

Commuter

LINN-BENTON
COMMUNITY COLLEGE

MAY 26 1982

LIBRARY

VOLUME 13 • NUMBER 25 • Wednesday May 26, 1982

Linn-Benton Community College • Albany, Oregon 97321



Photo by Kevin Shilts

As Memorial Day Weekend approaches thoughts travel to the opening of camping season, baseball, picnics and sunshine

Board hikes tuition, votes to seek levy

By Linda Hahn
Staff Writer

The Board of Education voted to raise tuition for fall term to \$17 per credit hour at a special meeting May 20.

A compromise was struck last February between student government and the board to withhold a decision on fall term's tuition until after the May 18 tax base election. That tax base was rejected 59 percent to 41 percent by voters in Linn and Benton counties.

"Student government unanimously supports the \$17 per credit hike as a necessary evil. But we oppose any further increases in the 1982-83 school year," said Mark Nestlen, newly elected student representative from science-tech.

The board also voted to seek approval of a \$1.8 million levy to help balance next year's budget. This is the maximum the college can seek on an 'A' ballot which is eligible for state property tax relief.

The special levy election will be June 29, just two days before the new fiscal year begins.

An 'A' levy passage would reduce the \$12.75 million 1982-83 budget by \$346,000.

Some board members fear this proposal will be defeated as soundly as the tax base.

"The tax base lost 59 per cent to 41 per cent—listen to what the people are saying. A cut of \$346,000 is not enough to give us a prayer," said Carol Moore, board member.

"Let the people understand what the dollar cuts mean," she said.

President Thomas Gonzales cited areas he expected to cut: \$77,458 from services and supplies; \$242,668 from staff; and \$14,500 in program reduction.

After the last round of budget cuts, \$13,000 in the ACCP fund student fees—were designated to pay portions of administrative salaries formerly paid from the general fund.

"There may be other intrusions on the ACCP fund," Gonzales said. "I may be looking at more transfers. The board and I will probably decide that."

Many LBCC supporters expressed fears that such drastic budget cuts would jeopardize the quality of the institution.

Gina Vee, president of the Faculty Association, said she was concerned about the long term affects of the budget reductions.

"Some of the finest instrutors we have, we're going to lose. It will take years to regain that quality. We're facing tragedy in peoples lives," she said.

Betty Kerns, president of the classified association said: "What I hear is pessimistic optimism. Linn-Benton is an institution in the community. I feel we should try. We can't let it go downhill." The board voted unanimously to set the 'A' levy election date as June 29. Should that fail, the board has the option to put the measure before the voters in August and September also.

"People want to think their tax dollars are spent well. I think the reductions show that," said board member Wayne Chambers. "I'm ready to go for it."

Should all taxing measures fail, the board voted to give President Gonzales the authority to meet with faculty and classified to re-negotiate contracts.

People at the meeting voiced frustration over the apparent lack of student votes supporting the tax base May 18.

"Major reductions would be drastic should we have to drop to our present tax base plus six per cent," Nestler said. "Students are not well-informed about how the college budget operates. We need to educate them more."

Board member Herb Hammond volunteered his services to any student group to talk about the budget and the levy.

He and other board members will be present at the last student council meeting Wednesday, May 26 at 4 p.m.

Editorial

Uncertainties don't justify ambiguity

The tax base fails and this means — \$343,626 in cuts even if the 'A' levy manages to pass. Several board members aren't so sure the college shouldn't live within the boundaries of the college's \$10.5 million existing revenues.

With community members voting pocketbook—chances are slim that the June, August or September levy dates will be productive. But even with this \$1.8 million or a reduced amount, retrenchment is and probably always was a reality.

The possibility that the faculty or classified staffs will reopen their contracts for negotiation is probably a bit like 'the second coming.'

It took over a year to settle one contract and it wasn't exactly a feat in the efficient usage of managerial resources. Now the college has embarked upon a reorganization study, that for the most part was like a mountain that roared—and spewed out a mouse.

Uncertainties abound. Ambiguity is a known administrative technique. But many people are still hanging out, not knowing whether or not they have jobs. Why not be specific about who or what and let people get on with their lives.

Many of the problems we are facing now have come about because of a situation that has been three years in the making. Anyone dealing with this quandary would necessarily be dealing with salary cuts, because that is where the bulk of LBCC's budget goes.

Originally the study was done to streamline what seemed to be a top-heavy management system. So far the only real result has been to lower moral campus wide.

The big particles of dust are beginning to settle. It doesn't take a genius to realize that LBCC must have a hair-cut. But it is not inevitable that it be weakening, or look like a scalp job.

The definition of work unit gives the president retrenchment flexibility. Part-time instructors and people with low seniority are the first to go. Gonzales maintains he must cut \$242,668 in staff and \$14,500 in programs. This indicates selectivity must be used, but what will the criteria be.

Our young teachers are our best and brightest. It seems sad, cynical, and disappointing that the deadwood is always with us. But it's a fact.

The college is trying to overcome its deficits. Cuts will take place in stages as levy proposals are defeated—the belt tightens. It would be nice albeit idealistic if a 5 percent across the board cut could make up these needed revenues.

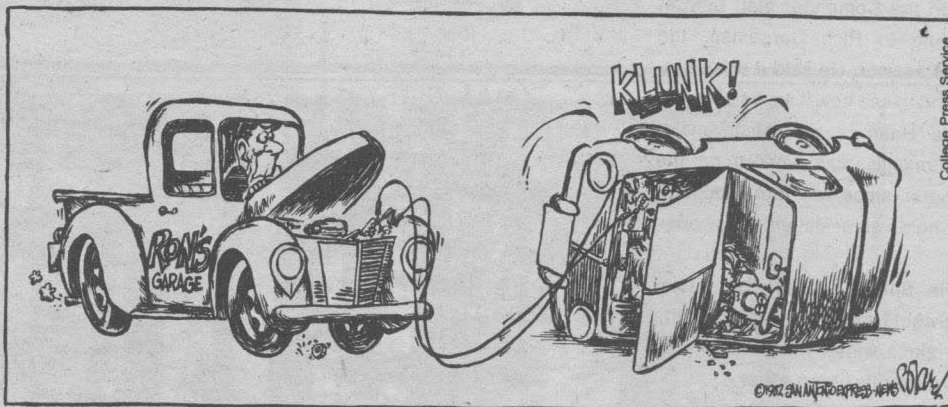
The course of direction and the goal of keeping this college strong and pro-active during trying times could never be easy for any president.

But the process could be made more humanistic. The end does not justify the means because people are the reason for systems—systems are not the reason for people.

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. 373 or 130. The newsroom is located in College Center Room 210.

Commuter Staff:

editor, Pam Cline; managing editor, Linda Hahn; assistant editors, Maggi Gibson, Kevin Shiels; photo editor, Bobbi Allen; sports editor, Steve Irvin; advertising manager, Mike Bittle; photographers, Cris Miller, Kevin Shiels, Bill West, Dave Mintz; office managers, Micki Hanson, Jenell Anderson; Louisa Hooven, Susan McCracken; reporters, Michelle LeMay, Doug Schwartz, Rich Rosemus, Pat Thomas, Bill West, Mike Hively, Perry Billaud, Dave Mintz, Micki Hanson; advisor, Rich Bergeman; production staff, Sharon Lee, Karen Novak, Jenell Anderson, Karen Windward, Susan McCracken, Steve Martin, Joan Farris, Sherry Baumberger, Dave Mastenbrook, Donna McCown; typesetters, Jerri Stinson, Sally Lytle.



