



Photo by George Petroccione

Beam Me Up!

A \$5,000 satellite dish installed atop Takena Hall last week will prove useful to a wide range of classes, according to

Media Services technicians, who expect to have the dish ready for use this spring.

THE COMMUTER A Student Publication

Linn-Benton Community College, Albany, Oregon

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Ladies of the 80s feel 'superwoman' pressure

By Louisa Christensen
Staff Writer

Trying to live up to a "superwoman" image has caused many women of today to start to hate feminism, Megan McMorran, a Portland freelance writer, told women of all ages filling the Alsea Room Friday.

"More and more people are apologizing for their feminism," said McMorran in her speech: "Pop Feminism in the 80s," made in honor of National Women's History Week.

She feels that women of the 80s are expected to model themselves after a "managerial superwoman" who has power, money, independence and a motto that claims she can "do it all." McMorran calls this image "Pop Feminism."

"Like pop music and pop culture, it provides easy answers to complicated questions," McMorran said. Pop feminism is "Really not that great. There is no glory, no rewards, too many expectations. This superwoman is a bad idea of what feminism is."

Women of the 80s feel they must "have it all" and "do it all," she said. It's making them feel guilty if they can't live up to these expectations. Then their guilt is turned into anger towards feminism, a movement that can be a tool to "get women out of this mess," she said.

"We decided that the best way to fight was to zero in on our careers," she said about her college years during the "last phase of the feminism rage stage." When she entered Lewis and Clark College in 1975 the superwoman image was making its debut. After "realizing that all these centuries women have been depressed," the women students turned towards their careers. Success was the way to receive equality and "the only way we could prove ourselves," she explained.

Then, after her class had graduated and became career women, they had to deal with sex discrimination in the office, make sure they were being good wives and eventually raise a family, she said. They began to ask the question "is this all?"

"We hang on to our professional identity. We are fearful to give it up because it's the only identity that society values," she said. "This professional identity is based on a male model," and McMorran said, "somehow we are still not happy."

What can the woman's movement do about this unhappiness?

"We need a far more reaching ideology and a new vocabulary," McMorran said. She suggested a social reform that reacts to the needs of all people. She doesn't want women to view feminism as "shallow and stagnant."

"It's not as if pop feminism failed," she concluded, "because it sure helped some of us to get going."

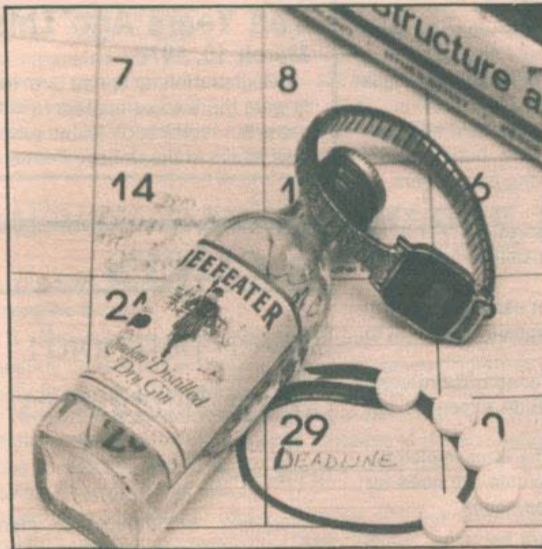


Photo by Quonieta Murphy

Stress

Finding your purpose in life and controlling emotions keys to coping with stress

Editor's Note: This is the last in a series of stories examining the effects of stress on the lives of students and their families. For this installment, Editor Diane Morelli reports on the methods of coping with stress and its causes.

By Diane Morelli
Editor

"Fight for your highest attainable aim, but never put up resistance in vain."

Dr. Hans Selye, the acknowledged "father of stress," condensed 20 years of research into that one short and simple sentence.

His nearly 50-year-old definition of stress is still the best explanation around: "Stress is the body's nonspecific response to any demand on it, whether that demand is pleasant or not."

Selye explained the two faces of stress by observing that sitting in a dentist's chair or kissing passionately are both stressful, but one is more pleasurable than the other.

The dentist's chair could be classified as distress (Latin, *dis* = bad) while the passionate kiss could be labeled eustress (Greek, *eu* = good). While the body undergoes virtually the same nonspecific responses, eustress causes much less damage than distress.

The most important thing to remember in dealing with stress is your reaction to it. It isn't the stress that is aging you prematurely and making you ill, it's your reaction to it.

In Denis Waitley's book, "10 Seeds of Greatness," he summarizes three basic rules for understanding Selye's theories on the stress of life. The first rule: "Find your own purpose in life, that fits your own personal stress level."

If you are a turtle by nature, stop trying to live like a racehorse. Find your own goal, not one handed to you by someone else. Find a purpose you can respect.

Rule number two: "Control your emotional level by recognizing situations as being either life-threatening or non-life-threatening. Respond, rather than react."

You have a "stress" savings account deposited within you to be spent over the longest time span possible. The problem with this savings account is that you can make withdrawals but you can't make deposits. The only control you have over this treasure is the rate at which you make your withdrawals.

The wise thing to do is to never spend it wastefully for worthless efforts.

The reason some people age more

• continued on page 5



Inside

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- Student committee deciding how to spend \$180,661, page 4.
- Track team prepares for challenging season, page 7.

Guest Column

Albany Transit Task Force higher fares, better schedule

By Bill Baze
ASLBCC Representative

For the past five months the Albany Transit Task Force has been meeting to analyze the needs of the Albany residents for a transit system. We have investigated transit systems in communities of similar size, reviewed current literature on transit service design, met twice with the Linn-Benton Transit Committee and State Transportation Department staff, and evaluated a wide range of alternative means to provide transit service.

The recommendations forwarded by the task force are based upon the understanding of our community and the necessity to provide a public service in the most cost-effective way. Also considered was the fact that the Albany City Council and Budget Committee are faced with limited resources to allocate among competing agencies. The study has convinced the task force that there is a definite need, and the level of this need justifies the continuance of a public transit system.

Following are the recommendations from the task force that will be presented to the mayor and city council on March 26.

