

# THE COMMUTER A Student Publication

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Linn-Benton Community College, Albany, Oregon

## In the spirit of giving

### Volunteers offer opportunities to help needy

By Michele Warren  
Staff Writer

Throughout Linn and Benton counties, volunteer groups are collecting food and toys to help make it a merry Christmas for low-income families, abused children, and senior citizens.

By means of food collecting, Sharing Trees and toy drives, businesses, churches, fire departments, schools and other groups are able to serve a large percentage of needy people for Christmas.

The Lebanon Community Council, along with other organizations, has been serving Lebanon, Lacombe, Waterloo and Sodaville for 33 years. The council coordinates holiday food boxes for low-income families and toys for their children. The council assists all families other organizations are unable to accept plus encourage participation from the community. Last year 520 families were served and 889 toys were provided.

The Christmas headquarters LBCC's Lebanon Center, 2600 Stoltz Hill Road, will be open Dec. 19-23. Food may be delivered starting Dec. 19 from 9 a.m. to 4 p.m. All food boxes must be picked up by noon Dec. 23. Each child will receive one new toy and three used.

Children from low-income families in Benton County will be participating in the Jaycee Shopping Tour on Dec. 20. Each child will be escorted by a Jaycee or volunteer to shop for gifts at Fred Meyer. Then they will go to the Boys and Girls Club for pizza and gift wrapping. The program is being funded by last July's Miss Teen Oregon Pageant.

According to Carrie McKay, coordinator, the Salvation Army will put together food boxes while the Linn Christmas Greeters collect toys for Albany area children.

Nine sharing trees, decorated with the names of low-income and abused children and senior citizens, along with a description and what they want for Christmas, will be set up around Albany. The locations are K-Mart; West and South Albany high schools; the U.S. National Bank downtown; the Courthouse; Pietro's Pizza; Yogurts Inn; Two Rivers Mall; and Flynn's Mall.

Anyone can select a name off the Sharing Tree, buy a present and return it to the Sharing Tree by Dec. 16. There are 800 names on the trees.

"Adopt a Family" is another program coordinated by

the Linn Christmas Greeters. For the last three years people in the community can purchase a Christmas dinner and gifts for a low-income family. The size of the families varies and volunteers choose a family based on the amount of money they have available.

"This is a great program for groups of people, such as business offices, to share the expense and adopt a family together," said McKay.

The toys, which are either donated or bought with donated money, will be at the Toy Store at the National Guard Armory in Albany. The food boxes and toys can be picked up by the chosen families on Dec. 19, 20, and 22. Low-income families can apply at the Salvation Army, 345 Columbus, by Dec. 15.

The Salvation Army coordinates "Dress a Living Doll," a program in which a volunteer can buy a complete outfit for a child of any size. Last year 150 outfits were collected.

The Association for Motorcyclists of Oregon local chapter held its first toy "drive." Approximately 50 motorcycles of member and non-member riders rode in a group from LBCC to K-mart with toys on their bikes to donate for needy children in the area. The group collected a total of 104 toys.

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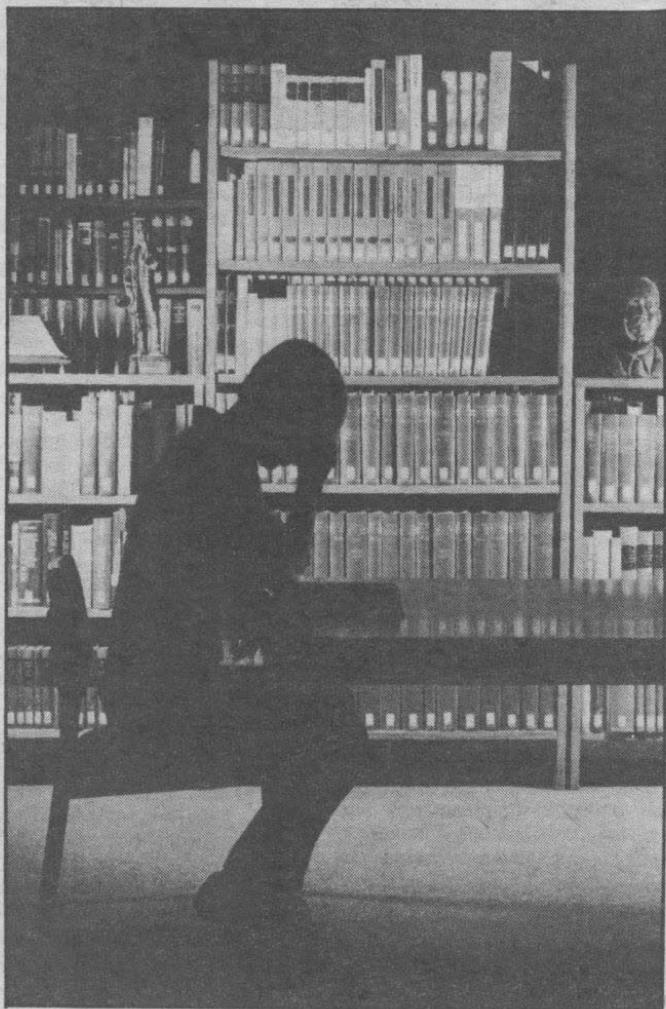


Photo by Dave Grubbs

### Final Frontier

As finals close in on LBCC students they take advantage of quiet places such as the library to study. Finals begin on Monday, Dec. 15, and end Wednesday, Dec. 17. Students can find a final schedule showing testing times and locations in the back of the fall term class schedule.



Photo by Eric Denny

Area motorcyclists gathered at LBCC on their way to donate toys at Kmart in Albany.

## New small businesses bringing hope, inspiration to Linn County economy

**Editor's Note:** This is the second in a two-part series exploring Linn County's economic recovery efforts.

By Cynthia Dettman  
Staff Writer

The room is warm and full of the spicy smells of Mexican home-cooking. Juanita Gonzalez smiles as she says goodbye to a friend's 2-year-old daughter, while her two teenage sons sit quietly eating their dinner.

You might think the Gonzalez family is home for the day.

But look again—you're at Juanita's Restaurant, a new family-operated eatery in downtown Albany—and it's just a lull in the family's long working day.

