

Monday, November 2, 1987
Week 6 of Fall Term

THE DAILY

Published for the staff of Lane Community College
Editor: Diane Prokop, Ext. 2591

OPEN ENROLLMENT INFO - If you are a classified or management employee and are interested in changing from one medical insurance plan to another -- or adding a dependent to your medical/vision or dental insurance coverage -- you may do so during open enrollment from November 1 to December 15. Representatives from Blue Cross/Blue Shield and SelectCare will be available to answer any coverage questions on Tuesday, December 1 from 9 to 11 a.m. and Wednesday, December 2 from 3 to 5 p.m. in the Board Room. All changes and additions received by Marie Nelson, Personnel Services, by 5 p.m. December 15 will be effective January 1, 1988.

ART TALK - University of Oregon art professor Ken O'Connell will speak about his work in drawing, computer graphics, and animated film on Tuesday, November 3 in Forum 308 at 10 a.m. The lecture is sponsored by the Associated Students of LCC. The public is invited. O'Connell's art work is currently on display in the Art Department Gallery.

LIBRARY MEETING - The Friends of the LCC Library annual membership meeting is Thursday, November 5, 2:30 to 3:30 p.m. at the southeast corner of the mezzanine. Everyone (not just members) is invited. The speaker will be Joan Ryan who is the author of two books on personal business management. Refreshments will be served. Call Kathy Wiederholt at ext. 2356 for more information.

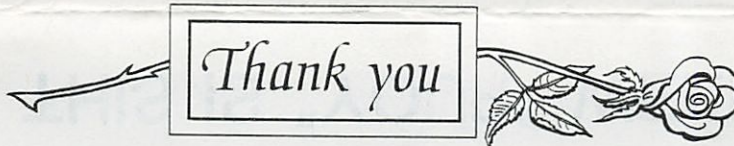
PREVENTION PROGRAM PLANNED - There will be an organizational meeting to discuss the possibility of starting a collegewide Substance Abuse Prevention Program. It will be held on Tuesday, November 3 in Campus Services 203. All interested staff are invited. Sandy Ing, Specialized Student Services

NEW IN THE LIBRARY -

- The Closing of the American Mind by Allan D. Bloom
- Pat Nixon: the Untold Story by Julie Nixon Eisenhower
- The Story of English by Robert McCrum
- The Handmaid's Tale by Margaret Atwood
- Gourmet Food and Wine Festivals of North America - Printwheel Press

LET YOUR STUDENTS KNOW - The student organization Friday Forum is seeking new members. The club plans forums covering political and social issues. All interested students are encouraged to attend a meeting on Wednesday, November 4 at 2:30 p.m. in Center 480. Contact Jerome Garger, English and Foreign Language, ext. 2419

Thank you



The Campus Ministry staff would like to thank the people who helped us acquire our new office space. A special thank you goes to Vice President Jack Carter, and Darrell Allyn and Dave Wienecke of Campus Services. Thanks also to Kitty Seymour, Vice President Belcher, Board member Martin Lewis, and President Turner for taking time to attend the dedication of the new office.



HATS OFF TO ALL "CLASSIFIED PROFESSIONALS"

THIS IS "YOUR" WEEK!

"CLASSIFIED EMPLOYEE WEEK"

NOVEMBER 2nd - 6th, 1987

-ADS-

COMPUTER SWAPMEET, WORKSHOP AND OPEN HOUSE - Every computer club and merchant in town has been invited. It will be held at South Eugene High School, 19th and Patterson, on Tuesday, November 3 at 7:30 p.m. Free and open to the public. Tom Holub, Adult Education, ext. 2944

FOR SALE - Hide-a-bed and rocker-recliner, black naugahyde. Milt Madden, Social Science, ext. 688-9531

FOR SALE - Half beef, organically raised, weaned at 12 months, 225 to 250 pounds hanging weight - \$1.29/pound. Custom cut and wrapped to order. John Winkvist, Counseling, ext. 2870 or 344-1125

FOR SALE - Duck to Titan Challenge T-shirts are on sale in the Bookstore for only \$6 each.

NEEDED TO BORROW - I need to borrow a 48" round, wooden, pedestal table and five wooden, country-kitchen chairs for the LADY HOUSE BLUES production. Patrick Torelle, ext. 2645 or Rick Harris, ext. 2647, Performing Arts Department

NEEDED TO RENT - Three-bedroom home, ASAP, any location considered. Paul Martin, Electronics, ext. 2459 or 689-1174

SHARE A RIDE - I am attending the conference "Work 4 - Now and In the Future" in Portland. I will be driving up on November 16 and would be glad to take others who are also attending. Judith Gabriel, College High, ext. 2699

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Soup:	Lemon Celery 1.10; 1.50 Bean Pasta Chili 1.15; 1.60	Spinach Broccoli Chicken Gumbo Chili	Potato Cheese Beef Barley Chili	Cheesey Pea Ham & Bean Chili	Cream of Lettuce Savory Chicken Chili
Cafeteria Hot Foods	Hungarian Pork Chop 1.85 Beef Zucchini Cass. 1.75 Turkey Grill 1.55	Chicken Ham Mushroom Pie Beef Roll Ups 1.75 Farmers Brundh 1.55	Veal Alfred 1.85 Lasagne 1.65 Fishwich w/Cole Slaw 1.55	Beef Burgundy 1.75 Baked Ham w/Fruit sc. 1.85 Shrimp Toast 1.55	Fish Sardinia 1.75 Pork Chop Suey 1.65 Pizza Burger 1.55
Vegetable:	Ranch Fries Mixed Vegetables Canned Buttered Beets	Rice Spinach Cauliflower	Broccoli Scalloped Potatoes Stewed Tomatoes	Peas Noodles Corn	Parsley Buttered Potatoes French Cut Green Beans Crooked Neck Squash
Snack Bar	Taco \$1.10 Beef Tamale 1.10 Hot Beef Sandwich 1.95	Taco \$1.10 Soft Burrito \$1.60 Hot Turkey Sandwich 1.85	Taco \$1.10; Tostada \$1.18 Hot Beef Sandwich 1/95 w/Potatoes	Taco \$1.10; Enchilada only 1.15; w/beans 1.50 Hot Pork Sandwich 1.95	Taco \$1.10 Chili Relleno 1.75 Fried Chicken 1.45
Mini Luch:	Beef Zucchini, Salad, Veg., Roll & Btr. 1.50	Beef Roll Ups, Salad, Veg., Roll & Btr. 1.50	Lasagne, Salad, Veg., Roll & Btr. 1.50	Beef Burgundy, Salad, Veg., Roll & Btr. 1.50	Chop Suey, Salad, Veg., Roll & Btr. 1.50
vegetarian:	Tomato Pie 1.50	Cheese Enchiladas 1.50	Cottage Cheese Balls, w/Mushroom sauce 1.50	Pugg Corn Pudding 1.50	Egg Roll 1.50 Fried Rice
Lunch Wagon Special	Hungarian Pork Chop, Potatoes, Beefs, Roll & Butter 2.65	Chicken Ham Pie Rice Spinach Roll & Butter 2.25	Veal Alfred, Potatoes, Broccoli, Roll & Butter 2.65	Baked Ham w/Sauce, Salad, Peas, Roll & Butter 2.45	Fish Sardinia, Potatoes, Green Beans, Roll & Butter 2.45

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- TODAY - Multicultural Center Annual Open House, 409 CEN
- 10:00 a.m. - Opening Ceremony
 - 10:30 a.m. - Unveiling of Dr. Martin Luther King, Jr. plaque
 - 11 - 11:30 a.m. - Tea Ceremony
 - 11:30 a.m. - 12-noon - Martial Arts Demonstration
 - 12-noon - 1 p.m. - International Fashion Show
 - 2 - 2:30 p.m. - LCC Student Quintet, Classical Music
 - 2:30 - 3 p.m. - Marital Arts Demonstration
 - 3:30 - 4 p.m. - Steve Candee, Lounge Music
 - 4 - 4:30 p.m. - John Klobas, International Folk Songs
- Gus Russell (solo piano), 12-noon, main cafeteria

LAST CHANCE! - This is your last chance to proof the Staff Directory before it goes to print. It will be available for viewing until Thursday, November 5 at 4 p.m. Stop by and see me in ADM 210, but please call first. Diane Prokop, Institutional Advancement, ext. 2591

- NOTE - The Teaching Improvement Process (TIP) Committee invites all TIP graduates and interested faculty members to bring a sack lunch and get together for a sharing of teaching successes achieved so far this quarter. The lunch will take place in the Renaissance Room at 12-noon to 1 p.m. on Friday, November 13. Sharon Thomas, Eng. & Foreign Language, ext. 2419
- There will not be a Multicultural Center International Coffee Hour on Thursday because of the Open House held today. It will resume next Thursday, 1:30 to 3 p.m.
 - All 100 copies of "Explanation of the New Tax Reform Act of 1986 for Individuals" are gone. More have been ordered by phone but will not be here for four to six weeks. Watch The Daily for news of their arrival. Kathy Wiederholt, Library

HOLIDAYS - All staff can look forward to the following days off in the near future:

- Wednesday, November 11 - Veterans' Day
- Thursday and Friday, November 26 and 27 - Thanksgiving
- Thursday, December 24 through Monday, December 28 - Christmas
- Friday, January 1 - New Year's Day

HAVE YOU THANKED A FISH TODAY? - Eating as little as one or two fish dishes a week may cut in half your risk of dying of heart disease. New England Journal of Medicine

LIBRARY MEETING - The Friends of the LCC Library annual membership meeting is Thursday, November 5, 2:30 to 3:30 p.m. at the southeast corner of the mezzanine. Everyone (not just members) is invited. The speaker will be Joan Ryan who is the author of two books on personal business management. Refreshments will be served. Call Kathy Wiederholt at ext. 2356 for more information.



