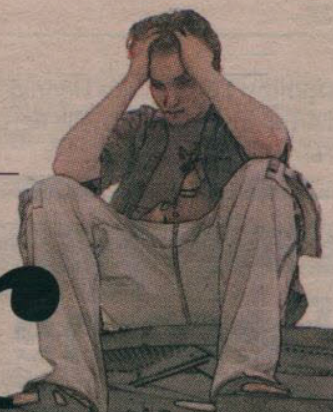


ART OF ENERGY

Rapper C-Rayz Walz discusses his life in the hip-hop scene in an exclusive interview. **▶ Pg. 11**

IN FOCUS

The Commuter offers revealing closeups and personal accounts of mental health. **▶ Pg. 6-7**



www.linnbenton.edu/commuter
Volume 35 No. 3

The Commuter

a weekly student publication

Wednesday, October 22, 2003

Linn-Benton Community College, Albany, Oregon

Campaign aims to repave College Center entry

Erica Hennig
The Commuter

The LBCC Foundation has begun the "Make a Difference Paver Project," raising money for the undesignated fund.

Reservations are being taken for engraved paving stones. The pavers will replace the deteriorating concrete at the north College Center walkway, leading up to the fountain under the spiral staircase.

According to Marlene Propst, executive director of the Foundation, "the Comprehensive Gifts Campaign steering committee saw this need as an opportunity for the Foundation to assist the college and to raise money for students scholarships, teaching excellence and other

projects."

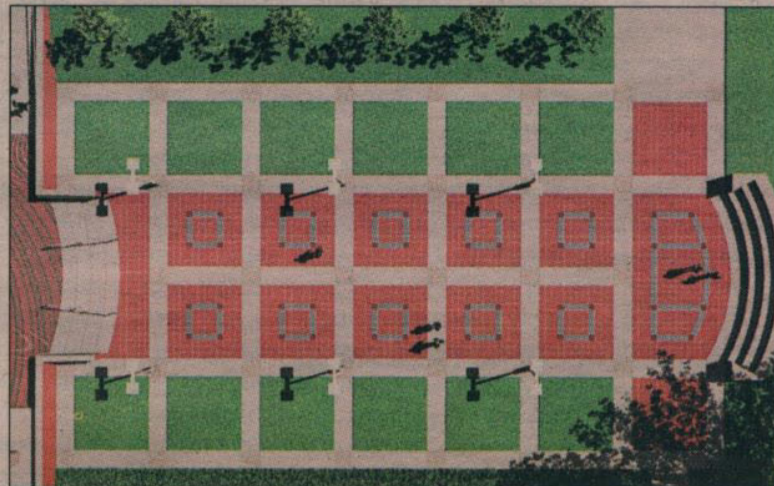
Twelve-inch square pavers may be reserved and engraved with a maximum three lines of text, up to 17 characters per line. Some examples of possible inscriptions include, but are not limited to: Name and class of, in memory of, family, individual, or business names. Pavers reserved by June 1, 2004 are to be engraved before construction begins. Those reserved between Sept. 1 and June 1 (of any year) will be engraved during the summer, as construction workers must take advantage of dry weather in order to engrave the pavers on-site.

The total number of pavers is 2,085. Nearly \$5,000 was donated in four days last week, when the project began. Dona-

tions are tax deductible and range from \$100 to \$1,000, depending on color and placement of pavers within the design.

Pavers are also named based on donation level, color and location in the future walkway. The least expensive, "Threshold" and "Promenade," are both medium red, but "Promenade" pavers are more centrally located along the main walkway. For those who would like a paver that stands out more, "Rampart" are light gray in color and will make up the majority of highlights within the overall red-colored walkway. The most prominently featured are "Capstone," a dark gray color.

Reservations are not limited to those affiliated with LBCC, anyone who wishes to may re-



An artist's rendering shows how the College Center entrance will look after the Foundation's Paver Project.

serve. Staff who already give to the Foundation undesignated fund through payroll deduction are qualified for a paver, but for those accepting a payroll deduction, the annual pledge amount

must equal a paver donor level by June 30.

Two local contractors have expressed interest in donating time and equipment to the

▼ Turn to "Foundation" on Pg. 4

Campus loses cable service; must switch to fiber optic

Julian Fields
The Commuter

Two weeks ago, shortly after the start of classes, the LBCC Media Department rewired its facility with fiber optic cable wire as part of an effort to reconnect the campus to cable service through fiber optic lines.

When Comcast changed from standard 75-ohm coaxial cable to digital cable recently, the campus was cut off from service because it still used coaxial con-

nections. Although the Media Department is now reconnected, other areas, such as the Student Lounge on the second floor of the Forum, are still without cable reception because they are still using the 75-ohm cable, which is insufficient for running digital cable.

The plan is to rewire the whole campus, but the job is not so simple. It will require running fiber optics from Pacific Boulevard to various campus buildings. The cost of this is nearly \$10,000.

The upgrade will eventually allow for

all buildings at LBCC to run digital cable and use Comcast services.

The change may also bring additional cost in the form of cable subscription fees, according to Paul Snyder, chair of the Media Department.

"In the past, cable companies have given LBCC cable broadcasting free of charge," said Snyder, adding that he is not sure whether Comcast will do so in the future. "I would like to see Comcast donate their services to LBCC."

Previous cable companies serving the

area, including TCI and AT&T, donated their service as a public relations tool, Snyder explained.

The switch from coaxial to digital cable has also affected the Media Department's ability to broadcast the public access channel. The department is now using microwave to reach the Benton Center in Corvallis, and educational and informational services are being broadcast from there. One problem with the arrangement is that faculty in the Media department are not able to monitor the channel.



Gourds Galore

photo by Bonnie Quinones

Every Saturday, Joe Copeland sets up a booth of fresh fruits and vegetables at the Albany Farmers' Market. More pictures and story on Page 10.

Thefts increase twofold while other crimes show little change

Rebecca Kendall
The Commuter

According to last year's recently released campus security report, crime on the main campus is holding steady.

With only two categories of crime reports rising since 2001—thefts, which jumped to 40 in 2002; and forcible sex offenses, which rose to two—it would appear that the students of LBCC have chosen a relatively safe place to continue their education.

"We have a pretty safe campus," agreed Vern Jackson, head of campus security. "But there are precautions that everyone should take in everyday situations and not just here at LBCC. I think students' awareness of their surroundings could improve. Everyone should always have a sense of

"I think students' awareness of their surroundings could improve. Everyone should always have a sense of what is going on around them."

▶ Vern Jackson



what is going on around them."

One recent instance of campus crime gives his statement a ring of truth. A student reported his backpack stolen earlier this term, along with several hundred dollars in books and math supplies.

According to a student-compiled list of prominent crime problems on campus, car break-ins are the top concern. According to the list, many students are leaving car doors unlocked, keys left in

▼ Turn to "Security" on Pg. 4

WEATHER THROUGH THE WEEKEND

SOURCE: WWW.WEATHER.COM

high 68 low 48
WEDNESDAY

high 58 low 39
THURSDAY

high 63 low 39
FRIDAY

high 66 low 44
SATURDAY

high 67 low 47
SUNDAY

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The
Commuter

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OPINION

Send letters to The Commuter:
 Turn into Forum 222. Please sign them and
 keep them at 250 words or less

EDITORIAL

Become educated early to prevent child abuse

Erica Hennig
 The Commuter

Child abuse is a tragedy and an unfortunate reality of our society. It happens far too often, and sadly, is not easily discovered.

Abuse of children, as with spousal abuse, occurs in violent cycles. It usually reoccurs until outside intervention or the children grow up, often to continue the cycle when they become parents. Rarely do abused children tell anyone, due to a fear of retaliation from those who are hurting them.

In 2001, approximately 903,000 children were found to be victims of child maltreatment, according to the National Clearinghouse on Child Abuse and Neglect.