Juanita opened her restaurant on September 1 with only \$3,000 and no business experience behind her. She

says she couldn't have done it without the help she got through LBCC's Small Business Development Center.

The center promotes economic development in Linn County by assisting small businesses to survive and grow, says Mary Spilde, director of LBCC's Training and Economic Development Center.

This is the most realistic approach to local economic recovery, says Spilde. It's difficult to lure big companies to Linn County, and small businesses will provide more jobs and economic stability in the long run, added Spilde.

Juanita had been dreaming of opening a Mexican restaurant in Albany when she saw an ad for small business training. She was soon enrolled in 14 weeks of intensive

training in how to start and operate a small business. "We learned a little bit of everything," she says. "The more I went to class, the more I liked it!"

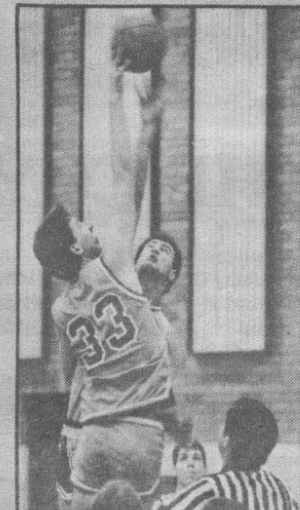
Her teacher, Ed Easton, a retired OSU business professor, helped with many of the details, including searching for a place to rent. Juanita called two or three times a week for technical help as the family prepared to open the business.

The whole family pitched in. Juanita's mother has managed restaurants and helped part-time. Her father, a retired carpenter, remodeled the small restaurant she had found. Juanita's sister and brother-in-law also help, and her two sons provide relief after school.

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## Editorial

### Parents should protect children from 'lemon' toys

Every year between Thanksgiving and Christmas children are the target of multimillion dollar advertising campaigns in the United States. Seven billion dollars are spent by parents on toys during the holidays according to the Oregon State Public Interest Research Group (OSPIRG). It's hard for parents to say "no" to a child at Christmas time but parents should be aware that many of these toys are dangerous.

"There is a common misconception that the federal government has significant control over potentially hazardous children's products," says Dr. Jack Schunk, a Portland pediatrician and OSPIRG consultant. Most toy recalls occur only after children have been seriously injured or killed, he says. "The responsibility for choosing safe toys remains mainly with the parents."

According to the Consumer Product Safety Commission, the number of toy related injuries rose from 118,000 in 1983 to 126,000 in 1984. These injuries include cuts and bruises to the extremities and face, burnings, blindings, permanent disfigurements, puncture wounds, fractures, dislocations, poisonings, sprains and even deaths.

Parents can help protect their child from these lemon toys by practicing good consumerism and by shopping for toys that are not only entertaining but educational.

"Toy Safety For Consumers," a booklet released by OSPIRG in November, provides guidelines for purchasing toys. The book suggests that parents read labels and examine products before purchasing the toys, do not assume that all toys on the shelf are safe, and select toys that suit your child's ability.

Other toy safety guidelines:

- Look for safety labels including "flame retardant/flame resistant" on fabric products and "washable/hygienic materials" on stuffed toys and dolls.
- Choose toys without small parts for children under the age of 3.
- Never buy children under 8 years of age electric toys with heating elements. Adults should always be present when hazardous toys like chemistry sets or hobby kits, are used by any child.
- Avoid toys that shoot or propel objects, such as bow and arrow sets or trigger guns. Arrows and darts purchased should have soft tips that are secure.
- Heed warning labels on noisy toys such as guns or caps. Federal law requires labels on toys that produce noise above a certain level because hearing damage is possible.
- When purchasing bicycles parents must choose a bicycle that fits the child's size today, not one that will be grown into later. The bicycle should be checked for sharp points and edges and protruding bolts that could tear clothing or skin.
- When buying art supplies look carefully at the labels. Some arts and craft materials may have potential health hazards.
- Avoid toys with small parts, sharp edges and points that may cause serious injury if swallowed, choked on, placed in ears or nose, or fallen against.

For more information on toy safety write to OSPIRG, 027 SW Arthur St., Portland, OR 97201.

Louisa Christensen

## 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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## Street Beat

### Do you think Christmas is too commercial?



Kimberly Phillips, psychology

"No, not really. I don't think it's too promotional. I like the way it is. I think Christmas is a time for family sharing. I think if I was more religious I might feel it was too commercial, but I'm not."



Scott Montgomery, journalism

"Yes, because they start the advertising too early. Christmas is too depressing as it is already because people can't really afford it. So why do they start promoting it right after Halloween when they have Thanksgiving to worry about?"



Natalie Allison, plant genetics

"Indeed so. Because they have taken Christ out of Christmas and replaced it with a dollar sign. I think that the stress related to Christmas puts a lot of people who do not have the funds to participate in Christmas in a state of depression. It also affects children physiologically too, because they might not get that toy they see on T.V. There's way too much commercialism."



Greg Hawk, physical education instructor and coach

"I think the main purpose of Christmas is a family situation in that we rejoice over the birth of Jesus Christ. I think that it is very commercialized. But then again, I definitely like big presents and shirts and pants and all those types of things that are associated with Christmas. The thing I'm trying to uncommercialize this year is the food because I'm on a diet."

Compiled by Todd Powell and Dave Grubbs

## Letters

### Beyond War event worth attending

#### To the Editor:

Albany and Corvallis volunteers in Beyond War cordially invite the readers of the Commuter to attend the Corvallis "downlink" of the fourth annual Beyond War Award ceremony, at Milam Auditorium, OSU, December 14, at 1:30 p.m.

This award will be presented to the four Latin American countries (Mexico, Panama, Colombia, and Venezuela) who have joined together as "The Contadora Group" to promote peace and minimize strife among their Central American neighbors. The ceremony will originate from five U.S. cities (San Francisco, Denver, Des Moines, Boston and Los Angeles) and from the capitals of the four countries being honored, whose heads of state will accept the award. It will be viewed in several Oregon cities, including Grants Pass, Eugene, Salem, Portland, and Corvallis, as well as in about 150 other cities in the U.S., Canada and Latin America. So audiences across two continents will join together in experiencing the possibility that peace really can be achieved on this planet.

