

THE COMMUTER

A Student Publication

Linn-Benton Community College, Albany, Oregon

VOLUME 20 • NUMBER 10 Wednesday, Jan. 11, 1989

Ex-employee pleads guilty in theft case

Nancy Moshofsky Widmer, a former employee of the LBCC Foundation, entered guilty pleas to charges of first-degree aggravated theft and forgery last Thursday in Linn County Circuit Court.

Widmer, a Corvallis resident, had been accused of misappropriating about \$68,000 in LBCC Foundation funds over the two-and-a-half years she was employed as a secretary-clerk by the foundation.

Charges were filed Dec. 1 by the Linn County district attorney's office following an audit ordered by college officials.

The LBCC Foundation, which raises money for scholarships, loans and other programs to help students or the college, is separate from the college.

Judge Robert S. Gardner asked Widmer, on each forgery charge, if she knowingly forged LBCC Foundation checks. She said she did. After being asked if she was voluntarily pleading guilty to the forgery and aggravated-theft charges by Gardner, Widmer said yes.

Being a Class C felony, first-degree forgery carries a maximum penalty of five years in prison and a \$100,000 fine. First-degree aggravated theft is a Class B felony, which has a maximum penalty of 10 years in prison and a \$100,000 fine also. A sentencing date will be set in 45 days. In addition, a hearing to decide on restitution of the misappropriated funds will be held.

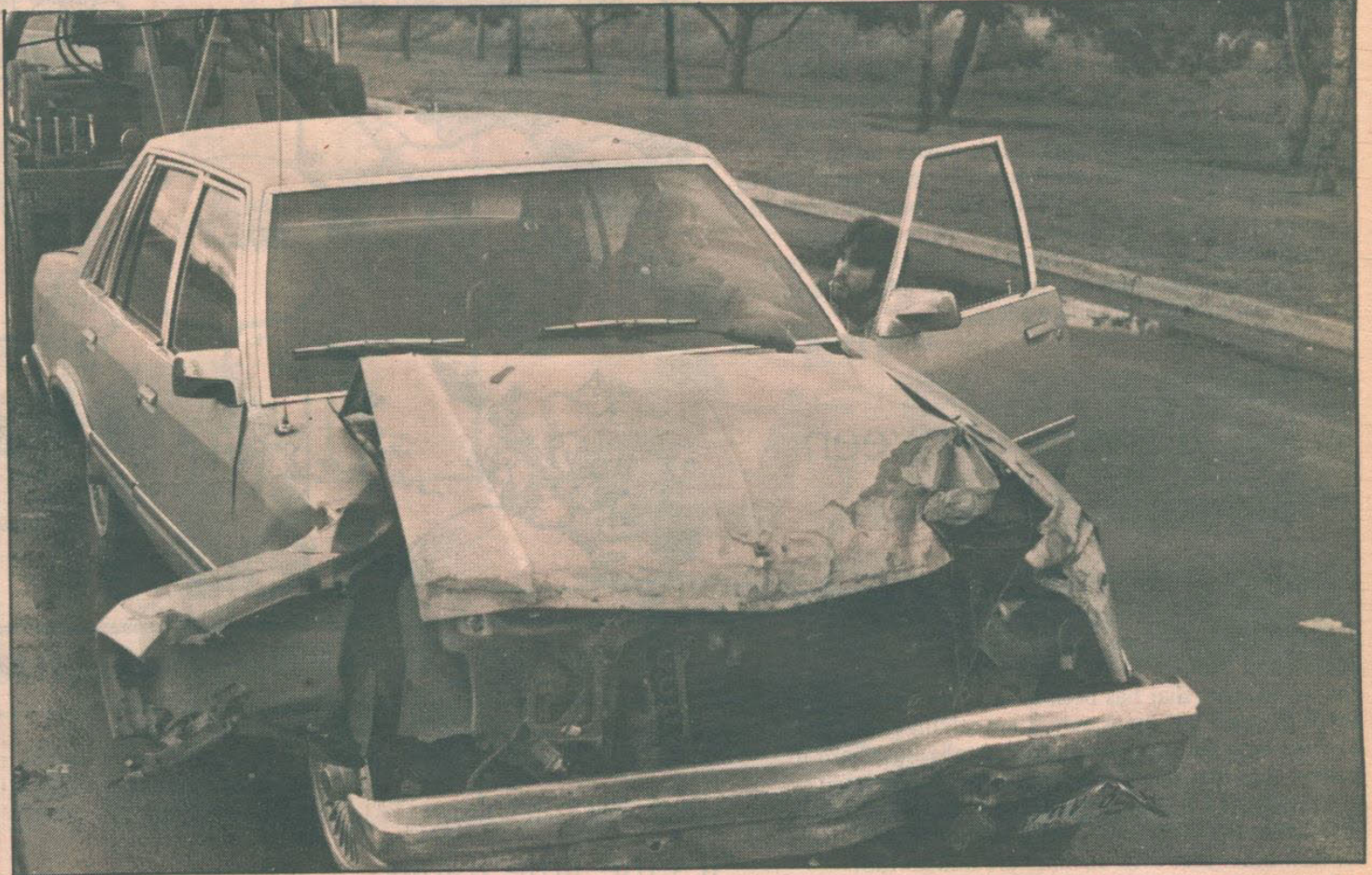
Jim Delapoer, attorney for the college and foundation, told the Albany Democrat-Herald that the college has entered a claim with the bonding company that insured Widmer to recover the funds, plus legal and auditing expenses.

Delapoer did not give an estimate of the college's losses.

After a routine audit in October turned up fiscal irregularities, LBCC President Tom Gonzales ordered a fraud audit, which resulted in the suspension of Widmer. She then resigned Oct. 21.

The Eugene auditing firm found that more than 120 checks had been misappropriated. The checks ranged in amounts from \$3.64 to \$1,931.50, totaling \$50,600.09. Another \$2,000 was never deposited, and about \$400 in donations and an estimated \$15,370 in cash was misappropriated, according to the auditors' report.

Besides working for the foundation, Widmer taught aerobic classes for LBCC. She began working for the foundation in the fall of 1985.



Scrunch!

Vestie Collins tells a reporter how her vehicle came to collide with another at the north campus entrance last Friday. Despite the activation of the new traffic light there, drivers entering and leaving the campus must continue to exercise caution. Another, unrelated collision occurred on Allen Lane outside the south parking lots about 20 minutes later. No injuries were reported in either incident.

The Commuter/LYNN READ

State reneges on semesters

C.C. opposition may have influenced decision

By Pete Kozak
Commuter Writer

LBCC officials welcomed the state Board of Higher Education's unanimous vote last month to abandon its semester plan for state colleges and universities.

"We're pleased that the state board saw the light," said Jon Carnahan, vice president for instruction. "They made the right decision."

In a move that caught many observers by surprise, the board scrapped a controversial plan which would have required the implementation of the semester calendar by the fall of 1990.

While the board cited a variety of reasons for its decision, member Thomas Bruggere summed it up by stating "The semester system does absolutely nothing to further the cause of higher education in the state."

LBCC's Carnahan suggested another possible factor for the board's reversal.

"I think the community colleges had

something to do with it," he said, explaining that while a few community colleges indicated a willingness to adopt the semester calendar, the majority, including LBCC opposed it. This lack of support may have influenced the board's decision, he said.

Although the board's semester conversion plan would have applied only to four-year institutions, many community colleges—LBCC among them—initially considered following suit because it was believed to be in the best interests of transfer students.

In fact, the LBCC Board approved the semester switch in September 1987, although it objected to the lack of community college input in the decision-making process. Three months later—amid concerns over the cost of conversion, the loss of the quarter system's flexibility and growing opposition from other community colleges—the LBCC board changed its decision, and put the matter "on hold".

INSIDE



Both seniors and youths have made Albany's new mall a popular gathering spot, pg. 6

New nutrition labels well received by Commons customers, pg. 5

Telecourse students can now check out videotapes of entire courses, pg. 7

Roadrunners face tough going in first week of league action, pg. 12

COMMENTARY

Board makes intelligent move; drops semesters

I was pleased to hear that the state Board of Higher Education recently reversed its decision to convert Oregon's four-year schools to a semester system. It is a relief to know that halfway through my college career I won't have to adjust to a totally new education system.

I commend the leaders of LBCC for voicing their opposition to the change. I don't think that the Board of Education realized how difficult the conversion would have been. The monetary cost of the conversion alone was enough to convince me that it wasn't worth it.

The hardest part for me would have been adjusting to the longer terms. The part I like best about our current system is that the terms are only three months long. Completing courses every three months gives me short term goals to accomplish which in turn add up to the long term goal of finishing college.