We need to look out for the kids and teens in our communities. Just being a friend and trustworthy individual goes a long way toward earning a kid's respect. Children and teens need people to just spend time with them.

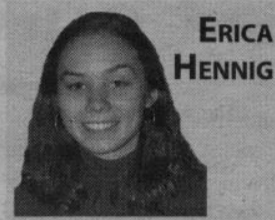
A huge part of making kids into strong individuals is building their confidence, so recognize a child's talent, positive habits, strengths and skills.

Society's general mindset is, "I shouldn't get involved. It's not my problem. It's none of my business." These pathetic, non-confrontational attitudes of society have prevented kids from getting the help they need.

On the other hand, maybe people may think, "If I tell the authorities, it will make it worse." That's a possibility. But think of it this way: If someone doesn't speak up for the kids who are being abused, they might eventually die.

I chose to write about this subject because I have personal experience and know that without the help of

people outside the home, my situation would not have improved. Had I not been taken in by my church's pastor and later, by my aunt and uncle, I might have grown up with the imagery of abuse as the norm in my adult mind. However, because these people helped me, I was eventually shown what the love of family feels like.



ERICA HENNIG

I was physically beat up by my stepfather, all during my teenage years. His favorite tools were his fists, open hands and once or twice, he picked up a wooden dowel, used to secure the sliding door downstairs. I have memories of family trips to the redwoods and to the Coast, but I also remember being pulled down a flight of stairs by my hair, with my mother looking on. She didn't do anything to stop him, but told me I shouldn't talk back. I didn't listen.

I kicked, screamed and cursed him. I ran into the bathroom and pretended to use the toilet, but he followed me in. I ran outside, tried to get away. Once outside, the door was locked and I was not allowed back inside. Sometimes I would go to a wooded area right next to our house. I would sit and daydream about living in peace.

It was not only my stepfather who abused me, but my mother, also. She not only allowed my stepfather to hit me, but encouraged him. She told me that it was my fault, that if I behaved better he wouldn't have to "punish" me. Thanks to them both, I still have painful memories. After my younger brother was born, they told him that he "ate" his twin, who had died in the

womb. When my mother miscarried again at a late age, I was blamed.

I was finally allowed to move in with my aunt and uncle a few months before my high school graduation, when I turned 18. My aunt told me later that I had a tremendous ability to concentrate, which she believes I must have developed as a result of living in the constant stress. She also noticed that after living with her and my uncle, I was more willing to hug and generally show affection. I didn't realize how much I had been affected.

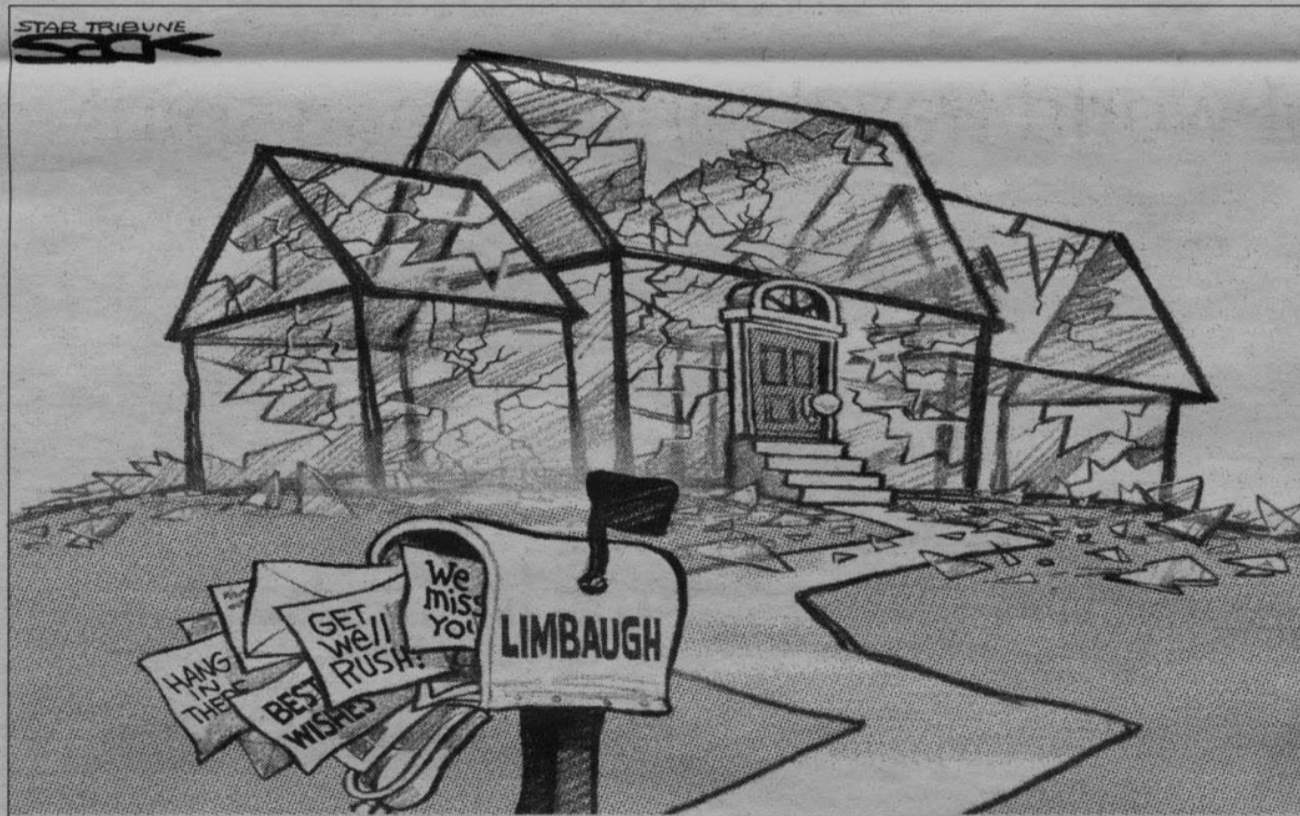
I am writing this to make people more aware of children who are being abused. Child abuse doesn't just stop. It's something I deal with even today, images and memories that stay with me. When a parent abuses a child, they are destroying an inherent trust.

Please study the warning signs and symptoms of child abuse. It is usually by someone close to the child, but there are exceptions.

If you suspect a child or teen is being abused, check for these indicators: unexplained injuries, especially to parts of the body not usually injured in normal play or movement, burns or bruises in the shape of household appliances or other objects, constant hunger, a young child who is often left alone, aggressive or withdrawn behavior, unusual knowledge of sexual matters beyond age of development, speaks about abuse or repeatedly runs away from home.

The following are a few sites for information on child abuse and prevention:

National Clearinghouse on Child Abuse and Neglect (government agency):
<http://nccanch.acf.hhs.gov/index.cfm>
 Bikers Against Child Abuse (national organization):
www.bacausa.com



The Commuter

VISIT THE COMMUTER ONLINE

www.linnbenton.edu/commuter

STAFF

The Commuter is the weekly student-run newspaper for LBCC, financed by student fees and advertising. Opinions expressed in The Commuter do not necessarily reflect those of the LBCC administration, faculty, and Associated Students of LBCC. Editorials, columns, letters and cartoons reflect the opinions of the authors.

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The Commuter
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COMMENTARY

Second-hand smoke plagues campus

Peggy Isaacs
 The Commuter

As the enrollment goes up, so does the cigarette smoke. As classes fill up with students, so do the designated areas for smoking.

For smokers this may not seem so important, but for non-smokers it has posed an added burden. With more smokers in the classrooms, more students have to put up with offensive smells coming from the student sitting next to them. More smoke in the designated areas also means more smoke filtering through the air, especially in the courtyard, which seems to be where the most abuse occurs. When it's raining and all smokers are under the awning, in the correct spot, the smoke filters upstairs outside. It is very hard to go to any class in the Health Occupations or Science and Technology buildings without smoke assaulting your face and lungs. When using the elevator by the Industrial Building, which is only one out of two the students can use, smokers may be seen lighting up before they even get down the stairs to the designated area.