We hope you'll join us for this unusual and exciting event.

Susan Unger  
Beyond War volunteer

## Oops!

Apologies to the LBCC men's basketball team, coaches, fans and the athletic department for the incorrect publication of game times for tournament play last week.

## 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.

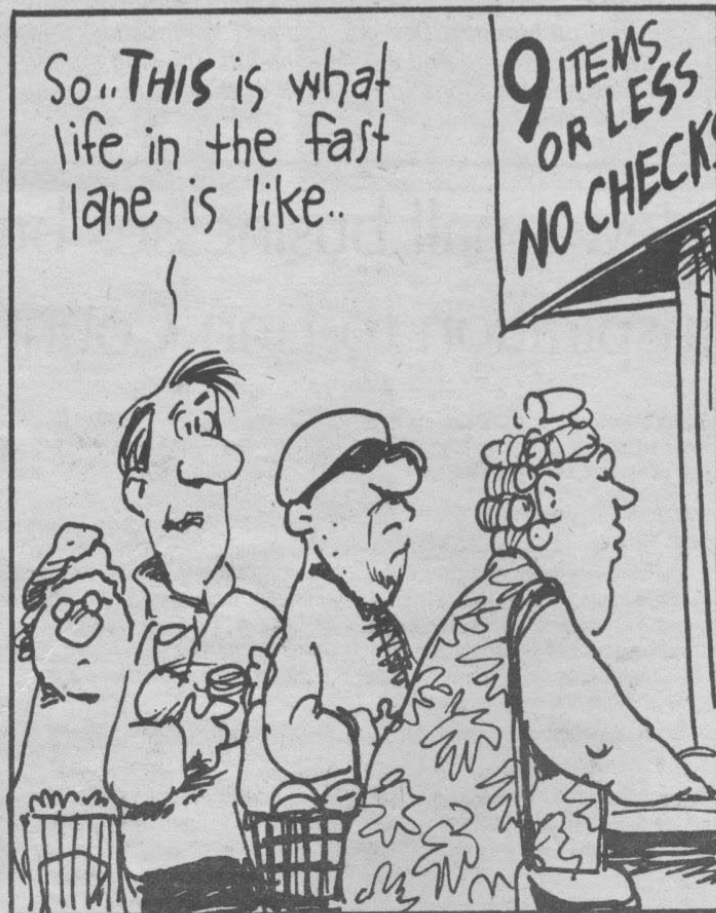
Submissions may be in the form of letters to the editor or, for topics which require deeper analysis, guest columns. All letters received will be published, space permitting,

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. Editors reserve the right to edit for length, grammar and spelling.

## Frankly Speaking

by Phil Frank



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# Campus to get new lights during vacation

By Todd Powell  
News Editor

"Simulations" are being randomly conducted in various offices across campus to test the efficiency of lighting methods.

According to LBCC Facilities Director Ray Jean, the experiments are part of the college's efforts to update the college's lighting system.

"When this campus was designed, energy was of no concern at the time," Jean said. "So now our concern is to reduce our lighting standard. Our campus simply has got too much candle power on desks and floors," he added.

Although the majority of light intensity will be decreased, some places on campus will be brightened. "That's what these simulations are attempting to show—the amount of light needed for that area to function properly," he said.

One of the places a simulation is being conducted is in Jean's office. He said, "I'm down to three lights out of the six and it's still adequate lighting."

Besides classrooms and offices a few of the major areas projected to change will be the:

- library—"We are planning to change from mercury vapor lights to metal halight," he said.

- Commons—"We'll switch from incandescent bulbs to fluorescent ones. It will actually increase the lighting as well as yield a savings."

- corridors (covered walkways)—"They'll be replacing that with high pressure sodium. That will help give us better lighting as well as using less electricity."

- parking lot—"They'll be treated the same way as the corridors."

Jean explained that the college is "under a real rush" to finish the simulations so the contractor can come make the new lighting improvements before their Jan. 31 deadline.

The college will pay contractors \$48,204 for the project, with Pacific Power and Light Co. picking up \$101,899 of the bill, which the college received in grants.

The contractor hired was Linnco Electric, of Corvallis, for a bid of \$165,224. The only other contractor that bid the job was TOPA Electric.

Jean explained that "a lot of contractors would have liked to bid it but I think they shied away because of the accounting. Every job is called an ECM (Energy Conservation Measure). Each ECM has to be accounted for itself to comply with the Department of Environmental Quality."

Besides the vast amount of tedious paperwork, Jean said that working around class schedules could be another drawback to contractors. "That's why we're hoping the contractor can come in over Christmas vacation so classroom structure won't be disturbed," he said.

The project, once completed, is estimated to yield an annual savings of \$49,000, according to the engineering study conducted last spring by CH2M-Hill. "I'd be happy with savings of \$35,000," Jean said. He added, "I'd much rather put the money into Student Programs than give it to a utility company."

## Energy project shelved because savings too slim

By Mike Gaines  
Staff Writer

A highly touted cogeneration project started by LBCC two years ago has been shelved.

The project proposed to generate both electrical and thermal energy from the same source—a Caterpillar G398TA generator.

According to Ray Jean, LBCC director of facilities, the generator was shipped from LBCC to Pape/Cat in Eugene and "tested under light, medium, and heavy loads."

"The operation of the generator was excellent," Jean remarked. However, Jean said the problem was

in the "marginal variance" between the cost of electricity and the cost of natural gas. "If electricity had been more expensive, it could have been a go," Jean added.

A steering committee appointed for the project decided that the fuel savings did not merit the investment of over \$200,000 needed to complete the project, Jean said.

George Kurtz, vice president of business affairs, commented that the generator is currently in storage and will probably be sold.

Had the project been successful, it would have made LBCC the first plant in the northwest to harness the energy loss of a power source and put it back to use.

## College closes Christmas week

If you plan to visit LBCC during the Christmas break you may be in for a surprise.

According to Pete Boyse, assistant to the president, LBCC will be closed the entire week of Christmas.

This isn't the first time this has happened. The President's Council decided last year to close campus during Christmas vacation in order to save money. The reasoning was, according to Boyse, that since not very many people were around during that week that LBCC could save money in heating and electric bills by shutting the campus down.

