THE COMMUTER Student Publication

Linn-Benton Community College, Albany, Oregon

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High school performers collapse

and Dale Owen Staff Writers

When a young woman passed out on stage while performing at LBCC's Takena Theatre, she triggered a chain reaction of similar symptoms in her

One boy and 13 girls from the North Salem High School Choral received first-aid treatment for hyperventilation and mild shock Thursday afternoon after a girl with a history of asthma problems fainted.

Earl Liverman, LBCC coordinator for Public Safety and Services said the phenomenon occurred shortly after 2 p.m. while the singers were participating in the District 4 Large

Group Vocal Festival.

According to Liverman, all available personnel from his office were helping with the first-aid treatment of the dropping students until paramedics arrived.

"Meanwhile," he explained, "maintenance was checking out the air handling system. There was some concern with possible problems of circulation at the theatre.

The temperature in the theatre was 68 degrees; and the ventilation system was working fine, Liverman "There definitely was no gas leak," he added. "It was a frightening thing to deal with that many people at once without knowing what was causing the problem.'

"Anxiety and performance pressure can cause these kinds of reactions," said LBCC Choir Director Hal Eastburn. He explained that a psychological reaction occurs under pressure and if one person faints other people are likely to think that "if they're sick, I'm sick, too."

Eventually, the students were moved outside until they recovered completely. One girl with a pacemaker was admitted to Albany General Hospital for observation but was later

Inside

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Photo by George Petroccione

Gorge-ous Scenery

One of Oregon's scenic treasures, the Columbia Gorge, comes alive as spring moves into the Northwest. The gorge has become the scene of a battle betwen preservationists and local residents recently over a proposal to have the federal government buy the property along the river and restrict further development. A class of LBCC science students was in the gorge this weekend on a natural history outing with biology instructor Bob Ross. Additional picture on page five.

Tuition up \$1 per credit hour

Board chooses citizen advisors; promotes Schuette

LBCC's Board of Education approved a \$1 per credit

hour tuition increase at its meeting last week.

The increase becomes effective summer term and is the first for the college in two years. Full-time in-state students will pay a per-term tuition rate of \$228, or an increase of \$12.

Jon Carnahan, LBCC's vice president for instruction, told the board that a recent Associated Press news story indicated that the average tuition increase nationwide has been 7 percent for each of the past two years. In comparison, Carnahan said, LBCC's new tuition rate is a five and a half percent increase over two years, or an average

of two and one fourth percent per year.
Under the "Fair Share" principle, the college generally maintains the tuition at a level that will generate between 15 and 20 percent of the general fund revenue. Projections indicate that with the increase, tuition will generate 15.7 percent of the proposed 1986-87 general fund revenue, Carnahan said.

The board also approved increases in charges for testing services offered by the college. The one-time fee for General Education Development testing was increased from \$20 to \$25. Fees for two career interest tests were increased \$1 each, from \$3 to \$4. The testing program at LBCC is self-supporting, and the new charges reflect actual cost increases to LBCC for testing materials and scoring services.

In other business, Dr. Gretchen Schuette of Corvallis was appointed Director of Instructional Services and Community Relations. Schuette was appointed head of LBCC's Community Relations Office a year ago and now assumes the new instructional services duties as well. Before assuming the Community Relations position, Schuette taught LBCC technical writing classes for four

The board also approved appointments to two of the college's Citizens Advisory Committees. Gary Baker of Corvallis (Tower of London) will serve on the Culinary Arts and Hospitality Management Advisory Committee. Ivan Stutzman of Lebanon (Lebanon Servco, Inc.), Joseph Ivers of Albany (Corvallis School District), Roger Kaminga of Philomath and Dan Martin of Albany (both LBCC students) were named to the Refrigeration, Heating and Air Conditioning Committee.

The next monthly meeting of LBCC's Board of Education is set for Thursday, May 15.

Al Barrios, director of the Albany Center, gave a presentation of the new evening degree program, explaining how a student could receive one of three degrees during a fouryear period of night classes

The program began with 38 fully-admitted students during the fall term of 1985, Barrios said; there are 88 students currently enrolled in the program.

Gonzales to stay at LB

By Diane Morelli Editor

LBCC President Tom Gonzales announced at the April board meeting that he could be remaining at LBCC. This has a lot of benefits, not only professionally, but personally as ell." he said.

Gonzales was nominated and became one of five semi-finalists for the presidency of Portland Community College.

Dan Moriarty, president of Triton College in Chicago, was selected to fill the vacant position.

In an earlier interview printed in PCC's newspaper, Gonzales said, "Leadership ... is being able to ask the right questions. Not that you have all the answers, but you ask a lot of questions."

He will have the opportunity to ask the right questions in his newly appointed position to the board of directors of the American Association for Community and Junior Colleges.

He will be representing the Northwest region from among the 1,200 community colleges in the country.

