THE COMMUTER Student Publication

Linn-Benton Community College, Albany, Oregon

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Photo by George Petroccione

Go Home

A subterranean explosion at 4:30 a.m. Sunday threw LBCC into darkness for 20 hours and forced the cancellation of classes Monday. According to Kevin Nicholson, supervisor of maintenance and grounds, an underground high power cable exploded and went to fault, running the power into the ground. He said it may have been caused by deteriorated insulation in the cable. Nicholson explained that insulations have certain life expectancies, and that a little nick in the cable could shorten it's life. "Pacific Power had some difficulty in locating the break, due to the way it exploded," said Nicholson. "Usually they blow out to the side, making it easier for the sensors to pick up the leak. This time the line just blew apart, confining the leak." At 12:30 a.m. Monday, power was restored but because radio stations had already begun broadcasting news of the school closure, officials decided to go ahead with cancellation of classes.

Pell grants delayed

By Susan Skorupa, CPS

and Dale Owen, Commuter Editor

Thousands of students nationwide have not gotten their promised Pell Grants yet this fall, aid administrators report.

They say new U.S. Dept. of Education paperwork has complication the process of getting the grants to students, who normally have gotten grants and handed them over to their colleges by now.

In Texas, public colleges have loaned millions of dollars to students still awaiting grant money to clear their tuition records. The University of Massachusetts-Amherst officials say about 900 students haven't gotten their grants yet.

The problem, aid officials say, is that the Dept. of Education changed procedures for how schools must verify the information students put on their aid applications.

According to Lance Popoff, LBCC financial aid director, one change required increasing the number of students to be verified. He predicts two out of three students at LBCC will be tagged for verification through a random selection process and because of discrepancies between applications and tax forms. Another reason for delays is that students applying for Guaranteed Student Loans (GSL) are now required to be determined for qualification by also filling out Pell Grant applications. "As a consequence," Popoff explained, "a 6-10 week process is now a process conceivably taking 3 months."

The Education Dept. first announced complicated new rules for aid vertification forms in April, and then changed them again in August.

Under the new rules rushed out after August, administrators could verify aid information even if not all the paperwork was finished. Some administrators, though, say the changes were too little and too late.

Keith McCreight, OSU aid director, says the changes were minor with only limited value to speed up the process. "All offices I've visited have been working overtime to get applications processed," he explained. One of the causes of delays is when information on aid applications doesn't match up with tax form 1040, McCreight added.

Other aid directors across the nation are concerned about the delays. "There are psychological ramifications as well as economical. If students become pessimistic about their chances of getting a needed grant, they're less likely to seek alternative funding methods," said University of Massachusetts-Amherst's aid director, Arthur Jackson. "This may have prevented some students from going to school this fall," he said.

Tripp of the Education Dept. maintains it was all necessary. "With the high rate of default in long programs, which brings down the amount of money in the system to be dispersed in grants, we're just trying to make sure those students who ask for Pell Grants really need them," she explains.

LB student named to State Board of Ed

Patsy Black becomes first community college rep

By Todd Powell News Editor

LBCC student Patsy Black has been officially named as Oregon's community college advisor for the 1986-87 school year by the State Board of Education.

According to Black, her experience in education and government at LBCC were great strengths in getting the position.

the position.

Last year she served on the LBCC Student Council (ASLBCC) and was elected as the CCOSAC representative (Community Colleges of Oregon Student Association and Commissions). Thirteen of the fifteen community colleges in Oregon participate in the CCOSAC program.

In each community college there is a member, usually the president, of each student governmental body that is chosen to represent their school. Last year, ASLBCC chose Black for the job.

She attributes her success to the programs and experience that LBCC has equipped her with. "Our local board was a good stepping stone for

me," she added. "LBCC has been wonderful to me—from president Gonzales (LBCC President Thomas Gonzales) all the way down."

Black explained that the college was honored just as equally as she was with her nomination. "Linn-Benton is kind of known as a spot in the road, so I'm really tickled that we've got that honor," she said.

"My main purpose in office is to represent the community colleges of Oregon when they're not getting a fair shake," she said as she talked about college protection and preservation. She intends to see that community colleges receive a fair shake, especially LBCC. "I won't have any problem," she explained, "going directly to the board and expressing how students feel."

Black has climbed the ladder of success but does not easily forget standing on the bottom rung a little less than three years ago. "Everything was a complete mess!" she exclaimed. "I was divorced and working in a grocery store for minimum wage. I was extremely unhappy," she remembered.

"But," she says "there was something in me that said I had more potential." She remembers that potential when she reflects back to her Dairy-Mart days. "The store delivery guys would often encourage me and say 'Go for it Patsy, you look out of place here.'"

Entering school at LB two years ago, after an 18-year lapse, proved to be more than just a challenge for 35-year-old Black, she said. "I can remember my first day at LB, I was scared spitless," she recalled with great laughter.

Black stands tall with confidence today, unlike the frightened woman she was two years ago. "I was an hour early for my first class. I checked to make sure where each class was. I sat outside the Commons (cafeteria) shaking because I was terrified," she said

School has been more than just the average experience to her, she says. "Coming back to school has kind of broken down those huge walls."

After getting an Associate Arts in General Education from LBCC this spring, she plans to attend Western Oregon State College (WOSC) where she'll obtain her BA and get her teaching certificate.

She intends to stay in the education field and reach her fullest potential, whatever it is. "Who knows, I just may kick Verne Duncan out of office," she said with a chuckle.