The President's Council has also declared the week during Christmas mandatory vacation time. Boyse said money is saved when there is a set vacation time for employees rather than having them take off whatever day they please throughout the academic year.

Boyse said as a result of the school closure, thousands of dollars will be saved.

## Leftover Christmas trees offered by campus offices

"Tis the season to be jolly," and Blaine Nisson, LBCC's director of admissions, is planning to make the holiday brighter for the less fortunate by providing a Christmas tree at no cost.

"There are families out there that are having a hard time with Christmas," he explained.

Nisson figured there's a dozen Christmas trees scattered across campus which could help the needy. "Offices have been putting up trees and we have to discard them when the college closes down," he said.

According to Nisson the idea of salvaging the trees came to him last season. "Some students saw trees laying in the hallway and asked of they could have one, I figured why not."

The trees will be distributed on a first-come basis in Takena Hall on Friday, Dec. 19 at 3 p.m.

Nisson encourages the offices involved to bring their tree there promptly. Also, anyone who can afford to donate "would be helping a worthy cause," said Nisson.



Photo by Dave Grubbs

### Ho! Ho! Ho!

Santa Claus (alias Al Barios, director of the Albany Center) reads Christmas lists brought to him by two children at the ASLBCC Children's Christmas Party last Saturday in the LBCC Commons. While Santa balances children on his knee; cookie cutting, jugglers, story tellers and singers entertain the rest of the crowd. More than six hundred people from Linn and Benton counties came to LBCC's 16th annual Christmas party.

## Etcetera

### Class Addition

The class "Introduction to Theatre" was left out of Winter Term's schedule. The class will be held Monday, Wednesday and Friday in T 219 at 11 a.m. to noon with Robert Hirsch instructing.

### Film Series

The OSU English Department and the Center for Humanities will present the 14th in a series of international films. "Always" will be shown Dec. 12 and 13 at 7 p.m. and 9 p.m. in the Wilkinson Auditorium for \$2.

### Seminar

LBCC's Business Office and TED Center will present a seminar on the new tax laws on Wed. Dec. 10 from 9 a.m. to noon and again at 1 p.m. to 4 p.m.

### Last Day

December 12 is the last day to request and audit or PINP for a grade. It is also the last day to officially withdraw.

### Buy Back

LBCC Bookstore will be buying back books next week. Students can sell their books back in the Willamette Room from 8:30 a.m. to 4 p.m. Dec. 15 and 16 and 11 a.m. to 7 p.m. Dec. 17.

### Choral Gift

"A Christmas Gift to the Community," a free choral performance by Linn-Benton Community College's Chamber and Concert Choirs, 8 p.m. Thursday, Dec. 11, Mainstage Theater in LBCC's Takena Hall, 6500 SW Pacific Blvd., Albany.

### Christmas Choral

"Christmas Oratorio" and "The Messiah" performed by Linn-Benton Community College's Community Chorale. 3 p.m. Sunday, Dec. 14, First United Methodist Church, 1115 28th SW, Albany and 8 p.m. Monday, Dec. 15, First Presbyterian Church, 114 SW 8th, Corvallis. Tickets are \$3 general admission and \$2.50 senior citizens and students. Tickets available at French's Jewelers in Albany, the Inkwell in Corvallis, the LBCC College Center office and at the door.

### Class Location Change

The class "Aerobic Fitness," which meets 5:30-6:30 for 10 weeks, is listed as meeting at Fairplay Elementary School on page 51 in LBCC's winter term schedule of classes. Because of scheduling conflicts, the class has been moved to the cafeteria at Western View Intermediate School, 1435 SW 35th Street.

Winter term registration for credit and non-credit Community Education classes begins Dec. 8. For more information, call LBCC's Benton Center, 757-8944.

### Whale Watching

LBCC's Science and Technology Division is offering a one-credit "Whale Watching" class winter term. Gift certificates for the \$19 tuition and \$13 lab fee (to cover charter boat rental) can be purchased at the college's Business Office, on the first floor of LBCC's College Center Building, 6500 SW Pacific Blvd., Albany. The person receiving the gift certificate should be sure to take it along when registering.

The "Whale Watching" class will hold pre- and post-trip classes 6:30-9:30 p.m. on Tuesday, Jan. 13, and Tuesday, Jan. 20, in room 202 in LBCC's Science and Technology Building. Students will participate in a charter boat trip on either Saturday, Jan. 17, or Sunday, Jan. 18, leaving LBCC at 7 a.m. and returning about 4 p.m. The class qualifies for one college transfer credit as a science elective.

For more information on the "Whale Watching" class, call LBCC's Science and Technology Division, 928-2361, ext. 182. For more information on LBCC gift certificates, call Julie Ingram in the Business Affairs Office, 928-2361, ext. 388.

### Lunch

The annual "Progressive Lunch" will be held Friday, Dec. 19 in the Commons 11:30 a.m.-1:30 p.m.

### Brown Bag Lunch

Linda Williamson will present a condensed version of "Unplug the Christmas Machine" Friday, Dec. 12 at noon in the Willamette Room.

### Gallery

Nationally shown artist Mac McGlothlin will display his wildlife paintings and woodcarvings in the Humanities Gallery until Dec. 15.

Continued from page one

# Jaunita's gets help from TED Center

Juanita has also gotten help and moral support from several former classmates she went through training with. Barbara Wilson, who has started her own woodworking business, built tables for the restaurant and distributed flyers for Juanita and

Juanita frequently consults with others, like John Smith, who has started a tractor business in Lebanon.

Other clients of the Small Business Development Center often help each other out in a variety of programs of-

ferred by the center.

Karen Malo, who recently opened Northwest Interiors by Design in Albany, says she has benefitted from talking to other small business owners in the Small Business Management Program, a 9 month

course offered by the center. Karen took over the business in August from her former employers when it was about to go under. She's doing well, she says, after cutting the business's overhead with the advice of her counselor.

Juanita's Restaurant also has a very low overhead because of all the volunteer labor Juanita gets from her family.

Juanita is proud that she hasn't borrowed any money. "It's been rough. It's not much to start with," she says, "but if I have to go down, I'm going to go down by myself."