Lounge complaints

To the Editor

This letter to the editor is in response to the raised outcry about the Fireside Room. I have been on student government for two years now, and the Fireside Room has progressively gotten sloppier. There have been many days when walking through the Fireside Room was like an obstacle course; food and drinks on the tables and floors, bits and chip of furniture tossed on the floor, just slobsville.

This "act" of closing the Fireside Room was not abrupt. In case you hadn't noticed, a sign was posted the first school day in May. Also, in an effort to give general warning, the reporter especially assigned to ASLBCC was asked to write a small article about "Slobsvill." ASLBCC is not responsible for the Commuter not running such an article.

So, in response to allegations of "an act of tyranny," we feel that, yes, this may not solve the problem, but it does create an awareness of the problem. It is our hope and wish that through peer pressure or, at the very least, the democratic process, students will be responsible for their acts and help Linn-Benton keep the Fireside Room clean!

To our visitors, we are as we seem to be.

Jonni Hudgens
former operations coordinator
for ASLBCC

Fees inequitable

To the Editor

Do you get your share of benefits from fees you pay with your tuition? All students pay \$1.05 in fees this spring per credit hour. Full-time students (12-21 credits) paid \$12.60 of their \$180 tuition in fees (12 hours x \$1.05).

I define these fees as a tax. We are not assured a benefit for the money we pay.

The fees are budgeted for extra-curricular and co-curricular activities by the Associated Co-Curricular Programs (ACCP) Council. I have broken down where your tuition dollar goes

as follows (compiled for spring term 1982 full-time in-district tuition of \$180)

\$167.40 - General fund to pay for faculty salaries, utilities, building maintenance and supplies.

60 cents - Associated Students of L B C C

63 cents - Campus and Community Services.

\$3.19 - Intercollegiate athletics.

\$1.69 - Humanities co-curricular programs.

\$1.03 - Student programming.

11 cents - Club reserve fund.

25 cents - Industrial Technical Society.

\$1.02 - Business-Marketing Management organization.

23 cents - Science Technology livestock team.

\$1.52 - Associated Co-Curricular Programs administration.

\$1.02 - Reserves.

\$1.27 - Community programs.

The Industrial Technical Society (ITS) has one of the smallest ACCP budgets of funded organizations on campus. These funds are not available for the relevant needs of ITS, therefore there is little activity in the account.

I believe that administrators may not realize that ITS is not one, but six individual, unrelated organizations. I see ITS as a title used when schedul-

ing for academic credit. Because we receive credit for ITS, it is definitely an adjunct educational activity. We design, engineer, produce and operate our projects.

ACCP also funds talent grants. A talent grant is a scholarship that can pay all or part of a student's tuition. The purpose of these grants is to recruit individuals with talent who will enhance the programs they enter. For 1981-82 ACCP appropriated these talent grants: six for livestock, six for marketing, eight for music, six for drama, 60 for athletics and five partial tuition grants for the Commuter staff. Talent grants are renewed each term. Six grants can cover two students' tuition for one three-term year.

There were no grants to the Industrial Division. Talent grants are appropriated to traveling, competitive organizations.

Students in other divisions are supporting their organizations with their fees. Those programs are none of our business. Industrial students above all others are subsidizing ACCP's largest beneficiary.

ACCP funds should be appropriated proportionally to the number of students (full-time equivalency) in each division. We are entitled to a piece of our pie.

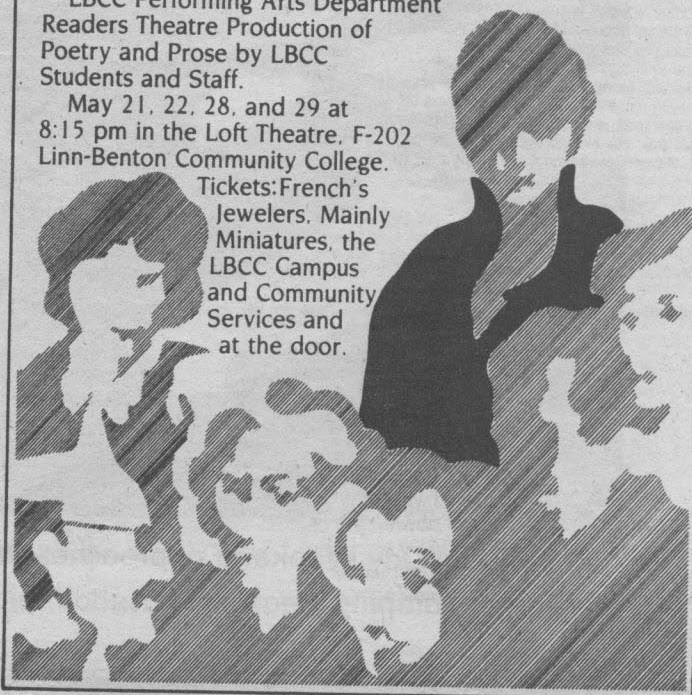
Paul Radke
ASLBCC Industrial Representative

OUR OWN VOICES

LBCC Performing Arts Department
Readers Theatre Production of
Poetry and Prose by LBCC
Students and Staff.

May 21, 22, 28, and 29 at
8:15 pm in the Loft Theatre, F-202
Linn-Benton Community College.

Tickets: French's
Jewelers. Mainly
Miniatures, the
LBCC Campus
and Community
Services and
at the door.



Hahn, Shilts named co-editors of Commuter

Linda Hahn and Kevin Shilts were approved last Monday by the LBCC Publications Committee as co-editors of the Commuter for 1982-83.

A co-editorship has never been tried on the Commuter staff before, according to Rich Bergeman, the paper's advisor. He said it will be interesting to see how it works out.

Linda Hahn, a journalism major from Corvallis, has worked on the Commuter since fall term and currently holds an assistant editor position.

Kevin Shilts, a journalism major from Sweet Home, has worked on the paper since winter term of last year and is currently photo editor.

The Commuter was awarded the All-American rating by the National Scholastic Press Association and the Associated Collegiate Press this year under the editorship of Pam Cline. The award is the highest available from the association. Both Hahn and Shilts said they will strive to maintain this same high quality next year.

Hahn and Shilts are actively recruiting individuals interested in joining the newspaper staff next year. The positions available include assistant editor, photo editor, advertising manager, reporters, sports writers, and photographers.

Interested persons should contact Hahn, Shilts or Bergeman.



Photo by Kevin Shilts

Spring Days left history instructor Larry Sult with a creamy delight during the pie-throwing contest.

Eight animal tech majors receive scholarship awards

Scholarships for varying amounts have been awarded to eight LBCC first-year animal technology majors for the 1982-83 school year.

Criteria for the scholarships ranged from financial need, academic record and personal merit, according to Bruce Moos, animal technology instructor.

