

Cuts Hurt

Students, staff react to cuts in athletics, art and tech programs

Wojahn Resigns

Long-time financial aid advisor steps down after 10 years

Broken Hearts

Statistics show increasing heart disease among women

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Potential draft would induct 20-year-olds within 2 weeks

By Janet Converse
Of The Commuter

If Congress voted to reinstate the draft, the first group of inductees could be in boot camp within two weeks, draft counselor Greg Paulson told an audience at LBCC Wednesday.

Paulson, a member of Corvallis Draft Counselors, outlined the Military Selective Service regulations to about 75 people gathered in the Fireside Room. He then explained the process required for reinstating a draft, and detailed the steps a person can take to avoid military service.

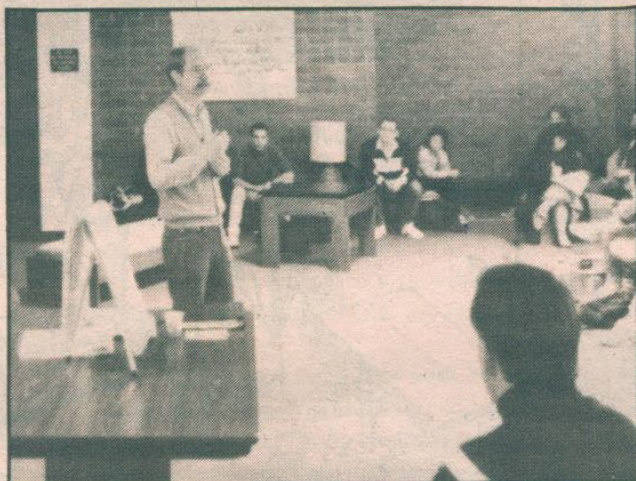
An instructor of agriculture and horticulture at LB since 1976, Paulson is himself a Quaker and an opponent of the draft. He said that in counseling people, however, he does not attempt to influence their decisions. His presentation Wednesday was made at the request of the Student Programs office.

Today's draft regulations are considerably different from those of the Vietnam era, Paulson said. Draft registration was reinstated in 1980, seven years after the draft was abandoned following the Vietnam conflict. Even though there is no active draft at this time, current law requires every male to register with the Selective Service within 30 days of his 18th birthday.

"Penalties for non-registration are fairly substantial," Paulson said. A felony offense, failure to register carries a maximum penalty of imprisonment for up to five years and/or a fine of up to \$250,000. In addition, every man must keep the Selective Service informed of his current address until he is 26.

Because applications for financial aid require men to certify that they have registered for the draft, a person could be denied federal financial aid for college or for vocational programs if he has failed to register.

Before inductions could actually begin, Congress would have to vote to activate the draft. This could be done at any time, Paulson said. The country need not be at war, and all military reserves need not have been activated first.



The Commuter/JAMES O'GUINN

'If Congress were to approve a draft, a lottery would be held within 24 hours of the vote. Every male whose 20th birthday occurs during 1991 would then be assigned a draft number between one and 365.'

--Greg Paulson

If Congress were to approve a draft, a lottery could be held within 24 hours of the vote. Every male whose 20th birthday occurs during 1991 would then be assigned a draft number between 1 and 365. The numbers would be determined by lottery, with each number representing a birthdate.

Men whose birthdays fall on No. 1 would be drafted first; those with the birthdate assigned to No. 365 would be last. Everyone would be classified 1-A, or eligible, to begin with, Paulson said.

Within 24 hours of the lottery, induction notices could be sent by Mailgram. The minimum amount of time between the day an induction notice is sent and the time of the actual induction is 10 days.

Inductees would be given a date on which to report to a military entrance processing station. If they passed a physical examination, they would be inducted immediately.

"You don't go back home," Paulson said.

All the eligible 20-year-old men would have to be inducted before men in other age groups would be affected, he said. Approximately two million men will become 20 years old during 1991. If additional troops should be needed, the next age group to be inducted would be 21-year-olds. Then each age group through age 26 would be drafted. After that, 19-year-olds and then 18-year-olds would be inducted.

Paulson said the induction notice would tell the individual what to do if he thinks he shouldn't be classified 1-A. To be taken out of the "induction loop," Paulson said, a person would have to file an SSS Form 9, requesting either a postponement or a reclassification.

A postponement could be granted for one of two reasons: to finish a term at school (or a senior year), or to deal with a serious illness or death in the immediate family.

Reclassification could be made on either administrative or judgmental grounds. The guidelines for administrative reclassification are clear-cut, Paulson said, and decisions are made by local draft boards.

Included in this category are veterans, officers in the Public Health Service and the National Oceanic and Atmospheric Association, people in mental or penal institutions, people with mental or physical disabilities, certain elected public officials, certain aliens, and the sole surviving son in a family in which another family member has been killed in military action.

Booklets containing complete reclassification information will be available at the post office if a draft is reinstated, Paulson said.

"But they're not available at the post office yet," he said, "so don't hassle them."

To receive a judgmental reclassification, an individual must be an ordained minister, be pre-enrolled in theology school, must qualify as a hardship case, or must be able to prove he is a conscientious objector.

(turn to 'Draft' on page 5)

Thieves burglarize three campus rooms, causing 'significant loss'

By Ronald D. Rutherford
Of The Commuter

Burglars broke into the Student Programs Office and Recreation Room on the second floor of the College Center and the Camas Room on the first floor of Takena Hall last Thursday sometime between midnight and 7 a.m., according to Mick Cook, supervisor of Campus Security.

The amount of damage and loss is undetermined at present, but does represent a

"significant loss," said Cook.

The thieves managed to get the change out of the coin machine in the Recreation Room, a small amount of change from a desk in the Student Programs Office, and \$6 from a wallet in Student Program's lost and found, according to Charlene Fella, director of student programs.

Fella said she was glad that no significant vandalism had been done, and that the computers or the micro-wave were not taken to

be sold.

The thieves damaged the locks on the doors to Student Programs and Fella's office and the change machine in the Recreation Room was completely destroyed. Two locks on campus had to be changed since a set of keys were taken from Student Programs.

The cash registers in both the Camas Room and Student Programs had been emptied and the money vaulted earlier Wednesday night. The cash register in the

Camas Room was closed however, so it was damaged when the thieves forced it open. Security officers had advised that all empty cash register drawers be left open at night to avoid such damage, said Cook. The only thing stolen from the Camas Room was a large box of candy bars, which may suggest the thieves were drug users, Cook added.

The Albany Police Department, which is investigating the break-in along with Cook, said they have a "good set" of fingerprints.

POINT OF VIEW

EDITORIAL

It's time to reclaim power over our lives

Forty years ago, Harold Lasswell, a social scientist, developed in his work 'Communication in Ideas', the concept that the media's most important role is that of surveillance—reporting to society the threats, changes and dangers to the well-being of the greater community.

That implied "watchdog" role is as valid today as it was 40 years ago. Be watchful. Many decisions have been determined as of late that affect you directly. Everything from the decision to go to war, to which program of study will be available next year and how much those studies will cost you, has, or soon will be, decided for you.

Everything it seems, comes to us as gel-coated capsules of pre-determined fact. And during these times, we seem to have lost our personal power to affect the decisions being made everyday around us and for us. It's during particularly stressful periods of time that we need to regain as much sense of control as we can possibly garner.

If we perceive our world to be predictable and within our control, we feel that we can deal with whatever happens. But if our world suddenly becomes unpredictable, we feel helpless and lost.

We need to reclaim the power to affect our own lives during these times of futility.

Some LBCC students have taken the first steps by at least expressing their opposition to cuts in the ceramics and the education programs by signing petitions against the administration's choice to cut those areas.

But we all must realize that such efforts, by themselves, will probably be an exercise in futility. What are the chances that the LB budget committee will rescind those decisions, even if a thousand students signed petitions?