These problems are even worse when you use the front entrance of Takena Hall, whether entering the building or waiting for a bus. Smoke is all over the place. There is no smoke-free place in the front of the building. Even inside, it is hard to wait for the bus because smoke enters the building when students enter through the doors.

I hope the smokers will start to respect their privilege to smoke on campus. When I see smokers not respecting their fellow students, I have less respect for them and their right to smoke.

Maybe someone might have to sue the school for interfering with their education because the smoke makes them sick and they have a headache for the next two hours, which makes it hard to concentrate in class. Something needs to be done. The smoking is out of control. I know that it is a smoker's right to smoke; after all, it is a legal drug. Go ahead and put the bullet to your head—just don't involve me in your slow suicide.

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CAMPUS NEWS

News about Linn-Benton Community College, including the administration, faculty and students on campus

LBCC welcomes three new faces to faculty ranks

Michelle Bertalot
 The Commuter

Last year a total of 28 faculty left LBCC. Eighteen retired early, seven resigned and three had their positions reduced due to budget restraints.

These three instructors are new to LBCC.

Although not new to teaching, they are given the challenge to fill the previous instructor's shoes.

Ahman (Raza) Khan is new to LBCC this year, but not new to teaching. He has taught at several colleges, including Colorado State University, Eastern Illinois University, Wayne State College, Howard University and Northeast Community College in Norfolk, Neb.

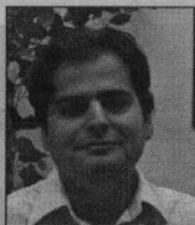
After teaching at different levels of institutions in different parts of the country, A. Khan intends to bring his own experiences to chemistry, such that it's not limited to textbook material only.

He believes that by "utilizing and sharing our personal and professional experience in a classroom setting, students are more comfortable with the medium of instruction."

He stressed that labs are the best way to teach students.

"Labs associated with lectures where students get a hands-on experience on the topics covered in the lecture," explained A. Khan is the best method to teach chemistry. "I have conducted some

"I have conducted some 'interesting' chemistry lab experiments."



▶ Ahman 'Raza' Khan

'interesting' chemistry lab experiments," he said.

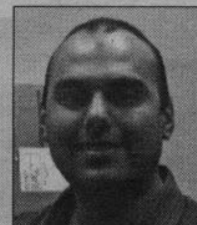
"LBCC provides the best education at an affordable tuition rate with the positive climate of a friendly interaction between our students, staff, faculty and administrators that strives for helping our students achieve their goals," commented A. Khan about LBCC.

He received his Bachelor's and Ph.D at Howard University in Washington, DC in Analytical Chemistry with an emphasis on research in inorganic chemistry. His post-doctorate in diabetes research at Colorado State University in Fort Collins, Col.

This term, A. Khan is teaching two different courses: college chemistry (CH 123) and chemistry for health occupations (CH 112).

Before arriving at LBCC, Jim Hart, chemistry instructor, taught at Mesabi Community and Technical College in Virginia, Minn. and also Colorado State University.

"Math is not just a bunch of formulas they need to memorize and throw up on an exam to pass the class."



▶ Fasiel Khan

Institute of Information and Technology and Virtual University, both in Pakistan. In the U.S., F. Khan has worked at Portland State University and a program for gifted youth at Stanford University.

"I have attended community colleges as a student, but here at LBCC I really get the 'community' feeling," said F. Khan of LBCC.

He received his bachelor's from Santa Clara University in mathematics, as well as his master's from Portland State University also in mathematics. During fall term, F. Khan is teaching elementary algebra (MTH 60) and two courses of intermediate algebra (MTH 95).

F. Khan is most interested in the "limitless scope of ideas available to consider and develop in the field (of mathematics), both applied and theoretical."

This term, F. Khan hopes his students see that "math is not just a bunch of formulas they need to memorize and throw up on an exam to pass the class." He continued, "I hope they see and appreciate the intellectual effort that drives mathematicians, and hopefully they will emulate this."

Other hobbies F. Khan enjoys are reading history, watching the Discovery channel and OPB.



▶ Jim Hart

Hart earned his bachelor's in chemistry from the University of Wisconsin-Madison and his Ph.D in Inorganic Chemistry from Colorado State University.

This term Hart is teaching college chemistry (CH 121) and preparatory chemistry (CH 150). His office hours are Monday through Thursday, 12 to 1 p.m. or by appointment.

Hart said that what he enjoys most about LBCC are the people, who he encompasses as both the students and faculty.

Outside of school, Hart enjoys mountain-biking, watching movies, traveling, and watching NFL and MLB.

Fasiel Khan is new to LBCC this term. His experience in teaching extends outside the U.S. into the depths of Pakistan where he has taught at the COMSATS

Watson tells tales of world travels and human spirit

Carissa Marshall
 The Commuter

The first one-hour session of "People Talk" took place Thursday at noon in the Multicultural Center. LBCC's vice president of academic affairs, Ed Watson, discussed his wide range of world travels.

About 20 people attended the session, including George Lauris, chair of the Performing Arts Departments, who introduced Watson as "a true Renaissance man."

"As Americans we have everything at our fingertips, but we have less appreciation for a global perspective," Watson said.

When he traveled to India to visit the Ganges River, he said he could see the whole range of life. People were joining for spiritual gatherings, both burials and meditation. At one point, he could see people using the river as both a bathing area and a sewage system.

When traveling, Watson found that the most discouraging thing was to see governments try to mold people's lives. Despite this, he said the people of these Third World countries got up every day and carried out their daily routines.

Russia showed the biggest display of spirit despite the government's control on the people's lives and London had the biggest respect for their monarchy, according to Watson. In

Africa, he witnessed people with garments containing only the skin on their backs, but they always showed tremendous joy to be alive despite their living conditions.

Watson said that wherever he went he saw all forms of poverty.

He described the people as products of their environment. Within the poverty, there were still layers of love and joy, especially coming from the children,

though he knew there was pain and suffering as well.

As a person travels, they go into the journey with fear due to unfamiliarity, stated Watson. He gave some thoughts on travel, advising, "let go of the fear and become open with people. The truth is, there is less danger in the unfamiliar than walking downtown Portland."

He added that when encountering others, you can connect with people and ultimately

break down stereotypes they may have of you and that you have of them.

Concluding his views on travel, Watson read from a book: "365 Travel: A Daily Book of Journeys Meditation & Adventures," and a quote from Sophia Dembling: "We are different people when we travel because there is no other time when we are so utterly ourselves. It is both terrifying and refreshing and

always enlightening."

The next "People Talk" will be Nov. 6 from noon to 1 p.m. in the Multicultural Center. This session will be hosted by Ian Priestman, an instructor. Priestman will be discussing how he came to the United States and the challenges and rewards of that decision.

Free soup and roll lunch will be provided to those who attend.

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Upcoming events

"Does Christianity Belong on the Secular College Campus?" -Open Forum
 Oct. 24 (11-1 pm) at LBCC Multicultural Ctr.
 Fall Retreat Oct. 24 - 26 at Camp Tadmor \$

Interested Participants Welcome!
<http://oregonstate.edu/groups/ambassadors/>

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CAMPUS NEWS

News about Linn-Benton Community College, including the administration, faculty and students on campus

Security: Officers can escort uneasy students to their cars

▲ From Pg. 1

the ignition and backpacks unattended. Whatever may be of value has the potential to get stolen, including cell phones, CDs and clothes. Jackson advises students to never leave anything valuable in their cars.

An estimated total of \$21,230 was lost due to theft last year, an increase of \$5,964 from 2001. However, Jackson pointed out: "You cannot accurately determine whether crime has increased or decreased by comparing the value of property loss. One stolen vehicle or one stolen laptop computer can significantly affect the values."

