

# LB food service taking precautions under state hepatitis alert

By Allie Harper  
Staff Writer

Due to a statewide epidemic of hepatitis A, LBCC food service personnel are being advised to take precautions against the potential spread of the disease.

"I called the health department Monday afternoon (Jan. 13)," said Food Service manager Gene Neville, "and they recommended that all food service handlers be made aware of proper hygiene."

According to Linn and Benton County health officials, hepatitis A is a viral disease that is spread through unsanitary practices in food handling, bathroom use and sexual activity.

Hepatitis A causes inflammation of the liver. Some symptoms of the disease are yellowing of the skin and eyes, dark urine, the desire to sleep a lot, pain in the rib area, stomach aches, and nausea.

"In fact," said a Linn County Health Department official, "Most people (with hepatitis A) think they have the flu."

Individuals who think they may have been exposed to hepatitis A should check with the health department or their personal physicians to see about getting an immune globulin shot.

People who have received the immune globulin are protected against the disease and usually against contracting it in the future. But it is important to get the shot within two weeks of the date of exposure, because after two weeks the immune

globulin will not be effective.

Shots are available at physician's offices or at Linn and Benton County Health Departments for \$5. Benton County Health Department has given 10-15 shots since the beginning of this month.

The public first became aware of the hepatitis problem when five employees of Rose's Restaurant and Lounge on S.W. Beaverton-Hillsdale Highway were confirmed to have hepatitis A. Health officials advised anyone who had eaten at the restaurant between Dec. 31 and Jan. 8 to get an immune globulin shot.

There has been one confirmed case of hepatitis A in Linn County and one confirmed case in Benton County, but neither were associated with Rose's.

# THE COMMUTER A Student Publication

Linn-Benton Community College, Albany, Oregon

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## Daylight thieves hit parking lot

By Todd Powell  
Staff Writer

Faculty and students should be on the lookout for suspicious people in the parking lot, they could be up to no good.

On Jan. 9 two LBCC faculty members were victims of car break-ins. Both of the instructors said they were astonished when they saw their cars had been broken into. Both instructors lost a radio.

One of the victims, Ann Marie Etheridge, a counselor at LB said, "I was shocked. It was such a hasty job, they had to have used a crowbar." Etheridge explained that when she walked through the parking lot on her way towards Takena Hall, she heard what she thought was a jammed horn. She didn't connect the screaming horn, which later proved to be a burglar alarm, with any sort of trouble until she returned to her own car hours later.

"I knew then why that little blue Fiat's horn was sounding so loudly," said Etheridge.

Although the thief or thieves attempted to burglarize the Fiat and failed, they later returned to the scene to successfully break into not one, but two cars.

There was no damage to the blue Fiat because of the burglar alarm. The other two cars weren't as lucky.

"I can't believe someone wasn't just a little bit suspicious," Etheridge said. She said that she was angered by the loss of her top-of-the-line Sony radio, which she estimated cost between \$400-\$500 and hopes that security will tighten their belt.

"I would hope that maybe this would draw some attention to the fact that maybe we (campus) do need a stronger security on campus," she said.

Earl Liverman, LBCC's coordinator of Public Safety and Services said, "We have a lot of parking lots and we can't be everywhere at once." He said that he's very shocked about the thefts, "but I find it very difficult to believe that someone walking by wouldn't be curious why someone was breaking into a vehicle and taking a radio out." He advised that if people see something suspicious or out of the ordinary to call Security immediately at ext. 322.

"I feel we (security) do the best we can within our resources," Liverman said. He said that security is not going to change their program as a result of the parking lot break-ins.

He also talked about his four work-study students. "Although sometimes we'll have no one in the parking lot, people aren't aware of the times that we (work-study guards) have prevented something from happening."

He described a recent incident where one of his security guards found the hood of a car up and the battery cables were cut.

"We scared them away before the act could be committed. Sometimes just wearing the blue jacket that says 'SECURITY' on the back is enough to do the job," he said.

The second victim who lost his radio is John Kraft, a chemistry instructor. Kraft agreed with Etheridge and said, "I would like to see more people-power in security. For example, someone just standing in the parking lot in uniform."

Liverman said that with the limited finances and personnel that he has to work with, "It's just not possible."

He did list a few simple precautions that could be taken to insure against the theft of personal property. He said students should avoid leaving their backpacks in the Fireside room. They should keep their books and valuable with them at all times.

He also gave some precautions for teachers to take. "Teachers should do simple things like checking to make sure that their doors are locked before leaving their rooms. Make sure everything is safe and sound."

Liverman strongly urged that if someone sees something funny going on, they should call campus security. He said that if everyone works together maybe this sort of thing could be prevented.

"Be aware that this type of thing happens, regrettably, in our college, so be on the lookout," he said.

Liverman commented on the hopes of apprehending the criminals. "If they do, (strike again) which I've got no way of telling, we hope to catch them."

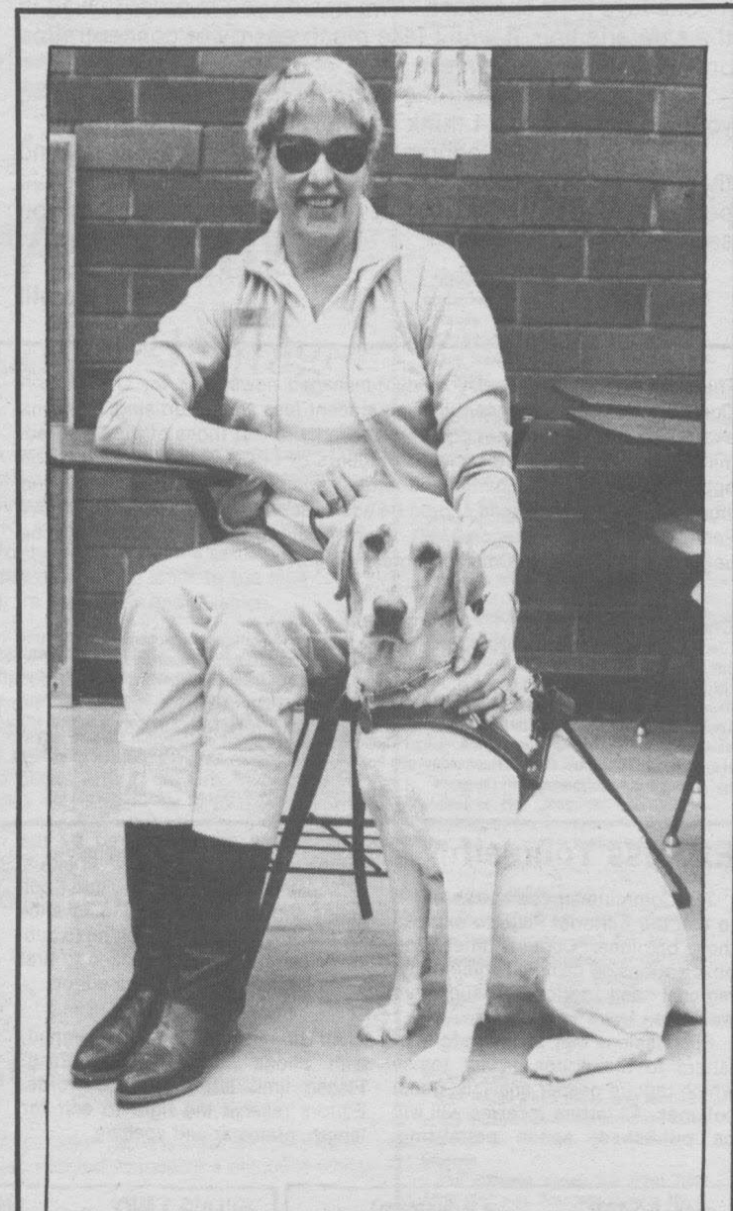


Photo by Linda Canoy

### Barbie Bored by Math

Rhoda Madison, an LBCC transfer student from Albany, sits in an algebra class with her seeing-eye dog, Barbie. The two-year-old Golden Retriever usually sleeps through class, although Madison manages to stay awake.