-JOB OPPORTUNITIES-

On-Call Part-time Instructor for Winter Term, Study Skills, Faculty, closes November 18.

Instructor in Associate Degree Nursing Programs, temporary (Winter and Spring Term 1988), Health Occupations - Nursing, faculty, closes November 16.

Instructor in Associate Degree and Practical Nursing Programs, .8 FTE or greater, temporary Winter Term 1988 with possibility of one term extension for Spring 1988, Health Occupations - Nursing, faculty, closes November 16.

Math Assistant, two positions open, 25 hours a week - some evenings (6 - 8:30 p.m.), 10-month positions, Mathematics, Aide IV, closes November 18.

-ADS-

FOR SALE - Levelor mini-blind, off-white, valance, 46" wide x 47" high, perfect condition - \$15. Bill Burrows, Social Science, ext. 2265 or 485-7096

FOR SALE - P200E Vespa, low miles, recently overhauled, extras, 65 mph. maximum speed - \$1,000. Annick Todd, ESL, ext. 2253 or 344-1285 (evenings)

FOR SALE - Adorable female Yorkshire Terrier puppy, 5 weeks old, excellent bloodlines, good coloring small size - \$300 cash or partial trade. Cherrill Hemminger, Admissions, ext. 2882 or 746-5090 (evenings)

FOR SALE - Apple IIE with dual disk drive and Imagewriter printer, some software included. Ola Brock, Training & Development, ext. 2851

FOR SALE - Queen-size bed with frame and headboard - \$200. Teresa Fulmer, Bookstore, ext. 2679 or 726-2875 (evenings)

FOR SALE - 1971 Chevy Nova, small V-8, only 47,000 original miles, nice condition - \$1,500 cash. 1971 Honda 750 motorcycle, 15,000 original miles - \$750 or trade. Paul Willborn, Mechanics, ext. 2386 or 746-3360

FOR SALE - Hide-a-bed and rocker-recliner, black naugahyde. Milt Madden, Social Science, ext. 688-9531

FOR SALE - Complete women's golf set of Toney Penna irons - \$100. Clubman yellow 10-speed men's bike, excellent condition - \$100. Schwinn women's green three-speed bike - \$35. Honda Elite 80 bike, excellent condition, white, low miles - \$800. Will consider best offers. Jo Anne McGillivray, Data Processing, ext. 2826 or 344-5601

FOR SALE - Half beef, organically raised, weaned at 12 months, 225 to 250 pounds hanging weight - \$1.29/pound. Custom cut and wrapped to order. John Winkvist, Counseling, ext. 2870 or 344-1125

FOR SALE - Two carpets from Carpets by Stuart, 6'x 6' - grey, 6'x 9' camel - \$40 each or \$75 for both. Jan Brown, Torch, ext. 2654 or 345-5796 (evenings)

FREE - One red-eared slider turtle named Dribbles, free to someone who cares about turtles and is willing to help maintain the tenuous but positive relationship between an eleven-year-old boy and his father. Mason Davis, Counseling, ext. 2239

NEEDED TO BORROW - I need to borrow a 48" round, wooden, pedestal table and five wooden, country-kitchen chairs for the LADY HOUSE BLUES production. Patrick Torelle, ext. 2645 or Rick Harris, ext. 2647, Performing Arts Department

SHARE A RIDE - I am attending the conference "Work 4 - Now and In the Future" in Portland on November 16 and 17. I will be driving up on November 16 and would be glad to take others who are also attending. Judith Gabriel, College High, ext. 2699

WANTED TO RENT - Small house or one-bedroom duplex, or house sharing situation with one other woman, or long-term, house-sitting situation, up to \$250 a month. Shan Titus, Admissions, ext. 2688 or 683-1873

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TODAY - Friends of the Library Meeting, 2:30 to 3:30 p.m., library mezzanine

ROAD CLOSED - The Health, Physical Education and Athletic Department is hosting the annual OSAA Cross-Country Championships at LCC on Saturday, November 7. Eldon Schafer Drive will be CLOSED from 12:30 p.m. to 4 p.m. because the race course crosses the road. There will be six races, several hundred runners, and over 4,500 spectators are expected, so we anticipate some traffic delays on the west entry road between 11 a.m. to 2:30 p.m. Please make the necessary adjustments if you plan on visiting campus that day. Thank you for your cooperation.

INSTRUCTORS - Are you finding that your class time is being spent on students taking course tests? Then we have a solution for you--Academic Testing. We are available for paper and pencil tests, will monitor students, and provide security for the test copies. We are located in the Library, 2nd floor. If you want more information, please contact Dayle Wilson at ext. 2640 or Cliff Dawdy at ext. 2359.

ACHIEVEMENT - The United Way of Lane County campaign at LCC ends on Friday, November 13 (the community campaign closes November 30). The LCC employees have exceeded last year's contribution total by \$1,032 with a record total of \$9,177 to date. This impressive achievement was made possible by a broad base of support throughout the College. Every donation counted. We all share the caring spirit that is at the heart of LCC. Helen Hunter, United Way Coordinator, ext. 2360

NOTE - The new Foundation contact is Roberta Opdenweyer. Please refer Foundation business to her at ext. 2810. She is located in ADM 205.
- California Casualty representative Tami Pollock will be on campus Monday, November 9, from 10 a.m. to 12:30 p.m. in CEN 410 to advise present and potential auto or homeowner policy holders.

LAST CHANCE FOR 1987-88 LCC THEATRE SEASON TICKETS - It's not too late to support the LCC Performing Arts Department by purchasing a 1987-88 Theatre Season Ticket. You pay just \$15 for three plays instead of paying a total of \$20 if you buy individual tickets. Good reserved seats are still available, but not for long. This year's plays are: "Ladyhouse Blues" opens on Friday, November 13 and runs through Saturday, November 21. The New York Times called this play about a family of women on the brink of change "extremely moving and extraordinarily evocative." You may purchase season tickets through November 21. Order your tickets today at the LCC Theatre Box Office. Marcia Danab, ext. 2209

TODAY IS THE DAY! - This is your last chance to proof the Staff Directory before it goes to print. It will be available for viewing today until 4 p.m. Stop by and see me in ADM 210, but please call first. Diane Prokop, Institutional Advancement, ext. 2591

TELL YOUR STUDENTS - Art work by women students is being solicited for an art show to be held in the Women's Center beginning November 16. Students should contact the Women's Center at ext. 2353 by November 12, to be included in the show. Any work we can hang will be accepted. Jill Bradley, Women's Center

CONGRATULATIONS - I recently attended the Southern Region Commissioner's and Athletic Director's meeting on October 29 at Linn-Benton Community College. At this meeting I was very pleased to receive two beautiful plaques of recognition for excellence. One was for Sue Thompson who was an Executive Board Member from 1983-1987 and the other was for Lyndell Wilken, Coach of the Year in Women's Track and Field 1987. Great job! Bob Foster, Athletic Director

DID YOU LOSE YOUR CALL-FORWARDING AGAIN? - Yes, you guessed it. The phone company had to reset our switch again this past weekend. The reset I warned you about two weeks ago didn't accomplish what they wanted, so they came out again Friday night and successfully corrected a problem we were having. They had hoped to do their work without resetting the switch but unfortunately found that a reset was necessary. Since they didn't warn me in advance, I didn't warn you in advance. You will need to reset all call-forwarding (*1, *2, *3) on your phone--if you haven't already done so. Some of you may also have lost your speed dial assignments and the internal settings for your data adapters. Sorry for the inconvenience. The phone company assures me that this won't happen again for a very long time. If you have any questions or problems regarding your telephone, please call Donna Morgan, Campus Services, at ext. 2565.

-JOB OPPORTUNITIES-

Athletic Trainer, half time, temporary through 6/03/88, (continuation of this position is dependent on budgeting), Athletics, faculty, closes November 16.

Pastry Cook, 1:30 a.m. to 7:30 a.m., Food Service, Cook II, classified, closes November 18.

-ADS-

FOR SALE - 15 cubic foot upright freezer, one year old - \$250. Will deliver. Call 746-7804 any morning before 10 a.m. Marie Priest, Student Records

FOR SALE - Aprica baby stroller, collapsible, detachable canopy, flat and sitting positions - \$45 (\$100 new). Julia Munkvold, Health Occupations, ext. 2636 or 688-6644 (evenings)

NEEDED TO BORROW OR RENT - Copy-2 or Magic Sack software for an Atari ST computer. Contact Ross West, KLCC, ext. 2484 or 343-5586

WANTED - 1965 Ford Fairlane hardtop, need not be in running condition. Tarley Barber, Health Occupations, ext. 2891 or 485-5108

WANTED TO RENT - Small house or one-bedroom duplex, or house sharing situation with one other woman, or long-term, house-sitting situation, up to \$250 a month. Shan Titus, Admissions, ext. 2688 or 683-1873

Renaissance Room



Monday, November 9
Minted Lemon Mocktail
Halibut Chowder
Maryland's Fried Chicken, Onion Cream Gravy
Corn Cakes and Sauteed Peas
Blueberry Pie

Tuesday, November 10
Sunset Glow Mocktail
Albandigas Soup
Chimichangas w/ Guacamole, Enchilada Sauce
Chocolate Parfait, Mexican Cookie

Wednesday, November 11

Closed

Thursday, November 12
Hot Cider Mocktail
Chickory Salad w/ Beets and Croutons
Chicken Rochambeau, Bernaise Sauce
Croquette Potatoes, Gratin of Swiss Chard
Southern Pecan Pie

CLASSICAL CUISINE DINNER Thursday, November 19, 1987

Come see and experience a delightful evening---a superb dinner followed by a theatrical performance of "Lady House Blues". For theater tickets call the LCC box office at 726-2202. The play starts at 8:00 PM.