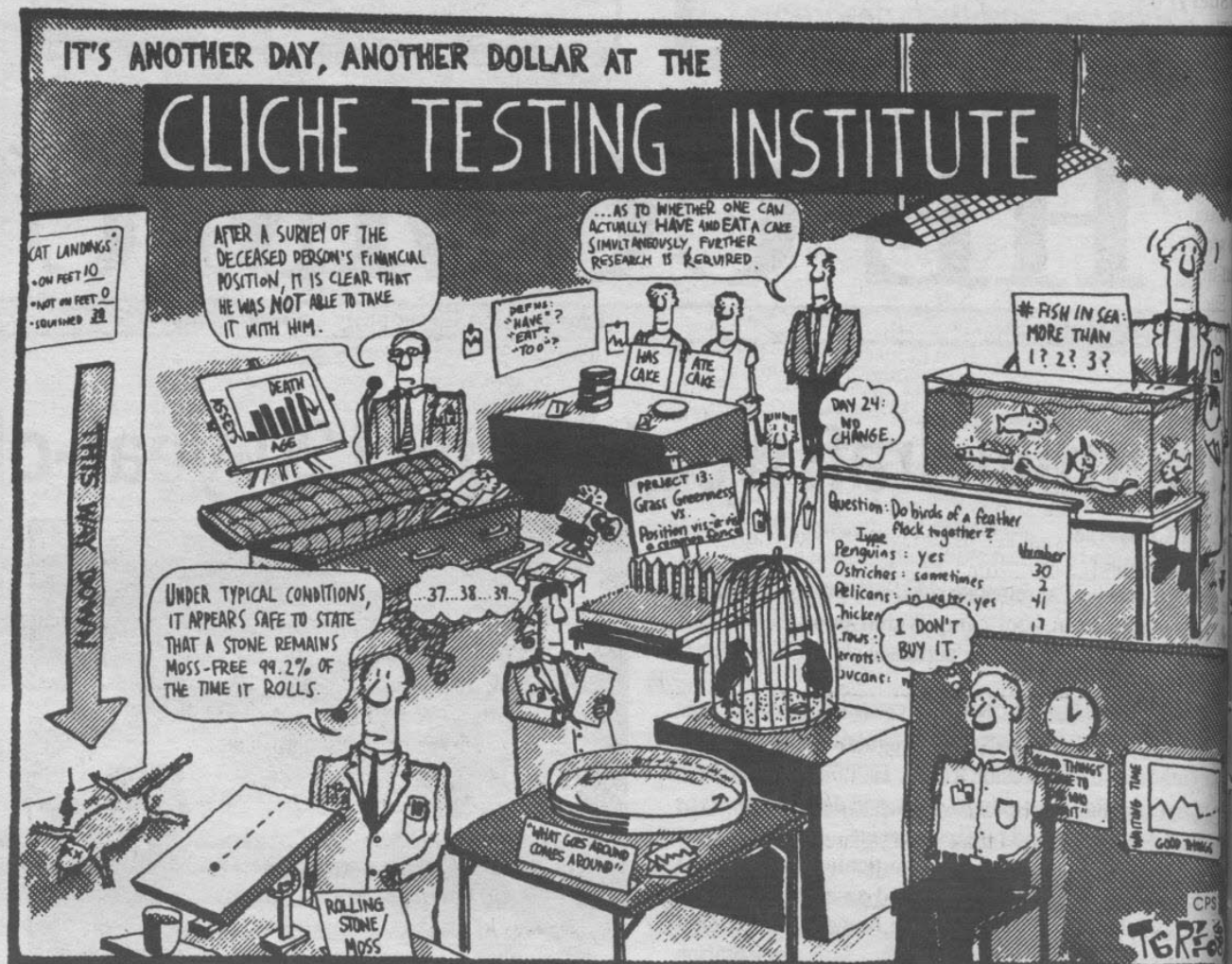
A more productive opportunity to maintain some amount of personal power in the future of our college would be to get involved—now, right from the beginning—in the upcoming discussion and decision to raise (for the second year in a row) LBCC tuition.

The process of deliberating an increase in tuition and the proposal of newly structured student fees was introduced last Wednesday night, at the LBCC budget committee meeting. Right now the committee is in its beginning stages of studying current policy, comparing tuition costs to other area community colleges and breaking into subcommittees to consider options.

Consider this option. Why don't you regain some personal power and plan to attend future meetings of the budget committee and voice your opinions? Only three students showed up for student meetings to discuss possible increases in tuition last year. We can assume that the budget committee will logically anticipate a similar lack of interest on the part of students this year.

Again this year, student meetings for discussion on tuition hikes will be held, scheduled for sometime in March. We'll keep you posted. In the meantime, find out what the proposals are, keep yourself informed, and plan to attend those meetings.

Be watchful. Be informed. And most of all, be empowered by being involved.



LETTERS

Youngster's questions rekindle memories of Martin Luther King

To the Editor:

A recent conversation with my tiny grandson taught me a valuable lesson in optimism.

So often when we as individuals are struck with the tragic death of a loved one, we feel completely hopeless. We fear that all is lost—that we can never carry on alone. Then, somehow, we gather together our pain, knead it, and mold it into a strength we never knew we had. And we learn to look again to the future. Though that particular loved one is gone and can never be replaced, we find new friends, and the stronger person we have become can appreciate them all the more.

The same holds true with our collective pain as a nation. How often have we pinned our hopes on one person, one great leader, only to have that leader shot down—literally. We find ourselves broken with despair. We fear that we as a nation can never survive. Then, eventually, the break begins to mend, and like a broken bone that knits together, the broken place becomes stronger than ever. New leaders rise up, and, in our strength, we can appreciate them all the more.

On Jan. 18, little Alex was informed at preschool that all the children would stay home the following Monday to celebrate Martin Luther King's birthday.

Midway through his day of vacation, Alex, apparently expecting a birthday party, impatiently asked his mother when Martin Luther King was coming. She was faced with trying to explain to a three-year-old that Dr. King wouldn't be coming to visit them because he had been shot and killed.

A few days later, I was talking to Alex at his home in Salem.

"Gramma," he said, looking woebegone, "Martin Luther

King didn't come to our house because a bad man killed him. Noting my expression of sympathy, he said, "Don't worry Gramma. Maybe we'll get another Martin Luther King. Someday we will, Alex. Someday we will."

Janet Converse

Students plea for examination of options to keep ceramics lab open

To the Editor:

I would like to protest the closing of the ceramics program. I see this as severely limiting the scope of the LBCC Arts Program. The ceramics classes are consistently full every term, Main campus or Benton Center. The Benton Center will remain open, but space is always a problem. Every term many students are turned away because there is simply no room for more than fifteen or twenty people to stand without elbowing each other. The main campus lab is much more spacious, and yet classes are always packed. Students return term after term because of the excellent facilities and instruction.

Is there not some way to keep the lab open? I realize the funding is severely limited, even nonexistent, but cutbacks are one thing and elimination of the entire program another.

Fundraising, volunteer work study positions for the basic studio work, such as firings, raising the price of clay at the bookstore, and/or imposing a lab fee or raising the price of classes, cutting back on the hours/days the lab is open. All these options need to be discussed and I beg the Arts Department to do so. Please, listen to the students and keep the LBCC ceramics program going.

Susan Glover

This letter was also signed by 48 other students.

Welding, Auto Body lose instructors, degrees in cuts

By Sheryl Baird
The Commuter

The Welding and Auto Body divisions are undergoing major program structuring changes due to budget cuts.

"These are very strong programs with high employment placement," said Mike Patrick, associate dean of science and industry. The number of students affected in welding would be about 24. Cuts in the auto body program could affect 15 to 25 second-year students and two to three times that many part-time students due to reduction of class offerings.

Each department is also losing at least one full-time instructor position. Patrick pointed out that two experienced, skilled teachers will be gone from industrial arts. The public will no longer have access to their skills, he said.

Patrick said the welding department will lose one full-time instructor plus the equivalent of three-tenths of another position (which will affect two part-time instructors). The AAS in Welding degree and the two-year certificate will no longer be offered, but the one-year certificate will still be available.

The total number of welding classes will be reduced, and the frequency of class offerings in Welding I and Welding II might be affected. Patrick said, "We may not be able to offer each class as often."

He said, "We're already making changes as we go along. We're incorporating more fabrication skills into the first year." "This one-year certificate makes the students 'job ready.'"

Concerning the auto body department, Patrick reiterated, "More substantial changes than welding are being incorporated here." Auto body also lost one full-time instructor, the AAS degree and the two-year certificate. Unlike welding, which already has a one-year certificate, auto body has none.

Patrick said, "LB has no one-year certificate at this time. We have to define a course of study. The state will then approve the certificate under the state's own guidelines. I can foresee no problem with this."

Frame repair and unibody construction, now in the two-year program, will be incorporated into the one-year certificate. According to Patrick, "LB needs to offer more versatility for students to make them job ready after one year completion of studies."

In both areas, students have shown they are ready for employment in one year. So, Patrick said, "We know we can do it."

The department will try to accommodate students currently enrolled in these programs, according to Patrick.

"I think we will find a way to do this—keep the options open to students. Exactly how we will go about doing this is still under faculty discussion," said Patrick. "I cannot say for sure they will be able to complete their program, but I'm optimistic we can do that." He said students should follow the recommendations of their advisors. Students will have until June of 1992 to complete the program.

Patrick commented that in both welding and auto body, the one-year programs will shorten basic skills instruction and offer advanced skills that are now taught in the second year.

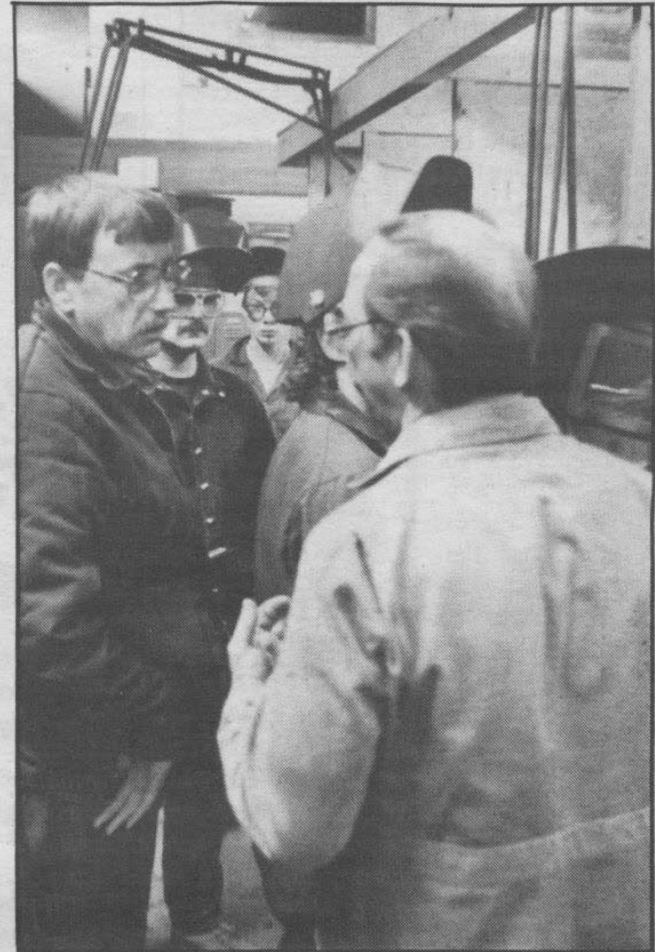
Shop owners who employ LB students will find that the students will take more time to reach journeyman status, said Patrick.

