Seven LBCC baseball players named all-stars

By Scott Montgomery  
Staff Writer

The Northwest Athletic Association of Community Colleges Southern Division coaches named seven Linn-Benton baseball players to either the first or second All-Star teams.

Coach Greg Hawk was also named Coach of the Year. "I owe it to the players. They did their job to make mine easier," said Hawk. This was Hawk's third year coaching at LBCC—and his best year—with a record of 23-15 overall and 15-9 in league.

Roddy Scheckla was named Player of the Year, along with being chosen first team All-League third baseman. He had a .307 batting average, and tied with Jeff Moore in RBI with 22; scored 20 runs, hit five doubles and two home runs and struck out only three times in 75 times at bat.

Other first team selections for LB were: leftfielder Brent Vigil, who led the Northwest with a .492 batting average and had nine doubles and 20 RBI; centerfielder and designated hitter Jeff Moore, who hit .354 with 22 RBI and scored 20 runs; and short-

stop Jim Jones, who hit .338 and scored a team high 28 runs.

Named to the all-league second team were pitcher Lee Langley, catcher Randy Chandler and third baseman Alex Scheckla.

### First Team

Pitcher - Dave Veres, Mt. Hood; Gary Malyghewski, Clark; Catcher - Jeff Winkle, Clackamas; First base - John Thomas, Mt. Hood; Second base - Ed Howarth, Lane; Shortstop - (tie) Jim Jones, Linn-Benton, and Doug Davidson, Mt. Hood; Third base - Roddy Scheckla, Linn-Benton; Outfield - Brent Vigil, Linn-Benton; Wayne Anderson, Mt. Hood; Leo Francis, Lane; Todd Ronson, Mt. Hood; DH - Jeff Moore, Linn-Benton.

### Most Valuable Player

Roddy Scheckla, Linn-Benton

### Coach of the Year

Greg Hawk, Linn-Benton

### Second Team

Pitcher - Bill Townsend, Lane; Lee Langley, Linn-Benton; Catcher - Randy Chandler, Linn-Benton; First base - Don Pruitt, Lane; Second base - Alex Scheckla, Linn-Benton; Third base - Dan Luneski, Lane; Outfield - Lee Hunter, Clark; Scott Parish, Clark; Sean Austin, Mt. Hood; Charlie White, Clackamas; DH - Scott Brown, Clackamas.

## Roadrunners drop two in regional tournament; finish season at 23-17

By Robert Hood  
Sports Editor

Linn-Benton dropped two one-run ball games at the Northwest Athletic Association of Community Colleges baseball tournament, eliminating them from any championship possibilities.

Don Lariza's RBI single in the bottom of the seventh gave Yakima Community College a 3-2 victory over the Roadrunners in the opening game last Thursday. Lariza's game winner scored Brian Mitzell, whose RBI double scored Poil Quiant to tie the score 2-2.

"That was a tough way to start the tourney," said LB Coach Greg Hawk. "It looked as though we had the game wrapped up and they came back to clip us at the end."

With the bases loaded in the fourth inning, LB shortstop Jimmy Jones singled, scoring Jeff Moore. Moore had reached on an error. The Roadrunners made it 2-0 in the sixth inning as Kelly Brown scored on an infield error.

Yakima cut the score to 2-1 with a run in the bottom of the sixth as Birnie Schultheits scored from third on a passed ball.

Both teams collected five hits in the contest, but LB committed four errors compared to two by Yakima.

Lee Langley started the game but was relieved by Roddy Scheckla in the seventh.

The loss left LB in the losers bracket facing Centralia in a must-win situation on Friday. Centralia scored seven second-inning runs to oust the Roadrunners 7-6.

"We let them score a bundle early, but we showed we still had some fight in us when we battled back," said Hawk. "It looked like we might pull off a miracle come-back in the seventh, but it just wasn't to be."

