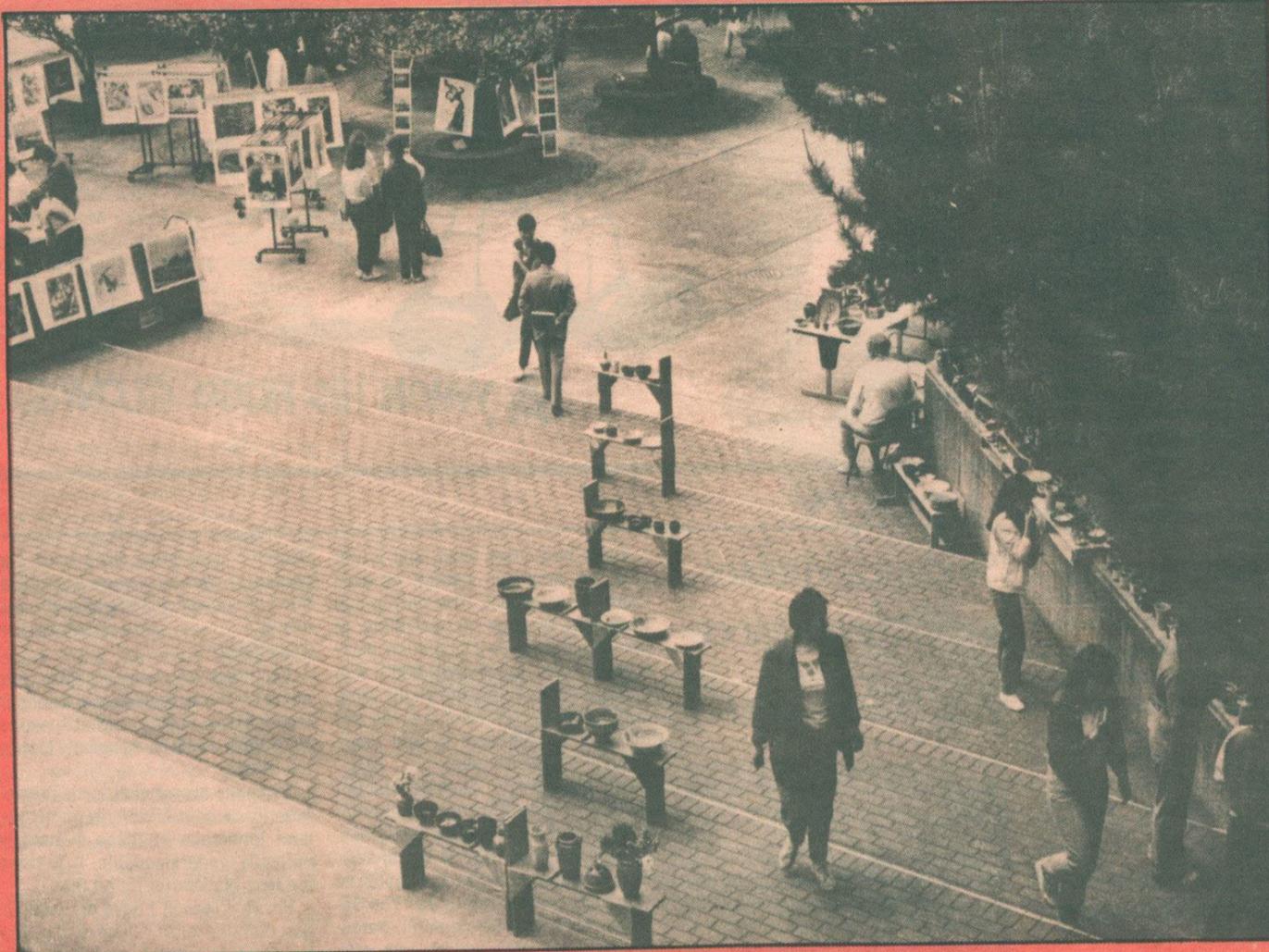


THE COMMUTER A Student Publication

Linn-Benton Community College, Albany, Oregon

VOLUME 17 • NUMBER 27 • Wednesday, May 21, 1986



Spring Days



Photos by George Petroccione



The sun smiled on ASLBCC's annual spring shindig this year, drawing students and staff out of their brick-lined burrows to enjoy five days of music, contests and camaraderie. At right is Alecia Lindsey, daughter of water/wastewater student Scott Lindsey. At left is the bluegrass band Goldrush (left), which was one of three noon-time performers.

Report recommends stiffening student aid eligibility

Washington, D.C. (CPS)—Fewer students should be able to get federal student aid in the future, says a report by the conservative Washington think tank that has supplied the Reagan administration with most of its college policy ideas.

Aid policies now waste U.S. tax dollars by "throwing good money after bad students," the Heritage Foundation's latest policy report claims.

The report, which also suggests taking aid away from students earning less than a C average, advocates a major revamping of the Higher Education Act now before Congress.

A major problem, the report concludes, is that "federal student aid

has provided anyone who wants with the means to finance a college education."

The last time the Heritage Foundation issued a new blueprint for higher education in 1980, the administration adopted most of its suggestions in bills it proposed to Congress in 1981 and 1982.

The latest report, "A Seven-Point Strategy for Federal Aid to Higher Education," was written by Eileen Gardner, a foundation fellow who holds a doctorate in Moral Education and Human Development from Harvard.

Gardner argues the Higher Education Act—the bill now in Congress that literally will define the federal

government's role in financing colleges and their students during the next five years—needs "substantive changes."

Gardner concedes her proposals for the act are even more radical than the administration's, which she says shy away from "tampering" with ideals about providing "education for all."

