

# THE COMMUTER A Student Publication

Linn-Benton Community College, Albany, Oregon

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## Wilgenbusch: Women face best, worst of times

By Diane Morelli  
Editor

Nancy Wilgenbusch, president of Marylhurst College in Oregon City, told an audience of about 50 women Monday, that it is the best of times and the worst of times for women economically, socially and politically.

Speaking at a luncheon opening National Women's History Week at LBCC, Wilgenbusch said women are members of a velvet ghetto. Citing statistics, she said that one out of every three female-headed families are below poverty level. Two thirds of all people living at or below poverty level in America are women. Straight line projections depict that if the current trends continue, by the year 2000, virtually everyone living at or below poverty level will be women.

On the social front, Wilgenbusch says a gigantic lie has women believing they must be perfect, the best of everything and all things to all people. While entering the work force and returning to school women continue to be the main keepers of the home, thereby increasing their burdens. Because of an inability to cope under these conditions, suicide and alcoholism have reached epidemic proportions.

Moving on to the political arena, Wilgenbusch says that women have the vote and aren't using it. Women comprise 55 percent of the registered voters but haven't made a dent in political forces.

Of all the elected representatives in the Senate and the House of Representatives, only 22 are women. At this rate it will take women 217 years to gain parity in Washington.

Wilgenbusch says there is good news. By the year 2000 two thirds of the work force will be women. Women are starting their own small businesses three times faster than men and now own 25 percent of the small businesses.

Socially, women are waking up. They are starting to expect others to do their fair share which usually involves the men or children around them. Women are beginning to reach out to support each other.

Some women are springing into action politically by joining coalitions involved in issues like the abortion and anti-nuclear movements. She says that women have political power if they will band together.

Wilgenbusch left her listeners with three things to remember:

Let go—Stop trying to be all things to all people, cut corners, pick what you want and hang the rest.

Take hold—Grab hold of the essential things. Anything that makes you feel powerful as a person. If it doesn't empower you, don't do it.

Talk up—Let people know you are here. Stick your neck out and make mistakes. Make the decision that you can afford to be wrong and to make mistakes. Share ideas and study everything.



Photo by George Petroccione

### 'Peach' opens Friday

"James and The Giant Peach," a children's fantasy, will play in the Tadena Hall Theatre at 7:30 p.m. Friday and Saturday. Tickets are \$1 for LBCC students and may be purchased at the College Center office. James is played by Justin Crow.

## Ambition, family duties, fatigue stress older students



Photo by Stuart Sloan

**Editor's Note:** This is the first of a two-part series examining how stress affects the lives of students and their families. Next week, Editor Diane Morelli will report on methods students can use to cope with stress in their lives.

By Quonieta D. Murphy  
Managing Editor

Stress, like the oxygen we breathe, invades every cell of our being. It affects all of our actions. It affects how we see ourselves and how we see others. It affects our interactions with those around us. It can be a positive influence in our lives, encouraging us to meet deadlines or try something new, or it can open us up to a myriad variety of ills, from headaches and tense muscles to bleeding ulcers and hypertension if we don't handle it well.

But it seems that the way we perceive and interpret stress, according to Dr. Hans Selye, the father of modern stress information, will determine how much stress will affect us. Unfortunately, many older-than-

average students, myself included, have not learned how to deal with stress constructively. Instead, we let it tear us apart, both mentally and physically.

"How do I deal with stress?" mused second-year LBCC student Carolyn Andrews. Laughing, she said, "I don't. That's why I have an ulcer. That's why I'm on drugs."

Andrews, 30, is a lower-division transfer student who will finish at LB by the end of this term. She is also a wife and the mother of a 2½-year-old son. She also helps care for her mother, who has multiple sclerosis.

During the past year she has undergone major surgery—a hysterectomy—which means she will have to take hormone medication for the rest of her life. Before the medication regime was stabilized she went through wide mood swings—up one minute, down the next.

Her husband's position as a North Albany Middle School teacher was also threatened last fall because of the levy failure soon after they started buying a house.

An old ulcer began flaring up again.

She is now taking tranquilizers and medication for the ulcer as well as the medication to keep her hormone levels stabilized.

She tries to exercise, eat properly and get enough rest, but "that isn't easy to do if you have a child down sick with the flu, the car isn't working and you have a midterm the next day," she said. She also tries to use humor to defuse some of the little tensions that build up every day, but at times that humor deserts her.

Unfortunately, Andrews has had little control over many of the stressors in her life.


"I couldn't even cut back on classes because I'm a vet," she said. Her veteran's benefits run out at the end of this term.

She said that she thinks many of our (older-than-average students) problems in school are caused by exceptionally high expectations of ourselves. We have been "out in the world" and expect ourselves to do as well, if not better than, younger students.

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JACK HAD A LITTLE ACCIDENT.

# WHO'S AT FAULT?



STEIN ROCKY METAL NEWS NEA '86

College Press Service

A. JACK, WHO THREW THE BANANA PEEL ON THE FLOOR

B. THE MANUFACTURER OF JACK'S FLOOR WAX

C. THE NEWSPAPER THAT ADVERTISED THE BANANAS

D. THE STORE THAT SOLD THEM

E. THE IMPORTER

F. THE FARMER WHO GREW THE BANANAS

ANSWER: IF YOU SAID B, C, D, E & F, YOU ARE PROBABLY JACK'S LAWYER.

## Guest Column

# King's legacy ultimately realized through essay

By Teresa M. Hess  
Humanities Student

Seldom have I been as profoundly moved by an essay as I was by "Pilgrimage to Nonviolence" by Martin Luther King, Jr. As a child of the sixties, I watched with interest the Civil Rights Movement from the safe, insulated environment of my living room in Oregon.

From the sidelines I cheered the progress of the Civil Rights Movement, but that is what bothers me so much now. I was just a spectator and a not very well-informed one at that. While watching I was not unlike an only slightly involved spectator dragged to a football game by a friend. At that time, I did not fully understand the rules of the game, the reasons it was being played, or the rewards for winning and penalties for losing.

Nor did I realize the magnitude of the man brought to the forefront by the course of events, Martin Luther King, Jr. Television news coverage during the sixties provided only a superficial, one-dimensional view of this peace-loving, charismatic leader. His intelligence, his perceptions of the world around him, his commitment to the principles of nonviolence were not apparent in the 30-second spots on the news. The viewer saw only the sensational; the protestor being billyclubbed and dragged away to jail, or the occasional inadequate excerpts of the call-and-response style of King oratory so alien to the ear of Northern whites.

I had little insight into the incomparable value of his transformational leadership: for black people, for white people, for the world. As Ghandi provided King with a model, King's legacy for all peoples is a positive role model for peaceful political activism. His role model is especially important for blacks struggling for equality and justice around the world.

King was, in my opinion, the ultimate definition of a patriotic American. He understood the true meaning of democracy. He had a vision of freedom and justice for all people and he had the courage to pursue his dream.

# 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, Diane Morelli; managing editor, Quonietta Murphy; sports editor, Robert Hood; photo editor, George Petroccione; assistant editor, Allie Harper; lab assistant, Sharon SeaBrook; advertising staff, Sherry Oliver, Rod McCown, Judy Smith; editorial assistants, Katherine Marsh, Lisa Cardamon; reporters, Pat Wilson, Lisa Hall, Rena Hall, Annette Krussow, Todd Powell, Scott Montgomery, Louisa Christensen, Crystal Klutz, Cindy Lowther, Dale Owen, Jamie Putney, Kay Sams, Darin Burt, Linda Canoy, Jon Taylor, Margaret Denison, Lyn Thompson; production staff, Robin Colbert, James Hampton, Jan Hulsebus, Pauline Husbands, Lynn Powers, Rich Clarkson, Susan LaBrousse; typesetter, Jerri Stinson; advisor, Rich Bergeman.