With the score 7-5, Roddy Scheckla pounded a solo homer to make it a one-run ball game. With two outs in the inning, Jeff Moore doubled and the LB rally was alive. Rob Carlson was the next batter and faced a 3-2 count before striking out to end the game.

Centralia bunched six of their 10 hits in the second inning. Scheckla, Jones and Randy Chandler each had two hits for LB.

The Roadrunners ended their season at 23-17.

"You can bet that it won't be long before LB's back up there in the championship game," said Hawk. "The season was a success with the league championship and all, but we will be a lot happier when we go up there and take the big one."

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## CHRISTIANS ON CAMPUS

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Room

# Focus On:

## Joyce Easton, counselor

By Quonieta Murphy  
Managing Editor

It's time to say good-bye. Everyone is invited to the All-campus Get-together planned for Wednesday, June 4, from 11:30 a.m.-1:30 p.m., in Boardroom B of the College Center.

According to Audrey Draper, Counseling Center secretary, the get-together will give everyone an opportunity to say good-bye to Counselor Joyce Easton, who is retiring at the end of this term.

Easton said she plans to take the summer off and travel around Oregon with her husband; something that they haven't been able to do before because of busy schedules.

As to what she plans on doing after summer ends, she said she's really not sure. She has a multitude of interests, so she won't be bored. She jogs and describes herself as a "medium-skilled tennis player."

She also wants to continue with her interests in Women's Studies and perhaps take more Spanish classes. She has a daughter, working on her Master's degree in Spanish at the University of Oregon, who will be teaching English in Spain this fall. "We may go over and visit her, but we aren't sure yet," she said.

She also has a son who teaches at the University of Portland

and another daughter who teaches third grade in Seattle.

Easton holds a nursing certificate from the Methodist Hospital School of Nursing in Los Angeles, Calif., as well as a B.S. in Health Education and a M.Ed. in Counseling from Oregon State University. She has been at LBCC for 15 years.

She was hired as a Health Counselor in 1971 and helped to set up LBCC's Student Health Center, part of the Counseling Department. (The health center used to be located where the security office is now.) She continued to work at the health center until 1979, when it was closed because of college budget cuts.

She was then transferred to the Counseling Center in Takena Hall. She has done general counseling, as well as acting as Health Occupations advisor ever since. She has also taught classes in Life Planning for Women, Assertiveness Training, Personal Development, and Women and Weight. She was involved with team-teaching the pilot Women's Health class during winter term. This term she is acting as facilitator for the support group for women with eating disorders.

Easton said that she has really appreciated the opportunity to teach, as well as to counsel. "It presents such a variety to my day to be able to do some teaching, some counseling, and some advising." And she said that everyone she works with has always been "really supportive."

But many of her co-workers say that Easton is the one who is supportive.

Bob Talbott, director of the Student Development Division and Easton's boss for many years, describes her as a "dedicated counselor and a unique person. She has a kind of gentleness and a warmth that is very comforting to people. She's easy to be around and to talk to. She has a kind of gentleness to her that's very soothing to those around her."

Talbott said that he has problems with his blood pressure. "I go down and she takes my blood pressure, and then talks with me about how to take care of myself," he said, laughing.

"We've had a long and positive working relationship and it's going to be difficult to see her leave."

Jackie Paulson, nursing instructor, said that Easton has been very helpful in advising both pre-nursing and nursing students.

"She has always been a very steady, helpful and warm counselor for our students. She's so gentle with people and always seems to work toward honest communications. I think a lot of us like to talk to her when things puzzle us," she said.

Paulson added that she has always thought of Easton as "part of our team." She said that Easton has always taken time out of her schedule to attend the weekly nursing faculty meetings, so that she could "stay up on what was happening in the Nursing Department."

Anne Reeves-Gonzales, another nursing instructor that Easton has worked with added, "we're going to really hate to lose her."



Counselor Joyce Easton (right) talks with Rebecca Hedges.

Photo by George Petroccione