Gardner proposes that students needing remedial classes or earning less than a C average in college be cut off federal aid.

"College is not for everyone," she reasons. "It doesn't mean you're a bad person (if you get bad grades). You just need to go somewhere else."

"I would love to find a good

mechanic," she adds as a suggestion.

By giving federal aid only to "quality" needy students, the government will remove the "perverse incentives" that have encouraged universities to replace core curricula with sub-college-level courses, she says.

"Colleges are competing for the federal dollars linked to remedial students," she says. "Easy money encourages colleges to increase cost and to gut quality."

At least one other Washington scholar disagrees.

"It's no big trick to take a National Merit scholar and graduate him. Our universities' challenge is with the inner-city kids," says Bob Aarons of

the National Association of State Universities and Land Grant Colleges and a lecturer at Georgetown University.

"If K (kindergarten) through 12 hasn't done the job, and if we can salvage that individual at the college level, that student deserves to be saved."

Gardner, however, maintains that the low-quality student is a costly investment with little prospect of repaying society.

"The academically poor student won't get that much better (in college)," she claims. "He'll just undercut the quality of everyone else's education."



Health-Wise

By Diane Morelli

Since this week's column includes some fishy information, I decided to look up some fishing terms to help explain the process of catching these slimy creatures to the poor unfortunates like myself who seldom indulge in the venture.

Esar's Comic Dictionary paints the following picture: It appears that the "fish" is the animal that seems to go for a vacation about the same time most fishermen do, and it grows fastest between the time it's caught and the time the fisherman describes it to his friends.

Now, the "fisherman" is a man who knows where to draw the line and who rarely fishes lying down but usually lies standing up with the arms outstretched. His motto is to "bait and see."

I found there are two kinds: those who fish for sport and those who actually catch something.

Fishing is considered a "reel" sport. Albeit it's a sport generally confined to drowning fishworms (naked caterpillars). It's played with a long pole, a worm at one end and a fool at the other.

Not such a fool after all, according to an article by Robert Barnett in "American Health" magazine.

At a recent diet/cancer conference in Washington, D.C., three theories about cancer prevention found support due to recent studies. One was to restrict dietary fats to help reduce breast cancer. Another was to cut total calories. A third group of studies suggests that some fats—the fish oils believed to protect against heart disease—may even prevent cancer.

Dr. Michael Pariza of the University of Wisconsin says, "Moderate calorie restriction is the most effective way to slow tumor growth in animals exposed to carcinogens." He suggests it's even better than fat restriction.

A high-fat diet, however, is linked with breast cancer and it's recently been discovered that fat cells are the main source of estrogen, which in excess is carcinogenic.

Obese women not only make more estrogen than thinner ones; they also lose the ability to convert excess estrogen to a harmless, inactive form.

Now for the good news. Dr. Rashida A. Karmali of Rutgers University says that her studies suggest Omega-3 fatty acids (found abundantly in salmon and mackerel) suppress cancer-promoting hormone-like substances formed from other polyunsaturates.

She says Omega-3s may protect against cancer of the breast and prostate. The colon, lung and pancreas may respond in the same manner according to reports by others.

One way to cut calories is to cut fat.

Says Barnett, "Just make sure some of the remaining fat once had gills."

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.

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Q. HOW DO YOU KNOW WHEN A SOVIET LEADER IS LYING...?



A. WHEN HIS NOSE GLOWS.

College Press Service

RICK REED
DAYTON JOURNAL HERALD

Letters

Student addresses people's ignorance

To the Editor:

I see in the Barometer (Tuesday, April 13) that John Anderson is still advocating the formation of a "third party" in American politics.

This proposition is absurd for a number of reasons, the most obvious one being that America is, in reality, a one-party State; that party being the Property Party. Of which the (so-called) Democrats are the moderate right wing and the (again so-called) Republicans the radical right wing.

Express Yourself

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

Submissions may be in the form of letters to the editor or, for topics which require deeper analysis, guest columns. All letters received will be published, space permitting, unless they are considered by the editor to be potentially libelous, obscene or in poor taste. Guest columns should be approved in advance by the editor. Readers wishing to submit a guest column are asked to first discuss their idea with the editor.

All submissions must be signed, with phone number and address. Please limit letters to 250 words.

Etcetera Column

The Commuter staff welcomes staff and students to submit announcements of upcoming events and activities to its Etcetera column, which appears weekly on Page 3.

Submissions should be no more than 100 words in length to permit publication of as many notices as possible in the space available. Final deadline for submissions to the Etcetera column is noon on the Monday prior to publication.

There has never been, and is not now, an American Leftist, or even Centrist movement. The only group that showed even a possibility of becoming such an Opposition party was the Labor Movement. And it was forcibly pushed into the Right Wing groups by its own rank and file (for reasons too numerous and complicated to go into here).

And since we are on the subject of American politics, there is another bit of foolishness I would like to address.

Ever since the second World War, we have heard this or that political phenomenon referred to as "The Second American Revolution" (lately they've even been selling cars with this slogan).

From that point on, the historical development of the American

Republic was firmly fixed upon the course of ever-increasing centralization of power ("Federalism") and heavy industrialization ("Capitalism").

For those who want to know, (not many I'm sure), the Second American Revolution occurred between 1861-1865, and was decisively lost by the rebels.

Since the overwhelming majority of Americans hold history in contempt, their ignorance of these matters is perfectly understandable. It is none the less distasteful for all that.

For this reason I have no expectation that this letter will be read by any but a very few, and even if read, it will not be appreciated.

Chris Peterson



Oops!

There were two errors in the story about the Women's Center in the May 14 issue of The Commuter. Mickey Wenner, who was said to be a first year nursing student, won't be a nursing student until next year. Also, Wenner said that at support group

meetings, women find empathy, not sympathy.