Financial aid cuts opposed

By Annette Krussow Staff Writer

Over 650 people in the Linn-Benton community have signed petitions sponsored by the ASLBCC opposing the Gramm-Rudman Bill and President Reagan's budget proposal.

According to Mary Coleman, coordinator of Student Activities, the signatures, along with a letter outlining affects budget cuts will have on financial aid, will be sent to senators Hatfield and Packwood this week.

Although not all of the signatures had been counted yet, Coleman said at last count 650 signatures had been collected at tables set up in Takena Hall and the second floor College Center lobby. Petitions circulated in classes could raise the number fo 1,000, Coleman said.

The letter to the senators states that \$4.7 billion has already been cut from educational programs since

According to a report on legislation based on the Gramm-Rudman Bill there are proposals to reduce the amount of money going to Pell Grants. Veteran's programs have already been affected by the cuts, Coleman said.

The Gramm-Rudman Bill, along with Reagan's budget plan to increase defense spending and decrease education, will "really hamper the education community, Coleman said.

The petition drive ran Monday, April 7 through Thursday, April 10.

Street Beat

Bombing Reaction: 'Let 'em rip'

By Diane Morelli Editor

In a mission that began Monday night at 7 p.m. EST, 18 U.S. F-111 planes bombed targets in Libya in retaliation to recent acts of terrorism.

Reaction from citizens across the nation has been overwhelmingly supportive, according to the White House. Here at LBCC, the Commuter asked students on campus Tuesday for their opinions on the bombing.



Peggy Nelson, elementary education

"I have mixed reactions. We shouldn't attack the innocent. That's the same as Khadafy. Go after Khadafy himself and wipe him off the face of the earth and hope his followers aren't as bad as he is. It scares me a little.



Bob Norman, agriculture

"Let 'em rip! Teach them a thing or two. Teach them not to mess around."



Maren Schiller, business administration

"On one hand I understand why we feel it had to be done, but I wonder why it couldn't have been done another way. We have companies over there and we've overlooked those companies concerning economic sanctions.



Martin Morrow

I don't know really. I'm going to wait and see. I think it will blow over or blow up. It's a typical American response, but I think it'll help the economy.



Steve Huft, science

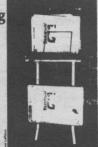
"I think it needed to be done. I'm disappointed in the whole-hearted support and jubilation in the public because they seem to be really happy, and I'm disappointed in that. I really believe it's going to lead to more.

Commuter Archives



www LBCC cafe will be serving 'natural' foods

ludget election will letermine LBCC funding







newsflash

Ten Years Ago This Week April 14, 1976

•Student body elections were being held and editor Jeff Feyerharm was impressed by student enthusiasm.

"Well, the student body elections are upon us once again, but this time there is an unusual twist—there aren't enough vacancies for all the candidates.'

"Yes folks, there are actually going to be losers in this election. Usually I would be forced to write an editorial on how much apathy and how few candidates were present.

Usually the student body elections consist of a few hundred students (out of 4,000) voting for five candidates for eight positions—obviously not much of an

This time, however, I am thrilled to tell you that I won't need to write of student apathy.

There are at least three candidates for president, two for first vice president, one (what, only one?) for business manager, and many for the senate seats."

•The Commuter staff ran a contest to see who could come up with the most

original suggestion for what the initials L.B.U. stand for. (i.e., "Looney Bin University" or "Lost Budget University")

"Entries sent in will be posted here, anonymously, to protect the guilty. The winner will be giver a FREE copy of next week's Commuter, autographed by Special Features Editor Bill Lanhan (of Far Afield fame)."

•A United States Navy Rock-Jazz band performed for students in the main

"Opening numbers included such top-40 hits as 'I Fooled Around and Fell in Love' and the presently overplayed single, 'Dream Weaver.'

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

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Professor discovers new health hazard

Heavy backpacks cause swayback, shoulder tension, headaches and nerve damage

(CPS)-With Nautilus machines in the school gym, salad bars in the cafeteria and smoke-free areas in every student lounge, it might seem college life has never been healthier.

But one enterprising professor has found a new

health hazard on campus.

It's that book-laden backpack you've been hefting over one shoulder all these years, says Ron Sendre, a Central Michigan University professor of sports medicine.

"Knock-down shoulder" is only one of the maladies Sendre ascribes to the overuse and misuse of the popular book packs seen on every American campus.

How can the innocent backpack, symbol of outdoor lifestyles, wreak such devastation on unsuspecting college students?

"A heavy backpack changes your center of gravity," says Sendre. "Your abdominal area is thrust forward, and your shoulders are brought

"Then a kid will carry that backpack for six, eight minutes across campus to his next class."

In other words, he's got lousy posture while carrying a mega-load of textbooks, and according to Sendre, "there are bound to be lots of repercus-

Besides knock-down shoulder-a drooping shoulder caused by constantly wearing the pack slung over one shoulder-backpacks can cause

swayback, shoulder tension, headaches, even nerve damage.