1. Maintain current service level of ATS.
2. Increase the ATS bus fare from 25¢ to 35¢ beginning May 1, 1986, and consider increasing the fare later.
3. Pursue the possibility of contracting with a private provider by requesting proposals for operation of the Albany Transit System. Include vehicle maintenance as part of the request for proposals.
4. Apply for a grant from the State Special Transportation Fund for ATS operations.
5. Improve service to LBCC by changing the bus stop schedule to be more compatible with class beginning and ending times.
6. Seek corporate donations and operational support from local businesses and LBCC.
7. Continue the free rides for children on organized school field trips and free rides for the needy to pick up their free cheese and butter at the fairgrounds as long as the ridership does not displace paying passengers.
8. Maintain current service level of Call-A-Ride.
9. Apply for a grant from the State Special Transportation Fund for upgrading the Call-A-Ride vehicle (possibly a van) and for Call-A-Ride operations.
10. Increase the Call-A-Ride requested donation to 75¢ for each one-way trip beginning May 1, 1986. If a van is obtained, increase the requested donation to \$1 for each one-way trip.
11. Encourage the Albany Area Seniors, Inc., or other nonprofit organizations, to conduct fund raising activities to fund Call-A-Ride expenses not covered by passenger donations.
12. Evaluate the transit service approximately six months after implementing any changes, and as community needs change, reevaluate the need for public transit and the type of service necessary to meet the needs.

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.

THE COMMUTER

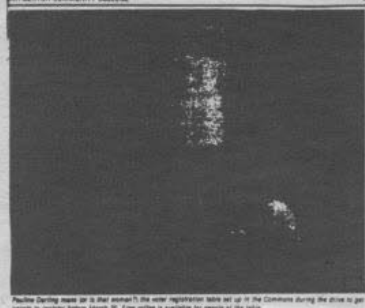
A Student Publication

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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Commuter Archives



Public hearing to set budget election date

A public hearing on the LBCC's operating budget for the fiscal year 1986-87 will be held on Wednesday, March 12, at 7:30 p.m. in the College Center Room 210.

Students register for spring term

Registration for the spring term is now in progress. The registration office is located in the College Center Room 210. Registration is open to all students who are currently enrolled at LBCC.



Ten Years Ago This Week

March 10, 1976

Registration for spring term had just begun. Not only were there no computers to aid the registration process, but registration lasted one month, and was held downstairs in the College Center rather than in Takana

Hall. According to Dean of Students Lee Archibald, "When all of the four windows are staffed, an average of one student is registered every three minutes." Archibald added that the registration office looked like "a paper blizzard."

- "Jim Baker's entire Zoology class, on a field trip to Finley Wildlife Refuge last week, identified a far-off flock of birds as geese—turns out it was a field full of decoys."
- An apartment complex called The Colony Inn ran an ad stating that a completely furnished apartment with cable TV and all utilities included could be rented for \$90 per month.
- It was also Bicentennial Week at LBCC. Scheduled events included the showing of "Future Shock" in the Fireside Room, a costume dance, numerous speeches, and "food" days such as "Apple Pie Day," "Hot Dog Day," "Cherry Pie Day" and "Old Fashion Chocolate Sundae Day."

Fifteen Years Ago This Week

March 9, 1971

- The class schedule for spring term was an insert in the Commuter. It offered courses in agriculture, allied health, business, creative arts, environmental control, fine science, health and P.E., industrial skills, language arts, law enforcement, social science, science and math.
- LBCC's tuition for full-time students was raised from \$72 to \$84 per term. The LBCC Board of Education predicted that the total expenses (including food, clothing, shelter and books) each full-time student would pay would come to \$450 per term.
- William Horvath, a NASA demonstrator from Ames, California presented a lecture in the College Center. Horvath showed slides and model rockets, and demonstrated a spacesuit on ASB (ASLBCC) Second Vice President Gary Martin.

Letters

Driver 'paranoid'; passes hitchhikers

To the Editor:
I wonder if hitchhikers; men, women, students, whoever, are curious as to why, more often than not, motorists pass them by. Most vehicles are occupied by only the

driver, so it can't be a matter of overcrowding.
No folks. It's more serious than that. Speaking for myself, reluctance to pick up people along the road is fostered by fear. We all too often hear about some good samaritan stopping to give someone a lift and not surviving. Being robbed would be bad enough.
Of course, the drivers are not the only potential victims here, but since I don't hitchhike, my perspective is as

a driver only. I'm damn scared to stop. I feel bad about zooming past a student or perhaps someone having car trouble. Some day, for whatever reason, that could be me standing there. Heaven forbid.
You can call it chicken or paranoid if you wish, but I'm choosing to not take any more chances than necessary with my safety and I'm tired of feeling guilty about it.

Barb Bolden



"I CAN'T BELIEVE IT! WE FINALLY ESCAPED THE CLUTCHES OF THOSE PIRATES!"

CSC helps dislocated workers find jobs

by Dale Owen
Staff Writer

There can be a right way, a wrong way, and a better way of looking for work.

"Nothing good was happening until I went through this program," Ken Stillinger, a former Champion millworker replied about the Dislocated Worker Program offered by Community Services Consortium (CSC) at LBCC.

Stillinger, an Albany resident, lost his job as many people did when Linn and Benton counties' manufacturers cut back or closed. "But," he said, "I felt confident that I would find employment because of my degree and background."

"That confidence changed after I began looking for work," Stillinger said. "I was feeding the mailbox and had many wrong approaches to job searching," he admitted.

Worried about losing his house, and discouraged and frustrated by not finding work, Stillinger became a participant in the program shortly after it began at LBCC last summer.

The program, financed with \$600,000 made available by the Job Training Partnership Act (JTPA), is offered to "workers who have lost their jobs or business because of cutbacks or closure," Lynne Dimmick, program director said. The program's focus is on instruction of work search skills, communication and career evaluation, she added.

"It really helped me," Stillinger said. "I was using what they taught me and got closer to work."

Stillinger explained that receiving letters back, having interviews and being more effective during interviews made him feel like "things were really moving for me."