MENU

Appetizer: Halibut and Crab Chowder
Entree: Grilled Lemon and Corriander Chicken
Salad: Lettuce and Celeriac Salad
Dessert: Baba au Rum

There will be live music for your listening pleasure. Dinner will start promptly at 6:00 PM to allow theatergoers ample time to enjoy their meal.

TICKETS: \$10.50 per person. WINE BAR: \$1.00 per glass. Due to limited seating, tickets must be purchased by Thursday, November 12, 1987. For more information, call 747-4502, ext. 2520.

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PUBLICATIONS ON DISPLAY - Students can learn about LCC offerings from a new collection of publications now displayed on campus and at off-campus centers. Twelve colorful brochures tell about the College's career training opportunities and student services. The new publications supplement the information outlined in the four-color general brochure. Also on display is the 1987-88 College Catalog which was reorganized this year to be more useful to students. All the pieces in the new family of publications have a similar, updated graphic design and carry LCC's "Go For Success" theme and logo. If you'd like to have a look at the new collection, completed displays on campus are in Admissions and outside Personnel in the Administration Building. Off-campus displays are at Siuslaw Area Center, Cottage Grove Center, and the Downtown Center. Vicki Miller, Institutional Advancement

RAISE YOUR AWARENESS - The Associated Students of LCC have declared November "LCC Disabled Student Awareness Month." All ASLCC Senate members have agreed to spend one full day in a wheelchair to raise their awareness of the difficulties facing handicapped students. In addition, the ASLCC in coordination with campus groups and clubs will be sponsoring and participating in other events including Disabled Students Forum on Friday, November 13 from 9 to 2 p.m., in the main cafeteria. The ASLCC will have two wheelchairs available for use by members of the campus community who wish to participate in activities. For more information, please call the ASLCC at ext. 2330.

GRANT ROUNDTABLE - The Grant Steering Committee is meeting this Friday, November 13 to continue work on improving LCC's ability to obtain grant funding. The last half of the meeting will be devoted to a Grant Roundtable for staff who are thinking about applying for grants and want to try their ideas out on others. If you would like to discuss an idea, learn more about LCC's grant process or talk to some of the LCC staff members who have been successful in obtaining grants, drop in. The Roundtable portion of the meeting will be held in Library 316 (mezzanine) this Friday from 10:45 to 11:30 a.m. Diane Dann, Institutional Advancement

ADVISORY COMMITTEE INSERVICE - The second session of the Advisory Committee Inservice will be held Thursday, November 12 in Health 105 from 7 to 9 p.m. The second session format is designed to be helpful even if you were unable to attend the first session and it will focus on developing a specific workplan for individual committees. For more information, call Lauri Patterson, Community Education, ext. 2949

DON'T FORGET ABOUT CLASSICAL CUISINE DINNER - Enjoy a delightful gourmet meal prepared by LCC's Renaissance Room before the Thursday, November 19 performance of Ladyhouse Blues. Due to limited seating, dinner tickets must be purchased by Thursday, November 12. Call ext. 2520 for information.

TELL YOUR STUDENTS - In 1988-89, 55 Americans, aged 18-24, will be awarded a scholarship to spend one year studying and working in West Germany as participants in the fifth Congress-Bundestag Youth Exchange Program for Young Professionals. This work/study exchange program, beginning in July 1988 and continuing through July 1989, will include a two-month intensive language course, four months of study at a German professional or technical school, and a six-month internship in a German business or industry; most participants will also stay with a German host family for all or part of the year. Interested applicants must be American citizens, with at least a high school diploma and some practical work experience in his/her trade or professional field. The deadline for application is January 31, 1988. If you know a student who might be interested, or you would like further information, give me a call. Diane Prokop, Institutional Advancement, ext. 2591

-ADS-

FOR SALE - 1975 Buick Le Sabre, good tires, new battery, ratty body, runs sometimes, needs owner who knows wrench from spark plug - \$150. Syn Ferguson, Office of Instruction, 344-4765 (evenings)

FOR SALE - Queen-size waterbed, padded rails, waveless mattress, 8-drawer pedestal, head board - \$350. Teresa Fulmer, Bookstore, ext. 2679

FOR SALE - Dark walnut-finish desk, nine drawers, 51" wide x 22" deep - \$55. Carole Carlson, Switchboard, ext. 0 or 485-7494 (evenings)

RAISE YOUR OWN BEEF - Bottle fed, black whiteface, dairy cross steer, about 375 pounds - \$250. John Winquist, Counseling, ext. 2870 or 344-1125

WANTED - I need a copy of the videotape that was made of University of Oregon Professor Robert Sylvester's September inservice presentation on Learning and Memory Research. Please call me if you have a copy or you know where I can get one. Tom Holub, Adult Education, ext. 2944 or 2908 (message)

WANTED - I would like tickets to the Peter, Paul, and Mary concert at the Hult Center on November 14. If you have extras or know where I can get some, call me. Albert Rowe, CWE, ext. 2501 or 345-3045

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup:	Succotash 1.10, 1.50 Italian Vegetable Chili 1.15; 1.60	Hearty Goulash #15 Swiss Cauliflower Chili	Taco Soup Almond Potato Chili	Creamed Chicken Wild Rice Soup #16 Chili	Oyster Potato Tomato Macaroni Chili
Cafeteria Hot Foods	Beef & Beer Stew 1.85 Deviled Chicken Quarters 1.45 Monte Cristo 1.75	Turkey & Dressing 1.85 Beef Cantonese 1.85 Phil. Beef Sandwich 1.80	Pepper Steak 1.70 Pork Chop w/Apple Gry 1.85 Sausage Chili Spread 1.65	Islander Meat Balls 1.65 Mushroom Turkey w/Rice 1.76 Beef & Egg Pocket 1.65	Captain's Plate 1.95 Chicken Pot Pie 1.55 Reuben Sandwich 1.85
Vegetable:	Buttered Carrots Creamed Cauliflower Rice	Buttered Spinach Creamed Celery O'Brien Potatoes	Fr. Cut Green Beans Whole Kernel Corn Whipped Potatoes	Peas & Mushrooms Bean Medley Mashed Potatoes	Zucchini Scalloped Tomato French Fries
Snack Bar	Taco \$1.10 Tamales Pie 1.50 Hot Beef Sandwich 1.95	Taco \$1.10 Soft Burrito \$1.60 Hot Pork Sandwich 1.95	Taco \$1.10 El Camino St. 1.80 Hot Beef Sandwich 1.95	Taco \$1.10; Enchilada only 1.15; w/beans 1.50 Fried Chicken 1.45	Taco \$1.10 Veal Cutlet/Gravy 1.80 Bar-B-Que Beef Sand. 1.95
Mini Lunch:	Beef & Beer Stew Sal. Veg. Roll & Btr 1.50	Beef Cantonese, Salad Veg., Roll & Btr. 1.50	Pepper Steak, Salad, Veg., Roll & Btr. 1.50	Mushroom Turkey & Rice Salad, Veg., Roll & Btr. 1.50	Chicken Pot Pie, Salad Veg. Roll & Btr. 1.50
Vegetarian:	Walnut Stuffed Tomatoes 1.50	Broccoli Cheese Quiche 1.50	Golden Corn Pie 1.50	Lasagne 1.50	Creamy Brussel Sprouts and Noodles 1.50 card # 20-5
Lunch Wagon Special	Deviled Chicken Quarters Potatoes, Carrots, Roll & Btr. 2.25	Turkey & Dressing Potatoes, Spinach, Roll & Btr 2.65	Pork Chop w/Gravy, Mashed Potatoes, Green Beans, Roll & Btr. 2.65	Islander Meat Balls, Rice Salad, Peas, Roll & Butter 2.45	Captain's Plate, French Fries, Roll & Btr. 1.95

BEST LOW-FAT SOURCES OF CALCIUM:

	Calcium (mg.)	Calories	Protein (g)
1% milk	300	100	8
Skim milk	300	85	8
Buttermilk	280	100	8
Low-fat yogurt	415	145	12
Fruit-flavored low-fat yogurt	315	225	9
1% cottage cheese	140	165	28
2% cottage cheese	155	200	31

Studies indicate that it's best to rely on low-fat dairy products for most of one's calcium. Most nutritionists believe that the calcium in low-fat dairy products is more easily absorbed than the calcium in supplements. Calcium supplements should be taken with a small amount of low-fat milk or yogurt which favor calcium absorption. Also note that 500 mg. of calcium carbonate supplies only 200 mg. of elemental calcium. RDA for calcium: age 19 - 55, 800 mg. per day; over 55, 1,000 to 1,500 mg. per day. Some studies recommend 1,500 mg. per day for postmenopausal women, and 1,000 mg. per day for premenopausal women.

■ **Veterans Day: November 11, 1987.** A grateful nation remembers all who fought and died for peace and justice in our country's service. On this Veterans Day if you are a Veteran, show your pride. If you know some Veterans, why not tell them you respect their sacrifices.

Thursday, November 12, 1987
Week 7 of Fall Term

THE DAILY

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TODAY - Advisory Committee Inservice, 7 to 9 p.m., Health 105
- Last day to purchase Classical Cuisine tickets

THREE GOALS - Office of Instruction's 1987-88 work plan includes these goals: 1) Enhance working relationships with Office of the President, Student Services, and Administrative Services; 2) Improve communication among instructional units by increasing access to Office of Instruction, better communication between credit and non-credit people, quarterly staff meetings, and creating an Instructional Branch calendar; and 3) Improving support services in the areas of curriculum, scheduling, budget, enrollment, grants and external funding, instructional research and development, staff development, management information system, marketing, information dissemination, advisory committees, instructional technology, evening services, and student retention.

