

# Proposed annexation meets Council tonight

By Buschauer  
Writer

to annex LBCC's 104  
us a substantial amount  
rounding acreage will  
before the Albany City  
tonight for approval.

to be examined by the  
is a proposal to rezone  
the lots adjacent to the  
grounds.

Proposed annexation has  
been recommended for  
by the Albany Planning  
ision. It would affect the  
m the Calapooia River to  
Blvd. (east to west) and  
rd St. to LBCC (north to

conclusion of this territory  
add 1,200 or more new  
to Albany.

According to LBCC Facilities  
and Albany City Coun-  
ber Ray Jean, "There is  
ly no reason why the  
ould not pass."

ing within limits of city  
," explained Jean, "will  
present police protection  
county sheriff to city  
as well as change rural  
protection to city fire  
on."

ents of the affected area  
le and College Green)  
charged an additional \$28  
r "these privileges"  
by the city.

ver, residents in the  
and College Green  
ow pay one-and-one-half  
more for sewer services  
their city counterparts.

annexation passes, the  
ncluding LBCC) would  
lesser city rate.

g with the proposed  
ion, the rezoning of a lot  
at the northwest corner  
ic Blvd. and W. Belmont  
e entrance to College  
is expected to meet  
al from the Council. The

rezoning will change the lot from  
an R-2 (Residential) zoning to a  
C-1 (Commercial) zoning.

Jean recalled that a few years  
ago an identical annexation  
actually took place, but only for  
a short time. Petitioners had  
collected the required number of  
signatures to pass the measure,  
but a subsequent scrutiny of  
signature validity proved one  
signature to be false. The  
annexation had to be dropped.

The commercial zoning should  
invite an interested developer to  
construct a "neighborhood con-  
venience center," speculated  
Jean.

"It's a good little location,"  
he suggested. "I think it would  
do very well, and it would be a  
convenience too. I really feel  
that it's good for the college."

Jean believes that a "con-  
venience center" of this kind  
(with perhaps, a small market,  
laundromat or barbershop etc.)  
could save area residents a trip  
into Albany "for just a loaf of  
bread." In this manner it would  
divert unnecessary traffic from  
Highway 99.

Eventually, added Jean,  
Looney Lane will be extended  
from 53rd St. to Allen Lane. It  
will follow along the west  
property line of the college,  
creating a throughway for  
"anyone living in the subdivi-  
sions wanting to go to Corvallis  
or any points west to get directly  
to Highway 34."

In a small way this measure  
would help solve the perpetual  
traffic problem encountered by  
those using Highway 99.

"There's no doubt that this  
rezoning will put some pressure  
on the state to put a traffic  
signal at Pacific and Belmont to  
accomodate residents," project-  
ed Jean. □



Photo by Micheal Bracher

AFTER TONIGHT's Albany City Council meeting, this open space may be rezoned so that it could someday be developed into a small shopping area. It's on the corner of Pacific Blvd. and Belmont, the road that goes by the Colony Inn Apartments.

## Commuter

VOLUME 10 NUMBER 9

LBCC•ALBANY, OR. 97321

NOVEMBER 29, 1978

### Newly developed class deals with classic flims of yesteryear

by Randy West  
Contributor

If names like Bogart, Brando and Chaplin catch your eye and 52.6 cents per film is a good

price, then FA 259 is for you.

That's the course number for Films and Society, a class offered by the Humanities Department Winter term at LBCC.

According to instructor Doug Clark, the class is designed to "explore the development of movies used to create and reflect our view of society."

Although the course is worth three (transferable) college credits, the best part for some is that there are no tests. You don't even need to take the class.

All that's required is to audit the class and pay a \$10 film fee.

To receive credits, students must simply register, attend class discussions and pass the

take-home exam.

Some of the 19 films included in the schedule are "High Noon" with Gary Cooper, "You Only Live Once" (Fonda) and "On the Waterfront" (Brando).

Themes that will be covered during the class include propa- ganda, the silent era, American documentaries, anti-war and the "serious" films of the fifties and sixties.

Also interwoven in the class objectives are an "understand- ing of the interplay of artistic and business values in the motion picture industry, the political implications of the power of film in shaping audience attitudes and the struggle over censorship." □



Photo by Ruth Tjernlund

OF THE MANY purposes of the Math Lab is demonstrated here by John Bradfield. Another place "quiet study" is the library. It is featured this week by photographer Ruth Tjernlund, who found a variety of ways people find comfort there. See pages 4 and 5.

#### Inside...

- A field trip to Malheur offered breath-taking sights, pictured on page 3.
- How is our library commonly used? Find out on pages 4 & 5.
- The theory behind bio-rhythms is charted on page 7.

## Editorial

# Teacher evaluations are not a worthless waste of time

by Dale Stowell  
Commuter Editor

For students at LBCC, influence over instructors comes from the power of the pencil. Or at least a number two pencil, for that's what is required when filling out an instructor evaluation.

Sure that the views in these evaluations were held in low regard, I went out talking to those being evaluated only to be proven wrong.

Although most of the instructors were critical of some aspect of these evaluations, all concluded that they were relevant and helpful.

These evaluations have two parts. The first part simply asks you to rate the instructor in a number of areas such as class preparation, availability, etc...from very poor to very good. The second part gives students the opportunity to make written comments. Both parts are done anonymously.

However, a few instructors pointed out that unless the rating section of the evaluation showed some obvious weakness, the written comments were more helpful. This is something a great number of students neglect to do when evaluating an instructor.

Another gripe made concerned the rating area of the evaluation. It pointed out that these questions could be interpreted different ways just because of difference in background. Where the instructor at LBCC, reflecting on his education, may think he is doing a good job in certain areas, the student may still want more.

These evaluations are also supposedly used as a criteria for retention or termination of the teachers' job. The evaluations go to the department chairman in order to help him decide the recommendation he will submit to the dean of instruction.

However, there's never been an instance when these evaluations have prompted the college to not renew a teacher's contract.

"I don't know how the hell some (instructors) are still around," said one teacher with candor.

Still instructors seem to support these evaluations and with better student understanding of the influence they can actually exert, perhaps they may become more useful. □

## Hacky Sack pros to visit campus

Hacky Sack enthusiasts will have the chance to see footbag pros in action Wednesday, Dec. 6, from 11:30 a.m. to 1 p.m., in the Alsea-Calapooia Room.

Hacky Sack is a relatively new game which was developed in Oregon. The object is to keep a small leather footbag airborne, without using the upper parts of the body.

A team of players from The National Hacky Sack Association headed by John Stallberger who created the game, will demonstrate their skill at LBCC one week from today.

The team travels throughout

the Northwest providing half-time entertainment at sports events, as well as teaching the game in schools. □

## OSU reps here

More representatives than usual are on campus today from Oregon State University.