## Inside

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# Editorial

## Parking lot break-ins prompt call for campus crime watch

I'm disturbed by the number of thefts occurring on campus. Hasn't ANYONE seen ANYBODY acting suspiciously?

Let's say for instance that you are walking through the parking lot and you see a person crouched beside a car with an unusually shaped coat hanger in their hand.

What's your first reaction? After you have ascertained that he didn't suffer a stomach ache while hanging his clothes out to dry, you might ask him if he needs assistance. This in itself might be enough to discourage him.

If, however, he decides to accept your assistance, and you unwittingly aid him in a crime, at least you will have a good description of the criminal which is more than we have now.

All kidding aside though, we as a campus community can do something about this problem.

If each of us would take it upon ourselves to be individually responsible for our neighbor's property we could form a campus watchdog network.

If you see someone loitering about the parking lot or acting suspiciously at least report it immediately to the security office CC109 or call ext. 322.

Try to be more aware of what is going on around you. If someone lays their backpack down beside you in order to wait in the cafeteria line, it won't take much energy or concentration on your part to keep an eye on it.

If someone other than the owner comes to retrieve the bag you might say, "Gee, I think you have the wrong bag there."

I'm not advocating courageous behavior above and beyond the call of duty. If you don't want to approach a possible perpetrator that's okay, but at least tell someone what you saw.

Diane Morelli

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

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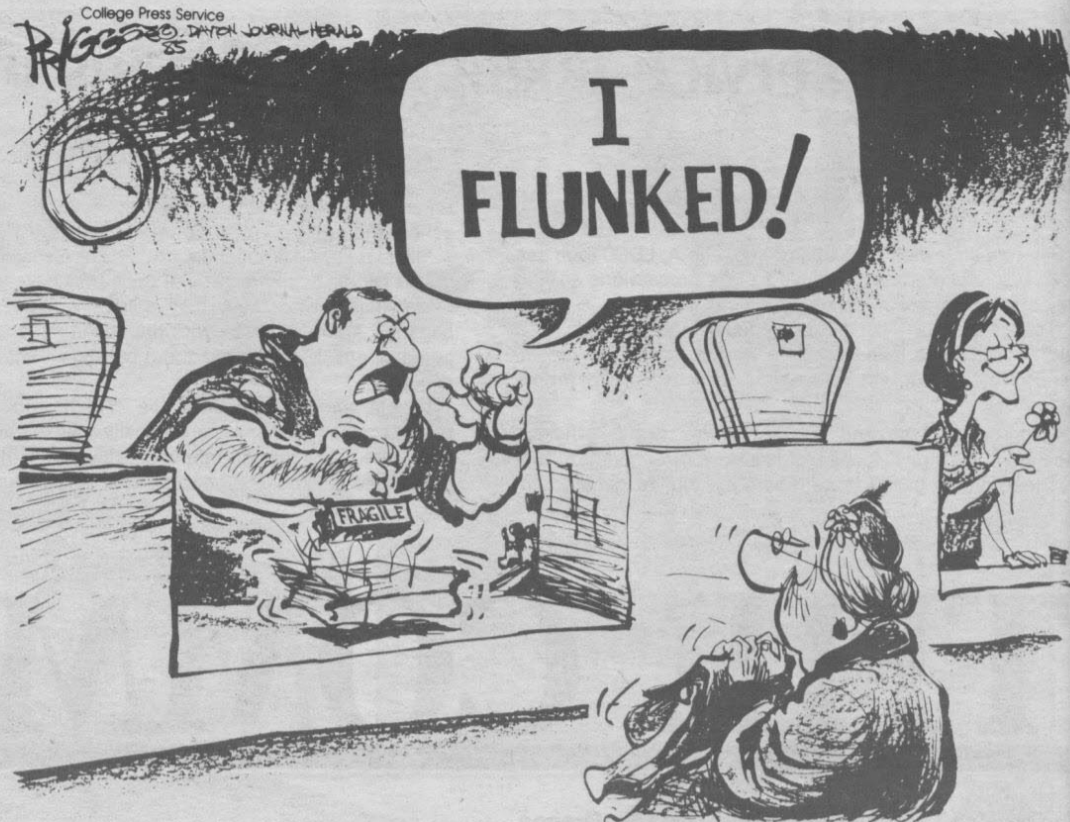
### Express Yourself

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

Submissions may be in the form of letters to the editor or, for topics which require deeper analysis, guest columns. All letters received will be published, space permitting,

unless they are considered by the editor to be potentially libelous, obscene or in poor taste. Guest columns should be approved in advance by the editor. Readers wishing to submit a guest column are asked to first discuss their idea with the editor.

All submissions must be signed, with phone number and address. Please limit letters to 250 words. Editors reserve the right to edit for length, grammar and spelling.



NEWS ITEM: POSTAL CLERKS GO TO CHARM SCHOOL.

## Commuter Archives

### Meeting set for tuition increase discussion on Feb. 3

A meeting to discuss the proposed 15% tuition increase for the 1986-87 school year will be held on Feb. 3, 10:00 a.m. in the Student Center. The meeting is open to all students and faculty. The proposed increase would raise tuition from \$675 to \$776.25. The increase is necessary due to the rising cost of textbooks, supplies, and other educational materials. The Board of Trustees will make the final decision on the increase.

### New library security

The LBCC Library has installed a new electronic mechanism which will reduce the theft of books by 50%. The system was installed during the summer break. It consists of two panels set about 18 inches apart. People walking through the device with a library book will have their book scanned. If the book is not scanned, the system will lock the door. This system is still in use today. The library lost \$4,000 worth of books during the 1974-75 school year.

### Weaver surprises audience

When you read a list of bread you are used to, look at the list when you read the list. Jim Weaver, during an assembly on Friday at LBCC, surprised the audience with his speech. He talked about the importance of education and the role of the student body. He also mentioned the need for more funding for campus programs. His speech was well-received and inspired the audience.

### Ten Years Ago This Week

Strawberry Jammin' was featured in the Alsea/Calapooia Room. Strawberry Jammin' was a "creative open mike for use by anyone wishing to perform, sing, dance, or do anything creative on a stage, complete with a real live audience."

During Christmas vacation, the library installed "a new electronic mechanism" in hopes that the theft of books would be reduced. The mechanism "consists of two panels set about three feet apart. People walking through the device with a library book set off the alarm and the system then locks."