Elwin Price, Editor

Killer tension between Israelies and PLO

White supremacists and racism is in the news again. Skinheads and Blacks clash at demonstrations. Racism has been around a long time but it is not limited to just Blacks and Whites. There is another form of racism in the world. One that has been around for not just hundreds of years but thousands. I am talking about the conflict between the Jews and the Arabs. It is hard to believe that they could hate each other for so long.

Their hatred is so ingrained that each side will hardly admit that the other exists. Is it that difficult to admit to each other that their enemies are human too?

It seems that the only thing that each side can do is throw rocks and shoot at the other. I don't think that the U.S. has been much help. Heck, selling arms to both sides doesn't seem to be the best way to reduce tensions. We should send them more bats and balls than rifles and grenades.

Is there no one who will sit down and admit that they are willing to compromise?

Elwin Price, Editor

THE COMMUTER

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, Elwin Price; □ Managing Editor, William Mills; □ Photo Editor, Randy Wriighthouse; □ Sports Editor, Jess Reed; □ Ad Manager, Matt Rasmussen; □ Advertising Assistants, Carrie Rutherford, Sean Lanegan; □ Photo Assistant, Laura Wangerin.

□ Reporters: Christine Jenkins, Beth Young, Dana Woodward, Nina Vaught, Bonnie Stutzman, Michele Sprinkel, Kami Horton, Gary Boyer, Mellissa Bergstrom, Chris Albee, Arik Hesseldahl, Eric Ishikawa, Pete Wisniewski, Diane Young; □ Production Staff: Patricia Fax, Pete Kozak, Amy Berray, Marcy Herring, Wanda Stutzman, Beth Young, Kathy Kinsella; □ Typesetter, Kathy Kinsella; □ Advisor, Rich Bergeman.



carolyn halsey-puntenev

With computers and archaeology, it's the little things that getcha

The computers of the world have a virus and bacteria are eating the pictures off the walls of King Tut's tomb.

Does this mean computers are so advanced that they can get sick—just like people? And that bacteria, advanced too, have developed a taste for art?

Apparently, just like people, computers still manage to work while they're sick. They give the viruses to each other that way—just as people do.

Does one modem call another modem and say:

"Hi, C.G. This is M.D.T. Gotta batch of stuff for you to run. (Sniff.)"

"Okay, but what's the matter? You gotta binary code in da nose?"

"Very funny. (Sniff.) Gotta virus. Boy, do I feel lousy."

"Well, don't give it to me! Gees, why don't you go off line for a while, take it easy, get well?"

"Love to but I've used up all my down time. I gotta boot up or they'll boot me out, y'know?"

"Yeah, I know what'cha mean. Us old workhorses haven't got enough byte to suit people these days."

"Loyalty, past performance mean nothin."

"Same all over. Megabytes, gigabytes. . . (Sniff.) Hey, I think I just caught your bug!"

"Gimme a break—I'm not the only modem you interface with. Besides, what I've got is a virus—not a bug."

The bugs are in the tomb, involved in hands-on study of ancient Egyptian art. (Actually, it's mouth-on study)

"Okay!" their instructor says as she enters the tomb room. "I'm pleased to see so many of you here today! Considering it was only yesterday that we began multiplying, I think we've done enormously well!"

One little bug raises his hand. "When do we get into something else, y'know? Like Picasso or Klee or, y'know. . . like Andy Warhol at least, y'know?!!"

Another bug chips in, "Yeah, all this ancient stuff. I mean, it's kinda dry. . ."

"All right! We've been through this before. It was dry, that's true. But we got the humidity raised. That's why we can do what we're doing today. Okay?"

She glances around the classroom tomb room. The little bacteria seem restless.

"This is Art Appreciation from the Inside Out, 101," she reminds them. "We start inside, from the inside. One step, one thing, at a time. You may feel like you're ready to go into the harsh sunlight of the real world but you're not. But by the time you're through this course, you will be! Today, Tut's Tomb—tomorrow, who knows? There are some caves in France I think would serve as a good forum for the second sequence."

"Caves, schmaves," one bug mutters to another bug beside him. "They keep us at the art in these old pyramids and stuff underground forever. I wanna—"

"All right! Settle down back there!" the instructor snaps.

"Moving on, today's lesson is about becoming a part of the art itself through becoming one with the paint. A little like Zen, I like to think of it as Inner Art Through Inner Color."

She smiles. A few student bacteria respond by shuffling their feet and unzipping their bookbags.

"Notice now as you ingest this blue paint how your thoughts become. The trick is to make them vivid," she goes on. And on.

I don't know. Maybe it's not like that at all.

LBCC receives grant to train childcare providers

By Elwin Price
Commuter Editor

LBCC is one of four Oregon community colleges sharing a two-year \$223,000 grant from Mervyn's Corp. to improve the quality of family child care.

Jayne Nanavaty-Dahl, coordinator for the Mervyn's Family-to-Family Initiative at Linn-Benton, said the money will fund a program that will combine the efforts of family child-care organizations, public agencies, businesses and the college to better educate family child providers.

Family child care is day care in a home or family setting instead of a more business-like facility.

Chemeketa Community College will coordinate the grant statewide.

Georgia, Colorado and Texas also received grant money. Mervyn's Department Stores and the Dayton Hudson Foundation are making the grants. Mervyn's, which is based in Hayward, Calif., is a unit of the Dayton Hudson Corp. of Minneapolis.

•Nanavaty-Dahl said that the goals for the Oregon program are to:

•Develop and strengthen training for 450 family child care providers.

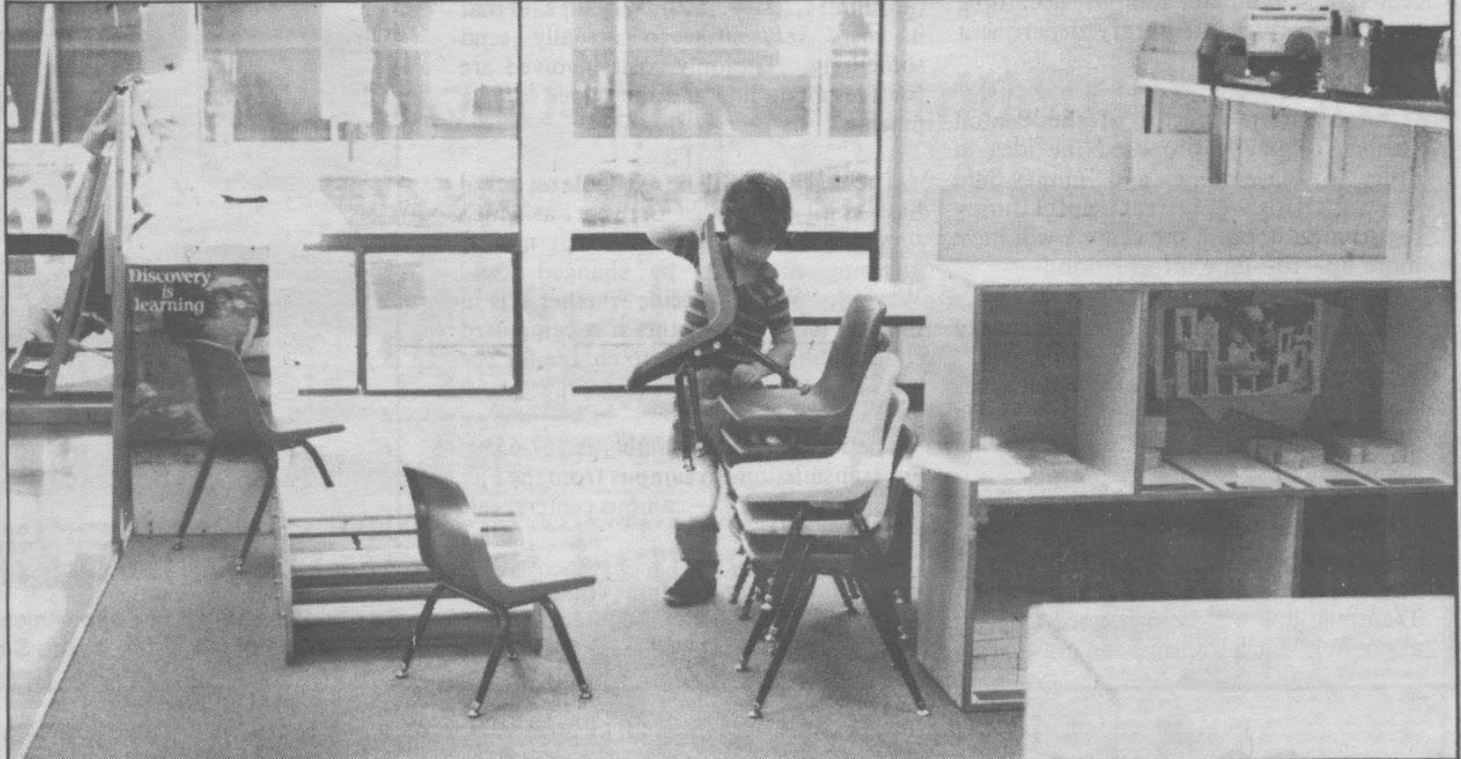
•Help 60 child care providers achieve national accreditation.