Receiving six one-term full-tuition scholarships to continue at LBCC were Glynys Nickle, Deena Ladrow, Mark Nestlen, Nancy Frink, Mike Tatum and Debbie Walk.

Mary Ann Westwood was awarded a \$500 scholarship from the Cohen Scholarship Fund, while Ladrow received a \$300 award from Pacific Egg and Poultry.

Cenex provided a \$1,200 scholarship to Nickle, and the Oregon Seed Trade Council gave three \$300 scholarships to Robert Harding, Nickle and Ladrow.

Your Newport

Your Newport is calling. Oregon's favorite vacationland for over 100 years awaits you and your family. Whether you come to shop, relax, sail, enjoy crabbing or fishing, Newport can be yours this year. With miles of sandy beaches, vistas of the sea and the most beautiful sunsets you'll ever see, Newport offers you the perfect vacation.

For details, write
Newport Chamber of Commerce
555 S.W. Coast Hwy., Newport, OR 97365

NEED ART SUPPLIES?

THE INKWELL

Complete supplies for
Painting/Graphics
Drafting/Calligraphy
AND MORE!

Artist discount cards available to students

TRY US FIRST

THE INKWELL
752-4343
234 S.W. 3rd

Loop service may be reduced

By Les Wulf
Staff Writer

The Linn-Benton Transit Committee may be forced to reduce the loop bus service after July 1 because of a funding shortage, committee members were told at last week's meeting.

A four-member subcommittee was named by transit committee chairman Ray Jean to analyze several service-reduction proposals and recommend one option at the next meeting June 15.

Among the options being considered are reducing the number of round trips to four or five per day from the present nine trips; eliminating summer service; or allowing Dorsey Bus Co. of Corvallis to assume the loop bus operation.

A recent loss of federal subsidies and a reduction in state support has forced the transit system to rely on its supporting agencies to maintain its existence.

Of the seven agencies supporting the loop bus, only Albany, Corvallis and Benton County have pledged money for the next fiscal year.

That leaves the system \$50,000 short of the \$116,000 needed to operate at full-service.

Albany march protests nuclear arms

Concerned citizens of Albany protesting the nuclear arms race will sponsor a "Walk for Survival" Saturday, June 12 in the city. Marchers will meet for a picnic at the Central School field at 12:30 p.m. and at 2 p.m. will begin a peaceful walk to the Linn County Courthouse. There, marchers will hear talks by community members, ac-

ording to June Belli, an Albany citizen.

Linn County and Philomath have no money budgeted for the bus system, it was noted. The other supporting agencies—LBCC and OSU—have not yet announced whether they would be able to contribute to the system.

Another course of action to maintain the present level of service would be to form a transportation district with the power to levy taxes.

Corvallis, the largest city in the proposed district, must initiate the district's formation, according to state law. However, it will be August before the Corvallis City Council will make that decision, the committee was told.

"We have our own transit problems," explained Brian Fodness, Corvallis Traffic Engineer, in defense of the seemingly slow reaction to the problem by the city council. They have until Sept. 2 to get the proposal on the November ballot should they make that decision.

On a last note, Chairman Jean suggested that the committee elect new leadership.

"It is time for the committee to have new officers. I'd like to step down," said Jean, who's headed the committee during the two years the loop bus has operated.

Shelly Murphy of Corvallis and Willis Grafe of Albany were nominated to run for election as chairman.

Coupon

Lake Shore Lanes
582 Airport Rd.
Albany, Oregon 97321

Coupon

50¢ per each game bowled with this coupon
(Not eligible for colored pin bowling when using this coupon)
Fridays 8:00 AM to 7:00 PM
Good thru June '82
Game Room



Coupon

Snack Bar

9264631

Air Conditioned

Coupon

Colony Inn

Heated Pool

Furnished Studio Apts.
Only \$125.00
includes all utilities
Next Door to Campus
1042 S.W. Belmont
928-1500

Meetings set to discuss Jobs program

Welfare recipients who are having trouble with the "Jobs" program can address their LBCC Financial Aids Director Rita Lambert today at 10 a.m. and 2 p.m. and tomorrow at 9 a.m. in the Willamette Room.

"We will talk about the "Jobs" program and actions that can be taken to remain in school," Lambert said. "Maybe we can help."

As reported in the Commuter last week, single mothers who receive Aid-to-Dependent Children (ADC) funds are being required to actively seek employment through the Jobs program by the state Adult and Family Services Department. The new rules may force some students to quit school in order to retain their benefits.

The house that LBCC built goes on market

By Micki Hanson
Staff Writer

The custom-built house on 1756 Belmont Loop will soon be on the market. It will be the seventh house built by the LBCC construction class. The construction crew is under the supervision of Bill Harris, who has been teaching home building at LBCC for five years. The project this year is a passive-solar house with many windows. The southern exposure is largely glass, which catches the sun. Harry Armstrong's first-year construction students pour the foundations during spring term for the next year's house project. The second-year students then begin the construction when they come back to school in September and have the house ready for sale in June. The students do all phases of the construction except the excavation and the laying of carpets. These jobs are sub-contracted. Because of licensing requirements, an electrical and a plumbing firm are hired to supervise the work done by the students. The students also do all of the concrete work, and the cabinets are built at LBCC and set up by the cabinet-making class. The house on Belmont Loop is now in the finishing stage, with the interior almost done. When the house is completed a real estate firm will appraise it and the college administration will determine the market price, explained Harris. The profit on the house will be used to buy the lot for next year's house. Next year's project will be a duplex on 17th between Queen and Hill.

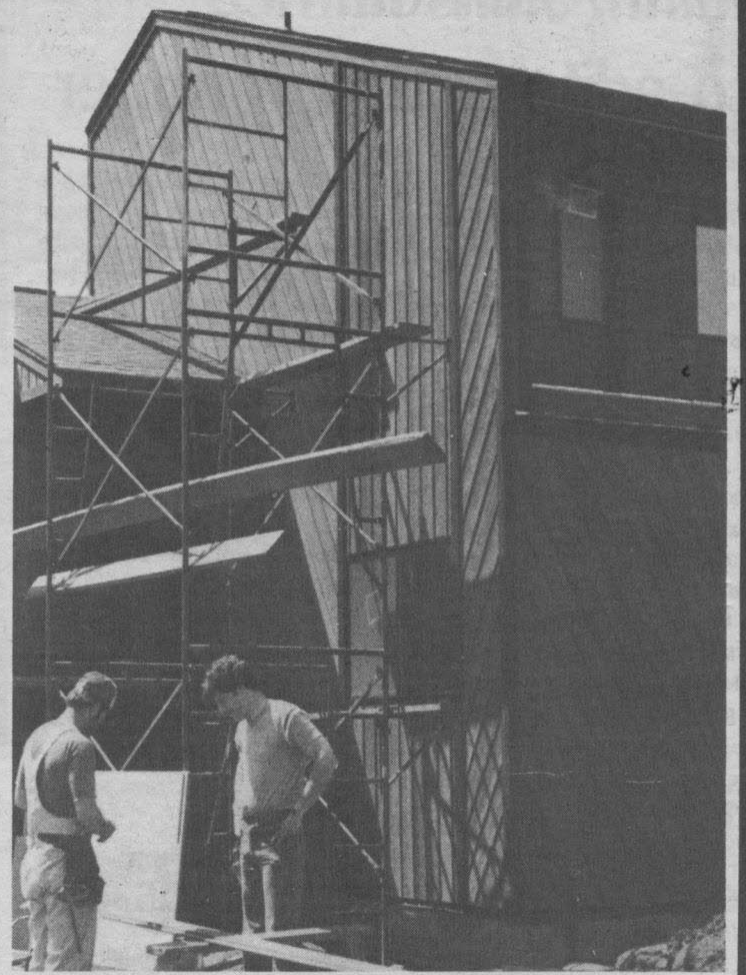


Photo by Micki Hanson

Colleges compensate for inflation by raising non-resident fees

Non-residents students at state colleges are paying an average of \$226 more in tuition this year than last, while in-state students' tuition rose by an average of \$106 over last year, according to a new study of 1981-82 tuition at state colleges and universities.

