

The Commuter/GEORGE PETROCIONE

Timber!

Arboriculture students fell a large dead oak tree in the north parking lot. The wood will be split and sold to buy new equipment for the class.

THE COMMUTER A Student Publication

Linn-Benton Community College, Albany, Oregon

VOLUME 18 • NUMBER 25 Wednesday, May 13, 1987

Disabled air-conditioner leaves students gasping

By Dale Owen and Todd Powell
Staff Writers

Dropping temperatures and thunder showers have cooled campus classrooms this week providing welcome relief from the heat that the college's disabled air-conditioning system hasn't been able to deliver.

During last week's record temperature in the mid valley, mechanical problems with the chiller, a water cooling machine, prevented normal air-conditioning on campus.

Temperatures in some campus rooms reached over 80 and 90 degrees resulting in different kinds of concerns and problems for LBCC students, faculty, staff and visitors.

In the Math Lab temperatures peaked in the low 90's last week. Math Lab Coordinator commented that "students have been remarkably understanding considering the conditions. Students complained very little although a few experienced nausea because of the heat," she explained.

To help cool things down on campus, the college purchased 30 fans from Payless Drug Stores at a cost of \$19.99 each. LBCC Purchasing Supervisor Greg Schultz said the college was fortunate to find so many fans at that price.

The fans, which were placed in classrooms and hallways on campus

"were a short term solution to the problem," added Schultz. Because many doors or windows couldn't be opened in buildings, the fans were used to "move air across people," Schultz said, "Obviously, when you get into a real enclosed environment, you have to have some air movement."

Leroy Heaton, instructional assistant in the Water and Wastewater Department was also concerned about the decreasing shelf life of organic chemicals used in lab work. Heaton said most organic chemicals should be stored at around 70 degrees. Lab temperatures were over

80 degrees and there is limited refrigeration space, he explained.

Patricia Petzel, instructional assistant in the Biology Department was worried about the welfare of several animals living in the science lab. A toad, several turtles, mice and some plants "can handle the heat for awhile," but she explained they would need to be monitored closely.

According to Kevin Nicholson, maintenance and grounds supervisor, the chiller had just been rebuilt before the heat wave. But, when the machine was tested recently, it failed to make the transition into its second stage of operation.

"The chiller is the heart of the cooling system," Nicholson stated. The machine cools water returning from campus and pushes the cold water to "air handlers" in each building. The water then cycles through cooling coils and fans force cool air into the buildings.

The chiller repairs is contracted to Friedrich's Temperature Control of Oregon City and is part of a \$36,000 scheduled maintenance project.

Ray Jean, director of Facilities, said he expects the chiller to be working by tonight but hated to make any predictions because of the previous problems with the machine.



The Commuter/GEORGE PETROCIONE

Instructors from the TED Center hold a brainstorming session underneath the trees to escape the heat of their classrooms.

Register now, pay later

As a convenience to both administration and students, LBCC will offer early summer term registration for full-time, spring term students, according to Blaine Nisson, director of admissions.

"This will give the students some extra time away from school and let us (administration) know what to expect in terms of numbers for summer term enrollment," Nisson stated.

Students who plan on paying cash for summer term registration can sign up for classes May 18-22, from 8:30 a.m. to 4 p.m. with payment due by June 11, said Lance Popoff, director of financial aid.

Early registration is only for students who plan on paying for their tuition with cash, Popoff said.

Students using the deferred payment plan or receiving financial aid must wait to register until June 1 to contact the financial aid office for processing.

Open registration for summer term begins June 15, and the first day of classes is June 22.

Inside

Decathlete Billy Fields thrives on competition, pg. 7

Nicaraguan dancers bring culture, political message to campus, pg. 4.



Editorial

People of Nicaragua deserve our support, not the Contras

"The message we want to leave in the U.S. is that we want peace. We'd like to work together to stop the war that your president has brought into the country."

This message was told to me by three Nicaraguan students who are part of the Flor de Sancuanjoche dance troupe that performed at LBCC last Tuesday.

These students are from a country that has developed a new government that is trying to help its people. The government accepts aid from the USSR to supply its people with food, shelter, farm machinery and medicine. The country is becoming strong and more self-sufficient the students tell me.

But, from the borders of Nicaragua and Northern Honduras, Contra troupes, aided with weapons by the U.S., come into the country and destroy peasant communities, crops, machinery, schools, hospitals, and kill or kidnap citizens.

"You need to know that there is a great distortion of information in your country," the Nicaraguan students say.

I cannot doubt the big brown eyes of honest students who are just like me. They love their country and they are scared for their country. I believe what they say is true.

How can their government continue to help its people when the Contras continue to destroy what they have built? The students say that they don't believe the Contras will ever gain power. "They were lost before they were founded," the students say.

The danger for Nicaragua is the North American invasion. "Every day more and more North American soldiers join the Contras," the students explain.

The U.S. government supplies weapons and troops to the Contras who are trying to destroy the government the people of Nicaragua have chosen. The people trust their government that is helping the people and making the country stronger.

How does the Reagan Administration justify the Contra aide? The U.S. government says that Communism will overtake the country.

"We are not a communist country," the Nicaraguan students tell me. The Communists supply the Nicaraguans with food, machinery and medicine, not weapons, the students say.

"We can pick our government just like anyone else," the students say. And they say they are not worried about the Communists, only an invasion by Contras and North American troops.

Who should they trust? Americans that give weapons to people who destroy property and kill citizens or Soviets that help them to care for their people?

"Our message is a message of love, peace and friendship," the students explain, "I hope you are our friends."

—Louisa Christensen

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.

Commuter Staff:

□ editor, Dale Owen; □ managing editor, Annette Krussow; □ sports editor, Matt Rasmussen; □ photo editor, George Petroccione; □ news editor, Todd Powell; □ feature editor, Louisa Christensen; □ advertising manager, Linda Canoy; □ advertising assistant, Kelly Steers; □ photo assistant, Keith Rude; □ photographers, Dave Carson, Dave Grubbs, Jamie Chamoulos; □ illustrator, Patrick Gammell; □ reporters, Marty Endicott, Nita Halstead, Perry Kooztz, Colleen Witham, Marco Coleman, Ron Vearrier, A.J. Anderson, Michele Warren, Allie Harper, Tammy Wilson; □ production staff, Leslyn Dike, Christine Ramsey, Richard Kispert, Ann Marie McCarty, Jeff Gienger, Marcy Herring, Susan Korn, Pete Kozak, Bekki Levenspiel, Jonathon Olsen, Brian Pearson, Anna Ramsey, Mike Kruskamp, Wendy Smith; □ typesetters, Nita Halstead, Jerri Stinson; □ advisor, Rich Bergeman.