The north parking lot and the small parking lot by the tennis courts were not paved. Funding had been provided for gravel and lights, but not paving, so the State of Oregon granted LBCC \$20,000 to pave the lots. "In the meantime," said reporter David Gosser, "if you should happen to get your vehicle stuck in the mud and gravel, contact the Service Center, and assistance will be provided."

The winner in "the pinball portion of the Grand Championships of the Rec-Room Tournament" was a fellow named "Lizard," who defeated Fred the "Wizard," Beauregard. The headline read: Leapin Lizard whops Wizard.

### Fifteen Years Ago This Week

Jan. 22, 1971. The film of the week was "Whatever Happened to Baby Jane" which showed from 2-7 p.m. in Schafer Lounge. According to an even older issue of the Commuter, the Schafer Lounge was located in a trailer that served as the student lounge before the Fireside Room was completed.

Students were complaining that "something be done to brighten up the Student Center," so the ASLBCC "complied with a poster collage on the wall."



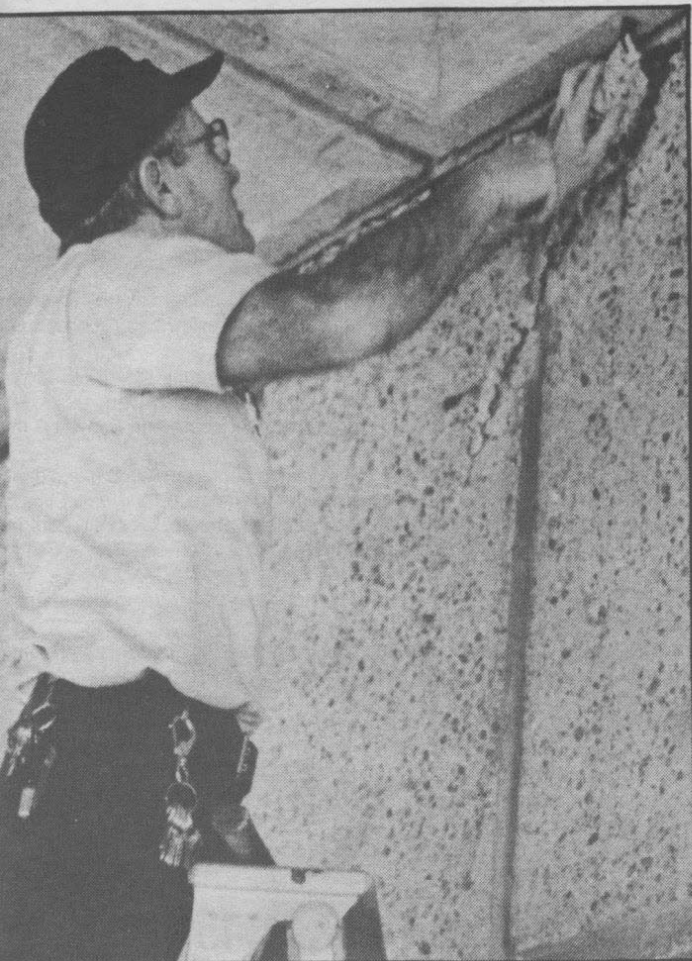


Photo by George Petroccione

oe Kruskamp of LBCC's maintenance crew removes a piece of concrete that has spalled from a wall on the second floor of the College Center.

## Hard hat area?

### Chips off LB's concrete walls create no structural hazard

By George Petroccione  
Photo Editor

The bad news is, it's ugly. The good news is that it isn't dangerous.

Some of the exterior walls around campus are suffering from a malady called "spalling," which is a chipping or scaling of the concrete. The most obvious places are around the library and the second floor of the College Center.

Kevin Nicholson, supervisor of maintenance and grounds, said the problem is occurring around expansion joints in the walls.

According to Ray Jean, director of Facilities, the buildings are separated by seismic beams. These, in conjunction with the expansion joints, allow the concrete to move during expansion and contraction. In the event of an earthquake or tremor this system could save the school.

The spalling results from the concrete moving, but no one knows why. A couple of theories were offered by Nicholson. The winter of 1972, when the walls were raised, was a severe one, but the construction crews worked right through, and Nicholson

speculated that the weather may have affected the concrete.

Another theory holds that when the concrete expands or contracts pieces of gravel get caught in the joint, causing cracks to develop on the face of the wall, Nicholson said. Jean goes along with this theory.

Another cause of spalling is extreme temperature changes. An example of this happened in the winter of 1972, when the sidewalks were poured. At the time they were still green, but were being used when a heavy snow fell. Following the snow, the temperature dropped to sixteen degrees below zero for the next two weeks. When the snow was shoveled, the sidewalk froze and the concrete spalled, the result of the water in the concrete freezing and expanding.

When the spalling first started years ago, the school contacted the architect, Jeppsen, Miller & Tobias, and was told that the solution was to clean out the holes and patch them, said Nicholson. The patches seem to have taken care of the spots that have already spalled. But, the cause is still a mystery.

## Fare hike proposed to survive ATS cuts

### Task force studies solutions to anticipated budget shortage

by Dale Owen  
Staff Writer

A task force created to evaluate the Albany Transit System (ATS) is studying ways to compensate for a proposed 25 percent budget cut.

A 10 cent increase in fare from 25 cents to 35 cents may be on the task force's list of recommendations that will be made to the Albany City Council in February or March. Other solutions being considered are service cutbacks and private operation of the system.

Bill Baze, task force member and ASLBCC representative, said that among the committee's considerations are extending ATS bus service for two hours to increase ridership and rescheduling arrival and departure time at LBCC to better serve students by allowing more time before class and

less waiting time after class. ATS buses currently arrive at 13 minutes before the hour in front of Takena Hall.

LBCC riders accounted for 29 percent of 4,479 ATS Route 1 passengers in December, according to Kristie Chilcote, transit supervisor.

Total ridership in 1985 increased 13 percent over 1984.

Fares accounted for 9 percent of the total transit budget of \$144,600. About one-third of their monies come from state funds.

The state formula for funding small city and rural transit systems is based on annual mileage, annual ridership and population served.

Another approach to the budget problem is to decrease expenditures, Albany Transportation director Mike Corso said. This could result in cutbacks of service.

The task force is also exploring the possibilities of contracting bus service to private companies. Dorsey Bus of Corvallis has submitted an estimate to the task force to be used as a guideline to the costs of such a decision.

So far, the only public input to the task force has been from the elderly and disabled.

Bill Baze and other task force members expressed disappointment because of the lack of feedback from LBCC students. Support, constructive criticisms and opinions in letter form are welcomed by the committee and should be addressed to Sheila Arthur, c/o City Manager's Office, P.O. Box 490, Albany, Or. 97321.

Postage costs can be saved by addressing letters to Bill Baze and bringing them to the Student Programs Office, CC 213.

But students unaware of uses

## I.D. card is passkey to LBCC's extra services

by Rena Hall  
Staff Writer

Student identification cards, distributed on registration day, do have a purpose beyond taking space in your wallet.

Many students are unaware of the services and privileges that accompany the student I.D. card, said Blaine Nisson, director of Admissions, Records and Student Programs.