# Commuter Archives



A line assembly taught the lamp-lighting ceremony during the Associated Degree Nursing Students' Calling and Serving Ceremony last Friday night in the gym.

## Free clinic unanimous: Budget support undecided

Two in words, meeting with the nursing faculty and the students, the Associated Degree Nursing Students' Calling and Serving Ceremony last Friday night in the gym.

Free clinic unanimous: Budget support undecided. The amount given was \$10,000, earmarked to be used on programs relating to nursing education.

## Ten Years Ago-This Week

March 3, 1976

Much like this term the flu was going around the United States 10 years ago. In fact, "the disease was so widespread that many high schools in Oregon had to shut down."

Staff Writer John Miller took a humorous look at the

# Letters

## Thanks extended to Christian club

To the Editor:

I found "Rock n' Roll: a search for God" challenging, informative, and well researched. Whether we agree or disagree with Christianity's truths, I appreciated a clear presentation of Christian concern on the influence of rock media that was void of charged emotionalism. I extend my thanks to the club that sponsored the program.

Tim Brown

## Buck passed back by ASLBCC rep

To the Editor:

Part of my responsibility as a member of Student Government here is taking care of the "Pass the Buck" program.

I think it would be more effective if students, faculty and the administration took it more seriously. It is a good communication tool for students and has accomplished many things.

The "bucks" should offer realistic or helpful suggestions, compliments or complaints. A lot of valid ones are received, but so are a lot of ridiculous or insulting ones.

Copies of the "bucks" are sent to the appropriate people to deal with. They respond back with what they are

plight of those who had caught the disease.

"I had heard about the flu through the news media (we're such good people), such as the Innsbruck flu, which was threatening to ruin the Olympics. Some flag waving friends of mine felt that the Russians brought it with them. When they got it, they wanted to launch a nuclear attack. When I got it, I wasn't sure if it was the flu or fallout..."

"Reports of kids selling cookies with Ex-Lax in them were floating around, so we're not absolutely sure it was the flu."

"Many famous people have contracted the dreadful disease. It rates right up there with V.D. Reports are that President Nixon got it just for his trip to China (the flu that is)."

"Even teachers are getting the flu. Last week I didn't have any classes, and I wasn't even sick."

"There are many ways to keep from contracting the disease. One of the most effective ways is to hold your breath. Another is not to talk to anybody."

"There was no campus security because it had been cut from the LBCC budget."

"The \$14,000 budgeted for next year was to be for a security person whose role would be to develop an on-campus communication system. (business Manager Vern) Farnell sees the need for a security system at LBCC as a purely preventative program. 'With the urban development moving closer to us it is inevitable we will need it eventually,' explained Farnell."

"On the last page of the paper, tucked in between the classified ads and some announcements was this article, titled 'Seeing eye nose blows minds.'"

"Everyone knows what happens when the nose knows, but what happens when the noses sees?"

"That is the question quizzical doctors in Japan are asking as they puzzle over the case of little Sayuri Tanaka. Sayuri, 10, has perfect vision—in both eyes and also in the left flank of her nose..."

"Sayuri...takes it all in stride. She likes to blow minds by riding her bike blindfolded in heavy traffic."

Coming into a new quarter, the Commuter has some editorial positions open again. Applications for managing editor, special features editor, sports editor and production manager are now being taken. They are all paying positions (stiding equal). Decisions will be made soon so apply now. No experience necessary.

doing to resolve the situation. If a response isn't received then reminders are sent out.

I understand that faculty and administration are very busy and sometimes these "bucks" are filed away to do later, but without replies this system won't work. There are those individuals who answer promptly and I want to thank them: Ray Jean, Gene Neville and Mary Coleman.

If you have a more serious problem please contact me in the Student Programs Office in CC 213.

Jackie D. Cherry

## Writer reacts to Commuter critics

To the Editor:

I would like to take the opportunity as an LBCC journalism student, to openly commend the Commuter staff on the fine job that they're doing. I don't say that loosely because I'm involved with the paper, but rather because I've had the chance to interact with many of the staff members. They are fun and exciting, as well as sincere and dedicated in their efforts to publish an interesting and informative newspaper, to serve LB staff and students. I've recently felt an enormous amount of static from various people about the contents of the publication.

I strongly believe that the Commuter staff deserves much more support and credit than they're receiving. To those of you who continue to

moan and groan, if you think your journalistic performance would be more pleasing, GO FOR IT.

Todd Powell  
LBCC Student

## Men's help center called good idea

To the Editor:

Well done Steve (Huft)! We are constantly reminded of the need for equality in education and the job market. We recognize the needs of small segments of our society. How easy it is for us to overlook the cross-gender need for personal support. Go for it guys!

Mary France

## Oops!

Last week's recreational tournament outline below the picture of billiard player, Jane Ross, should have stated that she took first place in Regionals. On April 18-20 she will compete in the National Tournament in Athens, Ga. LBCC students Ron Rutherford and David Thornton won the first place position for team chess.

## 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.

# LB requests light, road widening on Pacific

By Dale Owens  
Staff Writer

LBCC Director of Facilities Ray Jean and ASLBCC representative Bill Baze were among the people requesting road work at an Oregon State Department of Transportation (DOT) hearing, Monday night.

"LBCC supports the improvements that enhance the traffic patterns in the mid-valley," Jean told the DOT panel, who were listening to the public state their cases for highway improvement. "We in particular support the project to widen Pacific Boulevard from Queen Avenue to Tangent Drive," Jean said.

Although complimenting DOT's Highway Division for the progress made towards completion of the project, Jean stated that LBCC supports the

City of Albany's construction date proposal—the summer of 1987.

City Councilwoman Dala Rouse testified earlier that Albany agreed to finance \$550,000 of the project. "The right-of-way acquisition is on scheduled, so there is no reason to delay construction," Rouse said.

"LBCC fully realizes that this is an ambitious request," Jean said. "But the present configuration and condition of this busy thoroughfare poses real hazards to our clientele as well as the public in general."

Jean added that because of the hazardous conditions, LBCC would "frown on any delays that take place to complete the Pacific Boulevard project."

The 6-year program is currently in the development stage with construction slated for the 1988 federal fiscal year.

Jean also requested that testimony remain open for addition proposals regarding the placement of traffic lights at the college.

He told the panel that the LBCC Board of Education will be discussing signal locations at their regular meeting on March 13 and that the board will submit additional evidence in the college's testimony.

Baze expressed student support for Jean's and Rouse's proposals, and suggested to the panel that if traffic light installation were ignored, "lets see what we can do about reducing the speed limit."

This hearing was one of a state-wide series of meetings that allows the public to respond to a preliminary 1987-1992 six-year highway improvement program which will be finalized and adopted in July 1986.

## Task force hears concerns on bookstore policies

By Louisa Christensen  
Staff Writer

If you have ever complained about the prices in the LBCC Bookstore you may be one of the students or faculty members whose concerns "center around an unawareness of things," such as how the bookstore operates, said Bob Miller, director of Auxiliary Services.

Miller, also head of the newly formed Bookstore Task Force, said that two meetings held in the past few weeks have given faculty and

students a chance to voice their concerns about bookstore policy, and have helped him to "become aware that we need to do some educating," he said.

Miller has found that most people do not understand the policies and operations of the bookstore. He plans to educate the members of the task force, who then can inform the rest of the campus. This will help people to develop "empathy for the bookstore staff" and an understanding of the complicated process they must go through to make text books and other

items available, he said.

The task force was originally organized to discuss the use of a computer with textbook ordering, said Jim Tolbert, graphic communications instructor and task force member. But the committee ended up voicing many problems concerning the bookstore, he said.

The most frequently asked question by faculty was "Is the bookstore being competitive?" said Tolbert. The faculty noticed that OSU Bookstore is less expensive compared to LBCC's. "But I don't think anyone is being ripped off" he said.