The May 14 issue also contained an error about LBCC's new Theatre Box Office's hours. Box office hours are from noon to 4 p.m., Monday through Friday (noon to 4 p.m. and 6-9 p.m. on performance days) rather than from noon to 8 p.m. as stated in the article.

The Commuter apologizes for any inconvenience.

White: 'Teaching is an act of love'

English teacher brings enthusiasm to class; says learning should be an 'adventure'

By Linda Canoy
Staff Writer

Three of the four notices taped on Jane White's door are political in nature. One encourages people who are against sending military aid to the Contra forces in Nicaragua to call their congressman. The other two are political cartoons clipped from a newspaper.

White has been teaching speech, writing and Shakespeare full or part-time at LBCC since 1975.

"In a lot of ways I think teaching is an act of love," she said, "so I try to be a loving and accepting teacher."

White grew up near Detroit, Michigan, and received her BA and MA in Language Arts from Michigan State University.

"I really didn't decide until I was in college what I wanted to do," she said.

While working on her master's she taught junior and senior high school, but admits she would rather teach at the community college level.

"Obviously, here our students are highly motivated," she said. "Many know who they are or are interested in finding out who they are."

Grace Foster, an LBCC fine arts major from Corvallis, appreciates how White encourages the class to express themselves.

"Jane is non-judgmental," Foster said. "We feel good about expressing our own thoughts in her class."

Jane Donovan, LBCC speech and theatre instructor, is impressed with White's style of teaching.

"Jane's a creative teacher. She involves the students," Donovan said, "and I'm impressed with her wide breadth of knowledge. She clarifies what she knows and transmits it to her students."

White finds little difference in the students who are in her required classes (writing and speech) and those who are in her elective classes.

"I try not to have the atmosphere that says you have to take this or have to be here," she said, "but rather an atmosphere which says it's an adventure."

White said writing, speech and literature are interesting, challenging and relevant.

"I think they are the heart of who we are," she said, "so the classes sell themselves."

Laura Weigand, a high school senior from Lebanon, has been driving back and forth from Lebanon to LBCC for the last three terms to attend White's Shakespeare class.

"I like Jane's enthusiasm about life," Weigand said. "She treats you like an equal."

Weigand also likes the idea of being on a first name basis with her instructor.



Photo by Dave Carson

"Jane doesn't look at age," Weigand adds, "she looks just at what you have to offer."

Since 1977 White has tried each year to take a class to the Ashland Shakespearean Festival.

She said Al Barrios and the Albany

Community Education Center have been very supportive.

White traveled to England from 1979-82 with LBCC's Heritage of England Tour. It was her job to organize the literature part of the tour.

Comparing Ashland's Shakespearean performances to England's, she said Ashland's are excellent.

"We should be very proud of our home-grown Shakespeare," she said.

With floor-to-ceiling book shelves lining one whole wall of her office, she admits she likes to read.

"I read a lot of popular stuff, subatomic physics and the connection between rationalism, science and intuition," she said.

"I see the salvation of the world coming from that connection," she said. "And if we don't get there I'm afraid we are not going to make it."

She also is interested in politics and admits to taping the clippings to her office door.

"I enjoy politics very much and have taken several of Doug Clark's (LBCC political science instructor) courses," she said. "I try to read one book a term he recommends."

What does White like to do when she is not teaching?

"I like good wine. And I enjoy friends and good conversation more than anything else."

Donovan has known White for seven years and they share many things in common.

"She's my soul sister," Donovan said.

Donovan went on to say that Jane is a good cook, loves jazz and they both love to shop in thrift stores.

White also loves to act. She has had the opportunity to play everything from a six-year-old Oregon girl growing up in a logging camp to playing the part of an 86 year-old black woman.

"I love acting because it allows great concentration and focus, and it's shared publicly by people who generally love the theater."

Where would she like to be if she weren't teaching at LBCC?

"Oh, on some South Pacific island, basking in the sun and living off the land," she laughed.

Her favorite spot is Greece. She was there for three weeks in 1978.

Another favorite spot is Oregon. "I love Oregon. I appreciate the lush greenness, the fresh water and the changing foliage."

"In a lot of ways Oregon is still pristine. You don't have to go very far to be by yourself. And when I drive around the state I can't believe I live here because it's so gorgeous," she said laughing.

Popoff replaces Lambert as financial aid director

By Annette Krussow
Staff Writer

Beginning July 1, students at LBCC will see a new face in the Financial Aid office.

Lance Popoff, currently director of financial aid at Western Oregon State College, will replace Rita Lambert as financial aid director at LBCC.

Lambert left LBCC to take a job at the University of Portland.

A committee, made up of two students and several staff members, screened 14 applications. Out of the four people who were interviewed, Popoff was unanimously chosen for the position.

His duties as director of Financial Aid will include supervising staff in the department, talking to high school students about financial aid and meeting students financial aid needs.

According to Bob Talbott, director of the Student Development Division, Popoff will do "all the typical things a manager in a business would do."

Popoff has worked as assistant to the director of Financial Aid at the University of Oregon. He has also worked in financial aid at Lewis and Clark College, giving him a total of 14 years experience, according to Talbott.

Etcetera

Poker Walk/Run

A Spring Daze Poker Fun Walk/Run will be held Thursday, May 22 from 12:15-12:55 p.m. on LBCC's track.

Anyone may attend. Teams must consist of three people. Each person then walks or runs four laps. After each completed lap that member receives a card. When all the cards are received each team makes the best poker hand they can.