ATTENTION MANGEMENT GROUP - As chairperson of the Management Steering Committee, I am soliciting ideas and/or concerns you might have to take as discussion items to the President's Council--an informal weekly meeting with President Turner and representatives of the faculty, classified, management, and administrative staffs. This is an opportunity for your concerns to be addressed. Please give me a call or send a note so I can represent you. Dee Tipping, Student Services, ext. 2315

REMINDER - LCC Advisory Committee nominations are due December 2. Nominations for outstanding committee members should be submitted to Larry Murray, Community Education and Economic Development. Call Lauri Patterson, ext. 2949, for more information.

PERFECT SCORES! - Half way through the Weight-Loss Contest we have four perfect scores of 24 points. Some people have dropped out of the contest, and some wish to remain anonymous. Here are the latest losers:

Perfect - 24 points - Julie Aspinwall-Lamberts
Larry Brown
Sally Gover
Cherrill Hemminger

Close - 19 points - Anonymous
18 points - Jim Ellison
Anonymous
17 points - Annette Newman

THANK YOU

- Once again Frosty Cummings of the SBDC has provided a successful training session in computer software for private industry. Software/computer training is becoming more and more crucial for businesses, and Frosty is one we can always count on to provide the best training possible. Thanks again for your consistent professionalism and expertise in working with Customized Training. Ted Lay, Customized Training

- A big thanks goes out to Joan Ryan of the Business Department for speaking to the Friends of the LCC Library. We were all enthralled with your story of becoming a writer and your willingness to share some of your secrets with us. Joe Freeman, CWE

FRIDAY - Grant Steering Committee Roundtable, 10:45 to 11:30 a.m., Library 316
- TIP Brown Bag Lunch, 12-noon to 1 p.m., Renaissance Room

■ **American Enterprise Day: November 15, 1987.** Pause today to recognize the free enterprise system, which inspires men and women to take risks, to build businesses, and to create jobs that keep our economy in motion and our stores stocked with seemingly endless supplies of goods.

FOR SALE - 1975 350 Honda - \$250. Two clothes line pails - make offer. Like new Dyna gym - \$175. Jim Dieringer, Campus Ministry, ext. 2850

FOR SALE - Antique cherry drop-leaf table, seats six - \$325, must see to appreciate. Norma Stevens, Health Occupations, ext. 2617 or 342-2520 (evenings)

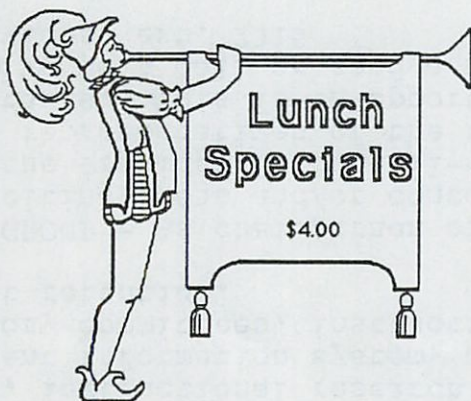
FOR SALE - Whole almonds (\$3 a pound), slivered almonds (\$3.50 a pound), pistachios (\$4 a pound) and cashews (\$5.50 a pound) available again this year as a fundraising scholarship project. Please call Mrs. Lucy Schafer at 345-1444, or Marie Reid, ext. 2200 to place your order.

WANTED - Campus Ministry Supporters, easy to sign up, payroll deduction plan available. Contact Campus Ministry at ext. 2814 or 2850.

WANTED - Exercycle, like-new condition. Diane Prokop, Institutional Advancement, ext. 2591 or 345-5055 (evenings)

WANTED - I would like tickets to the Peter, Paul, and Mary concert at the Hult Center on November 14. If you have extras or know where I can get some, call me. Albert Rowe, CWE, ext. 2501 or 345-3045

Renaissance Room



Monday, November 16

Cranberry Orange Nog Mocktail
Cream of Black Mushroom Soup
Chicken Pojarski, Garlic Potatoes, Broccoli
Pear Belle Helene

Tuesday, November 17

Hot Cider Mocktail
Artichoke Soup
Shrimp 'n Seafood Creole
Buttered Rice and Vegetable Stir-Fry
Lemon Cheesecake

Wednesday, November 18

Pineapple Pick Up Frappe
Pacific Oyster Chowder
Mother J'Hubbard Fried Rabbit w/ Sour Cream
Spicy Sweet Potatoes and Sauteed Zucchini
Chocolate Custard

Thursday, November 19

Closed for The *Classical Cuisine Dinner*

Monday, November 16, 1987
Week 8 of Fall Term

THE DAILY

Published for the staff of Lane Community College
Editor: Diane Prokop, Ext. 2591

TODAY - A delegation from Eugene's sister city of Kakegawa, Japan, will tour the campus this morning and lunch in the Renaissance Room

WEST COAST DRAWING - An exhibition featuring work by twenty-nine artists from Oregon, Washington, Hawaii, and California will be on display at the LCC Art Department Gallery today through December 11. The Salem Art Association, wishing to recognize contemporary drawing with an exhibition devoted to current approaches to this oldest of media, sponsored the Pacific Coastline Drawing Competition in January, 1986. The competition was juried by Portland artist Henk Pander, who was trained in portrait drawing in his native Netherlands and who still favors drawing as his preferred medium of expression. The landscape, figure, and architectural drawings range in style from the realistic to the abstract and are executed in a variety of media, including acrylic, chalk, conte crayon, oil stick, pastel, prismacolor, and watercolor. Gallery hours are Monday through Thursday, 8 a.m. to 10 p.m., and Friday, 8 a.m. to 5 p.m.

MOZART GROUP WINS AWARD - The Oregon Mozart Players received the Eugene Arts Foundation's 1987 Arts & Letters Award last week. LCC Performing Arts faculty who are members of this fine ensemble include: Nathan Cammack, Ed McManus, Larry Brezicka, Owen Bjerke, Dick Long, Richard Meyn, Leslie Sawyer, and Mildred O'Donnell. The professional chamber orchestra was cited for programming, performance, featuring local soloists, its string of sold-out performances, and its deficit-free operation.

NEW HOURS - Effective immediately, the Counseling Department will be open the following hours:

Assessment & Testing

Mondays and Thursdays - 8 a.m. to 7 p.m.
Tuesdays and Fridays - 8 a.m. to 5 p.m.
Wednesdays - 8 a.m. to 3 p.m.

Career Information Center

Mondays and Tuesdays - 8 a.m. to 7 p.m.
Wednesdays through Fridays - 8 a.m. to 5 p.m.

Counseling

Mondays through Thursdays - 8 a.m. to 7 p.m.
Fridays - 8 a.m. to 5 p.m.

NOTE - A skeleton crew will provide service in the Student Records Office Friday, November 20, 8 a.m. to 5 p.m. Regular staff will be attending inservice activities.

ART BY WOMEN - A display of art work by women students begins today at the Women's Center and Library mezzanine. A reception is planned for the artists on Wednesday, November 18, from 1 to 2:30 p.m. in CEN 217. All staff are invited to join us at this special event. Refreshments will be served. Jill Bradley, Women's Center, ext. 2352

REMINDER - An all-staff meeting regarding the Quarter vs. Semester Issue is planned for Wednesday, November 18 at 3 p.m. in the Performing Arts Theatre.

TELL YOUR STUDENTS - The student organization Friday Forum is holding an organizational meeting Wednesday, November 18 at 2 p.m. in CEN 420. The club plans forums covering political and social issues. All interested students are encouraged to come. For more information, contact Jerome Garger, English & Foreign Language, ext. 2419.

UNPLUG THE CHRISTMAS MACHINE - If you're dreading the ordeal of yet another Christmas, you won't want to miss the upcoming workshop presented by Linda Pommel of the Home Economics Department. This workshop will encourage you to take a hard look at your past Christmases to figure out what is most important to you. Put together a perfect celebration plan for this Christmas. Join us for a brown-bag lunch in the Board Room at noon on Monday, November 23. Wellness Task Force

-ADS-

FOR SALE - Chocolate Seal Point Siamese kittens, four males - \$75 each. Chris Kapsa, Study Skills, ext. 2439

FOR SALE - 1982 Honda Accord, 3 door, beige color, new Michelin tires, 5 speed, well maintained - even the clock works - \$3,800. Vonnie Ross, Study Skills, ext. 2440

FOR SALE - 1965 Chevelle Super Sport, high performance, 327 engine, automatic, 2 door, light pearlescent blue, new leather interior - \$3,500. Must see to appreciate. Vonnie Ross, Study Skills, ext. 2440

FOR SALE - Two motorcycles: 1982 Kawasaki - \$1,100; 1974 Suzuki - \$300. Good shape. Vonnie Ross, Study Skills, ext. 2440

FOR SALE - Outgrown but still classy, our daughter's child-size, blue and silver, Schwinn bicycle, needs some cosmetic care, but is still a bargain at \$35. Susan Dunne, English & Foreign Language, ext. 2419 or 683-3420 (evenings)

FOR SALE - X-C Ski Equipment: Roller skis, Swede skis - \$95; 1985 21cm Rossignol Silver 44 Racing skis with Solomon bindings - \$160; 200cm older Fischer racing skis (lightweight, fiberglass) with Adidas bindings - \$35; 180cm Snowbird waxless skis with 3-pin bindings - \$25; 2 pairs of Adidas boots (one hightop, 1 lowcut), size 7 1/2 - \$15; one pair 3-pin boots, size 7 1/2 - \$15; 145cm poles, Excel Fiberglass - \$10; 130cm aluminum poles - \$5. Patty Gierga, Mechanics, ext. 2376

FOR SALE - Antique, cherry, drop-leaf table, seats six - \$325, must see to appreciate. Norma Stevens, Health Occupations, ext. 2617 or 342-2520 (evenings)

FOR SALE - Whole almonds (\$3 a pound), slivered almonds (\$3.50 a pound), pistachios (\$4 a pound) and cashews (\$5.50 a pound) available again this year as a fundraising scholarship project. Please call Mrs. Lucy Schafer at 345-1444, or Marie Reid, ext. 2200 to place your order.