•Educate consumers to recognize and demand quality child care.

Child care provider training is taught by Nanavaty-Dahl in a five-week course titled "Family Child Care: A Firm Foundation." The non-credit course begins on Feb. 6 and has a \$15 fee. Nanavaty-Dahl noted that for Children Services Division registered providers the tuition is waived.



Jayne Nanavaty-Dahl, above, is coordinator of a new child care grant from Mervyn's. At right, young Timothy Bardenhagen stacks chairs in LBCC's new child care lab.



The Commuter/HUGH PENNOCK

DeFazio accuses timber firms of illegally exporting federal logs

By Bill Mills
Managing Editor

Rep. Peter Defazio, D-Ore., is planning to ask the General Accounting Office (GAO) to investigate reports of massive illegal log exports from the Northwest.

"Given the huge amount of money to be made in the export market, I suspect that many companies have been tempted to violate federal laws restricting log exports," said DeFazio. "It's time for congress to look into this issue and to protect the supply of timber for our mills here in Oregon."

Current law permits specific companies to substitute federal timber for private timber that has been shipped overseas. DeFazio stated that he and the U.S. Forest Service believe some companies may be illegally using loopholes in federal regulations to export more logs than they are allowed.

"People are driving thousands of log trucks through these loopholes every year while mills in Oregon are closing because they can't buy enough logs," said DeFazio.

In the early 1970's, Congress banned the export of raw logs cut on national forest lands. But companies that were

"historic exporters" at the time of the ban were allowed to continue to export private timber from the national forests.

Due to the decreasing value of the dollar to the Japanese yen, nearly 4 billion board feet of unprocessed logs from Oregon and Washington were exported last year, mostly to Japan.

Millions of board feet have been shipped illegally because Asian companies are willing to pay up to \$400 more per thousand board feet than domestic mills can afford to pay. "Due to loopholes in the current regulations, it's virtually impossible for the Forest Service to stop the practice," said DeFazio.

During the past year, many small domestic mills have shut down due to the fierce competition for the logs.

"There's a lot of money involved in the illegal log market. The problem is widespread and growing bigger every day," said DeFazio.

In response, DeFazio said he will ask the GAO, Congress' investigative arm, to study the problem. "I think the GAO report will show the current substitution regulations are unenforceable and that the only way we can control log exports is to ban the practice forever," DeFazio said.

Students invited to compete in recreational games tourney

By Bill Mills
Managing Editor

ASLBCC will host the annual ACU-I tournament next week on campus Jan. 16-21.

ACU-I (Association of College Unions International) is sponsoring the five-event tournament in which the winners are awarded gift certificates from local businesses along with a LBCC T-shirt and a chance at the national tournament. Tournament events include billiards, bowling, chess, ping pong and foosball.

"There is a lot of participation this year and we are expecting a good tournament," said student coordinator Tammy Paul.

The sign-up deadline is this Thursday, Jan. 12 for all events. To be eligible for the competition, students must be enrolled in at least 5 three credit hours and have a cumulative GPA of 2.0 or better.

The registration fee is \$2 per event, payable upon registration. Register at the Student Programs Office.

"The Tournament is to get students more involved with their school, rather than just academics," said Paul. All events are held on campus in the Recreation room with the exception of bowling which will be hosted by Timberlanes in Albany during the weekend of Jan. 21.

Linn-Benton welders to raffle firewood Feb. 15

By Dan Abernathy
Commuter Writer

A firewood raffle is being held by the Linn-Benton Chapter of American Welding Society.

A cord of seasoned fir will be cut and delivered to the winner's house. Tickets

cost one dollar, the drawing will be held Feb. 15, all proceeds will go to the Student Chapter Fund for Technical Activities.

To obtain tickets you can go to Industrial Division IA 141 or the Welding Department IA 106-A or you can contact Dennis Wood at 928-2361 (Ext. 124).

College installs FAX machine to help link centers

By Elwin Price
Editor

Machines that can send and receive pictures and documents over the phone lines have been installed in the library and the campus extension centers.

The Fax (short for facsimile transfer) machines are primarily intended to speed up the information transfer between the centers and the main campus, according to Charlie Weyant, library department chairperson.

Anne Smart, director of the Benton Center, originally proposed the idea in order to save time and money. Said Weyant: "This will be real helpful during registration because the centers will have more up-to-date information."

Fax transmissions will be limited to items related to college business," Weyant added. A list of area vendors offering Fax service is available in Media Services for those wishing to Fax personal items.

Items to be Fax'ed can be placed in the wire basket labeled "Fax orders" located on the counter in Media Services. Transmissions will be processed as soon as possible. Each transmission must be ac-

companied with a cover form giving the information needed to send it. Cover forms are available in the Media Services Center.

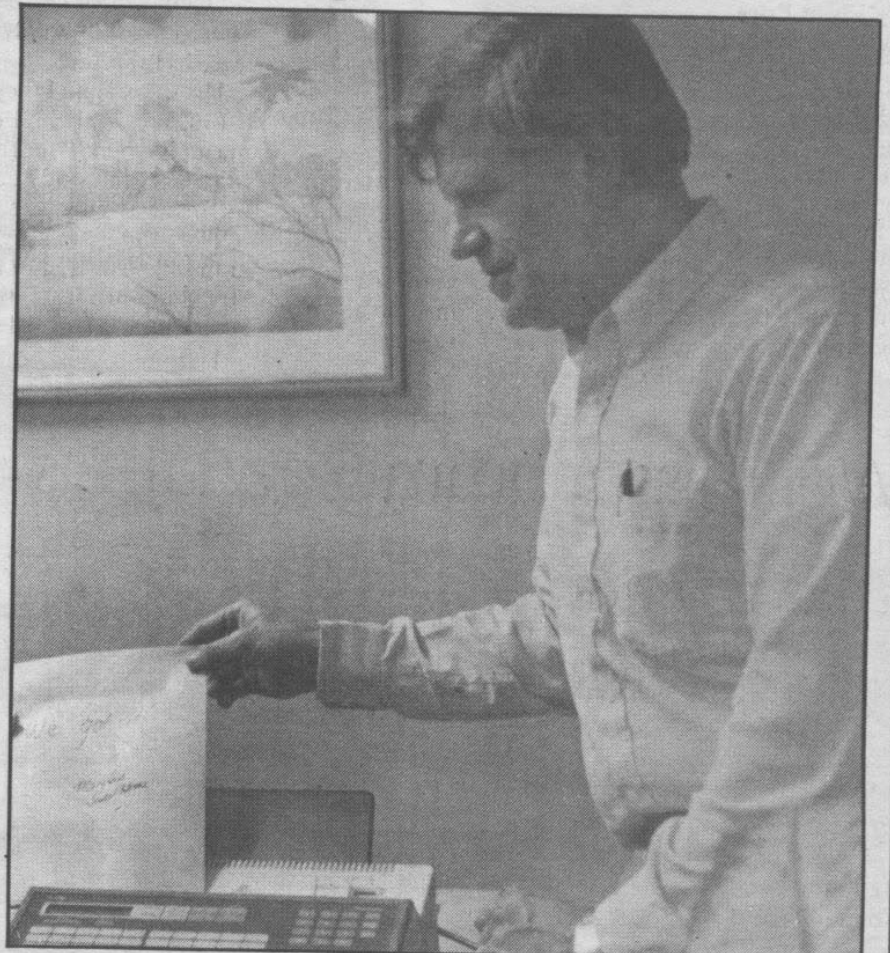
Besides communicating with off-campus centers, the machine can shorten the wait for an interlibrary loan or quickly transfer documents to other schools, according to Weyant.

While the Fax machines are expensive (around \$1,200—1,500), Weyant said that it costs very little to actually send something. The only costs involved are for the phone line and the paper for the machine.

The machines will be available on a trial basis until the end of the year, at which time they will be evaluated to determine if anything needs to be changed. Said Weyant, "We will decide whether it is in the best location, whether it is being used enough, and how much to charge for the use of the machine."

The Fax telephone number is 967-6550. For transmissions to campus from the Fax machines in the off-campus centers, call ext. 550.

If you have any questions regarding the use of the Fax machine, contact Brenda Frasure at ext. 332.



Charlie Weyant, library department chair, takes a piece of paper from the new Fax machine in the Media Services Center.