There is a simple remedy:

"Lighten the load is the best advice I can give," the professor says.

But if one's credit load demands carting 30 pounds of Organic Chemistry texts, the Unabridged Works of Shakespeare and a jumbo box of Crayolas for Art 101, Sendre suggests wearing the pack the way it was designed to be worn.

"I've never seen a backpack with just one strap," he says. Yet that's the way most students

"Rather than taking the time to throw the straps on, they just throw one.'

But even a properly balanced pack can be a problem for out-of-shape students.

So Sendre recommends a complete work-out program with weight machines, adding that exercises for flexibility are equally important.

But if all this seems like more health consciousness than one can handle, another study offers rationale for at least one "bad habit."

Cigarette smoking may enhance students' ability to study, a group of British scientists says.

The researchers found that nicotine, either from cigarettes or pills, increased concentration by eight percent and keeps minds sharp for up to a

Storefront College will help 'sell' LBCC

By Louisa Christensen Staff Writer

Workshops, demonstrations and displays of LBCC programs will be part of a new "Storefront College," located at the Cannery Mall on Northwest Ninth Street in Corvallis during the month of May.

The Cannery Mall has donated the former Anderson and Anderson shop to LBCC and OSU for the month-long

LBCC programs will be held on even days; OSU programs will be held on odd days. On May 9-10 the two colleges will present a joint program on admissions and careers. Potential

students will learn about CGP tests, financial aid applications and other admission procedures.

LBCC divisions are preparing "Storefront College" events to pro-mote main campus programs and "give a chance for the community to see how great LBCC is," said Ann Crisp, director of community education for Benton County.

Events to be featured include a wellness fair, arranged by the Nursing and Health Occupations Division, an aerobics dance demonstration by the Activities Division and a session on "Work and Family" organized by

the Parent Education Division, said Crisp.

Several business seminars will be offered including "How to Start a Business," given by business instructor Dennis Sergent, and a goal-setting seminar presented by business management instructor Mike Kauff-

Computer and Secretarial sessions such as "Creative Decision Making," presented by Lee Leuthold, office technology instructor, will be offered, said Crisp.

The Science Division will contribute a photo presentation by biology instructor Bob Ross and a hazardous waste workshop.

The Storefront College will be a showcase for campus programs, Crisp said, and will encourage Corvallis residents "to think of LBCC as a high quality place for their children as well as themselves.

Further details of the programs can be seen on the Chamber of Commerce "Koffee Klatsch" program on May 2 at 6:30 p.m. on cable channel 11 in Corvallis.

KLOO radio repeats the broadcast on May 3 at 10:30 a.m. Ann Crisp may be contacted at the Benton Center at 757-8944, for further information.

Survey helps Santiam staff

LBCC Culinary Arts students are conducting a survey on campus to find out what Santiam Restaurant customers think of the restaurant's menu, service and prices.

According to Loretta Liles, restaurant management major, the survey will help in developing an upcoming menu. She said that customer responses give the students an opportunity to make menu and price changes.

Liles added that the restaurant is periodically evaluated by restaurant management students, under the supervision of their advisor, Gene Neville, to "better serve our customers.

Neville, Food Service manager, explained that students make up the menu for next year and the survey "is one way of finding out what we're doing wrong and right."

The survey, which began April 7, asks for information about how often respondents eat at restaurants during a week, their menu preferences and what is considered to be an affordable price range. Other comments and suggestions are requested.

Neville said that Santiam customers are the targeted respondents. "We tried the survey in the Camas Room and the Commons. but people got confused about what restaurant the survey was for. "Some people didn't even know about the Santiam Room," he added.



Northwest Print

The Oregon State University Program Council will host the Northwest Print Council Biennial Exhibition during April. Work from more than 60 artists from Alaska, British Columbia, Hawaii, Oregon and Washington will be displayed in the Oregon State University Memorial Union Concourse, Corvallis.

Market Survey
Students in LBCC's "Marketing
Research" class will be conducting a
door-to-door survey in Corvallis April 26

and May 10.

The survey is being conducted for the Downtown Corvallis Association and is under the direction of LBCC Business. under the direction of LBCC Business Management instructor Larry Schuetz. About 30 students will participate in the project, which will involve randomly selected houses throughout the Corvallis area. Students will be seeking information on local attitudes toward the downtown shopping district, whether residents think any problems exist, and what suggestions residents may have for improving downtown Corvallis. Hours for the survey are 10 a.m. to 4 p.m. on Saturday, April 26, with a follow up on May 10 If needed. The survey will take approximately 10-15 minutes.

Bridges

A logo contest is being sponsored by the newly-formed Linn County Covered Bridge Committee. Deadline for entries is April 25.

April 25.

The committee formed earlier this month with the intention of working to save nine covered bridges in Linn County. Further information on the contest and the organization is available by calling 394-3322.

Caribbean Contrasts

An illustrated talk will be given by David Rath from the Breitenbush Community, 7:30 p.m. on April 23 at Westminster House, 23rd and Monroe, Corvallis.