The study found that state colleges are charging their out-of-state undergraduate students an average

of \$2021 this year, compared to \$1795 in 1980-81.

In-state students are paying an average of \$818 in tuition. Average in-state charges in 1980-81 were \$712, according to the survey of 229 state schools co-sponsored by the National Association of State Universities and Land-Grant Colleges and the American Association of State Colleges and Universities.

In the summary released with the study, the groups noted that the raises were higher than the 10.9 per-

cent inflation rate from August, 1980 to August, 1981.

The study also found that while the Higher Education Price Index—a measure of the prices colleges pay for goods and services—has gone up 103.4 percent over the last ten years, in-state tuition rates have gone up 101.9 percent.

But non-resident tuition has gone up 131.2 percent over the same period.

"It appears that institutions may be more willing to compensate for inflation by raising non-resident charges rather than resident charges," the summary concluded.

Total cost for both in-state and out-

of-state students also rose, according to the report.

Non-resident students are paying an average of \$3781 for tuition, room and board and fees this year, up 11.2 percent from last year.

In-state students are paying an average of \$2578 in total costs, up 11.3 percent from last year's \$2317.

1,700 helps defray cost of LB's tax base

A Dance-a-thon performed by aerobic dancers at the Benton Center on May 8 has brought in \$1,700 so far, said Anna May Lundstrom, coordinator for the aerobics program for LBCC.

The event was organized by Lundstrom and Dee Deems, director of the Lebanon Center, to help defray cost of advertising the tax base election.

According to Lundstrom, The Black and Blue Review, consisting of 30 aerobics dancers—teachers, aides and students—from all over the district, performed the dances used in class for four hours. Pledges were for 1 cent to 5 cents a minute. 700 people made pledges.

The \$1,700 was more than the dancers expected, said Lundstrom, adding "We are really pleased we made so much."



Maples Market

Picnic Supplies

Ice

Highway 20
Cascadia, OR

MAY — BIKE MONTH SELL-A-BRATION



Centurion Custom Dlx 10 Speed

Save \$35.00 Now **\$144⁹⁵**



Centurion Sport Dlx 10 Speed

Japanese Quality at a Two Year Price Roll Back

Save \$20.00 NOW **\$169⁹⁵**



Centurion Super Tour 15 Speed

Univega Gran Turisimo 15 speed

Save \$40.00 NOW **\$299⁹⁵**

* Safety * Performance * Dependability
* Serviceability * Resale value

From

Bike N' Hike Centers

ALBANY
131 Montgomery
928-2143

LEBANON
115 Sherman
259-3078

CORVALLIS
328 SW 2nd
753-2912

Horses: 'I can't imagine what we'd do without them'

By Jeanne Vaissade
Staff Writer

Cindy Lane always wanted a horse of her own.

As a 10-year-old she talked about horses, read about horses and dreamed about horses.

Five years later, the gelding Klinkit Mann came into her life, and Cindy went to work turning "Klik" into a champion.

"Klinkit Mann is a Paint. Bally Hobo, sire to Klik, is an American Quarter Horse Champion. The registration papers on Klik list back to one of the early sires of the Quarter Horse breed, Three Bars," said Lane proudly.

Lane, a student at the LBCC Lebanon Center, showed Klinkit Mann, at halter, to the Grand Championship in the Colorful Classic Horse Show, May 8 at Salem.

About 100 Paints, Pintos, Appaloosas, Buckskins, and Ponies-of-America from Oregon, California, Washington, and Idaho competed in the show.

This was not the first honor for Lane.

More than 100 trophies and ribbons chart her progress through nine years in 4-H and Future Farmers of America.

Barbara Reed, Lane's mother and LBCC student said, "Cindy has so many trophies and ribbons that we have started putting them in boxes. We just put the new ones in the living room now."

One trophy Lane wears proudly is the Oregon Paint Association queen belt-buckle.

The PHA is a family oriented organization, Lane said.

"We spend so much time together as a family with the horses. I can't imagine what we did without them," said Lane.

Lane's interest in horses follows through into her work. She is employed at Toklat Tack and Ranch Wear in Lebanon.

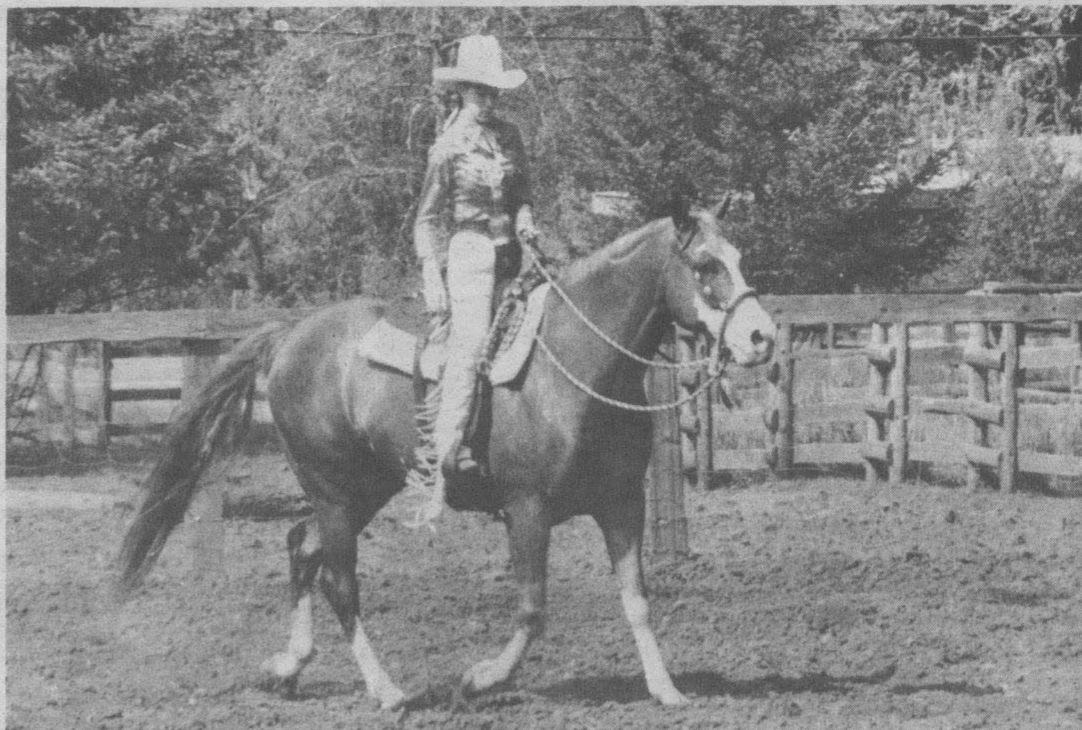


Photo by Jeanne Vaissade

Cindy Lane rides
Klinkit Mann

The position of secretary of the Oregon Paint Horse Club keeps her in contact with other horse owners around the state.