Jan 20. last day for part-time registration, refund

By Dan Abernathy
Commuter Writer

If you want to drop a class you have plenty of time. But if you are planning to register as a full-time student, or are a part-time student wanting to become a full time-student, your time has already passed you by.

Jan. 9 was the last day to register full-time or change from part-time to full-time.

Part-time students have until Jan. 16 to

register without paying a late fee. From Jan. 16 to Jan. 20 you have to pay a late fee of \$5, Jan. 20 is the last day to register part time. Instructor's permission is required to register late.

"Registration during the third week was really set up for the community and off-campus classes," says registrar Sue Cripe.

If you decide to drop all your classes and are a full time student you have until Jan. 20 to do so and get a refund, up until

this time only \$15 dollars will be held out of your refund. After Jan. 20 you cannot get a refund on your tuition. If you are a part time student the same applies except only \$5 is held out.

The last day to drop a class without receiving a "W" is Jan. 13. Feb. 17 is the last day to officially drop a class, or request an Audit or Pass/No Pass option.

An Audit is where you attend the classes, but do not take the tests and do not get credit for it. It does show on your

grade report, although you do not receive a grade.

If you are in a late starting class or a class that lasts less than 11 weeks you have 60 percent of that time to drop the class. For example if you have a five week class you have three weeks from when it started to drop it.

You can add open entry classes or late starting classes up until March 3. Open entry classes have an "I" in the footnotes of the winter schedule.

Guitarist Dub DeBrie to perform in Fireside Room

By Diane Young
Commuter Writer

Dub DeBrie, who is known as the "fastest and funniest guitar in the West," will perform at noon January 11 in the Fireside Room.

DeBrie, a Portland entertainer, is noted for his varied

instrumental and vocal styles. He has performed solo, and as a lead guitarist for many groups throughout the Northwest.

DeBrie has opened for singer Dionne Warwick and for many shows at the Starry Night, a popular club in Portland.

His casual humor and strong stage presence makes

him a popular performer with his audiences. DeBrie's strong and flexible voice allows him to reproduce many styles of music.

Some of the artists represented by DeBrie's large repertoire include: Buddy Holly, J.J. Kale, Rolling Stones, Van Morrison, John Prine, Willie Nelson and Steve Martin.

Board greets LB Olympians; discusses Lebanon Center move

Leading the December meeting of the Linn-Benton Community College Board of Education was a presentation by the LBCC Athletics Department.

Sports hosted by the college currently include men's and women's basketball, men's and women's track and men's baseball. LBCC track and field coach, Dave Bakley, introduced two of three

former LBCC athletes who competed in the 1988 Summer Olympics in Seoul, South Korea, Tim Bright, a native of Phoenix, Oregon, and Kory Tarpinning, a resident of Eugene. Bright competed in the decathlon and Tarpinning in the pole vault. Both credited LBCC's athletic program for starting their successful athletic and academic career.

The board later heard an update on the

acquisition of the J.C. Penney's store in downtown Lebanon, which will serve as the college's future Lebanon community education center. The board learned that under the ownership transfer agreement, the college cannot sell the property for a period of two years. Agreeing to this condition, the board cleared the way for ownership transfer to take place before the end of the year. The college now plans

to apply for a state economic development grant to fund the remodeling of the Penney's building in phases over several years.

In a final note, the board approved a new contract for LBCC President Thomas Gonzales. The one-year contract calls for a 4.5 percent increase in salary plus a \$60-per-month increase in retirement benefits.

College students snag subsidies; avoid dead-end jobs

By The College Press Service

People who don't go to college are treated as failures and don't get much help starting careers and families, the Commission on Youth and America's Future has concluded.

In a November 17 report, the 19-member commission—headed by former U.S. Commissioner of Education Harlod Howe II—said 16-to-24-year-olds who don't go to college "are far more constrained (in getting good jobs) than were their peers of 15 years ago."

"Too often we think of the forgotten half as failures,

as second-rate, simply because they do not attend college," Howe said.

His study found they are chasing fewer "jobs without a future," while real earnings are declining faster and unemployment is more likely during their working lives. Marriage, the study added, is often postponed because of financial pressures.

The commission suggested strengthening existing programs like Head Start and the Job Corps would help the 20 million people it studied, recommending a \$5 billion a year increase in federal funding for such programs.

It found kids bound for college typically receive

public and private subsidies of \$5,000 per school year through scholarships, loans and grants, while only about 5 percent of "the forgotten half" get any federal job training help, which totals only \$1,800-\$2,300 during a four-month period.

Daniel Yankelovich, a commission member and president of The Yankelovich Group in New York, said the study uncovered "a festering problem that looks like it's going to get worse and that merits the country's attention in a way that is almost impossible to exaggerate. The 1990s, if something isn't done about this, will result in a tremendous amount of social unrest."

Wellness Committee labels food for the nutritiously minded

Colored stickers highlight healthy cafeteria cuisine

By Kathy Hinton
Commuter Writer

LBCC's cafeteria started this fall using color coded stickers to inform its consumers of certain health values found in their food.

Alice Metzinger, food service chief and instructional assistant in culinary art, said "We have always prepared food healthfully but recently decided to market it."

With the support of the LBCC's Wellness Committee, the cafeteria devised color coded stickers to label their food.

Metzinger said that not only is the food evaluated but the preparation is also considered when the labeling process is done.

The stickers are categorized into four colors, each color having a different nutritional value. Yellow stands for low fat, orange for low cholesterol, pink for high fiber and green for foods rich in



The Commuter/JILL SHINKAWA

Consumer Susan Schuette finds the Commons new nutrition labels a useful service.

vitamin C and A.

These categories follow the "Prudent Diet" recommendation which is endorsed by the American Heart Association and the American Cancer Society.

Metzinger explained a key advantage of

the categories is that it allows an individual to customize his/her diet. Someone that is on a low cholesterol diet might be as concerned with calories as someone on a weight reduction diet. On the other hand if calories are a main concern

then the yellow low-fat stickers are of interest.

So the next time you find yourself in the cafeteria take notice of the colored stickers, you might be surprised to find out how well you actually are eating.

Student drinking problems increase despite national awareness efforts

By The College Press Service

Student drinking problems seem to be getting worse, despite tough new anti-alcohol measures adopted on many campuses, college student affairs administrators from around the country say.

About 35 percent of the administrators at 330 campuses nationwide said they now deal with more alcohol-related problems than in the past, the College Alcohol Survey conducted by two professors found.

The survey, taken every three years by Prof. Angelo Gadaletto of West Chester University in Pennsylvania and Prof. David S. Anderson of George Mason University in Virginia, also found that almost seven of 10 campuses now have some sort of "new--student orientation" program about alcohol abuse. In 1979, none did.

Only about eight percent of the campuses allowed campus groups to advertise drinking as the primary focus of an event,

down from 49 percent in 1979.

Nevertheless, 48 percent of the administrators reported dealing with more cases of students "drinking in uncontrolled situations," and 39 percent observed increases in "abusive drinking" at their schools. Fifty-eight percent had more cases in which students had used fake identifications to buy alcohol before they were 21 years of age.

Being only 45 minutes shy of turning 21, moreover, might qualify as a problem.

Police, for instance, arrested University of New Haven junior Michael Luetjen at 11:15 pm Nov. 5 as he drank at a restaurant just 45 minutes before he celebrated his 21st birthday.

Luetjen was arrested when police were making a routine check of the restaurant.

"It's like being in the wrong place at the wrong time," Luetjen said the next day. "I told them, 'I'm going to be 21 in a few minutes.' But I guess 45 minutes is 45 minutes in the eyes of the law."

Saturday musical funds scholarships

Musical Magnifique, a benefit musical and silent auction, is set for Saturday, Jan. 14 at 7 pm. in Takena Theater.

The evening includes dessert and silent auction at 7 pm. with entertainment at 8:15 pm.

The price of tickets, including dessert, is \$7.50 in advance or \$10 at the door.

Tickets are available at LBCC centers, French's Jewelers in Albany or from any Altrusa Club or LBCC Foundation member. Proceeds go toward scholarships for LBCC students needing financial assistance.