The family works long hours because the restaurant, located at 239 W. First St., is open 7:30 a.m. to 8:00 p.m. and until 10 p.m. on Fridays and Saturdays. However, Juanita says the hardest part has been learning how to do bookkeeping, but now she knows how.

The restaurant hasn't made any profit yet, and probably won't for another year, says Juanita. Meanwhile, Juanita, a widow, supports herself and her three children on social security benefits. She hopes the restaurant will eventually make them self-sufficient. She plans to pay everyone in the extended family who

helps when she is able to.

The rewards are worth the headaches, says Juanita with a broad smile. She always wanted to be her own boss. When she was an employee she couldn't speak Spanish freely, and now she can. She also enjoys operating the business collectively. Major decisions are made as a group, and she encourages everyone to apply their own creativity and ideas to their work, instead of relying on her approval for everything.

Starting a restaurant in downtown Albany was a risky thing to do, says Juanita. She can't afford advertising, so she's relying on good food, low prices and word-of-mouth to build up her clientele.

Juanita says she didn't know where to start until she went through the training organized by LBCC's Small Business Development Center. "It's a very good idea and a great program."

Now all Juanita has to do is keep up the hard work, waiting and hoping that her business will thrive.

Economic developers who believe in the small business approach are also working hard, waiting and hoping that Linn County someday will thrive again.



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## CASCADES

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928-1500



Juanita Ganzalez relaxes after a hard day's work.



### Have A Merry

### Christmas

### And A Happy New

### Year!



2115 SW Pacific Blvd./926-2277

# College reinstates aid for parent ed lab fee

By Wanda Hollaway  
Staff Writer

Christmas came early for some LBCC students with children in the Campus Parent Child Cooperative.

In a decision made by Jon Carnahan, vice president of LBCC, on Dec. 4, a portion of the \$300 parent education lab fee will continue to be funded through Pell Grants.

In making his decision, Carnahan said that the question that had to be answered was "is it really a child care service or is it a program for parents?"

The practice came under question when Lance Popoff, LBCC financial aid director, began a review of all the funding policies at LBCC and concluded that the Parent Education Lab fee needed further interpretation.

Carnahan said that LBCC's Campus Parent Child Cooperative is a model program in Oregon and "parents are required to enroll in a vocational supplementary class which includes both seminar and lab participation."

Carnahan concluded that "our past practice and the use of that lab fee in the eligibility requirement for the Pell Grant was in the spirit of the guidelines."

In a memorandum sent to the financial aid office and the Parent Education Program, Carnahan stated "The lab meets child care needs only as a benefit that can be met while meeting our primary goal of providing education to parents."

Carnahan's decision will effect 12 parents out of the 24 currently enrolled in the Parent Education Program. Those parents could receive up to an additional \$170 in grant funds to help pay for the \$300 lab fee.

Continued from page one

## Volunteers carry on spirit

The Vina Moses Center in Corvallis coordinates food baskets with the help of Corvallis area businesses, the National Guard, the U.S. Forestry Service (OSU Forestry Sciences Laboratory) and many other volunteers.

Food for Vina Moses must be donated by Dec. 18 and will be distributed Dec. 22.

Food baskets for Brownsville, Peoria, Shedd and Halsey are being

handled by the Sharing Hands, 221 Averill St., Brownsville. They are open 10 a.m.-2 p.m. Monday-Friday. Donations can be made at Sharing Hands or the Village Pantry in Brownsville. A food donation box is also at the Cash and Carry Market in Halsey. There is Sharing Tree at the Shedd Post Office.

The fire stations in Jefferson, Scio, Crabtree and Sweet Home are accepting food donations for food baskets for needy families in their areas.

For all involved, helping the needy at Christmas time is a lot of hard work and often a year round job.

"It's the most worthwhile program I know," said McKay. "There is nothing like making a child's Christmas brighter."

**YOU COULD PROBABLY THINK OF A LOT OF BORING WAYS TO SAVE \$25,200 FOR YOUR EDUCATION.**

We haven't seen many bored soldiers, though. We're used to seeing young men and women earn vocational/technical school money by learning about high-tech tanks or truck engines or radio communications. And by getting into rock-hard physical shape.

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You could be one of them. Ask your local Army Recruiter about the GI Bill Plus the Army College Fund. And how it can turn saving money for your education into a matter of interest.

967-5915

**ARMY.  
BE ALL YOU CAN BE.**



### First Prize

Christians on campus, competing with other campus clubs, won a \$50 prize in the ASLBCC window painting contest on Friday. The first prize winners in the individual competition were Kathy Marion and Milton Perkins. The business office first prize winner was the Student Development Center.

Photo by George Petroccione

## Ceremony to honor peace efforts

By Kay Sams  
Editorial Assistant

The Contadora Group, a league of foreign ministers from Mexico, Columbia, Panama and Venezuela, will receive the 1986 Beyond War Award for its promotion of peaceful negotiations as an alternative to combat in Central America.

On December 14 from 1:30 to 4 p.m., it is estimated that 700 people will gather to witness the televised presentation of the award at the Milam Auditorium, OSU.

The fourth annual Beyond War Award ceremony will be broadcast

in a satellite communication from five U.S. cities, and from the capitals of the four countries being honored forming a "Spacebridge of the Americas." It will also be viewed in 150 other cities throughout the U.S., Canada and Latin America so audiences across the continent can witness this "grass roots movement" whose purpose is to "convey and develop ideas about peace," said Beyond War volunteer Susan Unger of Corvallis.

"Beyond War is trying to develop a new way of thinking," added Unger, "and identify all other people to the world instead of just family, religion and country. Once that identification is strong enough, we won't want to

use violence to resolve conflicts with other countries."

The dedicated efforts of the Contadora group is recognized by Beyond War as a symbol or prototype for the process of peace.

The approach to growing violence in Central America used by Contadora was not one of force but one of "respect shown for the basic principles of coexistence among nations," bringing about eventual cooperation for "economic and social development, peaceful settlement of disputes and free and authentic expression of popular will," according to a statement made in 1983 by the group itself.

Working locally, nationally and internationally, the Beyond War movement reaches out to new people by making "introductory" presentations to groups, clubs, organizations and religious gatherings.