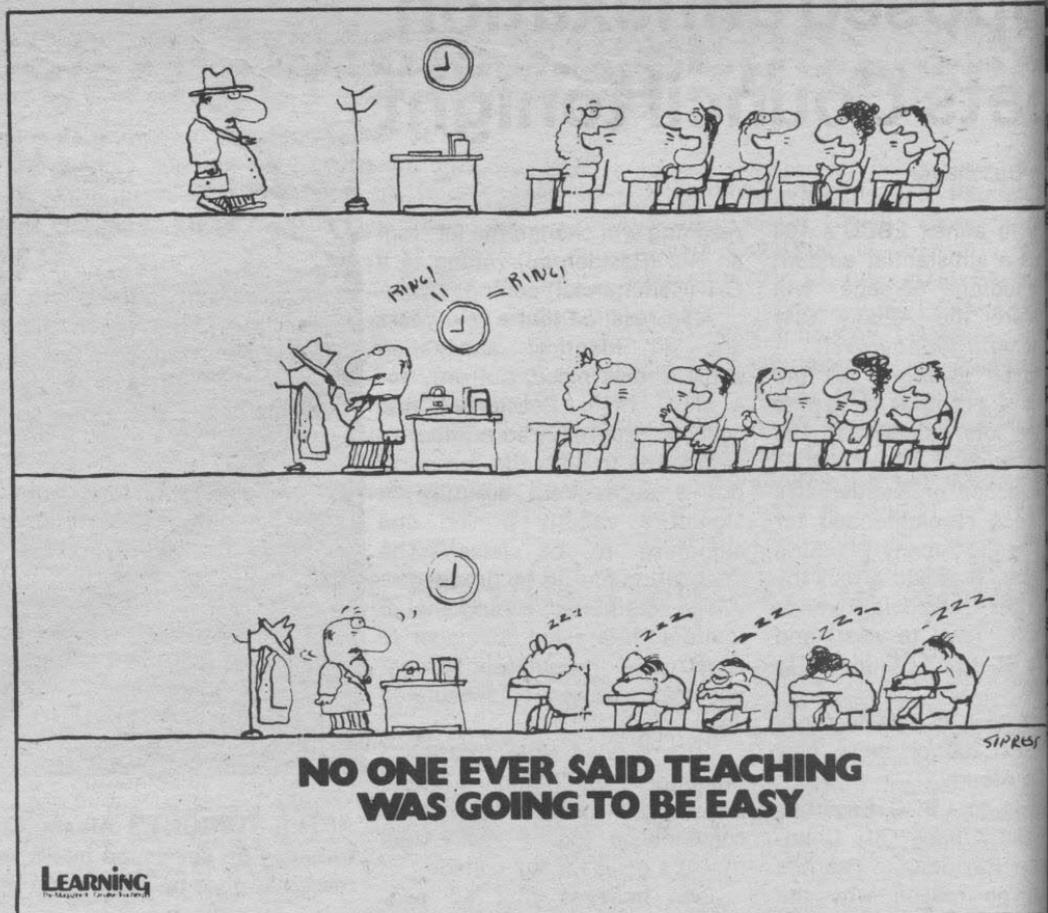
Set up in the Commons from 9 a.m. until 2 p.m. will be representatives from the following colleges: Science, Home Economics, Liberal Arts, Engineering and Education. □

# Commuter

VOLUME 10 NUMBER 9 NOVEMBER 29, 1978

The *Commuter* is the weekly student-managed newspaper for the students of 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 the Associated Students of LBCC. Signed editorials, columns and letters reflect only the opinions of the individuals who sign them. Correspondence should be addressed to the *Commuter*, Linn-Benton Community College, 6500 S.W. Pacific Blvd., Albany, Oregon 97321, Phone (503) 928-2361, ext. 439.

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## Student-parents face dilemmas in finding adequate child care

by Retha Bouma  
Staff Writer

Parents who wish to return to school are often faced with the dilemmas of where and how to afford child care.

The Financial Aids Office has a child care directory published by the Community Coordinated Child Care Council (Four C's). It contains 67 child care facilities listed for Linn, Benton and Lincoln Counties.

Various types of care are available, including part-time programs, day care centers, and co-op or exchange programs.

Marti Ayers, Language Art instructor, expressed concern about meeting these needs of student parents.

"My job pays well enough for me to afford child care. I don't know how students with a low income can manage," Ayers commented.

In checking with various parents around campus, many related their experiences in arranging care for their offspring.

Joan Thornburgh, student in advertising promotion, has a five-and-a-half year old daughter. Thornburgh explained that she contacted Children's Services Division for a list of places that provided both kindergarten care and after school care. Upon receiving the list, Thornburgh called each and related her needs.

"With my hectic schedule changes, I think I was really fortunate," Thornburgh explained.

Carol Vaeth, archeology major, made provisions for her five-year-old daughter three months before moving to Corvallis. Vaeth inquired about

Corvallis care at the child care facility she used previously in Lebanon.

"I was fortunate in finding the type of care I needed," Vaeth said. "Children's Services has cut funding for children of students, however, I still find I can afford it because cost is based on a sliding (income) scale," Vaeth continued.

Cheri Yasami, student organizations clerk, confided, "I had to quit school because of costs." She presently arranges for child care for her six-year-old son on a sliding scale.

Sue Goreley, animal technology major, relies on the Child Care lab for care of her three-year-old son. Goreley lined up provisions through the Financial Aids Office.

"You have to be a full-time student," she explained. "They don't have room for everyone."

Goreley pays \$95 a term, and exchanges two working hours per week in the child care lab plus two hours per week in a class seminar.

However, students with older children rely on their children to help. Duane Stevens, general studies student, disclosed that he depends on his eight-year-old son to occasionally watch himself.

"He can always go over to his grandparents," Stevens said. "I would have felt different if it were two years ago," Stevens added.

The biggest concern that parents expressed was over the quality of the care provided.

Corilee Heinis of the Developmental Center claims that she interviewed three people, but called six more before finding adequate child care for her

six-year-old daughter.

Heinis had reservations about the intellectual stimulation.

"I had a sitter in Albany who was like a second mother. Although I can't replace her as a former sitter, I feel at least the young mother can't employ," Heinis stated.

Jenny Spiker, Journalism Photography instructor, has a two-year-old son. Spiker has excellent care through a private in-home care provider.

"You have to have two people working to afford this kind of child care," Spiker observed.

(Continued)

## Pots, etc. to

by Kendra Cheney  
Staff Writer

The LBCC Potters Guild is holding a pottery sale of student works from 9am to 4pm in the Commons. The pottery sale is a biannual event held in the Fireside Room.

"We've always had good turn-outs. The new pieces should attract even more people," said Judy, president of the guild.

"The prices for student works are reasonable which should be a major attraction," she continued.

Gene Tobey, artist-instructor, and Jay Widmer, instructor, will jury the sale.