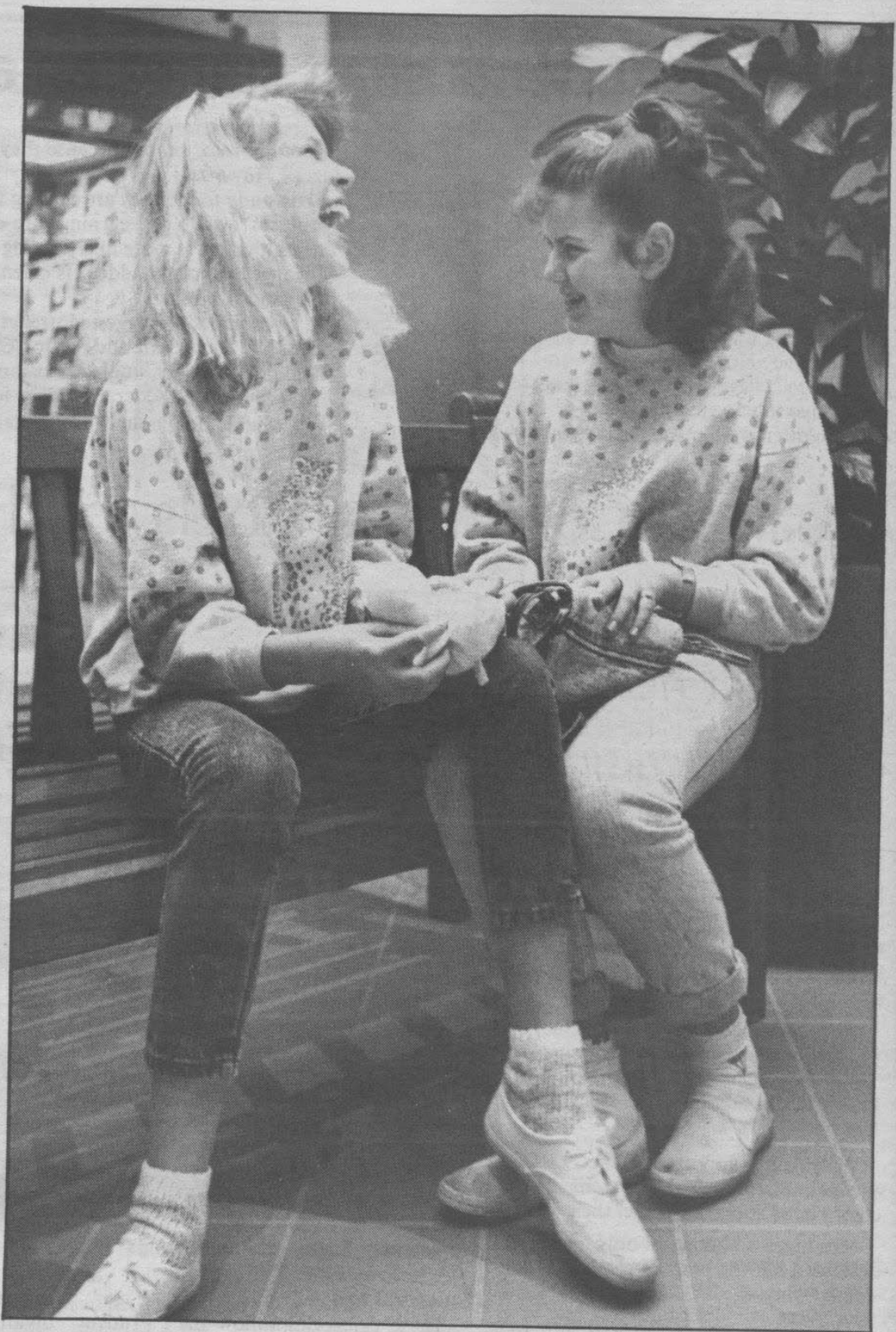
Hangin' Out at the Mall

Commuter photographer finds people-watching is a popular sport in Albany's new Heritage Mall

Photos by Randy Wriighthouse



L.W. and Irene Kemper of Lebanon enjoy an ice cream cone while visiting the Heritage Mall in Albany. The Kempers say they come to the mall about once a week to shop or just to browse. Below, music lovers look over the offerings at the mall's Camelot Music Store, where classical recordings are the biggest sellers.



Christine Jacobson, left, and Christie Moyle, both 12, enjoy spending time at the Heritage Mall. They say they spend several hours at a time whenever they can get to the mall to hang out because, as Christine says, "it's boring at home."



Taking a break from cruising the mall are 13-year-old Kristen Liming, left, and 14-year-old Heather Hollingsworth.

health notes

Lunch Bunch fights post-holiday pounds

By Char Klinger
Health Occupations Counselor

I read recently that the average American woman is 33 years old, is 63 inches tall, and weighs around 135 pounds. I thought I would introduce myself to those of you who haven't met me by saying that I'm above-average in every way.

Another statistic indicates that the average American gained 8 pounds over the holidays. My guess is the average American, myself included, has resolved to disengage from those 8 pounds as quickly as possible.

If you have decided to lose weight this year, there are some facts about weight loss you should consider. Dieting, unfortunately, is still the most common method of attempting to lose weight. Most diets consist of drastic reductions in calorie and food intake until you have reached your desired weight. Although cutting back on calories usually does lead to weight loss, the weight is usually regained as soon as the dieter goes off the diet. As many as 99 percent of the dieters who lose weight regain it. This "yo-yo" effect is damaging both mentally and physically, and mounting evidence indicates that this pattern makes it increasingly difficult to lose weight and to keep it off.

When your body senses a dramatic reduction in calories, it decides it is time to conserve. The metabolism is lowered and calories are burned more slowly. (This is rather like trying to make it to the gas station with an empty tank by driving 15 miles an hour). When you go off the diet, as inevitably happens, your body continues to burn calories at a slower rate than before, thus making it easier to regain the weight lost. Because this effect is cumulative, those who have dieted off and on for years are extremely efficient at burning calories, and have an increasingly difficult time losing weight and keeping it off.

All this sounds discouraging, but there is an effective and healthy way to lose weight and keep it off. I'll talk about that in a future column. Meanwhile, think about ways that you can decrease the amount of fats in the foods you eat and increase the amount of exercise you get.

Health occupations majors looking for an opportunity to get together with other students can take advantage of one of the weekly "Lunch Bunch" gatherings held from noon to 1 pm, Mondays, Tuesdays, and Thursdays in HO-201. Drop in and make a friend.

Those of you planning to take the National League of Nursing (NLN) Pre-Nursing Guidance and Aptitude Exam this term can stop by my office in HO-210 and sign up for a study group. Start now, and avoid the stress of last minute cramming.



The Commuter/SEAN LANEGAN

Boning Up on Tax Laws

A group of Retired Senior Volunteers study tax forms during a three-day training seminar that will prepare them to give advice to low-income residents on filling out their 1040 forms. The RSVP volunteers will schedule tax advice session on campus soon.

New telecourse videotapes prove popular

By Pete Wisniewski
Commuter Writer

With the exception of the GED program, all eight of LBCC's telecourses are now available on videotape under a new service provided by the Media Services Department.

LBCC is the first and only Oregon school to offer such a service, which permits telecourse students to check out the taped programs for the duration of term.

Paul Snyder, director of media services, explained that 30 copies of each complete five-hour program have been made on the VHS format.

He said that the service was to provide maximum flexibility for the individual needs of students.

"A college schedule doesn't necessarily meet a person's life schedule," Snyder said. "We can hit 60 to 70 percent of our telecourse students this way. Only half of these students are full time."

He said that the typical student of these programs is employed full time, a homemaker, or otherwise unable to attend the campus regularly. The improved availability of these other materials should make course participation easier. In addition, students will not have to juggle their schedules or record the telecourse broadcasts in order to see them all. They can review the tapes whenever they wish. The availability of rental players at a reasonable cost makes this service convenient to almost all students.

Last fall, a trial was done with 20 copies of the five-hour Medical Terminology I and II programs. It was enthusiastically accepted by the students and considered a success by the Media Department.

Snyder said that the popularity and proliferation of video tapes has made the video media a more dynamic aspect of the information revolution than computers. The increasing widespread use of recorders and players by a broad segment of the public has created a "phenomenal" opportunity for educational distribution systems which has just begun to be developed. He related how the relative low cost of good quality audio equipment in 1976 of \$50 to \$60 revolutionized the industry and popularized cassettes. Essentially, the same thing is happening now with CDs and videotapes, since good players can be bought for under \$200.

The telecourse programs offered by colleges typically depend on direct broadcasting, both locally and on cable, as LBCC has done for the past six years. Snyder stated, however, that as a result of surveys conducted of previous LBCC telecourse

students, it was found that only 20 percent watched the live broadcasts. The survey showed that 60 percent recorded programs for later viewing, and that 20 percent watched video tapes on campus or at the college centers. Of those surveyed, 78 percent had home VCR's, and 91 percent of those were VHS format.

The realization of the potential that video tapes offered for improving program access was a real surprise, said Snyder. "It sneaked up on the entire educational community."

He had been intrigued by the possibilities that the video format suggested, but had two concerns. The first was whether a third generation copy would have acceptable technical quality, but Media Technician Tom Mills solved that problem. Snyder's second reservation was that videos lent out would not be returned. Statistics of similar programs in other colleges, however, indicated that the non-return rate was only half of 1 percent when ordinary library loan conditions were observed.