According to Diana Cleland-Boyle, employment

specialist for CSC, job interviewing is one element of the program's two-week work club instruction that follows the orientation and assessment process.

Additional training in customer service, first-aid and CPR is also offered to participants, Cleland-Boyle said. Some people are referred to clerical, computer and developmental courses at LBCC, she explained.

Arlene Nissen, a Lebanon resident, decided to go to work after her husband was laid off. She said that without prior experience at finding work she felt she needed instruction. Her husband, who had previously gone through the program, persuaded her to begin.

"It really was encouragement," Nissen said. "During the program, we evaluated ourselves and our job skills, and in the process we learned a lot about ourselves," she said.

Even though she hasn't found work, she expressed a positive attitude about the program. According to Nissen, the customer service training involves improving listening skills. "You learn to deal with people in a positive way," she said.

Greg Bauer, also a Lebanon resident, just recently found work, and said, "If it wasn't for the program, I wouldn't have this job."

Unemployed for over a year, Bauer explained that he was not getting many responses from potential employers. When resumes and applications resulted in only three interviews during eight months, he said he began to feel like he wasn't worth hiring. When a friend suggested the program, Bauer said, "I went over and signed up."

"At first I was tested for my abilities and interests," Bauer said. Instruction in work search methods followed, and a lecture on coping with

stress "was just great," he added.

"They really helped to build up my self-confidence," Bauer stated. From the program, Bauer said he learned about the power of positive thinking and began taking that image into interviews, which were happening more frequently. Bauer also mentioned that the program has other benefits.

Cleland-Boyle explained that the program has explained that the program has supplemental funding available for gas used during job hunting, appropriate clothing for interviews, and can help with relocation costs if needed. According to Cleland-Boyle, participants are also welcome to use the phones for long-distance job search.

Stillinger, who eventually found work as an employment specialist for CSC, pointed out that the program generates ideas, resources and job leads.

"The bottom line is what people do after job club," he said. "If they go home, open a six-pack and watch TV, they are going to be unemployed."

The program's office and classroom at LBCC, T117-E is a "good meeting place, and if everyone is active they get to know each other," Stillinger commented. He explained that this helps develop a supportive atmosphere. Participants also help each other with job leads.

Dimmick said, "this room is open for support until they find employment." People can come in to use the phones, read newspapers and discuss job leads. She also explained that after the work club phase of the program participants work with co-ordinators until they find work.

Over 200 people are presented involved in the program. CSC has reapplied for annual funding of the program, but Dimmick said the results won't be known until summer.

Survey backs smoking limits

By Quonleta Murphy
Magagna Editor

A survey to determine student attitudes and opinions toward smoking was recently conducted by Yvonne Legrande and Al Church as a class project in Larry Schuetz's Business Quantitative Methods class.

The survey, a random sampling of over 200 students, is a scientifically-based representation of the opinions and attitudes of the population of LBCC, according to Schuetz and Church. They indicated that there is up to a 5 percent margin of error in this survey.

Legrande and Church drew 15 major findings from the survey, and formulated five recommendations. Their findings indicated that 15.5 percent of the students at LBCC smoke on campus, while 84½ percent do not. They also found that 99.5 percent of non-smokers are bothered by second-hand smoke in at least one or more areas on campus. Tadena Hall was identified as the least appropriate place to smoke on campus, followed by the Camas Room.

While only 7.5 percent of LBCC smokers smoke in the Camas Room, survey results indicate that it bothers 56 percent of the non-smokers at the college. By far, the most popular indoor place for smokers to smoke is the Commons, with 74.2 percent saying they used this area.

When asked to rate the statement "Smokers' have the right to smoke on campus," 48.5 percent of all respondents agreed, while 35.5 percent disagreed and 16 percent had no opinion. According to the report, respondents thought the most appropriate places on campus to smoke were the parking lots, exterior grounds, the courtyard and other designated areas.

A surprising outcome of the survey was that only 29.5 percent of students surveyed knew about the Faculty Association's proposal to ban smoking everywhere but the Commons, and to ban sale of tobacco products on campus. Respondents rated the proposed resolution in the following manner: 24.5 percent rated it excellent, 36 percent rated it as good, and 19 percent fair; while 5.5 percent rated it a bad idea and 13.5 percent a poor one.

Out of the 200 valid responses that Legrande and Church received 3.5 percent of the respondents rated LBCC's present smoking policy as excellent. Another 22.5 percent feel it is good and 36 percent rate it as fair, while 14.5 percent think it is bad and 21.5 percent consider it poor.

When asked to rate the statement "Smoking should be allowed in staff or instructors' offices," the response was almost evenly split between those agreeing, those disagreeing and those with no opinion.

Based on the data Legrande and Church compiled five recommendations:

Smoking should be banned in all restrooms because of the very small percentage of people who do so (only 3.2 percent of smokers).

Smoking should also be banned in the Camas Room and Tadena Hall until an adequate solution to the problem of second-hand smoke in those areas can be found, such as adequate ventilation.

A ban should also be placed on smoking in enclosed exterior hallways, such as those on the upper level near Tadena Hall and the Industrial/Apprenticeship building.

Smoking should be banned, the report said, in instructor and staff offices beginning 15 minutes prior to and during posted office hours.

The survey also shows a wide base of support for the Faculty Association's smoking ban.



Photo by George Petroccione

Big Bugs!

Cast members of *James and the Giant Peach* meet one of the elementary school audiences they played to last week. Many schools in the area came to performances that were arranged just for the school children.

Etcetera

Crisis Hotline

Linn-Benton Crisis Service hotline, in its 21st year of service to the Willamette Valley area, will be offering free telephone crisis intervention training to prospective Crisis Service Volunteers beginning Saturday, April 5, 1986, at 9:00 a.m. at Friendship House, 430 West 4th Street, Albany.

Vocational college credit is available from Linn-Benton Community College or the course is free if taken as a non-credit class. For further information, call Laura Jones, Crisis Service Coordinator, 757-2299.

Facilitating Meetings

A seminar offering specific strategies for increasing effectiveness in leading groups toward their goals will be held Friday, March 14 from 9-4:30 p.m. in Boardrooms A & B.