Tickets for the award ceremony are available for \$4 at the Inkwell, Grassroots Bookstore, Rice's Pharmacy in Corvallis, and French's Jewelers in Albany or at the door the day of the event.

For more information about tickets and local meetings contact Homer Cambell at 929-6038 or Doug Clark, LBCC humanities instructor at ext. 176.

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# Health-Wise

By Diane Morelli

Last week we explored a few differences between problem drinkers and alcoholics. We also took a look at the effects of the drug, ethanol, on the body. Ethanol is the chemical compound found in alcoholic beverages.

Anyone who drinks excessively becomes a prime target for alcoholism. There are three basic stages of alcoholism. Keep in mind that these stages represent typical behavior. In real life a person might have shown only one or two symptoms of stage one, but already be in stage two. And there are varying degrees of conformity within any stage.

One of the first symptoms of alcoholism begins with the blackout. This does not mean that the drinker becomes unconscious. Quite the contrary. He or she could be the life of the party but the following day the person can't remember who was there or what they said or did.

Pre-drinking before a party, stockpiling and hiding liquor are all clues. A drinker may be heading for trouble if they have reached the point where they must have a drink and have it quickly.

During the second stage of alcoholism the person is still somewhat in control but the need to have a drink has become stronger. At this stage, family or friends begin to notice but the drinker begins to deny there is a problem. They may claim that they can stop at any time and sometimes are capable of stopping for a very short period. The abstinence doesn't last and the drinker begins to change some habits to avoid criticism.

He or she may now begin to patronize several liquor stores instead of one favorite one so that no one knows how much he or she is consuming. Many times men will stop going to their favorite bar and drinking with their buddies. They begin to change bars and drink with casual ac-

quaintances so that no one can keep tabs on them.

In this stage, guilt feelings begin, then fear sets in, followed by moments of remorse and sometimes aggressiveness. The drinker denies there is a problem so he or she won't go to someone else and talk about it. This produces more anxiousness and causes the person to drink more which causes them to be more afraid which causes them to drink more.

During this stage the blackouts get worse. Some lasting for a week instead of just a few hours.

When a person hits the last stage he or she can't function without alcohol but can't function with it either. All control is lost and the body takes over and demands alcohol; the craving now controls the drinker.

Malnutrition sets in. Isolation from others begins and the family of the drinker often begins isolating themselves from society, afraid someone else might see how bad the problem has become.

By this time the drinker is headed for probation at work, can't sleep, so he or she gets up and has a drink and if there is nothing in the house then shaving lotion or cologne might be substituted.

The teeth hurt too much to brush them. Uncontrollable shaking sometimes takes over—possibly followed by convulsions and hallucinations. The brain begins to deteriorate. Sometime the drinker tries suicide. Unless treated at this point, death is the result.

During the final stage a person may suffer delirium tremens, or "DTs." DTs occur from 24 to 96 hours after withdrawal from alcohol and always cause the victim to shake and go into convulsions. The DTs are the most severe form of withdrawal suffering and are fatal in one out of every four cases.

## Instructor leads study trip to Europe

A 15-day European study program called Routes from the South, includes a visit to the Rock of Gibraltar off Spain's southern tip, Madrid's

Prado Museum and city tour, a stay at a Costa del Sol resort on Spain's Mediterranean shore and sightseeing in Paris and London.

Vera Harding, LBCC Spanish and writing instructor, is coordinating the local group and will give information at an orientation on Thursday, Dec. 11 at 3:00 p.m. in Takena 214.

Travel arrangements are made by the American Leadership Study Groups (ASLSG), of Massachusetts and Harding said six local participants are required. The group from LBCC will depart from Seattle on June 17th and join participants from all over the world at the starting point in Europe.

The price of \$1799 includes round-trip air transportation from Seattle, ground transportation in Europe, accommodations, breakfast and dinner daily and sightseeing and group activities. In addition, a non-refundable \$45 will be charged for a cultural awareness workbook provided by ASLSG.

Although Harding, who was born in Rio de Janeiro, Brazil, speaks Portuguese, Spanish, French and English, she said knowledge of a foreign language is not necessary.

For more information and an application form, see Harding in T 214, ext. 456, or attend the orientation on Thursday, Dec. 11 at 3:00 in T 214.



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## The Puzzle

**ACROSS**

1 Macaw  
4 Young salmon  
8 Cuts  
12 Take unlawfully  
13 Butter substitute: colloq.  
14 Semi-precious stone  
15 Hail!  
16 Ephemeral  
18 Chimes  
20 Danish island  
21 Babylonian deity  
22 Abstract being  
23 Memorandum  
27 Aeriform fluid  
29 Cushion  
30 Last  
31 Indian mulberry  
32 Rodent  
33 Moccasin  
34 Exists

**DOWN**

1 Desert dweller  
2 Wander  
3 White poplars

35 Scatter  
37 Mournful  
38 Guido's high note  
39 Body of water  
40 Hit lightly  
41 Chaldean city  
42 Imitated  
44 A month  
47 Gave a prior warning  
51 Room in harem  
52 Cry of Bacchanals  
53 Lamb's pen name  
54 Crimson  
55 Small lumps  
56 Fixed period of time  
57 Declare

4 Vessels  
5 Pub beverage  
6 Recommit  
7 Lassos  
8 Foolish  
9 New Deal

10 Armed conflict  
11 Crafty  
17 Owner's risk: abbr.  
19 Note of scale  
22 Dine  
24 Attached to  
25 Caudal appendage  
26 "Lohengrin" heroine  
27 Strain for breath  
28 Choir voice  
29 Animal's foot  
30 Novelty  
32 Tells  
33 Soft food  
36 Artificial language  
37 Seat on horse  
38 Mistakes  
40 Doctrine  
41 Above  
43 Hebrew letter  
44 The first man  
45 Mental image  
46 Wife of a knight  
47 Church bench  
48 Eggs  
49 Land measure  
50 Goddess of healing

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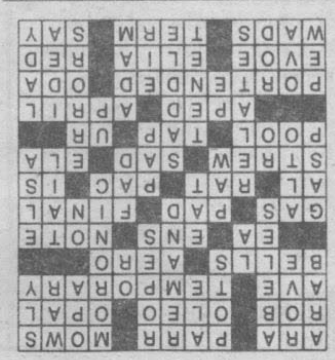
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## Out-of-Bounds

By Matt Rasmussen

'Twas the night before Christmas  
and all through the rooms,  
not a creature was stirring  
we'd run out of spoons!