At LBCC, student grades are held until the tapes are returned or a \$15 replacement fee is paid.

As a member of the Oregon Community College Telecommunications Consortium, LBCC shares the purchase costs of programs with other schools offering them in their curriculum. These programs are bought under a per-term license from PBS, the Annenberg Foundation and the Adult Learning Satellite Service. In order to make copies, the satellite transmissions have to be recorded on a master tape and then dubbed into two tapes containing 10 one-half hour programs.

Snyder credits Mills with a superb job of using the college's video equipment to make high quality copies. Snyder had initially decided to make only four courses available on tape this term because of the time required for recording. Mills, however, was able to do the other four courses as well by wiring the recorders to make simultaneous copies during night hours and the Christmas break. Snyder also cited Production Technician Cindy Cade's logistical help as contributing to the success of the service.

The library experienced a surge of students requesting library cards on the first evening of classes to sign out program tapes, according to Corrine Johnson, Circulation Coordinator. She said this indicated that many students were attending part time and taking advantage of the convenience.

In addition to the video tapes, LBCC still offers viewing on campus and at the college centers as well as by public broadcast.

The service will be expanded to include more programs this spring, Snyder said.

MARKETSPACE

Dub DeBrie "Fastest and Funniest Guitar in the West"

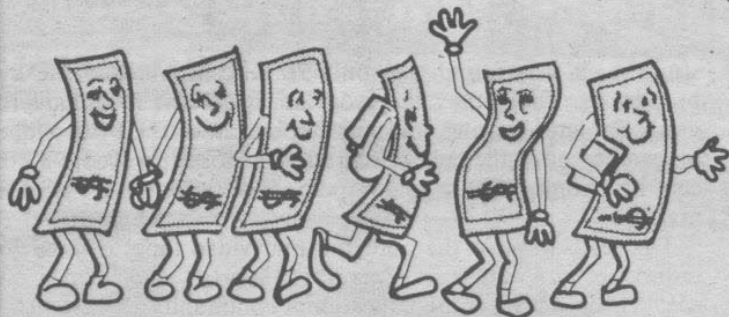


Sponsored by
ASLBCC

Appearing Today, 12-1
in the Fireside Lounge

STUDENT LOANS

Line Up
Your Finances



SMART

Don't spend time worrying how you'll pay for school. NOW is the smart time to apply for guaranteed student loans. Our low interest rate student loans are available to everyone; you don't even have to be a current Citizens Bank customer.

LOCAL

Your guaranteed student loan is made and approved locally. Citizens Bank has served Benton and Linn counties for 30 years. Loan applications are available at our main office in Corvallis or call for information.

FAST

Because we handle all paperwork locally, your loan will come through quickly and efficiently. But, we still take the extra time to insure you're satisfied. Our loan officers are there to answer all your questions, and help in any way they can.

Smart..Local..Fast. Apply for guaranteed student loans at Citizens Bank.



*PHILOMATH OFFICE
13th & Main

*ALBANY OFFICE
14th & Clay

Five convenient locations:
For information
Call 752-5161
*ATM Locations

*MAIN OFFICE
3rd & Jefferson

UNIVERSITY OFFICE
Kings & Buchanan

*CIRCLE BLVD.
9th & Circle



classifieds

HELP WANTED

Able bodied skiers needed to show non skiers the form and finesse needed to attract other college student while on the slopes. More info. contact CC 213 ext. 150

Need Cash? \$500/1,000 stuffing envelopes! Guaranteed! Rush stamped addressed enveloped, Mail-Co Box 02678 NE 6723 SE 16th Portland, OR 97202

Naval Reserve offers immediate openings for training 17-26 year olds. Train now and return \$140.00 per month tuition \$ plus \$100.00 per month drill pay. Call today collect (503) 588-8500.

FOR SALE

Mountain 20mb hardacrd for IBM P.C. or compatible, new \$350. 928-2350.

We buy, sell, trade used books. Excellent selection. AVOCET USED BOOKSTORE, 614 SW 3rd, Corvallis. 753-4119.

MICELLANEOUS

SPANISH TABLE: Join us in the cafeteria to chat in Spanish. Look for the table with a flower—Every Wednesday at 12:00.

My name is Karen Lane. I need a ride in the morning at 9:00. I live by the Albany Hospital. If anyone is willing and able please call me at 967-0304. My address is 911 SW 7th Ave. Albany. Thanks!

Welcome Back

to

Winter Term '89

ASLBCC Scheduled Events

ACUI Tourney

SKI-BALL '89

Valentines Day Carnation Sale

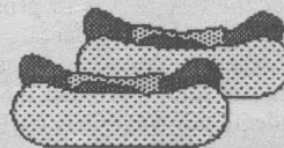
Publicity Committee meetings every

Thursday from 12-2 in CC213

To get involved with your
Student Government and Student Activity
Committees, stop by CC213 for more
information



Prices Good Only at
6190 SW Pacific Blvd.
Albany, OR 97321
Phone 926-0511



Big Bite
Hot Dog 2 for
\$1.09



Coors \$5.49
1/2 case
12oz cans plus deposit



Coca-Cola \$1.59
6-pack
12oz cans plus deposit

Prices Good Thru January 25, 1989

Open 24 hours. . . Video rentals. . . Money orders. . .
Master Charge and Visa accepted

MARKETSPACE

1000 College students night skiing on Mt. Hood! really? Find out how you can be there, contact CC 213 ext. 150.

Bus leaving for Mt. Hood Meadows in January needs LBCC Students to fill it. The slopes will be HOT with 1000 Oregon College students looking for DANCE DATES. More info available, contact CC 213, ext. 150.

PERSONALS

If you are the person who returned my lost keys to security please accept my heart felt thanks. You saved my day!

Food & dieting control your life? Overeaters Anonymous—every Wednesday in the Oak Creek Rm. 12-1 in the College Center Bldg.

Alanon Mtg. every Thurs 12-1 in Oak Creek Rm. CC110H. Does a loved one of yours have an alcohol or chemical problem? Call Jackie ext. 327

Publicity/Activities Meeting-Noon today! Come get involved CC213, ASLBCC Office.

AA/NA. Meetings held daily at 3 p.m. in HO 203 New comers welcome!

New and Used

FURNITURE

Mon-Sat 9-6 Sun 9-5

2000 Santiam Hwy
at the Albany Trade Fair

Trade Fair

Second Hand Store

Buy • Trade • Sell
and Save Big Money

STUDENTS!
Come see us to furnish
your apartment. We have
what you need at
BARGAIN PRICES!

Check out our
Wicker selection.
Tables, chairs, shelves,
if its wicker, we got it!

Wide selection of
bikes, tools, furniture,
and stereos at
reasonable prices!

HOURS:
9-6 Mon-Sat
9-5 Sunday

2000 Santiam Hwy (across from Pizza Hut) Albany

Attention Work Study Students

Because Martin Luther King, Jr. Day is also a banking holiday, work study students will be paid on January 17. Please make a note of this change and pass the information to your fellow students.

Effective Time Management

Effective use of time will be discussed at a Focus Time Management seminar set for Monday, Jan. 30, from 8:30 a.m. to 4:30 pm. in Boardrooms A and B of the College center Building.

HAPPY TRAILS

Records, Tapes, and CD's

Buy 2 Used Records or Tapes
and get one
FREE

(Free used record or tape of equal or less value)

133 SW 2nd

Corvallis

752-9032

OR

BUY TWO USED RECORDS OR TAPES AND GET

\$1.50 OFF

Any Compact Disc

Expires Jan. 31, 1989

**EUROPE, ASIA, THE USA:
YOU GET TO
CHOOSE WHERE
YOU'LL SERVE.
We guarantee it!**



Once you've completed your advanced training in the Army and are ready for your first assignment you'll go where the Army promised you you'd go—no ifs, ands or buts. You get it guaranteed in writing. Places like Germany, Korea or the continental United States. You'll know where you're going and why. It'll give you an edge on life now and in the future. Talk it over with an Army Recruiter.

SFC FRED MILLER 926-2699

ARMY. BE ALL YOU CAN BE.



Registration
now open for the
SKI-BALL

Monday, Jan. 30 at
Mt. Hood Meadows

Sign up in CC213
Registration Deadline is Jan. 27
Cost is \$20 and includes:
Transportation and lift ticket!

- ❄️ Skiing
- ❄️ Competition
- ❄️ Buffet
- ❄️ Dancing

Bring a Friend
Or Bring All Your
Friends!!!