The cost of the seminar is \$30, which includes lunch. Registration is limited.

Law School

The "D.U.I.I." session of the People's Law School, which was originally set for Feb. 20, has been rescheduled for Wednesday, March 12.

The free class covers what a person should do if stopped for a traffic violation or drunken driving. The session will be held 6:30-8:30 p.m. room 217 in Linn-Benton Community College's Tadena Hall, 6500 SW Pacific Blvd., Albany.

Photographers Meet

The LBCC Photo Club will meet Wednesday, March 12, at 4:30 p.m. in the Willamette Room to view video tapes and slides of Winn Bullock, Murray Riis and Ruth Bernhard.

Seminar

A workshop will be held Thursday, April 3, from 9-4:30 p.m. in Boardrooms A & B. This seminar is designed to assist supervisors and managers in preventing and dealing with disciplinary and discharge actions.

The cost is \$30 and includes lunch. Registration is limited.

Community Chorale

The Portland Youth Philharmonic, under the direction of Jacob Avshalomov, will perform with the Linn-Benton Community Chorale in a rarely heard presentation of *Fantastical Choruses from LELIO* by Berlioz, on Saturday, March 15, at 2 p.m.

Tickets are \$6 each and are available at Rices Pharmacy in Corvallis, French Jewelers and the Creative Arts Guild Gallery in Albany, or by calling 928-2999. Seating is reserved.

Resource Fair

"What's a Parent To Do?," a parent resource fair featuring 57 seminars, a film fair and resource tables from over 50 local agencies, 8:30 a.m.-3:15 p.m., March 15, at LBCC. Cost is \$1, unless child care or lunch is requested. Preregistration by Monday, March 10, is required for those who want child care services and lunch.

Computer Symposium

LBCC's student chapter of DPMA will host a two-day computer symposium from 9 a.m.-4 p.m. on Thursday, March 20 and Friday, March 21, on the main campus.

A computer vendor display is part of the two-day meeting, and will be open in the Commons area from 3-5 p.m. on Thursday, March 20 and from 9 a.m.-5 p.m. on Friday, March 21. The display is free and open to the public.

For more information call DPMA advisor, Gladys Norman, ext. 175.

Free Concert

LBCC's Concert and Chamber choirs will present a free performance 8 p.m. Thursday, March 13, on the Mainstage in LBCC's Tadena Hall.

Lunch Bunch

Jane Donovan, Jane White and Ed Pond will present a discussion about the debate between the men and women of the play "Lysistrata," for the March Lunch Bunch. The date and place has been changed to Friday, March 14, room T 213, from noon-1 p.m.

Pottery Sale

Students in LBCC's pottery classes will have their annual pottery sale on Wednesday, March 12 and Thursday, March 13 from 10 a.m.-4 p.m. both days, in the commons. Offered for sale will be a variety of pieces including mugs, teapots, vases, bowls and wall hangings.

Committee struggles to balance Student Activities budget

By Todd Powell
Staff Writer

The five-member Student Activities and Programs (SAP) Budget Committee is now in the process of reviewing proposed expenditures of over \$180,661 for the 1986-87 school year, which is a decrease from last year's budget of \$205,000.

"Part of the reason for the decrease is the loss of the Mainstage Theatre and DECA. They're both out of the budget," said Lily Winans, chairperson of the SAP committee. Winans commented that the SAP committee is at the stage of, "reviewing only, not making recommendations."

The committee has finished hear-

ings with each of the six divisions: HO/Physical Education, Business, Humanities, Industrial/Apprenticeship, Science and Student Programs.

"I can't tell you what their budgets will be, because we (SAP committee members) haven't discussed that yet," she said. However, Winans did list each of the division's requests for the 1986-87 fiscal year. They are \$70,131 for HO/Physical Education programs, \$55,617 for Student Programs, \$19,614 for Humanities programs, \$7,588 for Industrial/Apprenticeship programs and \$6,900 for Science/Technology programs. The business area is no longer part of the budget. "They've decided to go club status," Winans said.

In addition to the base budgets, some divisions have asked for additional funding in the form of decision packages. HO/Physical Education Division requested an additional \$14,721; Student Programs, \$10,656; Industrial/Apprenticeship Division, \$5,262; Science Division, \$750 and Humanities, \$700. "Some of these (additional funding requests) are due to salary increases, new equipment, travel expenses and overall program enlargement," said Winans.

Blaine Nisson, director of student programs said, "I think the student committee definitely has a real decision-making process." Nisson explained the problem that the committee must resolve. "The additional

requests add up to \$33,000 and we only have \$9,000 to meet that," he said. The committee must individually decide how the additional funds will be distributed.

Winans explained about SAP funding. "It (SAP funds) comes from student fees, which is a certain amount of money that's withheld from the students tuition," said Winans.

"The SAP budget helps to fund The Commuter, livestock judging, Loft Theatre performances, the Industrial Technical Society, athletics (all men's and women's basketball, intramurals, volleyball and baseball)," she said.

"The total amount of money that we are projecting to receive from enrollment fees for the 86-87 school year is approximately \$130,000," which introduces another problem, according to Winans. She said that the total budget is short on money to cover the divisions' requests.

Nisson agreed with Winans' statement and said "the student fees money is just simply not there." He said that the lack of funds can be

resolved by the various divisional programs. "The challenge is for the programs to start generating more of their own revenue."

In addition to Winans, members of the SAP committee are Joyce Quinnett, Pam Cyrus, Rodney Scheckla and Kirk Marcotte.

Preparing the budget has required about 15 hours up to this point, according to Winans.

The committee must discuss and review the overall budget on March 10-11, she said, and come up with a balanced budget by March 12, when they submit it to Jon Carnahan, vice president of Instruction.

Carnahan will review the committee's recommendations and decide if he agrees with them. If Carnahan and the SAP committee fail to agree, then Dr. Thomas Gonzales, president of LBCC, will make the final decision.

Winans said she feels confident that the committee will be able to come up with a balanced budget because, "we have no choice. That's our job."

RUN FOR COVER!

The original cast is coming to save their school...
and it's open season on anyone
who gets within range!