Patsy Black

neide

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Editorial

Commuter Editor explains publication intention, purpose

Often the roles and images of ourselves are viewed differently by others because of diverse perspectives and conceptions. This applies to groups, organizations, programs and institutions as well as individuals. Therefore, it may be enlightening and necessary to explain to the LBCC community the Commuter's purpose, goals and intention before much more of the school year expires.

The Commuter is a communication tool. As a journalistic medium of LBCC, its overall responsibility is to inform, entertain and provide a forum for opinion and analysis.

To achieve these standards, the Commuter staff aims to give fair and balanced coverage, primarily of campus related events and issues. Coverage of non-college topics on local, state, national and international levels will be included, especially as they pertain or impact LBCC students and staff

The Commuter staff encourages input and feedback from its audience. News and ideas for coverage can be phoned or mailed in to the Commuter office. Part of the paper's format is an editorial page where letters can be published.

Many times coverage is initiated from interesting material brought to our attention by someone outside the Commuter staff. But responsible journalism does not lend itself to publishing everything or anything someone may want to see in print. Distinctions will be made to determine what material is newsworthy by giving priority to stories with the greatest interest, importance, timeliness and impact to Commuter readers. It should also be noted that The Commuter is not a publicity agent, doing public relations work for a particular faction, special interest group or minority. To remain a credible, responsible medium, the Commuter needs to be independent from individuals or groups that may innocently or purposely influence or use the paper improperly.

Therefore, the Commuter staff will attempt to better serve its readers by evaluating information to be published. Unfortunately, because of the time involved to assign, research, Student appreciates write, edit, typeset and publish coverage, even newsworthy topics may become untimely, resulting in limitations of what smoke-free Takena and how much news is published.

It is unlikely and impossible to please every body. But thé Commuter staff has implemented, in its weekly publications, several regular and reoccuring features that we feel interesting and entertaining.

Backroads is a pictorial focus of outlying communities of the major towns in Linn and Benton counties. With it's complimentary stories it is intended to pique curiosity and interest in community historic values and events.

Another feature added to this year's Commuter is Street Beat. This was added to increase coverage of opinions and viewpoints of the general campus population.

Other regular features that appear in the Commuter that the staff believes are entertaining and incresting are Health-Wise, Out of Bounds and Etcetera. The Commuter staff is looking forward to serving the LBCC community this year.

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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Letters

Mill worker says drug testing 'good'

To the Editor:

To the Editor:

Until last Friday I was a WTD Industries employee, WTD being the only local company I know of with a drug testing policy. I agree with the ideals behind their policy.

The main reason I agree with WTD's drug policy is it's scope. ing Takena Hall's smoking. I can finally sit down peacefully in the Camus

WTD's pay wasn't great but their

bonus plan made up for most of the slack. The bonus was tied directly to

production and safety. So are drugs

the users were gone, production (our

weekly bonus checks) jumped. Lost

time accidents became obsolete. Drug testing is good for the bottom line, for the employees! the

After the drug test at our mill, after

at a sawmill, obviously

employers!

without inhaling a big puff of nicotine. I used to avoid the area, but now I freely strut through. I feel sorry that the smokers are

room and throw down a doughnut

Everyone was tested. Not just the problem cases as Brian Pearson suggested in last week's Commuter. ess than all being tested would be failure for the company and the employees who care about their jobs and safety. It would become a guessing game, judgemental.

As for drug testing at college, hell no. Those of us who care enough, have responsibilities enough, to refrain need the partaken to better our odds.

Allen Rowley

cruelly forced out into the cold but it seems to be the only solution to the stinky problem.

Todd Powell **LBCC Student**

Smoke-free at last! I extend my dearest thanks to all involved in bann-Street Beat

What do you think of Ballot Measure 15, which would declare Wah Chang's sludge radioactive and force them to move it?



Eric Anderson, pre med

"If it's radioactive it should obviously be taken care of, but if it isn't, people shouldn't concern themselves with it. It's that simple.



"I think that they could probably contain it safely. If you move to a different state you'll still have the same problem





Lann Richardson, Civil **Engineering instructor**

I feel like Wah Chang has met their requirements. My only concern is that it lies in the Willamette river flood plain."



Clint Borden, Secondary Education

'I think there's always more than one alternative to it and that's not the absolutely the end alternative. Further investigation needs to be done.

Compiled by Todd Powell and Keith Rude

Council undecided on Wah Chang sludge

By Todd Powell **News Editor**

The State Energy Facility Siting Council voted 7-0 Friday to postpone a decision on whether it has jurisdiction over disposal of roughly 90,000 cubic yards of sludge at Teledyne Wah Chang Albany.

The Siting Council assembled in LBCC's Alsea-Calapooia rooms attracting some 40 persons not connected with the proceedings, including representatives of five TV stations and at least three newspapers.

Friday's vote leaves the sludge issue hanging until after the Nov. 4 election, when Oregon voters will decide Measure 15, which would declare the Wah Chang sludge to be radioactive waste.

Representing Wah Chang was spokesman Jim Denham who contends that the sludge "is not a radioactive waste as defined by the state and that it can remain in it's present location without presenting a danger to the public or to the environ-

Denham proposes that Ballot Measure 15 would have the effect of jeopardizing the company's ability to compete in the marketplace and would threaten the company's 1,300 jobs. Denham added, "It is critically important for Oregonians to reject Ballot Measure 15.