Miller explained that bookstore users don't realize it, but the bookstore is "as competitive or more so than other college bookstores."

He said that most bookstores have a 40 percent markup while LBCC has only a 20 percent markup price. The reason most people complain about prices is because they do not understand that book producing expenses may rise. Publishers will raise prices and in turn the shippers will up their cost. LBCC will then have to raise their book prices. "Everyone has a reason for raising prices," Miller explained.

LBCC Bookstore prices also may be higher than other college

bookstores because of quantity discounts, he said. For example, OSU needs to order 2,000 calculators when LBCC only needs 200, so they receive a discount and can sell for a lower price.

Another concern the faculty has is publisher's changing editions, Tolbert said. There can be several students in a class who have a second edition of a book when the rest have the first. This can be confusing for students and instructors, but Miller said the bookstore has no control over this unless someone goes through and checks every book number. This is very tedious work, and is the reason the task force is discussing a computerized textbook ordering system, he said. But he does not see a computer as a possibility for a few years.

And what concerns did students express at the bookstore task force meetings?

Bill Baze, a student council representative on the force said he has a few complaints from students, but, "I haven't even gotten my feet wet," he explained.

If students have any concerns they should contact Bill Baze or a faculty representative on the task force, he said.

## SAP holds budget hearings

By Todd Powell  
Staff Writer

The Student Activities and Programs (SAP) Budget Committee has started its efforts to hammer out a balanced budget for the 1986-87 fiscal year.

Each year five ASLBCC representatives are selected to form the committee. This year's representatives are Lily Winans, Joyce Quinnett, Pam Cyrus, Rodney Scheckla and Kirk Marcotte.

The committee meets with a staff or faculty representative from each of the divisions: HO/Physical Education, Business, Humanities, Industrial/Apprenticeship, Science/Technology and Student Programs.

During the meeting committee members and division representatives jointly review the proposal for the coming year's SAP budget.

This year's first official meeting was held on Feb. 27 with Mary Coleman, who is division representative for Student Programs.

Coleman presented several reasons why Student Programs should receive continued funding and support. She said that the philosophy of the Student Activities office is to promote the emotional, intellectual, spiritual and physical support of students.

It is uncertain, at this point, how much funding Student Programs will receive for the 1986-87 school year. They received \$53,056 in last year's budget.

Colleen Bell, former ASLBCC representative and last year's SAP chairperson commented on the success of the first hearing.

"It's premature to say that they (the SAP committee) have accepted her (Coleman's) budget. After the SAP Committee meets with the other divisions is when recommendations will be made," Bell said.

She said that the committee has a big influence on the budget, but doesn't have the final word.

"The important thing is that the SAP Committee only makes recommendations. Carnahan (Jon Carnahan, vice president of Instruction) reviews the recommendations and decides whether he agrees or disagrees with the SAP Committee. If they (the committee and Carnahan) can't agree then Dr. Gonzales will make the final decision."

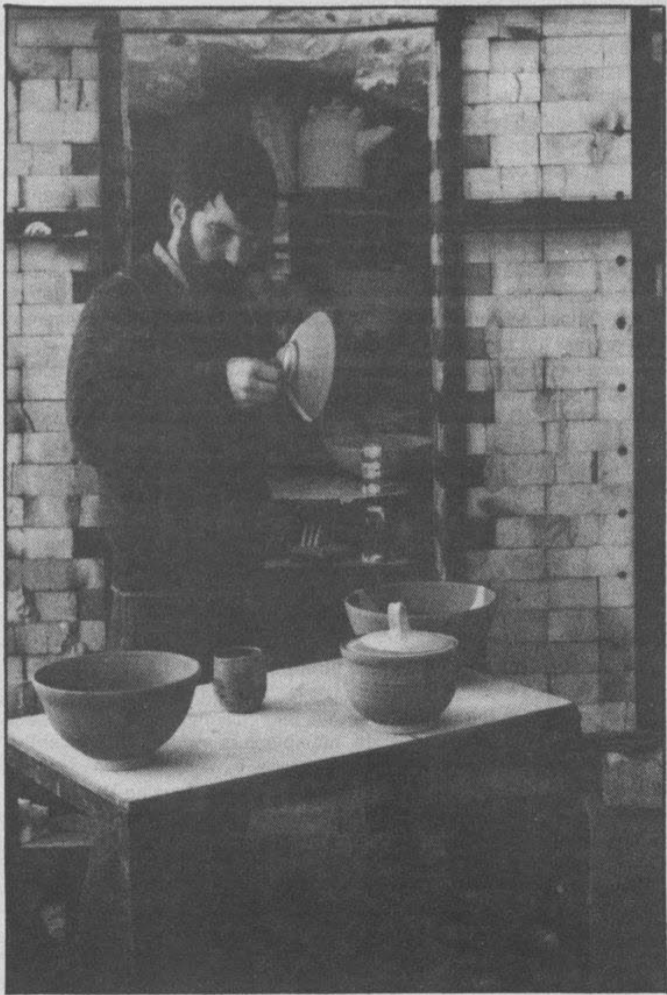


Photo by George Petroccone

### Loading the kiln

Pottery instructor Jay Widmer checks new pieces of his students' work before firing the kiln. The Student Potter's Guild will hold its annual sale from 10 a.m. to 4 p.m. March 11-12 in The Commons. Offered for sale will be mugs, teapots, vases, bowls and wall hangings made by Widmer's first and second-year students.

## Etcetera

### Photographers Meet

The LBCC Photo Club will meet Wednesday, March 12, at 4:30 p.m. in the Willamette Room to view video tapes and slides of Winn Bullock, Murray Riis and Ruth Bernhard.

### Classes Offered

Oregon Art Institute's Pacific Northwest College of Art offers classes ranging from the experimental to the traditional; from airbrush, landscape design and color use in your career and the business world to drawing, painting, sculpture, ceramics, photography and graphic and advertising design. Classes begin March 10. Call 226-0462 for registration and course schedule information; ask for Catherine or Ruth.

### Exhibit

Figurative studies in conte and oil will be on display from March 4-29. The exhibit may be viewed from 11 to 5, Tuesday through Saturday at 436 First Avenue SW, Albany. Featured artist is Ron Mills, associate professor of art, Linfield College.

### Visitation

A representative of the admissions office from Western Oregon State College will be on campus Wednesday, March 12 at 10 a.m.

### Business of Art

Oregon artists will have the opportunity to learn from the experts about the legal, marketing and financial skills needed to support themselves from their art at a two-day conference on the Oregon State University campus in Corvallis.

The conference will be held at OSU's LaSells Stewart Center March 7 and 8 and costs \$40, which includes lunch both days and printed materials. For more information on "The Business of Art," call LBCC's TED Center, ext. 112.

### Children's Theater

"James and the Giant Peach," Linn-Benton Community College's children's theater production on the Mainstage in LBCC's Takens Hall, 7:30 p.m. Friday and Saturday, March 7 and 8. A fantasy adventure for children, about James, a giant peach, and the insects he finds inside the peach. The play is directed by Jane Donovan. Tickets are \$2 for adults, \$1 for children, students through high school, LBCC students and senior citizens. Advance tickets are available at French's Jewelers, 140 W. First, Albany; Rice's Pharmacy, 945 NW Kings Blvd., Corvallis; and LBCC's College Center Office.

### Resource Fair

LBCC's parent education program will host a one-day Parent Resource Fair at LBCC on Saturday, March 15. Those attending "What's a Parent To Do?" will be able to choose from among 45 seminar sessions, including topics such as "Tips for Burned Out Parents," "There's Nothing to do in This Town," "Planning for College" and "Children's Books: Recipes for a Magical Childhood." The cost is \$1 for the fair. Child care and lunch are available for an additional fee, and anyone wanting those services must preregister by March 10.

For more information on the Parent Resource Fair, call ext. 384.