Selections of student works also be shown prior to the Humanities Gallery.

Works planned for the sale include pot roast collanders, art pieces of teapots and mugs. □

# als, requests stated in assembly platform

Kenneke  
ter

als of the Oregon Community College  
's (OCCA) 1979-81 platform have been set  
be presented to legislators meeting locally  
at the state and to Governor-elect Victor  
mid-December.

ing to LBCC President Ray Needham, the  
aiming for an average increase in state  
from 45 per cent to 48.5 per cent, thus  
a total of over \$109 million for the two-year  
property taxes, tuition and federal contribu-  
e up the rest of the funding.

OCCA's request is granted, LBCC's share  
\$3,910,580 annually, Needham said.  
explained that this figure represents LBCC's  
us \$100,000 subtracted to defray current  
on costs.

gh the OCCA is asking for an increase in  
port amounting to 48.5 per cent, LBCC stands  
e only 42 percent. Don Shelton, executive  
of the OCCA, explained the discrepancy.

The cost of operating a community college is partly  
determined by what Shelton calls a 'student/faculty  
ratio'. In other words, a community college with a  
ratio of 20:1 is more costly to operate than one with a  
25:1 ratio, he said.

The types of programs offered affect this ratio.  
Large lecture classes increase the ratio and,  
conversely, classes designed for a few students bring  
it down. Other variables such as the number of  
counselors available or the size of the secretarial staff  
play a part in the total cost.

Community colleges with lower operating costs  
receive a greater percentage of state funding.

The OCCA made the following recommendations  
concerning policy:

—Continue the present method of funding  
according to the number of students being  
taught. This is called full-time teaching  
equivalent (FTE). The OCCA opposes  
program funding.

—Create a higher rate of funding for the first  
1100 FTE students. The State Board of  
Education proposes \$1290 for the first 1100  
students and \$940 for each FTE thereafter in  
1979-80 and in 1980-81 \$1410 for the first  
1100 FTE and \$1020 thereafter.

—Continue the 'open door' policy for students  
and make it a state goal to fund all eligible  
FTE students so the 'open door' policy can  
continue.

—Maintain local governance of community  
colleges.

—Retain the ability to levy local taxes with a  
majority approval of the electorate.

—Continue to support the State Board of  
Education.

Eight of the 13 community colleges have requested  
money for construction. LBCC is not among them.

Shelton declined to speculate on how successful the  
OCCA would be in attaining its goals by saying, "To  
predict at this point in time just isn't possible." □



Photo by Ruth Tjernlund

VISTA OVERLOOK is one of the desert scenes that LBCC students saw as a part of their  
living field study course.



Photo by Ruth Tjernlund

D CABIN at the Double 00 Ranch in the Malheur Wildlife Refuge caught the photo-  
student's eye.

## Wildlife studied on-the-spot

The Malheur National Wildlife Refuge was the site of a  
weekend expedition for an LBCC mini-class in field study.

The class of 10 was headed by instructor Kevin Howe, a  
graduate student from OSU. For two credits, the class was  
required to attend two night-time sessions, in addition to  
participating in the weekend jaunt.

While most LBCC students were eating turkey and  
pumpkin pie Thursday afternoon, the small class was  
heading for the Malheur Refuge, south of Burns, where  
they stayed until Sunday afternoon.

Housed in dorms for their stay, the students spent their  
time studying the fall bird migration, wildlife and learning  
about how animals live through winter.

Antelope, coyotes, bald eagles, golden eagles and swans  
were just a few of the many spectacular sites witnessed by  
the students during their excursion.

According to Bob Ross, biology instructor who was a  
participant in the trip, the class returned tired "but they  
had a good time." He explained the mini-class, although  
short, is actually a full-fledged course.