Lloyd Marbet and followers were at the meeting to oppose Wah Chang's proposal because they "simply refuse to jump on the bandwagon,

Marbet's group, consisting mostly of Portland-area activists who oppose nuclear power, strongly support Measure 15, he said, "If this company is telling people the truth then they should not have any opposition to Measure 15," Marbet said. He added, "they're saying if this measure passes it will put them out of work and that's not true whatever. This company is playing politics, pure and



Lloyd Marbet

Marbet wants the company to dispose of the sludge "somewhere in Eastern Oregon." But, Wah Chang doesn't want to comply with Marbet's

The company has plans to dispose of the material elsewhere, according to Tom Nelson, manager of environmental quality at Wah Chang. Nelson said the company would like to turn the sludge into glass and permanently dispose of it in an old mine or gravel pit or a specially built con-

The Siting Council's next meeting will be Nov. 14, after the election.

Etcetera

Tutoring Workshops

Tutoring Workshops
Linn-Benton Community College is holding four free workshops in October for anyone interested in becoming an adult education volunteer tutor.
Volunteer tutors are needed in Albany on the main LBCC campus, in Corvallis at LBCC's Benton Center and at the Community Education centers in Lebanon and Sweet Home. Positions also may be available in Brownsville, according to Carolyn Miller, faculty member in LBCC's Student Development Division.

Dates and locations for future workshops are Oct. 9, 6:45-9:45 p.m. in room 126 at Corvallis High School, 836 NW 11th; Oct. 15, 2-5 p.m. at LBCC's Lebanon Center, 2600 Stoltz Hill Road; and Oct. 20, 2-5 p.m. at the college's Sweet Home Center, 1314 Long St.

For more information or to reserve a workshop space, call 928-2361, ext. 293 or ext. 410.

Computer/ Telecommunications

"Future Directions in Technical Educa-tion" is the theme of a free Linn-Benton Community College conference about computers and telecommunications Oct.

Conference speakers and demonstra-tions will be housed in LBCC's Forum, room 104, 6500 SW Pacific Blvd., Albany, room 104, 5500 SW Pacific Bind., Albany, from 10 a.m. to 4 p.m. The keynote speaker will be Cecil L. Groves, Ph.D., president of Pike's Peak Community College and recently educational applications manager for Bausch & Lomb, Houston Instrument Division. Demonstrations will feature computer-aided draf-ting, electronics/robotics and metallurgy

aterials testing.

Preregistration is preferred, but registrations will be accepted until 9:30 a.m. the day of the conference. For forms and more information, contact the LBCC Science and Technology Division at

College Visitation

A representative from Eastern Oregon State College will be on the LBCC campus to talk with students who may be interested in transferring to that school at 10 a.m.·1 p.m., Monday, in the Lobby of the College Center.

Stop Smoking Clinic

An eight-hour workshop designed to help individuals stop smoking will be offered by Linn-Benton Community College's Albany Center this month.

"Smokers Workshop" will meet Tuesday and Thursday nights for two weeks beginning Tuesday, October 14. All classes will be held in Boardroom B, first floor of the College Center Building on the main Albany campus. 6500 SW Pacific floor of the College Center Building on the main Albany campus, 6500 SW Pacific

Blvd.
Cost of the workshop is \$10 plus a \$20 lab fee payable at time of registration.
Preregistration is required.
For more information on "Smokers Workshop" call LBCC's Albany Center,

Support Group

This class is an introduction to the full-day conference on Oct. 18 designed to of-fer information to help people be more ef-fective and caring toward friends and family members with cancer. The free class is Oct. 15, 7:30 p.m. in Albany General Hospital Small Dining Room.

Film Series

On Oct. 10 and 11 OSU's English Department and Center for the Humanities will present the second and third in a series of films. "The Hit" will be Initial in a series of films. The filt will be presented on Oct. 10 and "Insignificance" will be shown Oct. 11 in the Wilkinson Auditorium with a \$2 charge. Both films will be shown 7 p.m. and 9 p.m.

Speaker

A native of Malaysia, who is an LBCC student of horticulture, will present a slide show about his country. The slide show will be part of the international Students Club Oct. 15 meeting in Takena

Activities

Oct. 10, A livestock judging contest will be held at Pacific International Portland. Oct. 11, A fall fitness fair will be held at Memorial Middle School from 1-5 p.m. Oct. 15, LBCC will hold a blood drive.

Lunch Bunch meets at noon in LRC

TV news cameras crowd into the Board Room for a press conference on the Wah Chang sludge issue last week while the state Energy Facilities Siting Council held hearings on whether the Albany firm should move its sludge ponds.

LBCC rates positive on school survey

By Annette Krussow **Managing Editor**

LBCC received a positive rating in a district-wide survey conducted by the Nelson Group, a marketing research agency contracted by the

According to Pete Boyse, Assistant the President, LBCC contracted the agency to conduct the survey to find out how the school is meeting the public's needs. "We're like any business. We need to know how we're doing," he said.

A sample size of 650 respondents was used in

the survey which had margin of error of plus or minus four percent. The survey was conducted over telephone by interviewers under the close supervision of Mark Nelson of the agency.

In answering the question "how would you rate the operation and performance of Linn-Benton Community College?" 80 percent of the respondents gave the school a positive rating with 19 percent giving it an "excellent" and 61 percet

When asked to list all the positive things they might have heard about LBCC, the majority of the 57 percent who answered the question said it provides a good education with good instructors listed next.

At the top of the list of the negative things they heard was the high cost of tuition with old equipment coming in second.