These two programs have a 95-100 percent placement rate, and Patrick said he hopes to maintain at least an 85 percent rate with the one-year certificates.

Patrick said, "We believe it's possible in a one-year period of time to have the students job ready in these two areas."

Other trade areas were not cut, he said, because "I'm not sure if I could have people job ready in one year."

"Both welding and auto body are technical enough for the need for a two-year program, but we will not be able to meet this need," said Patrick. "These were strong programs. The issue here is not enough money to maintain some of the good programs."



The Commuter/NATHAN DODGE

John Alvin, chairman of Welding Technology, left, and Dennis Wood, welding instructor, discuss student projects. Because of budget cuts, one of the program's three instructors is to be laid off.

Budget reductions will relegate ceramics classes to Benton Center

By Jamie Luckman-Dye
The Commuter

The end of spring term will also bring the end of an art form that instructor Jay Widmer has been involved with at LBCC since 1974.

Because of recently announced budget cuts, the fine arts program will lose its only three-dimensional aspect. All ceramics classes will be eliminated, since Widmer's half-time position on the main campus is being cut.

After these cuts are made, ceramics will only be available at the Benton Center, where Widmer still holds a half-time position.

A part-time firing assistant in the LBCC ceramics program, Gary Kingston, will also lose his job, and the closing of the ceramics room (AHSS-116) will leave Albany Center ceramics instructor George Nagel without a

place to teach.

The room will most likely be used by the arts program, perhaps as art studio space, according to Ken Cheney, dean of the Liberal Arts and Human Performance Division.

Cheney stressed that current staff reductions have nothing to do with faculty performance. In fact, he said, "Jay is one of our most outstanding instructors. Our art department will be diminished by his absence."

Widmer said he is "thankful" that he will still be able to teach his craft at the Benton Center, where he began teaching ceramics classes in about 1978. But, he said, Benton Center is not an ideal setting, since the area he has to work in is a small classroom.

Widmer said he was concerned that LB's art program will no longer benefit from a

three-dimensional aspect.

"The department has been whittled away for years," he said. He cited the 1980 departure of Gene Tobey, who had taught, among other things, sculpture and jewelry-making. Tobey's position was never filled, and Widmer's ceramics classes were all that was left of what he called "a kind of connectedness with spatial concepts."

Ceramics classes fill up quickly, according to Widmer. He said he often has to turn down a few students, even after accepting "overloads." He said that because his classes have high attendance, crowding at the Benton Center will be commonplace.

According to Widmer, one of the hardest parts of leaving is the relationship he has developed with students in his three-hour

classes. He said he considers students "the essence of a cycle that is being broken" in his life. They are "probably what I'm most sad about," he said.

Students have been circulating a petition to protest the elimination of ceramics classes. One of the students signing the petition was Rafat Jambi, who has taken the classes several times in the three years he's been at LB.

Jambi protests the program cut because, he said, "ceramics is an ancient art, and the new generations will have no connections with the past."

Cheney said he doesn't foresee the restoration of ceramics classes, considering current economic conditions, but that the equipment will be stored, and options for its future use "explored."

Cross-country cut from athletic program, low participation among reasons cited

By Kevin L. Porter
Sports Editor

LBCC's cross-country program has been cut from the athletic roster as part of the college-wide budget cuts instituted for next year.

"The whole college is experiencing cutbacks and the athletic department is taking its share of the losses," observed Athletic Director Dick McClain.

He said administrators tried to cut the program that would have the least effect on the school, and cross-country was the program with the lowest participation from students.

Cross-country coach Brad Carmen said, "The process of elimination was handled very well. We had a coaches' meeting to establish criteria that we thought was fair, and based on that, cross-country was gone."

Carmen expressed that his feelings were hard to put on paper, but that he was not surprised that cross-country became the intercollegiate sports program that was eliminated. He said that he was included in the decision and that he was pleased with the process but disappointed in the result, although he knew it had to be done.

The criteria used to cut one of the sports programs included

the past success of the program, the participation in the sport and the that men's and one women's programs would be treated equally, McClain said. "We tried to reduce the athletic program with as little damage as possible while meeting the economic cutbacks needed," he added.

Carmen said he will still recruit long distance runners for the track program and hopes that he can continue to land one or two high calibre athletes.

It's too early to tell if the cut will hurt the track program, but he said it will hurt the cross-country programs remaining in the Northwest because there will be fewer teams.

ONE OF US

Student finds herself at a 'turning point' in her life

I'm one of the speakers for a group from Turning Points Transition Program (TPTP).

She's a member of the audience, sitting to my left. Long blond hair, glasses, quick smile.

During a break I approach her, "Hi I'm Sheryl Baird of The Commuter," I was interested in an interview for my column

She agrees, "somewhat flattered," she says.

We decide on a time and place to get together after the meeting.

What's your name and where do you live?

"Pat Linn from Brownsville," she replies.

What brought you to the TPTP?

"A friend in Brownsville told me about it and begged me to go. At my intake, I was told I'd been in transition for about 10 years!

"This program has revealed a lot of things to me about me. My biggest goal is choosing between a career that would transfer my field experience in cultural anthropology—I have a degree in that, by the way—or to start a small business in the arts."

What kind of art and business is it?

"I work in ceramics. The business would have three main aspects: 1) commission pieces that consist of using a photograph—brought to me by the client—to make a painting of part of it on a flat, rolled out piece of ceramic; 2) jewelry of my own design, including wildflower earrings and painted ceramic pins; and 3) special request pieces from the Galleria in Eugene and the Capitol Gift Shop in Salem. Historical scenes painted on ceramic then attached to magnets are popular items at these locations. I've commissioned pieces to both places a lot.

"Ideally, from Turning Point, I've learned coping skills depending on different life situations. My self-confidence has gone up.

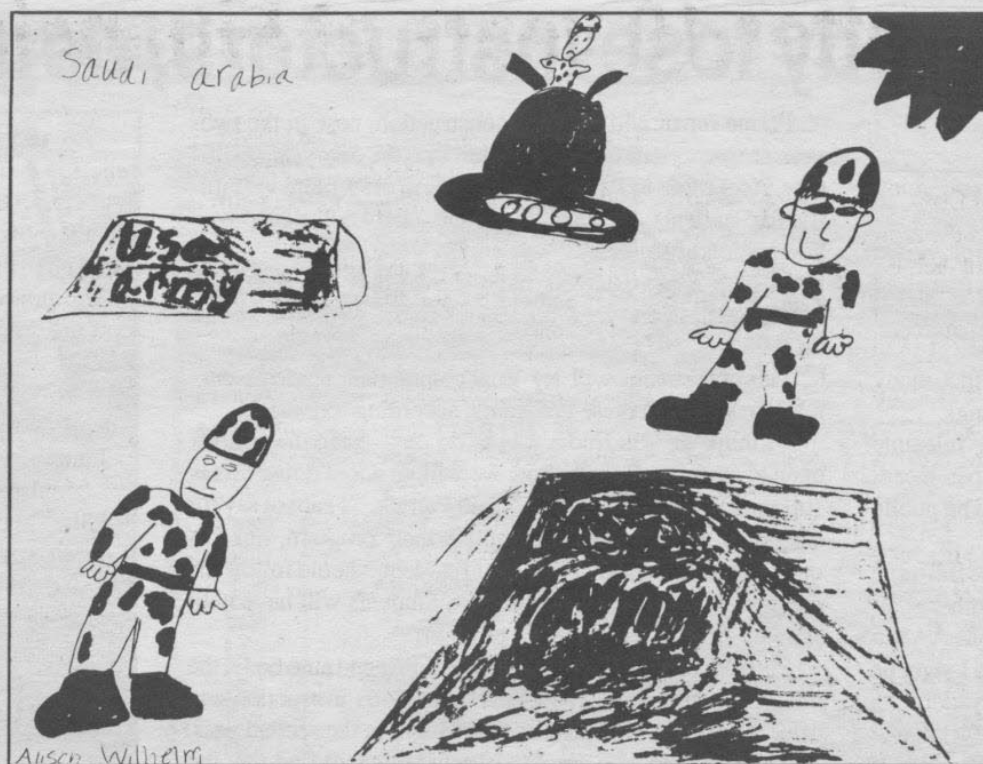
"I'm very active in the Corvallis Peace Choir, the Episcopal church in Sweet Home, the Linn-Benton Arts Commission Planning Committee and, through the Community Consortium, I'm a member of the Linn County Advisory Council.

"I was a member of the Brownsville City Council from 1987-1990. I also ran for mayor. I was not elected. Everyone I knew in town, and I know a lot of people, thought I would be elected, so obviously God has a different plan.

"Transition' has helped me sort out my priorities and see where I'm going."



Pat Linn



Four-year-old Alison Wilhelm creates her view of the war in the Persian Gulf. Experts say 4 and 5-year-olds tend to find war interesting and adventurous.

American children have feelings on the Gulf War too, says Pearce

By Monica Griffis
Of The Commuter

No matter if they're 2 years old or 12, children have perceptions and opinions about what war is and what the Persian Gulf war is all about.

"A war is where the good guys go to get rid of the bad guys," said four-year-old Andrew Wilhelm of Corvallis. Who are the bad guys? "People who want to keep other people from being happy," he says.

"It's dumb to hurt people just for some oil," six-year-old Mollie Brassfield said. "I don't think the president understands".