Teess
Carol Gresham, R.N., and Linda
Tedisch, R.N., will ask "Is it worth dying
for?" in their discussion of stress at the
April meeting of the Linn County Heartclub. Gresham and Tedisch are intensive
care unit nurses at Albany General
Hospital

Hospital.

The Heartclub meets April 22 in the Albany General Hospital Conference Room, 1043 SW Sixth, at 7 p.m. For further information on the stress program, call the Foundation office at 926-2244, Ext. 703.

Management Seminar

A seminar designed to increase the chances of success for new managers will be held in April at LBCC. Sponsored by LBCC's Training and Economic Development Center, "The Newly Appointed Manager" will meet Tuesday, April 22, from 9 a.m. to 4:30 p.m. in the Alsea/Calapooia Rooms on the main cam-

Assea/Catapoota Rooms on the main campus, 6500 SW Pacific Blvd., Albany.
Cost of "The Newly Promoted Manager" is \$30, which includes lunch.
Registration deadline is Friday, April 18.
For more information on this seminar, call
LBCC's Training and Economic Development Center, 967-6112.

Open Tryouts

Open Tryouts

The Valley Round Barn Theater will hold tryouts for "On Golden Pond," by Ernest Thompson, at the Corvallis Arts Center, 700, SW Madison, Corvallis, at 7:30 p.m. on April 21 and 22. The production will be directed by Jean Heath.

Scripts are available at the Corvallis Public Library for 24-hour loan. For more information, or if you are interested in helping backstage, call Jean Heath at 752-3611.

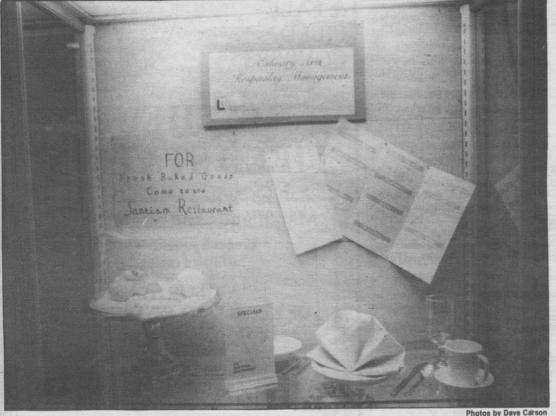
Watercolorist Exhibits

Reata E'Laine Walters, an Albany watercolorist, has been juried into four

exhibits.

Walters' paintings will be in the 12th Annual International Transparent Water-color Show in Panama City, Fla.; Eighth Annual Desert West International Art Show, Lancaster, Calif.; 18th Annual W & C National Painting Exhibit, Washington, Pa.; and the 46th Annual Exhibition of Northwest Watercolors, Bellevue Art Museum, Bellevue, Wash.

She has taught art classes for LBCC's Benton Center in Corvallis and Chemeketa Community College in Salem.



A display of a table setting and menu offerings available in the Santiam Room, LBCC's student-managed restaurant, is currently being exhibited in Takena Hall. The Culinary Arts students who run the restaurant have been conducting a survey to determine consumer attitudes on their restaurant and to create more awareness. One thing the survey is revealing is that many LBCC students never heard of the Santiam Room or don't

know that it is located on the second floor of the College Center. Culinary arts students will use the survey results to help plan new menu items for the coming year. So far about 50 people have responded to the survey, which will be conducted until the end of the week. The Santiam Room features tableservice and a menu with several innovative dishes as well as many favorites at reasonable prices.

Two Commuter editors received honorable mentions in a recent journalism competition sponsored by Women in Communications, Inc.

Editor Diane Morelli earned awards in the opinion and photo page categories, while managing editor Quonietta Murphy received a mention in the spot news category.

Morelli, a resident of Sweet Home, is a second-year journalism major at LBCC. Her editorial explored the sensitive topic of social attitudes towards AIDS victims. It appeared in the The Commuter Nov. 13, 1985. Her winning photo page entry featuring a carnival in Albany appeared

Murphy, a Corvallis resident, was honored for a news story on federal financial aid restrictions. It appeared as a page one story in The Communter last spring.

Murphy plans to graduate this spring with an Associates Degree in Journalism. Morelli will be returning to the college next year to finish her degree.

The Woman in Communications competition included universities and colleges from Alaska, Washington, Oregon, Idaho and Montana. Awards will be presented at a luncheon April 26 in Seattle.

Seattle Mime to perform

By Sherry Oliver Staff Writer

The Seattle Mime Theater will conclude the 1985-86 Creative Arts Guild (CAG) Performing Arts Series Friday night in Takena Theatre. Tickets cost \$4 for students and senior citizens and \$6 for general ad-

The Seattle Mime Theater, formed in 1977 by Richard Davidson, Elizabeth Roth and Bruce Wylie, uses dance, improvisation and storytelling to redefine and enrich mime.