Street Beat

Should the U.S. give arms to the Contras?



Wes Messenger, biology

"First of all, I think it's not moral to interfere in the business of other governments. We're involved in dominating the poorer cultures of the Southern Hemisphere just for our own advantage. One of the lessons we learned in Vietnam was that not only should it not work but it can't work. The expense is just too great for us and our moral system."

Compiled by Louisa Christensen and Keith Rude



John Barclay, automotive technology

"I don't think so because it seems like we are getting a lot of flack from other countries. We should let Nicaraguans handle it themselves because it doesn't promote a good foreign policy with other countries. They keep seeing us as big bullies."



Steve Arnold, mechanical engineering

"I think it would be silly to let the Russians into Nicaragua because they could launch their missiles and before we could do anything about it there wouldn't even be enough time for us to react. I don't think it would be a smart idea not to support them."



Cathy Brown, Senior bookstore clerk

"No. They are sadistic. The majority of the U.S. is not for the Contras. I think if we are going to support them it should be supporting the majority. If we want a democratic society then they should go with what the majority wants. The money is needed here and it's going to support a battle over there that really isn't wanted."

Oops!

The Commuter staff would like to take this opportunity to correct several mistakes in the May 6 issue.

First, the ASLBCC election ballots were counted in the afternoon and evening, not 7 p.m. to midnight.

Second, the 1987-88 budget was presented to the Budget Committee by President Tom Gonzales last Wednesday, and will be acted on by the Board of Education in June.

Third, the headline on the Spring Daze story on page three should have identified it as a five-day event, and

the car wash listed in the story was supposed to be a car bash.

And finally, Billy Fields' fourth-place distance in the long jump competition in the Multi-Event Championships was 21'4 1/4."

Express Yourself

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

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

Readers wishing to submit a guest column are asked to first discuss their idea with the editor.

All submissions must be signed, with phone number and address.





The Commuter/DAVE CARSON

Students pass out free balloons to people out relaxing in the sun and enjoying the activities of Spring Daze. Events scheduled for today are a health information fair, the "Battle of the LB Stars" and the all-campus picnic. Thursday's events include the Mr. LB Legs Contest. The week concludes with a dance, featuring the band Miss Demeanor.

LB's Spring Daze offers health information fair

By Marco Coleman
Staff Writer

The Student Health Fair will take place today as part of LBCC's Spring Daze celebration.

For the second consecutive year at LBCC, Health Fair will provide students and staff with information on blood pressure, heart disease, diabetes and other topics of students' concern.

As part of the Health Fair, which will run from 10 a.m. to 2 p.m. in Takena Hall, nursing students will run free blood pressure, stress and body fat tests. They will also administer an accucheck (test for diabetes) and with the aid of a computer and questionnaire, they will give a general health appraisal.

American Heart Association representative, Hal Shultz will give an informative talk. Motorcycle safety and preventing DUI's will be the topics of two other talks.

Representatives of LBCC's Woman's Center and Dental program will be available to field any questions that students have.

Also available at the health fair is an Aids questionnaire designed to find out what students would like to know about aids. The results of the survey will be incorporated into a series of seminars which will take place next year.

Another event scheduled for Spring Daze is an all-campus picnic that begins at noon today. Students may indulge in beans, burgers, potato salad, chips and a soft drink for \$1.50.

The last event taking place today is the Battle of the LB Stars. Teams composed of five members will compete at the track area in events ranging from egg tossing to sack racing. The first place team will be awarded a \$50 prize. Any LBCC students are eligible to compete.

An upcoming event is the Mr./Ms. Legs contest planned for Thursday, 1-3 p.m. Prizes for winners include shorts and free tanning sessions and will be given to winners of categories for sexiest, hairiest and whitest legs.

On Friday, from 12-1 p.m., there will be a courtyard dance and another dance is scheduled for 9 p.m. - 1 a.m. Both dances will feature music from rock-n-roll band, Miss Demeanor.

New student loan targets middle-class

(CPS)—Some private companies and colleges have come up with a new kind of student loan that, they hope, will help keep middle class students in college.

Last week, a group of colleges and private financial firms—calling itself the Consortium of Universities of the Washington D.C. Area—introduced a new loan called "ConSern."

Students nationwide can borrow up to \$15,000 a year under the program, which carries a higher interest rate (currently 9.5 percent) than the federal Guaranteed Student Loan (GSL) it is meant to supplement.

Many students from families earning \$30,000 a year can no longer get GSLs under new regulations that went into effect this year. The ConSern loans, in fact, are aimed at "the middle 70 percent" of students who now have trouble getting GSLs, explains Janice Moyer of the consortium.

"The 15 percent at the top don't need financial aid," she says. "the lower 15 percent have access to other programs. This is for the middle group that has difficulty. This is the alternative for the family that would otherwise have to take out a second mortgage (to pay for college)."

It's not the only program aimed at making up for strict new federal aid regulations and cutbacks that first made it harder to get grants, and now have made it harder to get federal loans.

"Several supplemental programs have been developed to fill the gaps that the federal programs can't meet," notes Jean Frohlicher of the National Council of Higher Education Loan Programs in Washington, D.C.

The new programs, she says, "are in response to the changes and limitations in the federal laws."

Old solar greenhouse may give carpenters new home

By Perry Koontz
Staff Writer

One man's refuse is another man's treasure. And so appears to be the case with one of LBCC's white elephants, the solar greenhouse.

Ever since the Statewide Carpenter Training Program ceased operations in Adair last fall, it has been looking for a new home and LBCC is a prime candidate.

LBCC has had a contract at Adair throughout the school year, says Mike Patrick, industrial arts director, and "they (the carpenters) have indicated an interest in relocating at LBCC."

The carpenters would like to set up offices in the old solar greenhouse located northwest of the campus tennis courts. "It gives us a chance to salvage a building that has not been used for years, and the carpenters will pay the bill," says Patrick.

The building was erected as an alternative power demonstration project during the energy crisis about 10 years ago, said Patrick. Shortly after construction of the greenhouse, the project was cancelled due to lack of funds.

At present, the solar greenhouse is used as a storage shed by the grounds keepers. Patrick says, due to non-use and because the heating system has been shut down for several years, the building will need work.

As part of the proposed deal, the carpenters would return the greenhouse to standards and, in turn, would be allowed to use it as an office and also be given classroom space during training sessions.

Patrick said he expects LBCC Board of Directors to approve the deal.