WANTED - Exercycle, like-new condition. Diane Prokop, Institutional Advancement, ext. 2591 or 345-5055 (evenings)

	MONDAY -----	TUESDAY -----	WEDNESDAY -----	THURSDAY -----	FRIDAY -----
Soup:	Chicken Noodle 1.10; 1.50 Brown Mushroom Chili 1.15; 1.60	Cream of Broccoli Country Lima Chili	Minestrone Card 5 Cream of Carrot Chili	Split Pea Tomato Onion #52 Chili	Hearty Veg. Chowder Grandma's Bean Chili
Cafeteria Hot Foods	Country Creamed Ham over Corn Bread 1.60 Mexi Casserole 1.65 Chef Salad Sandwich 1.65	Sausage Oriental 1.65 Beef Stew 1.85 Grilled Swiss & Ham on Rye 1.65	Veal Patty w/Mush- 1.80 room Cr. Gravy Chicken Lasagne 1.65 Tuna Sub Bake 1.65	Baked Rosemary Chicken 1.45 Hamburger Stro. 1.85 Patty Melt 1.70	Baked Fish in Dill Cheese Sauce Beef Potato Bake 1.85 Bar BQ Beef \$1.80
Vegetable:	Brussell Sprouts Mixed Vegetables Mashed Potatoes	Corn Saute Lima Beans Mashed Potatoes	Buttered Carrots Creamed Peas/Onions Browned Potatoes	Baby Limas Mixed Vegetable Mashed Potatoes	Cauliflower Mashed Banana Squash Mashed Potatoes
Snack Bar	Taco \$1.10 Tamale Pie 1.50 Hot Turkey Sand. 1.85	Taco \$1.10 Soft Burrito \$1.60 Hot Beef Sand. 1.95	Taco \$1.10 El Camino St. 1.80 Hot Pork Sandwich 1.95	Taco \$1.10; Enchilada only 1.15; w/beans 1.50 Hot Ham Sandwich 1.95	Taco \$1.10 Mexi Casserole 1.50 Fried Chicken 1.45
Mini Lunch:	Mexi Casserole, Veg., Sal. Veg, Roll & Btr. 1.50	Beef Stew, Veg., Salad, Roll & Btr. 1.50	Chicken Lasagne, Veg. Salad, Roll & Btr 1.50	Meatballs w/Sauerkraut, Veg., Salad, Roll & Btr. 1.50	Beef Potato, Salad Veg. Roll & Btr. 1.50
Vegetarian:	Potato Casserole 1.50	Rustic Vegetable Pie 1.50	Broccoli Soufle 1.50	Hominy Medley 1.50	Vegetable Spaghetti 1.50
Lunch Wagon Special	Country Creamed Ham over Corn Bread, Salad, Brussell Sprouts \$2.50	Beef Stew Salad, Lima Beans, Roll & Btr. 2.75	Veal Patty w/Cr. Gravy, Potatoes, Turnips, Roll & Btr. 2.60	Baked Chicken Potatoes, Carrots Roll & Butter 2.25	Baked Fish in Dill Cheese Sauce Potatoes, Squash, Roll & Btr. 2.55

Wednesday, November 18, 1987
Week 8 of Fall Term

THE DAILY

Published for the staff of Lane Community College
Editor: Diane Prokop, Ext. 2591

- TODAY - Peter Thomas (solo guitar), 12-noon, main cafeteria
- Women Student's Art Reception, 1 to 2:30 p.m., CEN 217
- Friday Forum Organizational Meeting, 2 p.m., CEN 420
- All-Staff Meeting, 3 p.m., Performing Arts Theatre

The Semester vs. Quarter Calendar is the topic under discussion at this meeting and staff responses to the proposed calendar options will be solicited. If you are unable to attend but would like to express your preference on one of the options, pick up a survey form from the Office of Instruction and return by Monday, November 23.

- LCC Board of Education meeting, 7:30 p.m., Board Room

INSERVICE HOURS- The following departments have scheduled inservice activities in the near future:

- Purchasing, Warehouse, and Surplus Property Offices will be closed on Thursday, November 19. There will be phone coverage.
- A skeleton crew will provide service in the Student Records Office Friday, November 20, 8 a.m. to 5 p.m.
- Financial Aid and Student Employment Offices will have minimal phone and counter service Friday, November 20, between 10 a.m. and 5 p.m.

EVENING ADMINISTRATION INFO - In an effort to help evening students get special help and answers to questions, department heads are staffing an evening administration office on a rotating basis. Jim Ellison, Dean for Telecommunications and Instructional Support, is coordinator of the evening office. The office is staffed from 5 to 8 p.m. Monday through Thursday. In addition, during the first two weeks of each term, every department on campus which offers night classes keeps department offices open in the evening to help students settle into the night class routine. The phone number for the evening administrator office is ext. 2234.

BOOKLETS AVAILABLE AGAIN - Booklets provided by the Internal Revenue Service titled EXPLANATION OF THE TAX REFORM ACT OF 1986 FOR INDIVIDUALS are available free in the library. Ask for your copy at the reference desk. Kathy Weiderholt

SLIDE/LECTURE - The English and Foreign Language Department invites students and staff to "A Room With a View: A slide/lecture/discussion of American and English writers in Italy" with Professor Andrea Mariani of the Comparative Literature Department, University of Rome. It will be held Monday, November 23, 2:15 to 4 p.m., in FOR 309. Susan Dunne

STUDENTS PARTICIPATE IN FAST - The students of LCC in conjunction with the U of O, Oregon Student Public Interest Research Group (OSPIRG), and other community organizations are taking part in a one-day fast from sundown today to sundown Thursday. LCC's Food Services will provide a noon-meal of broth and juices in the cafeteria for a small fee. A break-fast dinner will be held Thursday evening at the Wesley Center (1236 Kincaid St.) from 5:30 to 7:30 p.m. A \$5 donation will be collected at the door and given to Oxfam (Oxfam is an international, non-governmental agency that is trying to alleviate hunger). The ASLCC invites all staff and students to participate either by pledging to fast or by donating money. There will be a table set up in the cafeteria for this purpose. For more information, contact Mike Stewart or Curtis Grant at ext. 2330.

ATTENTION CLASSIFIED EMPLOYEES - Due to the large number of interesting opportunities for personal development available in December, \$400 has been released by the Classified Training and Development Committee for use during the month of December. Applications for these funds are available in the Personnel Department and should be returned to Lee Sowers no later than 5 p.m. on Monday, November 23.

IT'S NOT TOO LATE TO GET YOUR SEASON TICKETS - If you are planning on seeing LADYHOUSE BLUES this week you can still purchase a 1987-88 Theatre Season ticket in advance or at the door. (You pay just \$15 for three plays instead of paying a total of \$20 if you buy individual tickets). Good reserved seats are still available. The other plays offered this year are A COMPANY OF WAYWARD SAINTS, a comedy, and the new musical LITTLE SHOP OF HORRORS. LADYHOUSE BLUES will be performed Wednesday through Saturday of this week. The last date for buying season tickets is November 21. In her Register-Guard review, Dorothy Velasco said, "LADYHOUSE BLUES is an enjoyable play with likeable characters...Director Patrick Torelle has both orchestrated and choreographed the five able actresses into a finely tuned ensemble." Order your tickets today by calling 726-2209 or stop by the LCC Theatre Box Office.

-ADS-

FOR SALE - Must sell 1970 two-door Oldsmobile Toronado, front-wheel drive (great in snow), silver color, excellent mechanical condition - \$500 or best offer. Ron Metzger, Social Science, ext. 2437 or 689-5257

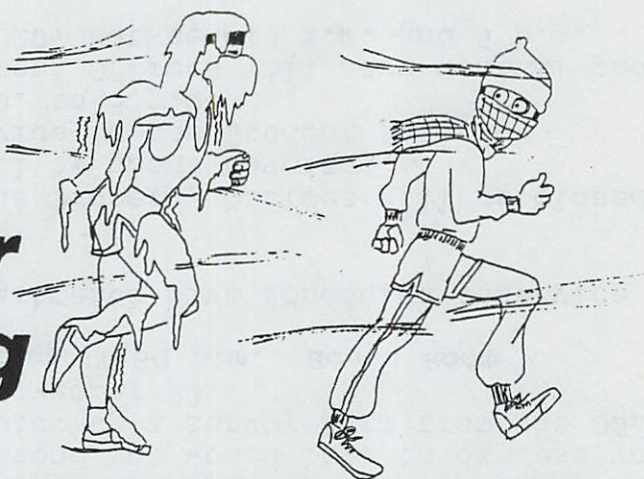
FOR SALE - Frigidaire electric clothes dryer, gold color, approximately 8 to 10 years old - \$50. Marilyn Marcus, Counseling, 485-7103

FOR SALE - Buy an Oregon Sampler Wreath (made from a variety of Oregon woods) for the holidays. Susan Dunne, English and Foreign Language, ext. 2419 or 683-3420

FOR SALE - 1979 Chevrolet 4X4 Silverado pickup, short-wide, air conditioning, tilt, good shape - \$3,750. Dale Bates, Athletics, 689-6066

WANTED - Two or three bedroom house by December 1 for two adults, two teenagers and one nice, spayed dog. Prefer southeast/east university location, will pay under \$435 a month only, references available. Lorna Funnell, Adult Education, ext. 2906 or 342-4817 (evenings)

Cold Weather Running



The brisk winds of winter will soon be upon us, but that's no excuse to skip your outdoor exercise regimen. What you wear and how long you stay out can make all the difference between being warm and wet—or cold and clammy.

