

THE COMMUTER

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200 pro-choice demonstrators march in Corvallis

Kopetski urges crowd to raise voices against laws restricting choice

By Jacque Johnson
Of The Commuter

Nearly 200 Pro-Choice supporters gathered Monday on the OSU campus to commemorate the 17th anniversary of the Roe vs Wade Supreme Court decision.

The marchers walked through campus in a quiet procession from the Campus Way entrance on 11th Street to the Memorial Union Lounge where pro-choice advocates Mike Kopetski and Clifford Trow addressed the crowd.

Kopetski, Democratic challenger for the 5th District Congressional seat, spoke of the recent Webster Decision which turned the question of abortion rights back to individual states.

He said this decision undermines a woman's right to choose a safe, legal abortion. He noted that if the Supreme Court consisted of eight women and one man there would be no need to be gathered today. Kopetski urged people to write letters and raise their voices to send a message to the government.



The Commuter/TIM VANSLYKE

Men, women and children march through the OSU campus in support of women retaining freedom of choice. The Monday event drew about 200 people and coincided with similar demonstrations held around the country commemorating the 20th anniversary of the Roe v. Wade decision.

State Senator Clifford Trow, Democrat-Corvallis, stressed the need to concentrate on improving the lives of the children we now have. He said money would be better spent on Head Start and school nutritional programs rather than fighting the abortion issue.

A new group, OSU Students for Choice, sponsored the event which coincided with events held across the nation. March organizer Linda Hahn, said the march showed "a broad based appeal for pro-choice issues."

OSU Students for Choice promote education on the two ballot measures concerning reproductive rights scheduled for Oregon's November 1990 ballot. The group meets at OSU every Tuesday at 7 p.m. in MU 106. All interested people are invited to attend.

New program brings students to LB from Central America

By Bevely Thomas
Of The Commuter

The LBCC Board of Education has unanimously approved an exchange program that will bring Central American students to LBCC next fall.

Coordinated by the Cooperative Association of States for Scholarships (CASS), the program provides full scholarships to students from various countries in Central America and islands in the Caribbean. It is contracted through Georgetown University to two-year colleges across the United States.

According to Mary Spilde, assistant to LBCC's president, before approving CASS the board expressed concerns about the cost to LBCC. Specifically mentioned was money budgeted for "Experience America," said Spilde.

In this portion of the program, the students are given an opportunity to see the country "Through the eyes of

an American," Spilde said. She explained the "Experience America" would cost much less than was originally estimated. Instead of a trip to Seattle or Disneyland, the students will visit the coast and Portland.

The budget has been adjusted and LBCC is ready to adopt the program. However, Spilde says that Georgetown University must formally approve LBCC's application to participate in CASS. "Shortly after Jan. 24, we will have approval," she said.

Although LBCC's 20 CASS students, scheduled to arrive late next summer, are from Central America and the Caribbean, more countries may be included in the program, Spilde explained.

Because of the situation in the Eastern Block countries "we may have the opportunity to bring Eastern European students to the United States," Spilde said.

China, Scandinavia topics of talks

A pair of noontime speakers will add an international flavor to the Linn-Benton lunch-hour in the next week, as two series of free lectures on international topics get underway.

Peng Yali, a student from Guighorn, China, who is studying adult education at Oregon State, will be the speaker at "International Insights" today at noon in the Willamette Room. Next Tuesday, Jan. 30, LBCC Physical Science Instructor Dave Perkins presents the first of five weekly lunchtime slide shows in his "Tuesday Traveler" series.

In today's "International Insights" program, Yali will discuss the current situation in China and his hopes for future U.S.—Sino relations, then answer questions.

The OSU student has worked as a farmer, a construction worker, and as an English teacher in his native China, where his wife and daughter still live.

"Scandinavian Highlights" will be the topic of Dr. Dave Perkins' first "Tuesday Traveler" slide show of the year. The hour-long talks will begin at noon in ST-119 and feature color slides as well as Perkins' reflections on his travels abroad.

Perkins, who has traveled extensively in Europe, will host a noontime installment of "Traveler" each Tuesday in February and cover Spain and Portugal, England, Europe and Egypt.

All staff, students and interested members of the community are invited to bring their lunch and attend the free lectures.

INSIDE

□ Columnist Dave Barry brings his off-beat brand of humor to the pages of The Commuter beginning today. See page 7.



STREET BEAT

Should recycling be mandatory by law?



Scott Eley
Criminal Justice

"I think the law would suck. You're trying to make people turn in recyclable products, that is kind of like making people buy a certain product. It turns into a hassle of who is going to accept what products. Safeway won't take what Albertson's sells, Albertson's won't take what Safeway sells. Russ's Day and Night won't take products from either one of the other stores. What are you supposed to do? You can't make people recycle their newspapers, what if they want to keep them? I mean mandatory recycling, what's the point? You can't make people recycle things if they don't want to. It's at the point now that if people want to recycle they do, and if they don't want to recycle they don't."



Mark Pearson
General Transfer

"I think recycling is a pretty good idea myself because any time the college reduces the waste that goes out of this place they are saving money. Even though they have to give the material special care to get it to the right place I think it's a good idea to recycle. I'm glad the school switched over to paper cups because the plastic ones weren't biodegradable, the old plastic cups were causing there to be more landfills made."



Karen Lucas
Child Development

"I think recycling is a good idea because it helps to save the environment. There are too many plastics, tins, styrofoams and other products that break down our environment and make the earth ugly. We need a recycling law to help keep our environment safe and clean."

Compiled by James O'Guinn

Loan recipients face new rules

By **Kathe Neilson**
Of The Commuter

Financial Aid forms are now available for the 1990-91 school year. There are no big scares out there right now, said Sally Wojahn, financial aid co-ordinator, "no rumors in the woodwork about drops in availability of student aid."

