

PTSD continued from front page...

- Overcoming a problem resulting from trauma or a situational crisis.
- Coping with stress and resolving problems.
- Decision making, effective interpersonal communication, stress management and conflict resolution.

Although the Center is not equipped to provide long-term personal counseling-if intensive, lengthy or specialized care is needed, we can provide the student with a referral.

How to Deal with a Student in Distress

If you decide to approach a student you are concerned about, or if a student asks you for help with a personal problem, these suggestions might make the experience more comfortable for you and more helpful for the student:

- Talk to the student in private at a time when neither of you feels rushed or preoccupied. Give the student your undivided attention.
- Express your concern in behavioral, non-judgmental terms (“I’ve noticed you’ve been absent from class lately and I’m concerned”).
- Listen to thoughts and feelings in a sensitive, nonthreatening way. Let the student talk, then communicate your understanding by repeating the gist of what the student said.
- Avoid judging, evaluating or criticizing. Respect the student’s value system, whether you agree with it or not.

If you notice a student exhibiting characteristics of emotional distress, try to remain calm and formulate a plan. The on-call counselor at the Career and Counseling Center can help. Even if you are willing to help a student with a problem, there are situations in which a referral may be the most appropriate option.

The Career and Counseling Center believe there is a powerful rationale for faculty and staff to intervene when they encounter a student in distress. We are not suggesting that you function as counselors. Rather, we hope to help you assess a potentially difficult situation and give you specific ideas about what to do when faced with a student in distress.

For more information on PTSD, visit The National Center for PTSD website at www.ncptsd.va.gov/facts/general/fs_what_is_ptsd.html or The American Psychiatric Association website at www.psych.org/public_info/ptsd.cfm or contact the Career and Counseling Center at 917-4780.

Foundation Allocation Requests Due June 9

The LBCC Foundation funds proposals up to \$5,000 for scholarships, teaching excellence or student enrichment projects. To be considered for funding for this cycle, please submit your request to Marlene Propst by June 9. The decision for granting a proposal will be made at the Foundation Board of Trustees’ September 2005 meeting. Further information concerning the allocation process and the application form can be found on the LBCC Paperless Office at <http://po.linnbenton.edu/forms/proposalapplicationform.pdf> or via the Foundation under Staff Grants at <http://www.linnbenton.edu/foundation/>.

Please note the criteria for the Student Enrichment category. For questions or more information, contact Charlotte Houser at 917-4346.

Richard and Debra Bobbitt and 1% Club

When Richard and Debra Bobbitt decided to each give one percent of their salaries to the LBCC Foundation



1% Club, it was without question. They feel that LBCC is like family. Giving 1% each makes them feel they’re doing their share to help others in that “family”. They didn’t think of giving any other way.

“The best thing about our contributing through our salary is that it directly benefits the students here as well as us, because we are students here too,” said Richard. “By giving 1% each, it’s our way of saying that we both care.”

Richard has worked full-time at LBCC for more than 5 years as a night security guard. Debra has worked at LBCC part-time for almost 10 years in various positions. She currently works in Admissions and Registration and for the LRC.

Both are taking two credits per term in the Business and Supervisory Management program, working slowly but surely towards AAS degrees. Debra will end up with three degrees when finished, and Richard will have two.

Through tuition waivers and financial aid, the Bobbitts don’t feel a need to apply for Foundation scholarships. But they feel their contribution comes back to them in different ways.

“We’ve benefited indirectly through the Foundation because the money is also used to fund different programs, which we participate in,” said Richard.

Debra mentioned the pavers outside the College Center, saying they bought one right off because it helped connect them to the college even more.

“It’s neat to see my name on something that’s permanently connected to the college,” said Debra.

Currently, 51 LBCC employees contribute to the Foundations 1% Club. The Foundation uses the money to fund student scholarships, student enrichment and other designated programs.

The Bobbitts believe the LBCC community is such a huge part of their lives, and by contributing part of their salaries they hope to help that community continue. From the Bobbitt’s point of view, they feel that “every little bit makes a difference.”

Communicator

June 2005

LINN-BENTON COMMUNITY COLLEGE STAFF NEWSLETTER

Project Welcome Home Brings Attention to Posttraumatic Stress Disorder for Returning Vets

Posttraumatic Stress Disorder, or PTSD, can occur following an experience with or exposure to life-threatening events such as war, natural disasters, serious accidents, or violent personal assaults.

The Career and Counseling Center and Project Welcome Home would like faculty and staff to be informed on this serious issue, as the college prepares to help returning veterans and their families reintegrate into the community through Project Welcome Home.

PTSD is marked by clear biological changes as well as psychological symptoms. Neuroscience shows that the brain has a dedicated circuitry for storing traumatic memories. If triggered, the body is ready for fight or flight within seconds without cognitive thought.