Only three cases of burglary were reported last year, the lowest number since before 2000.

Theft, however, doubled compared to 2001, bringing the number of thefts in 2002 to 40. In addition, there were also two cases of motor vehicle theft, an increase from 2001. The difference between burglary and theft is that when items are stolen from private places such as a

locker, a home or an office, it is considered burglary; when items are stolen from public property it is considered theft.

In 2002, there were two forcible sex offenses reported, an increase over 2001.

Students wanting to report a sex offense can make their allegations to either campus security or to the dean of Student Services and can ask to remain anonymous.

When LBCC compiles numbers for the security report it is required to include all allegations, whether they have been substantiated or not.

"That's the nice part about my job. I just gather facts, I don't have to decide the outcome," Jackson stated.

The security report differentiates between campus property and the public areas bordering the school. While there were no reported cases of non-forcible sex offenses on campus, there were two off campus instances. There was also an

arrest for drug law violations off campus as well as an additional two cases of burglary.

However, the number of public property crimes remained the same as in 2001, totaling 14 compared to the 10 reported on campus.

Campus security is trying to increase awareness on campus by informing the students about their options. They set up an information table in Tadena Hall for the first couple of days this term, as well as during the Fall Picnic. If you missed it you can look for it again at the beginning of each term.

Jackson hopes that this will encourage students to ask questions and become more informed. Other services include the evening escort service, in which students or staff can simply pick up one of the security phones located around campus and a security officer will meet them to accompany them to their cars.

The parking lots are also pa-

trolled 24 hours a day, with at least one officer at night and an average of one officer per parking lot during the day.

There are many common-sense things that the average student can do to keep themselves and their possessions safe, according to Jackson. Walk with a friend at night, get your keys ready before you get to your car, keep your backpack with you at

all times, hide your valuables and lock up. Most importantly, be aware of what is going on around you and utilize the services that are provided to keep you safe.

"It doesn't matter how hard you yell if people don't want to listen, then they won't hear you," Jackson said. "When people start being victims then they'll pay attention."

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Foundation: Completion set for summer

▲ From Pg. 1

project and Facilities Director Kevin Nicholson, will be securing quotes on the project during the next couple months.

With respect to those who will be doing the work, Propst explained, "it's too soon to name names." The details of the project are still in the works, but Nicholson stated that the Foundation hopes to complete the project sometime next summer.

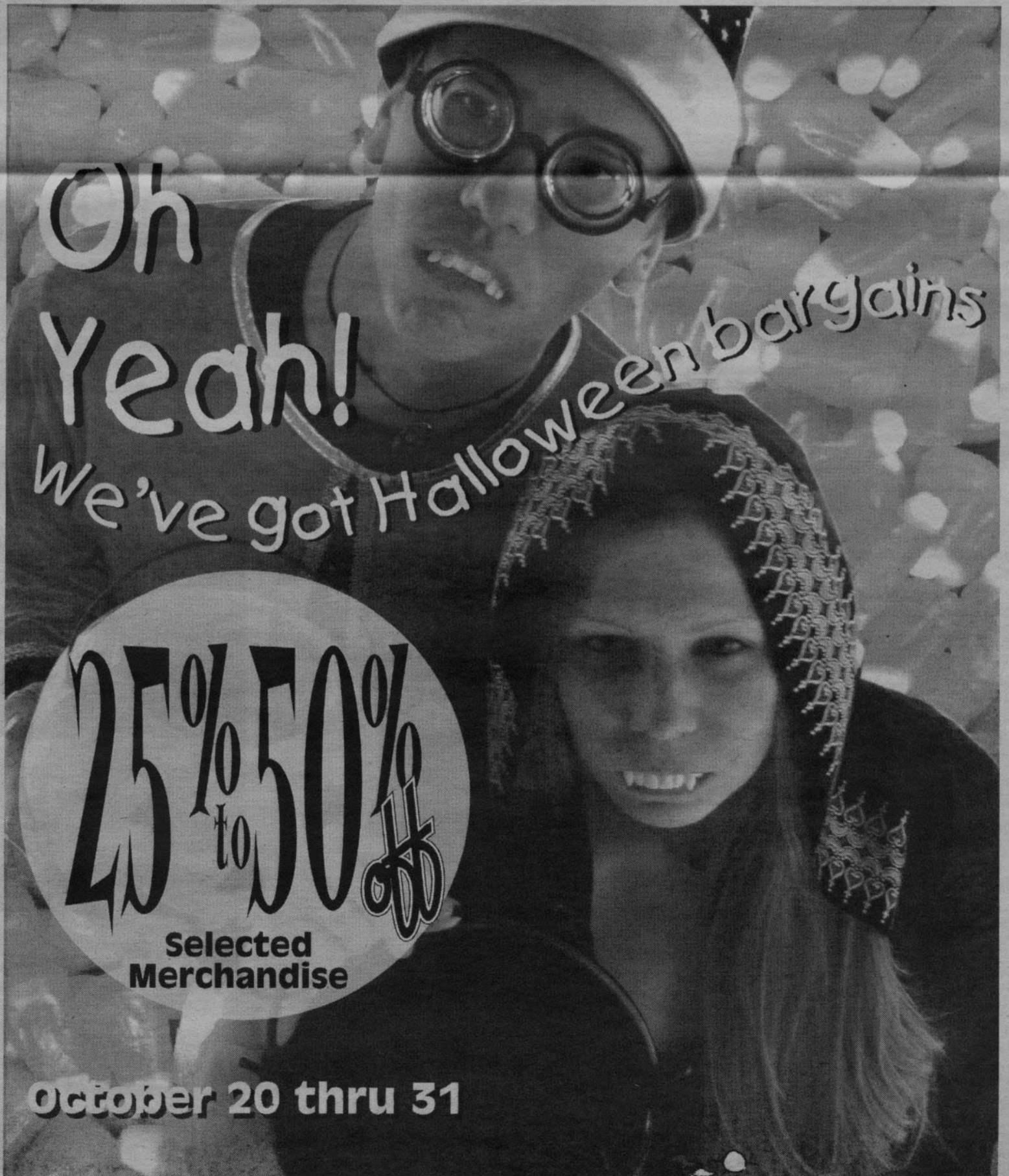
The Comprehensive Gifts Campaign raises money for scholarships, student assistance, teaching and programs, student enrichment projects and capital projects.

The LBCC Foundation is a nonprofit organization formed in 1972, five years after the establishment of the college. It accepts and manages donations and gifts to the college and students, providing funds to support projects and programs beyond the scope of the general college fund.

The Foundation is run under the support of community volunteers on the Board of Trustees. When gifts are not designated to a specific area of the college, the board decides where they are needed most.

Some ways that the Foundation seeks to assist the college are through scholarships, grants and loans, upgrading instructional equipment and by campus improvement projects.

Those interested in donating to the Foundation's "Make a Difference Paver Project" may stop by the Foundation office in the College Center, room 105, for a brochure and order form or order online at www.linnbenton.edu/foundationpavers.



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October 20 thru 31

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CAMPUS NEWS

News about Linn-Benton Community College, including the administration, faculty and students on campus

Traffic fines to increase an average 40 percent

Peggy Isaacs
 The Commuter

Get ready to pay more in fines for traffic violations in the State of Oregon, as soon as the court system can distribute a new "bail book" to patrol officers.

The new bail book will contain a new schedule of minimum base fines assessed for violations mandated by the Oregon Legislature, effective as of Sept. 1.

The increase in fines is expected to help restore the \$27 million worth of public safety programs previously cut by lawmakers in Salem.

Traffic offenders statewide will be paying an average of 40 percent more in fines, the first increase in eight years.

The changes apply to everything from not wearing a seat belt and running a red light to failing to signal and blocking a disabled parking space.