Your winter running wardrobe

When you run, you will perspire, even in the winter. Your wardrobe needs to be planned to conserve enough of your body heat to not only be comfortable, but also to keep perspiration from evaporating too fast so you don't get chilly.

Layers of clothing will help you keep comfortable. Three layers are recommended for strenuous activity in the cold, and it's best if the outer layer is wind resistant and easily vented, according to William Roberts, M.D., of Group Health in Minneapolis.

Next to your skin, wear polypropylene to draw body moisture away and to keep you feeling dry. For your middle layer, wear wool. Wool retains heat even when it's wet. On the outside, either Gore-tex, nylon, or tightly woven wool are your best choices because they are wind-resistant. Wait for summer to wear cotton.

Rob Thompson, Coordinator of Occupational Health for Oklahoma Gas and Electric, suggests two layers for your legs: tights or long underwear, plus sweat pants. Wear wool socks, rather than two pairs

of cotton ones, to keep your toes comfortable but not cramped.

Don't forget your extremities: Wear a wool cap, muffler, and mittens or gloves.

Your winter running schedule

Running in the cold will make you tire more quickly. Your muscles and tendons will tighten more easily, making you susceptible to injury. Before you hit the snowy streets, take two steps:

1. Check the weather. If the wind-chill factor is 10 degrees or below, find a place to run indoors (check with your physician if you are accustomed to a particularly cold climate). If it's wet, make sure your garb is waterproof.

2. Warm up. Give your body a chance to adjust to the cold. During your run, if the sun disappears and the temperature plummets, head back to your warm home or office. Never take off your hat or gloves if you get too hot. And be sure to cool down when you finish.

THE DAILY

Published for the staff of Lane Community College
Editor: Diane Prokop, Ext. 2591

TODAY - Purchasing, Warehouse, and Surplus Property Offices will be closed today. There will be phone coverage.
- High School Completion and Adult Basic Education will have only minimal coverage today due to inservice.

INCREASE YOUR AWARENESS - The Associated Students of LCC will sponsor a campus-wide coffee in observance of "LCC Disabled Student Awareness Month" on Monday, November 23. The event will include speakers and the seating of President Richard Turner and other participants into wheelchairs for a tour of campus. The ASLCC asked all staff and students to join them in increasing their awareness of the difficulties facing disabled students. In turn, each of the ASLCC Senate members agreed to spend a full day in a wheelchair. The event will take place in the LCC Board Room (ADM 216) from 10 to 11 a.m. Refreshments will be served. All staff are invited. For more information, call Jeff Moisan, ASLCC President, at ext. 2330.

GOINGS ON - If you happened to drive by LCC on Saturday, November 7, you probably wondered what all the commotion was about. The LCC Athletic Department was again proud to host the OSAA/US Bank State A, AA, and AAA Cross Country Championships for boys and girls.

For those of you who are into statistics, here are some facts and figures:

- Paid attendance totaled \$5,760
- There were approximately 3,500 spectators
- Over 4,000 people took part in the event including participants, workers, coaches and assistant coaches, volunteers, bus drivers, security, etc.
- 184 teams participated
- 125 workers were involved in pre- and post-race duties
- Over 700 t-shirts were sold (revenue \$1,448)
- Total income generated was \$15,301--\$5,100.33 per hour

Special thanks goes to all those departments that made the success of this event possible: Campus Services, Printing/Graphics, Electronics, Audio Visual, Financial Services, and, of course, Health & PE/Athletics. Also, thanks to those workers who made the 1987 Championships the best ever.

Another special event held on campus was the State OSAA/US Bank AA and B Girls Volleyball Championships on November 12, 13, and 14. Twenty-four teams participated and attendance was over 3,000 for three days. Bob Foster, Athletics

VISIONS OF BEAUTY - Oil paintings by Dagoverto Benavidez will be displayed in the Multicultural Center (CEN 409) through December 15. Benavidez, who is originally from Texas and now resides in Portland, features birds, nature and man in his paintings. This show is sponsored by LA RAZA-The Chicano-Latino Student Union.

ATTENTION CLASSIFIED EMPLOYEES - Due to the large number of interesting opportunities for personal development available in December, \$400 has been released by the Classified Training and Development Committee for use during the month of December. Applications for these funds are available in the Personnel Department and should be returned to Lee Sowers no later than 5 p.m. on Monday, November 23.

FRIDAY

- Student Records Office will have minimal coverage Friday, November 20, 8 a.m. to 5 p.m.
- Financial Aid and Student Employment Offices will have minimal phone and counter service Friday, November 20, between 10 a.m. and 5 p.m.

-ADS-

FOR RENT - Three-bedroom home to share with two other people, near Royal Ave.- \$150 plus utilities. Teresa Sieg, Food Services, ext. 2670.

FOR SALE - Technics stereo receiver, 100 watts per channel, AM/FM, power meters, many features - \$150. Stax SR5 electrostat headphones - \$60. Both for \$180. Don Smith, Study Skills, ext. 2439

FOR SALE - Must sell 1970 two-door Oldsmobile Toronado, front-wheel drive (great in snow), silver color, excellent mechanical condition - \$500 or best offer. Ron Metzger, Social Science, ext. 2437 or 689-5257

FOR SALE - Frigidaire electric clothes dryer, gold color, approximately 8 to 10 years old - \$50. Marilyn Marcus, Counseling, 485-7103

FOR SALE - Beautiful, forest fresh, fir bough swags. These lovely swags are decorated with classic paid cloth bows, holly, satin ornaments and snow (optional). Order now for only \$4.75. Linda Myers, CWE, 344-6483 (evenings)

FOR SALE - Buy an Oregon Sampler Wreath (made from a variety of Oregon woods) for the holidays. Susan Dunne, English and Foreign Language, ext. 2419 or 683-3420

FOR SALE - 1979 Chevrolet 4X4 Silverado pickup, short-wide, air conditioning, tilt, good shape - \$3,750. Dale Bates, Athletics, 689-6066

WANTED - Two or three bedroom house by December 1 for two adults, two teenagers and one nice, spayed dog. Must have southeast/east university location, will pay \$435 or less a month, references available. Lorna Funnell, Adult Education, ext. 2906 or 342-4817 (evenings)

Renaissance Room



Monday, November 23

Upsy Daisy Mocktail
Mandarin Spinach Salad
Calzone Maison, Sauteed Zucchini
Spumoni Ice Cream

Tuesday, November 24

Citrus Collins Mocktail
Manhattan Clam Chowder
Tenderloin of Pork Sylvie
Smothered Lentils and Broccoli
Pistachio Ice Cream, Cookie

Wednesday, November 25

Orange Blossom Mocktail
Egg Flower Soup
Chicken Teriyaki, Stir-Fry, Vegetables and Noodles
Prune Apricot Laticed Torte

Thursday, November 26

Closed for Thanksgiving.

Monday, November 23, 1987
Week 9 of Fall Term

THE DAILY

Published for the staff of Lane Community College
Editor: Diane Prokop, Ext. 2591

TODAY - Disabled Student Awareness Activities, 10 to 11 a.m., Board Room
- "Unplug the Christmas Machine" lecture, 12-noon, Board Room
- "A Room With a View" lecture, 2:15 to 4:15 p.m., FOR 309
- Deadline for classified personal development funds

TAKE A HOLIDAY - LCC staff celebrate Thanksgiving this week. The College will be closed on Thursday and Friday. Have a great four-day weekend!

HOLIDAY MAIL NEWS - LCC mailroom staff anticipate a very large quantity of incoming mail because of the holiday buildup at the post office. According to established procedure, mailroom staff ask that on Monday, November 30, you bring outgoing and intracampus mail to the mailroom between 1 and 2:30 p.m. At that time, you may pick up your incoming mail. Mailroom, ext. 2575

ELECTRONIC CALENDAR SYSTEM - There is a new addition to the Office Automation tools available on the Honeywell mainframe - an Electronic Calendar System. To have an event scheduled on the calendar, send electronic mail to Wendy Westfall. For more information and documentation, read the electronic bulletin board message #263 or send a message by electronic mail to me. David John Marotta, Computer Services, ext. 2247

LUNCHEON PLANNED - A brown bag lunch with President Turner is planned for Wednesday, December 2, 12-1 p.m. Please call Marie Reid, ext. 2200, if you wish to join others on that day for an informal visit with the President. Office of the President

OPEN ENROLLMENT INFO - If you are a classified or administrative employee and are interested in changing from one medical insurance plan to another--or adding a dependent to your medical/vision or dental insurance coverage--you may do so during open enrollment from November 1 to December 15. Representatives from Blue Cross/Blue Shield and SelectCare will be available to answer any coverage questions on Tuesday, December 1 from 9 to 11 a.m. and Wednesday, December 2 from 3 to 5 p.m. in the Board Room. All changes and additions received by Marie Nelson, Personnel Services, by 5 p.m. December 15 will be effective January 1, 1988.

FAREWELL PARTY PLANNED - All staff are invited to a retirement reception for Sue Kangas, Adult Basic Education, on Monday, November 30. It will be held in PE 205 from 3 to 4:30 p.m. Please join us for Sue's farewell tribute. See you there! Debbie Powers, ABE/HSC, ext. 2874

IDEAS? - If you have any ideas to improve access for disabled students, please direct them to Dolores May at Disabled Student Services, ext. 2662.