Prizes will be awarded to first and second best poker hands. Forms may be picked up at the activities Center and must be turned in no later than 5 p.m. May 21st.

Lectures

There is still time to attend the free spring "Brown Bag" series offered by Linn-Benton Community College's Lebanon Center. Lectures will be presented at the Pizza King, 1185 S. Main Street in Lebanon on Wednesday, May 21, 28, and June 4, from noon-1 p.m.

Topics are:
May 21 - "Tired, Burnedout, Drained?" - Five new ways to beat stress.

May 28 - "Where Do I Go From Here?" - Career/life choices after 35 years of age.

June 4 - "Decisions, Decisions!" - Putting it all together.

The "Brown Bag" series is free and open to the public. For more information on any of these sessions, call LBCC's Lebanon Center, 451-1014.

Nuclear Protest

At least 12 persons from Corvallis will participate in demonstrations at the Nevada Nuclear Test Site May 31-June 2 seeking to end nuclear testing by the United States.

Organizers of the demonstrations are arranging for a "peace camp" on Bureau of Land Management land near the test site entrance. Many participants have indicated they will bring tents and sleeping bags. Others will be staying in Las Vegas hotels and driving out to the test site each day.

Scheduled activities at the test site include:

May 31—Rally at test site, 8 a.m.; activities at Las Vegas, 4 p.m.

June 1—Nonviolence training 10 a.m.; scenario briefing, 3 p.m.

June 2—Vigil and civil disobedience, 6 a.m.

Travel/Art Class

One opening remains in "Artist's World: Northwest and Expo '86," an art/travel class offered through Linn-Benton Community College's Lebanon Center, June 16-22.

Participants in the class will travel to Seattle, Washington, Victoria and Vancouver B.C. to view and critique art objects in galleries, museums and exhibits.

For more information on "Artist's World: Northwest and Expo '86," call LBCC's Lebanon Center, 451-1014.

Scholarship Information

The Scholarship Bank announces a new 800 number program for high school and college students needing instant access to private scholarships and loans.

Students should call 800-332-4432 or 800-332-4431 (California residents) and will then receive applications to fill out. Students applying for fall aid should plan to have completed scholarship applications returned to the individual donors no later than May 1, although some may have earlier deadlines.

Humor Talk

"Laughter is the shortest distance between two people."

Victor Borga

Mary Jarvis, LBCC Sweet Home Center counselor, will be using this quote and several others during a free noontime seminar entitled "Humor," May 28 at the Sweet Home Center.

"Humor plays an important role in the balance of life," she said, "but it's never been identified why it makes life better."

Jarvis has been at the Sweet Home Center for almost four years, teaching personal growth classes.

Aquatic Fitness

The Albany Center is starting a two-week arthritis aquatic program, May 26, from 8:45-9:45 a.m., at the Albany Community Pool.

According to Pat Adams, a certified arthritis aquatic instructor, this program is only for those with mild or moderate arthritis problems, and individuals must have written approval from a physician to participate.

"Children are welcome," she said, "and even if you can't swim you can still take part."

Program to teach job search skills

By Margaret Denison
Staff Writer

The Community Services Consortium is offering a job training and placement program to 18- to 21-year-olds who are residents of Linn and Benton counties.

"Whether you have decided on your career goals, or are an undecided person who is still searching, we are interested in your participation in our program," said Lynne Dimmick, director of the Dislocated Worker Program for CSC.

To be eligible, an applicant must either be a food stamp recipient or meet the following economic guidelines:

Family Size	Annual Income
1	\$2,680
2	3,975
3	5,390
4	6,655
5	7,855
6	9,185

CSC helps to place people on two kinds of jobs: jobs for which they

already have the necessary skills, and on-the-job training where workers learn new skills, Dimmick explained.

The program will also teach job seekers "how to go out and be successful in finding a job in the present competitive market," Dimmick said.

To learn more about this program, two orientation sessions will be offered: Thursday, May 22, from 10-11 a.m.; and Friday, May 23, from 10-11 a.m. Both orientations will be given in the Community Services Resource Room in Takena Hall (T 117E).

Film festival explores sexism

Sexism in advertising and single parenting are among the topics to be explored at the Film Festival on Friday, May 23, in the Alsea/Calapoola Room from 8-5 p.m.

The festival, sponsored by LBCC's Women's Center, will feature films dealing with women's issues, according to Marion Cope, director of the center. She said she hopes the festival will help raise the consciousness of both men and women.

Five films are scheduled and will run continuously throughout the day. "Killing Us Softly" deals with sexism in the advertising that everyone is exposed to every day. "Who Remembers Mamma" dramatizes a real divorce case. "The Life and Time of Rosie the Riveter" explores the roles, many nontraditional, that women played during World War II.

A 25 cent minimum donation is requested to help cover future expenses, such as possible relocation of the center to a larger office.

Registration starts Friday, June 13, at theatres everywhere.



A PAPER CLIP Production An ALAN METTER Film
RODNEY DANGERFIELD "BACK TO SCHOOL"

SALLY KELLERMAN BURT YOUNG KEITH GORDON ADRIENNE BARBEAU ROBERT DOWNEY, JR.

SAM KINISON and NED BEATTY as 'Dean Martin' Music by DANNY ELFMAN

Executive Producers ESTELLE ENDLER MICHAEL ENDLER HAROLD RAMIS Produced by CHUCK RUSSELL Screenplay by STEVEN KAMPMANN
& WILL PORTER and PETER TOROKVEI & HAROLD RAMIS Story by RODNEY DANGERFIELD & GREG FIELDS & DENNIS SNEE

PG-13 PARENTS STRONGLY CAUTIONED
Some Material May Be Inappropriate for Children Under 13

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Directed by ALAN METTER Color by DeLuxe™ DOLBY STEREO
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SANTIAM RESTAURANT

END-OF-TERM BUFFET

June 4

11 a.m.-12:30 p.m.