About Saddam Hussein, eight-year-old Brian Griffis said, "Who needs him? Iraq sure doesn't."

Six-year-old Alison Wilhelm gives the whole business a big thumbs down.

These children really didn't appear to be afraid of the war, but many children are. According to Liz Pearce, director of the LBCC Family Resource Center, the children who can be the most afraid and the least likely to say anything about it are the 2- to 3-year-olds.

Pearce said that, at this age, children can easily perceive the emotions of people around them, and they see and hear what is going on. They may, however, have a hard time telling Mom and Dad how they feel. Often at this age, children may get confused about fighting, which is something they are being taught they shouldn't do. When they see and hear about grown-ups fighting in the Persian Gulf, their parents have to do a good deal of explaining to clear this up. Children may fear that something might happen to their parents or themselves, Pearce said.

According to a recent article in The Oregonian, 4- and 5-year-olds tend to find war interesting and adventurous. In order to put into perspective what they see and hear, they may "play war" with their friends. Grade-school children may be the most affected because they have enough information to worry, but not enough to work through their fears. Before attempting to educate this age group, experts advise finding out what they already know, since many have formulated their own ideas about the conflict from other sources.

"It's important to keep a hopeful note with the kids," Jean Fischer, a school psychologist with the Portland Public Schools, said in the Oregonian interview. Be down to earth, but be optimistic, she said.

Grade-school children can be easily shown productive outlets for their anxiety and ways to help the soldiers in the gulf. Writing letters and sending small gifts and drawings are only a few ways to help children feel like they are doing something positive for the war. Pearce said these kinds of activities are important, since children's ideas and attitudes begin at home.

Unfortunately, home may not be a very happy place for kids if a relative or family friend is in the Persian Gulf, said Pearce. There may be a good deal of anxiety in the house, and children feel this easily. It is important to keep the children up to date on what's going on with that person. Level with them, but be calm. If you show you're frightened, the children may become frightened as well.

Pearce said it is important to not underestimate your children's knowledge and feelings about the war. Everywhere they look, they—like adults—are bombarded with information.

"Respect their feelings about the conflict," she said. "After all, they care, too."

OUTDOOR OREGON

Atlantic salmon in our own backyard: flyfishing Oregon's Hosmer Lake

By Bill Kremers
For The Commuter

The ultimate goal of every fly angler is to fly fish for Atlantic salmon. The thrill and excitement of hooking and landing an Atlantic salmon on a fly is a memory that will last a lifetime. Unfortunately for us West Coast anglers, that lifetime memory also costs several thousand dollars. A partial answer to this dilemma is to travel the short distance to Oregon's Hosmer Lake and fly fish for landlocked Atlantic salmon. Hosmer Lake is located on Oregon's Century Drive and is only a hour drive from the town of Bend.

Fishing at Hosmer is limited to fly fishing only. Barbless hooks must be used, no fishing is allowed with a motor running (you can use a motor to get to your fishing location), and all Atlantic salmon must be released unharmed.

To go along with the salmon fishing, Hosmer also has a small population of brook trout. Every five years 5,000 brook trout are planted. This small number reduces the competition between the salmon and the trout. These trout grow to trophy size and can be seen cruising along the like channels next to the vegetation. Once hooked they immediately head to the nearest weed patch. Landing one of these trout is a real angling feat.

Most fly anglers concentrate on the Atlantic salmon because they readily take a fly and put up a great fight. Atlantic salmon were first introduced into Hosmer Lake in 1958. Since the first salmon planting, the lake has experienced a series of up and downs.

At first the salmon grew rapidly and the fishing was excellent. Then a series of high water years caused water to flow over the dam. The salmon—with their migratory nature—went with the overflow, never to be seen again.

In the '70s and early '80s, the fishery suffered from interbreeding and an increase osprey population. The Atlantic salmon tended to be surface-oriented and easy prey to the fish-eating osprey.

In 1984 Oregon Fish & Wildlife Department secured a landlocked Atlantic salmon stock for Hosmer Lake. So far the results with this stock are impressive. The landlocked stock prefers to hold in the deeper water and are not as susceptible to the osprey. Fishing is now good all season long; in fact, this coming year is the first time you can fish in Hosmer in October.

Outdoors Oregon will continue next week

Wojahn resigns after 10 years at Financial Aid post

By Sean Tate
The Commuter

Ten years ago, Sally Wojahn joined the staff of LBCC as the Financial Aid Coordinator, after seven years in the same department at OSU. Now, after a long tenure of helping students find and use resources to afford college, she is leaving LBCC to pursue a career in her husband's engineering firm, effective March 31.

As coordinator, Wojahn worked one on one with students with financial aid concerns, processed applications to determine eligibility, and helped implement the department's new processing system, among other tasks.

Since 1988, Wojahn has commuted the two hours between Gaston, Oregon and Corvallis every weekend. She is anticipating some simple pleasures, like being able to get clothes out of my own closet instead of a suitcase." She is also



Sally Wojahn

looking forward to working and traveling with her husband, riding her horse, and the challenge of doing something different.

"I've never liked the idea of doing the same thing for 30 years of my life," she said.

Her husband, John Kelley, operates Wear Technology Inc., a metallurgical engineering consulting firm in Gaston. Sally will join him to work on technical research.

There have been many changes in the system over the last 17 years, according to Wojahn. Federal regulations designed to make the process easier on students, have created an immense backlog of paperwork taking away time financial aid personnel can spend with students.

"Anymore, due to new regulations, I've had much less time to spend with the students that need my help," said Wojahn. In her eyes, the federal regulations have given the job a facelift from a "helpful profession to one of too much paper shuffling."

The number of applications to be processed has also grown over the years, making the task even more time consuming. In 1981 there were 165 student bank loans processed, with 1013 in 1989-90. In 1981, there was \$1.6 million in state and federal monies awarded, as compared to \$4.9 million in 1990.

Lance Popoff, LBCC's Financial Aid Director, says Sally will be missed.

"She has been a mainstay for a good number of years, and a strong student advocate. We'll miss that," said Popoff, "We'll definitely miss her experience." Popoff hopes to fill the vacancy by mid-April.

FROM PAGE ONE

Conscientious objectors must plan carefully to avoid military draft, says counselor

Conscientious objectors fall into two categories, Paulson said, those who are opposed to killing but will serve in the military as non-combatants (classified as 1-A-O), and those who are opposed to serving in the military at all (classified as 1-O). Men reclassified as 1-O would be required to perform alternative national service.

To be reclassified as 1-O, he said: "You have to prove to the draft board that you are opposed to all war, not just this one, and your claim has to be based on religious or ethical beliefs. And you have to prove that you are sincere."

An individual may have only a few days between the time he receives an induction notice and the time he has to report for duty, and applications for reclassification must be made during that period.

"You can't change your classification until you receive an induction notice," he said. "And you must submit a Form 9 prior to the date you are supposed to report."

If an individual thinks he might qualify as a conscientious objector, he should begin now to put together information that could attest to his objection to war, Paulson said.

"A draft board will look much more favorably on someone who has been thinking about this for several years. You can't say you started thinking about it after you got your induction notice."

The current system doesn't allow for student deferments, and it is much more difficult to avoid the draft by emigrating than it was during the Vietnam War, Paulson said.

Paulson said he and his friends were college students faced with choices about the draft during the Vietnam War. "I assist people now so they won't have their lives screwed up," he said.

Corvallis Draft Counselors, a project of the Society of Friends, has almost 30 trained volunteers who provide free, non-directive draft counseling to any interested person, Paulson said. Information can be obtained by calling 752-3240. Paulson emphasized that he does not do counseling on campus.



The Commuter/NATHAN DODGE

Check-mate

Ron Rutherford, right, plots a move in the ACU-I Chess Tournament at LBCC last week. Rutherford, who placed first in the meet is playing Steve Kenyon while Don Rogers, tournament chess director, watches. Rich Hackett and Jeremy Bible, playing in background, will join Rutherford in the regional ACU-I tournament at OSU in three weeks. Qualifying in bowling were Brett Clayton, Robert Chappelle, Curtis Thrapp, Larry Hanson and Andy Van Laere. Qualifying in billiards were Anthony Pak, Jun Shimizu, Mike Crenshaw, Mark Stenblom and Shawn Jay Gibson.

250 LB students attend planning meeting for honor society charter

By Sheryl Baird
The Commuter

Phi Theta Kappa (PTK) Honor Society's regional coordinator, Dr. Dave Arters, gave a recruitment talk at noon, Jan. 31, in Takema Hall. The meeting was arranged to inform students about PTK. He spoke about the advantages of starting and belonging to a chapter as well as being an active member.

The meeting was attended by an estimated 250 LB honor roll students who were interested in finding out more information about Phi Theta Kappa. Students with a GPA of 3.0 or above received letters last week informing them of the event.

Charter member prospects need to "start the ball rolling" in order to form a chapter of the honor society on LB's campus, Arters said. The first item to decide is what faculty member would be willing to devote the time to being advisor. Then the advisor and prospective members need to draft a constitution, make a list of those wishing to be charter members and submit these things to the na-

tional headquarters in Mississippi.

If students can pick an advisor, meet together to draft a constitution and send in the list of prospective members, then the chapter could be in place in about one month.

LBCC has already agreed to pay the \$250 needed to allow a chapter to be formed on campus. A life-time national membership fee of \$25 is paid when application to the society is made. Regional dues are \$2 for a life-time membership. Usually each chapter sets a reasonable one-time dues, also.