If approved, apprentices for Linn, Benton, Lincoln, Marion and Lane counties would come in groups of 12 to 14 for week-long training sessions, said Patrick. He estimates four to five training sessions will be held during each year. Sessions will probably be scheduled in available classrooms on campus.

"For the most part, they (the carpenter apprentices) will be within commuting distance," figured Patrick "so in terms of housing, they'll be on their own."

Patrick expects a decision by the school board sometime between June and July of this year.



All Wet

The Commuter/TODD POWELL

Nathan Palmer, son of Albany residents Dan and Paule Palmer, cools off in the sprinklers in the middle of the track while waiting for his mother to get out of softball.

Etcetera

Student Art Show

Students in LBCC's Graphic Design classes will present a spring showing of their work this month in the Gallery in AHSS. Hours for viewing are 8 a.m. to 5 p.m. Monday through Friday until May 28. For more information, call AHSS 928-2361, ext 404.

Industrial Fair

An "Industrial Fair" sponsored by LBCC's Electronics Technology Department will be held May 14 on the main campus from 10 a.m. to 3 p.m. The Fair is open to the public.

ACT Presentation

The Albany Civic Theater will present Joe Egg May 22, 23, 28, 29 and 30 at 8:15 p.m. with a Sunday matinee May 24 at 2:30 p.m. Tickets are \$4 for the general public and \$3.50 for students and seniors. Tickets are available at French's Jewelers in Albany and The Inkwell in Corvallis.

Auditions

Auditions for Noel Coward's Private Lives will be held at Regina Frager Theater in Albany at 7:30 p.m. on May 25, 26 and 27. Performances will be July 31 through Aug. 15.

Employee Assistance

The full-day seminar, Alcohol and Drugs in the Workplace-Developing and Employee Assistance Program, will be held Monday, May 18 from 9 a.m. to 5 p.m. in the Alsea-Calapooia Rooms. Deadline for registration is Friday, May 15. Cost is \$30 and space is limited.

Russian Music

A program of well-known Russian music will be presented by the OSU-Corvallis Symphony Orchestra at 8 p.m. Wednesday, May 20 in the LaSells Stewart Center. Pianist Rachelle McCabe will be featured soloist. Tickets are available \$4 for adults and \$2 for students at the OSU Music Department, Everybody's Records, Music West, The Inkwell in Corvallis and French's Jewelers in Albany. Tickets will be \$5 and \$3 at the door while available.

WOSC Visitation

A representative from Western Oregon State College will be on the LBCC campus to talk with students on Wednesday, May 13, from 9:30 a.m. to 1 p.m. in the Commons Lobby.

Potters Guild

The annual spring pottery sale sponsored by LBCC's Potters Guild will continue through today and tomorrow from 10:30 a.m. to 3:30 p.m. in the courtyard. All items for sale are by students in the pottery classes and their instructors. Functional pottery pieces as well as art pieces will be available for purchase.

"Noises Off"

Tickets are now available for LBCC's spring Mainstage production of "Noises Off". The play, directed by Robert Hirsch, will be presented May 15, 16, 22, 23, 29 and 30 8:15 p.m. Tickets are \$4.50 for adults and \$3.50 for children, students and seniors and are available at French's Jewelers, The Inkwell and LBCC's Box Office.

Lunch Bunch

Doug Clark, LBCC political science instructor, will talk at a special Lunch Bunch entitled "Sharing the Nicaraguan Reality" on Thursday, May 14, at noon in boardrooms A and B. Clark will talk about and show slides taken during his Nicaragua trip during spring break.

Student Ally

Applications for Student Ally positions for 1987-88 school year are due in the Career Center by May 15. Student Allies must qualify for Work Study.

Basketry

Traditional techniques of Pine Needle Basketry will be taught in the three-day workshop at the OSU Craft Center. The workshop will meet on three consecutive Thursdays beginning May 14 from 4-6:30 p.m. Cost of the workshop is \$19 and includes all materials.

Nicaraguan troupe wants to improve friendships

'Dance is a way of bringing a message to people in other parts of the world'

By Louisa Christensen
Feature Editor

Edgar Jimenez, Lombardo Baltodano, and Blanca Estela Izquierdo came to LBCC last week with 17 other college and high school students to share their culture with LBCC.

The three students are part of Flor de Sancuanjoche, a dance troupe from Managua, Nicaragua, expressing their country's history and culture through folkloric, modern and popular dance forms, as well as drama, accompanied by live guitar and marimbas.

"We dance folkloric dances from the Atlantic, Northern and Pacific regions of Nicaragua," said Baltodano through an interpreter. "Some have come down through the generations."

The group, formed in 1979 under the direction of Rosalina Moreno Bermudez, a graduate of the Nicaraguan National School of Dance, has studied folk dance and music, costume and set design and the history of various other dance forms.

"We've applied some universal dance techniques while maintaining the true roots of the dance," said Baltodano. "It's more than just dancing," he said, "it's putting together our own folklore and bringing it to our own people as well as others around the world."

The students dance in authentic and period clothes varying from simple peasant dresses to colorful costumes sewn by the performers themselves.

"Our movements and our smiles represent the joy of youth," said Izquierdo, "and our dance shows the energy with which we are struggling to build our future."

Although the students love to share their country's dances, dancing in Flor de Sancuanjoche is not the only reason they tour the U.S.

"To dance is not only to help maintain our culture, but a way of bringing a message to people in other parts of the world," said Baltodano. "We are representing our country and bringing a message of peace," he added.

The students' visit is work, said Doug Clark, social science instructor and member of the Albany Chichigalpa Friendship Association who helped sponsor the performance at LBCC. "They are talking to as many people as possible, trying to make their reality as immediate as possible to Americans," he said.

The students want to leave a message of peace, said Baltodano. "We'd like to work together to stop the war that your president has brought into our country."

When asked what was important for North Americans to know about their country, Izquierdo replied, "We'd like organizations to keep sending aid. We want people to know that our doors are open to visitors, to those who send aid and those who are helping us build our future."

The students said that they make a clear distinction between the people of the U.S. and the administration who finances the Contras who are fighting Nicaragua's present govern-



The Commuter/KEITH RUDE

Flor de Sancuanjoche's colorful costumes and folkloric Nicaraguan dances accompanied by live guitar and marimba music attracted 160 people to the LBCC Forum. The dancers are performing throughout Oregon and the United States, acting as cultural em-

bassadors for their country. The troupe has produced more than 2,000 performances in their home country. "Our dance shows our energy with which we are struggling to build our future," one of the dancers said.

ment. "We've made many friends here," Izquierdo said. "Students are very interested in what is going on in our war. It makes us feel good that people want to know about our daily struggle."