### Slide Show

A free slide presentation by Michael Sava of All Outdoors, Inc., a Central Oregon non-profit group that uses outdoor challenge trips to teach self-reliance to people with special needs, will be presented noon-1 p.m., March 10, in the Alesal/Calapooia room.

### Health & Wellness

The first in a series of health and wellness workshops, sponsored by LBCC's Health Committee, will be presented March 18. "Diet and Exercise" will meet in the Calapooia Room from 10 a.m.-noon and will be repeated from 1-3 p.m. Presenters are Jean Irvin and Jean Rix.

### Burn-Out

The Mid-Willamette Valley ACLD (Association for Children with Learning Disabilities) is hosting a general meeting to the public.

Psychologist, Dr. John Atkinson will cover such topics as "Parent Burn-Out, Communication between parents and professionals and How to communicate with children and teenagers."

The meeting is Monday, March 17 at 7:30 p.m. in the Albany General Hospital's large conference room. For more information, contact Sandy Roth, 926-2808.



Photo by Quonieta Murphy

## Student stress

Continued from page one

What we fail to realize sometimes is that, though we have more understanding of the world at large to bring to our education, we also have more baggage in the form of outside responsibilities that we have to juggle.

Colleen Bell, 34, a marketing/business management major and former student council representative, agrees with Andrew's thoughts on overly high self-expectations.

She said that she doesn't think that being a returning student is as much of a problem for her as being overloaded on classes and dealing with her own personal expectations of what her grades should be.

"I have recently found that I can make myself physically sick over a test! And believe me, hanging over a stool or hyperventilating in a class isn't real healthy for your self-esteem," she said.

Bell has taken some stress management courses and found them to be helpful for organizational skills, such as list making. But even this skill had its pitfalls.

"At first each night I would make out a list a mile long, and go to bed all stressed out because I knew I wasn't going to be able to accomplish all the things on the list," she said. Eventually she learned to organize her list by "musts," "maybe's" and "can waits."

She said that she tries, to the best of her ability, to balance her family responsibilities (which are most important to her), her school responsibilities and her volunteer activities. Getting eight hours of sleep and taking time to do "fun things" help keep her on an even keel.

"I've learned that I can't take myself too seriously. And I find myself asking 'Colleen, in the span of a life time, how important is it?' In most cases that brings me up from the toilet, stops my hyperventilating and reminds me to bring in my claws," she said.

Bell is married, has two teenage children and is an active community volunteer.

Returning male students share many of the same stress problems that female students experience.

Clint Borden, 42, a psychology major, is a new student at LBCC. He started this term. He is married and has three children, aged 16, 18 and 22. Only the 22-year-old lives at home.

Borden said that he has high expectations for himself and hopes that he can accomplish what he has set out to do. But coming back to school was and still is, to a certain extent, stressful.

He complains that he is tired all the time and has problems getting to sleep. When he does get to sleep his dreams often involve school work. (Sound familiar?)

But he said that "overall, I am happier now than I was working at a job I did not enjoy. It is a dream come true to be a full-time student working toward a degree. This, in my opinion, makes school less stressful than the job (sales) I hated, but felt locked into."

Borden said that registering two weeks into the term created a lot of stress in trying to catch up, as well as trying to relearn forgotten study skills.

The loss of free time and family time was hard to deal with, too. But he said that his family "shares in my goal and dream. By giving me space, encouragement and taking care of some of my responsibilities part of the stress has been eliminated."

He finds it easier to study away from the house, he said. Either staying at LB or finding a quiet place at OSU such as the MU, Commons or library helps him to avoid interruptions while studying.

"I'm not saying the stress has gone away, just that it is eased. Things are getting better as more adjustments are made," he said.

"I try to relax and let my dream come true, knowing that in only a quarter of the time I have already spent, a major portion of my goals will be met," he said. "Being able to see the rewards beyond the present

stresses releases a lot of the stress associated with the many changes brought on by reentering the educational system."

While Borden seems to be adjusting well to the stresses of coming back to school, several other men are having a harder time of it.

Max Bruder, 39, has been at LBCC for about two years. He dropped out of school for a term to look for work and to try to figure out where he was going as far as school was concerned. He is now back and working towards a business degree.

Because of money problems he and his wife are living with her parents. They have little privacy. Bruder is worried that his lack of income, plus the lack of privacy, is putting a burden on his marriage. This in turn puts a lot of stress on his performance at school, he said.

To deal with the stress he said that he drinks, goes fishing and tries to ignore the problems. Acknowledging that these perhaps aren't the best ways of dealing with stress, he said that he has been thinking of taking a stress management course.

Steven Huft, 30, a medical technology major, has been trying to treat his stress symptoms, even though he feels he can't do very much about the causes. He has quit smoking and tries to exercise, but says that he has developed "a long list of aches and pains that have no real physical reason behind them."

He said that "psychologically, I'm falling apart. I've become unruly, rude, short-tempered and withdrawn."

Huft said his stressors include trying to be a good father to two children he sees every other weekend, and a debilitating illness that "can show up at any time. I worry about that constantly."

The school program he is involved in is not what he really wants to do, but because of the illness his disability counselor has channeled him into it.

He and his wife are trying to live on what they make from veteran's

## Time, job, family conflicts stress younger students

By Allie Harper  
Assistant Editor

Older students may have children to feed, mortgages to pay and adjustments to make in returning to school, but they are not the only victims of stress.

Younger students, though for a variety of different reasons, also fall prey to stress and suffer its effects.

One young woman, who wishes to only be referred to as "Jenny," is what she calls "the epitome of what stress can do" to younger students.

Jenny, 19, attended the University of Oregon last year but after only two terms decided to move back in with her parents in Corvallis.

"I wasn't ready to go to a big university yet," Jenny said. "I spent most of my time partying, and thinking that I could get away with studying like I did in high school—which wasn't a lot."

As a result, Jenny's grades were poor, and she dropped out of school.

"I thought that moving back home with my parents was the end of my problems," Jenny said, "but it was only the beginning. My parents treated me like I was 15 years old again, and we started fighting all the time."

Jenny got a job and spent most of her free time with her boyfriend so she could stay away from home as much as possible. Her absence made her parents argue with her even more. Anxiety over problems at home, and then problems with her boyfriend gave Jenny an ulcer. Anxiety over the cost of medical bills made the ulcer worse. Finally, Jenny decided to move out.

"I got an apartment with a friend and everything seemed to be okay," Jenny said. "I started getting along with my parents, my ulcer stopped bothering me, and I got my life back together."

Fall term this year, Jenny enrolled at LBCC, hoping that school would be different this time.

"At first it was great," Jenny said. "The classes were a lot smaller, and the people were friendlier and I studied more."

But Jenny took too many credits all at once she said, and found herself torn between the pressures of homework and her job.

"I felt like I was rushing all the time," Jenny said. "I never got to relax."

Just before finals week, Jenny lost her job, found her ulcer acting up again and started considering suicide.

"I've never been any good at handling stress," Jenny said, "and with finals coming up, I thought death was the only way out. It was like an obsession with me. . . I'd lay awake at night and think of ways to kill myself."

Jenny decided to wait and see how her grades turned out. "If they were bad, I probably would've tried to kill myself," Jenny said, "but they were okay, so I decided to stick around."

During winter break, Jenny had to move back in with her parents because she couldn't find another job. At her mother's request, Jenny started seeing a counselor, who has helped her deal with her stress.

"I've learned how to relax," Jenny said, "and it's helped a lot."

For the present, Jenny feels that she is back on track. She is doing well in school, holding her ulcer at bay, looking for a job, and seems to have put her life together.

With a laugh and a somewhat sarcastic-looking smile, Jenny added, "At least until finals week."

Pat Wilson, 20, is another student who is suffering the effects of stress.

Wilson was dividing his time between attending school, doing his homework and running with the LBCC track team until recent illnesses forced him out of school athletics.