But by the end of this month, major changes in procedural requirements for financial aid will go into effect.

If you are a student who does not rely on Guaranteed Student Loans (GSL), now being called Stafford Loans, few changes are foreseen.

But if you are a student who relies on the Stafford Loan program, you will be in store for some definite changes.

The Federal Government has determined that because of the rising loan default rates countrywide, serious restrictions and new regulations will be enforced.

Beginning with current applications being filed now for 1990-91, the new federal program, Default Reduction Initiative Procedures (DRIP) will be in place.

The four step program will be most structured for the "new borrower." After completing the initial application form, first time financial aid applicants will be re-

quired to take a "new borrowers test." While loan information has been made available for years to the student, implementing the test according to Wojahn is the "government's way way of forcing you to read the agreements." It's an attempt, she said, to have "Students borrow from a position of awareness."

Reviewing of the test by financial aid advisors will be the second step.

After awarding financial aid but before signing off the Stafford Loan application, a "loan information session" will be scheduled. A budget worksheet to be filled out by the student is part of step three. A budgetary discussion will take place between the student and the advisor.

The advisor will review the budget sheet and counsel on financial planning. The purpose of the session, said Wojahn "is to help in wise budgeting, to discuss just how much indebtedness the student is willing to be responsible for."

During this meeting, information regarding earnings potential and job placement possibilities determined by area of study will be presented, looking toward repayment.

Even reapplying students need to fulfill the final step. All students applying for

Stafford Loans are required to view a 17 minute video covering government loans. Only after signing off that the student has seen the video, will the loan application be ready to take the the bank, copies of the video are expected to be in the library within the month.

Other than the new federal program, "There are no new changes, nothing tricky," said financial aid coordinator Wojahn, even though applications will be handled differently this year.

This filing period, with the help of a new computer, all applications will be individually awarded not held as a group. In the past, the first "arrival group" applications were pooled and evaluated together to determine total need. This group served as a sampling, was used to prioritize need versus supply and then were awarded.

"This is a new thing for us" said Wojahn. The advantage to this system, she said, is "people will know (about their awards) earlier."

While there are no set deadlines to turn in financial aid forms, Wojahn suggests filing for optimum awards by the first week in February. According to Wojahn, "the earlier the better." Funds are awarded as long as they last.

LB receives grant for homeless project; \$4,554 to help provide literacy training

By **Pamela Winslow**
Of The Commuter

LBCC has received a \$4,554 grant from the federal government to provide basic literacy to homeless adults in Linn and Benton counties.

The money will be spent on purchasing books and materials for the students and recruitment materials, such as fliers to get the attention of students and tutors.

"A church in Lebanon has a Soup Kitchen, so volunteers are hoping to get a program started there. Homeless people go to the Soup Kitchen for meals, so they would already be there for the class," said Nancy Kendall, Volunteer Literacy Program Coordinator.

"St. Mary's Church in Albany has a program already and volunteers are working on getting a program in Corvallis," Kendall said. "Programs were started in Lebanon and Corvallis once, but they didn't last."

Education majors meet

A special meeting for all Education students: elementary, secondary, special education, and early childhood will be held Thursday, Jan. 25, 3 to 4 p.m. in Forum 113. This meeting will also be repeated Friday, Jan. 26, noon to 1 p.m.

Information will cover recent changes in the Higher Education programs of Education, at WOSC, OSU and U of O. Eligibility requirements for the University Education programs and for Oregon certification will be outlined. Theory and Practicum II (Sophomore Block), Cooperative Education programs, and Recertification practicum will be discussed. Preparation for the CBEST and NET will be reviewed.

One of the problems, Kendall said, is that "homeless people are so mobile that it's difficult to keep them in a program."

"Tutors are getting together with students in a one-on-one situation until more programs get started," Kendall said.

The target population for the literacy program are people 16 years of age or older whose inability to speak, read, or write the English language constitutes a substantial impairment of their ability to get or retain employment commensurate with their real ability, which is designed to help eliminate such inability and raise the level of education of those individuals.

This will improve their ability to benefit from occupational training and otherwise increasing their opportunities for more productive and profitable employment which will enable them to meet their adult responsibilities.

A recent national survey entitled Measure of Adult Education Proficiency estimates that eight percent of Oregon adults, 20 and older, are illiterate.



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Action-packed 'Treasure Island' opens Friday

By Rhonda Gerig
Of The Commuter

Ahoy Matey!

"Treasure Island" by Robert Louis Stevenson sets sail Friday Jan. 26 at 7 p.m. in the Mainstage Theatre, Tadena Hall.

This classic tale follows the search for treasure on a tropical Skeleton Island, with pirates and swordplay.

David Apple, scenic designer and director, designed the set, which has backdrops, an inn, and a 36 ft. rotating ship.

John Bliss, assistant shop supervisor, who is also in the play explained that the ship will "spin around" giving views from inside and outside the ship.

Henry Berger, Brad Maxcy and Lynn Read, graphic students, helped design the lobby which has been painted in sailor motif.

Crew and cast have been putting in anywhere from 30-50 hours a week because the set is being constructed on site and the cast is honing their sword skills.

Kathel Kelton and Andrew Berdoin, professional fencers from U of O, have taught the cast fencing moves.

"They taught us the basics of swordplay and we took the moves and put them into combinations," said Bliss. He added that the cast will be using metal swords

made by the Metal and Fabrication shop.

The script was put together by Apple, who combined the play, movies and book. He even went as far as to print the script in old type face with skull bones on the cover to keep with the spirit of the play.

A parrot, named Scotty, will debut in the play as Captain Flint, Long John Silver's bird. Scotty is on loan from Claude Reed, owner of Rare Exotic Birds.

Cast and crew member Henry Berger said it's the "most spectacular show this theatre's ever seen," adding that it's "interesting and different."