June 12, Lane will ride with the National Paint Queen, Barbara Turebs (Arizona) in the Portland Rose Festival Parade.

Naturopathic medicine treats mind, body and spirit

By Debra Smith
Staff Writer

"Working with a diet is one of the first ways of treating a person," according to John Sherman, naturopathic doctor at the Corvallis Naturopathic Clinic.

Sherman has been practicing for three years at the Corvallis Clinic ever since graduating from the National College of Naturopathic Medicine in 1979.

Naturopathic treatment is a method of handling a disease or illness without drugs or surgery.

With methods that assist a person's own healing ability like proper foods,

heat, exercise and massage, naturopathic medicine strives to treat the whole person, mind, body and spirit.

When asked whether or not the treatment is psychological, Sherman replied, "It's definitely a part of it. Physical systems are manifested from your outlook on things, the more tension we carry, the more acid is produced."

Naturopathic medicine has been in existence for quite awhile.

"It is one of the oldest forms of medicine," Sherman said.

The popularity of this "natural health care" is definitely on the rise.

When Sherman first entered the NCNM, there were two graduates, now there are 50.

Naturopathic medical college is not easy, claims Corey Resnick, a former student of NCNM. "Our curriculum is rigorous."

Before a student receives the doctor of naturopathy degree from NCNM, 5300 class hours of study over a four-year period must be completed. This breaks down to about 44 classroom or clinic hours per week, not including regular out of class studies and required research.

According to Resnick, in an age when the need for naturopathic medicine is so high, it is important that doctors of naturopathy be well educated in their places on an equal level with any other practitioners of the healing arts.

To be licensed in Oregon, naturopathic physicians must graduate from an approved four-year naturopathic medical college and then successfully complete basic science and clinical board examinations.

Why did Sherman choose to become a naturopathic doctor?

"Ten years ago, I started getting into the basis for personal health philosophy, the orthodox approach to disease and health were out of line," he explained.

When comparing an N.D.'s treatment time with that of an M.D.'s, Sherman said "A lot of time my

treatments will take longer if it's a chronic illness. My approach to ulcers are much quicker, I get to the root of the problem."

With ulcers you have to learn how you are going to process your worries, explained Sherman. It helps to do something where the pressure of day-to-day living is not felt.

Sherman also performs home-births for \$550, which is considerably lower than a hospital delivery. The price for a home birth includes prenatal visits, check-ups, delivery and after birth visits and check-ups.

"The birth process is not a disease, it doesn't need to be treated in a hospital," claimed Sherman.

"Ninety percent of women have no problem in a home birth."

For Sherman to deliver a home birth, the woman must be a low-risk patient.

A statistical analysis done by Hardin Jones, professor of medical physiology and biophysics at the University of California, showed that neither the timing nor the extent of treatment of cancer patients has altered the course of the disease.

"The chance of survival is no better with than without treatment, and there is the possibility that treatment may reduce the survival time of a portion of cancer patients," said Jones.

His studies show that treatments such as surgery, radiation, and chemotherapy possibly interfere with the natural restraints and make the

average situation worse.

He also stated that survival times of untreated cases of breast cancer are up to three times greater than treated cases.

"We use the metabolic treatment approach to cancer. The body is more receptive to metabolic treatment without chemotherapy," explained Sherman.

There are many illnesses and diseases Sherman treats.

"I treat everything that is imagineable" ranging from chronic ear infections to ulcers, he said.

His specialty areas include: allergies, chronic urinary infections, digestive upsets, high blood pressure, hypoglycemia, chronic back pain, well-child check-ups, and woman check-ups.

Sherman also offers nutritional counseling, natural food supplements, individualized diet and exercises and herbal medicines.

According to law, naturopathic doctors are able to give electroacupuncture which are needleless.

The cost for a first visit to the Corvallis Naturopathic Clinic is \$30, and \$15 for every visit after.

When asked if naturopathic treatment is beneficial in every ailment, Sherman answered: "There are a lot of things that need to be treated with emergency care and medicine. Often times I'll refer people to certain books to read. It's a team. I try to work with the patient."

Classifieds

HELP WANTED

The Commuter, LBCC's student run newspaper, is seeking applications for the following staff positions:

Photo Editor
Advertising Manager
Assistant Editors [2]
Office Manager
Sports Editor

Applications are available in the Commuter Office, CC-210.

Commuter



Photo by Kevin Shilts

Second-year students Jane Ven John and Sam Bardeen serve as role models

Culinary arts program tests students' ability to 'take the heat' in the kitchen

By Michelle LeMay
Staff Writer

"Take your vitamins!" This is the advice given to beginning Culinary Arts students by one of the two veterans of the class, who know how much the busy program can sap a student.

LBCC's Culinary Arts program offers three certificates to students who finish these two-year programs—Restaurant Management, Hotel/Restaurant Cooking and Chef Training.

First-year students are familiarized with the kitchen, taught cooking skills and techniques, sanitation and safety. From 8 a.m. to 8:30 a.m. all students attend a menu planning class, then they are in a cooking lab till 1 p.m.

The lab is broken down into five stations—salad bar, natural, sous chef (head chef), soups, and stocks/sauces and bakery. The students prepare various foods at these assigned stations for a period of two weeks and then rotate to another station. Waiters and waitresses for the Santiam Room are first-year students.

The students, under the guidance of instructors Rolfe Stearns and Charles Dallmann, cook for the Commons cafeteria and run the Santiam Room Restaurant.

Second-year students are expected to set an example for first-year students. They are given more responsibility—they occupy the cashier and manager positions in the Santiam Room.

Jane Ven John is one of the second-year students who will graduate this term with a certificate in Hotel/Restaurant Cooking.

A native of Dodge City, Kan., Jane moved to ORegon partly to go to school here and because she had convenient living arrangements with her brother-in-law.

The other veteran, Sam Bardeen (who is also a teachers aid in the program), will finish her seventh and final term to graduate with certificates in Chef Training and Restaurant Management.

Bardeen used to be manager of the Garden of Eatin' in

Corvallis (now Oscars) and was also a bartender in San Francisco for a year. She came to LBCC because "it's the best program in the area—it has all the necessary courses," she said.

The atmosphere in the kitchen is usually "light" but frequently it can be intense and stressful, resulting in a high drop-out rate. Both Sam and Jane agree that students have to be sure that they want to go into the cooking field to make it through the course.

"If you want to be in the business you have to maintain your cool," Bardeen said. "As Charles says 'If you can't stand the heat, get out of the kitchen.'"