"It's a red-hot, all-in-one shot," he defined. □

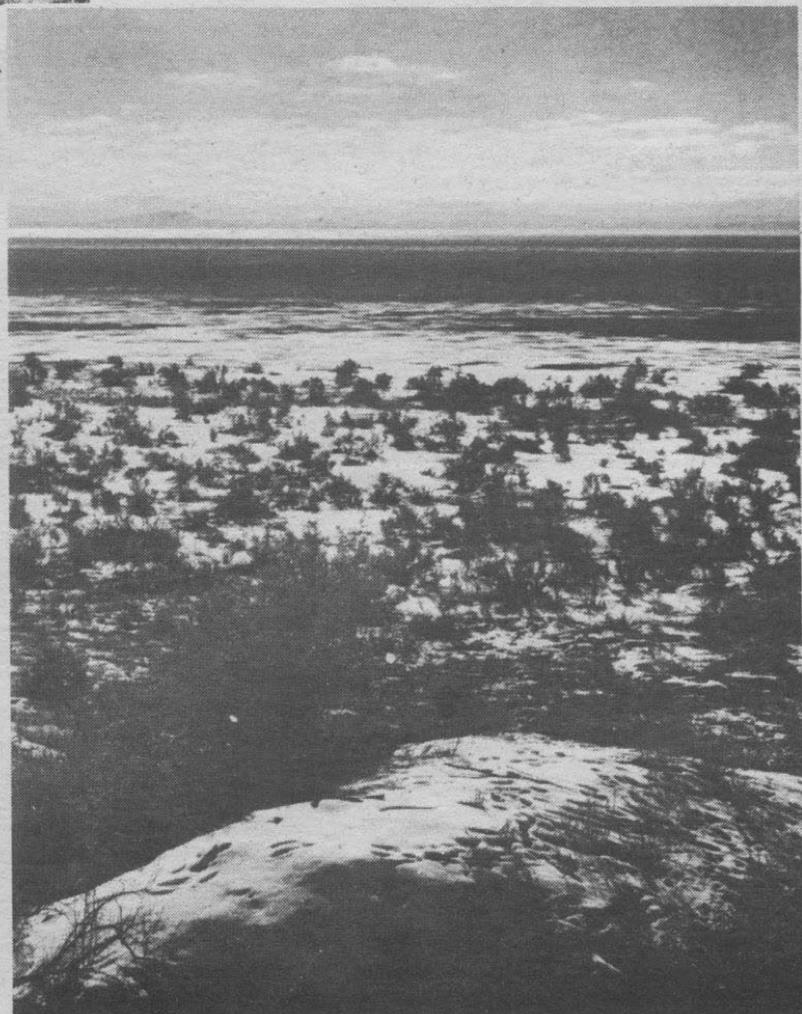
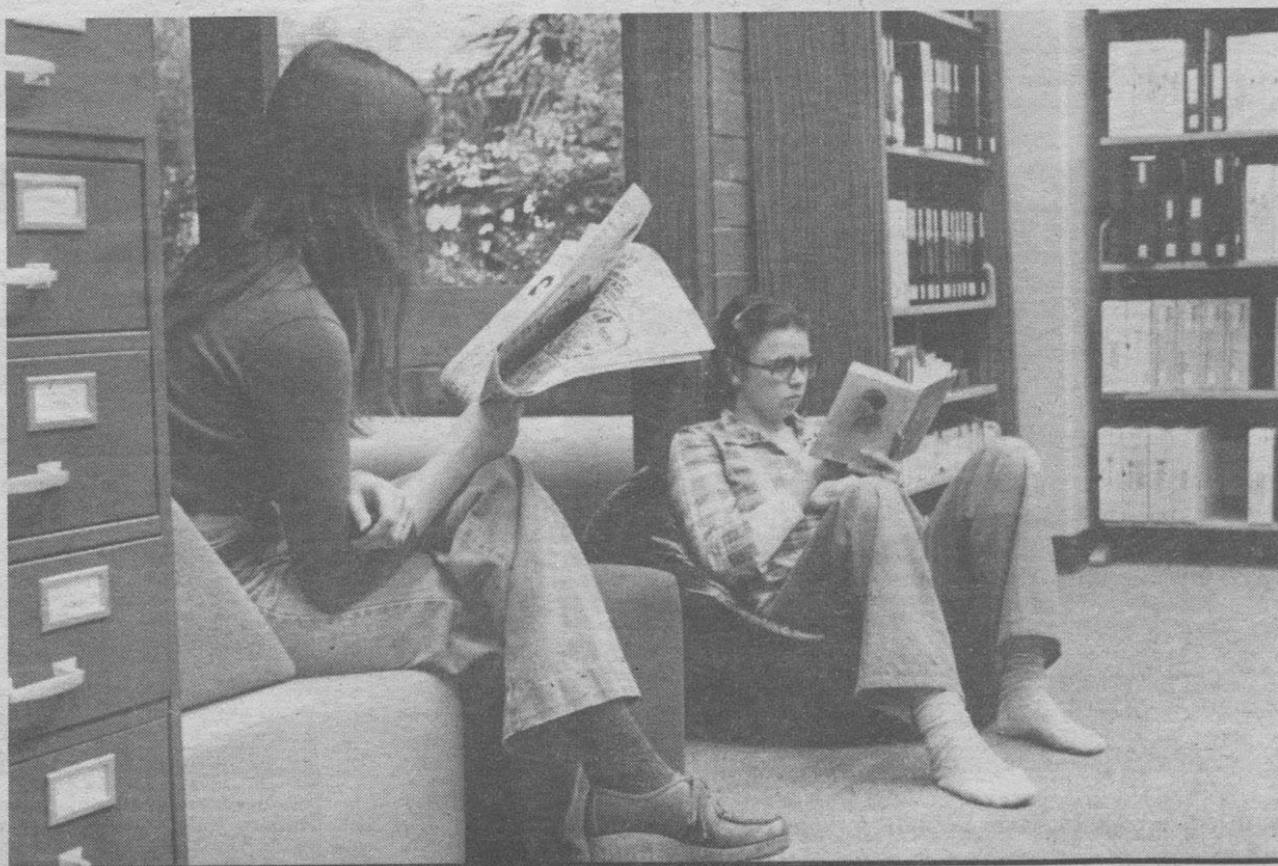
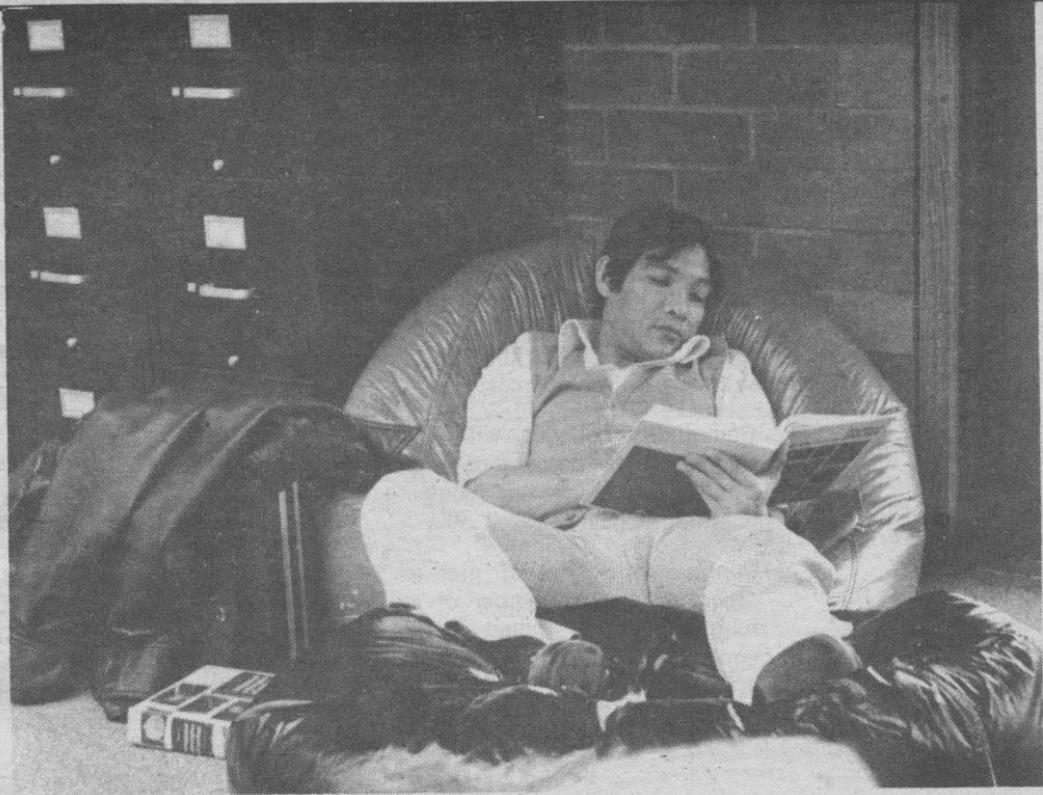
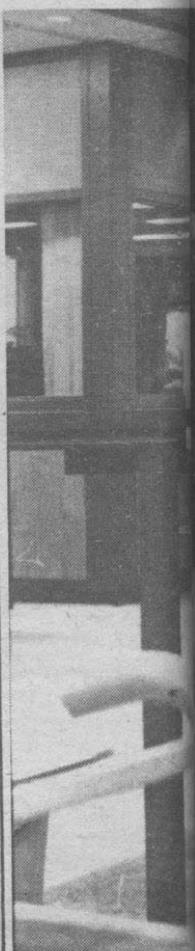


Photo by Ruth Tjernlund

SNOW-COVERED Harney Lake was another wildlife setting for the  
LBCC two-credit field course last week.