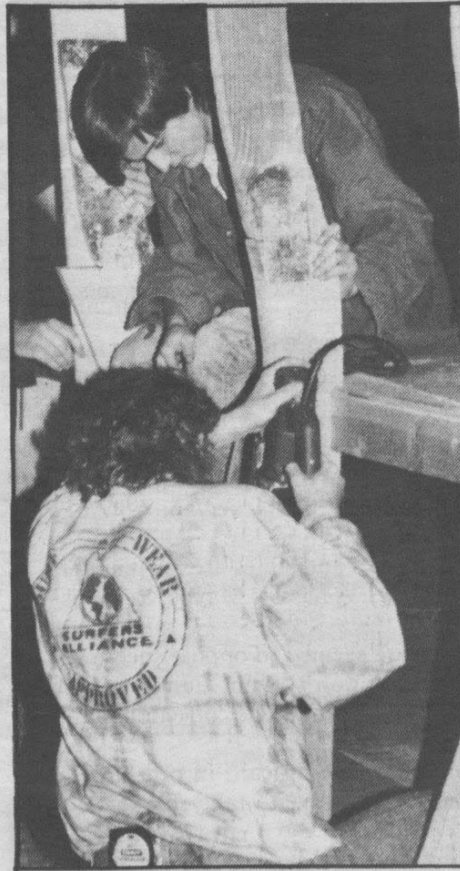
"I couldn't be happier. It's a great cast, they've put a lot of effort into this play," said Apple.

"Treasure Island" performances are Jan. 26-27 and Feb. 2-3 at 7 p.m. with matinees on Jan. 28 and Feb. 4 at 3 p.m.

Tuesday and Thursday mornings the play will be performed for grade school and junior high students.

Tickets are available at the Box Office, Tadena Hall and are \$2.50 for children, students and seniors and \$3.50 for general public.

"Ya best comes see the show if'n ya knows whats good for ya," said cast member Joseph Smith in his Long John Silver character.



Chris Widrig (top) helps Craig Slagowski trim parts of the ship which is the main feature in "Treasure Island."

New name sought by Women's Center

A \$50 gift certificate from the LBCC bookstore is being offered as the prize in a contest to name the LBCC Women's Center.

Entries should be submitted in writing to Room HO-201 by Feb. 2. Name and phone number should be included. The winner will be announced at the Women's Center open house Feb. 7.

"We decided that if we put a name to it, people would become more aware of the fact that we're here," Director Marian Roberts said.

The Center provides a variety of resources and refer all services for women and men alike.

Many resources offered to single mom's

By Erica Gutelius
Of The Commuter

The head of single-parent families often find that on top of everyday living expenses, going back to college for a better education is not an affordable option.

Returning to college can be a choice for single mothers, who make up approximately 97 percent of single households. Marian Roberts, director of the Women's Center at LBCC, says that the best place to start is at the financial aid office in Tadena Hall to fill out the proper forms for grants and loans.

Many different types of financial aid are available. The McCall Life Pattern Fund and Soroptimist Training Awards are for single women over 30 who have families dependent on them. Founders Fund Vocational Aid Loans are for women of all ages, and the Career Advancement Scholarship is for women who have 24 months left in completing a program of studies.

These are just a few of the types of aid available specifically targeting women. Most do not require a lot of qualifications to apply, but some have a set grade-point average needed to qualify.

The number of children and level of family income determines the amount of financial aid that person will receive. A single parent with two children can get approximately \$1,600 per term, says Julie Russle, coordinator of the Women's Center. If a woman is on public assistance she is advised to work closely with her caseworker, as financial aid can affect the amount of assistance received.

A child-care program is available on

campus to parents with children two and a half to five years of age. The cost is normally \$600 per term, but taking the class "Living and Learning with your Preschooler" cuts the cost down to \$300. The three-credit class includes a two-hour a week seminar class, and three hours a week lab, which is working in the day care lab. Preschool teachers and work study students are also in the center to help.

One single mother and student says the program "affords such peace of mind that I can devote time to my studies."


The Women's Center helps students adapt after they have enrolled at LB. It's services are free and not limited to women; men are also encouraged to use the programs offered.

Support groups are offered for parenting, going through divorce or managing finances. Information is also provided on housing, child care and food sources. The center is open for someone who just wants to talk.

Roberts started the center about six years ago, when a group of older women came to her and complained about the

lack of support for women on campus. They wanted peer support groups for students going through a divorce or widowhood. Roberts applied for a grant, which supported the center in its first year. The LBCC administration then deemed it important enough to pick up the tab after that. A grant from the Student Activities Program fund also provides much funding by "helping us get out and do things," says Roberts.

For more information call Roberts at the Women's Center, 928-2361 ext.377, 321; or Financial aid at 967-6104.



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POINT OF VIEW

COMMUTER EDITORIAL

Recycle: Go beyond small change

The time has come to take responsibility for our planet. If not, time will run out for us.

What can you do? More than you think. Take recycling for instance.

Did you know that you can recycle tin, glass, cardboard, motor oil, aluminum, newspaper and plastic milk jugs? News to you? You're not alone.

All it takes is an ability to organize, and the desire to take the time. In Corvallis, for example, customers of Corvallis Disposal have their recycleables picked up for free, provided they're left out separate from the garbage. That's the key. Not many people want to take the time.

To be fair, it does take time. Time that no one has anymore. Glass needs to be separated into green, clear and brown; newspaper must be stacked and bound or otherwise organized. It takes some effort. But it's worth it.

At least more people seem to think so. More cities and states are beginning to consider and actually pass mandatory recycling laws. A hassle? Maybe. Responsible, definitely.

Responses to the question in our Street Beat poll seemed to oppose such a law in Oregon. One complaint is that area supermarkets don't accept aluminum cans of drinks they don't sell. The question is, why are supermarkets collection points to begin with?