Ven John said the program "is a good place to find out what it's like out in the real world."

Anyone who has peeked into the kitchen may wonder what motivates these two to work so hard for no monetary gain.

"I want to prove to myself I can do it," Ven John said. "I want the certificates." She said she also enjoys pleasing the public—the student body and the faculty.

Bardeen said it's a challenge striving to learn as much as possible as well as earn her certificates.

Ven John's advice for new students is to "come in with a good attitude or don't come at all." She said it's important to leave all personal problems at home in order to concentrate fully.

"Be open—don't resist the enormous amount of knowledge available," is Bardeen's advice.

Both praised the instructors as being experts in their fields. "They are fair as instructors and interesting on a personal level," Bardeen said.

"There are times when I'd like to boil them in the stock pots," laughed Ven John. "But they are both excellent instructors, I couldn't ask for better."

After getting her certificate this term, Ven John will work this summer at The Inn of the Seventh Mountain in Bend as banquet and catering cook.

Bardeen plans on starting her own catering business in Corvallis this summer.

"If they don't cut the budget, I'd love to have this job again next year," she said.

Festival season opens with Lebanon Strawberry Fair

By Tracy Vawter
Staff Writer

As the scent of corn-dogs settles over the city, spectators nimbly side-step spilled snowcones and discarded cotton candy sticks to get a glimpse of the queen waving with mechanical grace from her perch on the retractable top of a '59 Ford Fairlane.

The scene is a familiar one in many cities in Linn County as June marks the beginning of the festival season.

Kicking off the round of festivities this summer is the annual Strawberry Fair June 3-6. This festival includes a carnival, and the grand parade, June 5, with the main attraction being the world's largest strawberry shortcake.

The cake is then served to all of the spectators after the parade. Many other community events also take place; art and craft displays, a pancake breakfast, sporting events and even a queen coronation ball to mention a few.

History will be in the making once again at the Brownsville Pioneer Picnic on June 18-20. "Pioneer spirit lives" will be the theme for this year's court and festivities. The grand parade and main activities take place June 19.

The celebration is an annual event which began in 1887 when the early settlers crossed the plains and then gathered together to tell of their adventures.

The Albany Timber Carnival takes place July 2-4. The carnival centers around the three days of logging events held at Timber-Linn Park. Contestants travel to Albany from all over the world, including Australia, New Zealand and England.

The carnival is sponsored by the Jaycees and Jayce-ettes, and usually attracts 35,000 people. A fireworks display marks the conclusion of the festival on July 4.

The Sportsman's Holiday will be held in Sweet Home, July 16, 17 and 18. The festival, which used to be called "Frontier Days," is a tribute to the various sports you can enjoy in and around Sweet Home.

This year, in addition to Saturday's grand parade, there will be a street carnival featuring a dunk-tank and craft booths. A sailboat club from Eugene will conduct sailboat races at Foster Reservoir and there will be a fireworks display Saturday evening over the Lake.

Flyers may enjoy the "Petticoat Derby" held at the Albany Airport July 16, 17 and 18. The Willamette Valley 99er's, which is a group of women pilots, fly a variety of local and "cross country" courses.

LBCB says Thanks Olga's for all the ice cream during Spring Days!



..... Introduces



BEFORE

AFTER

A Unique Experience in Make-up and Black & White Photography

Let the professionals create that new and exciting look for you!

Spring Special

\$74⁹⁵

Includes: Reg. \$125.00

- Professional Make-up
- Photography Session
- 16 Pose Selection
- Beautifully Framed 8 x 10 Black & White Portrait

Offer expires June 30, 1982

BY APPOINTMENT ONLY

442 NW 3rd
754-0895

Photography
Dennis Bowman

Make-up
James Culp

Umpqua turns tables on LBCC diamondmen

The tables were turned on Linn-Benton's baseball team, as they watched Umpqua Community College celebrate their 7-2 win in the Region 18 championship game last Saturday.

Last year, it was the Timbermen who watched LB's elation upon winning the regional tourney, but a four-hit pitching effort by Umpqua's Kevin Roy, and a five run fifth inning by UCC combined to deny LB's bid for a fourth consecutive trip to the national tournament.

LB reached the championship finals the hard way, by losing their first game of the double elimination tournament, and being forced to battle through the loser's bracket to get a shot at the title.

The Roadrunners were defeated by College of Southern Idaho, the host team of the Twin Falls, Idaho tournament, in their opener 10-5. The Eagles were aided by four home runs, two off the bat of Bobby Thompson, in a haunting recreation of the "Shot Heard Round the World" in 1951.

LBCC then used 14 hits to eliminate Northern Idaho, who lost to Umpqua in their first round contest, defeating them 12-4 and setting the stage for Dave Lenderman's five-hit mastery of CSI in the Roadrunner's 7-2 win.

With the score knotted at two in the eighth inning, the Roadrunners took advantage of two CSI errors. A two-run double by Mark Stathas, and a towering two-run homer by Tom Daniels buried the Eagles, and put LB into an Oregon dominated final with Umpqua.

Coach Dave Dangler tabbed Bruce Christiansen as his starting pitcher, and the freshman left-hander from Rupert, Id., responded with four innings of goose eggs, while his teammates took a 1-0 lead on a wild pitch by UCC's Roy in the bottom of the fourth.

In the fateful fifth, Christiansen, who had thrown 88 pitches to that point, was lifted in favor of Bill Steele, who entered the game with runners on first and second with no outs.

Rich Carter, the Timberman runner at second, attempted to steal third on Steele's first pitch and was thrown out by Roadrunner catcher Joel Stolsig.

With one out, and a runner at second, Rich Middleton was intentionally walked to set up the double play. Steele then accidentally hit Greg Zorbas to load the bases, and then the tying run was walked in on a questionable call on a full count pitch.

The crushing blow came when Umpqua's next batter, Scott Veng, hit a chalk-raising single down the right-field line, scoring Middleton and Zorbas, and giving Umpqua a 3-1 lead.

An errant pick-off attempt and a run-scoring single by Jack Highstand led to runs four and five for Umpqua, and in effect, wrote the Timbermen's ticket to the nationals in Colorado, as Roy stuffed the Roadrunner hitters the rest of the way.

Huxtable and Bean: National champs!



Huxtable

By Dan Cobine
Staff Writer

It came down to the last event of the Heptathlon—the 800 meter race—and all Jacquie Huxtable had to do was finish three seconds behind favored Bonnie Byers of Parkland, Ill. to win the two-day, five-event contest.

But Huxtable didn't finish 3 seconds behind, she won it! This enabled her to win the prestigious heptathlon with 4,568 points compared to Byers 4,456 at the national junior college track and field meet in San Antonio, Texas.

Another national champion for Linn-Benton was Sandy Bean in the javelin.

Huxtable and Bean led LBCC to an impressive 6th place finish with 30 points just 3/4 of a point behind Lane Community College who finished 5th. Eastern Oklahoma won the women's title with 66 followed by Mt. Hood 58, Golden Valley of Minnesota 48, Barton County of Kansas 38, Lane 30 3/4 and LBCC 30.

Huxtable added a 2nd place in the 400 intermediate hurdles with time of 1:03.19.

