

THE COMMUTER

A Student Publication

Linn-Benton Community College, Albany, Oregon

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IA odor Company's tests find nothing

By Allie Harper
Assistant Editor

Preliminary reports from the air quality study done in industrial buildings A, B and C found no harmful gasses being circulated by the air system on the second floor of the IA building, according to director of Facilities, Ray Jean.

However, according to a spokesman from MEI-Charlton Inc., the firm that conducted the study, one set of tests may not be enough to determine the cause of the odors that students and faculty have complained about.

"When we went there *that* day (May 13), the air was okay," said Dr. Randy Held of MEI-Charlton Inc. "But that's not to say that it (the odor) won't happen again."

Faculty and staff on the second floor of the building say they have not noticed the odors since before the tests were conducted. But if the odors recur, Jean said, MEI-Charlton Inc. will be called back immediately to test the air. Currently though, the firm is not scheduled to return. Tests already done are estimated to have cost \$2,500-3,000.

"It is impossible for them to determine whether there is anything in the air for a whole quarter by a single Sampling time," said LeRoy Heaton, an instructional assistant for the Water/Wastewater program.

Heaton ordered several badges that monitor gasses and vapors through a chemical reaction. The badges produce color changes which represent an accumulation of gasses the wearer has been exposed to. Because the badges are time-related (when the packages are opened, the badge begins to work) Heaton is waiting for the odors to occur again before he uses them.

Complaints from students and faculty about bad odors in the IA building prompted college officials to investigate the cause of the smells.

Several theories have been raised as to the source of the smells.

One theory is that on days when there is an air inversion (when the air pressure is high and it looks like rain) and the wind is coming from the north, the fresh air returns in the IA building pick up fumes from the Service Center.

Another theory is that the fresh air returns pick up air that is exhausted from the auto shop on the first floor of the IA building and not completely dissipated.

The most popular theory is that the metallurgy lab is the source of the odors, because students in the lab cut metals with an abrasive saw, which produces a pungent smell. The saw is located in an area where there is poor ventilation, and the smells spread throughout the IA building.

Jean and representatives from MEI-Charlton Inc. went to the metallurgy lab, the auto shop and the diesel lab where they generated fumes and odors to test. They started engines in the auto shop and the diesel lab, and cut metal in the metallurgy lab.

Although Jean has not received the official report from MEI-Charlton Inc., he has received a tentative recommendation about the Child Care Lab.

Based on what he saw when he came to LBCC to do the testing, Held said that "rather than trying to stop the fumes (from getting into the child care lab), I suggest that the child care lab be moved."

"If there continues to be a problem (with the odors)," said Pete Boyse, assistant to the president, "we'll do anything we can do to make the environment up there better for people to work in."

Applicants sought for fall term Honors Program

LBCC's Honors Program is now accepting applications for fall term 1986 enrollment.

The three-credit course, HO 250 Honors Colloquium: Transitions and Transformations, will be taught by health occupations instructor Jackie Paulson, writing instructor Barbara-Jane Williams and psychology instructor Gina Vee, according to information obtained from the Honors Committee.

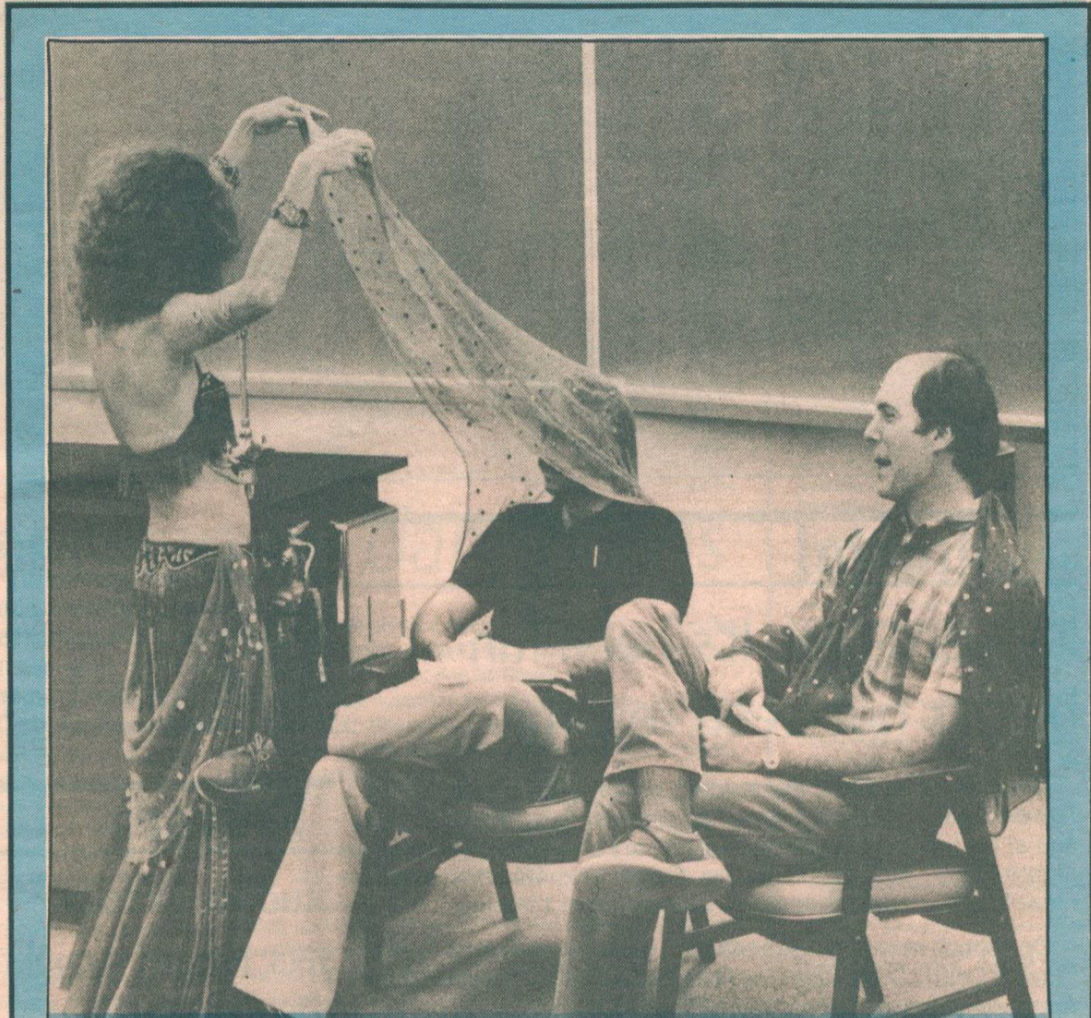
The course will use a case-study approach to examine the theme of transitions and transformations from the multiple perspectives of the

social sciences, humanities and science.

The class will use lectures, discussions, films, readings, writing, individual and group projects and simulations to explore its theme. Both individual work and group cooperation are stressed to a greater degree in this class than is possible in traditional lecture/discussion classes.

The Honors Committee said it is looking for mature, independent-thinking students who will enjoy a challenge.

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Biology Belly-Dancing

Photo by George Petroccione

A belly-dancer entertains biology instructors Steve Lebsack and Rich Liebaert in one of their classes last week. The dancer was a surprise end-of-the-term gift for the two from their students.

Smoking banned in Takena Hall

By George Petroccione
Photo Editor

Following the lead of other colleges, private industry and the federal government in restricting smoking in public places, LBCC's President's Council voted yesterday to ban smoking in Takena Hall. The ban was imposed after much discussion and will go into effect June 16, according to George Kurtz, vice president of business affairs and a member of the council.

"Wonderful," said Blaine Nisson, director of admissions and student programs. "I think it's a good idea. The smoke was a problem for the people who work in the open areas and faculty members who work upstairs."

"Good, I don't like it (smoke) at all; the smoke flows right in here," said Eileen Kelly, a secretarial assistant in financial aid.

"I don't feel I can say one way or the other. I used to be quite a heavy smoker and if I was their age—motioning towards the young people in the hallway—I would be doing the

same thing," was the reply of Lynn Townsend of RSVP.

The President's Council started receiving recommendations, letters, memos and surveys in response to a faculty association resolution calling for the ban of smoking on campus, except for designated areas in the commons. They also called for the prohibition of selling tobacco products on campus.