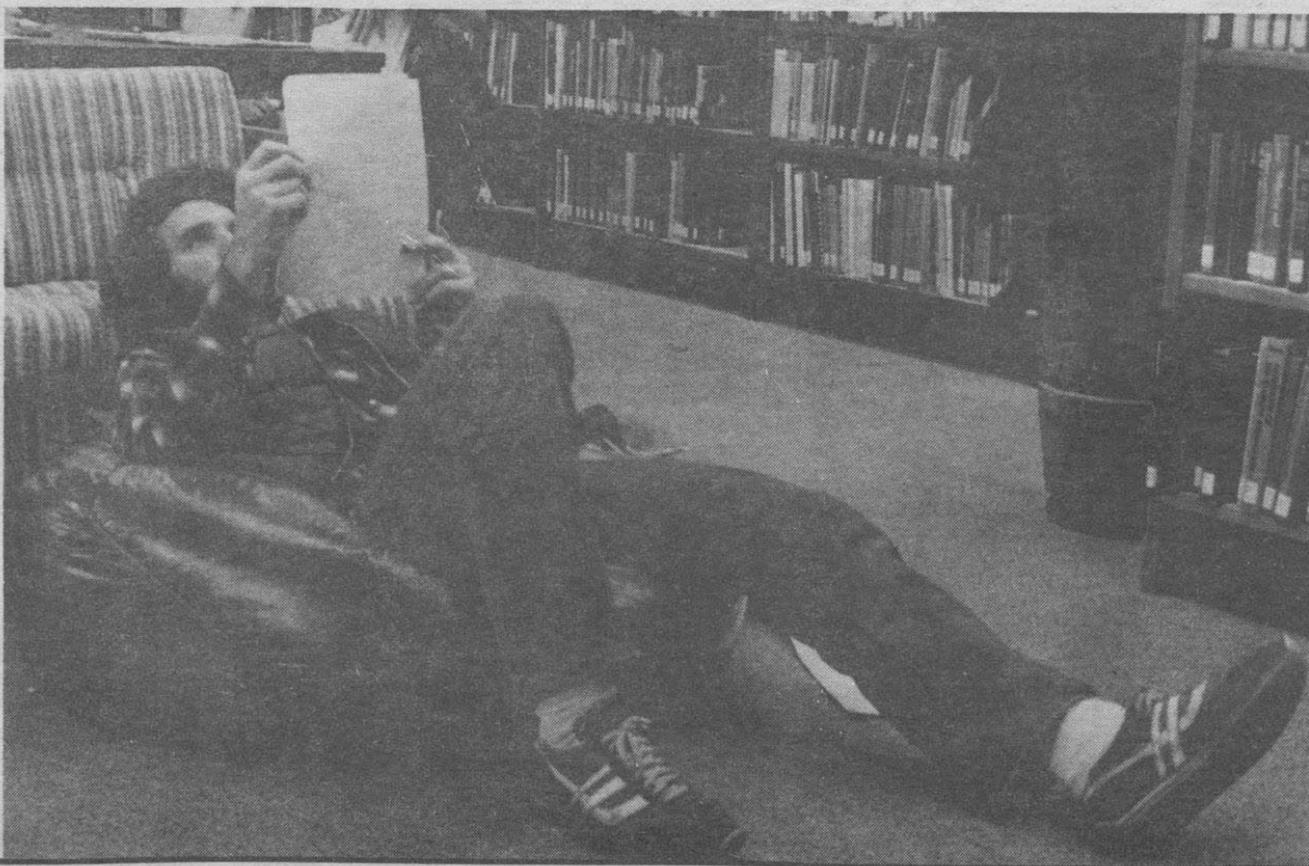
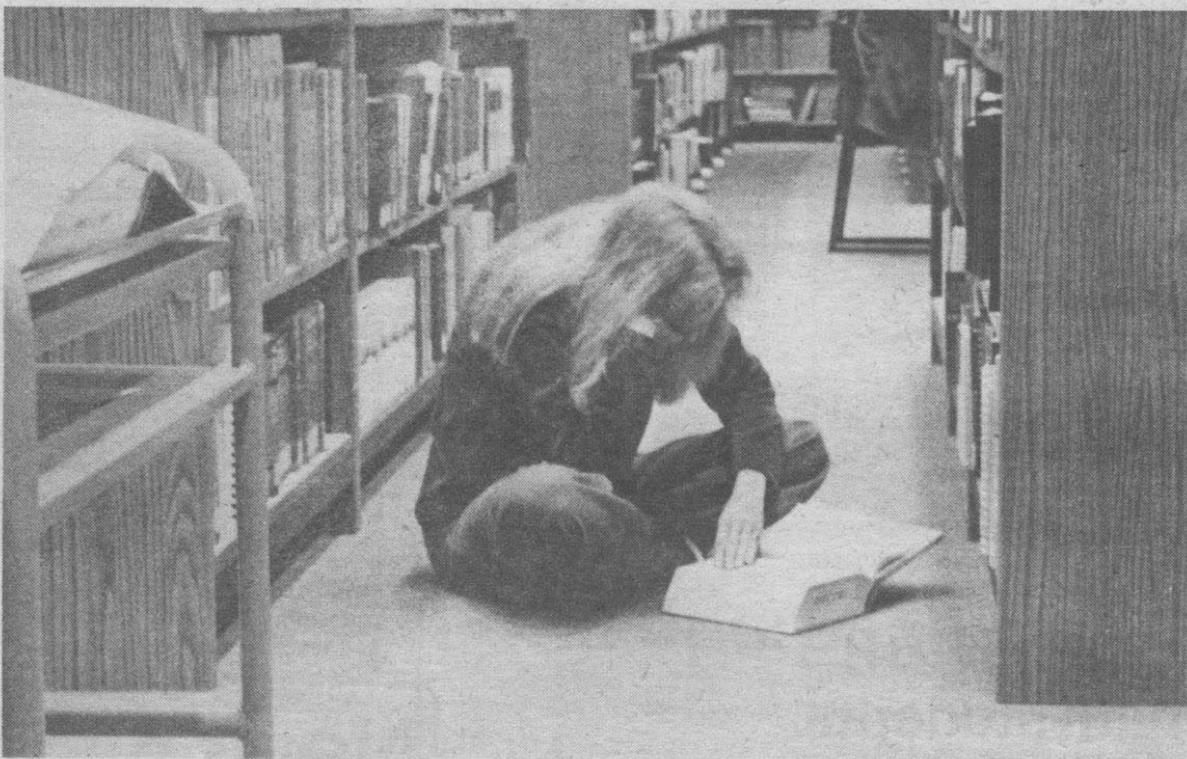


The library  
only a place  
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ought of as  
concentrated  
developed into a  
studying.

uth Tjernlund



## How do you spell relief?

# Perfecting the art of relaxing can be hard work

by Julie Trower  
Staff Writer

From lounging comfortably in the Fireside Room, to playing a fast-paced basketball game in the gym, the ways and means of relaxation are as varied as the people seeking it.