The students are serving their country, said Clark. "Now we can see

them as people, relate to them as fellow citizens and have some way of relating to them other than the way our administration portrays," he said.

The war in Nicaragua is provoked by the U.S. government said the students. "But we want peace and are fighting for it," Baltodano said. The

students have to "luchar" (defend) what they are trying to build the best way they can, he said.

"We are bringing a message of friendship and brotherhood," said Jimenez, "We hope that our friendship with the people of the U.S. will grow even stronger."

U.S. officials falsify records to evade civil rights laws

(CPS)—Hoping to appear they were responding quickly to civil rights complaints on American campuses, U.S. Department of Education workers in six cities reportedly backdated documents.

The department itself found suspicious dates in 23 cases in the Boston office, 14 cases in Atlanta, 18 in Dallas, 17 in Kansas City, and seven cases each in Seattle and San Francisco.

The false dates enabled workers in regional offices to make it appear they were complying with a court order for quick review of civil rights complaints. The order—a result of a

17-year-old lawsuit against the department—mandates civil rights cases involving colleges and other institutions be handled within 225 days.

But the department found workers in the regional offices backdated documents anywhere from one day to two weeks to make it look like they were complying with the court order.

Normally, a person on campus who complains about not getting a grant, tenure or, say, funding because he or she has been discriminated against can ask the Education Dept. to investigate.

To make justice a little swifter, the courts have asked the department to

investigate and respond within strict deadlines.

In addition, on April 23, the House Intergovernmental Relations and Human Resources Subcommittee talked about the issue, and could make more recommendations.

Other groups say regardless of the outcome of the House investigation, they plan to keep a close eye on the department.

"The NAACP (National Association for the Advancement of Colored People) is tremendously concerned and will continue to monitor the Education Department and to speak out on these issues," says NAACP chief lobbyist Althea T.L. Simmons.

"We're urging the congressional oversight committees to deal with this issue, and to make federal agencies get into shape or risk not getting funded."

The Solution

A	A	R	A	R	I	S	E	P	A	C
L	I	E	V	O	T	E	D	A	G	A
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by Michael Frayn
directed by Robert Hirsh

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The Commuter/GEORGE PETROCCIONE

Oscar Hult, LBCC's theatre shop foreman.

Drama major finds backstage work as much fun as acting

By Michele Warren
Staff Writer

"How often can you build a cactus that someone can sit on?" asks Oscar Hult with a big grin on his face.

Oscar Hult, LBCC's theatre shop foreman, has been working for the Mainstage and Loft Theatres' productions since Fall term. He designs the props for the theatre productions and works on building the stage and set, in addition to acting.

Hult says he has also been taking classes during the last year at LBCC. "I was attracted to LBCC for the theatre. It's a good facility," he said.

Hult, 26, was born in Roseburg, Ore. He became interested in theatre in the sixth grade. Directly after high school he worked in a saw mill and eventually took an acting class at Lane Community College. Hult has been living in Albany for the last two years.

"The theatre is a wonderful opportunity for the students to see live productions and also have a chance to participate," said Hult. "Working backstage is just as fun as acting in the play. Most of all I enjoy the creativity of designing and building a set."

Hult says he will always be in theatre, "even if it's for free." He said he hopes to work for the theatre this summer and next year.

"Details are highly important in the creating of a set. There were 11 scene changes in 'My Fair Lady'."

According to Hult, the amount of time it takes to finish a set depends on other activities that are going on in the theatre. "The set for 'The Wizard of Oz' was finally finished two hours before it opened," he said.

Hult said two of the hardest props he has had to come up with was a cow's head for the Albany Civic Theatre and a chestnut vendor's cart for the Mainstage production "My Fair Lady."

"There is always something that needs to be done and we need all the help we can get in doing it," Hult said. Anyone can volunteer their time in the theatre, not just Theatre students, he added.

"There are about 15 doors leading into the theatre, all it takes is to walk in one of those doors and ask to help."

Dobson picked as top student

Wanda Dobson, Secretarial Science student at LBCC's Lebanon Center, was honored April 27 as student of the month by the Greater Albany Area Rotary Club. The recipients of this monthly award are guests of the Rotary at a luncheon meeting and receive a gift certificate of \$25 to the LBCC Bookstore. Dobson represents the combined LBCC Community Education Centers.

Dobson enrolled in LBCC's Secretarial Science Program for re-training after she sustained a back injury at a local lumber mill. She has now changed her goal to a bachelor's degree in business management and will transfer to a four-year school when she completes the LBCC program. In addition to her classes, Dobson maintains full-time employment at James River Corporation in Halsey.

Dobson was nominated by Al Barrios, Director of LBCC's Lebanon Center.

Engineering fair set Thursday

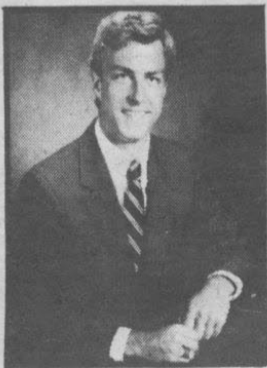
An "Industrial Fair" sponsored by LBCC's Electronics Technology Department will be held Thursday.

The electronics lab on the second floor of LBCC's Industrial Building will be open during the Fair. Students will be working on a variety of equip-

ment, including microprocessor development systems (Intel) and programmable logic devices, both of which are computer-aided engineering-type systems; programmable logic controllers, an industrial automation system; and electronic robots.

LBCC GRADUATES

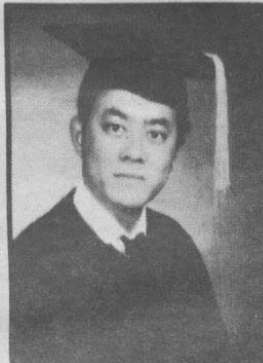
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THE COMMUTER/Paul Gomez

Marimba Mania

President Gonzales dances to Balafon, a Marimba band from Corvallis, with his secretary Margaret Orsi. The band's performance sponsored by Amnesty International and the International club was a part of Spring Daze, which continues throughout the week. See story on page 3.



FREE! SPRING DAZE DANCE

FRIDAY NIGHT MAY 15
9 p.m.-1 a.m.

LBCC Courtyard

"Miss Demeanor"

Rock and Roll
(12-1 Preview in the Courtyard)

Counseling seeks student allies

Students with financial aide and eligible for work-study may apply to be a student ally for the 1987-88 school year.