MARKETSPACE

Looking for work?
Visit the Student Employment Center
Job openings currently being advertised:
BUSINESS—Accounting Clerk, Temporary Tax preparer, Accounting Assistant, Commission Sales, Construction Sales, Office Manager/Bookkeeper, General Office/Clerical, Meter Reader, Accounts Receivable Clerk/Secretary, Programmer, Computer and Copy Machine Salesperson, Computer Clerk, Sales Demonstrator, Telephone Operator, Newspaper Insertor, Shipping Assistant, Financial Aide Clerk, Receptionist, Secretary, Secretary/Bookkeeper, Medical Receptionist, Medical Transcriptionist and Word Processor. **FOOD SERVICE**—Dishwashers, Grill Cook, Cooks, Back-up Cook, Pizza Maker/Cashier, Counter Person, Waiter/Waitress, Cocktail Waiter/Waitress, and Pizza Deliverer. **HEALTH OCCUPATIONS**—Dental Assistant, RN's, LPN's, CNA's, In-Home Help, Adult Foster Care

HUMANITIES/SOCIAL SCIENCE—Teacher's Aid, Playground Supervisor, Handicapped Aid, French Tutor, Protection Officer, Typesetter, Offset Press Operator, Swimming Instructor, Support Staff, Graphic Artist, Advertising/Photographer, and Technical Writer. **INDUSTRIAL/Auto Mechanic**, Autobody Repairer, Machinist, Lab Technician/ Metallurgy Tech, Service Specialist/Refrigeration Tech, Apprentice Parts Painter, Fabrication/Assembly, and Carpenter. **SCIENCE TECH**—Animal Tech/Caretaker, Biological Tech Aide, Mechanical Drafting, Electronic Technician II, Line Maintenance Tech, VCR Technician, Electronic Assembler, and Greenhouse Assistant. **MISCELLANEOUS**—Housekeeper, Seamstress, Gas Attendants, Janitorial, Yard Work, Light Industrial/Production, Car Interior Detailer, Production Line Worker, Furniture Production, Live-In Help (in exchange for room and board) and Child Care.



The University
of Oregon Presents

Seventh Annual Pacific Northwest Computer Graphics Conference

February 9 & 10, 1989
Portland Marriott Hotel & Civic Auditorium

DON'T MISS THE SPECIAL EVENTS!

- **Keynote Speaker:**
Jim Blinn, Jet Propulsion Laboratory
"There are a dozen great computer graphics people and Jim Blinn is six of them" —Ivan Sutherland
- **Film & Video Show:** Maxine Brown, Narrator
- **Trade Show:** 50 vendors/hundreds of product lines
- **Adjunct Conference:** Software & Interfaces Feb. 8
- **Hands-on Workshops** Feb. 7-8 or 11-12

Receive a \$30 student discount coupon
call before January 15th for your free brochure

1-800-824-2714 (Oregon toll free)
For information on academic credit call today!

The Best Live Music Is At The Bowl!

ALBANY TIMBER LANES

1245 Clay SE • 926-2185
(Behind Fred Meyer)

Back By Popular Demand! SHEBA DAWN

This Weekend
Enjoy Country-Western music
by the Mid-Valley's "sweetest"
female vocalist
Friday and Saturday
9 p.m.-2 a.m.

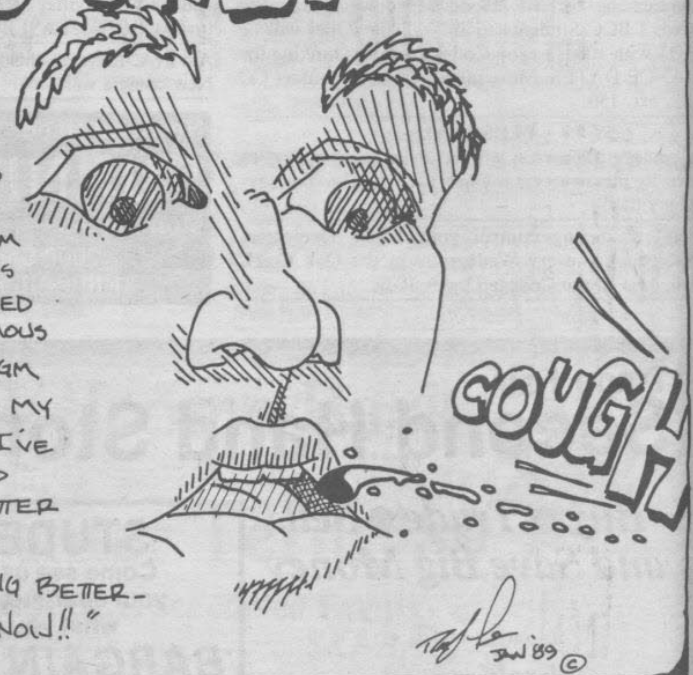


COUPON
\$1.00 OFF Monte Carlo Night
Over 18 yrs. old • Sat., Jan. 14, 7p.m.

E.B.G.B.

BY —
RANDY LARSON

E.B.G.B. = COLD
(WILLIES)
"MY ROOMMATE
PACO HAD A COLD
THIS WEEK. WHEN
I WENT TO ASK HIM
WHERE MY PANTS
WERE HE COUGHED
AND AN ENORMOUS
BALL OF PHEGM
ROCKETED INTO MY
OPEN MOUTH. I'VE
NEVER TASTED
ANYTHING SO BITTER
IN MY LIFE."



PACO'S GETTING BETTER —
I'M SICK NOW!!"

DON'T SETTLE FOR SKIMPY SANDWICHES, COME TO TOGO'S



We Always
Give You
GENEROUS
Portions



eatery

2015 NW Monroe
753-1444

SUMMER JOBS IN YELLOWSTONE NAT'L PARK

Working in a National Park is demanding, but it is also exciting—a place to make new friends and to spend a summer in the midst of spectacular scenery.

Assist visitors at Hamilton's general stores which are located throughout the Park. Positions available in food service, sales, grocery, office, etc.

A 7-hour, 5-day week offers time to explore the back country or participate in the Employee Recreation Program which includes white water rafting, rodeos, name bands, sports, etc. Room and board provided at nominal charge.

HAMILTON STORE, INC.

PO Box 2700-C
Santa Barbara, CA 93120
(805) 963-0701

MARKETSPACE

Student Savings!



Save \$3.50 on home delivery of the Democrat-Herald when you pay \$10 for the rest of winter term. Home delivery available in Linn county area.

Use the handy coupon below to start your paper. All pre-paid subscriptions end 3/18/89. Offer must include check.

OFFER EXPIRES 1/24/89

Name _____
 Address _____
 Phone _____ Rt. _____

For new subscribers only. Enclose \$10 check or money order.

DEMOCRAT-HERALD
 P.O. Box 130 Albany, Oregon 97321

- Grocery Coupons
- Linn & Benton News
- National News

- Television Guide
- Classified Ads

- LBCC Sports Coverage
- Local Entertainment

Albany Democrat-Herald

P.O. Box 130

Albany, Oregon

97321

ToppFast™

DIET PLAN

Created by a physician who knows.

It works.
 It's safe.
 It's fast.

ToppFast Independent Distributor

967-9510

MUSIC PLUS

New and Used Cassettes & Compact Discs

Shirts, Posters, Magazines . . .
All Your Rock Needs!

Located Inside Pacific Electronics
 Mon.-Fri. 10-6
 Sat. 10-5

1225 E. Pacific Blvd.

926-5306

- Backgammon
- Bowling
- Billiards
- Ping-Pong
- Chess
- Foosball
- Darts



ASLBCC and Student Programs present

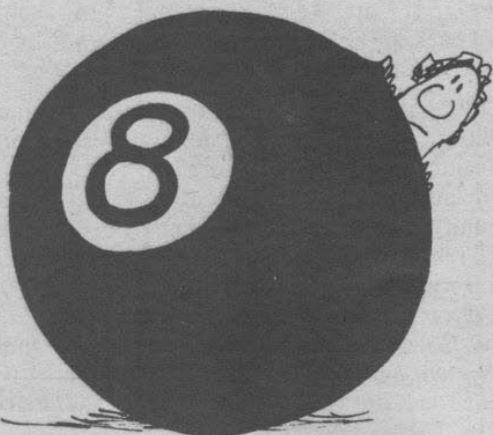
1989 ACUI Rec Tourney

Jan. 14, 16-20

Prizes include:
 Gift Certificates
 LBCC T-Shirts
 A chance at the National ACUI Tournament!