Relaxation, that vital form of rest and recreation every body needs can easily be ignored. Many people disregard relaxation as an important part of their daily routine.

These people take time to relax only when their busy schedules will allow it. Schoolwork, job responsibilities and family worries take precedence in their daily lives.

Finally, their tired, over-worked bodies may beg for relaxation through various warning signals, such as headaches, stomach cramps, increased

crankiness. If these symptoms are ignored, the body will start sending more urgent signals of stress and tension. Long term effects can be in the form of ulcers, high blood pressure, constipation or strokes.

According to the Family Doctors Association, 80 percent of all the illnesses they treat are caused from stress and tension.

For people heading in this direction, who are at a loss as to how to incorporate relaxation into their daily routines, LBCC offers a practical how-to class in relaxation, taught by counselor Ray Miller.

Miller began teaching the class three years ago, after taking a training course in relaxation while spending a year at the University of Hawaii.

Prior to that class, Miller admits he had a hard time

**'I used to take 15 to 20 aspirins a day and chased them with Maalox.'**

handling stress in his life.

"I used to take 15 to 20 aspirins a day," he confessed, "and chased them with Maalox (an antacid). I haven't used either in the four years since I got into relaxation."

Miller's class is a how-to course in relaxation, where his students actually lay down and practice the techniques he teaches.

"I start the class by asking each student what kind of events or people cause them stress and tension." Answers range from test-taking, traffic jams and deadlines, to roommates, children and bosses.

"Next, I ask 'what kinds of messages do you get from your head and body when you're uptight,'" Miller continued. Messages are usually in the form of headaches, backaches or more severely, high blood pressure, ulcers and heart attacks.

"Finally, I ask them what they're doing at the present time to relax". Reading, watching T.V. and smoking are common responses to the question.

After gaining an awareness of causes and results of stress, the class moves on to learn a basic process of relaxation to cope

with tension in their lives.

"I teach deep breathing and stretching exercises and then go into the actual relaxation," Miller said. To practice relaxing, the students lay or sit quietly, eyes closed, repeating a soothing word.

Upon learning the relaxation exercises, the class is told to incorporate them into their daily lives, spending 10-15 minutes every morning and evening in concentrated relaxation.

"The effects tend to accumulate and allow you to be more relaxed and better able to accept stress-causing situations."

When Miller first started teaching the course, women were the only ones signing up for the class. The ratio has just recently evened out to include an equal number of men.

The reason for this change, Miller theorized, is that "it's getting to be more okay for men to acknowledge the fact that

they have hurts and pains and can do something different about it."

Two men who have taken the class, Blane Blood and Max Edward, stress the positive effects of learning to relax.

"It helps you to cope better. You can relate better to people because you're not screaming at everyone," Blood said.

"In taking tests, I was nervous and uptight," Edwards explained, "The relaxation process definitely helps if you practice regularly."

Whether taking a class in relaxation or pursuing it on your own through various forms of exercise or quiet recreation, a conscious effort to counter-balance stress can prevent the condition illustrated by a cartoon posted in Miller's office.

The cartoon simply states, "Please don't tell me to relax - it's only my tension that's holding me together." □



photo by Mike Leedom

CERTAIN JOBS, such as Jo Alvin's job at the campus switchboard, harbor stress and create a greater need for relaxation.

## Benton Center offers R&R to office and math students

by Deni DeHart  
Staff Writer

Benton Center is now equipped with an R and R center, better known as the Office Occupation and Math Labs.

Rather than rest and recuperation, review and refresh are two of the motives behind students signing up for courses in the new lab setting.

Students can arrange lab time around their other classes, as the lab is open every day at 8:30 a.m. until 1:00 p.m. plus Tuesday and Thursday evenings from 7 to 10 p.m.

An additional time was set for Tuesday from 4 to 6 p.m. for those who work and are being sent by their employers to improve certain skills such as typing.

The office lab also allows members of the community to use typewriters for their personal use at the rate of 65 cents per hour.

Possible additions to the curriculum for the spring term are a course of lectures followed by testing done in the lab, a course including business gram-

mar broken down into sections for individual needs such as punctuation usage and possibly a brush-up course in Gregg shorthand.

The other lab set up is for work in the area of Mathematics.

Set up as a self-study area, no lectures are being used, but video-tapes, cassette-tapes and metric media are used.

Courses offered are Pre-Business Math, Math II and III, Beginning and Intermediate Algebra.

Hopeful additions for next term are College Algebra and Trigonometry and a course called "I Can Do Math," which is designed to help students regain confidence in math skills in order to sign up for courses requiring math.

Information regarding courses in the labs can be obtained from Hal Johnson and Sharon Rodcap at Benton Center, and Joyce Moriera at LBCC. □



photo by Mike Leedom

RAY MILLER and Rosemary Bennett take a break from work in the counseling area. Miller finds life much easier to handle since taking and teaching relaxation classes.

## News Briefs

### B-ball game here

Basketball season opens tonight under LBCC gym lights when the Roadrunner men's team challenges Judson Baptist Community College.

Tip-off is at 8 p.m. for the season premiere. Butch Kimp-ton, basketball coach, is optimistic about his team's performance because "we've been working exceptionally hard this year," he said. □

### Jazz-rock cantata scheduled Dec. 4

A jazz-rock Christmas cantata, "The Prince of Peace," will be performed this coming Monday, Dec. 4, at 8 p.m. in the LBCC Activities Center.

The LBCC Jazz Ensemble and Concert Choir will put on the performance. The cantata was originally an Emmy-award win-

ning special on PBS television. Voice instructor OraLee Kapp will be the soprano soloist.

The contemporary vocal group, the Madrigal Singers, will also be a part of the free performance. □

### Children's party

LBCC's Christmas gift to the children of Linn and Benton counties will be the annual Children's Christmas Party, Saturday afternoon, Dec. 2.

Free and open to the public, the party will run from 2 to 4 p.m. Featured will be storytelling, clowns, cartoons, refreshments, music, folk-dancing and (of course) a visit from Santa Claus.

Coordinated through the Student Organizations office, the annual event usually draws a crowd of 300. Parents are encouraged to accompany their children. □

### Contest still open

Suggestions for a name for the new campus building can still be submitted for the Board of Education's selection.

Name suggestions should be brought to the President's Office, CC101, or to the Commuter Office, CC210. □

### Grant approved for homemakers

A grant for displaced homemakers has been approved by the State Department of Education to fund a program starting Dec. 1.

Counselor Pam Shackelford is heading the project, which will involve presenting workshops in eight communities in Linn and Benton counties.

The first part of the program will involve confidence-building followed by skill-building workshops. □

# The ups and downs of daily life foretold through bio-rhythms

BY Kendra Cheney  
Staff Writer

Some days just aren't as good as others. This problem has puzzled humans since time began. But now there is a way to find out which days are going to be good, according to a theory called bio-rhythms.