Student allies work on campus to earn work-study money and work experience credit if desired. A transfer credit for a weekly training meeting and an expense-paid training session at the coast is also offered.

Student allies help with new student orientations, refer students to appropriate campus resources, lead campus tours and work-in the career center.

Student ally applications are available in the career center and are due May 15.



Health-Wise

By Diane Morelli

The Consumer Information Center in Washington, D.C. publishes booklets covering a wide variety of health issues. Most of the booklets are free or can be purchased for under \$2.

I just received highlights of two new federal publications: "Stroke" and "Do-It-Yourself Medical Testing," and thought I would pass the information along to you.

A "bionic brain" is, as yet, only a dream in the minds of scientists and 12-year-olds. In today's world, once a person has suffered a stroke, any brain cells that die cannot be regenerated. For this and other reasons, it is vital that we do all we can to prevent strokes.

"Stroke," a free booklet from the Food and Drug Administration of the U.S. Department of Health and Human Services tells what causes strokes, what is being done to prevent and treat them, and how you can take steps to lower your risk.

A stroke usually results from a stoppage or decrease in the blood supply to the brain. Blockages are most often caused by atherosclerosis, also known as hardening of the arteries. This condition can lead to high blood pressure, another major cause of strokes. Despite the popular belief that a stroke comes like a bolt of lightning, the factors leading to a stroke usually build up for a long time—sometimes beginning as early as childhood.

What can you do to lessen your risk of suffering a stroke? While you can't do anything about heredity, race and gender, which all play a role in susceptibility, you can take positive steps. In addition to keeping an eye on your blood pressure and cholesterol level, you can avoid smoking, excessive consumption of alcohol, and use of illegal drugs.

And, older people should watch out for TIA's, or transient ischemic attacks, a kind of mini-stroke. TIA's can cause blindness in one eye, difficulty in speaking or writing, numbness or weakness of the face, arm or leg on one side of the body. An attack usually lasts less than 30 minutes, with complete return to normal. It's important to report a TIA to your doctor, because about one-third of people experiencing one can expect a stroke within five years.

If your blood pressure is higher than your doctor tells you it should be, you will need to monitor it regularly to reduce your risk of stroke. One way to do this is to check it yourself. Blood pressure cuffs are one of the simpler kits you can get to do your own medical tests. The medical testing kits have proven advantageous in many respects: they allow a closer watch on chronic conditions, foster earlier detection of health problems, and help lower medical costs.

Another free booklet, "Do-It-Yourself Medical Testing," discusses the types of tests that are available and their effectiveness.

Basically, the tests are of three kinds:

Monitoring devices—these include the blood pressure test mentioned above and one to help diabetics monitor blood sugar.

Screening tests—probably the most valuable to the average person who has no symptoms, because early detection can enable treatment and cure of serious diseases, such as testing for colorectal cancer through hidden blood in feces.

Diagnostic devices—for use when symptoms are present. The best known of these are the ones that help diagnose pregnancy. Others can diagnose urinary tract infections, gonorrhea and physically-caused impotence in men.

But, a word of caution: don't use do-it-yourself testing as a way to avoid seeing a doctor. All do-it-yourself testing should be done in conjunction with your doctor's attention. An inexperienced and untrained user may misinterpret or rely too heavily on the results.

If you would like copies of both "Stroke" (Item 557R) and "Do-It-Yourself Medical Testing," (Item 534R) send your name and address to F.M. James, Consumer Information Center, Pueblo, Colorado 81009. Be sure to include the item numbers. At the same time you will receive a free copy of the "Consumer Information Catalog." The catalog lists more than 200 other free and moderately priced booklets.

Answers on Page 4

The Weekly Crossword Puzzle

- ACROSS**
- 1 Swiss river
 - 4 Get up
 - 9 Moccasin
 - 12 Falsehood
 - 13 Cast a ballot
 - 14 Mohammedan title
 - 15 Talks idly
 - 17 Seesaw
 - 19 Challenged
 - 21 Neither
 - 22 Pronoun
 - 24 Declare
 - 26 Memorandum
 - 29 Rabbits
 - 31 Encountered
 - 33 Negative
 - 34 Teutonic deity
 - 35 Soak up
 - 37 Cover
 - 39 Greek letter
- DOWN**
- 1 High mountain
 - 2 Ventilate

- 3 Schoolbook
- 4 Declare
- 5 Flowers
- 6 Kind of type: abbr.

- 7 Deposit
- 8 Paradise
- 9 Sponsor
- 10 Mature
- 11 Vehicle
- 16 Domesticates
- 18 Vast age
- 20 Obstruct
- 22 The ones here
- 23 Seraglio
- 25 Still
- 27 Heavy volumes
- 28 Musical study
- 30 Offspring
- 32 Small child
- 36 Burst
- 38 Strength
- 41 Handles
- 43 Plunge
- 45 Opening in wall
- 47 Crimson
- 49 Article of furniture
- 52 Meadows
- 54 Pedal digits
- 55 That woman
- 56 Paddle
- 57 Rend
- 50 Female sheep
- 60 Free of
- 63 Spanish for "yes"

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COLLEGE PRESS SERVICE

Classifieds

FOR SALE

THE BOOK BIN, now in 2 locations. Used books, bought and sold, excellent stock on hand. 121 W First, Albany, 926-6869. 351 Jackson, Corvallis, 752-0040.

AVOCET USED BOOKSTORE, quality S.F., Lit., non-fict., much more! Buy-Sell-Trade. Mon.-Sat., 10-6. 614 SW 3rd, Corvallis, 753-4119.

'75 Honda 550K, runs excellent, no oil drips. Plus helmet, vetter fairing, Mt. Kerker 4 into 1 ex., luggage box, crash bar, CDI ignition, \$450. 752-6406.

Hewlett-Packard Quad Memory Reg. \$75, Now \$50. 752-6406.

PERSONALS

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

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

MISCELLANEOUS

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

Is it possible to free yourself from excess stress and tension? Yes! Stress/tension reduction and maintenance education. Kathleen Nelson, Licensed Massage Therapist. Appts. 451-1685, Info. 466-5864.

Clip Coupon For All-Campus Picnic

half-a-buck

Worth one-half dollar per person towards a meal at the

all-campus picnic

Wed., May 13 - 11:30 - 1:00
LBCC COURTYARD



The Commuter/GEORGE PETROCIONE

Green Thumb

Nancy Bremner looks over the selection of plants during the Horticulture Club's plant sale last week. The bedding plants, flowers, trees and house plants in the sale were grown and cared for by the club. Another plant sale will take place this Friday.