In the men's competition Russ Houck of Linn-Benton finished 10th in the decathlon with 6,178 points. Conny Silver of Ricks College of Idaho won with 7,448. Odessa College of Texas won the men's title with a strong 1,600 meter relay effort. They had 73 1/2 points to Ricks' 72 1/3 and third Wharton of Texas 65 1/3.

The weather was stormy and rainy (miserable to say the least) but LBCC still brought home two national champions.

Golfers send two to championships

By Casey Denson
Staff Writer

Perry Billaud will carry the best score card in the OCCAA with him when he and teammate Joe Saboe travel to the National Junior College Golf Championships in Scotsdale, Ariz., June 8-11.

A graduate of Crescent Valley High School where he majored in communications, Billaud is ranked first among golfers from the five community colleges in the conference with an average of one under par.

Last fall, the 19-year-old Corvallis resident was attending San Jose State University where he was playing for their golf team. After fall term he transferred to LBCC.

"Playing in California helped me play better mentally, plus there was a lot tougher competition down there," Billaud said.

With eight years of golfing experience, Billaud turned in cards with scores of 72, 71, 70, 70 and 68 in conference play this year.

In last week's NJCAA Region 18 tournament, Billaud carded rounds of 78 and 75 and finished in the top five.

Saboe, however, took medalist honors in the regional tournament with rounds of 77 and 73. LBCC finished second to Mt. Hood Community College after coming from 14 strokes behind to tie the leader, only to lose on the second hole of the sudden-death playoff.

The area of the game Billaud is

most concerned with is his short game.

"It's real bad, it needs a lot of practice," Billaud said. "I've been consistent all year except my chipping game."

Billaud has found strength in his putting, however. "My putting has been on all year," he said.

Billaud has nothing but praise for head coach Dick Mason. "He's made me understand the fundamentals of golf."

With the season drawing to an end, four-year schools such as Oregon State University, University of Oregon and Boise State University have already offered Billaud scholarships, but he has not yet decided what he'll do, except that he plans to play in tournaments throughout the summer.

For now, however, Billaud will turn his attention to sharpening his game for the national championship tournament.

Donations help

Scrounging around for parts isn't uncommon for the instructors and students in the mechanics classes at LBCC.

The students and faculty regularly scour junkyards to purchase parts for their class projects.

"We shop all over Oregon" said Dave Carter, instructor.

Some things are donated to the school. This year they received a diesel engine, road grader, 1972 Pinto, and 1969 International TravelAll.

John O'Rourke of Philomath has donated many items such as a 1959 Ford Towtruck, 1975 Buick Lesabre, and this year a 671 diesel engine.

Cash
for
Books

CLOTH OR PAPER — WHETHER USED ON THIS CAMPUS OR NOT.
WE BUY ALL TITLES HAVING RESALE MARKET VALUE!
SELL THEM AT:

June 7-11
8:30 - 4:00 pm
Willamette Room

F-155

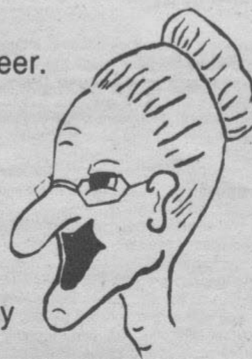
Granny's Grainery

Join us for
HAPPY HOUR
Mon.-Fri.
4:30-6:30

\$1.50 for Large Pitcher of Beer.

Free Popcorn
Live Music Fri.-Sat.
Free Pool Sundays
12:00-4:00

1295 S.E. Commercial Way
Albany, OR 97321



Review

'Our Own Voices' rings with wonder

By Gretchen Notzold

Our Own Voices! A wonderful and brave idea which evolved into a sparkling performance. Our Own Voices vibrantly presents LBCC student and faculty poetry and prose in this spring term's Reader's Theater. This collaboration between LBCC writers, actors, director, designer and techs should proudly justify the budgeting of money for LBCC's Humanities division.

I attended the show somewhat dubiously, I must admit. Being one of the authors, I tried to remind myself that my work could be misinterpreted or performed insensitively.

My fears were dispelled after the first few lines.

The energy engendered by the actors immediately drew the intimately seated audience into the action. For the rest of the night, faces were intent, as the tightly paced show covered a broad expanse of material.

The simple setting, with its contrast in textures and lines and dramatic use of a graphic design as the backdrop, was an art work itself. Combined with subtle, sensitive lighting, the set complimented the performance.

The actors really worked. Distinctions between actor and piece or audience and actor fuzzed as the audience listened and became one with the event. Four women—Brenda Ogston, Lynne Hathaway, Vivian Bradley, Mildred Gonzalez and one man—James Davis did a superb job. They travelled the changes of emotion and intensity with skill and kept up the energetic timing throughout the play. The audience was never bored. Their understanding of the material was obvious by their actions and focus. Group pieces were a treat—full of action and shape. Words were tossed accurately back and forth. The age of the actors varied as did the timber of voices.

Mildred Gonzalez was delightful. She enchanted the audience with her mime-like gestures and versatile voice. Her presentation of B.J. Williams, LBCC English instructor, "Over the Gray Distance, a Light" was sensitive and deep. Humor, love and anguish in the story touch the distance and intimacies between people, life and death. Gonzalez touched our hearts as she played

Granma Lena. Her voice carried the audience like a boat over the sea.

Brenda Ogston tempted and tantalized the audience with "The Snake and the Rock," a poem by Jim Brick, art instructor. The story is a humorous sexual analogy about a snake shedding his skin by a rock. Ogston sparkled her way through it, teasing laughs from the audience with clever ease.

James Davis' overall performance was crisp and clear. His voice and actions were full of energy. He performed many of Jim Brick's pieces with such a high degree of sensitivity, I can't imagine anyone else doing them now!

Vivian Bradley's youth and soft voice balanced the other deep voices. She imparted a timeless, muted feeling to many of her pieces. When she did "The Fish" (which I wrote), she used the silence behind her voice for contrast. She really saw the fish and the water and the deep mountain shadows. The audience audibly sighed after it.

Lynne Hathaway did a good job with a tough, long piece. "Ashes" by Linda Hahn is the true story of a rape and muder and how it affected a family. She must have worked long and hard to present it in such polished shape. The audience experienced the bitter anger and aching sadness she experienced. Obviously, she acted from the heart.

Group pieces such as "Earth Birth" or "Seek" by Marilyn Kok or "Families" by Tony Tobey contained interesting action and dimensions.

Steve Rossberg, the director, must be congratulated. He selected a well-balanced, talented cast to perform a well balanced selection of fine works. His interpretation of the material was sensitive, his timing impeccable. He matched words with appropriate actions which is not easily done with the intangible, elusive form of poetry.

A job well done! LBCC should be proud of "Our Own Voices!"

Showtime is 8:15 p.m., Friday, May 28 and Saturday, May 29. Tickets cost \$2 and are available at Campus and Community Services, Mainly Miniatures in Corvallis and French's Jewelers in Albany.