Now, Wilson divides his time between attending school, doing his homework and working (through the work-study program).

Like Jenny, Wilson lives with his parents. Though not a major point of stress with Wilson, living at home bothers him because, he said, "I can't be as independent as I'd like."

Wilson defines the major point of stress in his life at this time as "fear of the unknown."

This pertains to the illnesses he has been having lately. Wilson has been having problems with ulcers, his spleen is swollen, and recently he's been having abdominal pains.

So far, tests haven't been able to show what is causing Wilson's illnesses, and that worries him a lot. Doctors have suggested that the illnesses are stress related.

"I have to learn to deal with stress," Wilson said. He is thinking of taking a class about stress next term.

"A lot of people are under stress, and a lot of people can handle it," Wilson said. "My problem is, I'm under a lot of stress, but I don't know how to handle it."

benefits, which isn't always easy, he said.

One of the most often mentioned stressors, after overly high personal expectations, was loss of control.

Many older-than-average students said that they felt little control over many of the things that have happened to them. Though many made a personal decision to come back to school, others felt they had little

choice in the matter because of illness, injury or loss of employment.

One of the best ways to deal with that particular kind of stress, according to stress management literature, is to deal with the stressors that can be dealt with. That will make you feel that you have accomplished quite a bit. If you feel good about yourself, the stressors that can't be worked out will be easier to live with.

# Women Through The Years



## For R.H.

"To be a poet at 20 is to be 20;  
to be a poet at 40 is to be a poet."  
—Eugene Delacroix

I stack wood with a pair of burgandy leather gloves  
which I bought, winters ago, to match a woolen coat.  
Then I had a man to dress for, a man to stack my wood.

That coat, that man, kept me from this:  
the abundance of wood in cords;  
the certainty of wood as it stacks, one chunk at a time  
and how it broods of all first fires.

My winters of woodpiling and contemplation  
have told me that oak endures and holds heat;  
fir burns fast but sure.  
Knowing has brought me to seasons of wanting this:  
the company of wood and weather.

Rosemary Bennett

Illustration by Lynn Powers

### there was a group of women who wept

they were keepers of the pain, and  
their responsibility had been handed down  
to them for generation to generation  
they sat, massive women, rooted to the  
earth, and their tears became a lake, and  
their pain was a lake, and their sorrow  
held them to the lake

they had only daughters and their  
daughters were born into the waves of  
pain, and arose weeping themselves and took  
their places on the edge of the lake

and it came to pass that a daughter  
was born to them, who arose from the waters  
she did not drink only pain as had her  
mothers before her she breathed as well,  
and she surfaced coughing and spitting, and  
the air burned her lungs like flame

and she determined that her  
daughter after her would breathe purer air  
and would not be rooted to this spot  
and so she tried to break the  
lake into pieces, to urge the other women  
away, to rise and no longer weep but  
they told her she was flighty and extremist  
and would eventually grow out of such  
ideas and so she walked away from them  
into the meadows

and she was lonely for them, and  
the air was painful to her and she  
brought forth a daughter and held her into  
the winds for consecration and the  
daughter breathed the pain of choice  
and strength, and grew to move on

Morgen Brodie



Emily Butler Blockwell, wife of Chas. Blockwell.  
Peter Britt, photographer. (Photo courtesy Southern  
Oregon Historical Society)



Hunting in the Wallowa mountains in Oregon, 1891.  
Hazeltine girls Nea, Viola, and Gracia. M.M. Hazeltine, photographer. (Photo courtesy  
Oregon Historical Society)

### Prisoner

You're a prisoner in this place,  
The walls dark and tall.  
But the courage you have  
Will pull you through it all.  
For the walls are of loneliness  
And you're the best friend you have.

### Hidden Storm

Whispers of insanity  
Run through my head,  
Mingled with desperation.  
Loneliness rages deep inside,  
Seeking an escape from dark recesses  
That trap and bind.  
Allowing them freedom only results  
In destruction of my outer facade,  
Defense of my soul.

### Windows (haiku)

The wind, it rattles  
and shakes the windows of life,  
Panels of our sorrow.

Jackie D. Cherry

Over his keys the musing organist,  
Beginning doubtfully and far away,  
First lets his fingers wander as they list,  
And builds a bridge from Dreamland for his lay.

From "The Vision of Sir Launfall"  
James Russell Lowell

## A Bridge from Dreamland

What was that sound? It sounded like a lumber wagon rattling across the old wooden bridge north of the town where she had lived in childhood. On summer evenings she and her sister would lie awake in bed and try to guess what type of vehicle was causing each rattle. A car? A truck? A horse-drawn buggy? A lumber wagon made a hollow, distant rumble like thunder. She lay half awake and listened. Had she been dreaming? It came again. Was it? Yes it was! Thunder! This time she caught the first flash of light preceding it by several seconds. It rarely thundered here. Back in the midwest thunderstorms were as common as robins in the spring, all year 'round for that matter. Here there weren't more than three or four a year. She lay listening to the rain now playing its obligato on the roof, and fell to thinking of dreams.

Her dreams were mostly silly things, like the time she dreamed the house was burning. Mother was baking cookies in the kitchen. She and her sister were trying to get Mother out of the house, but she refused to go until her cookies were out of the oven. Often people she had known appeared in some place completely foreign to them, and they were unknown to each other, while their projects were so ridiculous she would wake up laughing. Sometimes she could remember them long enough to share their weirdness with her family; mostly they were out of mind before breakfast.

Then there were dreams that she couldn't forget, and wished she could. Now she realized she had experience three different dreams, which were recurring dreams, coming several times at irregular intervals. Nothing seemed to trigger them, but each had been associated with a different period in her life. How strange that this had never occurred to her until just now!

The first had been frightening. In it she and her family were living in a tiny house which seemed the picture of security. One morning she discovered a fast-growing vine which had sprung up at a corner of the house. It grew so rapidly that it was soon peeping through the windows, then crowding up under the eaves, and tendrils were starting up the roof. It had many shoots darting out in every direction, all intent on completely enveloping the house. Its tender vines became great arms and branches and they no longer clung helplessly but had turned into fleshy growths with a strong translucent color and surprising strength. In a few days the house began to lean and crumble under the weight and in the clutches of that now horrible vine. She awakened from that dream alarmed and upset. She didn't believe dreams had any particular bearing on, or portent for, life. Why did it come again?

Years later a different dream visited her. This time she found herself alone in a huge pool, the water was deep enough to be way over her head. She had never been a strong swimmer, and wasn't now. The sides of the pool were of brick or tile and sloped upwards at such an angle that made it next to impossible to climb out. Anyway, who wanted to, as the only buildings she could glimpse outside appeared to be a prison. Awakening was a great relief; it stopped the dream.

The third recurring dream came years later. This time she was sometimes living in, sometimes only exploring, a huge house. When she was living in it the rooms were small and rather poorly furnished. The furniture was old fashioned, worn, long outdated. She was doing her best to make it more liveable and convenient. In the same house were other apartments with connecting doors, much more sumptuously furnished, and beautifully decorated, but cobwebs hung from the ceilings and dust lay thick upon the furniture. There were no occupants. This wasn't as frightening as the other dreams, but why did it come again and again?

As dawn faintly outlined the window it dawned on her now; the meaning and the similarity of her dreams came clear to her.

All her life she had performed the tasks which had to be done. At the time of the first one her children were in their growing years, her aging parents required attention, and with her overwhelming love for her husband and their

interdependency upon each other, she was literally being overcome by the fleshly arms of family cares. There was no time for the mental or spiritual pursuits she had longed for.

Later, the children were grown, and in the early empty-nest period she had immersed herself in the business world, she and her husband were both concentrating on "getting ahead," and she was enclosed in a prison of her own making.