Arters told the audience that future employers look for applicants with leadership qualities as well as individuals who like to be involved. PTK gives its members many opportunities to be involved.

PTK members participate in many activities, all of which center around scholarship, fellowship, leadership and service. The prestige of belonging to a collegiate honor society combines with personal reward to top the list of reasons for joining PTK.

Arters quoted Albert Schwietzer to drive

home the service aspect of the organization: "You can never find true happiness until you learn how to serve others."

Other incentives for membership include a membership certificate, a gold seal on diplomas and a stamp on transcripts indicating the student was a member.

Some of the questions posed by the audience were in regard to transferring to another school. Arters explained that a membership transfers to any other two-year college, as long as that school has a chapter. If the transfer is to a four-year college, the gold seal on the transcript is sent to that school.

Other questions dealt with degree of participation. Arters said, "What you get out of Phi Theta Kappa is what you put in it." He replied that when a person sees the value of something, he or she makes the time for it, even with an already busy schedule.

Arters is the advisor for CCC's chapter of Phi Theta Kappa.

For questions concerning Phi Theta Kappa, contact Charlene Fella, ext. 150.

Children in FRC design Valentine's Day cards for delivery to seniors, as parents sell tickets for fund-raising drawing

By Michele Warren
Of The Commuter

Twenty children at LBCC's Family Resource Center (FRC), between the ages of 3 and 5, are busy this week making 90 valentines they will personally deliver on February 12 to senior citizens at the Samaritan Village, a care home in Corvallis.

This is not the first year the FRC has delivered valentines to senior citizens in the community, said Louise Johnson, early childhood education teacher. In years past they have visited various nursing homes in Corvallis, Albany and Lebanon.

"Making ninety valentines helps the children practice counting. The valentines are not

just hearts cut from red paper. The children are encouraged to be original. They may create a fingerpainting and design it into a valentine," Johnson added.

The FRC is also sponsoring a Valentines Day drawing, according to Jane Wright, early childhood education teacher. Tickets are on sale until February 13, and donated prizes include, among other things, an overnight trip to the Abode in Yachats, and gift certificates for various local restaurants.

Tickets are \$1 each or six for \$5, and may be purchased from parents whose children are cared for at the center, or at the FRC table that will be set out on February 11, 12 and 13 in the Commons lobby. The parent who sells the

most tickets will be awarded a lunch in the Santiam Room.

The winning tickets will be drawn by the children at a February 14 potluck being held for the families utilizing the FRC. Winners will be notified on campus or by phone, and the results will also be posted at the FRC and on the ASLBCC bulletin board in the Commons lobby.

The Valentines Day drawing is one of the center's biggest fundraisers, according to Wright. In previous years the drawing has helped pay for new books, equipment and tricycles.

This year the center is hopes to purchase new playground equipment.



The Commuter/MICHELE WARREN

Casey Haley creates a valentine.

Startling statistics show rapid increase in women's heart disease

By Susan Osburn
Of The Commuter

Heart attack, the nation's leading cause of death, kills more than 520,000 Americans each year, of which 247,000 are women, the latest report from the American Heart Association shows.

The rapidly increasing rate of heart disease among women has prompted the AHA to dedicate February as "Women and Heart Disease Month."

"The statistics are startling," says John Greves, M.D., president of the AHA Oregon affiliate. "In Oregon, women's death rate from heart disease is increasing, while men's death rate has significantly dropped in the last decade."

The AHA reports that nearly 5,000 Oregon women die from heart disease each year.

"Almost as many Oregon women die from heart disease and stroke than all other causes of death combined," says Greves, "and yet we continue to think of heart disease as a man's disease."

Anderson will discuss diet and other heart disease related concerns at Albany General Hospital on Feb. 26 at 7 p.m.

Heart attack, the leading form of heart disease, results from blood vessel disease in the heart and occurs when blood supply to the heart becomes inadequate or is cut off.

Heart attack symptoms include: an uncomfortable pressure, fullness or squeezing in the center of the chest, with discomfort lasting two minutes or more; sweating; lightheadedness; fainting; nausea; severe indigestion and shortness of breath. The AHA notes that all symptoms may not necessarily occur at once, and recommends that if pain lasts longer than two minutes, emergency medical assistance should be sought.

Certain risk factors can predispose an individual to heart disease, and the AHA lists unchangeable factors as those a person has no control over such as age, race, sex and family history. However, the AHA reports that "there is good news for factors a person can change and the secret is knowing and controlling those factors."

Smoking is the most significant risk factor for heart attacks in women, and the AHA states that if a woman stops smoking, no matter how long or how much she smoked, her risk of heart disease rapidly declines.

About 22 million American women smoke, making their risk of heart attack two to six times that of a nonsmoker, the latest AHA statistics show.

"It really hasn't been that long since smoking was depicted as glamorous for women," says Greves, "but despite the continuing effort of the tobacco industry advertising to depict smoking as sophisticated and glamorous, that image is fading away, at least for those who know the facts."

High blood pressure, another major risk factor in heart attacks, is the presence of a blood pressure reading greater than 140/90 on several successive occasions. The two meas-

'The statistics are startling. In Oregon, women's death rate from heart disease is increasing, while men's death rate has significantly dropped in the last decade. Almost as many Oregon women die from heart disease and stroke than all other causes of death combined, and yet we continue to think of heart disease as a man's disease.'

--John Graves, M.D.

urements represent a fraction: the first (140) being systolic, the maximum pressure of the blood flow when the heart beats; the second (90) represents diastolic, or the minimum pressure of the blood flow between beats.

The AHA recommends that women have their blood pressure checked regularly and, if it's too high, to work with their doctors to treat it.

Stress, the AHA reports, is also a considered a risk factor, "although research hasn't proven what role stress plays in the development of heart disease, several risk factors seem to increase your risk: an aggressive, angry, hostile or cynical personality and a feeling of not having control in your life."

Stress management programs, support groups, therapy, exercise, proper nutrition and rest are options that the AHA recommends to reduce high levels of stress.

High blood cholesterol, another significant risk factor in the development of heart disease, leads to atherosclerosis which slows blood flow to the heart and can eventually block the blood vessel completely, leading to heart attack or stroke. This occurs when deposits of fats, or lipids, build up in artery linings.

"An individual's cholesterol level should be checked every five years," the AHA states, "and if a person's total cholesterol measures over 200mg/dl (milligrams per deciliter of blood), they should have their high-density lipoprotein (HDL) and low-density lipoprotein (LDL) cholesterol levels checked as well."

Lipoproteins are carriers of cholesterol in the bloodstream. HDL is considered "good" cholesterol, the AHA states, "because research shows that high levels of HDL are associated with a decreased risk of heart disease."

HDL carries cholesterol out of the arteries to the liver, where it is eliminated from the body. "High levels of LDL, or 'bad cholesterol' tends to stay in the body and build up in the artery walls," the AHA reports.

According to the AHA, a blood cholesterol level below 200mg/dl is considered desirable; a blood level between 200 and 239 mg/dl is borderline high; a level of 240mg/dl and beyond is considered too high.

Close to one-third of adult American women have cholesterol levels that put them at increased risk of developing heart disease. If the cholesterol level is over 240mg/dl, the risk of heart disease is twice what it would be if the level is below the desirable 200mg/dl, the latest AHA report says. It recommends changes in eating habits to reduce the level to a healthy range.

"We're seeing a real black-and-white approach to the problem," says Theresa Anderson, R.D., the AHA's Lane County unit representative. "People are either avoiding high cholesterol foods altogether or they're refusing to make any diet changes at all."

"Individuals whose diet includes less than 20-percent fat are carrying their diet to the hazardous extreme," Anderson says, "and a no-fat diet actually creates a rise in triglycerides (the chief component of fats and oils)," Anderson says.

Lifestyle changes, Anderson claims, become psychological issues because people at high risk feel that certain foods are linked with family traditions. "Maybe they've always had dessert on Sundays, so they'll refuse to give up something that may be unhealthy on account of their families—the people are usually the ones heavy into denial and say (heart attack) won't happen to them," she says.

Although individuals with marginally high cholesterol levels can make nutritional changes to lower their levels to a healthy range, Anderson says for those with levels of 300mg/dl or higher, "a 10- to 20-percent fat intake won't make a difference in their cholesterol level so these people must do all they can to reach their ideal weight; their program must be multifaceted to include quitting smoking and exercise as well as proper diet."

Whether someone is at risk for heart attack or not, Anderson says "they should do all they can to reach and maintain their ideal weight because there are a lot of other diseases they should be concerned about besides heart attacks."

"Recently, a 90-pound woman came to see me, and she refused to eat desserts and fats of any kind for fear of raising her cholesterol level," Anderson said. "People look for a miracle cure and trade a healthy extreme for a health hazard, putting them at risk for other diseases."

During Heart Month, the AHA Oregon affiliate is offering free "women and heart disease" prevention kits. For information call 1-800-452-9445.

The AHA reports that "in the past, women took care of their husbands' hearts, but in the 1990s, Oregon women are taking the lead in the prevention of heart disease for themselves and their families."

WRITERS' CORNER

Do women want to be treated as ladies? Writer reflects on survey

By Tony Miotke
Of The Commuter

There was a time in this country when men asked a woman for a date, and not vice-versa. There was a time when women were respected and were treated with every "common courtesy." But for the past two decades, "common courtesy" has become a contradictory term. The decline of social behavior seems to coincide with the uprising of the women's equality movement.

Now that women and men are viewed as equals, how has this affected dating and the extension on common courtesies between members of the opposite sex? Do women still want to be treated as ladies? Is proper etiquette down the tube and considered archaic? And, if there is an alternative to this rampant rudeness in our society, how should we attempt to implement it? An analysis of these and other social questions follows.