It was for this reason the Registration Office put a notice in the "Communicator," LBCC's staff newsletter, asking all departments to notify the office if the department requires the I.D. card for any reason.

According to Nisson, the Recreation Room requires that students show

their cards to check out chess and backgammon games, darts and pool balls. Students who show their cards are also entitled to receive a discount when checking out pool equipment.

The Business Office requires the I.D. card when students cash personal checks or receive grant checks.

The Computer Lab uses student identification numbers when students check in and out of the lab.

The I.D. card will also help you get a library card.

Student identification cards have been in use at LBCC since 1975, although the card itself has evolved from its earlier plastic credit card form to its present paper version because of convenience and cost.

## Etcetera

### Art celebration

The Oregon Art Institute's Northwest Native American Art Council celebrates its first anniversary by sponsoring a Family Art Celebration on Sunday, January 26, noon to 5 p.m. Free with museum admission.

The festivities, which take place in the sculpture court and the Northwest Coast Indian Gallery of the Portland Art Museum, include singing, dancing, drumming, storytelling and poetry readings by prominent members of the Native American community.

The council plans regular programs highlighting the Portland Art Museum's outstanding Rasmussen Collection of Northwest Coast Indian art and field trips to other Northwest collections.

### Scholarships

The Scholarship Bank has announced ten new scholarship programs that are currently accepting applications from high school and college students. Funds are now available in the following fields:

College Teaching: The Dansforth Foundation offers up to \$3,500 per year for students interested in teaching as a profession. Twenty-five percent of the awards go to minority applications. 3,000 awards annually.

Returning Women Students: Female students over the age of 25 may apply for a variety of career-oriented scholarships from the Business and Professional Women and the Soroptomist Federation.

Exceptional Student Fellowships: Offered by a major insurance company, these summer internships offer valuable work experience and income to students in business, law, computer programming, accounting and related fields.

Anthropology, Biology, Conservation, Marine Science: Field Research project grants from \$300 to \$600 per application.

Poynter Fund: Annual scholarships to \$2,000 for students in journalism, law, public relations, business, history and education.

White House Fellowships: Highly competitive graduate and post-graduate fellowships to work as an intern in the White House. 14-20 openings per year.

Students interested in getting a personalized print-out of financial aid sources should send a stamped, self-addressed envelope to: Scholarship Bank, 10100 Santa Monica #2600, Los Angeles, CA 90067.

### Seminar

A full-day seminar will be held Thursday, January 23 from 9-4:30 p.m. in Boardrooms A & B on the Albany campus.

This seminar will present information about applications to primary sources of business financing anyone desiring to know more about the process of pursuing financing will be provided this info in the seminar.

The deadline for registration is Tuesday, January 21st. The cost is \$30, which includes lunch and materials.

### Open House

The LBCC Student Programs Office will host an Open House from 10-4 p.m. on Wed. Jan. 22 in CC 213.

As part of the Open House everyone is invited to play 'Jeopardy' with staff vs. students in the commons from noon-1 p.m. Call ext. 150 for further information.

### Photo Display

A number of black and white photographs taken last summer and fall by Rich Bergeman are on display near the President's office in the College Center, through the month of January.

Tentative plans offer a more extensive display later in the year.

### Free Seminars

This winter's free Brown Bag Seminars at the Benton Center will cover the skills needed to balance the work/family lifestyle.

The six-week series will meet from 12:15-12:50 p.m. Tuesdays in room 107 at the Benton Center. Participants are welcome to bring their lunches. For more information call ext. 384, or the Benton Center at 757-8944.

### Book Reviews

The next Brown Bag Book Review will be Monday, Jan. 27 from noon-1 p.m. at the Lebanon Center.

"Deadlines to Diapers" by Tamara Smith Allred will be reviewed by Jean Mudrow, from the Friends of the Lebanon Library. For more information, call the Lebanon Center, 451-1014.

## 'Great Decisions' network puts citizens in policy role

By Kay Sams  
Staff Writer

"Great Decisions," a national public policy discussion network, gives citizens the opportunity to participate in international affairs.

The meetings, on Wednesdays at 7 p.m. in T 217, are conducted by Blair Pomeroy, political science major and Hewlett Packard employee.

"Great Decisions" is 32 years old and was founded to enlighten the public about foreign policy and to promote public involvement, according to Pomeroy.

He said that at the present time there are 11,000 people involved in the U.S., and one-half million involved worldwide.

The talks are centered around the Foreign Policy Association's 1986 "Great Decisions" book.

"Opinion ballots are cast after the meetings, and the results are tabulated by the Foreign Policy Association before distribution to the Executive Branch and Congress," according to Pomeroy.

He said that as of May 31, 1985, 70,000 ballots had been cast. "Star Wars" is next week's topic, followed in coming weeks by—"Democracy in Latin America: Focus on Argentina and Brazil," "International Terrorism: In Search of a Response," "European Community and the U.S.: Friction Among Friends," "Third World Development: Old Problems, New Strategies," "Israel and the U.S.: Friendship and Discord" and "Religion in International Politics: Why the Resurgence?"

The meetings will last through March 5.

The only charge to attend is the \$7 price of the book "Great Decisions," which couples can share.

### MANAGEMENT CAREER OPPORTUNITIES

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## Schuette picked for leadership training program

Gretchen Schuette, director of Linn-Benton Community College's Community Relations Office, is one of 160 top women in management chosen nationwide to participate in an international leadership training program for women administrators in two-year colleges.

The "Leaders Project" is designed to help women improve the skills they need to assume major decision-making roles in two-year institutions. The project includes instruction and practice in supervisory and human-relation skills, finance and budgeting, employee relations and labor management, and discussions with national experts on the issues confronting two-year colleges in the next 15 years.

Schuette's project involves developing a model for integrating the instructional and marketing functions at LBCC. The model would help LBCC's Community Relations Office and the college's instructional areas have a closer working relationship and enhance both educational and informational services to the college's students and the community.

Her mentors for the project are LBCC President Tom Gonzales and John Keyser, president of Clackamas Community College in Oregon City and formerly vice president for instruction at LBCC. The model will be evaluated by Keyser and the Clackamas staff, who will also test the new strategies at their own campus for its adaptability to other two-year colleges.

The "Leaders Project" is sponsored by the League for Innovation in Community Colleges, a consortium of community college districts in the United States and Canada, and by the American Association of Women in Community and Junior Colleges.

## Travelogues on Africa, Japan highlight Lunch Bunch 'menu'

By Cindy Lowther  
Staff Writer

Free "Lunch Bunch" presentations, open to faculty and students throughout the year, include everything from book reviews, doll collections and travel shows to musical performances.

Upcoming presentations include an African photography safari, Feb. 5, by Ann Crisp, director of the Benton Center.

Crisp spent last July in Sierra Leone on the west coast and Kenya on the east coast of Africa.

While in Kenya, she also attended the women's conference that marked the end of the Decade for Women, which she will also discuss.

Other travel presentations include one from Greg Paulsen, horticulture instructor, Feb. 5, on his trip to Japan. On Feb. 26 Al Barrios, Albany Center director, will discuss his trip to the Middle East.

During spring term, history instructor Larry Sult and performing arts instructor Mark Hopkins will play five-string banjos.