Featuring:

Roast Leg of Lamb

Sole Florentine

(Plus many other exciting dishes)

Tickets on sale now.

\$4.95 per person

at: College Center Office
Benton Center

CIRELLO'S
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\$1.⁵⁰ OFF large pizza
Friday and Saturday Only

WE NOW DELIVER

Friday and Saturday

After 5pm

ALBANY ONLY

926-1743

1305 SE Waverly

LB founder retires

After 20 years service, Herb Hammond will address his last graduating class

Annette Krussow Staff Writer

*You've crossed the chasm deep and wide, why build ye here at even-ings?
The pilgrim raised his old gray head.
My friend, in the path I've come," he said,
"there followeth after me today
fair-haired youth who must pass
the way. The chasm which held no
bars for me to the fair-haired youth
is a pitfall be. He, too, must cross
the twilight dim. My friend, I am
building this bridge for him."*
Anonymous

Herb Hammond has been building bridges for students for 19 years as a member of LBCC's Board of Education.

Hammond said the most enjoyable part of being a board member is to watch students progress. "You see the same struggles you had; the fine lines, the disappointments." Realizing that the "only excuse" the board to exist is for the students, Hammond always asks "how will this affect the students?" whenever a major issue comes up at a board meeting.

Hammond keeps in mind that the college exists "because of the students and for the students," said Elaine Nisson, director of Admissions. "I've always admired that perspective in him," he said.

According to Pete Boyse, assistant to the president, "there's a good chance the college wouldn't be here if it weren't for Herb."

An active leader in the community,

Hammond has helped guide the college from its beginning to where it is today.

A father of two and grandfather of four, Hammond became involved with LBCC in 1963 as the co-chairman of the steering committee which brought about the beginning of LBCC.

In December 1966, the board held its first meeting. In 1967 the community approved a "modest" levy. Hammond and the committee were then able to start the formation of the college.

Boyse calls Hammond "the last original board member." On major issues, the board looks to him to make decisions. He is a link with what has happened in the past. It's difficult to put a value on his knowledge, Boyse said.

No matter how "grave the situation might be, Herb always maintains a sense of humor," Boyse said.

He can take a real serious and tense moment and bring humor into it.

It's important to have fun, Hammond stresses, to make jokes "so we can all laugh."

Problems need to be kept simple, rather than so involved "that you can't see the forest for the trees," Hammond said.

LBCC should remain "open and friendly" and education should be "attainable, stimulating and flexible. Something there for everyone," he said. Younger students need a place to use as a stepping stone before going on to a larger university, he said.

He said many students aren't prepared for the size and impersonal



Photo by Diane Morelli.

Herb Hammond jokes with Terry McCormick, a fellow LBCC Board of Education member. The pair were preparing to give an Oregon

Community College Association (OCCA) convention presentation at a board meeting last week.

nature of a four-year college, which can be "very confusing, depressing for a young person."

Hammond recalls one year when he helped hand out diplomas at graduation. A very tall boy walked up to receive his diploma. "I looked down and the boy was barefoot." That is something he couldn't have done if he had been at a four-year college.

Students at LBCC are fortunate to have an excellent staff; a staff that is dedicated, Hammond feels.

He said that when he brings people to visit the college, they are always

"amazed at the staff's enthusiasm and obvious pleasure in their work."

To end his official contact at the college, Hammond will speak at graduation before retiring this year.

"I hate to see him go," Nisson said. He has a "real historical perspective of the institution."

As a last word, Hammond advises students to continue their education. He said we should "obtain simple goals like all getting along together."

He said he believes that education and knowledge are the best tools to obtain peace.

Hammond's concern for peace

stems from his involvement as a Marine in World War II. He saw combat in the Pacific and was "one of the fortunate people that survived," he said, looking down at his hands.

Once a year Hammond and his wife like to take off to the high Cascades in British Columbia where he loves to fly fish at Lake Taweel.

Hammond said he feels "the most rewarding time of year is the graduation ceremonies. The product of the college is on display."

It's a "big pleasure" to have students come back and say "You've changed my whole life," he said.

Students set buffet to 'show off what we've learned'

Dale Owen Staff Writer

On Wednesday, June 4, LBCC culinary arts and hospitality management students are presenting an end-of-term buffet luncheon in the Alsea-Calapooia Room between 11 a.m. and 2:30 p.m.

The luncheon is an opportunity for LBCC students, staff and public to stimulate their taste buds with an alternative to lunches and cafeteria meals.

"The buffet is a grand way for second year students to show off what we've learned," said Loretta Liles, restaurant management major. She explained that second year students are in charge of all of the different facets of the event. Bryan Woodhall will supervise dining room set-up and service, Peggy Schaefer and Eric Stream are planning salads and entrees, and Tim Regan is in charge of specialty items, including carving an ice sculpture, Liles said.

Altogether, about 20 students will participate in the project,

added Liles, who is managing the budget, promotion and advertising for the buffet. "The buffet will set the reputation for other culinary arts students," she said.

The buffet will feature roast leg-of-lamb and sole florentine, entrees, an assortment of salads, fruit and cheese trays, hot and cold appetizers, and different desserts. Coffee and tea are also included with the meal.

Tickets for the buffet are \$4.95 per person and are on sale at the LBCC College Center Office and at the Benton Center.

ASLBCC

ASSOCIATED STUDENTS

Swearing-in Ceremony

Thursday, May 22
Boardrooms A & B
3 p.m.
ALL WELCOME

WHAT DO YOU WANT TO BE?