ATTENTION CLASSIFIED EMPLOYEES - Due to the large number of interesting opportunities for personal development available in December, \$400 has been released by the Classified Training and Development Committee for use during the month of December. Applications for these funds are available in the Personnel Department and should be returned to Lee Sowers no later than 5 p.m. today.

■ **National Family Week: November 22-28, 1987.** Families make up the fiber of the nation. That's why it's so important that they get together to experience joy and build harmony in the good times, in order to weather the troubles of the bad. Make Thanksgiving your happiest of family gatherings!

LOAN FUND LOW - The Campus Ministry Emergency Loan Fund is lower than the water in our streams and lakes. We would appreciate your help in raising the level of this "helping" fund. Call Campus Ministry at ext. 2814 for more information. Jim Dieringer, Campus Ministry

-JOB OPPORTUNITIES-

Accountant, Financial Services, classified, closes December 3.

Clerk II, Health Occupations Nursing and Dental Clinic, classified, closes November 25.

-ADS-

FOR SALE - Large collection of Avon bottles, excellent condition, most in original boxes, collected between 1970 and 1975. Make an offer. Julie Baker, English and Foreign Language, ext. 2421 or 484-9391

FUNDRAISER - Do you have any children on your list for holiday gift giving? If so, plan to attend a fundraiser for the Child Development Center. There will be Discovery toys and books which are high quality and modestly priced. The fundraiser will be held at the Child Development Center, HEA 115, from 9 a.m. to 1 p.m. and 2 to 5 p.m. on Monday and Tuesday, November 23 and 24.

	MONDAY	TUESDAY	WEDNESDAY
Soup:	Meat Ball Soup Cream of Chicken & Mush. Chili 1.15; 1.60	Vegetable Bisque Three Bean Soup Chili	Cream of Mushroom Soup Beef Vegetable Soup Chili
Cafeteria Hot Foods	Roast Beef \$1.85 Tamale Pie \$1.50 Open faced Chicken San. 1.75	Fried Chicken 1.45 Meat Balls & Cheese Shells 1.65 Monte Carlo Sand. 1.55	Veal Parmesan 1.65 Beef Noodle 1.65 Cheese Turkey Sand. 1.65
Vegetable:	German Carrots Buttered Peas Mashed Potatoes	Zucchini Mixed Vegetables Mashed Potatoes	Buttered Spinach Whole Kernel Corn Mashed Potatoes
Snack Bar	Taco \$1.10 Chili Dog 1.45 Hot Turkey Sandwich 1.85	Taco \$1.10 Soft Burrito \$1.60 Fried Chicken 1.45	Taco \$1.10; Tostada \$1.10 Hot Beef Sandwich 1.95 w/Potatoes
Mini Lunch:	Tamale Pie, Veg. Salad, Roll & butter. 1.50	Meat Balls & Shells, Veg Salad, Roll & Butter 1.50	Beef Noodle, Veg., Salad. Roll & Btr. 1.50
Vegetarian:	English Omelet 1.50	Broccoli Cheese Pie 1.50	Celery Bake \$1.50
Lunch Wagon Special	Roast Beef, Potatoes, Peas, Roll & Butter 2.45	Fried Chicken, Potatoes, Mixed Veg., Roll & Btr. 2.25 Roll & Butter 2.25	Veal Parmesan, Potatoes Corn, Roll & Butter \$2.60

Have You Ever Eaten This Much on a Holiday?

	Calories
2 pieces of toast/1 egg	250
stuffed celery	225
1 glass of cider	150
10 crackers with cheese	700
2 alcoholic drinks	300
3 handfuls of nuts	800
2 servings of turkey	400
mashed potatoes	200
candied sweet potatoes	200
1 helping of sauteed green beans	150
1 helping of squash	50
cranberry sauce	150
1 roll	100
3 tbsp. of butter	300
2 helpings of stuffing	600
2 pieces of pie	800
3 cups of coffee w/cream & sugar	150
6 pieces of fudge	1500
Total: 8025 Calories	

This represents a typical, day-long holiday blow-out, including a small breakfast, a main meal, and an evening snacking of leftovers.

When you consider that 3,500 excess calories generate a pound of fat—and that a 125-pound woman needs 1,400 calories to maintain her body weight or that a 175-pound man needs approximately 2,100 calories per day to maintain his—then it's no mystery why the average person gains weight so easily during the holidays.

HEALTH MANAGEMENT RESOURCES, Boston, MA, as cited in ST. JOSEPH'S HOSPITAL PROGRESS NOTES, Tampa, FL.

THE DAILY

Published for the staff of Lane Community College
Editor: Diane Prokop, Ext. 2591

TODAY - Bret Malaquist (solo guitar), 12-noon, cafeteria
- Health & PE/Athletics closed for inservice, 2 to 5 p.m.

DON'T MISS! - A free concert by "LADY SMITH BLACK Mambazo," a men's choir from South Africa, will be held at LCC's Main Theatre Tuesday, December 1, 11:30 to 1 p.m. They performed on the Paul Simon "Graceland Album."

FINAL INVITATION - Community college women are invited to attend the first annual AAWCJC Oregon Conference, "Celebrating Womanhood: The New Attitude," at the Portland Marriot on December 2 and 3. Many dynamic presenters have agreed to share their thoughts and ideas on a broad range of topics. Vice President Jacquie Belcher, president of AAWCJC, will keynote the conference and issue a challenge to all conference attendees. Dr. Carolyn DesJardins, co-founder of Leaders of the 80s, and Dr. Nancy Wilgenbusch, President of Marylhurst College, will also address conferees. If you have any questions, contact Judy Dresser, Home Economics, at ext. 2523.

DEADLINE APPROACHING - The deadline for submitting 1987-88 faculty level change requests is Tuesday, December 1. Application forms are available from the Personnel Services Office and should be returned to the Office of Instruction.

NEEDED - Please check your office area for the green "Oral Interview Manual for Local Governments" booklets. If you have one, please return it to Personnel Services. Our supply is depleted. Rose Holeman, Personnel Services

SHORTS - The Clothing Exchange is in need of winter clothes for adults, children, and pre-teens. We need your support. Stop by PE 301. Campus Ministry, ext. 2814
- Did you know that money donated or raised by Friends of the LCC Library purchased eight volumes of GALLUP POLL PUBLIC OPINION REPORTS 1978-86. Approximately 45 other books were purchased on a variety of subjects. Thanks to all good friends for enhancing the book collection. Kathy Wiederholt, LRC, ext. 2355

HOLIDAY MAIL NEWS - LCC mailroom staff anticipate a very large quantity of incoming mail because of the holiday buildup at the post office. According to established procedure, mailroom staff ask that on Monday, November 30, all departments except those at the Downtown Center and in the Administration Building bring outgoing and intercampus mail to the mailroom between 1 and 2:30 p.m. At that time, you may pick up your incoming mail. Mailroom, ext. 2575

LUNCHEON PLANNED - A brown bag lunch with President Turner is planned for Wednesday, December 2, 12-1 p.m. Please call Marie Reid, ext. 2200, if you wish to join others on that day for an informal visit with the President. Office of the President

HAVE A HAPPY THANKSGIVING!

1988 DEADLINES FOR HEALTH OCCUPATIONS PROGRAMS

Applications available in Admissions Office - December 1, 1987.

Completed applications can be returned to Admissions after January 11, 1988 to deadline date.

<u>Early Deadlines</u>		<u>Deadlines</u>
ASSOCIATE DEGREE NURSING:		4-22-88
PRACTICAL NURSING:		4-22-88
*ADVANCED PLACEMENT LPN'S		4-22-88
RESPIRATORY CARE:	5-13-88	8-13-88
DENTAL ASSISTING:		8-31-88
DENTAL HYGIENE:		5-13-88
MEDICAL OFFICE ASSISTING:	5-13-88	6-24-88

All notifications are mailed within 30 days of the deadline.

*These applications are available in the Health Occupations Office.



-JOB OPPORTUNITIES-

Foundation Director, Institutional Advancement, management, closes January 4.

-ADS-

FOR RENT - Three-bedroom home to share with two other people, near Royal Ave. - \$150 plus utilities. Teresa Sieg, Food Services, ext. 2670

FOR SALE - 1965 Chevelle Super Sport, high performance, 327 engine, automatic, 2-door, light pearlescent blue, new leather interior - \$3,500. Must see to appreciate. Vonnie Ross, Study Skills, ext. 2440

FOR SALE -Technics stereo receiver, 100 watts per channel, AM/FM, power meters, many features - \$150. Stax SR5 electrostat headphones - \$60. Both for \$180. Don Smith, Study Skills, ext. 2439

FOR SALE - Very nice incliner three-cushion sofa in modern earth tones. Like new - \$400 or best offer. Larry Warford, President's Office, ext. 2302

FOR SALE - Like new top-of-the-line queen-size Sealy mattress and box spring, frame and Thomasville Country Oak headboard. Only a few months old, new cost is over \$1,250. Yours for just \$750. Larry Warford, President's Office, ext. 2302

FOR SALE IN THE BOOKSTORE - Genuine onyx, handcrafted windchimes for that special person in your life.

LOST - Square watch with expansion bracelet, yellow metal. Lost in NW playing field parking lot. REWARD. Carmel Decroos, Health Occupations, ext. 2639

Thanksgiving

November 26, 1987

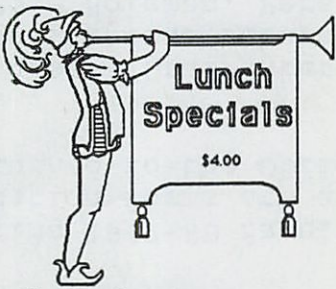
Thanksgiving is a special national holiday, richly steeped in individual and collective meaning. Thanksgiving signifies family, food, fun, history, and tradition all wrapped up into one mid-week day.