If the state passes laws that place the five-cent value on cans in order to encourage recycling, why doesn't the state take the initiative to take charge of all recycling activities? It seems logical.

The time has come to go beyond collecting cans and bottles to help fill our pockets with small change. Mandatory recycling is on the horizon this decade. Why not just get a jump on it?

A suggestion to the campus administration: why not some newspaper and cardboard collection bins placed somewhere on campus as a start?

Decaburgers make a good move

Kudos to the DECA club for moving their smoke-spewing hamburger grills out of the Forum patio area, downstairs to a spot with adequate ventilation.

Although the smell of the Decaburgers is tantalizing enough, the resulting smoke was the cause of more than one complaint of irritated eyes, nose and throat. Nor does it belong circulating inside the College Center.

Perhaps it was a simple lesson in marketing techniques. The smoke left behind by last term's burger sale lingered on for several days. Hopefully the decision to move the sale will help to solve the problem, while not interfering with DECA's sales.

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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, columns and letters reflect the opinions of those who sign them.

Readers are encouraged to use the Point of View page to express their opinions on campus, community, regional and national issues. Letters to the editor should be signed, with a phone number and address, and limited to 250 words in length. Guest columns may be longer, but should be discussed with the editor in advance.

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COMMENTARY

New film changes old misconceptions

By RICHARD PRINCE

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The newspapers described Shields Green "as about 30, impudent, a man of boldly careless bearing who would hold a gun to a captive's head and gruffly order, 'Shut up!'"

An escaped slave from Charleston, S.C., Green made his way to Rochester, N.Y., just before the Civil War.

"The Emperor," as he was known, was one of a handful of black Americans to join abolitionist John Brown in 1859 during Brown's dramatic but unsuccessful raid on the federal arsenal at Harper's Ferry, Va.

Green risked capture and a return to slavery to help free more than 100 slaves on nearby plantations.

For their roles, Brown and Green were hanged. Their raid helped spark the Civil War.

A local historian calls Green my town's "first black martyr." I had never heard of him.

That's not surprising. Neither have most people heard of the accomplishments portrayed in the new movie "Glory," the story of a valiant black Civil War regiment from Massachusetts. Now's our chance to catch up.

At last a Hollywood film recognizes that blacks of the period were far from the passive onlookers of "Gone With The Wind" who, like Butterfly McQueen's Prissy, knew "nothin' 'bout birthin' no babies."

About 186,107 African Americans fought in the Civil War, and 37,300 of them died fighting for the Union.

They demonstrated to Civil War America that people of African descent could match anyone in valor — even under oppressive handicaps.

That shouldn't be news. But it is.

Said director Edward Zwick, a creator of television's "thirtysomething:" "'Glory,' (set in 1863) is a remarkable story that redresses a number of cultural and historical misconceptions.

"I did not know, for example, that black men fought for their own freedom. I, like everyone else, presumed it to be, in some paternalistic way, given to them."

What an indictment of the schools Zwick, and millions of other Americans, attended — and still attend.

But how understandable, when so many see

African Americans as takers, not givers; know more about Butterfly McQueen than Shields Green.

Rare is the monument, the school or the public display dedicated to the African American soldier. Yet many of them from your own area served valiantly.

Some of them might have been part of the Massachusetts' 54th Regiment. Its members came from North and South.

The great abolitionist Frederick Douglass recruited tirelessly for the regiment, believing that blacks could use the war to prove they deserved full citizenship. In 1863, when Douglass was a vigorous 45 (not 70, as he's portrayed in the movie), only Massachusetts had formed a black regiment primarily of free men.

Among the first to sign up were Douglass' two sons, Lewis and Charles, both printers who helped publish Douglass' newspapers in Rochester.

Lewis, the 54th's original sergeant major, was among those whose bravery distinguished the climactic July 18, 1863, attack on Fort Wagner, S.C., depicted in the film.

There were other heroes, and their absence from the film is its major shortcoming:

Sgt. William H. Carney of New Bedford, Mass., was awarded the Medal of Honor, the nation's highest military award. Under fierce fire at Fort Wagner, he suffered "two grievous wounds" as he struggled to bring back the regimental flag.

Sgt. Robert J. Simmons, 26, of Bermuda, was wounded and captured at Fort Wagner. He died a prisoner. "His bearing impressed even his captors," wrote his colleague, Capt. Luis F. Emilio, in his 1894 history of the regiment.

Pvt. George Wilson, 32, of Hudson, N.Y., was also wounded. Shot through both shoulders, he refused to turn back until he had his captain's permission.

These three and Cpl. Henry F. Peal, 25, a shoemaker from Oberlin, Ohio, were cited on the spot for bravery. Peal was fatally wounded while carrying the colors during the regiment's other key battle Feb. 20, 1864, at Olustee, Fla.

Subsequent generations have done precious little to pass the word about what these men did and why.

We have a new chance. Glory be.

NATIONAL COLLEGE NEWS

Student support for abortion increases

By MICHELLE HEALY

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College freshmen's support for legal abortions increased sharply from 1988 to 1989 — from 57 percent to 64.7 percent — says a survey released Monday.

The change is notable because since 1977 student support for abortion rights had held fairly stable at 53 to 59 percent, says UCLA's Alexander W. Astin, survey director.

The 24th annual survey of college freshmen, conducted by UCLA and the American Council on Education, drew 216,362 responses from 403 two- and four-year colleges and universities. The results are statistically adjusted to represent the nation's 1.6 million first-time, full-time college students.

The survey showed that students are very interested in environmental issues, more likely to protest and increasingly opposed to drug use and concerned about crime.

Environmental issues were the top concern for freshmen, with 86.3 percent (up from 83.9 percent last year) agreeing that the federal government isn't doing enough to control pollution. One in four say involvement in environmental clean-up efforts is a "very important" life goal. Survey results indicate a growing tendency toward activism. A record 36.7 percent say they participated in

organized protests during the year before entering college; 6.3 percent say there's a "very good chance" they'll participate in protests in college, up from 5.4 percent in 1988 and 4.7 percent in 1987.