Dear Crabby

Dear Crabby;

I'm a jock who has been forced because of finances to live in a "quad" apartment, with three other guys who are into sports. It's o.k., but one guy thinks he's a superstud and great athlete. When I come home at night he wants to discuss stat's with me or talk about how many girls he saw last weekend. I work hard at school because sports is the only thing that comes easy to me. I study a lot and need privacy and quiet to get the grades I need to stay on the team.

How can I tell this pain-in-the-ear to cool it, since he's an old buddy from high school. He's still wild and going nowhere. I'm trying to make something of myself and he's making me miserable!

Need help in a hurry. RB

Dear RB;

Eat a clove of fresh garlic in anticipation of your friends interruptive visit. Crunch it up and roll the pieces around on your tongue, then swallow. Not only does it keep your mouth unsociable, it travels through your blood stream, exudes from your pores and makes your whole body reek! It's a sure fire guarantee to keep vampires and overactive jocks at a manageable distance, along with women, teachers, friends, plants, animals and even some inanimate objects.

Sincerely
Crabby

Dean of Instruction candidates to meet students

Finalists for the vacant Dean of Instruction position will attend "Get Acquainted" meetings in Boardrooms A and B on the following dates: Dr. Robert Barber on Thursday, May 27; Dr. Curtis Twenter, Tuesday, June 1; Dr. John Keyser, Thursday, June 3 and Dick McClain, Friday, June 4.

All staff and students are invited to attend and meet the applicants. After "Get Acquainted" meetings, interviews with the Search Committee and Dr. Gonzales. Gonzales will choose a candidate and present his recommendation to the board for approval.

Campus Calendar

Wednesday May 26

Financial Aids/Jobs Program, 10-11 a.m., Willamette Room.

A.A. Meeting, Noon-1 p.m., LRC-207

Christians on Campus, Noon-1 p.m., Willamette Room.

Council of Representatives Meeting, 3-5 p.m., Willamette Room.

Concerned Citizens for Community, 7-10 p.m., Willamette Room.

Thursday May 27

Financial Aids/Jobs Program, 9-10 a.m., Willamette Room.

Help Sessions for Calculus, Noon-2 p.m., ST-102.

Career Seminars, 7-10 p.m., HO-216.

Community College Theatre Festival, 7-10 p.m., Theatre.

Men's Barbershop Chorus, 7:30-10 p.m., HO-209.

Dean of Instruction Candidates Meeting, 2-3 p.m., Board Rooms.

Friday May 28

Community College Theatre Festival, 8 a.m.-11 p.m., Theatre.

Saturday May 29

Community College Theatre Festival, 8 a.m.-11 p.m., Theatre.

Tuesday June 1

Dean of Instruction Candidates meeting, 2-3 p.m., Board Rooms.

Transit Committee Meeting, 11:30-1:30 p.m., Board Room B.

Career Seminars, 7-10 p.m., Alesa/Calapooia Room.

Classifieds

FOR SALE

1979 Ford Pinto—4 cylinder, auto. trans., like new, low mileage, \$3495, 451-3480.

1970 Honda 175, good cond. used very little, some minor repairs needed \$200. 967-1091.

12 string Matao acoustic guitar with case \$150 or best offer 967-8272.

1978 Ford Mustang, low mileage, 4-speed, 4-cylinder, trade or sell. Ext. 291 or 967-7809.

1966 VW bug. No beauty but in good mechanical condition. New tires \$600. 752-2500.

1973 Pontiac, runs well. 2-door, power steering, power brakes. Wilson's at 967-9583 between 8 a.m.-5 p.m. on weekends.

Bee-hives (5 frame-nucs) \$35 ea. Diana at 451-2234 or 367-6587.

Garage sale: furniture, antiques, baby goods, clothes (slightly used) and misc. also 1963 Rambler station wagon, runs. Come early for a 20 percent discount 7 a.m.-5 p.m. Sat. May 29 and Sunday May 30. North Albany, 2765 Oak Grove Drive, 928-3986 ask for Cheri Lehr.

1969 Ford Econoline, 6-cyl. 2 owners, 74,000 miles, solid and mechanically excellent \$400 or best try, contact Chip in ceramics 753-8412.

1973 Honda 750 engine with R.C. engineering headers, bored to 900 cc. By power roll crank and camshaft balanced and blued by R.C. Engineering heads balanced and blued by Bob Muzzy-Italian Grand Prix head mechanic. Not a mile on it, willing to guarantee. Extra engine and motorcycle parts, custom tank and side covers all for \$500 or best RAP notify Chip in ceramics or call 753-8412.

PERSONAL

Marco Polo, What goes "thump thump" in the night? I know it's been rough the past week, but it's over, so let's get wild! Luv U, Lopsy

Vickie Walters, If you want some chocolate come and get it. Cam Walters.

Carla Sue Clark, Have a happy 19th birthday and may the night be better. Friends, Lisa and Karrie

Dan, You've always been the reason I've gone into the rec. room. Love Lisa

To the ignoramous who put the "citizen parking violation" on my car, take a better look the next time you slither through the parking lot playing policeman with the big pen. I didn't take up anymore room in the space than I was allowed. Furthermore, I might have saved you a \$5 violation for trying to squeeze your boat into the same space. I conclude by wishing that all four of the wheels on your rambler fall off at the intersection of Pacific and Geary and may the gypsy moths of 100 trees infest your underwear drawer.

Ranger Duane, We appreciate your services. Leading the blind out of the forest is a noble thing. Thanx, Jonni, Julie, Eugenia, Jolene and Tom.

WANTED

Someone to share expenses to Gardiner, Mammoth, Montana. Preferably someone working at Yellowstone. Leave July 24, 6 a.m. must arrive by July 28. Kate 967-9544.

Ride to Jackson, Wyoming. 3rd week of June. Help with driving and gas. Call Gretchen at 753-0958 or 757-2421 before 9 p.m.

My 2 year old needs a playmate. Would like to babysit in my south Albany home. Potty-trained. Weekdays only. Call Chris 926-8229.

Would like 3 responsible riders to San Francisco/Santa Rosa area June 9 or 10 willing to share expenses. Have VW squareback with room for luggage. Call Sue at 754-6379 evenings.

The student placement center has the following help wanted openings: Part time Albany: freelance writer, appointment clerk, salesperson, auctioneer, cocktail waitress, nurse aide. Part time, Corvallis: tax preparer, housekeeper. Full-time, Albany: dinner cook, machinist. Full-time Corvallis: electronics tech., gas attendant. Full-time Salem: drafter and management trainee, various locations.

LOST

Blue denim cap. Great personal value. Cannot be replaced. Dave at 928-5399 or LBCC lost and found.

Female golden lab, nine months old. Last seen near Crabtree. Very concerned, \$50 reward. Contact Neal at 928-4938 or 928-7002.

MISCELLANEOUS

Summer support group starting for single, childless women. Call 928-2040 eves. or counseling center Ext. 143.

AA Meetings Tuesday 12-1 p.m. in LRC 207.

Summer sub-lease three months. Quaint cottage with fireplace, firewood, furnishing in Corvallis near campus. \$140 but can be negotiated. Gretchen 753-0958 or 757-2421 before 9 p.m.

The Editor and staff wish to apologize for the newspaper's typographical inconsistencies. They are due to mechanical breakdowns suffered by the college's typesetting equipment.