Need money for school, job training or just plain experience? Chances are we can help you. Invest a few minutes and find out how.

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National Guard

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

SUMMER SPECIAL

\$96/month

plus monthly service charges
w/4 month signed lease
effective 5/1/86

Shorter lease for late arrivals

The Cascades

- Recreation room with pool table, competition dart board and built in sound system
- Free use of VCR and movies
- Seasonal heated swimming pool
- Free use of canoe rubber raft and wind sail
- Year round deluxe spa
- Community patio with fireplace and barbecue areas
- Each resident has use of covered decks or patios
- Security lighted parking area
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FOR SALE

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

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

"Vitamin Hutch" Stimulants and mental alertness aids. Wholesale prices if bought in quantity. Open 11 a.m. till 6 p.m. Monday thru Saturday, 848 Burkhart (SE) Albany, Oreg. Phone 928-4799.

Two weeks free rent on any size storage unit 5/19-6/10. Albany Self Store, 1669 Industrial Way, 928-5919 or Corvallis Self Store, 433 NE Circle, 753-2688.

HELP WANTED

Energetic persons needed for cooking and pizza delivery. Apply in person 2 p.m.-5 p.m. **Cirello's Pizza**, Albany Plaza.

WANTED

2 people need ride to Spokane and/or Glacier National Park, MT after finals. Lori 753-7218.

LOST & FOUND

Lost! Reward offered for return of 2 (neutered) male cats. One 8 yr old (tabby) med-long black hair with gray stripes, nicks-cuts on ears, one 4 yr. old (Russian Blue) short blue-gray hair with darker gray stripes on tail. Please call LBCC, ext. 431 days, 967-7657 after 5 p.m. or collect 265-2481 weekends or if unable to reach other numbers.

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Banquet honors 14 business students

At the 13th Annual Business Awards Banquet, May 9, LBCC recognized 14 outstanding business students.

In addition the Wall Street Journal recognized Mark Frizman as LBCC's outstanding business administration student. He received a paper weight and a year's subscription to the Wall Street Journal. Each school that has a business division is allowed to nominate one student for this award.

Jamie Moberg won the special achievement award in shorthand; other nominees were: Debra Duffy, Diane McLeod, Lisa Morgan, Loraine Morton, and Lyn Poland.

Lyn Poland won the special achievement award in typewriting; other nominees were Nancy Miller, Sue Northern, Judy Smith, Linda Voagien and Sue Wilson as nominees.

Cynthia Doran won the special

achievement award for the fastest typist with 90 wpm.

Carol Thurber won the outstanding student award for first-year office technology; other nominees were: Dot Edwards, Pam Guy, Lyn Poland, Kim Shotts and Judy Smith.

Laurie Scott won the award for second-year office technology; other nominees were: Karen Canfield and Tami Spores.

Steven Searles won the outstanding student award in accounting technology; other nominees were Peggy Creighton, Patricia Farmer, Joanne Frieze, Patricia Jacobson, and Joyce Reed.

Lily Winans won the outstanding student award in business administration; other nominees were: Chris Brannon, Anita Brooks, Debbie Dundas, Don Dziggel, Mark Fryman, Bob Gathercoal, Jenny Jacoby, Theresa Mills, Joann Richard, Maren

Schiller and Vicki Ward.

Patricia TenEyek Waters was the business management winner; Laune Brown, Barbara Hodge, David Koons and Mark Schneider were other nominees.

Colleen Bell won the student award in marketing; other nominees were Mark Allen, Sue Culver, Susan Huffaker, Dawn Phillips and Don White.

The student award winner in data-entry operator was Loraine Morton; Kay Paasche was the other nominee. Scott Shearer and Rick Wright tied for the outstanding student award winners in data processing.

James Bates Jr. won the student award in economics; Elaine Chambers, James Hoover and Susan Ruef were other nominees.

In addition to these traditional awards, the LBCC alumnus of the year award went to Marlene Propst of the LBCC Student Placement Center.

Counseling office accepting applications from students who want to be 'allies'

Applications are being accepted by the counseling office for anyone interested in becoming a student ally for 1986-87.

According to Penny Brumbaugh,

career information specialist, only students that qualify for work study are eligible to apply.

Student allies assist in the career and counseling center by helping with student orientation, referring students to appropriate resources on campus, maintaining and updating career files and doing office work, and assisting with the Discover computer.

"How many hours you work depends on your work study program and how flexible your school schedule is," Brumbaugh said.

Applications are due in the counseling office May 21, and interviews will be held May 26-30.