"The right issue might galvanize some of this energy," says Astin. While students' attitudes are liberal in some areas, "when it comes to matters of crime and drugs, they're more conservative than they've ever been," he says.

The share of students favoring legalization of marijuana (16.7 percent) and abolishing the death penalty (21.3 percent) both continue to decline and the percentage favoring employers' right to require employee drug-testing grows (77.8 percent).

Other survey findings:

— Interest in business careers declined for the second year in a row, to 21.8, from a high of 24.6 percent in 1987.

— A record 59.6 percent say they aspire to advanced degrees; 51.5 percent say preparing for graduate or professional school is a major reason for attending college.

— A record 26.5 percent say they will need remedial work in math.

— Only 10.1 percent (vs. 15.6 in 1970) say they did extra reading or work for a class in the past year; only 54.9 percent (vs. 71.4 percent in 1967) say they visited an art gallery or museum in the past year, both record lows.

Desk organization improves efficiency

By JEANNE BLUMBERG

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It's one thing when you can't lay your hands on last month's utility bill. But when you can't find your desk calendar, you know you're in trouble.

Whether you run a business from your home office, or just handle all the myriad details of running a home, it helps to have an efficiently organized place to do it.

You do have a home office, even though you may not call it that by name.

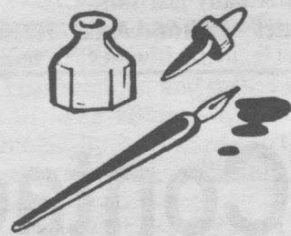
"Everybody has a home office," says Paulette Ensign, president of Organizing Solutions in Bedford Hills, "whether it's a desk, the kitchen table or the bed where you sit to pay bills."

There are dozens of products and accessories that will help you keep your papers organized, but putting your stuff in order is the first step.

"Clean off your desk and get organized before you rush out and spend a fortune at the stationery store," is the advice of Stephanie Schur. Her White Plains, N.Y., company, Spaceorganizers, specializes in making order out of chaos.

January is a splendid time to unclutter personal files, since you can throw all of last

year's statements, canceled checks, bills and receipts in a box until it's time for you — or



your accountant — to do the taxes.

What's left is what you have to organize. It's encouraging to remember that an orderly desk reduces fatigue, lets you get more work done and makes it easier to find things.

Here are some suggestions from the experts:

— Keep nothing on top of your desk except things you use every day. That might include pens and pencils, stapler, paper clips and Post-It notes, a rack to hold "hot" hanging files upright, and a phone list finder (rotary file or address book). Include a calculator only if you use it all the time. Paper and envelopes should be in a drawer and backup supplies should be somewhere else.

Even the phone should be on the wall, so you can move around while talking.

— Never use in-out baskets unless you have a secretary. Things tend to pile up.

— Break down piles of mail into manageable sections by sorting it into folders that stay on top of the desk. Work out your own "Hot File" system — "Action," "Bills" and "Pending"; or "To Do," "To File" and "Hold."

— A clock is a necessity, so you don't have to keep looking at your watch.

But put it on the wall or a shelf, rather than on the desk where it takes up needed space.

— Ditto for calendars: the page-a-day kind just takes up space, says Stephanie Schur of Spaceorganizers. You need two calendars — one hanging on the wall or on a bulletin board and one that you write appointments in and carry with you. Incidentally, when you write in an appointment, always include the phone number. Saves looking it up later.

— If you're lucky enough to have a desk with two file drawers, separate your active and inactive files. Otherwise, file current projects together in front. Inexpensive cardboard file boxes can serve the same purpose.

— Keep a spiral notebook on the desk in which you jot down notes of each phone call and a daily or weekly "To Do" list. Schur says she keeps her notebooks for about six months.

New study questions value of oat bran

By NANJI HELLMICH

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Oat bran — the hottest health food of the '80s — may not be a magic cure for high cholesterol, says a new study.

The study, in Monday's "New England Journal of Medicine," shows oat bran has no special cholesterol-lowering abilities. But people who fill up on it probably eat fewer fatty foods, thus lowering their cholesterol.

Critics, however, say not to throw out your oatmeal.

Researchers at Boston's Brigham and Women's Hospital had 20 healthy people eat 86 grams of oat bran — about one cup — daily for six weeks.

Then, for six weeks, they ate similar amounts of white flour or Cream of Wheat. They could eat whatever else they wanted.

Both oat bran and refined wheat cut total cholesterol about seven

percent.

"There is nothing the matter with oat bran or oatmeal," says Dr. Frank M. Sacks, a co-author of the study. "It's a fine food, but it's been overhyped."

Other studies have suggested that oat bran, rich in soluble fiber, lowers cholesterol.

Linda Van Horn of Northwestern University has studied several hundred people and controlled their fat intake. She found oat bran lowered cholesterol by three percent.

She argues that this new study was a small sample and volunteers' average cholesterol was low — about 186 vs. a USA average of 210. Benefits of oat bran are greater when cholesterol is higher, she says. Cholesterol expert Ron Goor says people have focused on oat bran like "it's a magic bullet, rather than attack the root of the problem. You have to lower your saturated fat."

Retail sales for cereals containing oat bran are estimated at up to \$550 million a year.

HealthWorks
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Oat bran claims stir controversy

By Bevely Thomas
Of The Commuter

Oat bran lowers cholesterol. At least that's what I learned from my nutrition teachers, numerous articles, and Wilford Brimley.

Of the various information sources, Wilford was the most influential. Every time the television was on—morning, noon and night—whether I wanted to see him or not there he was, saying "Quaker Oats, it's the right thing to do."