And unlike under the past system, going to court won't help to cut the fine in half. Under the new law, judges may only reduce fines up to 75 percent of their base value. Consequently, officials are bracing for negative reaction from the public.

Corvallis Police Lt. Tim Brewer said people can expect "a sweeping change to the base fine amount." Brewer also noted that this is only the minimum amount—the actual fine could be higher.

"We are working toward printing a new scale booklet for officers right now," said Brewer. They should be with the officers within a couple of weeks.

Until that time, traffic violations are assessed to the old scale.

Among the fines changing are those for speeding. Going 30 mph over the posted limit, a Class A violation, carries a basic fine of \$421. If the speed results in an accident, injury or risk of injury, the amount is increased to \$493. In a "traffic zone," it rises to \$672.

The basic fine for a Class B violation, going 21-30 mph over the limit, is \$237.

A Class C violation, which is going 11-20 mph over the limit, carries a \$141 fine.

Going 1-10 mph over the limit, or any excess speed in a funeral procession, is considered a Class D violation and carries the smallest fine, \$94.

Another fine an offender can expect to pay is a minimum of \$141 for making an illegal U-turn. Illegal



photo by Peggy Isaacs

Officers Williams and Mann make a routine stop for a seat belt violation in Corvallis.

stopping, standing or parking carries a \$45 fine.

Blocking a disabled space is \$50, unlawful parking in a disabled space is \$360 for the first offense and \$450 or more for subsequent offenses.

Professor questions traditional definitions of patriotism

Patriotism called out-dated because concept of nation-state cannot be defended

Laurent L.N. Bonczijk
 The Commuter

About 250 people showed up Thursday Oct. 16 to hear Robert Jensen develop his theory that patriotism is an outdated concept.

"I am not unpatriotic, but non-patriotic," he said after his opening joke. His search for the meaning of patriotism started shortly after 9/11, when he said "the only discussions were on how to be patriotic," which gave him a "gut feeling that something was wrong."

"I am not unpatriotic because I do not hold allegiance to some other nation-state than the U.S. or some Communist conspiracy."

Jensen claims to be non-patriotic, meaning that he rejects patriotism as a concept.

"The nation state is an abstraction," he said. "There is no object to attach love to in patriotism that is coherent or acceptable."

Patriotism is usually defined as love of country and loyalty to it. "But what is the meaning of country?" he questioned

These are the responses he said he hears most often.

1. The land: It is a moral obligation to love the land, Jensen said, but "it is only meaningful for some areas. I grew up in North-Dakota and have a certain affection for the prairie. Why would this affection have to change when you cross into Canada?"

2. The people: Here he said there are two views on the argument. Some would argue that people who live in the same nation-state as themselves are better than those who live outside it. But, then "what of the equality of people?" This concept, Jensen argued, is morally bankrupt. Other people claim to have a sense of affection to the people, but "[this] has nothing to do with the boundary of a nation-state," Jensen said.

"Being a citizen is different from simply accepting government policies."

▶ Robert Jensen

3. The culture: This is just as intellectually incoherent as the first two, Jensen said.

4. Loyalty to political institutions: Jensen stated that this would mean loyalty to the leadership, or a certain person, and that is contrary to the principles of a democratic nation.

5. Loyalty to government policies: This one is politically unacceptable, he says "Being a citizen is different from simply accepting government policies."

6. Loyalty to government structures: The trouble with this concept is that in a democracy it is acceptable to change the institutions. Our history as a nation-state started with the overthrow of an institution the people did not find acceptable anymore, he said.

7. Loyalty to a set of democratic ideals:

"What makes them American?" asks Jensen. "People all over the world fight for the same ideals."

8. Democratic ideals have been more fully realized in America: Jensen rebutted that statement with what he called the "three American genocides," which he described as the loss of about 97 percent of the Native American population by the end of the Indian Wars; the unknown numbers of Africans who died on ships to the United States during the slave trade; and the thousands of people who have died since 1945 as a result of U.S. foreign policy.

Jensen is a journalism professor at the University of Texas with nine years of professional experience. He has written about many subjects, including media law and ethics, news gathering, media depictions of gender and sexuality, pornography and violence against women, as well as feminist ethics and jurisprudence.

He also has a book, "Citizens of the Empire: The Struggle to Claim Our Humanity," coming out in 2004."

CARDV celebrates awareness, invites community members to volunteer

Skyler Reed Corbett
 The Commuter

The Center Against Rape and Domestic Violence (CARDV), a Corvallis-based advocate and shelter service, celebrated domestic violence awareness month by hosting an all-day fundraiser at Woodstock's Pizza Parlor recently. The fund-raiser earmarked receipts by customers who wish to support the Corvallis non-profit and is a part of a month long initiative by CARDV.

"This community is aware that this month is the nationally recognized domestic violence awareness month. There is a lot of support in our area," said Nancy O'Mara, executive director of CARDV.

In addition to the Woodstock's fund-raiser, CARDV will be at the Albany Red Robin on Oct. 28. "Last year Red Robin approached us about a sponsorship. The manager has encouraged us to call any time we're having a month of events like this," she said.

On Oct. 28, people dining at the Albany Red Robin can meet members of the CARDV staff and pick up brochures, information on volunteering and learn how they can help CARDV raise awareness in the Linn and Benton communities. Customers

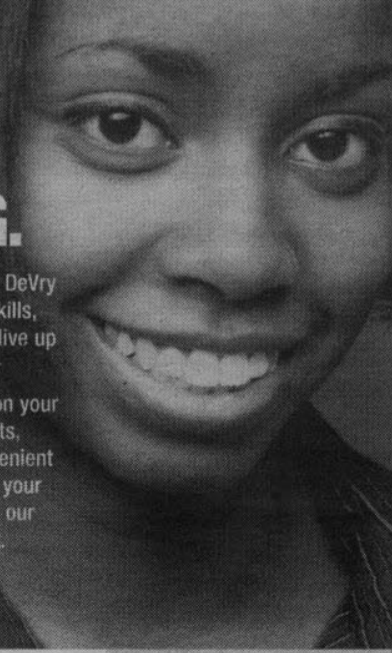
have the option of specifying that some of their money go toward the center. In the next year CARDV hopes to use the funds raised to establish another shelter for people who have experienced domestic violence abuse, as well as to purchase household items for those in the center that cannot afford them.

One major step in the program that O'Mara noted is the reestablishment of the Benton county Plain Talk program. Acquired by CARDV two years ago, Plain Talk is a branch of the organization that educates elementary and middle school children about domestic violence.

In the past month CARDV has also visited two local Fred Meyer stores, setting up information booths to hand out brochures and purple domestic violence awareness ribbons. Jenny Mie is coordinator of the awareness month events as a part of her 11-month service as the Americorp advocate for CARDV.

"Overall, we were really well-received and even the people who could not help us showed their support. We got a lot more of a response from women instead of men. Some men would say 'great, thanks, I'll give this to my wife.' These are the sort of people that CARDV needs to focus on," Mie emphasizes.

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INFO

MENTAL HEALTH

Of Unsound Mind: an overview of mental

-Mike Johnston-

There are many different mental disorders, ranging from inattention to delirium. A large percentage of the world's population is affected by these disorders. Most people who suffer from any type of mental disorder have a chemical imbalance in the brain, disallowing them to function in the same manner as their peers.

Some of the most common disorders are known as mood disorders. The Diagnostic and Statistical Manual of Mental Disorders, or DSM, define them as disorders including a disturbance in mood as the predominant feature. Both depression and bipolar I and II disorder (manic-depressive) fit into this category. These disorders cause dramatic mood swings, especially bipolar disorder, where one may be happy one moment and dramatically depressed the next. The dangers of such disorders are suicidal and self-mutilating tendencies or lethargic behavior, in which the sufferer is in a state of total idleness. Depression will cause the sufferer to lose interest in activities that were once pleasurable and stimulating.