According to a survey done during winter term by Yvonne Lagrande and Al Church as a class project for a Business Quantitative Methods class, the most appropriate place for smoking at LBCC is in the parking lot. The survey also showed that 15.5 percent of the students smoke while on campus. The survey of 200 students, with a 5 percent margin of error, showed that when asked the five least appropriate places to allow smoking, Takena Hall was at the top of the list.

The President's Council's action is another step in trying to comply with the Oregon Clean Air Act whose purpose is to reduce the health hazard to

persons inhaling smoke caused by tobacco products in confined public places.

In April, Lane Community College reduced the smoking area of one building by 1088 square feet. The decision there was made by the Facilities Management Committee because of complaints from non-smokers who felt that the previous divisions were inadequate.

It was reported recently that many northwest companies have adopted no-smoking policies. Among them are Pacific Northwest Bell Telephone Co., Tektronix, Inc., and the Boeing Co. Beginning in June, Louisiana-Pacific Corp. will no longer hire smokers to work in its plants and corporate offices.

Dealing with smoke on a larger scale, the General Services Administration last week proposed a ban on smoking in 6,800 federal buildings it controls. The regulation would affect 887,000 federal employees, who would be allowed to smoke in private offices and designated smoking areas.



Photo by Timer

Editorial

It's been real; It's been fun but it's not been real fun

Okay, so what does the student editor write about for her farewell editorial? I, of course, had planned to write this weeks ago at my leisure and dazzle you with my brilliance, wit and insightfulness. But, as usual, I'm trying to crank this out in record time, well past deadline and coherent thinking.

Do I speak now of the experience I gained over the last year? "Esar's Comic Dictionary" calls experience a *pretentious term for the unpleasant things that happen to us.*

The class yell of the school of experience is Ouch! Black and blue are the official school colors and you don't receive a sheepskin but have your own removed instead. It's the one school you can't play truant from.

But here again I think the value of experience will be determined by a right mental attitude.

Experience is not what happens to a man. It is what a man does with what happens to him.

Aldous Huxley

Yes, I've gained valuable experience. I've enjoyed a warm camaraderie with fellow students and staff. I've taken risks and lost and I've taken risks and won.

The important thing is that I was allowed to. The most excellent way to learn is to have educators and programs to give you the tools, guide you with information and allow you to find the answers through your own creative processes. Fortunately we have those at LBCC.

—Diane Morelli

THE COMMUTER

A Student Publication

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.

Commuter Staff:

□ editor, Diane Morelli; □ managing editor, Quonieta Murphy; □ sports editor, Robert Hood; □ photo editor, George Petroccione; □ assistant editor, Allie Harper; □ advertising staff, Sherry Oliver, Bobbie Jo Krals; □ editorial assistant, Lisa Cardamon; □ reporters, Lisa Hall, Rena Hall, Annette Krussow, Todd Powell, Scott Montgomery, Louisa Christensen, Dale Owen, Kay Sams, Linda Canoy; □ production staff, James Hampton, Jan Hulsebus, Pauline Husbands, Rich Clarkson, Mary Barlow, David Carson, Margaret Denison, Michael Kruskamp, Brian Pearson, Todd Slanga, Karyn Smith; □ typesetter, Jerri Stinson; □ advisor, Rich Bergeman.

The Commuter staff of 1985-86 wishes the entire Linn-Benton community good luck and a great summer. Pictured above are as many staffers as we could gather together at the last minute (which is how we usually operate). From left: Scott Montgomery, Sherry Oliver, Matthew Rasmussen, Linda Canoy, Bob Botts,

Annette Krussow, Rich Bergeman, Todd Powell, Louisa Christensen, Bobbi Jo Krals, Lisa Cardamon, Dave Carson, Quonieta Murphy, Diane Morelli, George Petroccione, Margaret Denison, Allie Harper and next year's editor, Dale Owen.

Letters

Student director sets record straight

To the Editor:

I feel the article in the Commuter last week gave the wrong impression of the theatre department. I would like to set two things straight. One, I did have problems getting specific things done, but that was because I just didn't know who to contact and

when certain deadlines for publicity were. Two, the article seemed to give the impression that Glenda Foster,

AHSS secretary, had something to do with all the problems. Glenda helped me get things done I didn't know I had to do. She has given me help in all areas from contacting authors. to

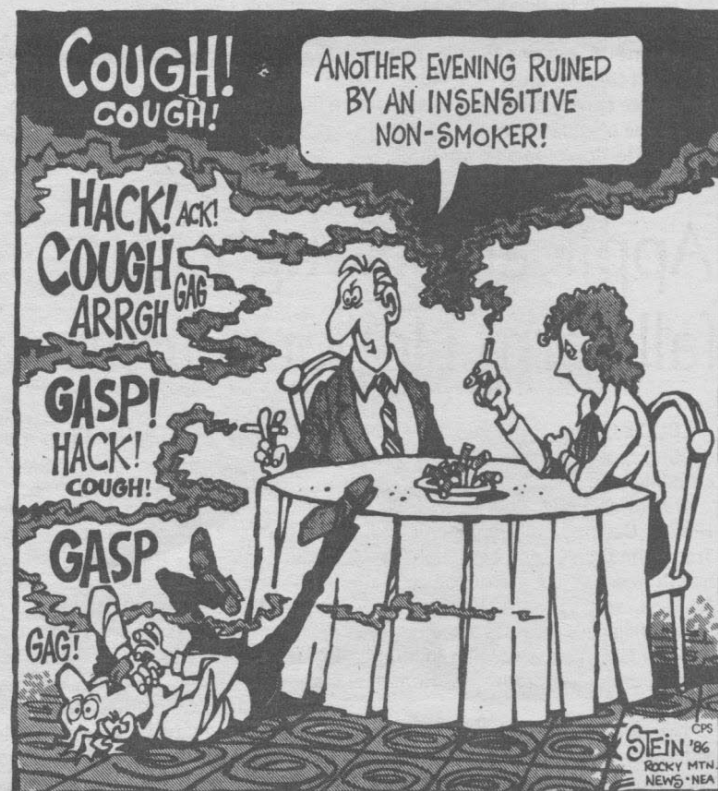
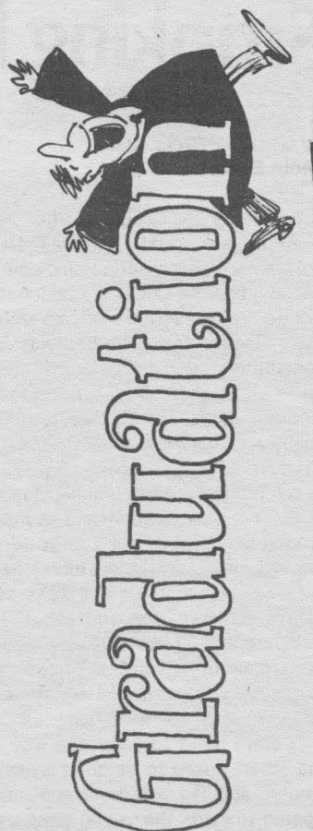
purchasing props. I want to publicly thank her for all her help.

I would also like to thank Jane Donovan, my faculty advisor. She

spent many of her evenings watching rehearsals and making constructive comments.

LBCC has a great theatre department. I appreciate the opportunity they have given me to student direct. Not every college would have that kind of faith in their students.

Joyce Quinnett
Student Director
Spring Seasonings



Training to begin for volunteers

By Kay Sams
Staff Writer

Volunteer Crisis Line training will be held July 8-Aug. 21 at Sunflower House, 128 S.W. Ninth St. The Sunflower House is the Community Outreach Center for Linn and Benton counties.

According to Monde Mattioli, director of crisis and health services for the center, the seven-week training session will cover how to improve communication skills, as well as how to deal with calls concerning substance abuse, psychosis, child abuse, suicide, violence against women, and runaways.

After training is complete, volunteers are required to spend five hours a week for six months to a year working on the Crisis Line.

Students are encouraged to join the training sessions, where practicum, internship credit is available to those students enrolled in social service, psychology and sociology curriculums.

Mattioli said that half of most of the groups who train as volunteers are usually OSU and LBCC students.

"It (Crisis Line training) is good resume material," she said. She added that records are kept on volunteers, which enable her to write job recommendations when volunteers seek future employment.

A part of the 15-year-old Community Outreach program, the Crisis Line grew out of a need for the services it provides. It is structured to handle calls on "anything," said Mattioli.