WARNER BROS. Presents A PAUL MASLANSKY PRODUCTION A JERRY PARIS Film
"POLICE ACADEMY 3: BACK IN TRAINING" Starring STEVE GUTTENBERG • BUBBA SMITH • DAVID GRAF
MICHAEL WINSLOW • MARION RAMSEY • LESLIE EASTERBROOK • ART METRANO • TIM KAZURINSKY
BOBCAT GOLDTHWAIT as Zed and GEORGE GAYNES as Cmdt. Lassard Music Composed by ROBERT FOLK

PG PARENTAL GUIDANCE SUGGESTED
SOME MATERIAL MAY NOT BE SUITABLE FOR CHILDREN

Written by GENE QUINTANO Produced by PAUL MASLANSKY
Directed by JERRY PARIS

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WATCH OUT! THEY'RE HERE MARCH 21!

2+2+2=\$21,000

That's Army math. It means that after 2 years of college (60 semester hours or equivalent) and a 2-year enlistment, you could have up to \$21,000 to continue your education. Courtesy of the New GI Bill + New Army College Fund. (Effective July 1, 1985).

That other 2 means you can get two years of ROTC by enrolling in ROTC at the third year level (with the approval of the college's Professor of Military Science) when you reenter college. You'll earn \$100 a month in ROTC.

Qualify, and you'll start your enlistment with a promotion. And just because you're out of school doesn't mean you stop learning. We'll teach you a skill that can help you go places later.

And you'll go places now, because we give soldiers an opportunity to travel. And a chance to make new friends.

Not to mention a lot of money for college. Plus the chance to become an Army officer. Contact your local Army Recruiter today.

SSG Richard Froede 967-5915

ARMY. BE ALL YOU CAN BE.

St. Patrick's Day Soc Hop!

Larry Blair
treats us to
Country and
50's-60's Rock!

March 14
9pm-midnight
Commons

\$2.00 single
\$3.00 couple

50¢ OFF single price and \$1.00
OFF regular price if you wear
green socks.



**FREE
REFRESHMENTS**

Sponsored by Student Activities

Experts offer advice on coping with stress continued from page one

quickly than others is because they are "big spenders." They overreact to harmless circumstances as if they were life-or-death matters.

Within your body are two kinds of chemical messengers: the messengers of peace, which tell your body not to fight because it's not worth it; and the messengers of war which tell the body to fight and destroy invading substances.

The peace messengers are called "syntoxic" hormones and they tell your body that if you don't fight, you won't be sick. They realize that it's not the intruder that will make you sick but the fight itself.

The war messengers are called "catatoxic" hormones. Their job is to search and destroy dangerous invaders.

If you react to every stressful situation on a daily basis with this "fight or flight" catatoxic reaction, you are wasting energy from your "stress" account worthlessly.

It's necessary to know when to behave syntoxically and when to react catatoxically.

Waitley illustrates it this way. Suppose you go out for the evening and you meet a harmless, but obnoxious, drunk who showers you with insults. You take a syntoxic attitude and continue on your way, saying nothing. "He's so drunk he can't attack his own bar stool. You adapt to the an-

noyance and no trouble results."

However, if you were to misinterpret the situation as life-threatening and react as though he were a homicidal maniac your body would go into red alert. Your adrenal glands would begin to react, elevating your pulse, respiration and blood pressure. The protective lining of your stomach would begin to dissolve and your blood would rush to the battle zones. The chemistry responsible for coagulating your blood prepares to resist wounds with quick clotting.

If you are already at high risk for coronary failure or stroke, this could do you in even if you don't actually fight. Your reaction, not the drunk, could have killed you.

Of course, the opposite could have occurred and you could have mistaken a homicidal maniac for a harmless drunk. Then you should sound the alarm and let the adrenalin flow to escape danger. This would constitute a legitimate withdrawal from your "stress" account.

However, many people are using up their reserves and killing themselves prematurely, or harboring stress-related diseases because they choose inappropriate responses to life's daily problems.

It is important to learn to adapt to and live with situations instead of reacting in a state of alarm and

resistance. People who are emotionally upset withdraw all of their energy reserves too quickly and run out of life too soon.

Rule number three: "Collect the goodwill and appreciation of others." Selye observed that, "One of the most effective keys to living is to persuade others to share our natural desire for our own well-being." This can be done by making a constant effort to win the respect and gratitude of our fellow men and women.

Okay. So now you realize you need to change your reactions to stress. Where do you begin?

Breathe.

You are cramming for a mid-term and you don't feel prepared. Stop and close your eyes and take a deep relaxing breath.

Your children harvested your favorite houseplant. Stop and breathe.

The car won't start and classes begin in 20 minutes. Relax.

If this sounds impossible you might benefit by enrolling in a relaxation class at LBCC taught by Arlene Crosman, a physical education instructor.

There are a number of campus classes designed to help people manage their stress.

Counselor Ann Marie Etheridge conducts a stress management class

which begins during the fourth week of spring term.

The main focus of the five week course is cognitive restructuring which means you are taught to rebuild your thinking processes. Referred to as "self-talk," Etheridge says the students are taught to examine their irrational beliefs and self-talk and turn them into rational behavior. "Most of us have only a certain amount of energy to expend in the course of a day. We try and identify ways that we're unproductively expending our energy that causes stress," she said.

To illustrate the concept she tells of her commuting experience. Because of the location of her home and the distance from the school and errands she has to run, she is pressured for time. One of the things she used to stress herself out with was the likelihood that a logging truck would pull out in front of her and remain for five and a half miles up the hill.

"Every time that happened I just felt the whole stress mechanism begin and I started telling myself 'Oh no, a log truck, why can't I pass this log truck?'"

She said that for every second she was behind the log truck, she was busy trying to pass it.

Through self talk you say, "What am I telling myself; what's my basic

assumption?" As I examined it she said, "My basic assumption was, I should never get behind a slow moving vehicle, and how irrational that was."

Etheridge said she defused many of her stressors by looking at how many irrational beliefs she had. The logging truck incident was one of those.

"I had a belief that I should have a smooth sailing, unencumbered, swift ride home. And since I had that irrational belief, then anytime anything came along that hindered or frustrated that, I was going to be stressed."