The third dream must have been calling her attention to the fact that even in retirement she was still living in the small, outdated and cluttered rooms of her old self. The beautiful rooms she was free to explore were still available to her. She could still choose to sweep down the cobwebs and wipe up the dust of old habits and ways of thinking and move into the glorious rooms of her mind and talents.

The thunderous rattle of the old wooden bridge from her childhood had built a bridge from dreamland this morning.

Ruthella Olney



Asahel Curtis Collection (Photo courtesy Washington State Historical Society)

## The Sun

I sit here, the sun basking my head, neck and shoulders.

A cold day outside yet the sun shines through the cold. I love it. It holds my hand and carries me back to the soft summer days when there were fewer worries to think about. What were my thoughts then; of bugs that crawled upon the grass I was lying on. Where were they going? How far would they travel from their homes? Where were their homes? Did they sleep at nights?

The straw fell from my mouth as a handsome blonde boy passes by and I quickly forget about the bug that is grassing his way along. I forget about the journey the bug might be making. And the sun becomes the golden hair that carries my eyes on.

Pauline Husbands

## What They Remember

My ancestor was a Scottish laird.  
His wife wasn't anything.  
Her father had land.

Great-great grandfather emigrated  
from industrialized Ireland,  
and was successful in the new world.  
His wife didn't do anything.

His son took wagons and walked  
beside them to the midwest  
to make a new life.  
His wife didn't do anything but die.  
He remarried - she didn't do anything.

He gave his son \$100 and 2 mules  
when he married.  
Grandad carved a new farm in the  
Nebraska plains.  
Grandma worked hard, but she didn't  
do anything.

My other grandfather was a farmer  
and store owner. He stayed solvent  
during the Great Depression.  
His wife helped at the store, but  
it really wasn't anything at all.

His son left security and comfort  
behind, and bravely made a new life  
in the west. Dad was admired as  
adventurous and ambitious.

My mother was the first woman  
in our family to have her own job.  
She was a cocktail waitress.  
Everyone was secretly concerned  
that she might not be a good woman.  
She ended up defiant, and died young  
of stress.  
The family still talks about her  
reputation.

I say she paid a high price for her  
own history.

Mickey Wenner

# Men join women to promote 'equal rights for all'

By Cindy Lowther  
Staff Writer

Peering through Coke bottle glasses and wrapping himself around a piece of cherry cheese cake, Harry Demarest explained why a man joins the National Organization for Women (NOW).

"I've found it a great opportunity to work with people who want to improve the world," Demarest said at a NOW dessert social Friday night. Demarest, who was the NOW president in 1983, said the organization "works toward equal rights for all people."

NOW is having its annual state conference this weekend at LBCC.

Barry Horn of Eugene, another NOW member, agreed with

Demarest that NOW is for "equal rights under the law and equal opportunities socially and economically."

Horn, after mentioning his southern upbringing, said reflectively, "I think a man might feel threatened coming to a NOW meeting."

Another of the three men present was Rollie Smith, a spry retired gentleman. "It's healthy for both sections to eliminate rigid male and female activities," he said.

Smith described himself as egalitarian and a feminist. Because of the women's movement, he "feels more comfortable with his flowers."

Demarest also has definite views on reproductive rights, which is one of the main issues addressed by NOW. He's concerned about the "terrible anti-funding ballot measure" proposed for November, which he said would "cut off all state fun-

ding for abortions. There are no exceptions for rape, incest or medical emergencies, except eminent death of the mother."

But he doesn't think the measure will pass. "I think people are just getting fed up with people who want to control other people's lives."

Demarest will be leading a workshop, "Reproductive Rights: Taking Action of Alive," at the NOW Conference. He will explain how the organization promotes issues by using the telephone.

The NOW Conference will be held March 8-9 at LBCC and offers a variety of workshops. Cost is \$29 and includes Saturday lunch and a Saturday night concert with Judy Fjell.

Child care, wheelchair accessibility and signing will be available for those who need it.

For more information, call Linda Klinge at 928-2526.



**Clang!**

Lani Saltzman, the only woman in LBCC's farrier class, forges a horseshoe in the new Farrier School at OSU's Manchester Arena.

Photo by George Petroccione

## Women students more 'intellectual' than males

PALO ALTO, CA (CPS)—Are women on campus more "intellectual" than men?

"Yup," says a random sample of Stanford students.

According to the survey, females classified as "intellectuals" outnumbered males classed as intellectuals by a two-to-one margin.

"It's obviously not a representative sample. However, I don't think they (Stanford students) are different than students at other major research institutions," explains Herant Katchadourian, who conducted the study along with colleague John Boli.

Stanford students were asked to fill out a questionnaire on their course plans and their attitudes about what they are studying.

Depending on their answers, students were classified as "intellectual," "careerist," "strivers" or "unconnected."

While "careerist" men tended to ignore liberal arts courses, "intellectual" women often took a substantial number of liberal arts courses, and maintained an interest in careers.

"I am not surprised by the Stanford findings," says Barbara Hetrick, dean of Academic Affairs at Hood College in Maryland.

"I would expect more women to have humanistic values and to be more likely to seek knowledge for knowledge's sake," she says.

Hetrick herself recently finished a study of how Hood's predominantly female student body changed its political and social views after going through four years of the school's liberal arts curriculum.

Hetrick found seniors were considerably less materialistic than they had been as freshmen, that they were more concerned about community welfare and developing a general philosophy of life.

She found out by administering to Hood students the same survey given by the American Council on Education to some 200,000 freshmen nationwide.

On a national scale, the ACE survey—created by UCLA and released in January—found beginning college freshmen are more materialistic than their predecessors.

The Stanford survey defined "strivers" as strongly motivated toward careers and intellectual pursuits. They tend to come from lower economic backgrounds than other students.

"Unconnected" students generally come either from very high or low social status families.

"Intellectuals" usually come from families of high socioeconomic status, and their fathers often hold advanced degrees.

"Careerists" are from a wide array of backgrounds, but often have parents who emphasize career success.

While Stanford students changed categories throughout the four-year period they were observed, radical changes were rare, Katchadourian explains.

While a "striver" might become an "intellectual," or a "careerist" could become a "striver," rarely would an "intellectual" become a "careerist" or vice versa.

## Women's Week continues

Activities remaining during National Women's History Week:

### WEDNESDAY

- Noon-1 p.m. Yanna Breeze, a Corvallis woman interested in helping other women get in touch with their inner spirit, will talk about "Women and Spirituality" in the Alsea/Calapooia Room.
- 4 p.m. Connie Lyons, director of Human Resources for Albany General Hospital, will speak on "Re-entering the Job Market" in the small dining room at AGH.

### THURSDAY

- 12:30-1:30 p.m. A film titled "We the Women" about the history of the women's movement, and narrated by Mary Tyler Moore will be shown in the Alsea/Calapooia Room. A discussion led by LBCC Counselor Janet Brem will follow.
- 7 p.m. A film titled "Stomach Pains" will be shown in the AGH conference room. A discussion led by Dr. Susan Newcomb will follow.

### FRIDAY

- 11:30 a.m.-1 p.m. Freelance writer Megan McMorran from Portland will lead a discussion about "Pop-feminism in the 80s" in the Alsea/Calapooia Room.
- Noon. Dr. William Origer will present "Fitness for the Non-Jock" in the AGH conference room.



# ESL—melting pot in miniature

Students leave home countries for U.S. to find adventure, educational opportunities, employment and safety

By Margaret Denison  
Staff Writer

Students in Brenda Roman's ESL (English as a Second Language) class have come to the USA from many countries and for many reasons: for education, for adventure, for love, to find work, and to escape war and foreign occupation.

Antonella Dalla Torre, 19, comes from Trento, Italy. "Everyone in Europe knows about the USA," she says, "but what we know is from TV and magazines and the movies—we expect to meet Jack Nicholson walking down the street. But I wanted to know the reality."