The mime troupe has performed extensively throughout the Northwest and Alaska, as well as abroad. Members have studied with Tony Montanaro at the Celebration Mime Theater in South Paris, Maine, and with Rene Houtrides at the HB Studios in New York.

Reservations for 1986-87 season tickets will be available at Friday night's performance.

Next year's CAG performing arts series will include the Missoula Children's Theater, Oct. 11; the New Rose Theater, Dec. 3; Laura Klugherz and Jill Timmons Duo on violin and piano, Feb. 9; Pacific Ballet Theater, March 20; and Marylhurst Symphony with Paulina Drake, pianist, April 10. Season tickets cost \$10 for students and senior citizens and \$20 for general admission.



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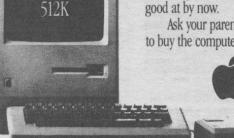
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Takena smoking limit sought

By George Petroccione Staff Writer

A resolution to support the present smoking regulations, with the addition of the bridge in Takena as a new non-smoking area, was passed by ASLBCC at its April 10 meeting.

The council had previously chosen not to comment on the smoking issue, but were urged to reconsider the matter by advisor Mary Coleman.

Nine members supported the resolution introduced by Lily Winans, Business Division representative, and two abstained.

Although recommendations were to have been forwarded to President Tom Gonzales by March 7, Winans suggested that a memo outlining the

council's position be sent to the President's office.

On Dec. 11 the LBCC Faculty Association voted to support a policy of no smoking on campus except in certain areas of the Commons. The proposal was forwarded to President Gonzales, who then asked for recommendations from other campus

According to Pete Boyse, assistant to the president, the recommendations are being reviewed, and a decision will probably be made towards the end of the term. If any changes are made, they will be implemented during the summer, rather than change people's routines in the mid-

Hit-and-run leaves woman with citation

A hit and run incident occurred Tuesday, April 8, in the front southeast parking lot, causing damage to a vehicle parked there.

Two witnesses to the accident reported to the campus security office that a car driven by a female struck another car while attempting to back out of a

According to the report, the driver momentarily stopped after impact. Then the driver pulled forward to correct the angle of her car, backed out of the space and drove off without leaving a note on the victim's car.

The Albany Police were later notified, and an officer came out to the scene of the accident to investigate. The damaged vehicle was examined and paint scrapings were taken for evidence. The damage consisted of a large dent in the front part of the car's right rear panel.

The investigation resulted in a citation being issued to the female driver by Albany Police.



Science Outing

Biology instructor Bob Ross makes a point while taking a photo of the Columbia Gorge during a field trip with his Natural History of Oregon class last Saturday. The class examined the development of the gorge and compared the diverse forms of vegetation there.

LB Drama Department hosts two productions in May

By Sherry Oliver Staff Writer

LBCC's drama department is producing two shows this term, "A Doll's House" on the mainstage and "Spring Seasonings," a Reader's Theatre production, in the loft.

The casts for both productions have been selected and rehearsals started this week.

"A Doll's House," was written in 1879 by Henrik Ibsen, who is regarded as the "father of modern drama," according to Robert Hirsh, LBCC theater instructor.

Ibsen's plays have been translated nd performed throughout the world.

"Their impact is still as fresh today as it was when they were written," Hirsh said. He considers "A Doll's House the "single most influential play in 300 years.

'A Doll's House" is set in Italy in 1878. In the play, the audience witnesses a woman realizing the trap she has fallen into by conforming to the expectations of society and the demands of a husband who is blind to her needs.

The cast includes LBCC students Lily Ramsey, Lentil Bean, Brad Good-man, and Oscar Hult; non-student cast members are Linda McCloud, W. Paul Doughton, Teresa Yingling and Leslie Lundborg. "A Doll's House"

will be performed in Takena Theatre May 16-17, 22-24 at 8:15 p.m. and May 18 at 3 p.m.

"Spring Seasonings" directed by Joyce Quinnett, a theater and journalism major, is a collection of poetry and short stories about "all of the aspects of spring" including "lovers, kid stuff and memories about spring," Quinnett said.

Some of the readings were written by LBCC English and creative writing instructor Barbarajene Williams and former LBCC students Bonnie Crossley, Dee Dahl, Howard Downer, Carla Melian and Dori Molletti. Other readings were written by well-known authors E.B. White, e.e. cummings, Sexton and William Shakespeare.

The six cast members are LBCC students Kelly Cleveland and Jalene McDonald and Albany residents Lawerence Birch, Vicki Cochran, Ruth Good and Leslie Hogan. Quinnett said, "I was disappointed that

more LBCC students didn't try out."

"Spring Seasonings" will be performed in the Loft Theatre May 30-31 and June 6-7 at 8:15 p.m. and June 4 and 8 at 3 p.m.