Recently however, the New England Journal of Medicine took the 'magic' out of oat bran. Now they're saying that oat bran does not lower cholesterol levels.

In light of this sudden change, the media no longer have the virtues of oat bran to hype. Yet advertisers still know how to push consumers' cholesterol buttons.

How many advertisements for vegetable oils, margarine and peanut butter boast "cholesterol-free"? As if the products were made specially without cholesterol, when actually no vegetable product ever naturally contains cholesterol. It is an animal fat, never to be found in vegetables or grains!

A product may be cholesterol-free, yet still high in fat like peanut butter, or all fat like margarine. In general, consumers should be aware of all fats, including cholesterol, when making food choices.

Although it has lost its status as a miracle food, oatmeal is still a good food choice, low in fat, and obviously cholesterol-free. Take a look at the nutritional label.

According to Quaker Oats box, one serving of oatmeal contains 100 calories and 2 grams of fat. Compare it to two slices of bacon, which contains about 90 calories and 8 grams of fat.

The bacon contains cholesterol and a higher percentage of fat than the oatmeal. Even if oatmeal won't lower your cholesterol, it certainly won't raise it!

Advertisers will continue to reach viewers and readers via health concerns based upon the 'latest' research. More celebrity spokesmen will tell us the right thing to do and how to do it. The only way we, as consumers, can learn to make educated choices is by reading product packages before we buy them.

Linn-Benton offers students European travel opportunities

By Tim VanSlyke
Of The Commuter

LBCC students will have the opportunity to travel to London, England spring term, attend the University of London and receive LBCC transfer credits while there.

The program, sponsored by the Oregon Community College Foreign Study Consortium, costs \$3,580 and includes round trip air fare, apartment and utilities, bus and subway pass for central London, medical and trip insurance, mail and banking services, membership in the University of London Union and library, and tuition for the British Life and Culture class to be taught by

members of Parliament, actors, directors, educators and registered tour guides.

Many sight seeing opportunities at reduced rates will also be offered including trips to Stonehenge, Windsor Castle, Oxford and Cambridge. An optional European tour is available for an additional \$550.

The classes offered for LBCC credit are EN 105 Intro to Literature (drama); EN 203 Shakespeare; TA 111 Intro to Theatre; PHO 261 Intro to Photography; HUM 106 British Life and Culture; EC 203 Principles of Economics III; and BA 101 Intro to Business.

This is the first year LBCC has participated in this program, after being invited to join the Oregon Community College Foreign Study Consortium this last summer. The Consortium consists of nine Oregon community colleges and is associated with the American Institute for Foreign Study.

The deadline for applying is Feb. 15.

For further information and applications contact Charlene Fella, coordinator of international and intercultural services. Fella's office is in the Admissions Center, ext. 105.



The Commuter/JESS REED

Terry Ross, who works for West State Flagging & Escort cautions traffic as the U.S. West Telephone Company lays cable for lines along Loony Lane outside the LB parking lot. Construction started last Wednesday and continued till yesterday.

News editor captures photo award; PCC's Bridge named best in state

Commuter News Editor Tim Vanslyke was awarded first place in news photography Saturday at a publications workshop sponsored by the Community College Organization of Student Associations (CCOSAC) in Gresham.

Vanslyke, an Albany resident and journalism major, won the award for one of his photographs of the spectacular fire that destroyed St. Mary's Catholic Church in Albany last fall.

Commuter Editor Arik Hesseldahl

received an award of merit in sports writing for a November article on the surprise announcement that former LBCC decathlete Dave Johnson was credited with the modern decathlon record.

In the general excellence category, The Bridge of Portland Community College was rated the best in the state. Receiving merit were The Torch of Lane Community College in Eugene and The Advocate of Mt. Hood Community College in Gresham.

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CLASSIFIEDS**NEWS ANNOUNCEMENTS**

SPANISH TABLE: Join us in the cafeteria to chat in Spanish. Look for the table with a flower—Every Wednesday at 12:00.

SUPPORT FOR EX-SMOKERS

The LBCC Women's Center is hosting a Smoker's Anonymous Group. The open discussion meetings are being held on Fridays at 12:00 noon for ex-smokers and those with a desire to stop smoking. Both men and women are invited to join us. Room HO 201A.

Diets Control your life?

Overeating compulsively? OA is for you — Meets every Wednesday on the main campus from 12-1 in B 101. For information call x 327.

Come and join us every Friday at noon in the cafeteria and get together with the International round table. You will have a chance to ask questions and share international experiences and culture with students from different countries. If you have any questions about this. Please contact Dania Samudio Ext. 150 or Charlene Fella Ext. 238

Want to learn more about another culture? Want to share your culture with others? We are looking for LBCC students to serve as "peer mentors" for International students. Interested? Contact Dania Samudio at Ext. 150 or Charlene Fella Ext. 238.

BOWLING CLUB! If you are interested in bowling and having fun, then help create a bowling club at LBCC. All skill levels are welcome. There will be two tournaments this school year. One is worth scholarships to bowlers. If you have questions or are interested in joining, please call Melanie at 929-5900

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DAVE BARRY**Consumer tips: From here to Infiniti**

TODAY'S CONSUMER TOPIC IS:
How to buy a Car.

The First Rule of Car-buying is one that I learned long ago from my father, namely: Never buy a car that my father would buy. He had an unerring instinct for picking out absurd cars, cars that were clearly intended as industrial pranks, cars built by workers who had to be blindfolded to prevent them from laughing so hard at the product that they accidentally shot rivets into each other.