The Sports Editor was hung  
in the press room with care  
wondering if someone  
would free him from there.

Bound to the wall  
with my baseball cap  
I didn't look forward  
to this long winters nap.

When out in the hall  
there arose such a sound,  
like an F-16  
just touching down.

With all my might  
I lept from the wall  
using tables and chairs  
to break my fall.

I ran to the window,  
threw up on the sill,  
the impact of my fall  
made me quite ill.

Then what to my bloodshot  
eyes did appear,  
but a pudgy old Santa  
guzzling a beer.

He opened another  
and finished so quick,  
I knew in an instant  
he soon would be sick!

His six-pack empty,  
he jumped from his sleigh,  
slipping and falling,  
he cursed all the way.

Bag in hand  
and bruised behind,  
he searched for a corkscrew  
to open some wine.

"Good cheer," he shouted  
and then "Bottoms up!"  
He drank from the bottle  
disdaining a cup.

"What's wrong?" I queried.  
He turned right around,  
studied my face  
and started to frown.

"Christmas ain't right,"  
he began to shout.  
"People forgot  
what it's all about."

"The spirit of giving  
was given away,  
sold out for a dollar  
and returned the next day."

"My elves are on strike,  
disputing sick pay,  
the reindeer are gone,  
I've run out of hay!"

"Little kids pull my beard,  
they wet on my lap.  
Nobody wants Andy Williams,  
they all want Rap."

I pondered these problems  
not wanting to think  
that the state of the world  
led Santa to drink.

But it was too true  
of that merry old man  
leaving his lunch  
in my garbage can.

"On Dasher, on Dancer,  
on Comet and Blitzen,  
on Ford and Carter,  
Reagan and Nixon."

"They've taken the spirit  
and run it aground.  
Put them in this sleigh,  
I'll fly 'em around."

"I'll show that rot  
with a few lumps of coal,  
a 3-G dive  
and a barrel role."

"No guns for Ronny,  
he'll get flowers tonight  
and A's for you,  
you seem pretty bright."

We pushed his cart  
out onto the lawn.  
Then I found some cows  
just before dawn.

He harnessed 'em up,  
cinched them down tight,  
released the brake  
and soared into the night.

"On Flossie, on Sally,  
Suzie and Flo,  
to my house in Hawaii  
I'm ready to go!"

If Christmas morn  
you got passed by.  
Check the front yard  
for a steaming cow pie!

Santa's no dummy,  
he's gonna bounce back,  
just give him a year  
to get his cows on track.

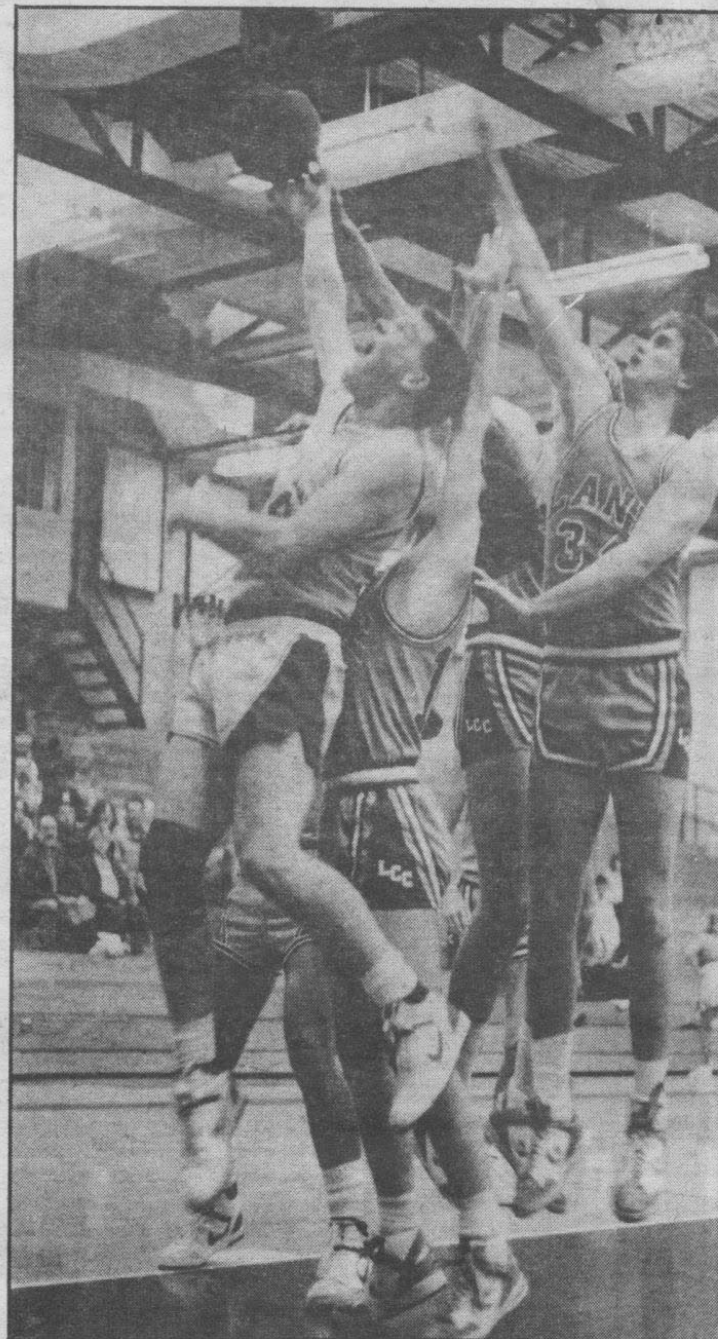


Photo by George Petroccione

Roadrunner Chris Denker struggles to make the shot while three Lane opponents defend.

## Pioneers return to surprise LB

by Matt Rasmussen  
Sports Editor

Playing their third game in as many nights, fate caught the lady Roadrunners two players down and two out as the visiting Lewis and Clark JV's downed LB 59-53 in a non-conference game Monday night. Linn-Benton now stands at 4-1 on the season.