Another grouping of common mental illnesses are those generally diagnosed during infancy, childhood, or adolescence. These disorders will persist into adulthood if not treated. Learning disorders, mental retardations, attention-deficit disorders (ADD or ADHD when noted with hyperactivity), and tic disorders (commonly known as Tourette's syndrome) are all diagnosable at young ages but can also be diagnosed later on in life.

Mental retardation is diagnosed for those people with an IQ below 70 and a notable inefficiency in learning.

ADD is a disorder that affects a person's ability to concentrate on mental tasks or events they deem uninteresting. People with this disorder generally have a normal to high IQ, but tend to do poorly in school as a result of their inability to concentrate.

When hyperactivity is noted, ADD is coupled with fidgeting. ADD and ADHD are often coupled with other disorders such as depression or anxiety. Tic disorders are diagnosed for people who have a specific twitch. They can be anything from biting one's self or a mild twitch of the eye.

Anxiety disorders are also quite common. Anxiety causes the sufferer to

feel panicky, fearful, uncomfortable, or feel physical symptoms like shortness of breath and dizziness. Anxiety disorders include phobias, stress disorders, and obsessive-compulsive disorder.

According to the DSM, obsessive-compulsive disorder's mainly includes recurrent obsessions or compulsions that are severe enough to be time-consuming, cause distress or significant impairment. An example being a fear of uncleanness or contamination making it impossible to have personal contact or contact with household items.

There are other uncommon yet more severe disorders, as well, such as schizophrenia, other psychotic disorders, delirium and dementia. These disorders are marked as unfunctional in severe cases. People with these disorders go through sever phases of hallucinations, black outs, or loss of control. There are, however, less severe cases that allow people to function in society with the proper medications.

It is estimated that one in five Americans have a mental disorder. If you or anyone you know has multiple symptoms of any of the above disorders, it is imperative that you seek help. The first, and probably best, resource is the counseling office on campus. It is not only for career counseling, but it is also for crisis counseling. It is not necessary to have a mental disability to get an appointment; if someone needs attention, it is always available.

Mark Weiss, the department chair of counseling, said, "If someone has suicidal feelings, we want them to come here." But, he continued to say that they can't do long-term counseling. "For ongoing therapy we would refer the person (to someone in) the community."

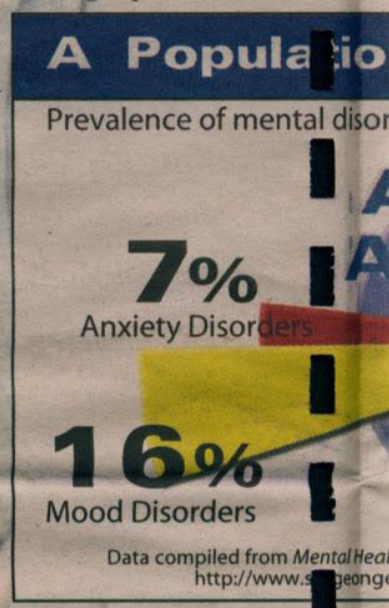
Weiss also added that the Pastoral counseling center gives free counseling, but due to their budget, there is a month wait for an appointment. "It's not such a good thing for a suicidal person to wait a month for an appointment," he commented. Talk to someone in the counseling office to get a referral to that center.

Another place to go for help is your family doctor. They will also help reference you to a psychologist or a psychiatrist. The difference between a psychologist and a psychiatrist is psychologists spend time talking to you and make suggestions on how to better your life; while psychiatrists help you to find the best medication to help correct the imbalance in your brain

chemistry.

It is important for people with mental disorders to find someone with whom they can work with. People can change their lives for the better. Sometimes it can take several years to find the right person to talk to. The same goes for medicine. It is important for a person to find the medication that helps them. Unfortunately, medical science has not advanced rapidly enough to help a person find the medication that helps them. It is important for a person to find the medication that helps them. It is important for a person to find the medication that helps them.

It is normal for someone to feel shy or nervous around mental health professionals compare the mental condition that affects your blood sugar. A mental disability is just a chemical imbalance. It is not a person to feel, think, or function differently. It is not a person to feel ashamed of having a mental disorder. It is not a person to feel ashamed of having a mental disorder. It is not a person to feel ashamed of having a mental disorder.



Mental disabilities should not be a source of

EDITORIAL

-by Mike Johnston-

A nurse at the side of my hospital bed told me that mental disabilities are as much a disease as diabetes. She continued by telling me that she once had to harvest organs from a young woman who was about my age, who succeeded in doing the awful act that I had nearly accomplished myself. I was lucky that I was found wandering incoherently in the middle of an unlit street at 2 o'clock in the morning. Not everyone is lucky like me.

The Diagnostic and Statistical Manual of Mental Disorders describes attention-deficit disorder and attention deficit/hyperactivity disorder as disorders characterized by prominent symptoms of inattention and/or hyperactivity-impulsivity.

It seems to me that many people think that parents who have their children diagnosed with ADD are just getting what people describe as a medication to turn a hyperactive child into a zombie or robot. People feel that children are being over-diagnosed. Some believe it is an excuse for people who are lazy. This may be true for a fraction of the cases, but couldn't be more wrong for a larger grouping.

Some people also make a similar assumption with people who take medication for depression. They say, "Snap out of it and be happy," and demean those who take medication to help them get

out of their misery.

People who don't suffer from such disorders or aren't doctors themselves should think twice before they make judgments on parents or doctors who prescribe medication for kids or adults with ADD and other mental disorders. I grew up thinking that something was wrong with me. I couldn't understand why I could do exceedingly well at something, while failing miserably at others. Children in school were hesitant in befriending me due to my erratic and rapid behavior, leaving me with few, if any, friends.

With no explanations as to why I was so different, I became overwhelmingly depressed. After my addiction to alcohol stopped quelling my depression, it began to make it worse. I snapped.

I regained consciousness in the hospital after blacking out one night. I was in what was explained to me as an antihistaminic delirium. I was still in a state of hallucination when my parents and doctors worriedly asked me what I had done. I hesitantly explained to them that I had taken several handfuls of Tylenol PM while trying to commit suicide.

The delirium was caused by the Benadryl in the Tylenol PM. In high doses,

antihistamines can cause hallucinations; it was a trip that lasted almost three days. The nurses fed me a liquid mixture of charcoal to induce vomiting, had me hooked up to an IV for almost three days and had given me a catheter because in my delirium, I was unable to control my bladder. All of this was exceedingly uncomfortable. The compilation of my uncomfortable setting and hallucinations made my three-day stay at the hospital the most terrifying and confusing days that I had and still have ever experienced.

My depression and anxiety are now under my control; they no longer own me.

-Mike Johnston

My suicide attempt was a cry for help. It was a cry that I wish I could take back. In retrospect, it helped me to find aid. After seeing a counselor and a psychiatrist, it was decided that my anomie was probably due to my inability to concentrate and to sit still. My doctor prescribed me with a medication, Remeron, that would help me with the problem that explained why I was the way I was. They told me I had attention-deficit/hyperactivity disorder.

At first I was unsure if I wanted to medicate myself. I was under the impression that the drug would change my personality and turn me into a human robot. Researching my deficiency was like reading my own life. Everything

about the disorder was something I had done, felt or experienced. I found that people with ADD and ADHD often become bitterly depressed or anxious. It turned out, that the medication would not change my personality at all. It would only correct a chemical imbalance in my brain. It was no different than if someone with diabetes were taking insulin. The medication didn't work miracles. It wasn't a "cure" for my ADHD, just a suppressant. I was to continue to see a counselor for as long as I felt necessary. He would help me to find ways of learning and keeping my life better organized, in spite of my disability.

Since I have been in counseling and on medication, I have begun to find life to be much easier. I can now pay attention to teachers and sit relatively still for longer periods of time. My social life has expanded. There are now things that I know I am good at. And for those things that I am not so good at, I now have the ability to help myself become better at them. My depression and anxiety are now under my control; they no longer own me.