According to this theory a person's bio-rhythms are divided into three cycles which start at the date of birth. The cycles are physical, emotional, and intellectual. They last for an estimated length of time at the end of which they are recharged. The physical cycle lasts for 23 days, the emotional cycle for 28 days and the intellectual cycle for 33 days.

The cycles are indicated by waves which alternate in an up and downward motion. When all three waves reach high together a good day is indicated. When they are all low it indicates a critical day. And when the waves cross each other in the middle an unstable or insecure day is predicted.

"I first became interested in bio-rhythms when a psychiatrist friend of mine used them to counsel married couples," said Mike Kauffman, a Business Management Instructor at LBCC.

Last spring, Kauffman, spoke to 65 persons during a two-hour lecture about bio-rhythms for the 10th Anniversary Celebra-

tion of the Business Department. Kauffman was pleased with the response the lecture received.

Kauffman's views, however, about bio-rhythms are rather pessimistic.

"I don't believe we are technologically advanced enough to accurately trust bio-rhythms," he said.

"I guess its something I liken to astrology," he added.

Steve Shelton, director of Data Processing Services, also feels this way.

"Some people believe it and others don't, but I think it is similar to astrology," Shelton said.

Bio-rhythms have had some interesting effects on employees working in many different jobs. One such job is that of an airplane pilot: Pan Am Airlines now has a policy prohibiting two pilots from flying together if

they are both in the same critical phase. They fear the risk of an accident is just too great.

Bio-rhythms have also made some startling predictions, Kauffman said. Clark Gable's death was predicted to occur on the 16th of March during his critical physical phases. He died of a heart attack on that day.

Linda and Gene Schiebler, who are LBCC students, disagree with the opinion that bio-rhythms are similar to astrology.

"We began when our neighbors suggested we have our bio-rhythms taken and we have been following them for a year," Linda said.

The Schiebler's went on to say that it doesn't guide their lives but that it's very informative.

"I think that bio-rhythms are an interesting way of understanding other people and yourself," Linda commented. □

BIO-RHYTHM CHARTS like these are starting to appear on the office and home walls of LBCC people who have their charts done through the data processing center on campus.

## Lear shuns P.T.A. praise

CPS—Norman Lear, the daddy of 'em all in the television series business, has received kudos from the Parent Teacher Association for the high moral tone of one of his series, "Good Times." But he doesn't want them.

"Good Times" is a series about a black family that Gary Leibenthal, syndication vice-president for Lear-owned TAT Communications, characterizes as "the perfect show for kids because each episode represents the essence of middle-class American morality."

When TAT puts "Good Times" reruns on the syndication market next month, the PTA commendation could be a lucrative selling point for stations eager to mollify anti sex and violence viewers. But Lear won't use it, Lieberthal winces, because he's opposed to the PTA's attempt to purge television of sex and violence

through monitoring stations.

Meanwhile, ever-prolific Lear is on to another series idea. "The Ben Stein Money Show," described as a tongue-in-cheek investors guide, would be a cross between the Eliot Janeway Report and "Mary Hartman, Mary Hartman," says Lieberthal. □



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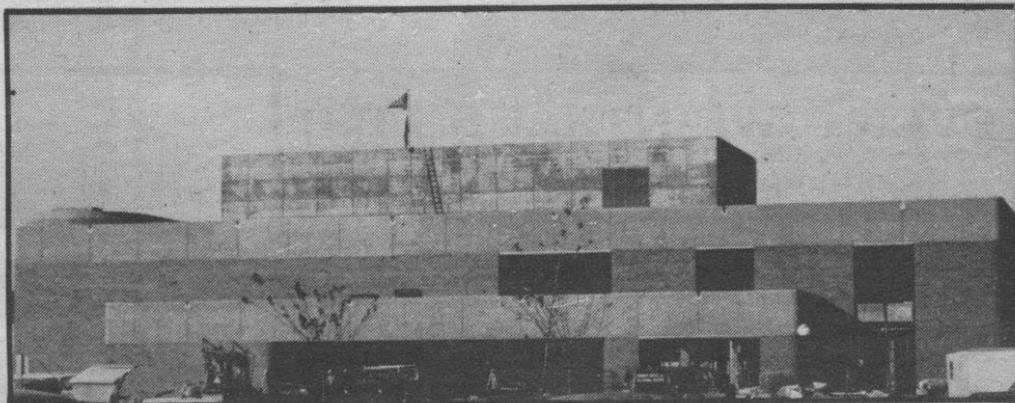
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## Multipurpose Baby

## Needs A Name!!!

The new multipurpose building at Linn-Benton Community College is still unnamed.

If you have a name for it, bring it to The Commuter Office, CC210, where it will be submitted to the Board for approval.



# Calendar

## Wednesday, Nov. 29

OSU Visitation 9 a.m.-3 p.m. CC Lobby  
 Steve & Mauree-Folk Singers 11:30-1 p.m. Alsea/Calapooia Rooms  
 Christians on Campus 12-1 p.m. Willamette Room  
 Dean of Students Staff Meeting 2-5 p.m. Board Room B  
 French Banquet 5:30-7:30 p.m. Alsea/Calapooia Rooms

## Thursday, Nov. 30

French Banquet 5:30-7:30 p.m. Alsea/Calapooia Rooms  
 Food Service Staff Meeting 8:30-9:30 a.m. Willamette Room  
 Educational Secretarial Advisory Group 11:30-1:30 p.m. Willamette Room  
 Albany Center Meeting 1:30-3:30 p.m. Board Room A  
 New Council of Representatives Initiation 6-7 p.m. Willamette Room  
 Board Work Session 7-10 p.m. Board Room B

## Friday, Dec. 1

Movie: "Voyages to Save the Whales" 11-2 p.m. Alsea/Calapooia Rooms  
 Students for Environmental Education 11-12 p.m. Board Room A  
 Parent Ed Advisory Committee 11-1 p.m. Willamette Room  
 Baha'i Club of LBCC 3-5 p.m. Board Room A

## Saturday, Dec. 2

Children's Christmas Party 2-4 p.m. Commons

## Sunday, Dec. 3

Salem Symphony 3-5 p.m. Forum 104

## Monday, Dec. 4

Registration Begins  
 Graphic Design Class 9-11 a.m. Board Room B  
 Club Meeting 12-1 p.m. Willamette Room  
 Community Ed. Class 7-10 p.m. Calapooia Room

## Tuesday, Dec. 5

Graphic Design Class 1-3 p.m. Willamette Room  
 Media Consortium 9:30-11:30 a.m. Willamette Room  
 Affirmative Action Ad Hoc Committee 11-1 p.m. Alsea Room  
 PRAR Committee 12-1 p.m. Board Room A  
 Humanities Division Meeting 2:30-4:30 p.m. Alsea/Calapooia Rooms  
 Regional Skills Coordinator 3-5 p.m. Board Room B  
 Industrial Electricians 7-10 p.m. Alsea Room  
 Handicapped Advisory Committee 7-10 p.m. Willamette Room

## Wednesday, Dec. 6

Community Ed. Class 7-10 p.m. Calapooia Room  
 Potter's Guild 8 a.m.-8 p.m. Table by Fireside Room  
 Hacky Sack Demonstration 11:30-1 p.m. Alsea/Calapooia Rooms  
 Central Valley Dental Hygiene Component 7-9 p.m. Willamette Room  
 French Banquet 5:30-7:30 p.m. Santiam Room

## Hamburgers rate low in survey of favorites

DETROIT, MI (CPS)—In marked contrast to most nutritionists' belief, a survey of eating attitudes at Wayne State University shows students prefer a fresh fruit platter over hamburgers.