According to Boyse, the survey points out needed improvement and "tells us we're on the right

In questions which ask the respondents to rate how well LBCC does in training students for employment, transfer and in retraining community residents, most agreed the school was doing a

The respondents were asked to comment on LBCC's proposed tax base update. Sixty-four percent said they would support it if the election were held today. Twenty-four percent said they would oppose it and 12 percent said they weren't sure.

The purposed tax base would be limited to the

current serial levy, plus the current tax base. This would result in a tax rate of about \$1.77 per \$1,000 of assessed value. The taxes on a \$50,000 home are estimated to increase by about 7 cents per thousand or \$3.50 per year. If successful, the college would pledge not to return to the voters before 1990. The school needs to do a better job of educating people about the school and as a result of the survey, LBCC has learned how to better

reach people, he explained. LBCC tries to have surveys conducted on the school about every two to three years with the first one being conducted in 1976, Boyse said.

According to Boyse most community colleges do regular marketing research. Feedback from student and the community is also important in gathering information and knowing how the college is doing, he said.

Advisory committees, the Board of Education and the Citizens Budget Committee are also helpful in informing the school how well it is per-

Open house celebrates new Women's Center

By Perry Koontz Staff Writer

To inform the public of their new location and what the center offers and how it operates, the Women's Center, HO 210, will hold an open house on October 9 and 10 from 9 a.m. to 4 p.m.

Center coordinator, Marian Cope said the new location is "ideal because of the size and its privacy.

Cope explained the one drawback to the new site is that "it is out of the beaten path of traffic." Thé previous location, in the old veteran's office, was smaller but centrally located. "I was told it, (the new location) was available and so we agreed to try it for a year," stated Cope.

The open house will also serve to let women know there is a need for peer-advocates, and to

seek donations such as furniture and books. Women interested in volunteering as peeradvocates may pick up applications at the center or Cope's office in Takena 103A. Applicants should have good listening skills and a sensitivity toward women's issues.

Services offered by the Women's Center last year will again be available to the campus and community, including a safe place to talk; counseling; career placement; fitness and wellness; films; speakers and activities on

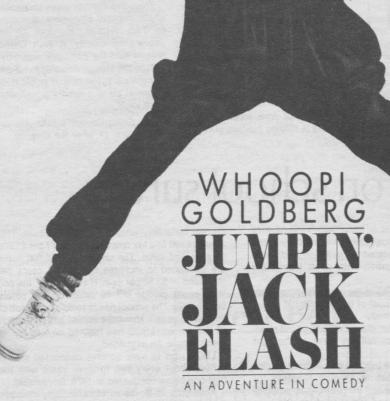
women's issues, according to Cope. Information on coming events sponsored by the center will be available in a few weeks, she said.

Cope said that there are hopes to expand the center's library system, to add a couple more meeting times for support groups, and to have a more extensive child care referral service.

The Women's Center is open five days a week from 8:30 a.m. to 4:30 p.m. and is considering adding some evening hours.

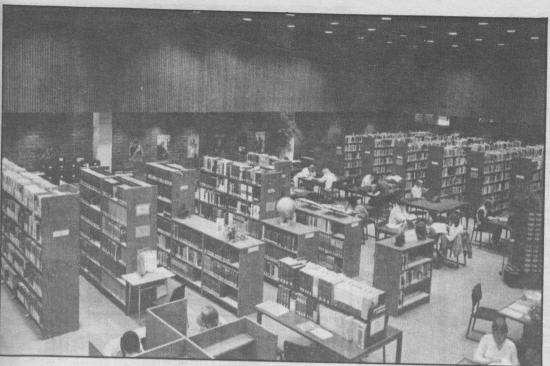
Pat Collins, a peer-advocate the past three terms, stressed that the open house is for men as well as women, and for the community as well as the campus. Coffee and cookies will be provided.

A man named Jack has got her Jumpin' and the world may never be the same!



TWENTIETH CENTURY FOX Presents A LAWRENCE GORDON/SILVER PICTURES Production JUMPIN' JACK FLASH WHOOPI GOLDBERG Music by Thomas Newman Director of Photography Matthew F. Leonetti, A.S.C. Production Designer Robert Boyle Story by David H. Franzoni Screenplay by David H. Franzoni and J. W. Melville & Patricia Irving and Christopher Thompson Produced by Lawrence Gordon and Joel Silver Directed by Penny Marshall

STARTS OCTOBER 10TH AT THEATRES EVERYWHERE



The Library received a new look over the summer resulting in a more open environment.

ibrary remodels for better access

The necessity of replacing torn carpeting in the library at LBCC, provided a surprise bonus to the staff and students by creating a more spacious and accessible

According to Charles Weyant, library department chair, the original arrangement of the stacks were backwards to standard library practices, namely they were right to left alphabetically rather than left to right as one would read.

The staff took the opportunity during the carpet replacement to correct the confusing stacks. In a period of 10 days, 48,068 books, thousands of magazines plus pookcases were removed, carpet installed, and every novable item in the library, with the exception of the card catalog was rearranged.

The circulating book collection is now along the east

materials are behind Weyant's desk, directly in the middle of the library. Weyant states that this arrangement should make him more accessible to those needing help.

The magazines are organized from left to right by title and the microfilm readers that go with the magazines are located against the north wall for easy access. Weyant states that before the rearrangement, the microfilm readers were scattered all around the library.

In an effort to make the library more coherent and useful, Weyant says that "the by-product of it (the move), which we really weren't counting on. . . it's made the library look a lot bigger.'