A survey of over 100 women on the Linn-Benton Community College campus was conducted. A cross-section of participants was surveyed, including women from 18 years old to "50 something" with various backgrounds: students, student/homemakers, a 15-year faculty member, a medical aide, a 26-year old housewife, a bookkeeper for over 15 years, a 10-year office manager and an 18-year fish buyer, to name a few. The majority, (94 percent) are strongly supportive of the women's equality movement.

The survey was divided into three primary topic areas: common courtesy and proper etiquette, dating relationships, and answers to the boorish behavior or rudeness problem in today's society. The results of the survey indicate that dating is taking on a definitely new twist: i.e., women, (71 percent) will now be picking up the phone and asking men out on dates.

In addition, women of all ages feel it's even acceptable to initiate the first date. Even though my phone hasn't started ringing off the wall, 56 percent of the women surveyed have already asked a man out for a date. This innovation is strongly advocated by women ages 18 through 40, and 91 percent agree that the initiator of the date should be financially responsible for "picking up the tab."

However, if a man is short on cash and genuinely wants to go out, he shouldn't worry about offending a woman if he asks her to go "dutch." It seems that women of the 90's (73 percent) understand the financial pressures faced in this day and age, and are satisfied to simply spend an evening out and enjoy one's



company. They are not concerned about the line of credit on a man's VISA card.

A word of caution to men in the dating arena: When you actually get around to picking up a woman in your car, make sure it is clean, well-maintained, full of gas, etc.—you most certainly will impress an overwhelming amount of women (79 percent). But, if you try to impress them by opening the car door for them, you may get mixed reactions. It seems as though women haven't yet reached a consensus on this issue. The survey yielded a 50-50 dead-heat split on whether a man should help a woman in and out of the car. Therefore, if you find yourself racing your date around the car and playing "tug-o-war" with the car door handle, bury your chivalrous instincts at that moment and discuss the matter politely at a later time.

At the conclusion of an evening out, a 96 percent majority said they would like a man to see his date safely to her home or car. So men should make an effort to drive sensibly and be responsible for the security of the woman they thought enough of to take out. Remember, one day it may be your daughter who is out there dating!

From all indications of the survey, it looks like chivalry and proper etiquette are not dead, but rather in severe demand. Women of all ages still want to be treated with courtesy and respect. However, I believe women desire this

treatment because they want men to respect them as individuals and to be compassionate toward their needs, not because the frailty of their gender, which has traditionally been the supposition.

Women still enjoy having men extend to them common courtesies such as opening doors, (87 percent) helping carry heavy packages, (84 percent) strongly support extending these same courtesies toward men in reverse situations. There are some "common courtesies" that may not be so common anymore. For example, I was raised to believe it was proper etiquette for a man to rise when a woman enters or leaves a meeting—but not any more. According to a "Good Housekeeping" article, "While a man can certainly hold a door or carry a heavy load of papers for a co-worker, he should not draw attention to her gender by rising when she enters or leaves a room." And that's emphatically how the survey answered that situation as well.

I was taught by my mother to walk beside a woman on the outside of the sidewalk. She also taught me to help a woman with her coat. But the survey results indicate that these gestures aren't as important to the women of the 90's as they were to my mother. On the average, 67 percent of those surveyed agreed with helping with the coat but only about 50 percent agreed that a man should walk next to a woman on the outside of the sidewalk.

I think it's still polite and not at all demeaning to women to do any of those things, but the survey shows that some women don't agree with me. I was really impressed by how the younger women surveyed (ages 18-30) supported proper etiquette, as did the more experienced women (ages 40-50+).

But, there was a small dissenting group of thirty-something women (ages 31-38) most of whom were married, divorced, had children, and been employed for 10 or more years. These women were strongly opposed to proper etiquette and common courtesies that men direct toward women. Why? I don't have a clue. Possibly it's due to their sociological niche and to their being raised in the baby boomer era and developing life's perspectives in the midst of the 1960's. Maybe they are just enduring some mid-life crisis point in their lives in which they're rebelling against traditional role-playing and customs.

At any rate, I would like to extend a warning to all men who may engage in such chivalrous gestures and courtesies. If you are confronted with a situation where a woman complains or is insulted by these actions, just don't do them.

On a more positive note, I would like to point out that the survey shows the pendulum of history swinging back toward women's acceptance of proper etiquette.

And how can we continue this trend to ward off rudeness in our society today? Most of the women (87 percent) surveyed viewed the rampant rudeness today as a societal problem. Uniquely enough, 53 percent didn't believe that the women's movement was responsible for the compromise of any good manners and behavior, but 72 percent did feel men had become more hesitant to yield such courtesies for fear of being perceived as condescending. The women surveyed (59 percent) pointed out that they may be too timid to point out bad behavior to dates for fear of being "dumped" or not asked out again.

For a long time now, women have been talking to one another. Now it's time women talked with men. Not at them, with them. I'm not expecting any overnight utopia. Maybe we won't be able to change the world, but I'm willing to bet that together we can overcome the "Gender Barrier" and understand one another's needs. While the daily battle continues, and coping with a world of boorishness seems to overwhelm you, keep smiling, chin up, and know you have a friend in the trenches.

Editor's note: Tony Miotke produced this paper for Linda Eastburn's Writing 123 class.

CWE program sends 10 students to Legislature

By Sandra Grimes
Of The Commuter

Ten LBCC students are working as interns at this Legislative session in Salem as part of the Cooperative Work Experience program, according to Doug Clark, the program's director and political science instructor.

Clark considers this session the most important in the last 15 to 20 years, and therefore a good opportunity for students to learn about the inner working of government. "Putting together a state budget makes the issues more

immediate," Clark said, adding that out of crisis situations like the legislators are facing this year, opportunities for trying new things emerge.

Until this session, the most LBCC students serving internships has been three. Sandy Foster, a second-year student, is one of the people interning and believes that more people are involved this year because legislative assistants have been pleased with past recruits from LBCC.

This is Foster's third legislative session as

an intern through the CWE program. She is working for Senator Shirley Gold from Portland each Tuesday from 9 a.m. to 4 p.m. Foster's responsibilities include preparing documents for Gold for that day's session and attending some of the sessions along with Gold.

"The biggest opportunity is networking and meeting people," Foster said. She feels that working as an intern presents future employment possibilities. "If you are politically involved and work hard, there are good

work opportunities for you through this CWE program," she added.

Clark agreed with Foster's comments stating that there's no better place to make connections in Oregon than the Legislature.

This CWE program, like others at LBCC, gives students credit for working in related fields. One credit is earned for every 30 hours worked. A three-way partnership is formed between the student, the LBCC coordinator, and the employer to provide the student with specific learning objectives.

COMMUTER COMICS

Thatch



This Week's Top Ten

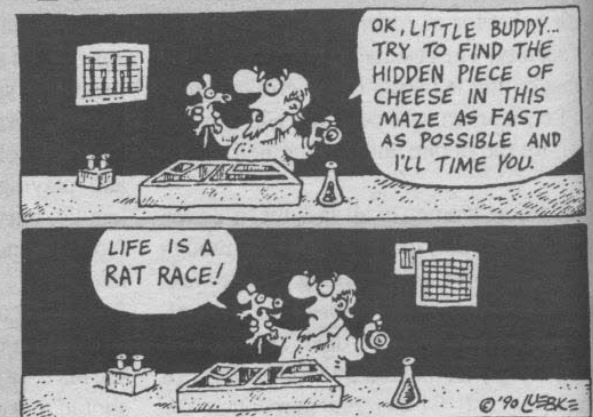
By David Rickard
Of The Commuter

From the home office in Yachats here's this week's Top Ten List of LB graduates who made it to the big time.

10. Melvin Applebaum, Class of '82. The only man to successfully climb Mt. Hood walking backwards and singing "Macho Man" the entire way.
9. Kitty Hawkins, Class of '74. The only TWA stewardess to have her wings retired.
8. Bert Owens, Class of '78. Famous author best known for his revolutionary book "The Cheese-Whiz Diet."
7. The Doublemint twins. Class unknown.
6. Cindy Lou Milligan, Class of '83. Married former child/adult star Gary Coleman.
5. Carl Adams, Class of '72. Inventor of the scratch and sniff mood ring.
4. Zelmo Zinman, Class of '70. Played a head-hunter for two seasons on Gilligan's Island.
3. Buck Virile, Class of '79. Former LB star shot-putter, killed in a bizarre steroid and oyster experiment gone bad.
2. Monty Myers, Class of '86. Made the Guinness Book of World Records by becoming the first person to sell a Jehovah Witness Minister a Hoover Vacuum and a set of Encyclopedia Britannicas.
1. That old guy with white hair and a trenchcoat who hangs out in the library.