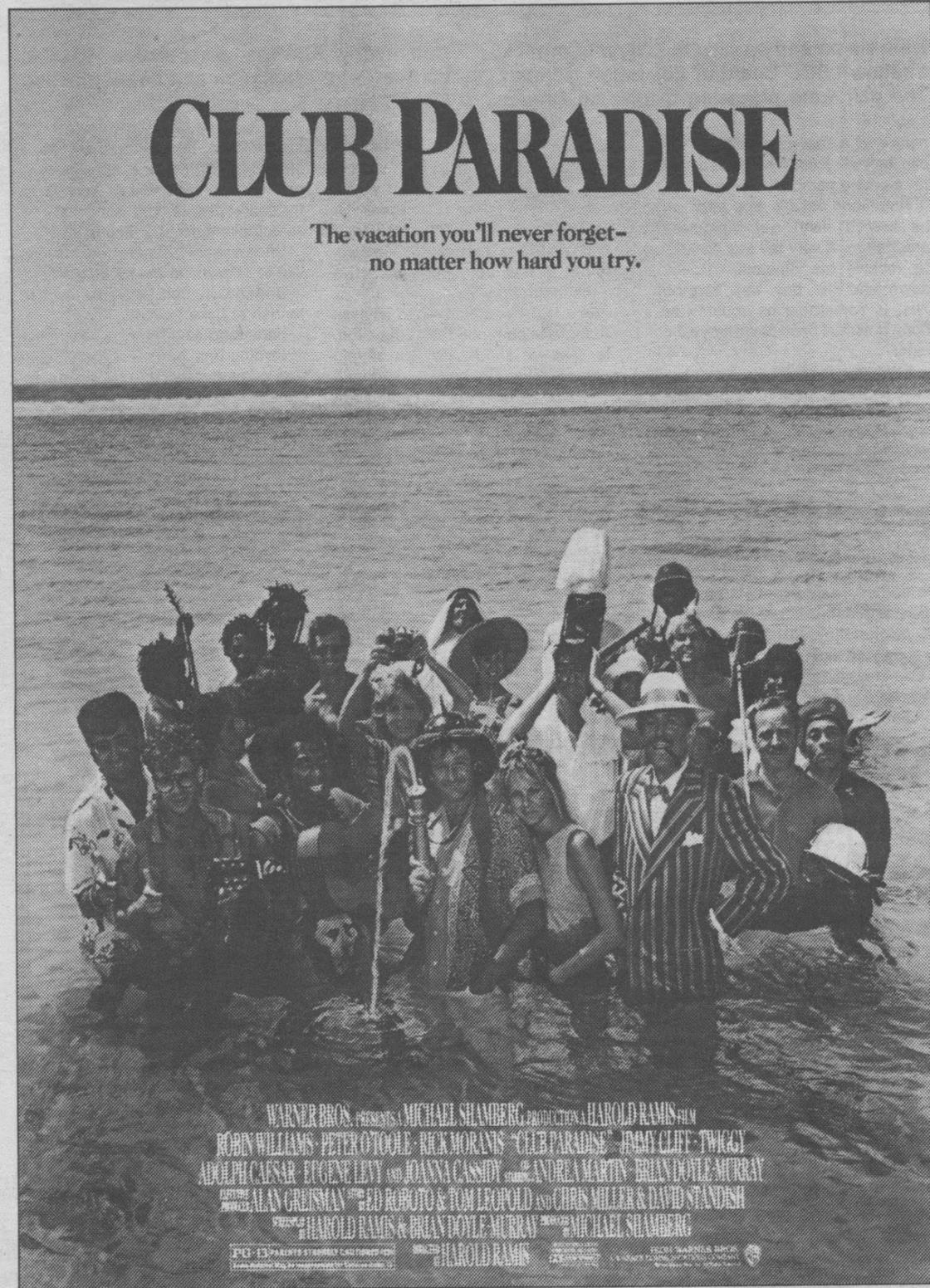
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International Club reaches students, makes them feel at home in Oregon

By Todd Powell
Staff Writer

Students interested in meeting and learning about people from far-away lands might consider joining LBCC's new International Club.

The 25-member club started a little over a month ago with people from Pakistan, Iran, Mexico, Chile, Cambodia, Malaysia and Micronesia participating.

"But," said club president Bunnie Erling, "all are welcome. This club is not only for foreign students." She added that the club is "social as well as educational."

Vera Harding, LB foreign language instructor and club advisor, explained some of the reasons for starting the club.

"The idea was to attract foreign students, together with Americans, so they can learn from each other and form friendships," she said.

Harding explained that foreign students sometimes have a difficult time adjusting to a different country and culture.

"When I first came here (from Brazil) 30 years ago, I was treated like a queen. Now there are so many of them (foreigners) people (Americans) don't know how to reach out," Harding said. She said all of her foreign students are very dear to her. "I love them," she said, as her emotions began to peer through.

Harding said that when foreigners come to America (LB) to study they oftentimes feel enormous anxiety and pressure. She told a personal story about the pressures she felt 30 years ago.

"Sometimes you feel like you can't make it (learning a new language and culture)."

"That's the way I felt when I came. I had many, many embarrassing moments, which I'd rather not repeat. Now look at me, I'm teaching here. I let them know it's possible. This whole learning process can go quicker by uniting everyone together," she stated.

One of the club members, Phanosky Rollis, from Micronesia, said that he joined the club because he wanted "to learn about American activities."

After leaving his homeland 14 months ago life has been somewhat of a challenge for him. "It's kind of hard for me," he said with a smile.

Rollis explained that some of his goals here in America are to "associate with Americans and speak English better." This is his second term at LB. His first term was spent in the ESL program (English as a Second Language).

He described a dilemma that he currently faces. Within the next six years he must find a job in the U.S. or else he will be forced to go back to his country, Micronesia. "I would like to get job so my family (wife, 9 and 12-year-old daughters), can move here," he said.

Another member of the club who's serving as the club vice-president is Tahseen Farugi. He came to America in 1982, leaving his homeland of Pakistan. Farugi expressed a great deal of enthusiasm about the new club. "In our meetings we each talk about our country. We learn from each other," he commented.

He also pointed out that Americans can learn things from people from different countries. "Unless you really meet someone it's hard to understand them or their culture," he said. Farugi said he enjoys the wide variety of people that attend club meetings.

"What is an international club?" he asked. "An international club is 'International.' There are several different kinds of people, and Americans are as welcome as any of us," he exclaimed.

Erling is not a foreign student but she shows a tremendous amount of eagerness. She smiled and said, "I'm not foreign, but I'm interested to see the club succeed."

Erling, a second-year Spanish student and business major said, "I feel very strongly that this club is meeting a need. I think this campus needs a club like this."