The survey of eating preferences of 1,685 undergraduates and graduate students, med school personnel, and faculty and staff members put the hamburger fourth behind fresh fruit platter, soup and salad

The top choice of undergraduate students was french fries, followed by the fruit platter. Fries didn't fare so well with faculty and staff, who didn't even list them among their fifteen favorite foods. □

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# Classifieds

## FOR SALE

For Sale: 1964 Pontiac Custom needs grill, left fender, hood, runs well, 3 speed Auto Trans - mother-in-law had accident. After 5 p.m. 752-6852. (8, 9)

For Sale: One newer refrigerator, avocado color, Separate freezer compartment above refrigerator area. Very good condition. Also used dishwasher. Both run great. Make offer. Call 928-2361 ext. 323 during the day. Ask for Polly at night call 394-2381. (8, 9)

Two Hush Thrush Exhaust Mufflers (on car for two months) Excellent Condition \$10. Commuter #439 or 259-1329 Ask for Michael. (8, 9)

66 VW Bus with less than 3000 miles on completely rebuilt engine, everything works, new battery, carpeted and paneled inside. Needs transmission work. 928-4410 after 3, ask for Dan. (8, 9)

1972 Datsun, runs good, tires & mags. Make offer, 995-8085 or F-109, MWF 12:00-2:00, Chuck McCaul. (8, 9)

For Sale: 1977 Corvette, loaded, power everything. Silver Gray. Call after 5 p.m. 752-6852. (9, 10)

For Sale: 1976 Fiat 131 4 door, air cond. 5 speed, excellent condition—roomy interior. Very good gas mileage and only 24,000 mi. on car. Need money for school. Asking \$3,800. But will trade. Call Lanette or Tom 745-5950 before 9 a.m. or after 8 p.m. Keep trying! (9, 10)

"Paraphernalia"—T-Shirts for sale, unique designs—after 5 p.m. 752-6852 (9, 10)

For Sale: 1975 Ford F-250 4 X 4 Ranger package, 4 speed, new tires, Dave at 258-3682 (9, 10)

What are those humongous books everyone is carrying around? Call Kevin Oliver at 926-5789 or ext. 439 or see me at the Commuter office.

Puppies - Walker hound/Lab, \$15, 6 weeks, wormed - gentle & very pretty. 928-5526. (8, 9)

## WANTED

Join a Writer's Club, Call 753-3217 (8, 9)

Interested in Skiing. Beginners or advanced. Join the LBCC Ski Club. Contact either Robert Mohni at 259-2795 or Steve Eriksen 258-2738. (8, 9)

Ceramics student and welder needs Studio work-space. 220 AC, running water, good ventilation needed. 400 sq. feet minimum. Willing to pay the going rate or trade. Leave message at 754-8283 for Francie. (8, 9)

ROOMMATE NEEDED. Furnished 2 bedroom apartment, \$90 a month plus half electric. No smoking in Apt., mellow Christian preferred. Call 926-9557 after 5 weekdays or on weekends. Bruce. (9, 10)

Person wanted to carpool from Scio to LBCC. I live on Rodgers Mountain, near Scio and want to share a ride with someone in that vicinity. I start work at 8:00 a.m. and leave at 4:30 p.m. Please call Polly at ext. 323 or come by office number LRC 117.

Wanted: Housemate to share home in West Albany, 2 miles from LBCC. \$100 month plus 1/3 utilities, non-smoker, Pets okay. 928-1097 (9, 10)

If you know Italian or have a book that teaches Italian please contact Tammy 258-7396. Thank You. (9, 10)

## FREEBIES

Free, 6 year-old, half German Shephard half Basset Hound, male. Good loyal dog. Prefer someone who lives on a farm, as the dog is quite independent. (8, 9)

Free to Good Home, 1 year-old Black Lab mix (mostly Lab) Female. Gentle and very loving. House trained. All shots. Call Jim or Mike 928-5526. (8, 9)

## MISCELLANY

Mid Valley Greenpeace will be showing the film "Voyages to Save the Whales" Friday, December 1st. Film will be shown throughout the lunch hour. 11 a.m. to 1 p.m. in the Alsea-Calapooia Room. Everyone is welcome. (9)

TRADE FAIR, Pot Luck & Country Rock Jamming—LBCC Commons Dec. 9th noon til 10 p.m. set-up at 11 a.m. sent \$1 preregistration to Debbie Santo c/o Intentional Communities Club. Public Admission \$1 over 12, LBCC 6500 Pacific Blvd. Albany, Or. 97321. Inviting cooperatives, Independents, and Non-Profit Businesses supporting a non-commercial Christmas (9, 10)

Nuclear Energy—A solution or dissolution? Cancer, Leukemia, and birth-defects are substantially higher around America's four oldest nukes than they are elsewhere among the general population. American nukes alone may be causing over 32,000 abnormal deaths per year. Prevent human extinction. NO NUKES. (9)

Alcoholics Anonymous 752-1174 (c)

## PERSONALS

Poindexter: Will you marry me, again.....?? Mrs. Olsen (9)

KB, I think I love you. Casey L. 'O. P.S. Let's find out. Okay? (9)

## Good child care can be costly, parents find

(Continued from page 2)

Helen Singer, of the Developmental Center, revealed that she found it difficult to arrange adequate care for her seven-year-old son.

Moving to Corvallis from California, Singer needed someone to pick him up from kindergarten. Private, in-home care, Singer found was too expensive.

"I didn't want the zoo-like institutionalized approach with a bunch of screaming children in a

confined area," Singer commented.

"Children are a most important resource," she continued, "I want nothing short of excellent child care or it is detrimental to the child, and destructive to the state of mind of the parent."

Singer originally found care by calling her son's kindergarten teacher who assisted her with the name of a willing parent who was able to provide after school

care. Presently Singer employs a high school girl on a regular basis. □

## Advising week

This week is Advising Week. That means students should see their academic advisor by the end of the week to plan their schedule for the following quarters.

A list of advisors is posted in each academic building. □

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