Competition a way of life for LBCC's Billy Fields

By Matt Rasmussen
Sports Editor

If Webster had a definition for all-around athlete, the name Billy Ray Fields Jr. would appear somewhere in the citation, along with the words dedication, ability, versatility and the desire to compete.

Around campus, Fields is known for his track abilities, including two consecutive third place finishes in the NWAACC decathlon championships. But those who get to know Billy discover an "Iron Man" who lettered in four sports at Wilson High, in Portland.

"Billy has a multitude of talents," says Linn-Benton track coach Dave Bakely. "He's a gifted athlete and the kind of guy that's just a super human being. A nice guy to have around, and a neat person to be around."

"In high school I didn't take any breaks," says Fields, "I went from one sport to another. Then when school was out, I went to summer sports."

Football is still his favorite sport. As a junior, he set the school record for most yards gained in a season. As a senior, the Wilson High School tailback would have broken his own

record, but a dislocated elbow sidelined him during a game against cross-town rival, Benson High.

His talent in the backfield was such that Linfield, this year's NAIA football champions, offered him a scholarship to play for the Wildcats.

Billy was also offered scholarships for track from several four-year schools, including Lewis and Clark, the University of Rochester, and the University of Oklahoma, but opted for Linn-Benton because of its size.

Two summers ago Fields competed in the Sooner State Games in Oklahoma, and qualified for the Track Association Club Nationals in the triple jump.

He also played basketball in high school, and was set to play on the varsity squad his senior year before dislocating his elbow.

"My arm healed after the final cut so I decided to wrestle for the first time in my life." Fields said, "I caught on quick for my first year."

"Caught on," is a typical understatement from the somewhat reserved and humble Fields. In his first season Billy went into the state championships 24-0. Although he came out of the tourney 24-3 he says

he learned a lot and is thinking about wrestling again.

Linn-Benton's premier decathlete is also a member of another team, 11-Bravo of the U.S. Army Reserve.

"I was going to go active (duty) and not go to college right away," says Fields of his weekend warrior activity, "but I wanted to get the education first."

Three weeks ago, while the rest of the track team was suffering a one point loss, Billy spent ten hours in a foxhole suffering from exposure to the elements.

Billy is majoring in physical education at LB, and minoring in business. After leaving LB, he plans to take a year off from competition and become a track coach at Benson, under his former track coach, Leon McKenzie.

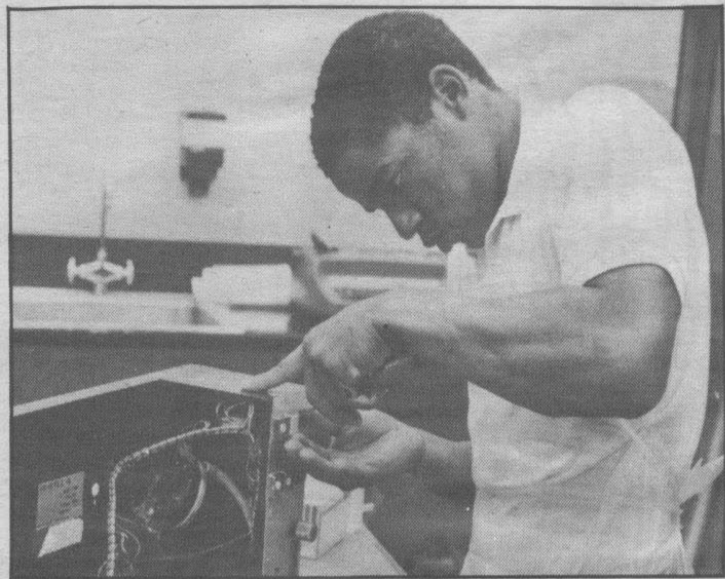
Fields plans to attend the University of Portland to continue his education, and has talked to the track coach about continuing his athletic career.

"I want to go to college while I'm coaching and the closest school is University of Portland." He said. "I won't be competing next year, instead, I'll be working out with the

track team at Benson and saving my eligibility."

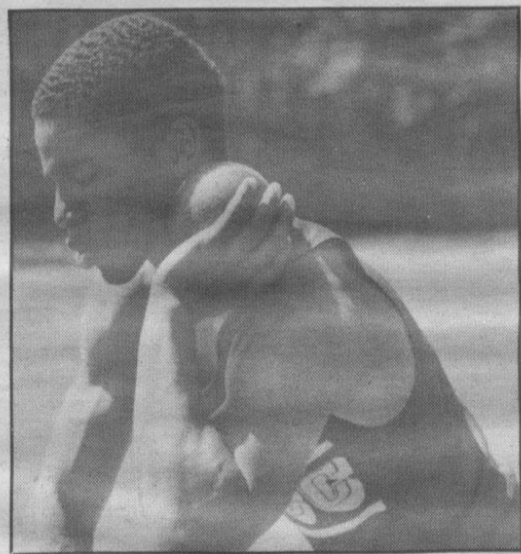
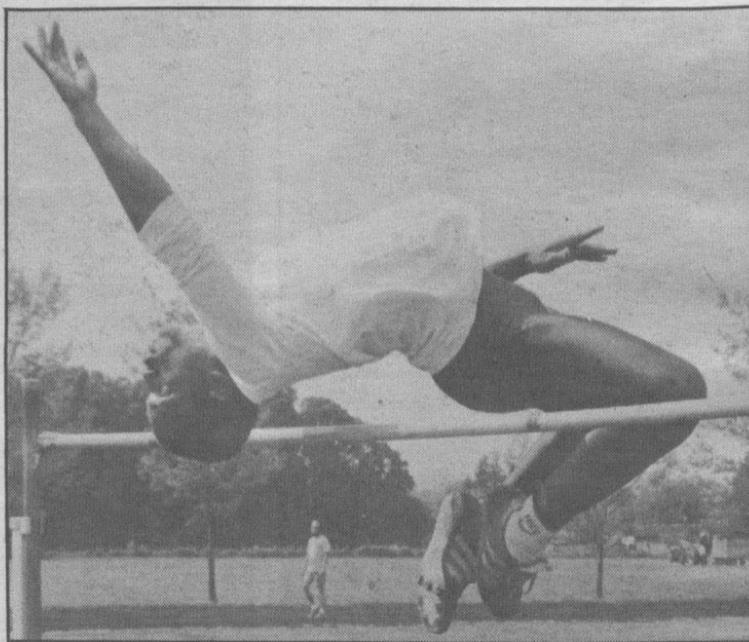
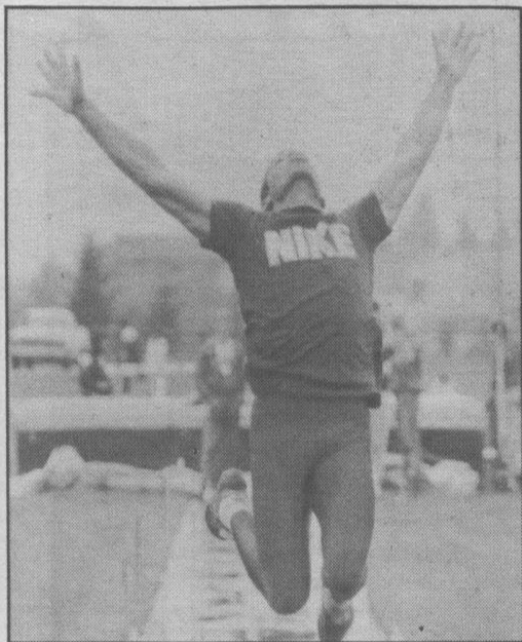
Aside from the mainstream sports, Billy enjoys fishing, cycling, and "loves ping pong."