For example my father was one of the very few Americans who bought the Hillman Minx, a wart-shaped British car with the same rakish, sporty appeal as a municipal parking garage but not as much pickup. Our Minx also had a Surprise Option Feature where by the steering mechanism would disconnect itself at random moments, so you'd suddenly discover that you could spin the wheel all the way around in a playful circle without having any effect whatsoever on the front wheels. Ha Ha! You can imagine how I felt, as an insecure 16-year-old with skin capable of going from All Clear Status to Fully Mature Zit in seconds, arriving at the big high school pep rally dance, where all the cool guys had their Thunderbirds and their GTOs with their giant engines and 23 carburetors, and there I was, at the wheel of: The Hillman Minx. A car so technologically backward that the radio was still receiving Winston Churchill speeches.

You don't see many Minxes around anymore, probably because the factory was bombed by the Consumer Product Safety Commission. You also don't see many Nash Metropolitans, another car my father bought. The Metropolitan was designed by professional cartoonists to look like the main character in a children's book with a name like "Buster the Car Goes to Town." It was so small that it was routinely stolen by squirrels. It was not the ideal car for dating, because

there was room for only one person, so the other one had to sprint along the side of the highway, trying to make casual conversation and sometimes dropping from exhaustion. Being a gentleman, I always made sure my dates carried flares so I could go back and locate them.

Of course, today's cars are much more sophisticated, by which I mean "expensive." This is because modern cars employ all kinds of technologically advanced concepts such as measuring the engine in "liters." Let's say you buy a car with a "5.7 liter engine": This means that when it breaks, you should not ask your mechanic how much it's going to cost until you've consumed 5.7 liters of a manufacturer-approved wine.

Of course, the most important consideration in buying a new car is the rebate. This is one area of automotive technology where America still reigns supreme. A lot of Japanese cars don't even have rebates, whereas some American car dealerships have become so sophisticated that *they no longer even sell*



cars. You just go in there and sign legal papers for a couple of hours and get your rebate and your zero-percent financing with no payments due until next Halloween, and you drive home in your same old car. Ask your automotive sales professional for details. He's clinging to your leg right now.

NO! JUST KIDDING! The last time I jokingly suggested that there was anything even slightly unpleasant about buying a car, several million automotive sales professionals wrote me letters threatening to take all their advertising out of the newspaper and jam it up my nasal passages. So let me state in all sincerity that as far as I am concerned these people are gods, and car-buying is the most legal fun that a person can have while still wearing underwear.


But it can also be confusing. There are so many brands of cars today, with new ones constantly being introduced, not only from domestic manufacturers but also from foreign countries such as Mars. I

refer here to the "Infiniti," a car that was introduced by a bizarre advertising campaign in which — perhaps you noticed this — *you never actually saw the car.* Really. all you saw in the magazine ads was ocean waves leading you to wonder: Is this a submersible car? Or was there some kind of accident during the photo session? ("Dammit, Bruce, I TOLD you the tide was coming in!")

But no, the Infiniti ads were done that way on purpose. They wanted you to spend \$40,000 on this car, plus whatever it costs to get the barnacles off it, but they *refused to show it to you.* Why? Because the Infiniti is actually: *The Hillman Minx.*

No, just kidding again. The truth is that the Infiniti ads are part of an exciting new trend called "Advertising Whose Sole Purpose Is To Irritate You." The ultimate example of this is the magazine ads for Denaka vodka, where a haughtily beautiful woman is staring at you as though you're the world's largest ball of underarm hair, and she's saying, "When I said vodka, I meant Denaka." What a fun gal! I bet she's a big hit at parties. ("Pssst! Come into the kitchen! We're all gonna spit in the Denaka woman's drink!")

My point is that there's more to buying a car than just kicking the tires. You have to really know what you're doing, which is why, all kidding aside, I recommend that you carefully analyze your automotive needs, study the market thoroughly and then purchase the car that you truly feel, in all objectivity, has the most expensive advertisement in the newspaper. Don't thank me: I'm just keeping my job.
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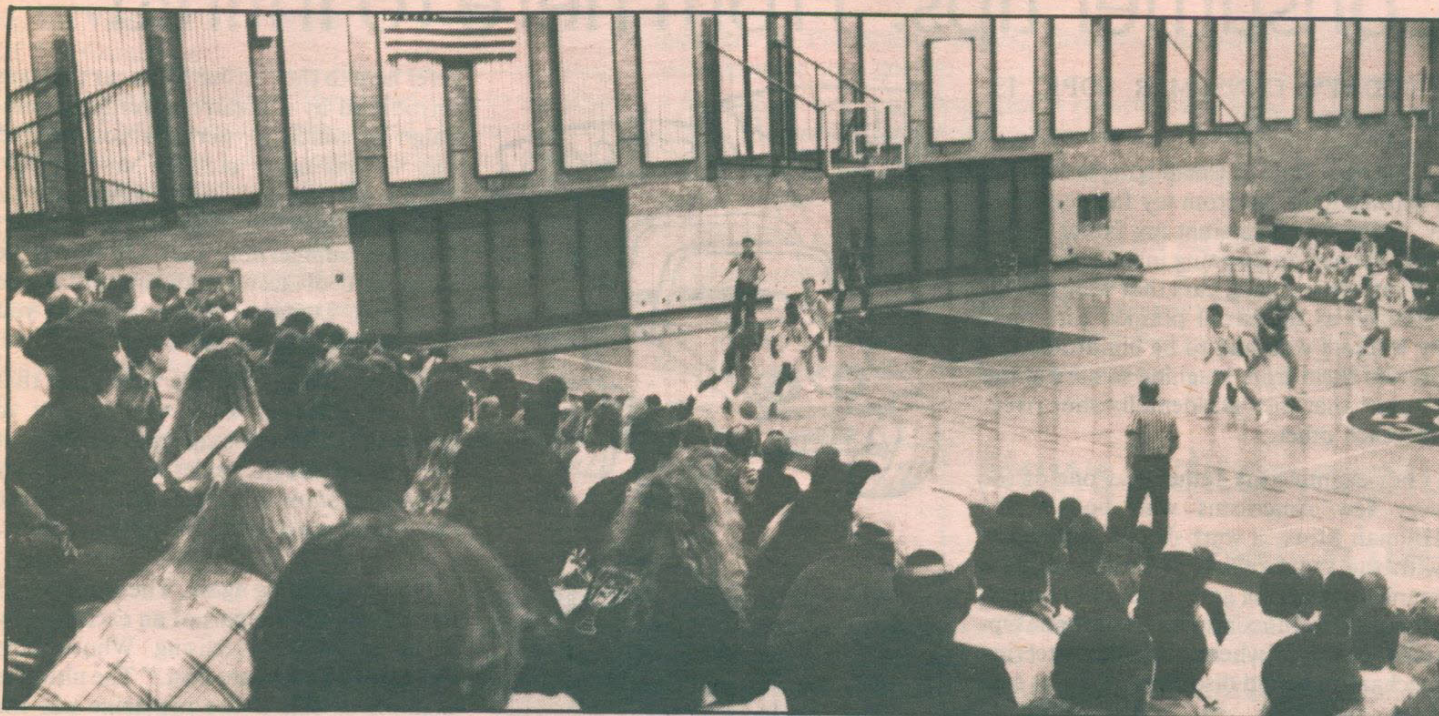
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SPORTS PAGE