About 30 percent of men and women who have spent time in war zones experience PTSD, which usually occurs within 3 months of the traumatic experience, but can appear later. An additional 20 to 25 percent experience partial PTSD at some point in their lives. The military is reaching out to veterans with debriefing and classes for veterans and their families.

Most of the veterans are aware of the difficulties they may face returning to civilian life. We here at LBCC also need to be aware of those difficulties, and be prepared to offer assistance to help these students be successful.

Examples of PTSD that you may observe in the classroom:

- Student may need to sit in the classroom so that they have a view of all doors and windows in order to feel safe, with their back literally to the wall.
- Student may have a “flashback” and you may observe them acting agitated or inattentive to what is happening in class.
- Topics covered in class may trigger remembrance of an event resulting in the student avoiding further discussion or involvement with the topic. Student may become very emotional or need to leave the classroom.
- Student may be uncomfortable in large group settings.
- Student may remark that it is the anniversary of a traumatic event, which often is a psychological trigger.

Professional counselors in the Career and Counseling Center are trained to work with students and offer brief counseling for students with concerns such as:

Board of Education Highlights

Jane Donovan Retires - All those attending the May Board meeting were entertained by Gary Ruppert’s rendition of “I am Jane! Jane, I am!” President Cavin and the Board recognized Jane for her 26 years of dedicated service to students.

Tuition Increase - With the knowledge that the budget committee will be recommending a \$6.00 per credit hour tuition increase in the proposed budget, the Board took action to pass the increase so that students can be notified asap. The tuition increase to \$62 per credit will be effective summer term. This tuition increase will move LBCC to the second lowest tuition rate in the state; the rate is \$4.16 less per credit hour than the average of all community colleges; and is \$3.78 less per credit hour than comparable community colleges. The Board will consider any non-credit tuition increases at the June Board meeting.

Tuition Waiver for Veterans - Qualifying in-district veterans will be eligible to receive free tuition for up to 12 credit hours. The veterans must have been honorably discharged or released from active duty in good standing from the U.S. National Guard, Reserves, or other branch of the service after January 1, 2002. They must also meet admissions residency requirements. This waiver benefit will be in effect summer term 2005 through fall term 2006.

PTK Award - Rosemary Bennett introduced students Sativa Timothy, Heather Baird, Brandi Hereford, Jami Johnson and Dick Clark. The students attended the Board meeting to receive a special commendation for the Alpha Tau Upsilon Chapter of Phi Theta Kappa Honor Society at LBCC. The chapter fulfilled all requirements to be named a 2-Star Chapter. The chapter will be listed among the top 100 chapters in the nation. Rosemary Bennett also received an award recognizing her 10 years of service as an advisor for PTK.

Distinguished Alumni Awards - Three LBCC alumni will receive the first annual Distinguished Alumni Award at the June commencement ceremony. Recipients are:

Robert C. Harding - Robert attended LBCC from 1986 to 1992, studying business administration. He transferred to OSU, where he earned a B.S. degree in International Business and Economics. He then earned an MBA from George Fox University. He is known as an active community volunteer, whether at local events or kids football camp. Robert currently serves as Senior Vice President, Regional Sales and Service Manager for Pacific Continental Bank in Portland.

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Campus News and Events

New Faces

- **Colleen Clancy**, Management, replacing Penny York, Director, Benton Center, effective 08/15/05.
- **Susan E. Peck**, Faculty, replacing Hal Eastburn, Music Faculty, Performing Arts and Speech, effective 09/07/05.

Promotions

- **Louis Barbee**, Faculty, replacing Richard Carter, Machine Tool and Non-Destructive Testing Technology, promoted from Instructional Assistant 2, Machine Tool and Non-Destructive Testing Technology, effective 09/07/05.
- **Vicky Gibson**, Classified, replacing Susan Sheythe, Administrative Assistant, Student Services, promoted from Events and Meetings Coordinator 2, Lebanon Center, effective 05/16/05.
- **Betty Seals**, Classified, replacing Sarah Grafe, Clerical Specialist 3, Albany Community Education, promoted from Clerical Specialist 2, Admissions and Records, effective 05/02/05.

Good-byes

- **Jennifer Fraga**, Classified, Career and Employment Specialist, LEDD/JOBS, resigned effective 05/10/05.
- **Carrie Jackson**, Classified, Security Officer, Campus Security, resigned effective 05/07/05.