24TH STREET

DAVID LUEBKE

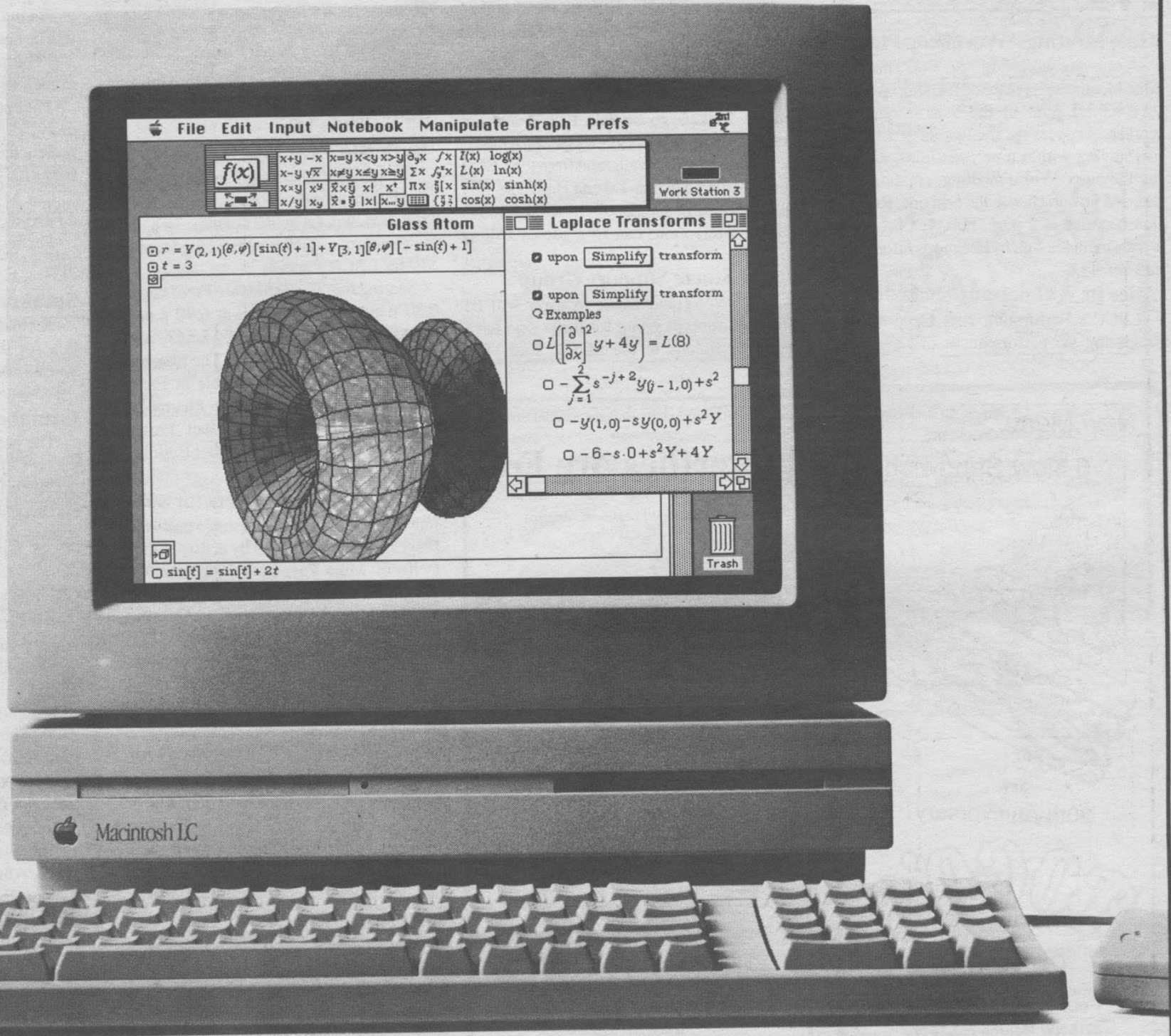


LIFE IN HOPELESS

BY CORY FRYE '91



Now you can afford to dream in color.



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MARKETSPACE

NEWS NOTES

'Hate Meetings' Workshop Planned

A one-day workshop, "So You Think You Hate Meetings," is planned for Thursday, Feb. 7, 9 a.m.-4 p.m. in the Boardrooms. The workshop covers the dual goals of a facilitator, staying within time constraints, identifying the purpose of a meeting, creating agendas, and how to choose the best one. Registration deadline is 5 p.m., Feb. 4. Cost is \$40, which includes lunch. For more information call ext. 112.

'Alice in Wonderland' Scheduled

LBCC's Performing Arts Department is presenting six performances of Lewis Car-

roll's Alice in Wonderland. Public performances are scheduled for Feb. 15, 16, 22 and 23 at 7 p.m. with Sunday matinees on Feb. 17 and 24 at 3 p.m. The play is on the Mainstage in Takena Hall, LBCC main campus. Tickets are \$3.50 general and \$2.50 for students and seniors. Tickets go on sale Feb. 4 and are available from French's Jewelers in Albany, the Emporium in Corvallis and from the LBCC Theater Box Office in Takena Hall. The Box Office is open 11 a.m.-2 p.m. Monday through Friday; reservations can be made by calling 967-6504.

Desert Storm Support Group

Mark Weiss and Diane Watson will be offering a support group for those who have family or friends in the Middle East. The

group is open to faculty, staff and students. Meetings are on Fridays from 12:30-1 p.m. in IA 201A beginning on Feb. 1. The group is designed for those needing assistance in dealing with the stress of war. For more information contact the Counseling Center in Takena Hall or call ext. 102.

'Butterflies are Free'

"Butterflies are Free," a dinner/theater production sponsored by LBCC's Student Programs, will be held Thursday, Feb. 21, in the Commons. Tickets are \$15 general and \$10 for LBCC students.

Seating for "Butterflies are Free" begins at 6:30 p.m., hors d'oeuvres at 6:40 p.m. followed by dinner, prepared by LBCC's Culinary Arts Program, at 7 p.m. The play begins at 8 p.m. Tickets are available at French's Jewelers in Albany, Rice's Pharmacy in Corvallis and LBCC's Student Programs Office, room 213, College Center Building on the main campus.

OSU Exhibits LB Instructor's Work

"Multidimensional Paintings and Assemblages," featuring works by artists Nikki Fay (wife of Mike Fay, both instructors at the Benton Center) and Linda Daley, opens at the OSU Memorial Union Concourse Gallery Jan. 28 and continues through Feb. 21.

The exhibit includes colored pencil paintings by Nikki Fay.

Nikki has taught drawing classes at LBCC since 1987.

Women's Center Holds Open House

An open house for the new location of the Women's Center is to be held Feb. 13 from 9 a.m. to 3 p.m. in IA 225. Come by for refreshments and a chance at a prize. Drawing will be held for prizes provided by area restaurants and gift shops. For more information call Jessica Friel at ext. 377 or 378.

Tryouts: Mystery of Edwin Drood

Auditions for The Mystery of Edwin Drood will be held at 7:30 p.m. Tuesday, Wednesday and Thursday, March 5, 6 and 7, in room 10 of the Forum Building.

The auditions are progressive and based on daily call-backs. Those auditioning should present the first evening and available for call-backs on Wednesday and Thursday.

The Mystery of Edwin Drood opens March 17 and closes June 2.

For more information, call 928-2361 ext. 404.

Speaker Video Available

A video of Willie Richardson's presentation for the Martin Luther King, Jr. observance is on reserve in the LBCC Library.

Campbell's Labels Collected

The preschool children at the Family Resource Center are collecting Campbell's product labels for school equipment. Please join in and deposit labels in the can by Student Programs, office, second floor of the college center. We need all our labels by Feb. 13.

Nursing Student Scholarships

Applications are now being accepted at Albany General Hospital for financial assistance for those wanting to become registered nurses.

Recipients receive financial support of \$1000 annually as they work toward the two-year Associate Nursing Degree or \$2000 a year for three years for those studying for Bachelor of Science Degree in Nursing.

Information and application forms are available from the nursing administration office, Albany General Hospital, 1046 Sixth Avenue S.W., Albany Oregon 97321. The application period is January 1-April 1, 1991.

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The Play
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The Commuter is the weekly student-managed newspaper for Linn-Benton Community College, financed through student fees and advertising. Opinions expressed in The Commuter do not necessarily reflect those of the LBCC administration, faculty or Associated Students of LBCC. Editorials, columns, letters and

cartoons reflect the opinions of those who sign them.

Correspondence should be addressed to The Commuter, 6500 SW Pacific Blvd., 6500 SW Pacific Blvd., Albany, Ore. 97321; (503) 928-2361, ext. 373 or 130. The newsroom is located in Room 210 of the College Center.

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Toyota Celica. Good condition-new tires. \$1000. Call Scott evenings, 327-3565.

ensize waterbed, bookcase headboard, six over pedestal and padded rails. \$250. O.B.O. 752-8851 leave a message.

mons Hide-A-Bed, like new—beige/rust velvet. \$200. Call Maxine, Albany Center ext. 108.

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anted: five other crazy would-be, should-be comedy writer/actors to help round out a Monty

Python-ish comedy troupe. Call ahead, give me ideas as to what we should do and how to become famous. At night, call 967-9091 and ask for Cory.

20 volunteers needed for flower processing. We need wrappers from 7:30 a.m. to 3 p.m. on Valentines' Day, Feb. 14. Mexican or pizza feed provided after clean-up for volunteers. For more information call Student Activities Center ext. 150.

EMPLOYMENT

ALASKANEEDS WORKERS: \$1000=/wk, room, board & airfare. Job guide reveals summer & yr. round opportunities in: Fishing, oil, construction, education, timber & more. Alaskemp Guarantee: Secure Alaskan job, or 100% refund. \$9.95 + \$2 S&H to: Alaskemp, Box 1236 Corvallis, OR 97339.

NEWS ANNOUNCEMENTS

Corporate Jones, with special guest Without Warning in benefit concert Feb. 8, 1991 at Majestic Theatre in Corvallis. Free admission with two cans of food. Show starts at 8 p.m.

Are you interested in Spanish culture, language, and people? Everyone is welcome to join LBCC's Spanish Club. We will meet every Wed. at noon, in the Commons, by the window. Look for the red rose! Anyone who is interested in the Spanish Club may join the table!