For those of you who say that a diagnosis of ADD or depression is just a pit stop for medication to change someone's personality or who believe that it is just an excuse for being lazy or ignorant, you obviously have never been through either of these disorders. Don't try to discredit the severity of my turmoil. I am sure that there are some people who are misdiagnosed, but there are people who are misdiagnosed for other diseases as

FOCUS

Expanded feature on selected topics, relating to student life and local issues.

HEALTH Mental health

...th mental dysfunction to find a counselor that change whom they see for counseling for any several tries to find someone comfortable to icine. Sometimes it can take many tries for a that helps their particular problem. Unfortu- reason, one means of seeing into a human's ect who ever may be going awry. feel shame in their depression or disorder, but mental illness to diabetes. Diabetes is just a d-sugar levels and the way your body digests st a chemical imbalance that makes it hard for ion regularly. The question is raised, "Would abetes. Then why would you feel ashamed

tion's Problems

disorders over a one-year period.

Americans Ages 18-54

tal Health: A Report of the Surgeon General found at: geoneral.gov/library/mentalhealth/home.html

of shame

well and probably as often. That doesn't mean that you should put down people who are diagnosed with very real and very difficult diseases.

Obviously, you have never felt the pain of being resentfully alone and feeling hopeless for no reason. If you knew what it was like to be unable to focus on your work without being sidetracked by a random noise or thought; if you knew what it was like to have an attention span shorter than your severely bitten down fingernails, maybe you would understand why someone like me would want to find help. Try not to belittle me for helping myself succeed in life because that is all I am trying to do.

Finally, for those of you who (or know people who) feel that something just isn't right the way you are feeling or thinking and believe that no one cares about you, it is of the utmost importance that you seek help. Go to your doctor or a counselor at school and tell them that something is wrong.

They want you to get help and they know that you are just as important as everyone else. It's not just their job but also their life to care. You have no reason to feel ashamed.

People just like you go through it every day, and sometimes will take their own lives for no reason. There is no better time than the present. Don't make the mistake that I did and let yourself believe that you are alone. You are important. People will listen to you and they will understand.

IS NUMBER (1-800-560-5535)

Living with post-traumatic stress syndrome

Darlene Osburn is a 48 year-old single woman, born in Tecumseh, Mich. She is an artist, poet, writer and the executive director for the City of Hope, a drop-in counseling center in Corvallis, Ore. The Commuter's Peggy Isaacs sat down with Darlene to discuss her personal story with mental disabilities.

Commuter: When were you diagnosed with a mental illness?

Darlene Osburn: I was diagnosed in 1976, with schizophrenia but I had nervous breakdowns, three years before then, on and off and I didn't know what that was. There really wasn't anybody that could talk to me about what I was going through. They didn't have women's clinics. They didn't have people that could help me and I didn't know how to get to them.

C: How did you suffer from schizophrenia?

DO: Well, that's funny because I'm not schizophrenic and I wasn't schizophrenic, it wasn't until I came out west in 1981 did they diagnose me with manic-depression, which was commonly called bipolar then, and post traumatic stress syndrome (PTS).

C: How did they decide you were suffering from PTS?

DO: I had blacked-out my childhood and I had some severe abuse happen when I was 18 years old. I blocked it all out until like 1989. Then when I remembered what happened in my twenties, it started me remembering all the things that happened in my childhood.

C: Did this happen in treatment?

DO: No, actually I had county therapy which was talk therapy and I was a pretty terrified person and the talk therapy just didn't work for me. I got an inheritance and after I read in the paper that Vietnam vets and children who were abused had the same kind of diagnosis. So I took my little bit of inheritance and [hired] a therapist. She was surprised I gave her cash and didn't have insurance but I needed to get better.

So I had a certain kind of therapy done. I had been an art teacher and I did art therapy with her and a sand tray. These two things improved my life tremendously. Although, I had to recover memories from infancy to age three and on. It changed my whole life. The past nine years I've just been recovering from remembering those memories.

C: What has helped you in treatment?

DO: I spent a lot of time, I did my own, I worked with a therapist in the county when I was doing eye movement desensitization and reprocessing. That's the thing that I did that helped me remember most of the stuff, it's called EMDR. So I started doing a lot of art work at home, and a lot of writing to the point of where I said to myself if I just find one more thing that happened in my childhood I won't be sick anymore.

That wasn't true, I was still getting sick about every three years. I just lived through that time and try to rebuild my life when it was over with. I'd get real depressed afterwards but I'd rebuild my life and I'd go on. The kind of stuff that I'm doing right now is not to dig anything up and I'm not in counseling anymore, cause I'm tired of it all, it's not really helping me and the county mental health, they're kind folks in a certain way, but I don't want to take medication.

C: How has this treatment helped you improve?

DO: I got to reorganize my mind, my body remembered things that had happened and my mind no longer made the story up. Schizophrenia is about the mind explaining or making up stories or rambling. I started to understand where that came from and why they misdiagnosed me when I was younger. In order for me to survive, I had to make up a story, because I had to live in a family that was incredible abusive.

C: Was medicine part of your treatment before the art therapy?

DO: They tried to make me take antipsychotic. They immobilized me and I didn't take them. So when I came out west I started to take lithium and then I got off of that, and only took... Oh! Man, I'm getting scared now interviewing.

C: So what about the medicine?

DO: I only took antipsychotics when I had a psychic break. A psychic break to me, that's what they call it...

Is when my post traumatic stress just

remembers too much stuff that I haven't identified and it makes me just leave my body and I'm outside of my body and I can not communicate with you but I can see what's going on.

C: When you had to take lithium, was that the time you went into treatment?

DO: No, that was in 1981 and what they would do is say that I was sick. They would say that I got psychotic because I stopped taking my medicine, but that's not true.

C: What caused the break downs?

DO: I started to have too many memories about my child abuse.

C: The information was coming too quick for your brain to process?

DO: Right. [To] communicate to other people about [my memories] because other people are having their regular lives, they're not dealing with what I'm thinking about or remembering.

C: Who do you have to turn to for your support system?

DO: It gets to be too much for other people to have to listen to stuff that you repetitively say that you've experienced. I don't have enough support actually, I'd like to find some more support but I'd also like to get away from it. In my life right now, I can help other people.

C: Did you not find the support you needed in treatment?

DO: No, when I was in therapy here, the kind of therapy I was receiving specifically in Benton county, they like people on medication and I don't adhere to taking medication, it's to conforming for me, constricting and conforming actually. I'm strong enough to say that and believe I can get better, so... It wasn't helping me because it was talk therapy and I was just used to doing what everyone said. When you are tortured as a kid, you do what people say and you learn that behavior. Kind of like an elephant is tied to a chain all the time and they end up doing the same behavior even though they aren't on the chain anymore.

That's been my post traumatic stress or my stuff that I recognize as when I'm doing behaviors that I can get rid of. I've slowly been getting rid of all these ways that I use to have to live. And now, pretty much my life is coming together more. It doesn't mean that I'm getting a job. It doesn't mean any of that, it means that I can function more without running. There's a lot of running I do in my conversations with people, within my everyday life, a lot of running away. I can talk a storm up about things, not dealing with my feelings, or emotions right then.

C: So you can keep superficial on a level and not get to in-depth in your conversations because you're running away from your true feelings?

DO: Yeah, or even sitting still. I couldn't sit still, without, you know, having too many memories, I guess, I don't know, I don't know.

C: In the way you lived your life in the last 10 years, have you felt any discrimination from people?

DO: Sure, sure. People don't want you. For a while I never said I had any kind of disabilities. Then, I tried to get help from Vocational Rehabilitation and they wanted me to say to people "disabled." That was real new to me, I never said that before.