This weekend however, his attention will be focused on the NWAACC Southern Regionals where he will attempt to qualify for the Northwest Championships in Gresham.



The Commuter/GEORGE PETROCCIONE

Multi-event athlete Billy Fields, who works part-time in the physical science lab, placed third in last week's NWAACC Decathlon Championships. Below, Fields competes in the long jump, high jump and the shot.



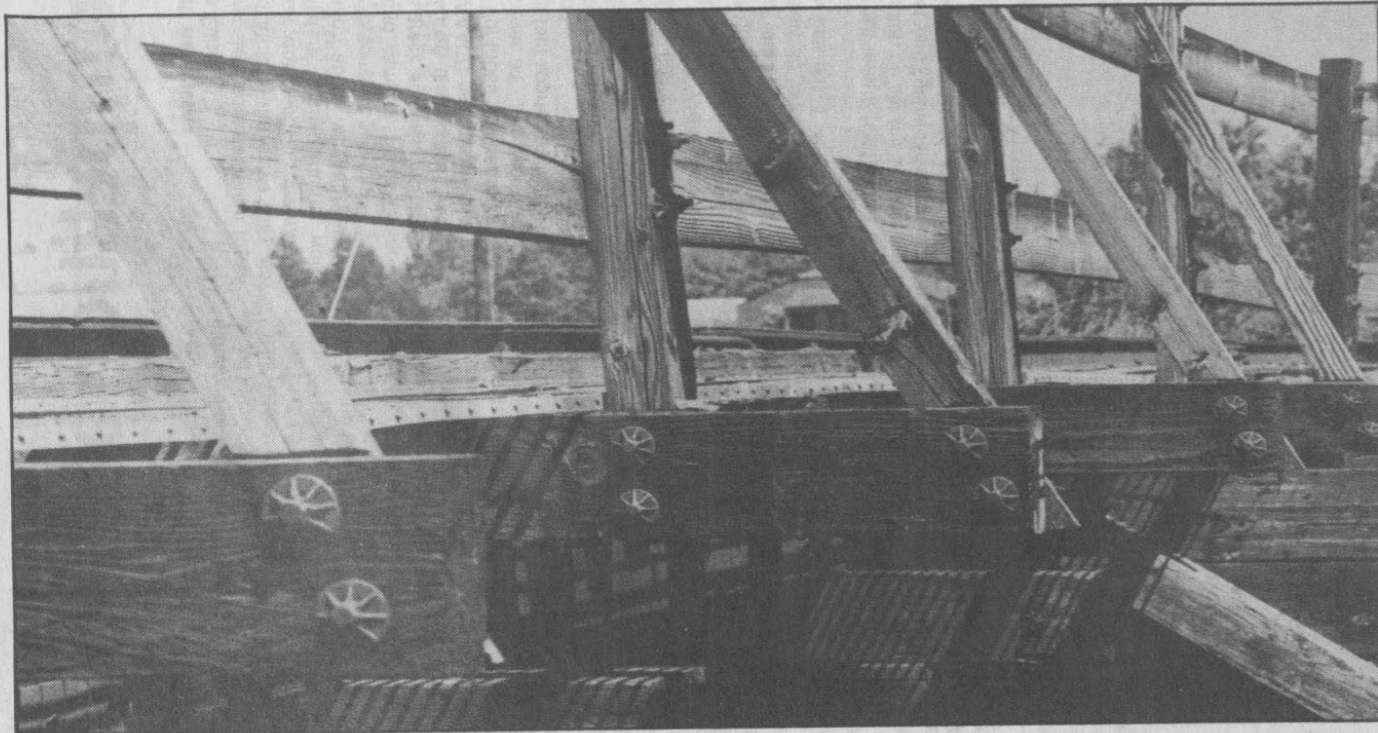
You're Out!

Dave Bartlett attempts squeeze bunt to score Ray Garretson (No. 28) but misses and Garretson is tagged out in an exhibition double-header against the OSU J.V.'s.

In league action LB has captured the Southern Division title for the second consecutive year. NWAACC Tournament play begins May 21 in Yakima, Wash.