Reference librarian Charles Weyant, who organizes the noon meetings, said attendance at the meetings has ranged from 10 to 42 people, most of them staff members. He said he hopes to see more students attend.

The meetings began in April 1983 during National Library Week, according to Weyant, and were so popular they were continued.

The "Lunch Bunch" meets from 12-1 p.m. in Boardroom B on the main campus. Fliers announcing the dates of the presentations are posted on campus bulletin boards.

## LBCC judging team 15th in national livestock show

By Lisa Hall  
Staff Writer

LBCC's livestock judging team placed 15th in the National Western Livestock Show held in Denver, Colo., on Jan. 10.

The five judges—Brooke Ayers, Tim Baer, John Barret, Pam Cyrus and Lester Sitton—judged beef, swine and sheep.

Pam Cyrus placed highest in oral reason for market lambs, Lester Sitton's combined oral reason score for swine was one of the highest and Brooke Ayers tied for tenth place in sheep.

Bruce Moos, Animal Technology instructor, said that they would have liked to have placed tenth, but the team was up against some stiff com-

petition.

Most competition comes from farm belt states like Texas and Wyoming. To be a part of the show is an honor in itself, said Moos.

"It isn't open for just anybody," he said.

According to Moos, LBCC's livestock judging team is the only team on the West Coast to be invited since the show began six years ago.

The top 25 school teams in the nation are chosen by how well they compete in regional competition. LBCC's team placed high in five shows in Oregon and California.

Moos said that team members are chosen by how well they did individually at those five shows.

"We didn't choose them; they earn their way," he said.

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## Library plans big used book sale

The Library will be holding a special Winter Term Book Sale on Wednesday, Jan. 29 from 10 a.m. until 9 p.m. and on Thursday, Jan. 30 from 10 a.m. until 3 p.m.

Hundreds of used books which have been donated to the library for the sale or withdrawn from the library collection will be on sale in the library lobby at \$1 for hard-bound books and 50 cents for paperbacks.

All proceeds from the sale will go to a special fund for new library materials.

Because of space limitations, additional books will be added to the sale several times each day.



"And then..."

Photo by Stuart Sloan

Peggy Nelson, a work study student at LBCC's Child Care Lab, listens attentively to a story from Michael Brumbaugh. Nelson is a mother of five and a major in elementary education. LBCC's Child Care Lab is located on the second floor of the Industrial Building.

## Raising teenagers easier if parents communicate earlier

By Margaret Denison  
Staff Writer

Parents can learn skills to help them cope with the challenge of raising teenagers. That was the message which Helen Nissani of LBCC's Parent Education Department shared with parents at the Wednesday seminar for participants in the Campus Family Coop, a child care center open to LBCC students and staff.

"If you start now to communicate with your young children, it will be a lot smoother," Nissani said. "You are laying the groundwork for skills you will use later on."

The fifteen fathers and mothers who attended her talk are doing just that. They related Nissani's "active listening" techniques to methods that had succeeded with their own children.

"Children often are poor communicators," Nissani said. "They may not understand what their problem is."

By reflecting what the child has said ("You had a bad day today.") or by asking leading questions ("What didn't you like about it?") the parent can help the child to understand his experiences and feelings.

Negative or judgmental parental reactions, on the other hand, may halt the child's conversation before the parent has fully understood the circumstances.

"We've reacted too soon," Nissani explained. "We never really got to the problem."

Nissani, who has had ten years experience working with families of young children, as well as teens, is coordinator of PEG (Parent Education Groups), which sponsors a course, PEG I: Parenting of Teens.

PEG classes, led by trained parent volunteers, show parents how to improve communication, set limits, solve problems, and resolve conflicts with their teens.

Parents enter the classes with a variety of concerns. "We treat every problem with respect," said Nissani. "No problem is too large; no problem is too small."

"The feeling of support and togetherness is the key to the success of the groups," she added. Parents who have gained skills to deal with their own family problems often stay on a second term as volunteers.

The six-week PEG course will be given at three locations in Linn and Benton counties this winter.

The class will begin at Corvallis High School, Rm. S112, on Jan. 21, and at Sweet Home Middle School on Jan. 23. The two Albany sections will be at Memorial Middle School starting on Jan. 27 and Jan. 30. Classes meet from 7:30-9 p.m.

Tuition is \$5 per person; manuals cost \$2.50 each. Preregistration forms are available from the Parent Ed office, Tadena 117, from middle school guidance counselors, or by phoning the LBCC Parent Education Department: 928-2361, ext. 384.

### Elsewhere in the news

**San Diego State University President Thomas Day vetoed a University Senate measure that would have banned smoking on most parts of campus, reasoning prohibiting smoking in private offices was "too intrusive."**

## Women's writings sought

Want to share your poems, essays, stories, photographs or sketches? Submissions of original work by and about women are being sought for Women's History Week, March 2-8.

They should be typed, double-spaced, on a 36-space line. Deadline

for submissions is Feb. 28. Please leave your creative work with Cindy in AHSS-101.

Representative works will be published in The Commuter on March 5. For more information, contact Jane White or Jane Donovan.

## Women's History Survey

The celebration of National Women's History Week will be observed March 2-8, 1986, with the theme "Women: Builders of Communities and Dreams."

Governor Atiyeh has recognized the project by proclaiming March as Women's History Month.

The LBCC Women's Center is sponsoring a student survey in connection with National Women's History Week.

1. What do you know about women's history?

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2. What would you like to know about women's history?

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3. Would you like to be a part of Women's History Week? If yes, sign your name and how you may be reached.

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Do you know where the LBCC Women's Center is?

Leave surveys at the Women's Center T 112.

## College bans skateboarding, cycling

Security office hopes new signs will curb safety hazard

By Louisa Christensen  
Staff Writer

"Keeping students safe," was the motivation behind posting signs banning skateboarding and bicycling on the LBCC campus, according to Earl Liverman, coordinator of Public Safety and Services.

Several students have complained of near misses by skateboarders and bicyclists riding through campus, he said.

The elderly and handicapped are particularly endangered. In addition, riders can easily be injured in accidents caused by the numerous blind corners on campus, according to Liverman.

The signs, which advise people to walk their bicycles or

skateboards on campus, have been placed at several locations, including the east side of the Forum and in the courtyard.

Safety is not the only reason that Public Safety and Services is alarmed about reckless riders. Many skateboarders, usually non-students, flock to LBCC's concrete campus because it is an interesting place to "launch themselves," Liverman said.

These skateboarders are also suspected of damage to a window and doors cracked at skateboard level, which were costly to repair, he said.

The non-students ride through the campus primarily in good weather, but Liverman doesn't guarantee that signs or bad weather will keep them away, and suggests that students "always be aware of their surroundings" when walking on campus.

## Job center offers computerized matching

Summer employment information and a computerized job match service are now available in the Student Employment Center.

Applications for jobs such as personnel management with natural resource agencies, service station

and concessions workers at Yellowstone National Park, outdoor ministry directors, bookkeeping positions at summer camps in Main and many others can be obtained from Angie Aschoff in T-101, ext. 135.

The computerized job match ser-

vice, according to Aschoff, is "a free job bank service to college students." It "covers over 15,000 companies looking for entry-level applicants" and interested students can pick up an application in the Student Employment Center.