Although she has been in Albany only since January 6, Antonella speaks English very well. One suspects that she learned in Italian schools—but she didn't.

Antonella likes to tell this story about how she learned English. "I am really a great fan of Bruce Springsteen—this is a rocker. He was in Italy for a concert and I went.

"I have just one book; all his songs are there in Italian and in English. I memorized them, and I memorized a lot of his records. You could say that he was 'my first teacher.'"

Antonella had expected Albany to be a much larger city. "At first I was a little disappointed," she recalls. "I missed the people on the streets.

"But then I found people here try to help you when you feel bad; they really listen to you. That helped a lot."

Antonella is enthusiastic about the Elda Johnson family, with whom she lives. "I love them! I didn't expect to find a family so fantastic like this one."

Antonella says that Italian food in Oregon doesn't taste like back home.

"I go out to find a pizza place. They say it is Italian pizza, but it is different. They don't use a lot of spices like we do."

She also misses spaghetti. "In Italy we eat almost every day spaghetti. We can make for every day in the year a different kind of sauce," she continues.

Antonella thinks Oregon drivers are very cautious. "In my country we go really faster. We are really crazy drivers. Sometimes we don't stop at the red lights. Here people are more—I know the word in Italian; I can look it up in my vocabulary—more obedient; they have more discipline."

Antonella will return to Italy next November to enter DAMS (Disciplines of Art, Music, and Spectaculars). She ponders her future: "Sometimes I think I would like to write for the movies, or act, or make the photos. I'm really interested. My parents don't like it and hope I will change my mind—work in a travel agency or a bank like my father does; but I'm not interested in that."

Kham Phang Bounnavong, 40, tells a very different story. He already spoke Laotian, French and Thai, before learning English.

"I lived in Laos. After I finish primary school, I go look for a job. I got the job there in the university in Vientiane, the capitol town of Laos. I had the job janitor, cooker, mailman, and patrol from 1963 to 1969.

"Then I became a police militaire in Laos army. I went to Thailand to learn commando. When I finished to learn commando, I fighting for the Laotian

government. I fighting at a camp on the mountain. The Vietnamese came and I lose the camp on the mountain, and we die a lot."

Kham Phang found his way back to Vientiane. He received two years' training as a nurse. He was working at a hospital in Vientiane when the communists overthrew the government in 1975.

Kham Phang says, "I stay at the hospital and I help people sick. I can cure. I can give shots, and I clean the wound, dress the wound, and I can cut abscess and wash. I can do it. Anything I can do."

He speaks of indoctrination programs. "The enemy got the people in Laos to the seminar. Me, the same. I need to escape, but I can't escape 'til 1981. Too hard," Kham Phang explains.

From 1981 to 1984 Kam Phang lived in a refugee camp in Thailand. He received training in family planning, and as a nursing assistant and paramedic.

On Nov. 19, 1984 he arrived in the United States.

"Until now I learn English at high school at night. Now two months I learn English in Albany," Kham Phang says.

Kham Phang has not found work that uses his nursing skills. "I work some day—work yard, rake leaves, cut wood, pruning tree, for people who need me. Here I need a job overly hard."

Moises Moreno, 26, arrived in Albany last November to marry Elaine Sontana, an American whom he had met in Mexico, his home. They were married in December.

He had graduated from a five-year course at the University of Guadalajara, where he had specialized in animal husbandry. He had money from cattle sales in Mexico. The future looked bright.

But Moises' first weeks in this country were hard ones. He tells of his problems: "I come from a very different world from here. When people have a lot of problems, they don't study well.

"When I arrived in this country I was one and one-half months in a home with people who only speak Spanish. I didn't speak English.



Photos by George Petroccione

Antonella Dalla Torre, a native of Trento, Italy, and one of a number of foreign students attending LBCC, says she first learned English from Bruce Springsteen records.

"I have five weeks speaking English only," Moises explains. "All is new for me. Every word is new.

"I was sick. I had to go to the hospital for operation. I spent in the hospital 14 days. The bill was near \$10,000.

"I am alone in this country. I don't have any family in this country. I had no insurance. I had no social security."

The money that was "the start for the life together" is gone. "You can understand now better my problems," he adds.

"Yesterday we finished paying the hospital bills," he says. With that behind him, Moises feels more confident. "Right now I can study more hard. I don't have bills. I can think more better."

Another Mexican, Rodolfo Pulido, 58, is attending school for the first time in his life.

When he was a child in the city of Contigas (a big city, bigger than Lebanon), there was no school to attend.

As a young man in Mexico, he was able to find little work, and what work he could find did not pay much.

In 1951, Rodolfo came to the United States with a group of workers. He has worked as a farm

laborer in California, Arizona, and Oregon, picking lemons, oranges, pears and apples, cutting lettuce, driving a tractor, and moving irrigation pipe.

He didn't learn to speak English. He didn't have to—all the field workers, including the boss, spoke Spanish.

Last year he injured his back lifting irrigation pipe. Now his work in the fields and orchards is over: he can't bend, stoop, and lift. Rodolfo is learning to read, write, and speak English. Then he will learn new job skills.

Rodolfo and his wife, Teresa, live in Lebanon with four of their eight children. His son Alberto works for American Can Co. in Halsey, and Jesus works for the Army in Lebanon. Carmela and Jose Luis are still in high school. Rodolfo wishes there were more part-time work in Lebanon so that his younger children could have work experience.

More than half of Rodolfo's monthly disability payment goes for rent and utilities.

"Remember," he says in Spanish, "if you hear of a cheaper house let me know."

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## Skills contest draws tri-county teens

More than 950 students from 15 high schools in Linn, Benton and Lincoln counties gathered at Linn-Benton Community College in Albany on Saturday, March 1, for the 11th annual Regional High School Skills Conference.

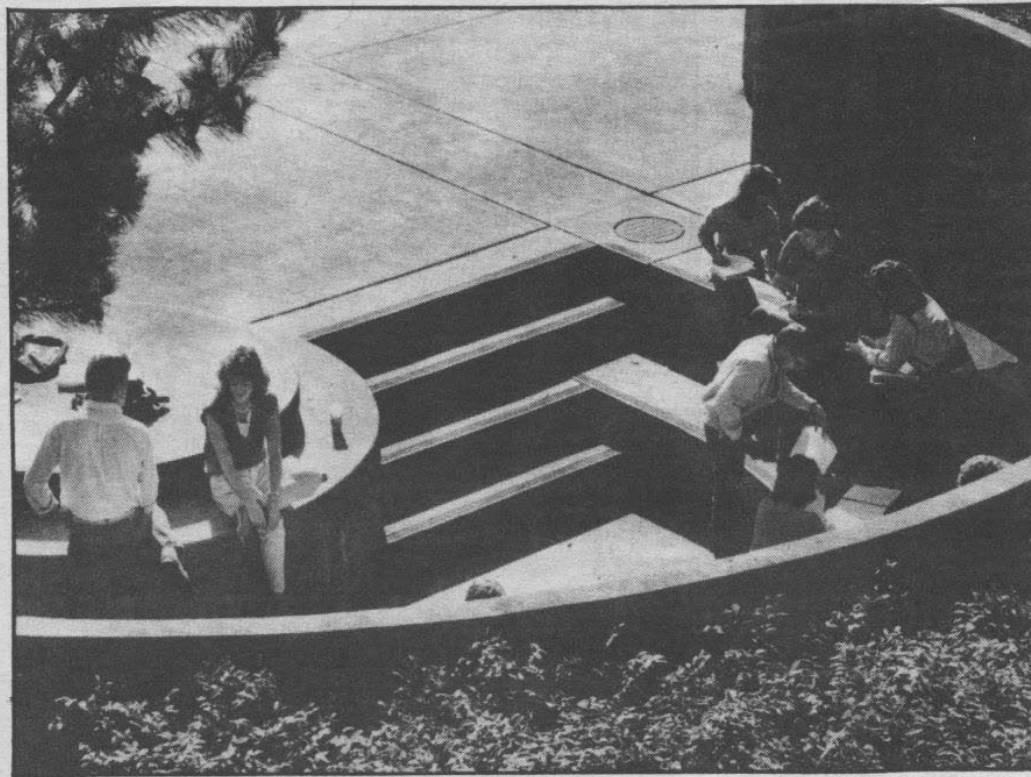
The students competed in more than 50 different vocational and academic contest areas, including welding, math, auto mechanics, drafting, business, computer skills, art, clothing and textiles, journalism,

science and photography.