Etheridge says the counselors on campus are available for short-term counseling for students under stress.

Crosman teaches a stress management course during the evening and announced last week that she will conduct a mini-workshop entitled "Understanding Your Stress," free of charge to answer the need of students who are seeking help. The workshop will be held Monday, April 14 from 9 to 10 a.m. and repeated from 4-5 p.m. and again on Tuesday, April 15 from 9:30-10:30 a.m.

Crosman and physical education instructor Jean Irvin also teach a "Lifetime Wellness" course that deals with stress management, relaxation, nutrition and exercise which are all stress reducers.

Aquatic fitness program suited for handicapped

By Kay Sams
Staff Writer

The Aquatic Fitness program begins again spring term, offering the opportunity for increased strength, flexibility and endurance using warm-water exercises. The program is especially well suited for people with a disability.

But the program is not just for the handicapped, stressed Arlene Crosman, the physical education instructor who specializes in adaptive aquatic training. "And I don't consider any of my students handicapped in any way, shape or form."

"We get one or two disabled students to enroll each term from campus," Crosman said, "so only one volunteer assistant is needed to help them because the work is not difficult."

After teaching a purely handicapped class for five or six years, Crosman finds a mixture of non-disabled and disabled students function better as a whole because the threat of being singled out as handicapped is gone.

Crosman's handicapped students have disorders such as paralysis, osteoporosis (degeneration of the bones) and back injuries.

Last year, a woman, partially paralyzed from a car accident, enrolled in the program and learned to swim. This year one of her students who has an amputated foot plans to swim in a triathlon.

Crosman said she would like to encourage more disabled children to enroll. "There are so many who need the benefits this class offers, but don't realize it. They'll get like anyone else who is inactive and develop heart, lung, kidney and liver trouble," she said.

The program's individualistic approach allows students to write up their own exercise agenda and set their own goals, or they can follow those written by Crosman.

Crosman's feelings about her handicapped may be attributed to the element she teaches in. "What any person wants is freedom," Crosman said, "and water is a great equalizer. You're instantly not handicapped while in it. That's what's so great about it."

Crosman learned to teach aquatic fitness from studying adaptive physical education. She took classes from the Red Cross. The Arthritis Foundation provided her background material for work with the handicapped and arthritis sufferers.

Adaptive aquatic education has enabled Crosman to relate water to any situation. Teaching in this manner for 10 years, Crosman has used her knowledge to prescribe exercise routines for people that need them.

The Aquatic Fitness spring program starts March 31 from 7 p.m. to 10 p.m. and April 1 from 8 p.m. to 9 p.m. at the South Albany High School Community Pool.

Two accompanying water exercise classes will be held spring term. The Arthritis Aquatic program is formatted to guide students through warm-water exercises at their own pace.

The second class, Aquatic Exercise for Back Problems, is formulated to increase activity and mobility using water's natural resistance to aid persons with back problems and injuries.

Unless services become available, transportation should be individually arranged.



Photo by George Petroccione

Judy Goldsmith, ex-NOW leader, was the keynote speaker during Oregon NOW's state convention held at LBCC over the weekend. "People who say the women's movement is dead are acting on wishful thinking," said Goldsmith. During the conference 13 resolutions were passed, including utilization of the court system to defend pro-choice supporters and prosecute anti-women terrorists.

NOW conference hears statistics on abortion 'terrorism'

By Diane Morelli
Editor

The number of violent acts of terrorism committed in Oregon against those involved in abortion rank second only to Washington, D.C., said Geri Cragg, executive director of the Portland Feminist Women's Health Center, during a workshop at the Oregon conference of the National Organization for Women.

About 50 women attended the abortion clinic terrorism workshop during the weekend conference held at LBCC.

Judy Goldsmith, former president of NOW and keynote speaker at the conference, said NOW's biggest battle is its pro-choice stance on abortion.

"We need to make very clear that women will not yield our right to make our own determinations about whether and when to have children," said Goldsmith. "We will not tolerate being bullied by those who harass us at abortion clinics, those who send bombs in the mail and those who actually blow up clinics."

Although it had been rumored that protesters would attend NOW's abortion and birth control rally on Sunday, no demonstrators showed.

According to Ruth Bryant, Oregon NOW State Coordinator, one of their main focuses is the November defeat of the ballot measure to ban state funding of abortion.

Bryant said that to ban state funding of abortions would mean that only rich women could receive abortions and poor women couldn't.

Special attention was given to NOW's statewide fundraising and persuasive canvassing plans and 1986 political campaigns relating to the abortion issues.



College Press Service

"EXPERIENCE TELLS ME YOU CAN GET MORE FINANCIAL AID WITH A NEEDY APPLICATION AND A BUN THAN JUST A NEEDY APPLICATION."

BENZ

Machine tool group to attend convention

Seven machine tool students and faculty advisor Doug Chambers will attend the Westec '86 Tool Show at the Los Angeles Convention Center, Mar. 17-20.

Westec '86 is sponsored by the Society of Manufacturing Engineers. According to machine tool instructor John Griffiths, there is a student unit of SME at LBCC, and every year its parent chapter in Portland sponsors the students to go down to the tool show.

This will be the sixth year that LBCC students have attended the show.

The students, who will be leaving Sunday and returning next Friday, will be traveling by van to attend technical seminars at what Griffiths called "the largest machine tool show on the west coast."

Griffiths also said that major manufacturing companies from every nation would be at the show.

The officers of LBCC's SME unit will attend a convention of their own to learn how to run the SME chapter at LBCC.

Students earned money to help finance the trip by selling candlesticks around Christmastime.

Classifieds

FOR SALE

VIC-20 Computer, complete - \$360. Present day value - \$125. 928-2327.

THE BOOK BIN, now in 2 locations. Used books, bought and sold, excellent stock on hand. 121 W First, Albany, 928-6869. 351 Jackson, Corvallis, 752-0040.

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

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Good Buy! 21 cubic foot Imperial freezer (upright). Call Clarice at ext. 121 or 757-1468 evenings.