Calls are received which deal with everything from suicide and child abuse to loneliness and depression. Calls are also received from people who need emergency services such as shelter, food and medical care, which Sunflower House can help to provide. Mattioli said they also provide information and referrals to doctors and dentists who bill on a sliding scale according to a person's income.

LBCC social science students who would like to volunteer can contact Gina Vee, sociology/psychology instructor and CWE coordinator for the social sciences, in her office, IA 214, or at ext. 434.

Those students not wishing to go through the CWE program can contact Sunflower House at 758-3000 to arrange an interview that is required prior to entering training.

Honors

continued from page 1

Students interested in applying for the program need to fill out an application and provide two academic references. They also should have a 3.33 grade point average, an 80 percent score in the sentence section of the CGP test and be eligible for enrollment in Math 101.

Those students who don't meet the requirements can also seek admission to the program by providing letters of reference or by requesting a personal interview with the committee.

Applications are available from most instructors or through the Arts, Humanities and Social Sciences Division office, HO 101.



Photo by George Petrocchio

Thin is in, but can be dangerous

By Todd Powell
Staff Writer

A young attractive woman is sitting at a table in Myrl's all-you-can-eat restaurant. She is eating almost as fast as she can get the food onto her plate. After eating until her stomach cries out with pain, she politely gets up and walks to the restroom, where she throws up.

An 18-year-old girl stands on the scale. She feels sick to her stomach when she finds out she still weighs 99 pounds, a decrease of only a pound from yesterday's weigh-in. She glares into the mirror, only to be horrified by the amount of "bulging fat" that surrounds her body. She decides she'll have to cut her intake down to two salads a week.

Eating disorders exist more frequently than one might realize. Two common eating disorders are bulimia (the first scene) and anorexia (second). According to national statistics, 30 percent of college women have an eating disorder of some type. Anorexia is the most common. Of all people with eating disorders, over 95 percent are women. These women are predominantly middle and upper class, attractive, intelligent and well-educated. In 1984, one out of one hundred women had an eating disorder, an increase over 1980's ratio of one out of 250.

Why are eating disorders primarily a female affliction? "One of the reasons," said LBCC counselor Joyce Easton, "is that we have a thin person as our role model. It seems that the role model is abnormally thin." Easton teaches Women and Weight and is a facilitator for an eating disorders support group at LBCC.

Easton said, "I think we are all tied to a certain cultural model of what it is to be beautiful." She explained that a beautiful woman in the '40s was Marilyn Monroe. "She was looked on as being beautiful; but really—when you look at her pictures—she was quite heavy."

Annette Davies, a private counselor who deals with eating disorders and also teaches classes at OSU, said, "If you're using food for anything other than nutrition and fuel, you might have an eating disorder." Davies, a woman who knows what it feels like to have an eating disorder, said, "I believe there's a definite trend towards eating disorders."

She told how people develop anorexia. "Most people get it (anorexia) by dieting," she said. She explained that anorexics are people who think they are fat when in reality they are quite thin. She commented that anorexics are striving for "social acceptance."

A recovered anorexic, who wished to remain unidentified, said that her eating disorder started when she was 19 years old. "I wanted to lose some weight, that's how it all started." She added that the disorder took instant control of her. "Eating soon began to be a gross, disgusting habit. The thought of chewing food and swallowing made me sick." Her ultimate joy was reached "when I could get into a bathing suit that I wore when I was 10 years old," she said.

At her lowest point, this six-foot woman weighed 115 pounds. She presently weighs 160 pounds. Her problem finally ended one day when she was sick in bed for four days. "I barely crawled down the stairs to get some help. The people practically force-fed me." She admitted, "I could have died."

Davies talked about a second type of eating disorder, bulimia. A bulimic person "eats and eats and eats and then throws up," according to Davies.

She says that bulimics sometimes get very frustrated with their habit. She said "it bothers them terribly. Some people even go into debt and steal to support their habit, which can easily run up to \$100 a day."

According to Davies, bulimics' weights are considered "normal" but their eating is not. "Normal eaters, in my estimation," she said, "are persons who eat when they're hungry and quit when they're full, and don't eat until they're hungry again."

What about the person who is not obsessive, but who takes dieting seriously? Does this person have a problem? There are fad diets that can range from the pill diet to the body clock diet. There are hundreds of diets. Are they acceptable? Do they work effectively? "Well, one thing's for sure: there's money in it," Davies said, referring to companies and commercials. She says that "no diet works unless it fits your lifestyle."

It seems that dieting and physical fitness are concerns across the country. Diet soft drinks, Nutrasweet products, weight-loss tablets, sugar-free this and that. What really works to lose weight? "Nothing. You can't give up any kind of disorder until you're ready to," she says.

Carol Babbitt, 40, a Corvallis business woman, described how she gave up her eating disorder in one word. "Embarrassment. Not I, of myself, but that of my son."

Babbitt, who stands a little over five feet, explained that her heaviest weight bounced near 230 pounds. "I tried dieting before, but nothing seemed to work. I even was hypnotized," she said. The one thing that did allow her to lose weight was not all the fad "gimmick" diets, but rather "will power," she said.

"I was determined," Babbitt explained as she described daily weight-loss diet, consisting of a hamburger, fries and a coke. She said, "I definitely don't recommend my diet." Babbitt presently weighs 108 pounds and "feels better than ever before."

Davies commented that Babbitt "dieted carefully and watched what she ate." Davies pointed out that not everyone does diet carefully. She talked about a survey taken at a public school. "They found out that over 75 percent of the girls said they were on diets. The amazing thing was that they were fourth graders!" she exclaimed.

She said people with an eating disorder should "get help and talk to a school counselor." Easton adds, "I think each of us needs to be more accepting of who we are within ourselves and make peace with our body shape."

"We all inherited a body, and each one is different. It seems we all pretty much accept our height, because there's nothing we can do about it. Weight is a different story," she said.

Women concerned about their weight might consider taking LBCC's Women and Weight class, taught by Easton. "The focus of the class," she said, is to be aware of when we eat for other reasons than hunger. "There are 15 women enrolled in the class this term."

People with an eating disorder might consider joining LBCC's eating disorders support group. There are four people in the group; each has been through several treatment programs to help control the disorder.

Etcetera

Power Walking

A Power Walking workshop will be held Thursday, June 5, from 6-9 p.m. at the Albany Boys & Girls Club.

Power Walking is the newest form of low impact exercise for all ages. Recognized experts from Albany General Hospital, LBCC, Nike, OSU, and the YMCA will present the what, when, where and why of power walking.

Participants will also be given an opportunity to have their fitness level evaluated, followed by an actual power walk. Participants should wear clothes suitable for exercise.

This workshop is being co-sponsored by Albany Athletic Club, Albany Boys & Girls Club, Albany Parks & Recreation, Linn-Benton Community College, and The Albany Area YMCA.

The admission charge is \$1 for those who preregister, or \$2 at the door. For more information and preregistration, call Albany Parks & Recreation, 967-4321; LBCC-Albany Center, 967-6108; or YMCA 926-4488.

Budget Committee

The Linn-Benton Community College Budget Committee will hold a meeting on Thursday, June 5, at 7:30 p.m. in the Board Room to determine a recommendation regarding the tax base to be voted on November 4, 1986.

Marine Science

The OSU Hatfield Marine Science Center in Newport is offering workshops and free films beginning in mid June. Classes offered include Coastal Birding, Coastal Fossils and Exploring Tidepools. Classes cost \$10 for adults, \$5 for persons under 18.

Free films include Mammals of the Sea, Harbor Seal, Estuary, Mussel Specialist, Riches of the Sea, Beach: a River of Sand.

For times and more information, call the Science Center at 867-3011.

Farmers Markets

It's Farmers Market time. The Saturday market opens June 7, at Water & Broadalbin, Albany, from 9 a.m.-noon; the Wednesday market opens June 11, at the National Guard Armory, 1315 SW E. St., Corvallis, from 2-6 p.m.

From June lettuce, strawberries and peas to fall pumpkins, nuts and chrysanthemums, market produce follows the season. Baked goods, salsa, fish and honey are available throughout the season, which runs from June until Thanksgiving.

The markets are sponsored by the Mid-Willamette Growers Association, a non-profit corporation which is open to local farmers/gardeners and persons with food processing licenses. Members pay a weekly stall fee to cover the costs of advertising and a part-time manager.

For more information, phone 745-5811.