Despite the same amount of seating available, the new arrangement seems to have changed the whole character of the library and make it more inviting, according to remarks made to Weyant from students and faculty.



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College programs undergo 10-year accreditation review

By Annette Krussow

A team from the Northwest Association of Schools and Colleges (NWASC) will visit LBCC to conduct an accreditation review in October

After 1½ years of self study conducted by LBCC, the association will come for a visit to decide if the school is meeting their educational goals and if the college should be accredited for another 10 years.

According to the Accreditation Handbook, the purpose of the review is to recognize institutions for performance and quality of the programs and services offered. An accredited institution has clearly stated appropriate purposes and goals, appears to be meeting them and appears to have the resources to continue meeting them.

If a school is accredited, it is able to offer college transfer credits. But, according to Gretchen Schuette, director of Community Relations, the process means much more to LBCC. "I don't have any doubt that we will be accredited, though we should not take that for granted. We need to use this opportunity to make positive changes," she explained.

Schuette said other colleges are "amazed" at all the background work LBCC is doing and the 11/2 years they are taking to do the self study. Most schools spend just six months to go through the process, she add-

In the self study, a Steering Committee which includes faculty members, and a student, Bill Baze of ASLBCC, overlooks the process and reports to the college

The process was initiated when task forces were established in four areas—an Instructional Task Force; an Administrative Task Force; a Business Affairs Task Force and a Students Task Force.

The task forces direct work groups in their programs and reports their progress to the Steering Committee. The work groups are made up of staff in that program, students, a community member and a staff member outside the program. These groups conduct sélf-studies in their

individual programs.

The studies involve several procedures. First, they must provide a description of the program. In the next step, the work groups are required to analyze their programs on how well they meet standards set by the NWASC and LBCC itself. They must also examine the program's goals and how well they are met. The last step of the self study is to answer questions such as "What are the major strengths and weaknesses in the program?" and "What are the solutions posed by

your program to problems faced?"
After all the research is done, a published report of the study's conclusion is sent to the NWASC for them to read before their visit.

Schuette said the study will help the school to see what improvements need to be made, let them see what a good job they are doing and allow one part of the college to learn from another.

Instead of using the process to criticize, officials wanted to use the

study to improve the school by making sure students get help from the school as a whole, not a lot of help in one area and not enough in another, Schuette said.

Santiam Room opens Oct. 14

By Chris Wyne Staff Writer

There will soon be a quiet, pleasant place to have a meal at LBCC.

The Santiam Room restaurant, operated entirely by students, will open Oct. 14 on the second floor of the College Center. The setting will be a diversion from the bustling pace of the Commons

The restaurant will offer a wide variety of menu items, according to Scott Anselm, instructor of Culinary Arts and Hospitality Services.

Breakfast and lunch will be available at prices ranging from \$2 to \$5. The restaurant will be open 9:30 to 12:20 Monday through Thursday.

Reservations can be made by calling 928-2361 ext. 203 or 967-6101. Walk-ins are also welcome

Clip Coupon For All-Campus Picnic

half-a-buck

WORTH ONE/HALF DOLLAR PER PERSON TOWARDS A MEAL AT THE

all-campus picnic Wed., Oct. 8 - 11:30AM-1:30PM

LBCC COURTYARD

Health-Wise

By Diane Morelli

My husband can give you ball scores from 10 years ago and tell you the batting averages of umpteen numbers of baseball players but send him to the store for three items and he'll come home with only two.

While this behavior hardly constitutes a concern that he may be suffering from a biological memory disorder, many people today are becoming overly anxious about memory loss as they get older and may in fact be contributing to their problems

In the past five years a great deal of notice has been given to Alzheimer's disease and many older people become terrified that their forgetfulness is a recursor to that malady. Actually only about 10% of people over 65 ever experience a biological form of senility such as Alzheimer's disease.

But even if a memory problem is biological, there are strategies that can help and medications that are currently being tested to improve age-related memory loss.

Research suggests that memory does tend to weaken with age but much of the forgetfulness can be controlled. Emotions, physical condition and anxiety all can affect it.

Stanford University psychiatrist Jerome Yesavage says "We've found that most of the memory deficits associated with normal aging are reversible."

Yesavage and colleague Danielle Lapp have helped hundreds of people over 55 regain their recall through a memory program they began eight years ago. They both believe that becoming overly anxious over forgetfulness can hurt memory among both old and young alike and they incorporate relaxation techniques into their memory train-

Some scientists still believe that natural forgetfulness

is due to a gradual hardening of the arteries-which lower blood flow to the brain-and lower overall energy levels but current research suggests an age-related drop in brain chemicals are responsible

One form of memory training being used today is called the Method of Loci. People are taught to link items they want to remember with familiar locations, following a predetermined order.

I attended a session on how to improve my memory while at the Seaside Health Convention this summer and learned this technique. I was amazed by its success.

The instructor asked different people to name any item that came to their minds and as the item was spoken aloud, we were to associate it with some part of our house, beginning with the driveway and following in order, first, past our porches, then into our living rooms, etc. We were instructed to exaggerate the scene in our minds.

For instance, if the first item on the list was coffee-I would imagine a mountain of coffee grinds blocking my driveway. If the second item was milk, I would envision a farmer milking a cow on my front porch. Toothpaste? No problem—a six foot high tooth greeted me at the front

Try it! Take a list of ten items and a predetermined course through your house and associate each one that way. Now, put your list where you can't see it and mentally go over your route and write down your list of items. I think you'll be surprised.