The annual event is jointly sponsored by LBCC, the Linn-Benton Education Service District and about 50 area businesses.

South Albany High School displaced Lebanon Union High School in the overall participation trophy in the Division I category. The participation awards are divided into three categories, based on school enrollment. Lebanon Union High School

had won the trophy the five previous years. Lebanon placed second and West Albany third in Division I. In Division II, Philomath High School placed first, followed by Taft second, and Waldport, third. Division III overall winner was Alsea High School, with Monroe second and Santiam Christian placing third. Individual winners in the contest categories received medallions, and team awards also were presented to the top three schools in most contest areas.



Let the Sun Shine In!

Photo by George Petroccione

# Health and Fitness Fair held at Lebanon school

By Jamie Putney  
Staff Writer

How healthy do you really think you are?

One way to find out is to attend the Community Health and Fitness Fair, tomorrow, at Lebanon Union High School from 1:30-6:30 p.m. The fair is sponsored by Lebanon Union High School, Lebanon Community Hospital, the American Association of Retired Persons and LBCC's Lebanon Center.

There will be health screenings and fitness demonstrations. Some of the screenings will check for anemia, diabetes, high blood pressure and cholesterol, just to name a few. LBCC nursing students will do the screenings, along with volunteers from Lebanon Hospital and other community volunteers, according to Dee Deems, Lebanon Center director.

Health related classes will also be offered, such as "How to Use Your Home Blood Pressure Machine," led by LBCC student nurses at 2, 4 and 6 p.m. From 5 p.m.-6 p.m. Tucker Fairburn of LBCC's Lebanon Center will talk about "Using Your Home Exercise Equipment," and Roxie Snyder, a registered dietician, will present "Why It's Right to Diet Smart." The time is to be announced.

The fair sponsors hope to see about 700 people attending, and want the public to know that the fair is open to everyone, said Deems. She said that parents could benefit from the fair by learning about finger printing their children to help prevent abduction. A special "convincer" will demonstrate the importance of wearing a seatbelt. The convincer measures impact at certain speeds. The OSU police will be running this booth from 1 p.m.-6:30 p.m.

The booths at the fair will vary from drug and alcohol program resource displays to nutritional health food displays and free snacks. Most screening and booth demonstrations are free, although some booths will have a small charge for materials.

For more information call 451-1014 or pick up a yellow brochure on campus.

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# LB's new track coach wants greater turnout

By Kay Sams  
Staff Writer

Wayne Fisk, LBCC's new women's track team coach, is looking forward to his first season, and hopes to promote a greater turnout for the team. He wants to encourage more student participation.

"You don't have to be a world class athlete to qualify for the team," Fisk explained. "The implements are the same in weight, size and ability as they are for high school track teams."

Fisk said he feels the reason that more women haven't tried out for the team is that many believe that college track rates on a different scale than high school track.

"That's simply not the case," he stated. "A high school athlete is competitive on this level, too."

The average person interested in track is "by and large a self-starter, and is basically self-motivated," said Fisk about the type of girls he coaches. "Track is not football—you don't have to want to bash someone's head in." He said that what they need to possess is a desire to be around "decent people" who are competitive and enjoy mutual companionship.

College track events are similar to high school track events, he said, except for the long distance runs (5,000 and 10,000 meters) and the 440 intermediate hurdles.

The only thing Fisk says the team needs now is "more nice warm bodies with the abilities to want to improve and be with other people in order to make the team more competitive."

Practice for the team began winter term, but anyone can join the team at any time, he said. Practice runs from 2 p.m.-4 p.m., Monday-Friday, at the LBCC track.

Developing a reputation and promoting continuity in the track program is another hurdle Fisk intends to jump as new coach. He said he wants to keep promoting the good education available at LBCC, while attracting more students interested in pursuing sports. This in turn, he said, will benefit the sports program.

Fisk grew up in Seattle, Wash., attended the University of Puget Sound and finished his education at Portland State. He has been a track coach for 20 years and said his allegiance to LBCC was what prompted him to coach the women's track team here. He lives in the area, has trained at LBCC often and is a member of the Albany City Council. He said he wants to "promote sports for everybody."

According to Fisk, "the kinds of things you gain from track should go beyond college."



Photo by Geoff Liljenwall

New Women's Track Coach Wayne Fisk talks (right) during a recent team practice. Fisk is to Melanie Bruce (left) and Kristi Newton looking for more women for the team.



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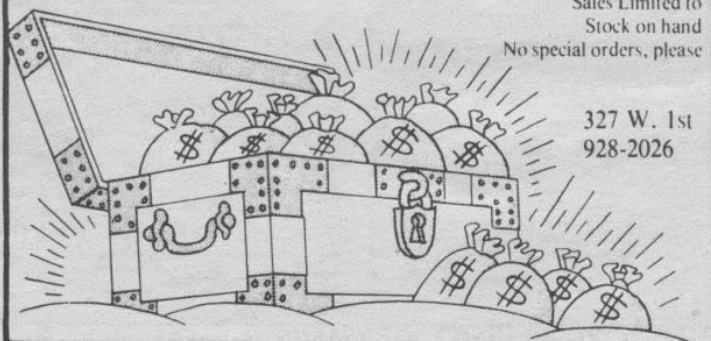
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# Focus On: Jane Donovan

By George Petroccione  
Photo Editor

She was a child actor. With her cousins she performed original plays in her parents living room. Her first stage appearance was in the sixth grade. Of that experience she said, "It was wonderful."

Later she was a student director of a one-act play in high school, and she also directed student productions in college. She will be directing "James and the Giant Peach" March 7 and 8 in the Takena Hall Theatre.

Jane Donovan came to LBCC in 1979 with a bachelor's degree in speech education and a minor in theater arts from Illinois State University. She also has a master's in speech communication with an emphasis in oral interpretation of literature from the University of Illinois.

While an undergraduate she took directing classes, and was chosen to direct the all-student production of William Saroyan's "The Time of Your Life." She also directed a Reader's Theater show of Anne Sexton's literature while in graduate school. Donovan has also directed two shows of Sexton's work since she's been at LBCC. She has a special interest in Anne Sexton, and is writing a dissertation on the poets' work to show the performance possibilities in poetry.

Before coming to LBCC she was a graduate student at the University of Illinois where she had a teaching

assistantship. She taught oral interpretation of literature, public speaking and was involved in a readers' theater program.

Donovan also taught a summer workshop in creative dramatics for children.

When she has spare time, she likes to read novels, plays, poetry, non-fiction and junk magazines.

She is also building an exercise program for herself. She participates in an aerobic dance class at noon. "I like to get out there, jiggling and kicking with all the students," she said.

Donovan enjoys spending time with her family. She has two kids in high school and two in college. Her son John has been in a couple of plays at Willamette University.

"My family is a big part of my life," she said.

Donovan has several goals she is working towards. "I would like to get all the chances I can to direct. There are lots of shows I haven't directed yet. I want as many chances as I can to expand my directing. I want to help build the theater at LBCC."

She said she would like to keep expanding the readers theatre program, which she has been doing since her arrival here. Donovan says people are showing more of an interest in readers theatre.

Donovan expects to finish her doctorate within the next year, which she says she's been struggling and poking along at.

But to Donovan, one of her most important goals is to get her kids through college.