HELP WANTED

Office Help Wanted: The Commuter anticipates two office openings this spring: 1) Editorial Assistant (typing, filing, receptionist) and Advertising Assistant (ad design, billing, etc.). Applicant must be approved for work-study eligibility. Contact Rich Bergeman at ext. 218, Forum 108, or leave message in The Commuter Office, CC 210.

Lab Assistant Wanted: Individual sought for position or lab aide for the Graphic Communications Dept. photo lab. Will train. Position opens spring term. Applicant must be approved for work-study eligibility. Contact Rich Bergeman at ext. 218, Forum Room 108, or leave message in The Commuter Office, CC 210.

Join our "Nanny Network" of over 300 placed by us. You should enjoy creative childcare, be willing to relocate East for a 9-12 month commitment for great salary, benefits, and working conditions. Air transportation provided. Warm, loving families prescreened by us for you to choose from. HELPING HANDS, INC., 33 Whipple Rd., Wilton, CT 06897, (203) 834-1742. NO FEE. (As featured on NBC's Today Show.)

WANTED

Typing, \$1.00 page, 928-0530.

Wanted furniture for Beach House. Hideabed, dinette set, bunk beds, coffee/end tables, etc. Call 967-8737 after 6 p.m.

MISCELLANEOUS

Vitamin Hutch—Mental alertness aids and stimulants. Hours 11-6 Monday through Saturday, 848 Burkhart, Albany.



Swimsuit SALE

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Disorganized?

Do you have more to do than time to do it in?

TAKE STUDY SKILLS

ASLBCC Elections

ASSOCIATED STUDENTS

WANTED

Student Council Representatives for 1986-87 Academic Year

Applications and information can be obtained in early April at CC213 or during the Information Session in the Alsea Monday, April 7th from noon-1p.m.

Petitions will be available April 7th and are due in CC213 by 5p.m., April 14th.

YOU CAN MAKE A DIFFERENCE!

Women's Week speaker urges women to reclaim wholeness

By Cindy Lowther
Staff Writer

About 50 women heard about a different world view, "ala Yana Breeze," in a speech on "Women and Spirituality," Wednesday, as part of Women's History Week. Breeze, from Awehai Counseling in

Corvallis, encouraged women to reclaim their wholeness. She said her views on women in society came from seven years of digging into pre-history, other cultures and her intuitions.

Studying pre-history and ancient myths will help women learn "how to bring ourselves back into harmony

with mother earth," she said with a wave of her hands.

Deep in an individual is the memory of when life was balanced. Studying the myths of the goddesses helps women "make an effort to remember. Or in failing that, invent," Breeze said.

"Revising and reclaiming pre-history" is essential in "knowing what we were," she said. "We can better understand why we're here. Going down into the darkness of our

past and ourselves, we can recreate our world."

She said that in a patriarchal culture "the white male is god." This creates a hierarchical system and dualism where opposites never meet. "Women are always below men. Anything below you, you have a license to exploit," she said.

This dualism causes fragmentation, repression and "lost connectedness. Trapped energy will

come out distorted."

A better hierarchy would be to have a center with circles around it "encompassing more and more," she said, emphasizing her words with hand gestures. "The circle is feminine, connecting."

The speech was taped and is available by calling the Media Services Department at ext. 332 or by contacting English instructor Jane White at ext. 219.

Palme memorial planned in Corvallis

A community memorial for Olof Palme, late Prime Minister of Sweden, will be held on Saturday, the day of his funeral in Stockholm at 2 p.m. in front of the Corvallis Arts Center, Central Park. Speakers will include Alan B. Berg, mayor of Corvallis, and Robert C. Sahr, associate professor of Political Science at Oregon State University, who has lived and worked in Sweden. There will be music by Neal Gladstone.

Prime Minister Palme was assassinated last week.

The public is invited to participate, and those who attend are asked to bring a spring flower to contribute in honor of his efforts toward global peace and understanding. In case of rain, the memorial will be held in the nearby First Christian Church.

LB's track team begins conditioning

By Robert Hood
Sports Editor

Consistency is the key as the Linn-Benton men's track team begins preparation for the upcoming season.

Head Coach Dave Bakley has three sophomores returning on a team of 21 participants, but the lack of experience doesn't seem to dampen Bakley's optimism.

"We don't have a lot of experience, but we have the nucleus for a solid team," said Bakley. "Most of the kids have been to big meets before and have felt the pressure. You could say they're inexperienced as far as college track goes, but they've got experience under pressure."

Sophomore hurdler Daryl Stickles returns to add a stabilizing effect. Stickles ran a 14.7 in the high hurdles last year which was good enough for fifth overall in the Northwest Athletic Association of Community Colleges championships. According to Bakley, Stickles is stronger

and faster than the last year and should be a factor at the NWAACC championships this year.

LB's strength will come in the form of field events. Freshman pole-vaulter Wade Bakley cleared 15 feet earlier in the season which is one of the best marks in the Northwest. Freshmen Ken Weinberg and Roy Hage will combine forces in the javelin where Weinberg was in the top five nationally as a prep star. Added strength in field events will come from Jim Cole, Billy Fields, and Craig Yon.

Distance running will be left to Eric Nelson and Pat Wilson, while Vern Alvin and the younger Bakley handle some of the sprinting duties.

"We should be one of the top teams in the state, but we're probably going to trail Lane for the championship," said Bakley. "Lane is the best team in the state and is one of the best teams in the Northwest."

Along with Lane, Bakley eyes Clackamas and Mt. Hood as contenders.

Center presents film about eating disorders

"I Don't Have to Hide Anymore," a film about eating disorders, will be shown free at noon on Wednesday, March 12, at Linn-Benton Community College.

Sponsored by LBCC's Women's Center, the 30-minute color film provides a personal look at anorexia nervosa and bulimia through the eyes of

filmmaker Anne Fischel, a former anorexic. Anorexia is characterized by an obsessive preoccupation with food and an intense desire to be thin. Bulimia is known by the "binge/purge" syndrome that characterizes this disorder. Bulimics will alternate strict dieting with massive food binges, and then induce

vomiting or take laxatives to rid their bodies of the food.