Current memory research is unlocking some interesting doors into the way our memories store information and

ACROSS

- native 9 Drunkard 12 The sun 13 Enthusiasm 14 Mountain on
- Crete 15 Protective
- organization 17 Flag 19 Faultless 21 Sister 22 Son of Adam 24 Cry 26 Fixed period of time

- of time 29 Puzzle

31 Flap 33 Spanish for "river" 34 Conjunction 35 Decay

DOWN

66 Cornered

67 Before

37 Still
39 Chinese
distance
measure
40 Corded cloth
42 Peruke
44 Hereditary
factors
46 Walked on
48 Bow

48 Bow 50 Bird's home

50 Bird's home 51 Base 53 Brief 55 Strikes 58 Wanted 61 Stroke 62 Judgment 64 Beat down 65 Metric measure 66 Corpered

7 Take unlawfully 8 Country of Asia 9 Transgressor 3 Partners 4 Heavy club

Puzzle

Crossword Answers Below

Crossword

- 9 Transgressor
 10 Poem
 11 Sailor: colloq.
 16 Time waster
 18 Hard-shelled fruit
 20 Parcel of land
 22 To the left
 23 Silly blunder: s
- 25 Body of water 27 Irritates

- 27 Irritates 28 Damp 30 Quarrel 32 Supplicate 36 Container 38 Taut 41 Courteous 43 Obtained 45 Sewing implement 47 Speck 49 Thick
- 49 Thick
 52 Direction
 54 Musical
 instrument
 55 Health resort
 56 Deface
 57 Weight of India
 59 Organ of
 hearing
 60 Change color of

Campus to get new lighting system

By Todd Powell **News Editor**

Starting today, bids are open to contractors on a major lighting project to replace the lighting system at LBCC, funded in part by \$160,000 in grants from Pacific Power and Light

The project will include reducing lighting levels, and replacing incandescent bulbs with fluorescent and mercury vapor lights with sodium vapor.

"The project has been in the rough for over two years. The purpose is to conserve energy, but I think our main thrust is to conserve dollars," LBCC

Facility Director Ray Jean said.

George Kurtz, vice president of Business Affairs said, "we knew we had to do something to curb our utilization because prices are going up so significantly, and we just couldn't continue to take a greater

and greater share of our budget to

pay for energy."

Both Jean and Kurtz were asked by LBCC President Thomas Gonzales to review energy consumption and explore alternative methods to reduce skyrocketing energy costs.

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

Kurtz said lighting power in most areas on campus will be reduced with the exception of the lighting out in the corridors, where it's always been dark. "We would like to brighten things up there," he said.

The college will pay contractors \$48,204 for the project, with PP&L picking up \$101,899.

Last year, according to Jean, the

college applied for an energy conservation grant in a program sponsored by the Department of Energy and funded by PP&L. The utility initially funded a \$58,000 study of potential energy savings, which was com-pleted by Corvallis engineering firm CH2M-Hill in the spring.

Under the grant specifications, the college must have the project completed by Jan. 31, 1987.

College officials say before any contractors will be hired, both staff and student's suggestions will be considered and greatly appreciated.

"Usually 'change' has a negative response," Jean said, "but this one will prove to be profitable." Jean figures the college will probably save \$25-28,000 a year with the new lighting installment.

"In a big budget, that might not be too much, but it's worth saving," Jean said.

\$5 off any \$ \$10 off any : *Must have : *Offer good

\$30 purchase ny \$50 purchase ve student ID od thru Oct. 31

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Classifieds

FOR SALE

Floor loom - 20", 2 harness. Drafting table—meta frame and drawers. \$75 each or best offer 967-7650 or 928-2709.

Man's 26 inch 3 speed Coast King bike. Nice condition, needs shift cable. \$25. Call 926-7243 after 4

16 inch Stihl chain saw. Used very little, \$125. Call 926-7243 after 4 p.m.

VIDEO CAMERA! VHS 4 head portable system, includes 2 week/8 event programmable tuner and many accessories. For details call Jason at 752-0847 before 11 p.m.

1965 Impala SS, V-8, P.S., factory air, all original, needs paint and interior work, \$500. 1973 Super Beetle - doesn't run \$250. 1974 Super Beetle, runs great, some damage on one side \$1,000. Call after 5 p.m. Rod, 259-1073.

Get your personal pocket diary and calendar fr. Student Programs, Rm. CC 213, for just \$1.00.

PERSONALS

M.H.—I love you with all my heart! Another year is underway and we're both not getting any younger. ..P.S. Thanks for the favors. Love, Your Baby.

Wanted: Future Secretaries - Bring your lunch 12-1 on T and H in B-211. Leadership skills and fun too!

MISCELLANEOUS

Don't forget the all campus picnic October 8th from 11:30 a.m. to 1:30 p.m.! Live music and lunch for \$1.50!

2nd Chance! For those who missed the Ski Clumeeting. Contact Student Activities CC-213 phone ext. 150.

Classified Ad Policy

Deadline: Ads accepted by 5 p.r Friday will appear in the following Wednesday issue. Ads will appear o ly once per submission; if you wish particular ad to appear in successi issues, you must resubmit it.

Cost: Ads which do not solicit for private business are free to student staff and faculty. All others are char ed at a rate of 10 cents per wor payable when the ad is accepted.