Buffet Today

First- and second-year Culinary Arts and Hospitality Management students from Linn-Benton Community College will present an "End of Term Buffet" in the Santiam Room Restaurant today, Wednesday, June 4, from 11 a.m.-12:30 p.m. The Santiam Room is located on the second floor of the College Center Building on the main LBCC campus, 6500 SW Pacific Blvd., Albany.

Cost of the meal is \$4.95. Tickets are available from the College Center Office.

Perkins on Committee

Dave Perkins, science instructor, was selected to serve as a member of the Oregon Presidential Awards for Excellence in Science and Mathematics Teaching screening committee. The program was established by the National Science Foundation in 1983 to identify outstanding middle/junior and senior high school teachers of science and mathematics who can serve as models for their colleagues.

Retirement Party

Everyone on campus is invited to a retirement party for counselor Joyce Easton, on June 4, from 11:30-1:30 in Board Room B. She is retiring at the end of the spring term.

Library Closes

The Library and Media Services will be closed for the installation of new carpet on June 13 and will reopen on June 23.

Community Ed changes with the times

By Linda Canoy
Staff Writer

When LBCC opened its doors in 1967 the Community Education Division offered about 60 classes. This spring, 18 years later, more than 850 classes were offered.

Over the last year, economic, social and technological changes in the community have been reflected in the array of community education offerings.

Lorraine Steele, executive secretary for LBCC's Linn County community education training and economic development, has been at LBCC since 1968. She remembers the two most popular classes at that time were Bishop sewing and sewing with knits and stretch fabrics.

"When we started out Bishop sewing and sewing with knits were popular, now sewing classes have kind of dwindled out," Steele said, "I don't know why it is because the fabric shops still seem to be going great guns."

Other classes offered that first year were modern math for parents, hand loading of firearms, welding and briefhand.

Mike Patrick, LBCC director of industrial/apprenticeship, started as Community Education Director at LBCC in 1976.

Patrick said at that time LBCC's community education program was experiencing an extremely rapid expansion in enrollment—15, 20, 25 percent a year.

"It was a tremendous enrollment potential," he said, "It was a matter of finding facilities, finding good teachers, and letting people know about the classes."

What classes were popular in 1976?

Microwaves were just coming in, I'm OK, You're OK classes were just starting, and there were macrame, jewelry making

and tole painting classes.

"At the time I started, something that was very popular was belly dancing," Patrick said, "Gosh, we had hundreds taking it. There were very few activity classes going on and it was a fun way to fitness."

According to Patrick as that trend tapered off some stayed with other types of dancing (ballroom), but some moved on to other types of fitness activities.

"There was a lull then," he said, "Aerobics didn't come in for a while, so some people started going to tennis."

In the 1970's, genealogy classes were popular and the back-to-the earth movement classes (living on a little land, goat care) had a strong following, Patrick said.

When aerobic dancing came along, thousands took part. Then when interest in it tapered off, women became interested in the weight lifting classes.

As the interest in fitness continued classes in nutrition and family health issues began to emerge.

"Trends begin to feed on trends. As people learn from those experiences, learning creates questions for which people seek answers," Patrick said.

According to Mary Spilde, LBCC's director of the training and economic development center (TED) and the Linn County community education center, Oregon statute calls for community colleges to be comprehensive in nature.

That means we have to provide continuing-education, adult-enrichment, life-long learning activities for the community," Spilde said.

The college may assess community needs and then decide what type of classes to offer or someone may walk in the door with a "Nifty idea" which fits the needs of the community.

Today the Community Education Division is offering a variety of classes.

Parent education classes such as single parenting, living and learning with your baby, and childbirth preparation are being offered.

Computer classes such as Appleworks, computers for homemakers, computers for office workers, an introduction to microcomputers, and computers for seniors are being offered in all the centers.

Classes in German, French, Japanese, Arabic and Italian are now being offered.

Aquatic fitness, body conditioning, scuba diving, ballooning with hot air and white water rafting classes are being offered for those interested in physical fitness and recreational activities.

What types of classes will the Community Education Division be offering in the future?

Patrick said the economy influences the type of classes that are offered.

In boom times people take classes such as estate planning, real estate investing, home building and home buying. When times are tough, he said, people take classes that help them sell a house or help them stretch their budget.

According to Spilde, classes will reflect the life-long learning needs of the community.

"I think we are facing a major population change where we have more single parents and displaced homemakers," she said, "We are also facing an economy where there will be more service jobs and there will be more training and retraining for job."

Job program funded for '87

By Matthew Rasmussen
Staff Writer

There is good news for job hunters in the Linn and Benton counties. The Dislocated Workers Program, at LBCC offered by the Community Services Consortium (CSC), has been refunded for 1987.

According to Ken Stillinger, employment specialist with CSC, another \$220,000 has been made available through the Job Training Partnership Act. "We did get refunded," says Stillinger, "so we'll be in existence next year."

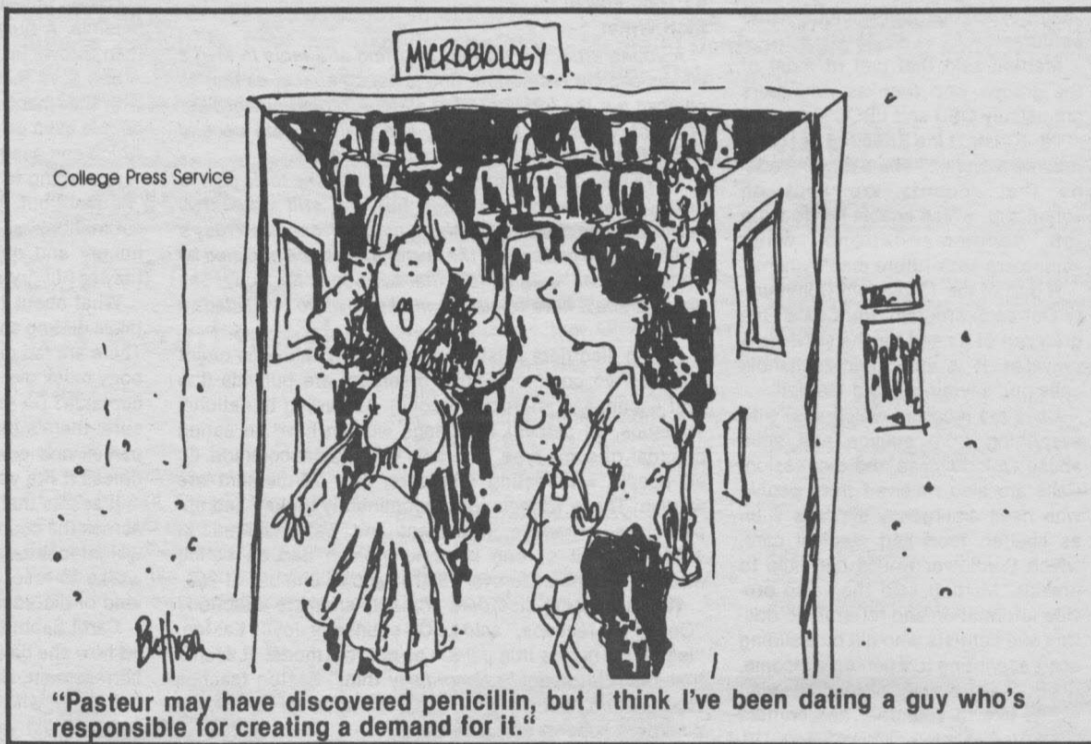
"I'd really encourage people to get involved," he said, "especially those still unemployed and new graduates. We do a lot of job search training,

how to work with the resources available and stress management."

The program has increased to about 250 participants, up from 200 who were involved in mid-March.

Stillinger said the Department of Labor had recently reviewed the Job Training Program. "They were very impressed."

"Right now a lot of summer youth programs are starting up. Youths 14-21 can contact us and we'll steer them in the right direction," said Stillinger. He explained many jobs traditionally held by students and young adults are currently locked up by adults supporting their families and themselves. "They're having to compete with adults trying to survive."






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Students face transfer shock

By Annette Krussow
Staff Writer

Transfer Shock. Many community college students experience it after transferring to a four-year institution. But what is it?

According to a Kansas study, the first year after transferring, students experience a decline in their grade point average.

In 1980, students transferring from Los Angeles City College, where they achieved the highest GPA in 12 years, to California State University at Los Angeles experienced the lowest GPA in 12 years.

One problem students have after transferring to a university is finding that some of their credits won't transfer.