# Health-Wise

By Diane Morelli

## A Boy's Remarks to His Stomach (The Morning After)

What's the matter with you—ain't I always been your friend?  
Ain't I been a pardner to you? All my pennies don't I spend  
In getting nice things for you? Don't I give you lots of cake?  
Say, stummick, what's the matter, that you had to go and ache?  
Why, I loaded you with good things yesterday—I gave you more  
Potatoes, squash and turkey than you'd ever had before.  
I gave you nuts and candy, pumpkin pies and chocolate cake.  
And last night when I got to bed you had to go and ache.  
Say, what's the matter with you? Ain't you satisfied at all?  
I gave you all you wanted; you was hard just like a ball;  
And you couldn't hold another bit of puddin', yet last night  
You ached most awful, stummick; that ain't treatin' me just right.  
I've been a friend to you, I have; why ain't you a friend of mine?  
They gave me castor oil last night because you made me whine.  
I'm awful sick this mornin' and I'm feelin' mighty blue,  
Because you don't appreciate the things I do for you.

Hubbard's Silent Salesman

With the memories of holiday eating still fresh in your minds maybe some of you can appreciate this poor boy's plight.

More than likely many of you are trying to shed a few holiday pounds. If you are—beware the dieting game! I'm convinced fad diets don't work and are more harmful to the cause of weight loss than helpful.

I suggest you pick up a copy of "How to Lower Your Fat Thermostat" by Remington, Fisher and Parent. This book will explain how you can turn your body into a fat burning machine with a no-diet reprogramming plan.

Some interesting information can be found in an article entitled, "The All New Feminist No-Weight-Loss Diet" by Alice Kahn, R.N., N.P. Kahn recently lost weight eating a high-fiber, low-fat diet of foods she likes and spent time writing when she felt like binging.

In her article she calls a truce to the battle of the bulge and briefly discusses "fat phobia," set-point theory and other helpful perspectives.

Kahn writes, "The ad in The Wall Street Journal shows an average-size woman standing on a scale in a pair of shorts. There is a look of unfathomable horror on her face as she reads the number. What can it say? 135? 140? The caption reads: 'This woman will pay somebody to lose weight. Why not let it be you?'... I look at her picture and think: 'Boy, they've got her coming and going. The designers sell her clothes that would look best on an effeminate 14-year-old, then the weight-loss parlors profit from her hopeless battle to squeeze into them.'"

According to "Health" magazine, "An estimated one out of 200 American girls between the ages of 12 and 18 will develop some degree of anorexia nervosa, and for 10 to 15 percent it will be fatal."

Physicians familiar with bulimia, which involves binge eating followed by self-induced vomiting, estimate that 20 percent of American college women and five percent of the overall female population in the United States are at least mildly bulimic.

Not only can this practice be expensive but it can cause gastrointestinal disease and tooth decay, as well as other problems.

If you are among those with an eating disorder, seek help.

I will be willing to share information I have in my office at CC 210.

Those seeking counseling or those interested in joining a group with similar problems can contact Joyce Easton at T 103 or ext. 143. She will be glad to speak to you privately.

College Press Service

McManus Enterprises



## Council shops for lockers; financial aid director honored

By Jamie Putney  
Staff Writer

The ASLBCC Council of Representatives decided last week to look into the cost of purchasing lockers through the OSU Campus Auction scheduled for Jan. 25. Kirk Marcotte and Wayne Palmquist, Industrial/Apprenticeship Division representatives will attend the auction, but council has made no decision about bidding yet.

The council agreed earlier to look into purchasing lockers as a special project, if the cost is not prohibitive. The lockers would give students more storage space on campus. The ones being looked at, at OSU are five feet high by one foot wide and come in clusters of four.

In other business the council recognized Rita Lambert, Financial Aid director, who will be leaving LBCC for a position as Financial Aid director at the University of Portland. The council decided to make her an honorary member of the Associated Students of Linn-Benton Community College. She will also be presented with a plaque.

Lambert was instrumental in starting the Student Emergency Loan Program and has worked at LBCC for 15 years.

In other action, the council voted to okay the name change of the Women's Support Group to the Women's Awareness Group. The group felt that the name change would be more appropriate because that is what the group stands for.

## Classifieds

### FOR SALE

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

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

Queen size hide-a-bed in very good condition. Floral pattern. Beige, yellow, green. \$100 firm. Call Diane at 926-6883 after 4 p.m.

### HELP WANTED

\$ Need Cash?  
\$500/1,000 stuffing envelopes! Guaranteed! Rush stamped addressed envelope.  
McManus Enterprises  
Box 1458/TC  
Springfield, OR 97477

### WANTED

Typing, \$1.00 page, 928-0530.  
Pre Business Math text book. Can't afford \$29.45! Desperate! Call anytime 926-5641 and leave message.

### PERSONALS

To Don: You and Liz make a great couple!  
Desperately seeking beautiful blond seen in commons between 2 and 3 p.m. Tues., Jan. 14. Eye contact and note exchanged. "Please let me know." Commons Tues. or Thurs. 12-2 p.m. Serious, but shy. MIKE.

### MISC.

Desperately seeking student needs inexpensive one bedroom house or duplex, must allow pets. Phone 967-7657 after 5 p.m. weekdays. 20 to 30 days notice of vacancy ideal.

## STOREWIDE LIQIDATION SALE ALL ITEMS AT LEAST 15% OFF

ARTIST CANVAS  
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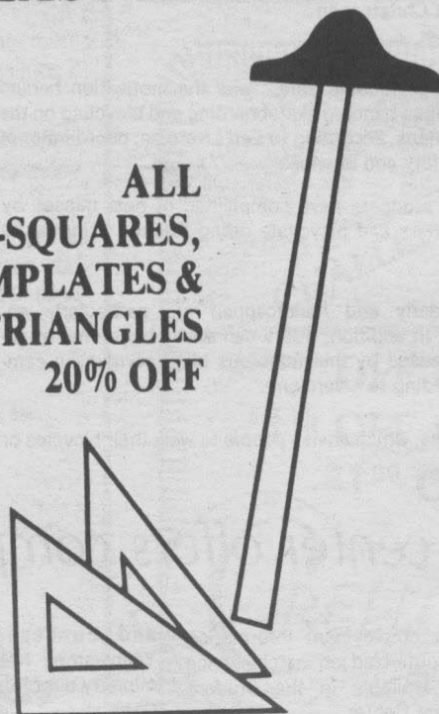
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Prices Good Through Jan.



## ROMANTIC DINNER FOR TWO

### 3rd Annual Valentine Raffle

Support the Child Care Center. Tickets 3/\$1.00. They can be bought up to noon Feb. 7. Drawing will be at 3:30 Feb. 7 in the Fireside Room. Call ext. 358 for more info.



Photo by George Petroccione

Roadrunner Dave Gillott puts up a shot that is promptly rejected by Chemeketa's Ed

Briggs. Briggs and the Chiefs outmuscled the Roadrunners for a 75-64 victory last week.