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Out of Bounds

By Matt Rasmussen

'Hog-tied' new sports editor definitely not 'tongue-tied'

It was a dark summer day. There were no clouds and the sun was bright, but a heavy gloom had settled on my mind. Ever since breakfast I felt the impending doom; shapes of things to come. I just couldn't conceive the direction of the attack.

Then I spotted my first clue; a hurried message scrawled atop the Wheaties box.

"Mr. Rasmussen: You are cordially invited to attend a Commuter workshop. Attendance is not mandatory, but encouraged. Refreshments

That clinched the deal, the Wheaties box was empty, and now I knew where my next meal would come from.

I arrived late, fashionably of course, but late nonetheless. While the food glowed from a distant corner, the editors snarled from around their table. (A table that bore a remarkable resemblance to an early 17th century rack.) I grabbed some chips and headed towards the table, avoiding the worn leather manacles dangling from the ceiling.

My heart jumped to my throat, then hid in my sock. Their sick smiles made be shudder.

"Will he do?" asked one.

"Perhaps. . . he's repulsive, disgusting, disheveled, uncaring, and a

"Perfect!" answered the editor

Thinking I was to be a sacrifice to some newspaper god, I made a beeline to the food and then the door. I made it as far as the guacamole before I was accosted and rendered senseless by two thugs and a pint of

The next few hours were very hazy. I was hog-tied (in the traditional

Oklahoma fashion) and force fed boiled hot dogs with lima beans.

While one editor read quotes from Sports Illustrated, the others would change television channels from 'Fishing the West' to 'Pee Wee Baseball in Taiwan.

Their brainwashing techniques were quite effective. By the time they asked me to become their sports editor, I would have volunteered to be Khadaffy's badminton partner, and I don't even like badminton!

I've since tried to defect, but they said something about no return on the two pints of blood I unknowingly deposited.

My qualifications include the autographs of Steve Johnson, Dave Twardzik and Billy Ray Bates, a short stint on a semi-pro lacrosse team in the Rocky Mountains, (semi-productive), as well as several white water raft trips down the mighty Powder River in the wilds of Eastern Oregon. However, I must admit that the greatest qualification stems from a blissful ignorance of all knowledge. (This quality is an apparent must in sports writing.)

I am committed to this position and to offering you the best sports coverage possible. Upcoming events include volleyball tournaments, ocker room interviews, cross-country updates, live Superbowl reports, and tentative plans for a two page spread on the '88 Olympics. (The final wo are still subject to budget cuts and red-tape.)

One goal I have is to liven up this column, (I need all the fun I can get puried on the second to last page), so I leave you now with a cheerful aports note; "Buck up little campers, I hear OSU doesn't have a football

ew basketball coach starts Il conditioning program

Matthew Rasmussen rts Editor

fith many pros still holding out on tracts and training camp barely in it, it's hardly time to think of setball season, but don't tell that uane Barretts' Advanced Basket-

class. t's a P.E. class and conditioning s," says Barrett. "We're also geta chance to watch those people . It is not a formal practice, we're nding some time getting in shape I'm enjoying it.

venty-five students are enrolled e class, 12 of whom may suit up ate October, but coach Barrett rts, "It's still wide open." Official tice starts Oct. 20, in preparation he Clark Tournament, Nov. 28, in ouver, Wash.

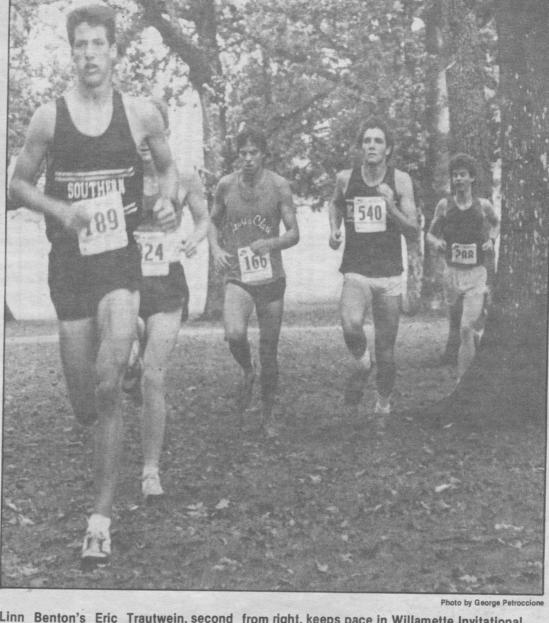
think the game of basketball t to be fun for the players," said new Roadrunner hoop coach,

"and I like to play the type of ball that the fans like to watch. That means you'll see a full court running game, really uptempo. We'll fast-break every

"I think there's some quickness out there. We have some people who can really shoot the ball. There's a real willingness to work at this time of year. I would anticipate that if we are a decent ball club, like I hope we'll be, we will generally be involved in

high scoring contests," Barrett said. Returning from last year's squad are Scott Montgomery, Jeff Vinson and Jesse Sapp, along with Joe Kleinschmidt who is sidelined with an injured hand. New talent includes Tim Pitman, a transfer from Taft Junior College in California and Chris Denker from Boise State.

League play starts at home, Jan. 3. against Southwestern Oregon Community College.



Linn Benton's Eric Trautwein, second from right, keeps pace in Willamette Invitational.

McMorris leads LB at Salem meet

of 'cross country' last Saturday by competing in the Willamette Invitational. The Salem meet pitted harriers from Southern Oregon State College (SOSC) to the University of th sity of Alaska at Anchorage, and a dozen and a half schools and clubs in between. "It was a very high class meet," said cross country coach Dave Bakely, "A top notch field, with plenty of talent from clubs and four year schools too.