One reason could be because of change of requirements, which is very common, according to Beth Camp, LBCC technical writing instructor.

For example, the College of Business at OSU changed some of its requirements for graduation, adding a class not offered at Linn-Benton.

Camps aid the best way for students to avoid problems is to anticipate changes, and check the university's catalog.

The information LBCC advisors get maybe incomplete, Camp said. As part of preparing to transfer, students need to learn how to recognize changes themselves.

Touring the campus and talking to program advisors at the university also helps to avoid problems.

Camp added that student feedback helps to make LBCC aware of problems. If it hadn't been for a student coming in and telling advisors about the extra writing class added at OSU's College of Business it might have taken awhile to get things straightened out, Camp said.

Through negotiations with OSU a compromise was reached and students who transfer this year will be able to substitute another writing class.

According to Blair Osterlund, LBCC counselor, misunderstandings among students can lead to credits failing to transfer.

Almost everything is transferable, Osterlund said. If something fails to transfer students can petition to get their requirements accepted. He said it's a matter of knowing the structure of the university, the colleges within the university and the departments within the colleges.

Getting used to the size and formality of many universities, compared to community colleges, is also a problem transfer students find.

Carol Robertson, a liberal studies student at OSU, said that attending LBCC before OSU proved to be to her advantage. "It's a good building block," she said.

Robertson said going to LBCC helped her get used to what college is like. She said going to OSU initially would have been a very intimidating experience.

Betty Bogel, an anthropology student at OSU, agrees that community colleges are a "good place to get your feet wet," especially for older students.

Younger students can find advantages in going to a community college if they're undecided on a field of study. They can expose themselves to many different areas without spending the larger amount of money a university would require.

Both Robertson and Bogel claim their transfer to OSU would not have been as easy if it hadn't been for the cooperation of LBCC and OSU.

Robertson said counselors were the most helpful. She said a counselor walked a group of students around OSU's campus showing them where everything was.

She added that the communication process between LBCC and OSU was very helpful.

Bogel said her counselor knew exactly what she needed to take. There were "no surprises," she said, and she didn't have to pick up any classes after transferring, except a foreign language.

Not only do counselors at LBCC keep in touch with counselors at the universities, but Linn-Benton's teachers keep in touch with former students who have transferred.

The major public institutions in Oregon like OSU, the University of Oregon, Portland State University and Oregon Institute of Technology also have visitation days.

On visitations days community college students are invited to the campus where they can meet the faculty and talk to other students.

Counselors and faculty also visit four-year colleges, where they can find out how former students have done, what they could have done to make transferring easier and what changes in curriculum are needed.

LBCC also puts on a transfer seminar during spring term. Former students are invited to come back to LBCC and talk about their experiences in transferring. Osterlund and Les Dunnington, an OSU counselor, also talk to students at the seminar, answering any questions they might have.

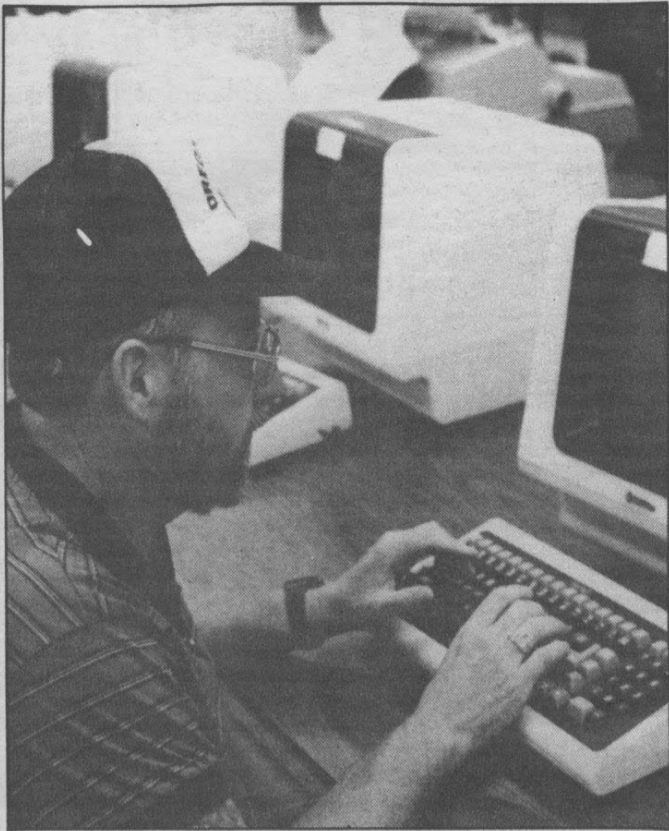


Photo by George Petroccione

Ron Kitterman will become the second deaf student ever to graduate from LBCC next week when he takes an A.A. in Computer Science.

Deaf student earns AA; heads to Oregon State

By Sherry Oliver
Staff Writer

Ron Kitterman seems to be just like everyone else when someone meets him for the first time, but he's not. When he graduates this June, Kitterman will be the second deaf person ever to graduate from LBCC.

Kitterman was in the Navy for 22 years before his total loss of hearing forced his retirement from being Sr. Chief of the special weapons department.

His hearing loss was caused by tumors on his acoustic nerves. When his second tumor was removed in 1981, he became totally deaf. Prior to his hearing loss, he began having trouble because "the tumors distorted the noise."

Kitterman is graduating this term with an A.A. in Computer Science and plans on continuing in computer science at OSU next fall. Kitterman says "they (computers) are easier to understand than people."

Kitterman took his first Computer class by accident. He started at LBCC in spring '83, taking general education courses like English composition, math, and developmental reading. Summer term he signed up for drafting, but the class didn't go because of lack of enrollment, so he took a computer class instead and found he enjoyed it.

"Instructors all bent over backwards to help me," Kitterman said. He needed to put forth "extra effort for what he missed in the classroom." He couldn't watch his interpreter, what the instructor put on the board and take notes all at the same time like the other students. He was always missing something. One thing Kitterman looks forward to at OSU next year is the note-taking program where students are paid for taking notes for fellow students.

Kitterman, who was an instructor himself for nine years before he lost his hearing, realized that the instructors couldn't afford to slow down the pace for him. He tried not to worry about not understanding the classes or getting behind. He went to his instructors after classes to clear up his problems. Kitterman's primary suggestion to make it easier for deaf students was for instructors to use more visual aids.



Photo by George Petroccione

Buy One or Else!

Jim Franks, instructor of heating/refrigeration/air-conditioning, donned a Robin Hood outfit to peddle ice cream recently as part of a fund-raiser for the Industrial Technical Society.

Karate offered summer term; stresses fitness, self-defense

LBCC karate instructor David Gray invites students to enroll in the Tae Kwon Do class this summer through the P.E. Department. Classes will be held Mondays and Wednesdays, 4-6 p.m.

time to take karate because classes are smaller, allowing for more individual attention for the beginner. The class is co-ed, stresses physical fitness and self defense in a safe classroom environment. For more information call LBCC's P.E. Department, 967-6109.

Gray says the summer is a great

New editor names staff

New editor-in-chief Dale Owen recently appointed personnel to fill the Commuter editorial positions for the 1986-87 academic year.

The appointments, which carry position grants from \$486 to \$648, were made after several days of consideration, according to Owen. He explained that the decision process included interviewing applicants and consulting with advisor, Rich Bergeman. All of those selected are journalism majors. Owen said he thought the assigned group of students were well qualified, ambitious and dedicated. "They should be an asset to the Commuter and LBCC."

Annette Krussow, a Lebanon resident, was appointed managing editor. Her education in journalism began in her senior year at Lebanon High School where she worked on the school paper. When asked how she felt about her appointment, she replied, "I'm eager to get started."

Ronald "Todd" Powell, an Albany resident, will be news editor. Powell has had a long-time interest in newspaper operations. He was Carrier of the Year in 1982 for the Statesman-Journal. In 1985 he worked on the Corvallis Christian School annual and began journalism courses at LBCC last fall term.

"I'm serious about journalism and I consider this opportunity a good hands-on type of experience," Powell said.

Louisa Christensen, a Corvallis resident, was appointed feature editor. Christensen wrote her own column and was an editor for the Eureka High School newspaper during her senior year. She has been working towards a college degree in journalism at LBCC this school year.