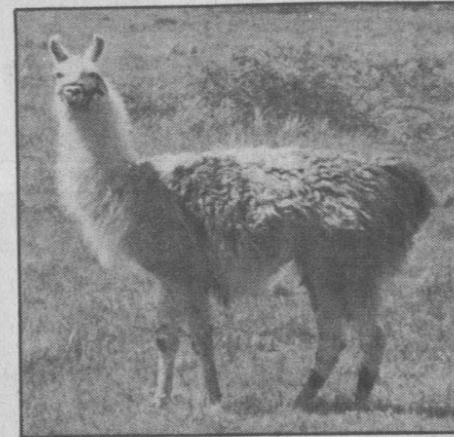
The Commuter/TODD POWELL



Backroads



Kingston

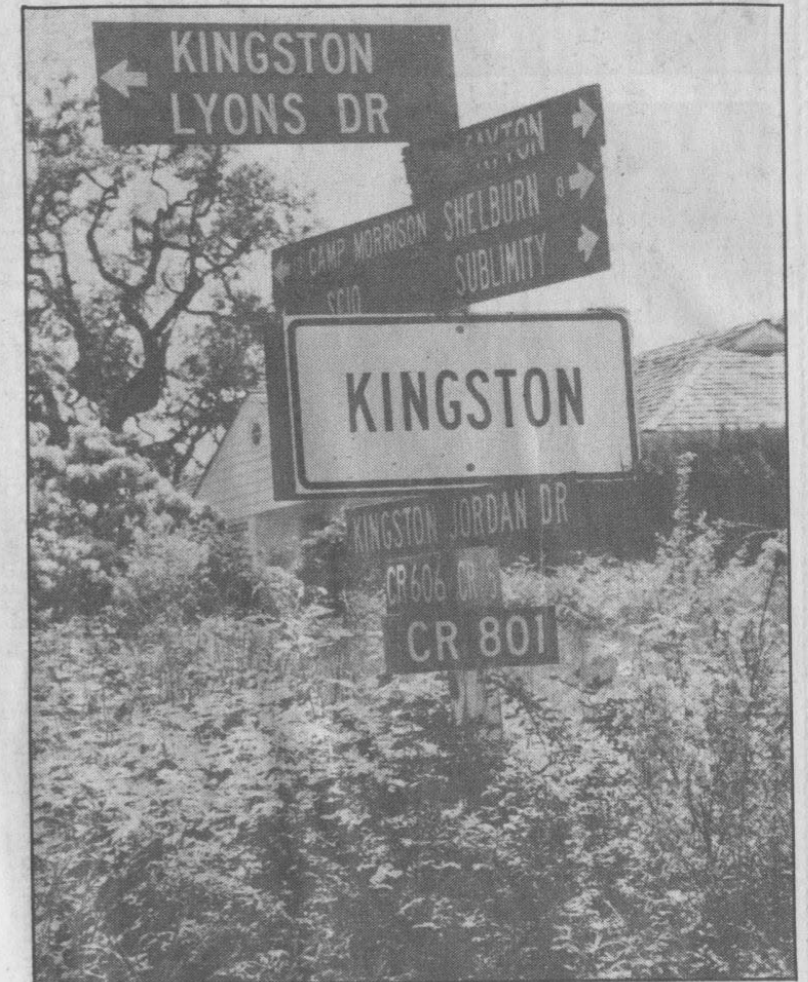
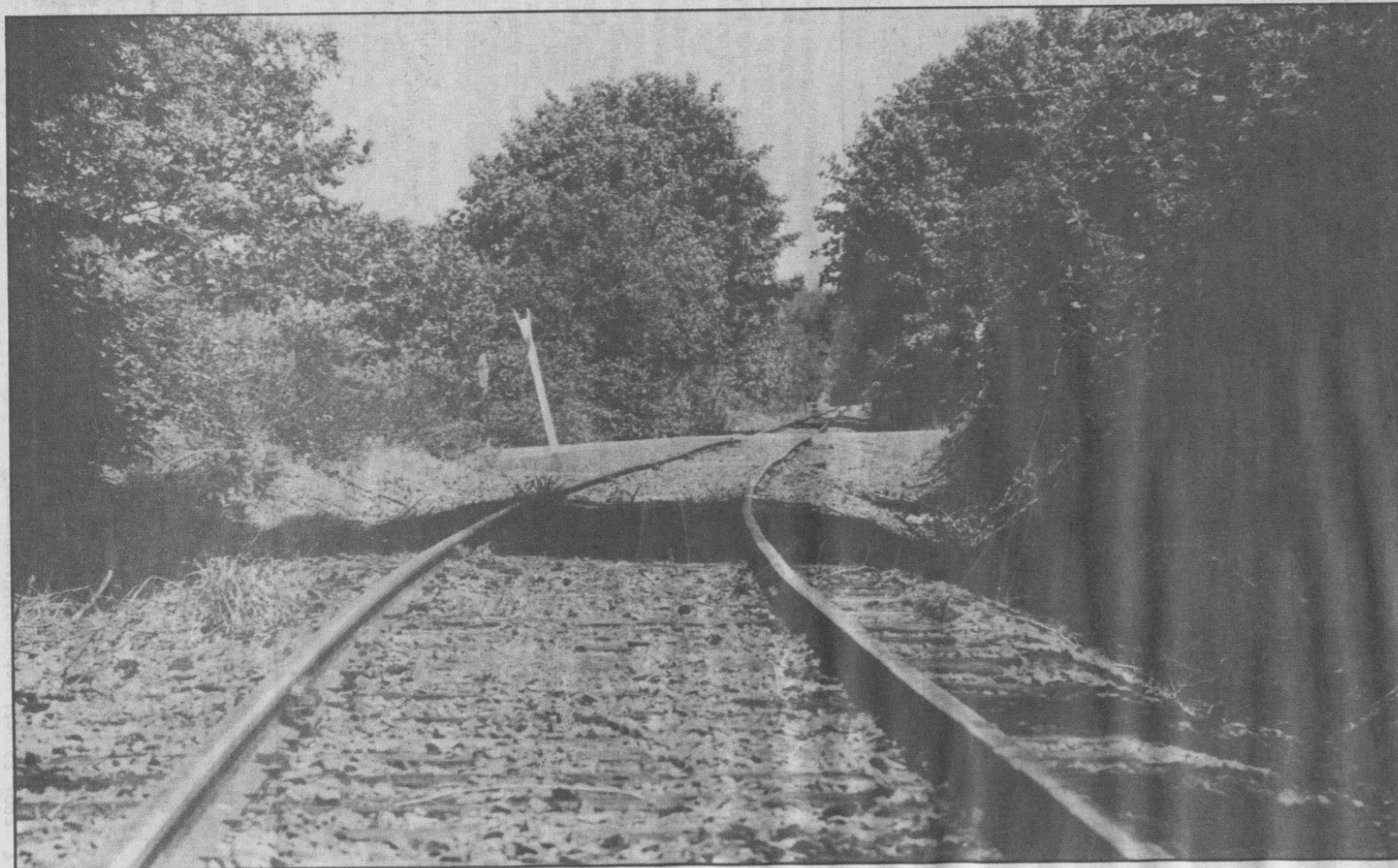


1889 Railroad crossing never developed as pioneers hoped

In 1889 the railroad was extended into northeastern Linn County resulting in the birth of Kingston, a town two miles south of Stayton and seven miles northeast of Scio.

A parcel of land was donated by Samuel King to be used for a post office, general merchandise store and telegraph office. The Kingston post office served the communities of Jordan, Mt. Pleasant and Queener for many years.

Freight and passenger rail service to Kingston was the early pioneers' means of marketing their grain and livestock and keeping in touch with the outside world. The town never quite developed, and by 1924 Kingston was just a railroad crossing south of Stayton.



Photos by George Petroccione