LB came out strong but got into foul trouble early. The first two trips down the floor netted the Roadrunners two personal fouls. Being without the services of two starting guards; freshman Cheryl Kundert out with knee problems, and freshman Cassie Demry out with the flu, Coach Greg Hawk had only two reserves on the bench.

Lewis and Clark started their comeback early in the second half, eventually evening the score at 45 with 9:06 left to play in the game. First, Judy Barnhard fouled out, then Andrea Powell picked up her fourth personal. The lead continued to seesaw with neither team gaining more than a two point advantage. At the 3:09 mark Jami Moberg fouled out, Lewis and Clark was already in the bonus but failed to convert the free throw and the score remained tied at 51. LB's only points in the rest of the game came from Kelly Reed who hit a jumper from 19 feet. Although the Roadrunners had plenty of chances, they couldn't get any more to fall. Lewis and Clark added insult to injury with a fast break that tore apart LB's weak press.

"It was one of those games where we kind of went through the motions," said Coach Hawk, "and you can't expect to win those games. We were backing off of them. We couldn't play our type of game."

"It was a frustrating evening," Hawk added. "I know that the girls were frustrated. It's tough to have organization whenever you do not have predominant players out

there on the floor that you are used to playing with. That's what happened to us in the last three minutes. We didn't have our money players out there when it was money time."

Saturday and Sunday the Roadrunners took a pair of games from Blue Mountain Community College, winning 63-45, and 50-45. Judy Barnhart exploded for 18 points Saturday to lead all scorers and 11 rebounds to lead the game in that department as well. Cheryl Kundert amassed 15 points and 10 rebounds before injuring her knee. In Sunday's game Paula Stockemer hit only two field goals the entire night, but put in 10 points from the charity stripe to lead all scorers with 14.

"If we can't get Cheryl back," said the coach, "we're in for a quite a long season. She's a gal that figures into a lot of the scoring, rebounding, assists, blocked shots, and pretty much our team leader out there on the court."

"You always like to win, but sometimes you can gain experience and in depth looks at personalities in a frustrating loss. It was a frustrating loss for the players and the coaches. I'm just looking forward to getting back in the gym and getting on with it," said Hawk.

This weekend the women host Umpqua, Lane and SWOCC in the Linn Benton Tournament. The lady Roadrunners take on Umpqua at 8 p.m., Friday. The early game starts at 6 p.m. Saturday's consolation game starts at 6 p.m. with the championship game scheduled for 8 p.m.

"I know one thing for sure," added Hawk, "I don't like my pillow being hard, and it was hard last night (Monday). The old coach likes to play well and sleep easy. We didn't play well and I didn't sleep easy last night. I'm looking forward to getting into the gym and gathering their attention for a few days."

## Three-pointer beats men in tournament title game

by Matt Rasmussen  
Sports Editor

Linn-Benton men's team dropped a heartbreaker Saturday night against Lane Community College, 85-83, in the championship game of the Linn-Benton Tournament.

"We made some mistakes in letting them come back on us," said Coach Duane Barrett on the loss to the Titans. "But the last two minutes we played well. They just made a shot, that's all you can say about that. Scott (Montgomery) was playing the kid pretty close, the guy just hit a tough shot."

LB advanced to the title game by defeating Blue Mountain Community College 98-90, the Timberwolves were 4-0 before facing the Roadrunners. Lane defeated Lower Columbia 91-75.

"A good weekend for us in a lot of ways," said Barrett. "Blue Mountain came in here undefeated. They're a good, big ballclub so I was pleased about beating them. Saturday night we played well. That was probably our best game of the season, we didn't have many turnovers. Down at the wire we made a good play, they made a good play. We feel we're better than they (Lane) are."

Jeff Vinson led the Runners against Blue Mountain with 23 points on Friday, while Montgomery led LB against Lane with 29 points and 11 rebounds. Joe Kleinschmidt had 17 points Friday and another 16 on Saturday.

Montgomery's 49 tournament points snagged him the MVP award and his second spot on a All-Tournament team in as many weeks. "Scott played really well overall for the weekend," Coach Barrett stated. "He had some impressive statistics. He's working really hard. It's a well deserved honor, and I'm pleased for him."

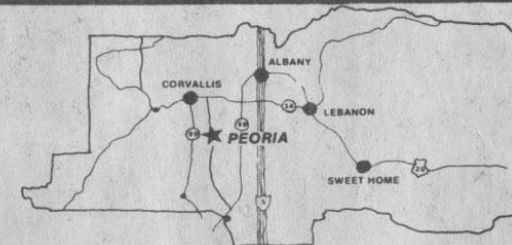
The Roadrunners head north to Chemeketa Community College this weekend for a Friday night match with Ft. Steilacoom Community College and a Saturday night game with Centralia Community College. Then they return home next week for Wednesday and Thursday night games with Linfield JV's and the University of Washington JV's. Both home games start at 8 p.m.



# Backroads

## Peoria

By Pam Mitchell  
Staff Writer



Although the history of Peoria is evident in the grain warehouse still standing after 110 years, across the road in the Peoria General Store, products of the 1980s are sold—items such as take-n-bake pizza and baseball caps with matching tee shirts reading "Peoria, where life is worth living."

Peoria is located 11 miles south of Corvallis on the Willamette River. In 1851, Peoria was founded by H.A. McCartney and with rich soil and the nearby river, the town soon grew into an important steamboat shipping center. For about 25 years ranchers from miles around drove their grain to be stored and shipped from the river port.

In 1875, according to "Willamette Landings," Peoria had four grain warehouses with a capacity of 60,000 bushels of grain and during that year held 30,000 bushels. The town's school house held 60 students.

The arrival of the railroad in nearby Halsey and Shedd began the decline of Peoria as a shipping port.

Today, Peoria is a well-manicured agricultural area and somewhat of a tourist town. Although the small community may be out-of-the-way for some, it is on the main route for bicyclists traveling the transcontinental bike trail. Peoria General Store owner, Gary Brooks, has met bicyclists from as far away as Georgia and Washington, D.C.



Photos by George Petroccione