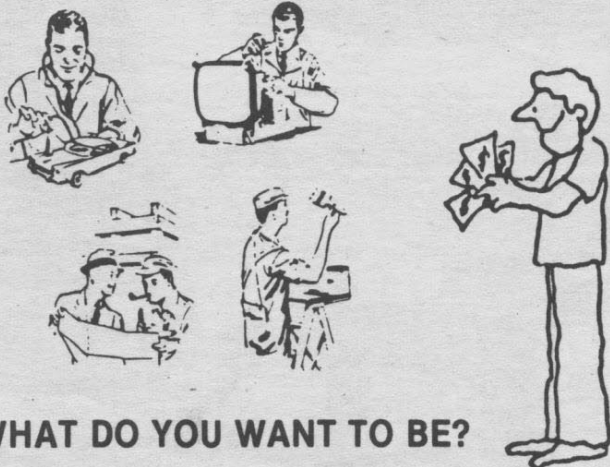
"I'm excited to help and encourage new students entering the program next year," Christensen said.

Returning photo editor, George Petroccione, an Albany resident, plans to contribute past staff experience to the new group. As current photo editor he has participated in newspaper paste-up and lay-out, as well as reporting and other facets of journalism. "This should be an interesting group to work with," Petroccione said.

Also appointed to the staff is Linda Canoy, a Lebanon resident. Canoy has been interested in advertising since working as advertising manager for the Lebanon High School paper. "I enjoyed working with the staff this year and am looking forward to next year," she said.

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CALL SGT. S.W. SMITH AT 967-2088

It's time to apply for fall tutoring jobs

By Dale Owen
Staff Writer

Applications for people interested in tutoring LBCC students during the 1986-87 school year are now being accepted at the tutorial services office, LRC 204.

"I would like people to come in now to get ready to tutor for next year," said Carolyn Miller, LBCC tutor coordinator.

There will be work study grants or college credits available for next year's tutors, according to Miller. She explained that eight work study positions will pay tutors for up to 20 hours of work per week.

"There is no guarantee how many hours they will get, but if they are particularly well qualified in areas of chemistry, physics and high level math, there is a good chance of keeping busy."

Credits can be earned if tutors register for community college tutoring, ED 208, Miller added. To receive three credits for the course, 45 hours of tutoring are required during the term. Although these are non-paid positions, the credits are transferable as electives, Miller said.

Attending tutorial meetings is another responsibility for all tutors, Miller said. Instructors from subject areas involved are invited to speak at the meetings. Instructional tips, expectations of what tutors will learn, and problems of the program are also discussed, Miller said.

To qualify as a tutor in a certain subject area, an instructor's

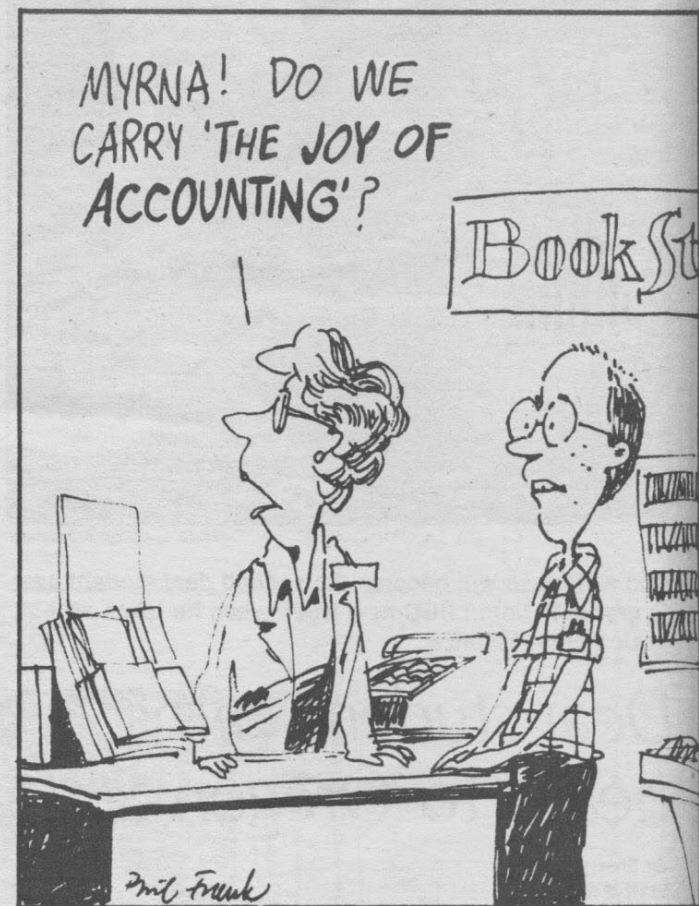
signature for recommendation is required on the application. The instructor needs to be working in the subject area the person is applying to tutor in, Miller explained. Information such as name, address and social

security number is also requested.

Applications are being accepted until June 13, and then beginning again, September 16. For more information, contact Carolyn Miller in LRC 204.

Frankly Speaking

by Phil Frank



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PERSONALS

I'm history! I'm out of here! See you guys on the "Love Boat." J.D.

To B.B., My feelings have shown that love lives true, in hopes and dreams, of life with you. J.M.

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Thanks Diane you couldn't have made it without us

LOST AND FOUND

Reward offered for return of an 8-year-old neutered male tabby cat with medium-long grey striped hair. He has small nicks or cuts on ears. Missing since early May from SW Albany area. Please call with any info, LBCC ext. 431 days 967-7657 after 5 p.m. Collect 265-2481 weekend or anytime.

Congratulations Graduate—

International Club
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Jackie Cherry

Thanks for your leadership. ¡Buena Suerte!

TV more than entertainment; aids learning at home

Telecourse program takes the 'classroom out to the students'

By Louisa Christensen
Staff Writer

What are most people doing when they aren't sleeping? According to two educators from the University of Northern Colorado, the majority of the population is watching T.V. and not learning much.

Dennis M. Adams and Mary Fuchs explain in "The Journal" magazine that most television programming consists of shattered sentences, limited vocabulary and simplistic thinking patterns. Television exposes the viewer to nothing beyond the fourth grade level, affecting viewers' writing, language and thinking skills, they reported.

But technology is changing. At LBCC and many other colleges and high schools, television is becoming a tool for learning.

"We take the classroom out to the students," said Paul Snyder, LBCC's media specialist, talking about the school's telecourses.

The telecourses, broadcast over public television, allow students to watch programs that teach computer concepts, business, health, sociology, psychology and oceanography.

"This is one more opportunity for one more group of people," Snyder said. This "distant learning" lets people earn college credits and take courses they otherwise may not take because the class is right in their own living room. About 70 percent of telecourse students are women who have jobs or family commitments and find it hard to get to campus, explained Snyder.

And since the installment of LBCC's satellite dish winter term, more telecourses will open new doorways for students.

The satellite receives programming from Canada, Alaska, Mexico and other places in the western hemisphere. Programs from other countries could aid foreign language classes or bring another culture to a social science class, Snyder said.

The dish will also receive programs about engineering, reading, instruction, business, health issues and many other subjects, he said.

"Television education," said Snyder as he flipped the television channel from a Mexican cooking show to a French commercial, "doesn't know any boundaries."

The new satellite dish will also connect LBCC to teleconferences, said Mary Coleman, student programs director. Students will have the opportunity to view events

that are happening as they watch. Coleman explained that groups discussing current issues, such as AIDS or terrorism will be able to come "right into our very own living room," and students may be able to participate.

For example, LBCC could connect to teleconferences with senators or other public figures. Students will be able to view and hear a senator on the television screen while asking the senator questions over a phone. This direct communication through television is "kind of like George Jetson," said Coleman.

This indestructible disc can also be connected to a computer, Lesback said. "A quiz is programmed in the computer," he explained as a picture of a wood duck flashed by, "which gives the students individual opportunities to learn," and they can sit and review, he said.

The computer can go at the same pace as the learner and, "the students' learning rate is much better because they are participating," Lesback said.

In the future, Lesback and Snyder can imagine classrooms full of computers, all hooked up to a disc player, or LBCC students being able to communicate with other schools all over the world by satellite. But the personal element will continue to be an important part of teaching, Lesback said.