The Pilgrims celebrated the first Thanksgiving Day in February, 1621, to thank God for delivering them safely to this bountiful land. Afterward, Thanksgiving was celebrated sporadically until 1789, when President George Washington proclaimed a day for public thanksgiving and prayer to acknowledge God's favor in establishing our republic. Still, it wasn't until 1864 that the fourth Thursday of November was designated by President Abraham Lincoln as the national day of thanksgiving. We've been observing it as a holiday ever since. This year we celebrate on November 26.

The turkey dinner we eat now is reminiscent of the first celebration, which included four wild turkeys that were presented by the Indians to the settlers as a sign of friendship. But the wild turkeys of the 17th Century were tough old birds in comparison to the succulent meat we eat each year.

Yet more important than the cranberries, pies and turkeys we feast on is the traditional meaning of Thanksgiving. It is a time to pause and think about all the things for which to be thankful.

Renaissance Room



Monday, November 30
The Tradewind Mocktail
Russian Borscht
Grilled Lamb Kabobs, Stir Fried Vegetables
Maple Mousse

Tuesday, December 1
Orgeat Delight Mocktail
Wonton Soup
Schezuan Beef with Chinese Noodles & Vegetables
Pineapple Sherbet w/ Almond Cookie

Wednesday, December 2
Lively Raspberry Smash Mocktail
Soup Au Pistou
Old Fashioned Fish and Chips
Assorted Cheeses and Fresh Fruits

Thursday, December 3
Cassis Delight Mocktail
Fried Pork Dumplings
Chicken in a Bird Nest
Chinese style chicken stir-fry served in a nest of potatoes with peanut sauce and vegetables.
Cherry Ricotta Cake

How to Succeed: READ. One way to move up the ladder is to read voraciously. In addition to making you more knowledgeable in your field, reading will improve your vocabulary—a plus for leadership roles. Dr. Dennis Waitley, author of *The Psychology of Winning*, says that reading is the major opportunity that many people fail to take advantage of.

Monday, November 30, 1987
Week 10 of Fall Term

THE DAILY

Published for the staff of Lane Community College
Editor: Diane Prokop, Ext. 2591

TODAY - Retirement party for Sue Kangas, 3 to 4:30 p.m., PE 205

TONIGHT: SECRETS OF WINNING! - Philip Piele, University of Oregon professor and nationally-recognized authority on school elections, will speak at 7:30 in the Board Room. He will describe research findings on the changes in the 1980s in school voting patterns, what has caused the changes, and how school campaigners can adjust to the changes and still win voter approval for school financing. You're all invited. Larry Romine, Institutional Advancement

TODAY'S MAIL - LCC mailroom staff anticipate a very large quantity of incoming mail because of the holiday buildup at the post office. According to established procedure, mailroom staff ask that for today only all departments except those at the Downtown Center and in the Administration Building bring outgoing and intercampus mail to the mailroom between 1 and 2:30 p.m. At that time, you may pick up your incoming mail. Mailroom, ext. 2575

THE DIRECTORY IS HERE! - The 1987-88 Staff Directory is complete and ready to be picked up. One representative from each department should stop by my office (ADM 210) and pick up their supply. This year's directory was typeset and is therefore much easier to read. The cover was specially designed for The directory by Edna Kennel and is fantastic! The staff of Printing/Graphics produced the directory with tender loving care - we hope you like it! If you have any comments, I would like to hear from you. Diane Prokop, Institutional Advancement, ext. 2591

EARLY DECEMBER PAYDAY - Worksheets for Workstudy Payroll will be distributed on Monday, December 7 and are due back in Personnel on Tuesday, December 8. Payday is Friday, December 18. Worksheets for Regular Payroll will be distributed on Wednesday, December 9 and are due back in Personnel on Thursday, December 10. Payday is Wednesday, December 23. Lorraine Allyn, Payroll, ext. 2490

YOU'RE INVITED - All staff are invited to a coffee at the Downtown Center with President Turner. It will be held from 12-noon to 1 p.m. Lauri Patterson, Adult Education, ext. 2949

TUESDAY - Christmas Pottery Sale, 9 a.m. to 3 p.m., cafeteria
- SelectCare Representatives on campus, 9 to 11 a.m., Board Room
- Lady Smith Black Mambozo (South African men's choir), LCC's Main Theatre, 11:30 to 1 p.m.
- Deadline for faculty level change requests

FOR YOUR STUDENTS - The student's group Friday Forum will hold an organizational meeting on Wednesday, December 2 at 2 p.m. in Center 480. For more information, contact Jerome Garger, Eng. & For. Lang., ext. 2419.

WEIGHT-LOSS CONTEST NEWS - Last week's scores were as follows:

- 36 points - Cherrill Hemminger and Larry Brown
- 31 points - Sally Gover and Marie Reid
- 29 points - Annette Newman

Keep up the good work!

November 18, 1987

Fellow Members of the LCC Family:

You may have received in recent days an appeal for financial support from the Oregon Committee for the Humanities. Because this group has been generous in the past in support of LCC and many sister institutions, I am pleased to encourage all staff to include the Committee in year-end giving plans.

The Oregon Committee for the Humanities, which includes four community college trustees on its 21-member Board, has provided grants for scholarly research, as well as community humanities programs that feature scholars from Oregon colleges and universities. Your and my support helps the Committee to sustain its ability to respond to the needs of scholars and institutional programs.

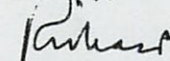
From its beginning, the Committee has worked to strengthen public appreciation of the humanities. Research has not been its only interest; it has published the Sweet Reason journal and has provided traveling lecture support and town-gown programs, which often have been initiated by faculty.

Chairman of this year's OCH campaign is Attorney General Dave Frohnmayer. The appeal includes a call for local support by Governor Neil Goldschmidt. For additional details about OCH, contact one of our fellow community college persons on the Board: James J. O'Neill at Umpqua Community College, Louis B. Queary at Central Oregon Community College, John Rulifson at Southwestern Oregon Community College, or Katharine Sheldahl-Thomason at Blue Mountain Community College.

OCH may be contacted at Room 410, 418 Southwest Washington St., Portland 97204. The telephone number is 241-9543.

The Oregon Committee for the Humanities is part of the solution for perking up interest in the humanities statewide. Please respond generously to its call for help.

Cordially,



Richard M. Turner, III
President

4000 East 30th Avenue • Eugene, Oregon 97405 • (503) 726-2200
An affirmative action/equal opportunity institution

	MONDAY -----	TUESDAY -----	WEDNESDAY -----	THURSDAY -----	FRIDAY -----
Soup:	Mediterranean Chowder Beef Noodle 1.10; 1.50 Chili 1.15; 1.60	Cream of Broccoli Soup ABC Vegetable Soup Chili	Chicken Noodle Soup Beef Tomato Rice Chili	Sweet & Sour Cabbage Lenny Li's Egg Soup Chili	Poor Boy Chicken Clam Chowder Chili
Cafeteria Hot Foods	Chunk of Cheese Meat Loaf 1.75 Curried Chick over Noodles 1.75 Beef Eater 1.80	Vegetable Fry w/ Cheese sauce 1.65 Roast Pork 1.85 Cabbage w/ Sausage 1.65	Beef Pot Pie 1.80 Chicken Fried Steak 1.85 Meat Ball Sand. 1.75	Ham & Sc. Potatoes 1.60 Bar-B-Que Chicken 1.45 Grilled Beef & Cheese 1.55	Mexi Casserole 1.50 Fish & Chips (3pc) 1.75 Sloppy Joe 1.65
Vegetables:	Peas & Corn French Cut Green Beans Mashed Potatoes	Lima Beans Cauliflower/Sauce Mashed Potatoes	Vegetable Medley Carrots O'Brien Mashed Potatoes	Mexicali Corn Buttered Broccoli Mashed Potatoes	Mashed Squash Spinach Mashed Potatoes
Snack Bar	Taco \$1.10 Tamale Pie 1.50 Hot Beef Sandwich 1.95	Taco \$1.10 Soft Burrito \$1.60 Hot Turkey Sandwich 1.85	Taco \$1.10 Elcamino Steak 1.80 Hot Pork Sand. 1.95	Taco \$1.10; Enchilada only 1.15; w/beans 1.50 Hot Beef Sandwich 1.95	Taco \$1.10 Mexi Casserole 1.50 Fried Chicken 1.45
Mini Lunch:	Curried Chicken Salad, Veg. Roll & Butter 1.50	Vegetable Fry, Veg. Salad, Roll & Butter 1.50	Beef Pot Pie, Salad Veg., Roll & Butter 1.50	Ham & Scal. Potatoes Salad, Veg. Roll & Btr. 1.50	Mexi Casserole, Veg., Salad, Roll & Butter 1.50
Vegetarian:	Macaroni & Cheese 1.50	Eggplant Cheese Bake	1.50 Cheese & Spinach 1.50 Blinzen	Cauliflower Supreme	\$1.50 Green Pepper w/Cheesy Rice 1.50
Lunch Wagon Special	Chunk Cheese Meatloaf Salad, Veg., Roll & Butter 2.65	Roast Pork, Potatoes Vegetable, Roll & Butter 2.65	Chicken Fried Steak, Potatoes, Veg., Roll & Butter 2.65	Bar-B-Que Chicken Potatoes, Veg. Roll & Butter 2.25	Fish & Chips, Veg., Salad, Roll & Butter 2.65