Her interest in foreign countries and people isn't something new. "It all started with my daughter Heather," she said. Erling explained that the intense interest of her 16-year-old daughter to learn foreign language has inspired her greatly. "In August she will go to France as a foreign student," she said.

"And because of her interest in that, we decided to host a foreign student ourselves." Their guest, Ingo, is an 18-year-old male from West Germany who came to the U.S. last August. "We picked a German because our son is 18 and he took two years of German. They could be friends," she said.

She said people interested in political science, politics and different cultures might also be interested in joining the International Club. The meeting times can change from week to week, but are usually fairly consistent. Next week's meeting will be held Wednesday in Takena 213, starting at noon. "I would like to invite and challenge students interested in coming, to come. Everyone will benefit from this club," she said.

Baseball team reaches playoffs

Despite two tough losses to Clark on Saturday, Linn-Benton won the Southern Region Championships with a 15-9 record and earned a berth in the playoffs.

Clark, who played the role of spoiler, defeated Mt. Hood in two of the four games they played last week, which handed the Roadrunners the championship. The Saints will represent the Southern Region along with LB.

"We knew last Thursday that we'd won the championship, so we weren't really playing our best on Saturday," said LB Head Coach Greg Hawk. "I threw a lot of pitchers, some who'd seen little work on the year so that our starters would be rested for the tournament."

The Northwest Athletic Association of Community Colleges Baseball Tournament opens tomorrow as LB plays the number two team from the Eastern Region, Yakima Valley. The Roadrunners plan to throw Lee Langley and Roddy Scheckla in the first two games of the double elimination tournament.

"With the rest, I would hope we could win the opener," said Hawk. "I believe we're the best team, and we're starting to play our best ball. Realistically, we have a good shot at the championship."

Roadrunners seventh in track

Ken Weinberg was LBCC's highest scorer with 17 points as the Roadrunners finished in seventh place at the Northwest Athletic Association of Community Colleges Track Championships on Friday and Saturday at Spokane Community College.

Spokane ran away from the 16-team competition with 216 points, with Lane a distant second with 129. LB finished with 41 points. "I was pleased with the way we competed, but sure would have enjoyed scoring just a few more points to move us up into a higher team finish," said Head Coach, Dave Bakley.

Weinberg entered the meet with eight points, which he obtained from his second place finish in the Northwest Decathlon Championships held earlier this season. He also finished in third place in the javelin and tied for fourth in the pole vault. He tossed the spear 193-0 and vaulted 13-0. "His 193-0 javelin throw was his season's best, and he did exceptionally well in the pole vault for a first year vaulter," said Bakley.

Other scorers for the Roadrunners were Wade Bakley and Billy Fields. Despite back problems and the flu, Bakley still managed to clear 15-0 for a first place finish in the pole vault.

Fields entered the meet with six points from his third place finish at the Northwest Decathlon Championships. He also took second in the pole vault by soaring over the bar at 14.0.

The NWAACC Championships round up the track season for the Roadrunners.

Toni Lindberg places first in discus

Linn-Benton's Toni Lindberg threw the discus 133 feet seven inches to take the Northwest Athletic Association of Community Colleges title in that event over the weekend.

It was the only first for the Roadrunners who finished seventh with 25 points. Spokane won the team title with 124 points, while Mt. Hood

finished second with 117. Bellevue finished third with 80 points, Green River fourth with 79, Lane fifth with 72 and Umpqua sixth with 27.

Of the four competitors that qualified for the championship meet, only Lindberg and distance runner Patty Gallup placed. Gallup finished sixth in the 5,000-meter run with a time of 19:41.75.

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Focus On:

Idalane 'Sam' Bardeen, a recipe for success

By Dale Owen
Staff Writer

Long-term interest, ambition and education are the ingredients of the recipe an LBCC graduate is using to successfully own and operate her own local business.

The sole proprietor, bookkeeper, and chief cook and bottle washer of the Corvallis food service, Carousel Caterers, Idalane Bardeen discusses her life and business while beginning a day at work.

Ms. Bardeen grew up in the northeastern section of the United States, graduating from a Westport, Connecticut, high school. It was during those childhood years that she got tagged with the nickname, Sam, which everyone still calls her. "As a child, I preferred it over Ida," Bardeen said.

Wearing a white apron and chef's cap, she began sifting flour and explaining simultaneously, "I've been interested in cooking all my life." Traveling abroad and exposing herself to many different cooking styles stimulated that interest, she explained.

When an attempt to run the kitchen of a restaurant was not very successful, Bardeen decided to continue her education. "That inspired me and gave me spark to go back to school," she said.

Entering the culinary arts program at LBCC was a good decision, she said. "I learned a lot more than I thought I would."

After graduating in 1982 with a degree in chef's training and restaurant management, Bardeen stayed on at LBCC as a part-time instructor and supervisor for the student-run Santiam Room Restaurant while starting her own business.

Moving purposefully and efficiently from the refrigerator to the work table in the center of the room, Bardeen continued to bake. "The nature of my business has changed," she said. When the business opened in 1982, Bardeen catered weddings, luncheons, dinners and business meetings mostly. Now about half of her business is baking pies, cakes, cookies and other foods for local restaurants. "You never know what's going to happen," she said.

With classical music playing softly in the background, Bardeen explained that working hours in the catering business are long. "I can always work my 12 or 14 hours," she said. When she does have time to relax, Bardeen enjoys both indoor and outdoor activities. Snow skiing, hiking, reading and watching movies are some of her hobbies, she said. And as the delicious aroma of baking cookies began to permeate the air, Bardeen said with a spritely smile, "I really enjoy going out to eat."



Photos by George Petroccione