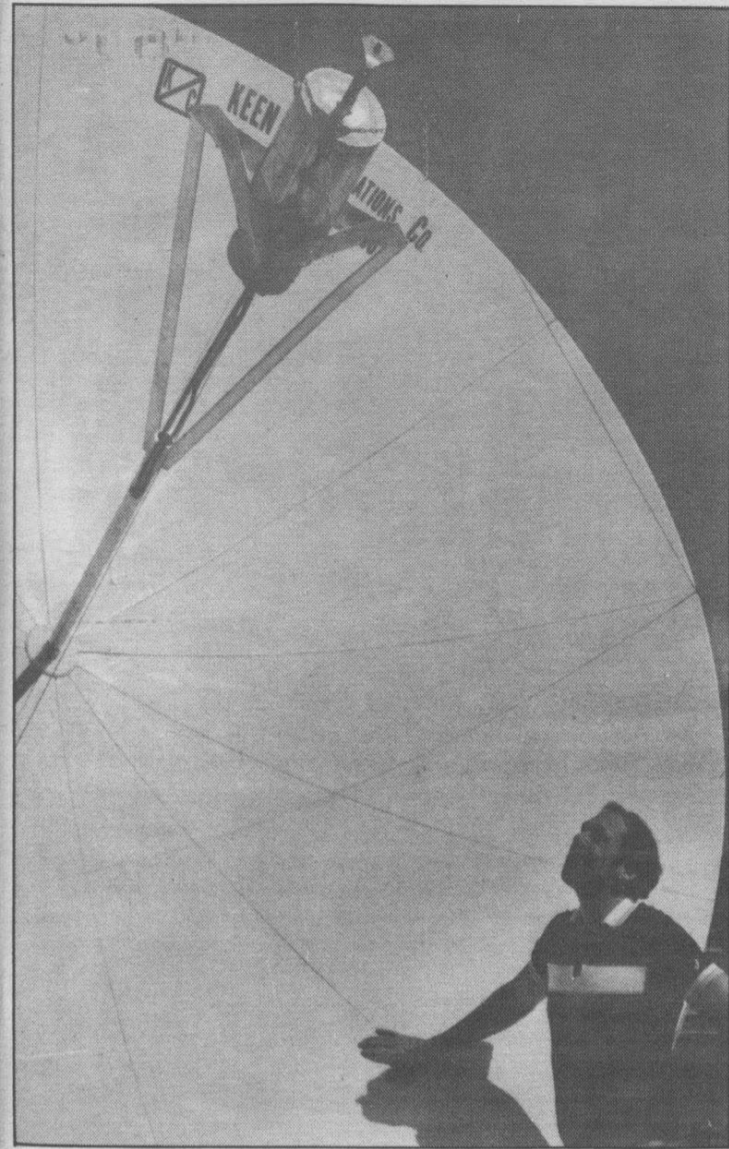
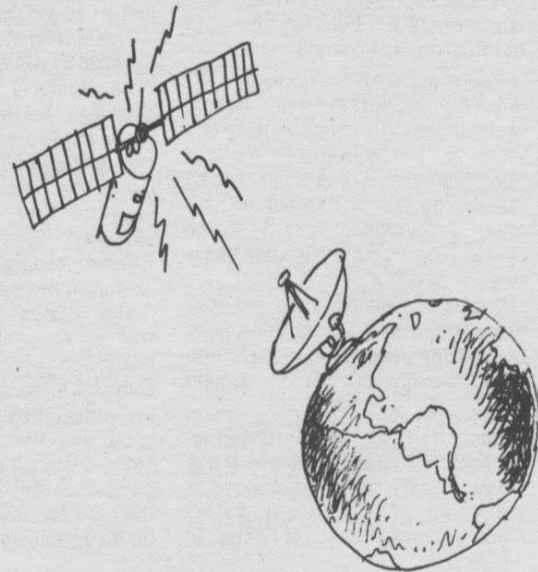


Photo by George Petroccone

Media services specialist Paul Snyder looks over the new satellite dish on top of the LRC.

Business program offers help

By Rena Hall
Staff Writer

"Most people fail with their new business because they just jump right in there before they know what they're really doing," said Dennis Sargent, LBCC business instructor.

Sargent said that half the new businesses fail within the first year and 80 percent do not make it through to the third year. "I guess those who remain feel toughened up enough to make a go of it."

LBCC offers a small business program for those who already have a small business. The program offers two classes a month and the instructor visits each student's business once a month. Sargent works with the Corvallis area businesses and Tom Nelson, of the Small Business Division, works with Albany area businesses.

"We also have daytime and nighttime small business management classes," said Sargent. In addition, Sargent and Nelson provide one-on-one counseling for those who already have their businesses.

"We talk to some people who are just curious about starting a business, but don't want to take a class." The first Monday of each month there is a free small-business

seminar says Sargent, "I've seen two or three hundred people each year whom we are able to give more information and knowledge to."

Sargent said the small business division really hasn't had much exposure to import and export programs. Speakers from Portland have provided LBCC with two or three workshops in the past.

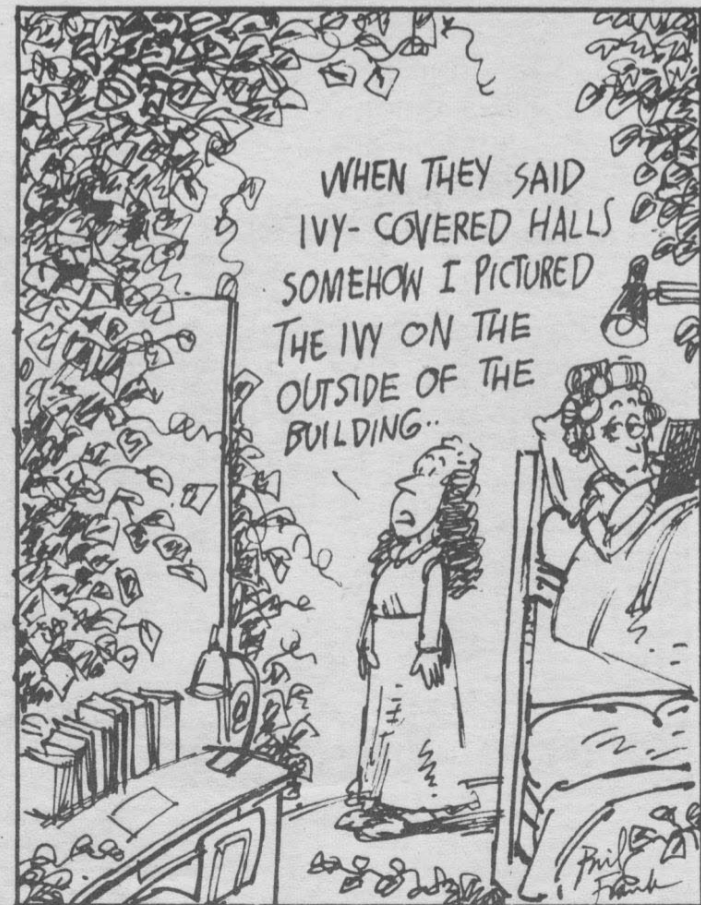
"It takes six to twelve months for someone who has a successful business to even begin importing and exporting," said Sargent. "I think it's a good opportunity for Oregon. What I'd tell people is: before you go out and open a new business, spend some time in research and gathering information, but more important, have experience in the type of business you want to start."

Sargent said most businesses fail because they don't investigate how much money the business will actually need to begin with. "To sum it up," says Sargent, "most businesses fail due to three factors: 1) they don't have the experience they need 2) they don't have enough money to begin with and 3) they aren't aware of the market they are attempting to sell to."

To make an appointment for counseling with your new business, call 965-6162.

Frankly Speaking

by Phil Frank



Summer registration begins June 16

Summer term registration at Linn-Benton Community College begins June 9 for non-credit Community Education classes. Regular and community education credit class registration begins June 16 at the Takena Hall registration windows and June 17 at the community education centers. Classes begin June 23.

Special offerings this summer include a one-week career orientation

to metallurgy, technical report writing, and core sequences in business administration, economics, history, biology, human anatomy/physiology and chemistry. Math offerings range from basic math through calculus.

LBCC maintains an open admission policy during summer session. Students taking 12 or more credit

hours need not apply for admission unless they plan to continue full time fall term or are interested in a program where enrollment is limited by the college. Under LBCC's regular policy, students taking 12 or more credit hours are required to apply for admission.

Credit class registration is on a first-come, first-served basis and no registration appointments are given.

Focus On:

Fred Nesbit, equipment man

By George Petroccione
Photo Editor

When his aspirations of becoming a great chef were dashed by what he calls a "lack of manual dexterity," Fred Nesbit returned to the field of sports.