Jane Donovan, LBCC English instructor, has coordinated the Reader's Theatre and other loft performances for the past seven years. She has put on three loft productions a year and feels that she has "built a loft audience." Some people look forward to the loft performances specifically, because there is closer interaction between the audience and performers in loft productions, she

Currently, both loft and mainstage productions are funded by Student Activities Programs (SAP) and the general fund. According to Donovan, next year the Reader's Theatre will be funded by SAP only; consequently only LBCC students will be cast in Reader's Theatre productions. Donovan said she hopes to get a lot

only in acting but also in directing the loft. "We always want more student involvement," she said. In previous years, there have been as many community members as LBCC students cast in the Reader's Theatre productions. She said she feels confident that the popularity of loft productions won't suffer because of this change.

Funding for mainstage productions will also change next year. It will no longer be funded through SAP or general funds but will become solely self-sufficient, relying on money that comes through the door.

The number of mainstage performances will be increased next year from three to four. Mainstage performances, like loft performances, have been open to community performers as well as students and will remain

Miss LB Pagaent

tickets available

CHRISTIANS ON CAMPUS



Wednesdays at 12:00 noon

The 1986 Miss Linn-Benton Scholarship Pageant will be held April 26 at the South Albany High School cafetorium. The pageant will start at 8 p.m., featuring the Miss Linn-Benton Dancers; mistress of ceremonies and performer 1984 Miss Linn-Benton, Kathie Kurillo, and also starring eight contestants and reigning Miss Linn-Benton, Patti Peschk.

Tickets can be purchased at French's Jewelers in Albany, Merle Norman at Avery Square in Corvallis and they will be sold at the door. Tickets are \$5 reserved section and \$4 general admission.

For further information please call directors Jim and Jan Vandehey at 926-0257.



Health-Wise

by Diane Morelli

"You Done Good!"

Has someone you know lost 10 pounds, started walking three times a week, quit smoking, switched to nutritious snacks?

Or perhaps you know a person who has helped a friend by providing transportation to an aerobics class, moral support while dieting or encourage-

ment to take a stress management class.

If so, you can nominate students or staff to receive a certificate for achievement in health-related areas or for helping others to reach achievement.

The campus employee health committee wants to recognize those persons who are trying to help themselves by improving their health and those people helping others.

If you would like to nominate someone to receive a "You Done Good" award, just write the person's name and what he or she did on a piece of paper; sign your name and a number where you can be contacted.

Send it through the campus mail or hand-deliver it to Suzie Clark, records clerk, in T115.

The signed awards will be issued beginning May 15 during the health fair being held during Spring Daze.

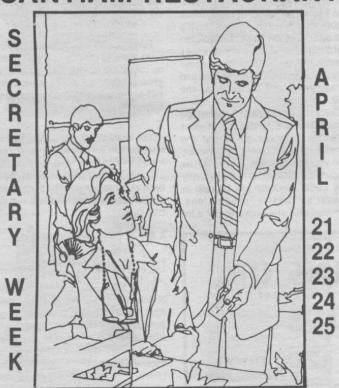
The employee health committee, the nursing department and some people from the physical education department will be sponsoring the health fair. It will be held in the Quad between 10 a.m. and 3 p.m.

Besides having the opportunity to ask health-related questions, you can have your blood pressure checked, find your stress level and your health age through computer questionnaires and have your body fat percentage

A few other activities are in the works and will be announced at a later date.



SANTIAM RESTAURANT

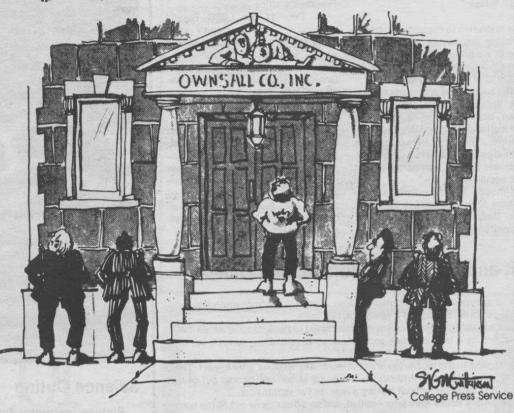


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Help Wanted! Pollsters for ASLBCC elections, April 29 and 30, 8 a.m.-9 p.m., \$3.50/hr. Must attend organization meeting Friday, April 25 at 9 a.m. in CC213. Call ext. 150 for information.

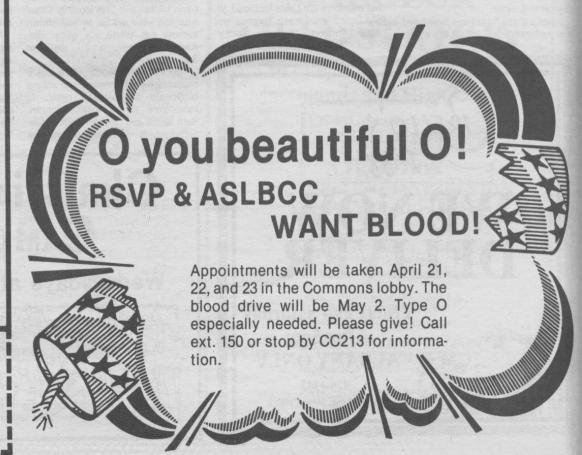
\$ EARN \$. \$400-800 part time \$1200-3,000 full time Call Mark 327-3029. **NEED A JOB NOW OR FOR SUMMER?**

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PERSONALS

I'm making a 1½-2 week motorcycle tour of California around June-July, and I'm looking for a lady companion for the trip. I'm a non-smoking 23 yr.-old-man. Interested? Call Bernie 753-1646 (work), 745-7120 (home).