LB's four runners entered as individuals, five must compete to form a team.

Shawn McMorris did the best of the three Roadrunners who finished the race. He ran the 8000 meters in 27:28. Eric Trautwein crossed the line at 28:03 followed by Wade

Bakley at 32:07. Ray Grossenbach, running his first 8000m, didn't finish.

"Ray ran about three miles," said Bakely, of his sprinter turned distance runner, "We thought that was adequate, we're still working to get him into shape (for distance)." Three miles is about 3/5 of an 8000m race

Bakely expects to field a men's team this weekend at the Mount Hood Invitational, to be held in Greshams' Blue Lake Park. Along with the men's team Bakely plans to

enter three individuals in the women's division.
"We're finally getting well enough to compete as a team," said Bakely of the men's squad. He felt the women could make up a team in two or three weeks, "but it may

Volleyball team pulls pieces together to win

By Matthew Rasmussen Sports Editor

Following a week of bitter disa-pointments, Linn Benton's volleyball team pulled the pieces together Monday night to take three straight sets from Western Baptist College in a non-conference match.

After gliding through the first set 15-5, the spikers went to the wire to win the final two; 16-14, 15-12. "The teamwork was there,"said volleyball coach Deb Mason,"we hit a lot more tonight." LB is now 1-3 on the season, and still winless in league play.

Freshmen Andrea Powell and Kathy Wilson dominated the net,

blocking spikes and frustrating the shorter Western Baptist team. Sophomore setter Monica Haines provided excellent defensive coverage as the entire team worked to move the ball offensively.

Victory for the Roadrunners came without practice following Saturday's loss at SWOCC,"We played Saturday in Coos Bay, then came here tonight and talked,"offered Mason on the teams turnaround.

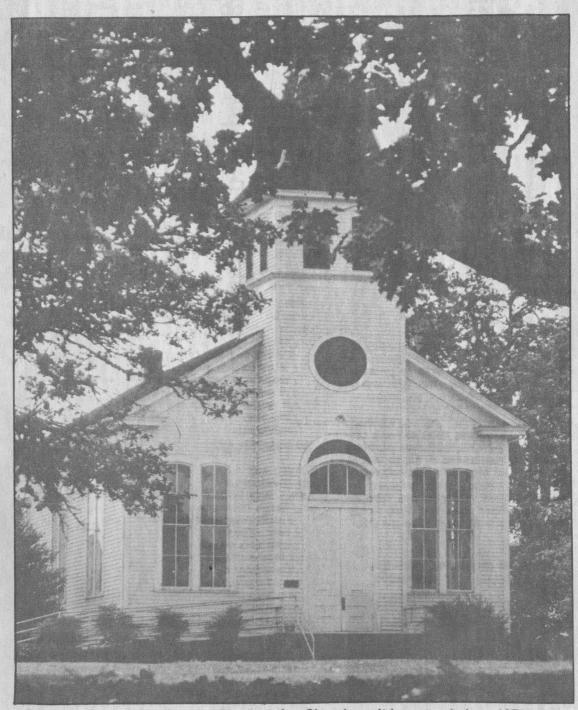
Aside from Monday's win, October hasn't been a good month for Linn Benton Volleyball. Losses include home matches with Mt. Hood and Willamette, and Saturday's loss to

Tonight league action resumes against Umpqua Community College at 7:00 pm. "We've seen them at two tournaments, and played them at one," stated the coach,"If we play like we played tonight, we could probably beat them."

After tonights match the Roadrunners will travel to Spokane, WA, for a Cross Over Tournament. Origionally the team was headed for La Grande, and the Eastern Oregon State College Tournament, so now Mason isn't sure what to expect,"I don't even know for sure what teams will be there yet."she finished.

Backroads

Photos and story by George Petroccione



The Oakville Willamette United Presbyterian Church, as it has stood since 1878.



Oakville

Oakville Road is more than a link between Albany and Highway 34, it is the main thoroughfare to the historic, and once thriving community of Oakville, Oregon.

Founded by five Scottish Presbyterian families in the 1870s, Oakville was once the home of it's own post office, a school, brickworks, a general store, a creamery, several prune dryers and the landmark Presbyterian Church. However, it's economy was based on farming.

On July 9, 1850, the first psalm singing congregation west of the rockies was formed at what would become the town of Oakville about 20 years later. Then on October 20, 1852, the congregation met with the Associate Reformed Church at Union Point, south of Brownsville, to become known as the first Presbyterian Church west of the Rockies. Today it is known as Oakville Willamette United Presbyterian Church. The church itself was built in 1878, and is the sole remnant of this mid-valley town.

In 1950 Mrs. Mabel Cale wrote of the history of the Oakville Willamette church, "It has weathered the storms these many years, and still stands as a monument to the efforts of those brave men and women who sacrificed much to bring Christianity to a new country." Twelve years later the church lost it's steeple in the Columbus Day storm. But, in a little more than a month a 7,000 pound re-constructed steeple, including bell, was lifted on to the church, an exact replica of the one fashioned in 1878.

Although Oakville is not the town it once was, it is still a community. Many descendants of the original pioneers are still in the area, and even though there are fewer family farms, farming is still the mainstay of the community at the end of Oakville Road.



The Oakville Cemetery offers a tranquil spot surrounded by large trees, and a hand pump in

the center for those seeking water.