## Roadrunners need win for respect

By Robert Hood  
Sports Editor

With the Northwest Athletic Association of Community Colleges Southern Division Men's Basketball season reaching the mid-way point tonight, Linn-Benton is going to have to wake up and smell the roses if they want to keep alive any playoff hopes.

### Southern NWAACC Standings Men's Basketball

| College   | L   | GB |
|-----------|-----|----|
| Lane      | 5-1 | -  |
| Chemeketa | 4-2 | 1  |
| SWOCC     | 4-2 | 1  |
| Clackamas | 4-2 | 1  |
| Portland  | 3-3 | 2  |
| Mt. Hood  | 3-3 | 2  |
| LBCC      | 1-5 | 4  |
| Umpqua    | 0-6 | 5  |

Wednesday's Games: MHCC at Chemeketa; UCC at SWOCC; Lane at LBCC; PCC at Clackamas.

Saturday's Games: Clackamas at Chemeketa; SWOCC at LBCC; Lane at UCC; PCC at MHCC.

### Women's Basketball

| College   | L   | GB |
|-----------|-----|----|
| Chemeketa | 5-0 | -  |
| LBCC      | 4-1 | 1  |
| Mt. Hood  | 3-2 | 2  |
| Clackamas | 3-3 | 2½ |
| SWOCC     | 2-3 | 3  |
| Lane      | 1-4 | 4  |
| Umpqua    | 0-5 | 5  |

Wednesday's Games: MHCC at Chemeketa; UCC at SWOCC; Lane at LBCC.

Saturday's Games: Clackamas at Chemeketa; SWOCC at LBCC; Lane at UCC.

Arch-rival Lane Community College, leading the Southern Division standings with a 5-1 record, will gladly send the flowers as they attempt to deliver the death blow to what has become a dismal season for the Roadrunners. The two teams hook up tonight at 8 p.m. in the Activities Center.

The Roadrunners are not dead yet but their pulse continues to weaken. With eight games remaining LB must win seven to hope for a playoff berth. Included in these games are two meetings with Lane, a trip to Clackamas and a home date with Chemeketa.

"We've continued to play bad defensive basketball," said LB Head Coach Brian Smith. "This is not the same team that opened the season."

The "new" Roadrunners could remind the average fan of a doughnut—they have a big hole in the center. In LB's 75-64 loss to Chemeketa this was very evident. The Roadrunners two big guys, Dave Gillot and Nick Klungel, combined for a total of 13 points, and four rebounds. Chemeketa's center, Ed Briggs, tossed in 16 points and pulled down six boards by himself.

It didn't look much better in the 90-86 loss to Clackamas last Saturday. With Terry Frison out of action because of academic problems the Cougars sent wingman Eddie Holford into the center position. Holford

responded with 15 points, eight rebounds and two assists. LB's dynamic duo of Klungel and Gillott played Holford even, combining for 17 points, 10 rebounds and three assists.

When Gillott and Klungel play aggressive they are a deadly combination, as witnessed earlier in the season, but when they pull their Punch and Judy act the Roadrunners are a comical sight.

The Roadrunners did have a couple of standout performers despite last week's two losses. Guard Jerry Weatherspoon is earning the reputation around the league for being silent but deadly. 'Spoon was deadly against Clackamas as he shot 12 of 16 from the field for a team-high 24 points. Against Chemeketa 'Spoon was silent as he went three for five from the field and totalled seven points. For LB to be effective a pure shooter like 'Spoon needs to shoot at least 15-20 times a game.

The only steady part in the LB machine is forward Clarence Ingram. Ingram averaged 20.5 points a game and 11 rebounds per game last week. With the majority of the offense funneled into Ingram he's bound to get his points. If "Hi-C" can stay out of foul trouble the Roadrunners will have a better shot at winning games.



## Extra Innings

By Robert Hood

Basketball season is now at the halfway point and it's time to assess both the men and the women to see how the league is coming along.

As usual Coach Greg Hawk has the women on a roll. Despite last week's loss to Southern Division leading Chemeketa the Roadrunners are all alone in second place and are making a move to secure a playoff spot. The week sees Lane and Southwestern Oregon in town and neither have good teams. The Titans have a 1-4 league record while the Lakers are only a step above at 2-3.

This year's dominant team at the halfway point is Chemeketa. The Chiefs have a good balance of outside shooting and physical play inside. Chemeketa's Sharla O'Riley busted the Roadrunners from the outside while Lannette Noble banged them around on the inside as both players scored 12 points in their 64-49 win over LB. Of course, the Chiefs haven't seen the last of the Roadrunners as they must travel to the Activities Center on Wednesday, Feb. 15 for a game which could give the league title to the victors.

Playing the role of the spoiler is Clackamas. The Cougars were drilled by the ref's for nine technical fouls in a recent game with the Roadrunners.

While the women are in an exciting battle for the division flag the men will attempt to just make the playoffs. The Roadrunners are three games out of the fourth and final playoff spot as they currently sit in seventh position with a 1-5 record.

Of the top four teams (Lane, Chemeketa, Clackamas and SWOCC) the Lakers have to be considered the weakest. If the Lakers lose remaining games with Lane, Clackamas, Chemeketa and LB (all of which are on the road with the exception of Lane), it would leave them with a 9-6 record. This puts the Roadrunners in the unenviable position of winning seven of their next eight games. SWOCC shouldn't lose any but the above mentioned games considering they play Umpqua twice and host Portland and Mt. Hood. The Lakers have remained undefeated at home on the season.

Losses to Portland and Mt. Hood really hurt the Roadrunners. LB wasn't alone though as the Saints upset SWOCC 82-73 and both the Saints and Portland have defeated lowly Umpqua.

The Roadrunners also have a little extra incentive as they face the Lakers Saturday night. The Lakers initiated LB's downward slide with an 86-83 win in the conference opener in Coos Bay. Guard Courtney Cestelle handed the Roadrunners two dunks while center Robert Enge brought down the house with a vicious two handed slam. An LB victory could send both teams speeding in opposite directions as the race for the playoffs gets underway.

## Playoffs closing in as women speed on

By Pat Wilson  
Sports Writer

Does anyone know what the record is for the greatest number of technical fouls called against one coach in a single basketball game?

If it is not 11 then Clackamas Community College's head women's basketball coach, Phil Garver, probably came close to the record as the LBCC women handed the Cougars their third league defeat of the season on Saturday by a score of 70-54.

Garver had four technicals in the first half and seven in the second half before he was finally ejected from the game. The 11 technicals happened in three separate incidents, two in the first half and one in the second. The technicals came when Garver protested some questionable calls.

The win gives LBCC a 13-4 overall record and 4-1 league. Their only league defeat came a week ago when they took on Chemeketa Community College at Salem. Both teams were undefeated going into the contest which determined first place league standing for the time being.

The Roadrunner's head coach, Greg Hawk, attributes the loss to a lack of execution and ball handling.

"We didn't take care of the ball very well," said Hawk.

He also said Chemeketa had six or seven sophomore veterans on the team which gave the Chiefs a slight advantage.

The Roadrunner's next two league matches will be against the Lane Community College Titans and the Southwestern Oregon Community College Lakers in the LBCC Activities Center tonight and Saturday at 6 p.m.

Hawk said the Titans like to play a close game, but they are a one-guard ballclub. He said Lane relies on one guard to run the offense, and he'll have the Roadrunner's run them down and put a lot of full-court pressure on them.