Honorable Mentions

- **Rick Durling**, Medical Assisting Program Chair, Faculty, was named Employee of the Year by an all student vote on May 4th. Congratulations!
- **The Business Management Department** will be volunteering in a Habitat for Humanity workday, helping to build two houses in Albany on June 13.
- **The Medical Assistant Program** recently passed accreditation, and has been sanctioned for the next 10 years by the CAAHEP and AAMA.
- **The Welding Department** purchased welding equipment and supplies for welding programs at high schools located in Corvallis, Sweet Home, Philomath, and South Albany. The purchase was made possible through a Regional Carl Perkins Tech Prep Grant that helps develop high school courses to better prepare students for post secondary programs in Industrial Technology.

What's Happening

- **June 2**, Thursday, the annual Spring Social is coming! It will be held from 3-5:30 p.m. outside the Activity Center. There will be the usual food, games, prizes and lots of fun. Let's hope for sun this year! Contact Patti Ball for more information.
- **June 7**, Tuesday, Blackboard Basics, 11:50 a.m. - 12:50 p.m. in the Media Zone. This workshop will teach you how to get started using the new course management system, Blackboard. Pre-registration is required and space is limited. Pre-register by calling Ginger at ext. 4968.
- **June 9**, Thursday, End of Term Reception, 9:30 - 11 a.m. in the Luckiamute Center. Join your fellow co-workers for food and drinks and celebrate the end of the year.
- **June 9**, Thursday, 7 p.m., Commencement Ceremony, Activities Center.
- **June 10**, Friday, End of Spring Term...have a great summer!

Hailey Jones Update

Dear friends and LBCC family:

I want to thank you all for your support. Hailey is now officially CANCER FREE!!!! Yea. Her AFP (cancer markers) are back to normal and her scans are good. She is getting stronger everyday. Her appetite is improving and she is starting to gain a little weight.

We are also very happy to announce she passed her third grade test and will be going on to fourth grade next year with her classmates. She will finish out this year with a tutor. All of your and my prayers have been answered and we are eternally grateful to all of you. I also want to thank everyone who so generously gave of their time and talents to make the fund raiser for Hailey a success. It meant a lot to know there were so many people out there who cared so much.

Thank you all again!

Janet, Dan and Hailey Jones

Beth Camp Hosts Slide-Lecture on Culture & History of Turkey Fall Term

Beth Camp, English and Writing faculty, is planning a fall term slide-lecture on Turkey, presenting what she learned of that country's culture and history while on a professional development leave last year. The "Sabbatical Leave Report: Exploring Turkey" will be held on Friday, Nov. 4, from noon to 1 p.m. in Forum 115. Beth also spent time in Egypt, Israel, Greece, Italy, France and England. She is using her experiences to enrich her humanities classes, and has already held two slide-lectures; one on Egypt during winter term--with 70 students and staff attending; and another on Israel this term--with 45 students and staff attending.



The Amazing Race took place despite the rain, as participants tried to keep their cool without getting cold. 15 teams navigated obstacles to find clues leading to the next check-point. The team with the least amount of points won the race. Ken Long and Casey Holdahl won the week-long event, which included grabbing for goldfish, eating marshmallows covered with candy, and drinking

cups of lemon juice. Participants also played golf, tennis and did a lot of running from check point to check point- which was one of the goals of the Wellness team to promote health and fitness.

Annual Staff Golf Tournament Results

from Richard Balleaux

The college-wide Annual Golf Tournament was played May 7 at the Golf Club of Oregon...and it didn't rain. Breakfast was provided by the culinary arts staff.

LBCC employee group winners were:

Winning Team-Teresa Patterson, Dustin Patterson, Jack Giles, Russ Rinker

Closest to the pin-Tina Green

Closest to the pin--Fred Haynes

Longest Drive--Richard Gibbs

Longest Drive--Teresa Thomas

Congratulations...a good time was had by all!

Board continued from front page...

Annette M. Hobbs - Annette received her A.S. in Secretarial Science from LBCC in 1975. She has been employed at Fish of Albany as Executive Director since 1989, working to develop the agency into a stable, well-organized agency with expanded services for the local community. Annette is well-known in the Albany community for her work and dedication to support families in need.

Linda L. Modrell - Linda received her A.A. transfer degree from LBCC in 1978. She went on to receive her B.S. in Business Administration from

OSU and an MBA with a minor in Community Health and Gerontology from OSU. Linda, who has worked as a Benton County Commissioner since 1999, has been recognized for her professional involvement in her community and her ability to tackle challenging issues and projects.

Activity Center remodel - The Board awarded a contract to Wayne Anderson Construction of Corvallis to renovate the women's locker room. Plans include replacement of gang showers with individual showers, additional lavatories and toilets, reconfiguring the dressing areas and addressing ADA issues.

The next Board meeting will be June 15 at 7:30 p.m. in the Albany Board Rooms.



Jane Donovan is shown here holding her retirement resolution, which Gary Ruppert penned for the Board meeting.



Have a great summer! Watch for a new name and look for the staff newsletter this fall.