ATTENTION BUSINESS STUDENTS: Your representative to Student Council is Susan Seme-

nek. Problems, question, need information? Contact me at ext. 150, or Wed. afternoons in the Student Programs office, CC-213.

PERSONALS

Corvallis Draft Counselors offer legal, non-directive, free selective service and military counseling. Call Greg Paulson, 752-3240.

LOST AND FOUND

Reward \$25 for return of markasite/sterling silver dragon pin. Has red eye. 1 1/2 inch by 1/2 inch. Lost Jan. 25th on campus. Sentimental value. Contact Sandi Foster, 928-0852.

Classified Ad Policy

Deadline: Ads accepted by 5 p.m. Friday will appear in the following Wednesday issue. Ads will appear only once per submission. If you wish a

particular ad to appear in successive issues, you must resubmit it.

Cost: Ads that do not solicit for a private business are free to students, staff and faculty. All others are charged at a rate of 10 cents per word, payable when the ad is accepted.

Personals: Ads placed in the "Personals" category are limited to one ad per advertiser per week; no more than 50 words per ad.

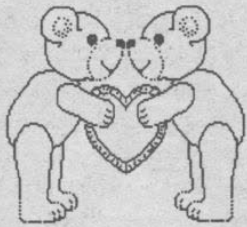
Pregnant?

You don't have to go through it alone. You do have choices. *You have the right to make the best decision for you.* We care. Call us and let's talk: **24-hour Talk Line - 222-9661** Portland or for your local representative: 1-800-342-6688

THE BOYS AND GIRLS AID SOCIETY OF OREGON

LOVING OPTIONS
A service of PLAN Adoption
We encourage Openess & Choices in planning adoption.
FREE: Counseling
Medical referral
Shelter Homes
Call Cecile 370-8374
PLAN office 472-8452

The Commuter plays Cupid
Valentines Day love ads



Let your sweetheart know how you feel

3 lines for \$1

Ads will appear in the Feb. 13 issue.

Deadline for ads is Feb. 8, 4pm
pick up forms
in The Commuter office
CC210

ASLBCC
VALENTINE'S FLOWER SALE
\$1 each or 6 for \$5

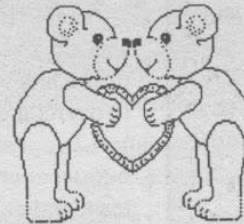
FREE on campus delivery
Feb. 14

Orders Taken Feb. 4 - 13
10am - 2pm
in CC213

THE COMMUTER

A Student Publication

Valentines Day



Love Ad Form

PLEASE PROVIDE ALL INFORMATION REQUESTED. All notices are subject to verification. Failure to provide the following information may result in rejection of the notice.

NAME _____ PHONE _____

ADDRESS _____ CITY _____ ZIP _____

Print the notice below EXACTLY as you wish it to appear. The Commuter is not responsible for correcting spelling, grammar or errors of fact.(Three line limit)

CLASSIFIED POLICY:

DEADLINE: Valentine Ads must be submitted by Feb. 8 at 4pm to the Commuter Ad Dept. in CC210.

COST: The ad is \$1 with a three line maximum. Payment must be made when ad is submitted.

TASTE: The Commuter will not knowingly publish material which treats individuals or groups in an unfair manner. Any advertisement judged libelous or in poor taste by the editor or ad manager will not be accepted. Tasteful nicknames will be accepted but anonymous ads will not.

PARTY GRAMS

967-1209

928-7401



Plan a Party
or Surprise

You Name It
We Produce It

PERSONALITIES FOR HIRE

SPORTS PAGE

PRESS ON TALES

Pac-10 season defined by upsets

By David Rickard
Of The Commuter

At the midway point in the PAC-10 schedule, one word can describe what has transpired so far in this unpredictable season: UPSETS!

Every week a former PAC-10 patsy rises up to kick sand in the face of the league bullies. Washington humiliates Arizona, the third-ranked team in the country. Stanford embarrasses #6 UCLA at Pauley Pavilion. Washington State routs league-leader OSU.

The majority of these upsets have occurred on the underdog's homecourt. The rabid fans at Mac Court in Eugene are a perfect example of how the "sixth man" can contribute a swing of 4-6 points a game.

In the waning seconds of the Stanford-Oregon game, the UO fans' hysterical jumping and pounding caused the basket standards to sway. Adam Keefe of Stanford was at the line, trying to tie the game with two free throws. He pointed out the rim's movement to the referee, hoping the official could order the rowdy crowd to behave. This only incited the fans to further extremes. Keefe missed both free throws, and the Ducks won the game.

The rash of upsets continued on that weekend. I was among the 9,849 lucky fans who witnessed a classic battle between UCLA and OSU at Gill Coliseum. There was that much electricity flowing in the place. The crowd could sense that OSU was primed for an upset.

The fans played a major role in OSU's thrilling double-overtime victory. People in the student section were on their feet the entire game. The noise level caused UCLA turnovers and missed free throws.

That may explain the crowd's lack-luster "Jekyll and Hyde" persona exhibited at Saturday's game with USC. Maybe all the fans in attendance were still patting each other on their collective backs for Thursday night's enthusiastic performance to realize that USC was about to snap OSU's 17-game home winning streak right under their eyes.

The crowd did very little to encourage or awaken the sluggish Beavers during the course of the game. The Trojans' two point come-from-behind win erased any memory of Thursday night's celebration. It left a bad taste in your mouth.

It's obvious that the PAC-10 is a mire balanced division this year, from top to bottom. No team can be taken for granted on any given night, whether it's playing at home or on the road. The crowd at the USC game took it for granted that a home game meant another routine win. The crowd will have until Feb. 14, when Washington comes to town, to change its routine.



The Commuter/RON RUTHERFORD
Melinda Miller shoots over PCC defender in Saturday's game.

Women scratch Panthers Maintain hold on second place in league

By Kevin L. Porter
Sports Editor

The Linn-Benton women's basketball team continued its winning ways last Saturday by forcing Portland Community College into committing 35 turnovers and embarrassing the Panthers 91-41.

The Roadrunners, now tied for second in the Southern Division with Chemeketa, led 59-21 at the half.

LBCC was again led by standout Tina Johnson, who finished the game with 30 points and 15 rebounds. Jenni Stoulil added 16 points, 4 of 5 from behind the 3-point stripe. Nicole Sheldon chipped in 12 points and Shelly Percy dished out nine assists. The Roadrunners are now one game behind Umpqua in the Southern region standings.

Last Wednesday LB traveled to Winchester to play the division-leading Umpqua Timbermen and came away short in a close game, 74-71. LB trailed by 13 points at the half, but clawed back into contention in the second half, taking a one-point with less than a minute to play, but were unable to hold off Umpqua.

LB was again led by Johnson, who finished the game with 20 points and 12 rebounds. She also shot all of LB's free throws and was 4 of 6 from the line. Monica Straws ended the game with 14 points and Patricia Torrez and Jenni Stoulil each finished with 10. Percy handed out seven assists for the Roadrunners.

Now 8-2 in league play and 12-9 overall, LBCC plays host to Southwestern Oregon Wednesday in a 6 p.m. matchup.

Men's team comes from behind to upend PCC

By Kevin L. Porter
Sports Editor

LBCC's men's basketball team came from behind to upend the Panthers from Portland Community College 94-90 on Saturday to even their league record at 5-5.

Linn-Benton trailed at the half 53-46, but came back strong in the second half to outscore the Panthers by 11 and grab the victory.

The Roadrunners capitalized on 53 percent shooting, led by 29 points and 11 rebounds from Chris Whiting and 20 from Silvano Barba, to overcome the deficit in the second half.

LB out-rebounded PCC 50-33, forced 23 turnovers and held the Panthers to just two team assists.

LB had 16 assists, with Chad Westphal dishing out five to go with his 13 points. Ramiro Ramez managed 14 points before fouling out.

Last Wednesday the Roadrunners fell short against Umpqua, who beat LB by using a balanced scoring attack 88-81.

Umpqua had four players who scored 15 or more points, with Eric Cowen scoring 26—21 in the second half. LB was without the help of Todd Karo because he and an Umpqua player were ejected early in the first half for fighting. Karo averages 14 points.

Ryan Lyons paced Linn-Benton with 20 points, 5 of 8 from 3-point range. Whiting finished with 18 points and 11 rebounds.

The Roadrunners play host to Southwestern Oregon on Wednesday in an 8 p.m. game.



The Commuter/RON RUTHERFORD
Chris Whiting maneuvers around a PCC player. Whiting led the Roadrunners with 29 points and 11 rebounds to help bring a 94-90 LB win over PCC Saturday.

LBCC competes in Eugene

By Kevin L. Porter
Sports Editor

Five LB men competed individually in Eugene's indoor track meet last Friday.

Shawn Leffel competed in the high jump; Paul Bellis, high hurdles; and John Vike in the high jump. Track coach Brad Carmen said this meet indicates strengths in field events for the team, but weaknesses in runs.

Women's Southern Division

	League	Season
Umpqua	9-1	15-5
Chemeketa	8-2	15-8
Linn-Benton	8-2	12-9
Clackamas	5-5	7-15
SW Oregon	4-6	7-14
Lane	3-7	9-13
Mount Hood	3-7	8-15
Portland	0-10	0-18

Men's Southern Division

	League	Season
Chemeketa	10-0	24-0
Umpqua	7-3	16-5
Clackamas	7-3	15-8
Linn-Benton	5-5	12-11
Mount Hood	3-7	12-12
Portland	3-7	5-15
SW Oregon	3-7	5-15
Lane	2-8	9-12