Men to face Umpqua

Staff Writer

Despite unfavorable weather and a few injuries, the LB men's track team finished a strong sixth place at the Mt. Hood relays on Saturday.

Spokane won the 14 team meet with a score of 134 and Lane followed with 82 points. LB had 32 points.

The Roadrunners took first and second place in the pole vault with Wade Bakley soaring over the bar at .14 feet and Billy Fields going 13-6. Other placers were Ken Weinberg, javelin; Craig Yon, discus; the 1600 meter relay team and the spring medley team.

Weinberg tossed the spear 187-10 for a third place finish in the javelin while Fields leaped 21-4 for fourth place in the long jump. You took sixth place in the discus with a toss of 127-4. The 1600 meter relay team; consisting of Weinberg, Fields, Daryl Stickles, and Gary Long took sixth place with a time of 3:31.2. The spring medley team, consisting of Bakley, Fields, Tom Griffith and Shawn McMorris also scored some points with a fifth place finishing time of 2:01.5. In the spring medley the first leg runs 200 meters, the second leg runs 200 meters, the third leg runs 400 meters and the fourth leg runs 800 meters.

Head coach Dave Bakley said he feels his team might have been able to place a little better if they were healthier.

"We probably could have been fifth had we had everyone healthy, but I was very pleased with our effort anyway.

LB's next competition will be at Marshfield High School in Coos Bay on Saturday at 1 p.m. Teams from Southwestern Oregon Community College, Umpqua Community College, and possibly the College of the Redwoods will be

Results: Spokane 134, Lane 82, Bellevue 60½, Mt. Hood 55½, North Idaho 39, LBCC 32, High Line 25, Green iver 24, Clackamas 16, Chemeketa 11, Yakima Valley 4, Everett 4, Tacoma 4.

Women eye big season

By Robert Hood Sports Editor

After a few weeks of work with the Roadrunner women's track team, Head Coach Wayne Fisk knows he has a special group.

'This bunch of gals is one of the best groups I've been associated with," said first year coach Fisk. "They're fun to be with, they work hard and they have a real good attitude."

Last Saturday's Mt. Hood Relays saw the Roadrunners improve in just about every area. There were no firsts, but, according to Fisk, the team competed

It's hard to get a grasp on how you're doing as a team during relay meets," said Fisk. "They run so many strange distances that you don't want to take it too seriously; just have fun."

Toni Lindberg had LB's best finish as she tossed the discus 125 feet seven inches and finished second. Kris Newton finished fifth and high jumped five feet even

Fisk didn't look toward the Mt. Hood Relays as a "high pressure" meet, but rather as a relaxed opportunity to compete against good competition.

"Track is a sport where team spirit usually doesn't come into play," Fisk said. "Relays give you an opportunity to compete more as a team. It enhances the team spirit.'

The Roadrunners will be looking for leadership from Lindberg, Newton, distance runners Patty Gallup and Sandy Ragan. Joyce Reed and Melanie Bruce will participate in the long jump, and, if Kathering Bervin can overcome some nagging injuries, she'll add to the distance team.

The team will compete in Coos Bay this Saturday as they participate in a three-way meet with Southwestern Oregon Community College and Umpqua Community College

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Roadrunner catcher Randy Chandler takes a throw at the plate as a Lane player streaks for home. Backing up Chandler is pitcher Rich Grow.

in thick of title race

Sports Editor

Linn-Benton remains in the thick of the league pennant race after posting a 4-2 record last week

The Roadrunners received a much-needed split on the road against league-leading Clackamas last Tuesday. Clackamas won the opener 5-2 on the strength of J.J. Winkle's two-run blast in the third inning. The homer gave the hosts a 5-0 lead which the Roadrunners never recovered from.

LB pitcher Lee Langley erased some early season disappointment in game two as he tossed a no-hitter. Langley, who struggled through much of the early season, walked seven and struck out five.

'Lee still has trouble finding the strike zone," said Coach Greg Hawk. "He can be impossible to beat or a total flop in any outing. He has to get more control. When he does-watch out.

Langley received help from Alex Scheckla who drove in three runs on a 3-for-5 day at the plate. Scott Vinson was 2-for-3 with two RBI, and shortstop Jim Jones, the hub of the Roadrunner running attack, was 2-for-3 with two runs scored.