Nesbit, a 20-year-old Albany resident, was manager of the women's basketball and men's baseball teams this year, doing everything from taking care of the equipment to being head cheerleader.

During the 1986-87 school year he will also represent the Health Occupations/P.E. Division on the ASLBCC student council.

Nesbit spent his first year at LBCC in the Culinary Arts Program, and part of the following summer working in a restaurant pantry in Glacier National Park, Montana. It was there that he realized he was not meant to be a chef. "It was rough," he said. "Maybe if I had more training it wouldn't have been so bad."

Nesbit remembers "On the way home I had a lot of time to think, finally realizing that getting back into sports management would be a good idea."

Recruited as a high school sophomore by football coach Butch Wicks, Nesbit spent three years managing the Crescent Valley Raiders football team. He continued

assisting at Crescent Valley during his first term at LBCC.

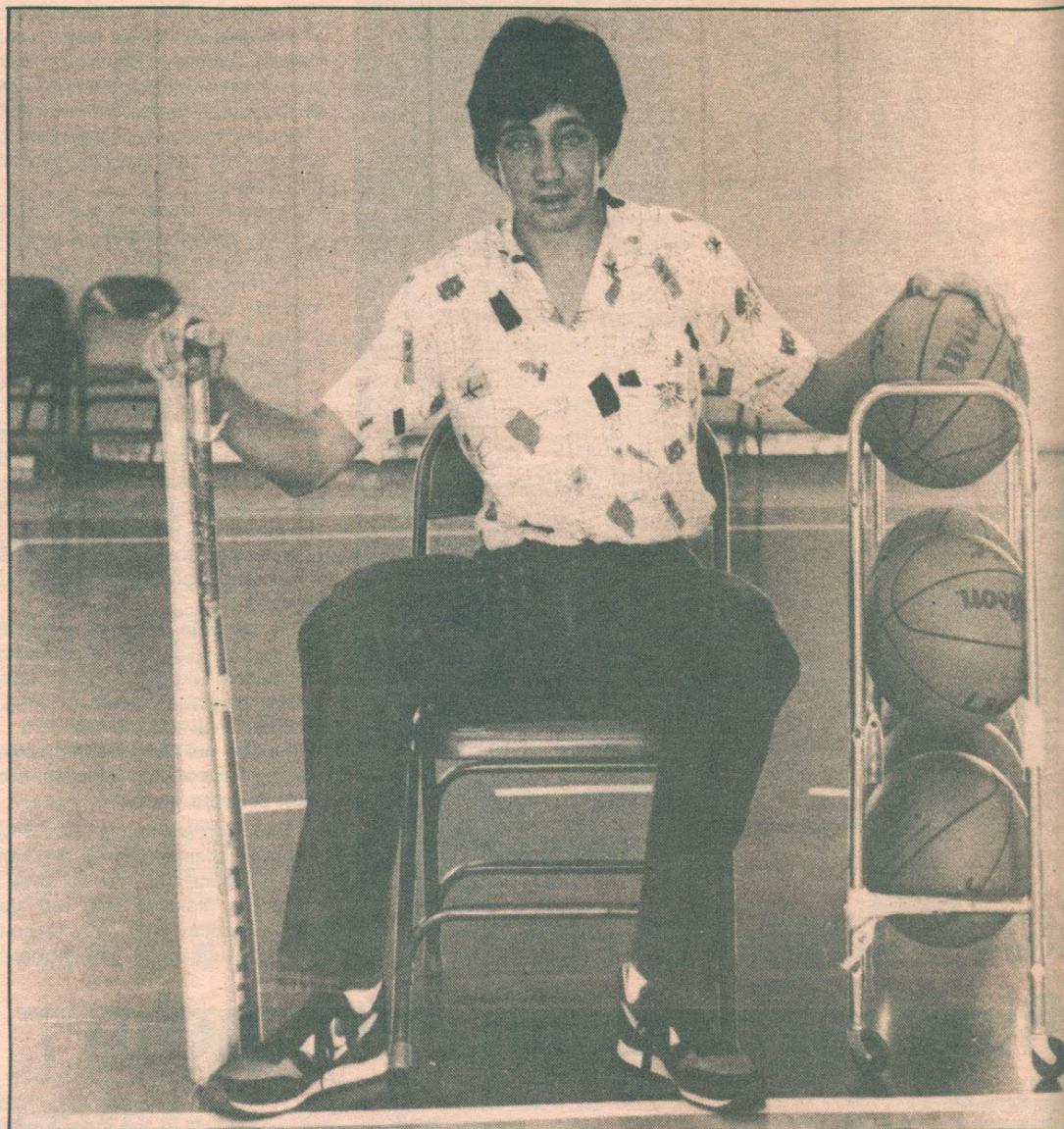
When Nesbit returned to school last fall, he went to see Dick McClain, director of Health Occupations/P.E., about his future in athletics. McClain teamed him with Coach Greg Hawk, and the two have experienced one winning season after another. It started with a second place finish in womens basketball and ended with a league championship in baseball.

"Fred is an intricate part of our program," said Hawk. "He takes care of everything and makes sure that we have the equipment we need. He's just an all-around good guy."

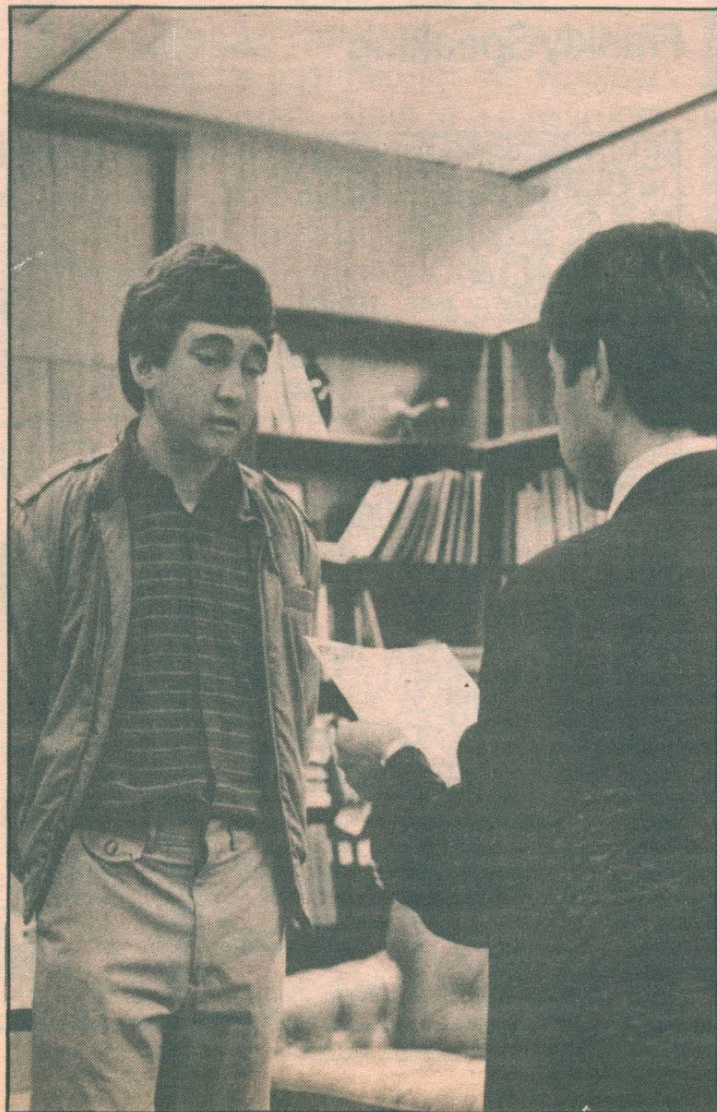
This spring Nesbit was elected to the 1986-87 ASLBCC student council. "The reason I decided to run is because I feel that I can maybe bring some more support from across campus for the athletic programs, working in the area of building student support and possibly faculty support."

After Nesbit graduates from LBCC next year, he hopes to transfer to the United States Sports Academy in Mobile, Ala., where he will study either sports management or sports administration. Another possibility is the athletic training program at OSU.

But next year you'll find Nesbit at student council meetings, basketball games, baseball games and at the Activity Center, where he'll be trying to fill the bleachers.



Fred Nesbit (above) poses with some of the equipment that he deals with during the year. (Left) Nesbit is sworn in by President Tom Gonzales to his post representing Health Occupations/PE on the ASLBCC student council.



Photos by George Petroccione