The Roadrunners have competed against the Lakers twice this season, losing the first time but rebounding with an 11 point win the second time. Hawk said SWOCC is a big ballclub and "they have outrebounded us in both games." He said they're not as quick and depth-oriented as the Roadrunners are, so he will use a full-court defensive pressure and run them down.

The Roadrunners are ending a long homestand this week in which there has been a very limited amount of fan support which makes a homecourt advantage slim to none.

Hawk said there is a lot of excitement and quickness at community and small college basketball games and "there are a lot of people at LBCC who are missing some great men's and women's games. It's a shame we're not drawing more fans."



Photos by George Petroccione

## Focus On: John Aikman

By Linda Canoy  
Staff Writer

John Aikman, graphic design instructor, at LBCC since 1980, readily admits that he has high expectations of his students.

Aikman compares his expectations to his own tennis game. He likes to play someone who is better than himself because it "tends to make you raise to the occasion."

"I don't believe you are born with talent, it's a learned skill," Aikman said.

He feels anyone can succeed in the graphic field if only they want it bad enough and they can organize their time.

According to Aikman, there will always be a job market for graphic designers.

"When you think about graphic design, anything you wear, touch, read, sit on, live in has all been designed," he said.

He stressed that there will always be a need for designers, even if computers move into the industry. Designers, he said, have something

computers don't. Creativity.

Aikman was born and raised in Portland. He received his BA at OSU, his MFA from the University of Wyoming and was an assistant professor at California State Polytechnic University prior to coming to LBCC. He has also worked for two advertising and public relations firms and has freelanced.

Aikman has always been interested in art, he said. He was motivated and encouraged while he was young and remembers a blue bird picture he did that was a particular favorite of his mother's.

Aikman said that he is pleased with LBCC's graphics program. "If I could start over again, I would want to find a college just like this before going on to a four year school."

He said that LBCC gives students a good base in the use of elements and principals of art development in the design sense, as well as expanding their knowledge and understanding of the technology. This includes understanding the tools and materials that are involved in producing art.

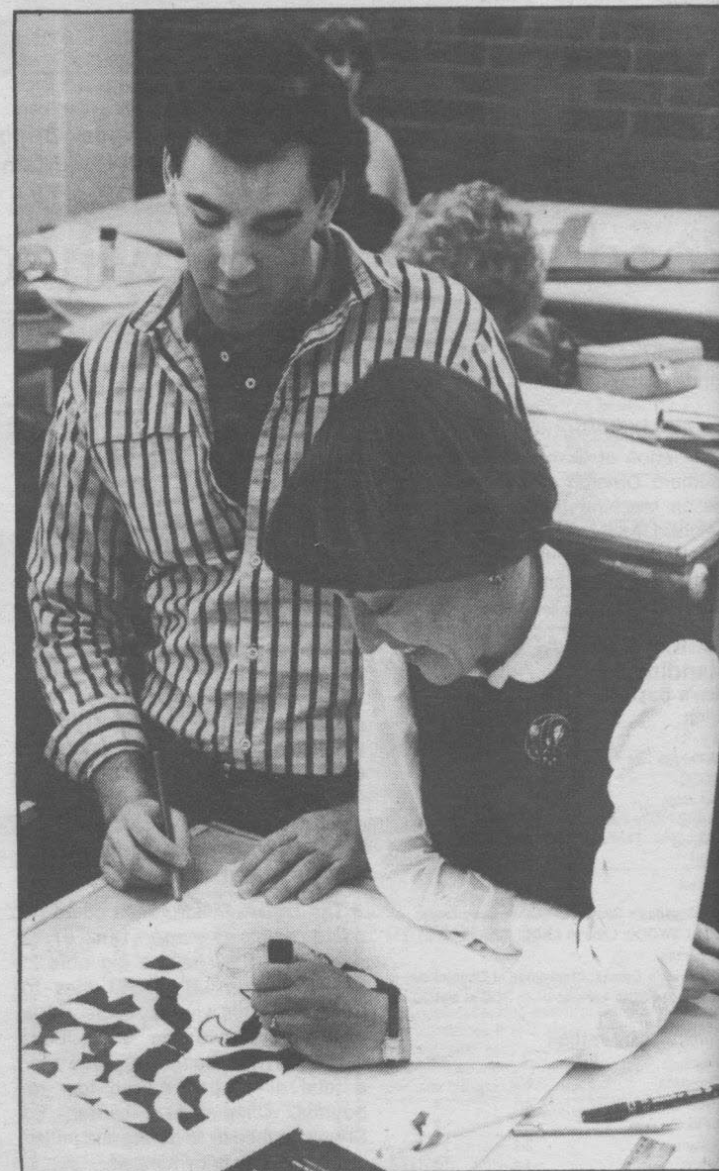
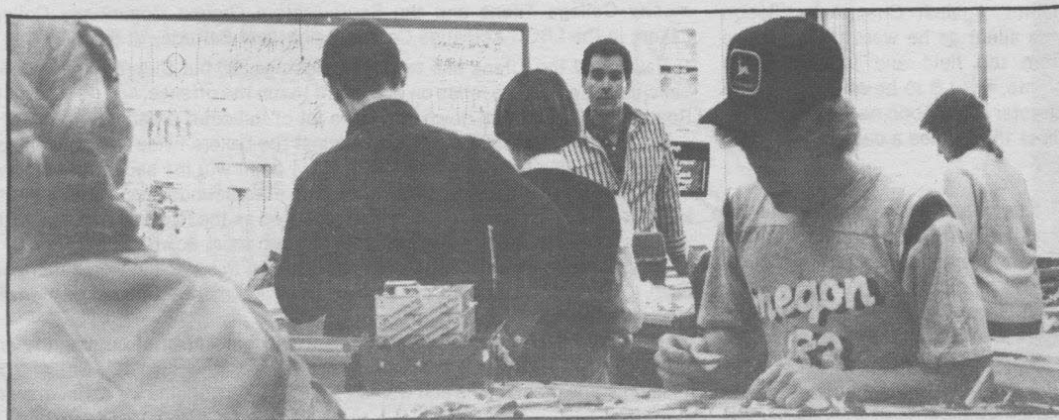
He said he is also impressed with the group of students he works with. He usually starts out with 50-100 students in his graphics communications classes and ends up with only 12-15 students who complete the two year program. But he said he feels that those who do finish are very close, like an extended family, who rally around to help each other.

"It's a real pleasure to work here, particularly with my co-workers. They are dedicated, thoughtful and knowledgeable about the graphic design area," he said. "We are all working towards a common goal of producing functional, adjusted, talented, viable, marketable graphic designers."

Aikman said that he enjoys tennis, cross-country skiing and considers himself "terminally curious."

He recently purchased a 1939 Dodge and plans on restoring it. And yes, once it's done he plans on driving it.

Where would Aikman be today if he were not in the graphic design field? He said he would probably be on a farm somewhere growing grapes.



TOP: John Aikman (center, rear) poses with the Graphic Design class of '86. ABOVE: Aikman makes a few suggestions to second-year student Lynn Powers. LEFT: Aikman oversees his Graphic Design II class.