The Roadrunners were in great position to grab sole possession of first place on Thursday as they hosted Lane. A sweep would have put LB in great position, but they settled with a split.

Realistically, you'd like to sweep at home and split on the road," said Hawk. "Those splits at home put a lot of pressure on the team to sweep on the road, and

Rob Carlson's two-run double in the fifth inning helped save the day for the Roadrunners in game two. LB was clinging to a 3-2 lead heading into the fifth when they erupted for four runs. Rich Grow, battling shoulder soreness since the Mt. Hood double-header which opened the season, picked up the win while Brian Erwin came in for the save.

It looked like the Roadrunners would win the opener as well as Ken Kvarnstrom smacked a grand-slam homerun in the first inning. But Lane came back with six runs of their own in the second inning, and the Roadrunners committed seven costly errors.

LB once again proved that non-league talent just wasn't good enough as they swept past Linfield's JV team on Sunday. The win brought the Roadrunners to 11-5 overall. Joe Andrich picked up a tight win in the opener as he teamed up with Erwin for a one-hit 1-0 victory. Catcher Randy Chandler knocked in the winning run on a slow roller in front of home which was misplayed by the Wildcat catcher. Don Brown stormed in from third to save LB the margin of victory. Kvarnstrom was 2-for-3 in the opener.

Eric Badser's two-run triple in the fifth inning ignited the Roadrunners to a 6-3 victory in game two. Jones and Dave Barlett each had two hits, while Lance Wheeler picked up his first win of the season in relief.

The Roadrunners have a critical road trip to Mt. Hood on Saturday and will be back at home next Tuesday for a double-header with Clark, a team they swept earlier in the year.

Students plan livestock judging event

By Kay Sams Staff Writer

The 11th Annual Livestock Judging Day, coordinated by LBCC Animal Technology and Horticulture students, will be held at the Linn County Fairgrounds on April 25, from 9 a.m. to 2:30 p.m.

"This is the big one," said Bruce Moss, LBCC Animal Technology instructor, "and the first year OSU will co-sponsor this event with us." Moos, who supervises the judging, an-

ticipates that students from 25 high schools, including 200 FFA students (Future Farmers of America) will participate in the event.

This is a field-day contest in which students will judge two types of beef, two types of sheep, two types of hogs and five categories of pigs.

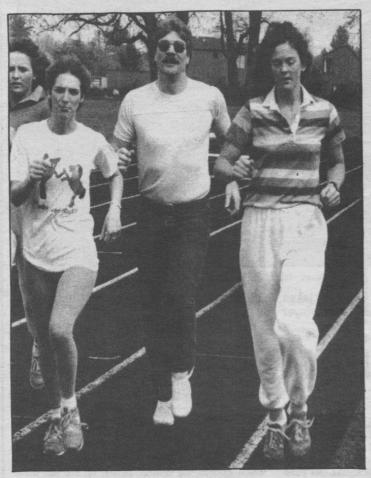
Crop judging contests are also planned, under the direction of Greg Paulsen, LBCC. Horticulture and Agriculture instructor. Livestock and crop judging teams from LBCC and OSU will then place and grade each

school students have made their decisions. Two sets of written and two sets of oral explanations will be required for official placement. Awards will be distributed at 2:30

On May 31 from 9 a.m. to 12 p.m. the LBCC livestock judging team will hold a judging clinic with the 4-H program at the OSU Stock Pavillion, across from the sheep barns on 35th Street in Corvallis.

Focus On:

Deb Mason





By Todd Powell Staff Writer

When Debbie (Strome) Mason took over as LBCC women's volleyball coach in 1983, the team's record was somewhat unimpressive. In 1981, the team ended the season with a 3-8 record and in 1982 slipped to 1-11.

But the team is improving. After two disappointing campaigns the spikers gave Mason her best season ever, this year posting a solid 7-8 record. She said she anticipates an even more promising season next year.

"She's an excellent coach," said Cristelle Deines, a setter on this year's team. "She worked with us really well, getting us involved working as a team rather than as individuals. She knew our limits, but expected a little bit

Although originally hired to coach volleyball, Mason's duties quickly expanded in her first year as LBCC needed other positions filled.

"I didn't mind, I enjoyed it," she said. Her other duties consist of teaching classes in Body

Conditioning, CPR, Advanced Life-saving and Life-Time Wellness.

Some of her interests and hobbies are running, swimming, snow skiing and cooking. She is also active with Northwest Hills Baptist Church in Corvallis.

Her teaching history goes way back. Before arriving at LB she taught at the elementary, middle and high school She was educated at OSU, where she received a BS in

Physical Education and a minor in Health Education.

"I plan to go back to school next year (while teaching at LB) and write a thesis, which will help finish up my Master's degree," she said.

Her job is a constant challenge, she said "because the students range anywhere from 17 to 50. I try to gear my classes where each person can relate. But sometimes that's hard, because sometimes the 50-year-old is more physically fit than the 17-year-old."