The Commuter/JESS REED

Rooting for the Home Team

The biggest crowd in three years attended both the men's and women's games against Chemeketa last Saturday. The huge turnout was aided by a competition sponsored by ASLBCC in which the club with the most spectators was offered \$100. DECA, a student business club, showed with the most and left with the money.

Roadrunners up league record to 4-2

By Kofi McPherson
Of The Commuter

Michelle Derry and Monica Straws led the Lady Roadrunners to a pair of important conference victories last week, raising their record to 4-2 in the Southern Region and 10-7 overall.

LBCC defeated Mt. Hood in an away game Wednesday and then returned home on Saturday to beat Chemeketa in front of the largest crowd of the year in the Activities Center.

Wednesday night at Mt. Hood the Roadrunners barely escaped Gresham with a 69-67 victory.

LBCC came out flat and wasn't as aggressive as normal but managed to lead 30-28 at the half. In the second half the Roadrunners fell behind by 11 until they went on a six-minute spurt that put them ahead by three at the four-minute mark, due to good outside shooting.

"We shot well from the outside and Jennifer DeJong had some key offensive rebounds that really kept us in the game," said LBCC coach Debbie Prince.

Four players scored in double figures for LBCC, with Straws leading the way with 25 points, and Derry scoring 13.

Patricia Torrez enjoyed her best game of the season, hitting six of seven shots, including two from 3-point land.

On Saturday LBCC played host to the Chemeketa Chiefs in front of the largest crowd the Activities Center has had in the past three years. Derry led all scorers with 37 points and 12 rebounds. Straws and DeJong added 17 points each as the Roadrunners held off the Chiefs and won big, 81-59.

The Roadrunners played good pressure defense and again shot well, leading 38-31 at the half. The closest LBCC allowed the Chiefs to get in the second half was four points with 11 minutes to go in the game. Then they stretched the lead to seven points before the Chief's coach was called for a technical foul, which ended up putting them out of the game for good. Derry made both free throws, and on the next in-bounds play she scored again to make the score 63-52.

"Michelle and Jennifer pulled us along in the second half," said Prince. "Michelle had some key baskets and Jennifer had some key offensive rebounds for easy second shots."

Derry shot 13 out of 17 from the field and 11-15 from the charity stripe. DeJong shot 7-10 from the field and 3-5 from the line.

Men fall short against Chiefs as Hall scores 34

By Kevin Porter
Of The Commuter

Mike Hall scored a game high 34 points in a losing effort for LBCC men's basketball team, as they fell to Chemeketa CC 101-83.

Linn-Benton used a movement oriented offense to hit Hall cutting through the key time after time for easy baskets.

"Mike dominated the game for both teams," said Tom Ketelsen, LBCC assistant coach.

With just over 15 minutes left in the first half Chemeketa's Louis Dunbar made a steal and a break-away dunk, forcing LB Coach Steve Siedler to use his first time-out with the 14-6 score favoring Chemeketa.

The Roadrunners played tough defense but it did not hinder the Chiefs' continual inside pounding of three-foot jumpers.

With 6:35 left in the half Chemeketa started man-to-man full court pressure, but LB hung tough.

Hall kept the Roadrunners close in the first half, scoring almost every time LB needed a bucket, but later admitted, "I need to work on my defense."

Along with Hall's scoring was the inside play of Todd Karo and Chris Whiting, grabbing the offensive and defensive ends of the floor.

"Karo played a great defensive game for us," Ketelsen said.

With 3:05 left in the half Whiting picked up his third personal foul and shortly after Hall was whistled for his third.

LB ended the half with a technical foul charged to Jayson Allen, who was hampered on a lay-in but didn't get the call.

The last shot of the half was a three-point goal by Syrus Yarbrough to give the Chiefs a 50-39 lead.

LB utilized a new defense to get the ball and score early in the second half and stayed within 11 points with 16 minutes to play.

At the 13:18 mark Hall picked up his fourth personal foul and was forced to "ride the pine" for a few minutes.

That's when Chemeketa made its move, hitting a couple inside shots and converting on Roadrunner turnovers to up their lead to 18 with 11:10 left in the game.

With 5:44 left in the game LB went to full court pressure and put a dent in the margin, but it was too little too late.

"Everybody played very well, but they (Chemeketa) just had more athletic ability than we did," Ketelsen said.

Chemeketa coach Rob Chavez said, "It was a very big win for us because it was our third game in a row on the road."

With the loss Linn-Benton drops to 2-4 in league and 8-11 overall, as they lost last Wednesday to Mt. Hood, 70-64.

The Roadrunners' next action is on the road against Lane Community College tonight in Eugene.



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