Bowling competition will be held Saturday, Jan. 14, 12-3; at Albany Timber Lanes

Registration forms available in CC213
 Deadline to register is Friday, Jan. 13
 Entry fee of \$2 per event



SPORTS PAGE

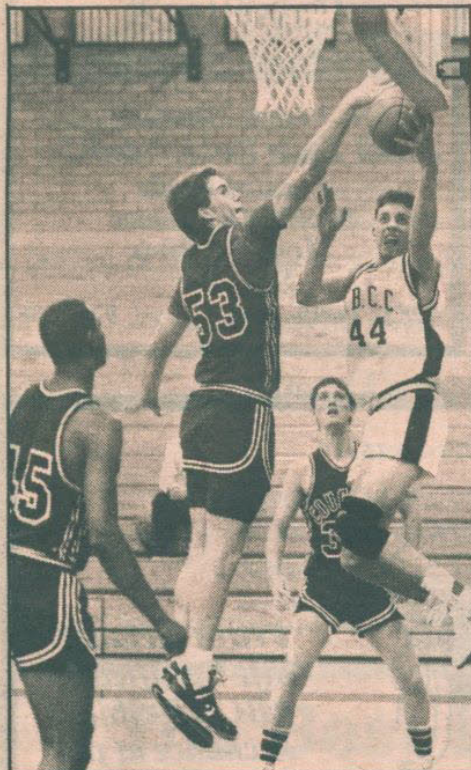
Roadrunners out-manned in first two league games

By Jess Reed
Commuter Sports Writer

LBCC's men's basketball team opened league play this week with two losses at home to highly touted Umpqua and Clackamas.

The Roadrunners, now 0-2 in the league and 6-8 overall, have lost five of their last six contests, primarily due to a shortage of manpower. Five players have been lost to the team since fall term—three have been plagued with injuries while two were ruled academically ineligible.

"We're having trouble being a complete team," coach Al Wellman said this week, noting that Jeff VanBishler, forward Chris Doscher, and guard Gar-mail Goins have been injured. The team also lost freshman Jeff Martain and Erick



LB's No. 44, Dave Dufort (above), and No. 22, Randy Arnold (below) attempt shots in last Saturday's loss against Clackamas.



The Commuter/RANDY WRIGHTHOUSE

Gordon due to academic reasons. "We're sort of in a transition right now," said Wellman.

LB played well Wednesday against Umpqua, which is currently ranked No. 2 in the NWAACC standings. But were out-matched in their 73-72 loss. Sophomore forward Dave Dufort scored 18 points and grabbed five rebounds for the Roadrunners.

LB didn't play as well Saturday against No. 8 Clackamas, however. Although trailing by only three points at half-time, the Roadrunners were outscored 55-34 in the second-half in route to a 103-79 loss. Clackamas made 23 of 28 free-throws and shot a fine 54 percent from the field to seal their victory.

Over the holidays the Roadrunners had a lot of problems, most of which revolved around a lack of players. In one contest they were forced to play with only three players on the floor due to the number of players who had fouled out or were injured.

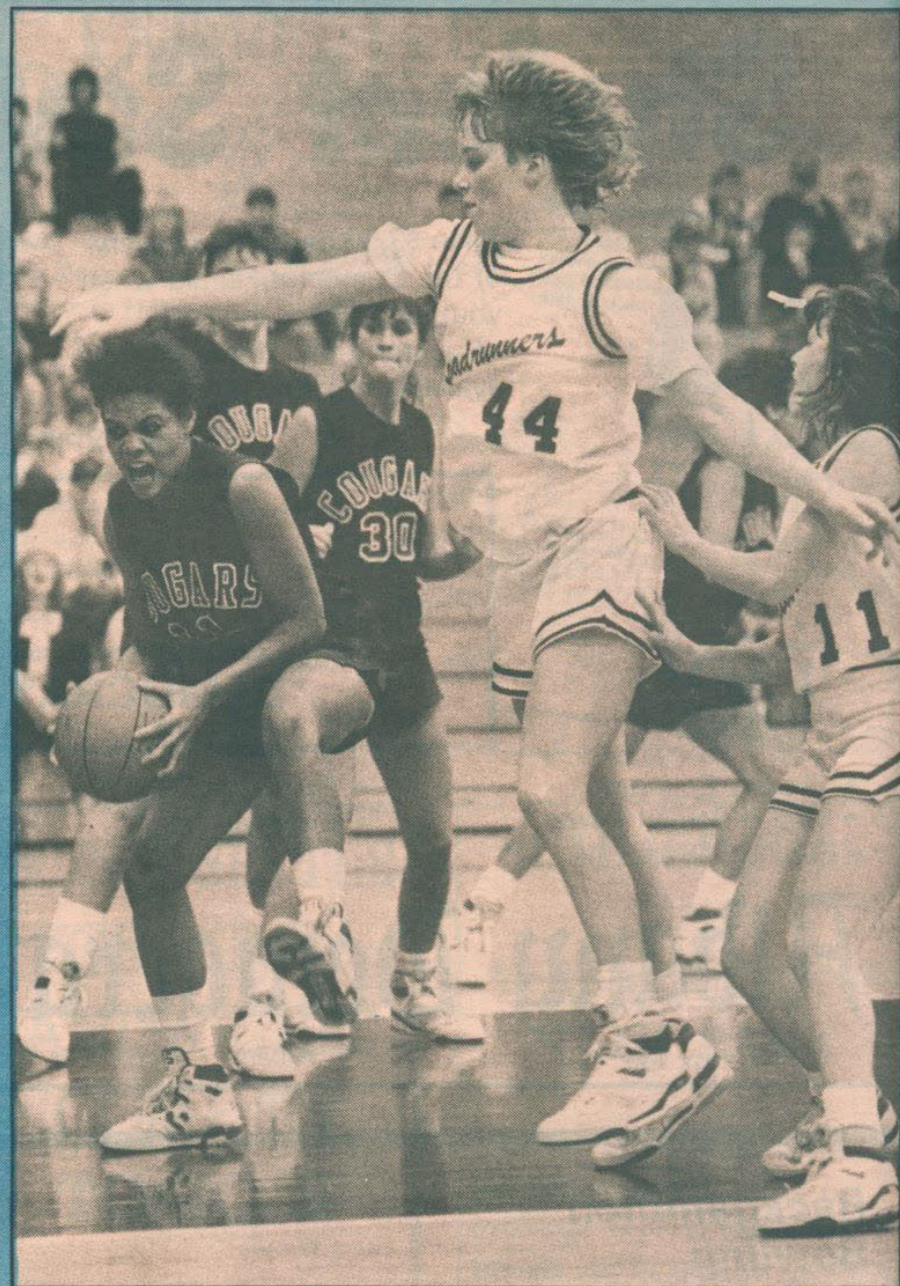
After a close loss to Centralia 53-51, and an overtime loss to Green River 76-73, LB picked up its only victory over the vacation by defeating Shoreline 104-99. Dufort scored 35 points and had 14 rebounds in the victory.

On Dec. 29 and 30 the Roadrunners played in the Lane tournament, losing to host Lane 92-91 in overtime, even though they played the overtime period with only four players and the last 10 seconds with only three.

"We had a chance to win it," said Wellman, but twice the Roadrunners missed the front ends of one-and-one free-throw tries—once with 10 seconds left and once with just two ticks left on the clock. Dufort scored 30 points and nabbed 10 rebounds in the game.

The men then lost the next night to the Lane Alumni 88-86. Dufort and guard Randy Arnold both scored 27.

The Roadrunners will play SWOCC on Wednesday in Coos Bay and will then play Portland CC in Portland.



The Commuter/RANDY WRIGHTHOUSE

Roadrunner Michelle Derry, No. 44, applies some defensive pressure against a determined-looking Clackamas player as Renee Elkins, No. 11, tries to help. Derry was named NWACC Women's Player of the Month for December in recognition of her strong play. In one game, she set a school scoring record by scoring 44 points.

LB women off to slow start; hope for turnaround tonight

By Arik Hesseldahl
Commuter Writer

The opening of the league season left the LB women's team with an 0-2 record, following two consecutive defeats at the hands of Umpqua and Clackamas community college.

Michelle Derry had 21 points and Lori Kennedy dropped 16 against Clackamas. In that game LB roared back in the final minutes, cutting a 16-point deficit to four with 2:29 to go, but Clackamas held on for a 72-62 victory.

"We weren't real strong in the first half," commented coach Debbie Prince. "We missed a lot of key opportunities, and just didn't match well with them." The loss followed a defeat in the league opener against Umpqua, 58-45.

Over the holiday break, the Roadrunners placed fourth in the She-Devil Tournament at Lower Columbia Community College. In their final game of the series, Derry buried 29 points and made 18 rebounds in a 69-67 defeat over Chemeketa.

In other games over the break, LB routed Olympic College in Bremerton WA, and lost to Centralia Community College. LB's next league matchup is tonight at South-Western Oregon Community College in Coos Bay, followed by a non-league game against the WOSC JV team Saturday at LB. "It's a 3-hour drive, and it's never easy to play well on the road, but we should be ready," said Prince of tonight's game.