"Anorexia occurs across socioeconomic, religious and ethnic groups," according to Richard Geist, a psychotherapist who appears in the film. "In terms of overall treatment, 30 percent get better, 30 percent get worse, 30 percent stay the same—and the scary statistic is that 10 percent die," Geist says.

The public is invited to attend the free showing. LBCC counselor Joyce Easton will lead a discussion after the film.

"I Don't Have to Hide Anymore" will be shown in room 217, on the second floor of LBCC's Takena Hall, 6500 SW Pacific Blvd., Albany. For more information, call Marian Cope, LBCC's Women's Center coordinator, 967-6102.

Volunteers assist students with taxes

Let's face it. For many of us, one of the biggest headaches this time of year is filling out our 1040 income tax forms.

But there is relief in sight. LBCC, for the past eight years, has offered the services of volunteer tax preparers to help guide us through the maze of rules and regulations brought forth from the ultimate bureaucracy, the IRS.

Although the help is convenient for LBCC students, the service is also open to others. According to Jack Todd, one of three volunteers this year, "it's not just for students at LBCC. Anyone, from anywhere, can ask for help."

The volunteers are here to answer your questions, he said. If they don't know the answers, they will either try to find the answer or send you to someone who does know.

Volunteers will be available on Thursdays through March 15. Anyone interested in getting help may contact the Student Programs Office at ext. 150 to make an appointment.

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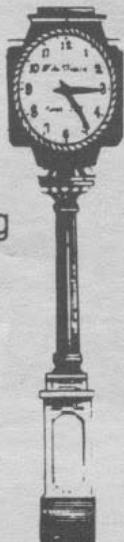
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Sat. March 15—2pm

The Linn-Benton Community Chorale
joins the Portland Youth Philharmonic

Directed by Hal Eastburn
and Jacob Avshalomov

Tickets available in the College Center, French's, and Creative Arts Guild in Albany and Rice's Pharmacy in Corvallis.



Focus On:

Hal Eastburn

By George Petroccione
Photo Editor

Hal Eastburn's interest in music goes back to his childhood. "There was a lot of music in the house when I was a child," he said. His father, a Methodist minister, was a former music teacher and band director.

Until he was in the seventh grade there was little music outside the home and church choir. "There was very little music in the school," he explained. In the seventh grade he started his instrumental career and joined the school band.

Eastburn went to Minot State University where he received his bachelors degree in music education for instrumental music. He then went on to receive his master's in chorale conducting from Colorado State University.

After college Eastburn taught music for a couple of years to junior high and high school students in Minnesota. He also spent two and a half years in the Army, where he started the Army's first men's chorus show choir. The chorus spawned a rock band and barbershop quartet which would tour and perform an hour and a half show. In the two years that Eastburn was director of the chorus, he figured they did a show a day or about 600

shows.

Eastburn came to LBCC in 1979 and assumed the roles of director of the concert choir, chamber choir and community chorale. He also teaches classes in music appreciation and music fundamentals.

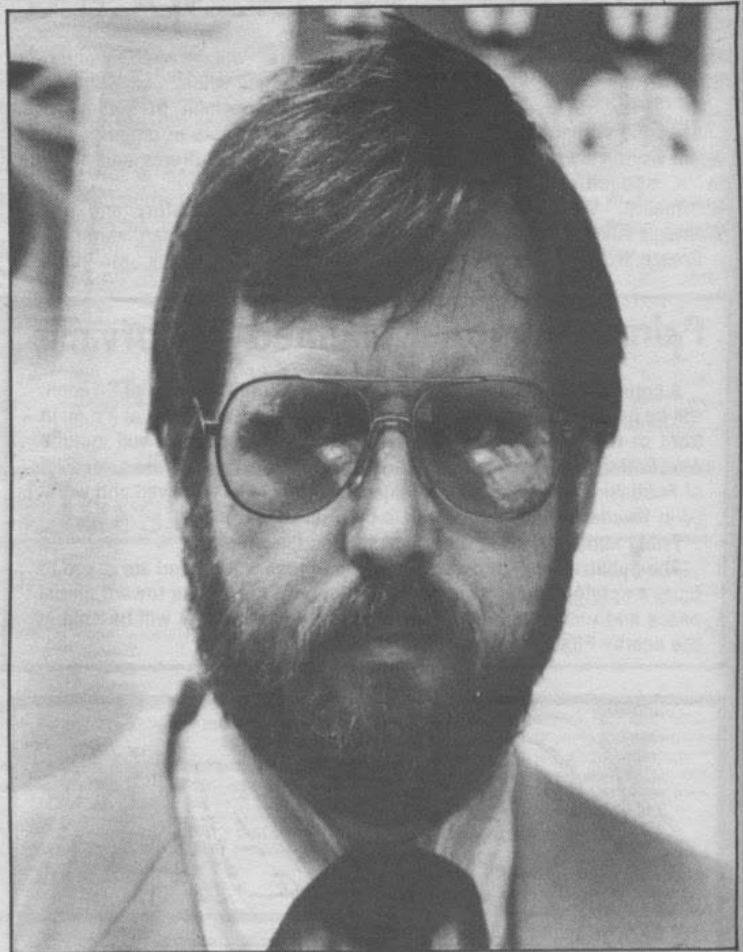
This term Eastburn wrote the music for the show, "James and the Giant Peach," a children's fantasy play. It was a new direction for him. He had written a ballet while in college; had done a few chorale pieces; and had written music for a trombone quartet that he played with, but he had never written children's songs. Of the experience he said, "It was kind of fun."

Eastburn's musical endeavors outside of LBCC include doing the music for the United Presbyterian Church in Albany, and this past holiday season he directed and sang with the "Merry Old England" Chamber Choir.

When there is time away from his many commitments he likes motorcycling, playing golf, fishing and crabbing.

Eastburn isn't sure where he'll be or what he'll be doing in the future, but he's almost certain it will involve music.

As far as his immediate future, at 2 p.m. on Saturday, March 15, he'll be directing the Linn-Benton Community Chorale, which will be in concert with the Portland Youth Philharmonic in the Takema Theatre.



Photos by George Petroccione