So I started saying it and that brought up a lot of other people looking at me strange. Before, I could just fit in and you really wouldn't notice, so I stopped saying that because it was causing more problems.

C: Do you use the resources that are available to you now?

DO: Well, I tried to. I want to talk about something else for a second. I am pretty self-aware because of this illness, I have to be pretty self-aware to survive. I had to say that before we went on.

C: Do you have any advice for other people?

DO: Don't forget you're inside. Because, you're who you are, you know, inside yourself, and you can't have other people tell you how to live your life.

You can't have psychiatrists make choices for you when it's you who is, you know, agreeing to do stuff. Don't believe you're different than anyone else. I raised a son who is incredible. He had to deal with foster care and friends to take care of him when I was sick. He's amazing and doesn't have mental health issues.

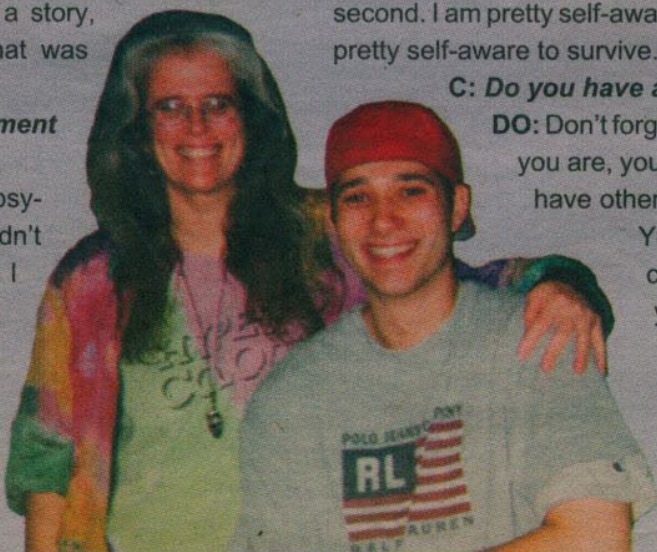


Photo courtesy of Darlene Osburn and her son, Najuka

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SPORTS

Coverage of competitive and recreational activities at LBCC, as well as from around the state and nation

Rookie guards and Dallas trades will make NBA intriguing this year

Jacob Espinoza
 The Commuter

This year's class of rookie guards should be something special to watch in the NBA.

Oregon's own Luke Ridnour had a tremendous opening act against Portland's Trailblazers in a recent exhibition game with his new team, the Seattle Sonics, including an impressive crossover-spin dribble-reverse layup combo to tie the game against NBA's problem-child Rasheed Wallace.

Kirk Hinrich may have some problems transferring his success in the NCAA to the NBA's Chicago Bulls because of his lack of height and quickness. However, he should be given plenty of time to develop this year because of the unfortunate injury to Jay Williams. Dwayne Wade could have been a solid addition to any NBA team this year. In his first preseason game with the Miami Heat, he had 18 points, eight rebounds, five steals, four assists, and four blocks.

T.J. Ford, now with Milwaukee, probably has the most potential of this year's rookie guards, though his numbers will most likely not be as impressive as Dwayne Wade's, especially this year. His shooting range will be a project, he is a rock at 6 feet and has a God-given ability to create for others.

In other rookie news, LeBron James was impressive over the weekend, helping the Cavaliers to split games against the Lakers. Though he has a broke jumper and has been consistently launching more shots than Ricky Davis, in the teams' second meeting he had 14 points, two steals and a game high 10 rebounds.

The Dallas Mavericks acquired another 20+ scorer in Antoine Walker on Monday. With the combination of Antawn Jamison, whom they traded for over the summer, the Mavs now have five players in their starting line up capable of scoring 40 on any given night, and not a single role player or defensive stopper. Their games should turn into track meets this year.



photo by Jeremy Hennig

After a sub-par season last year, the men's basketball team has only four returning players on this year's squad, but has added many new recruits. The Roadrunners began practices this week and play their first game Nov. 22.

Roadrunners regroup for new season

Sean K. McNeal
 The Commuter

Coming off a 10-16 overall record and 5-9 league record, the men's basketball team will open its pre-season Saturday, Nov. 22 at Northwest Christian College, in Eugene.

This year's returning players will include last year's leading scorer, Ryan Schmidt (16.8 point and 4.7 rebounds), Trevor Abell (35.7 percent from three-point range), Kyler Shinn (4.6 points) and Jacob Espinoza (6.4 points and 2.2 rebounds.)

The offensive goal of Coach Randy Falk will be to use the team's athleticism to try to push the ball up the court. Their size advantage at shooting guard and small

forward should also enable them to post up and either shoot it over their defender or to kick it back out. On defense, Falk said he would like the team to be a little more aggressive in the half-court set.

The NWAACC is divided into four regions, comprising 36 community colleges across the Northwest and British Columbia. LBCC plays in the Southern region. Each region will send its top four teams to play in a 16-team tournament to determine the NWAACC Champion. The tournament will take place in Tri-Cities, Wash., Feb. 27-March 1.

Students can pick up a schedule at the Activities Center or access it online at www.linnbenton.edu, link to the sports schedules. Admission is free with current ID.

Online sports games becoming more popular

Adam Peoples
 The Commuter

Not everyone can play ball. For those of us "less fortunate" in the way of physical prowess, thankfully we have sports videogames. Since the beginning, the sports genre has always been a high-selling market. Ever-increasing graphically, digital sports are now a more immersing pastime.

Technology has evolved "Pong" into fully three-dimensional tennis with life-like characters and physics. This generation of videogame sports has undergone a much more radical evolution and created an era-defining by-product: the online game.

Would-be ballers can take their game online, meeting up with real people to test out their skills. NASCAR junkies can show off their left turns against

game lineups synchronized with professional leagues.

"I like downloadable rosters and being able to play (against another person) when my friends aren't over," said Chris Merriman, an online-gamer from Southington, CT. "Playing online is the next best thing."

Sony's Playstation 2 (PS2) and Microsoft's Xbox allow players to connect over a cross-country network for live competition. Both systems require you to make purchases in addition to the console itself in order play online.

To take your PS2 online, you'll need to purchase a network adapter, as well as having dial-up or broadband Internet service. Xbox owners will have to pick up an Xbox Live Starter Kit, which includes a year's subscription to the gaming service and a headset for voice chat.

While no fee is currently in place for playing PS2 sports games online, the Xbox Live service is a monthly or annual subscription service. Microsoft also restricts connections to broadband only, in efforts to

set a quality standard of connection speeds.

The library of online titles varies slightly from one console to the other, while some titles are cross-platform. PS2 has exclusive online play for all of Electronic Arts (EA) sports titles, including popular series such as Madden NFL, Tiger Woods PGA Tour and SSX.

Microsoft has responded to EA's lack of support by producing its own in-titles for Xbox Live play. Links 2004, Amped 2, and Top Spin are just a few of the Xbox exclusives to hit shelves this fall.

The different game libraries end up providing similar end results for gamers: more human competition for a variety of online sports titles. Gone are the days of single-player exhibition matches. Now at almost any hour, day or night, you can find someone to interact with. It's no longer necessary to wait for your friends to get off work; just insert the disc and meet new friends online. There's always someone looking to humble eager newcomers. Someone's looking to out drive, shoot, hit, or throw you. If you think you've got game, put up.

To further unite players with each other, Xbox Live allows people to use a headset for in-game conversation. So, when you've just pulled off a fourth-down conversion to stay alive in the dwindling minutes of a game, you chuckle aloud as you make snide re-

marks about their defensive line. But when they shut out your game-winning two-point conversion, you'd better expect to hear a healthy serving of karma.

Electronic Arts has also initiated a similar function for some of their online-enabled PS2 titles. "The ability to use a headset for voice chat in Madden NFL 2004 makes you feel more 'connected' to the person your playing," added Merriman.

Microsoft played another ace this year when it unveiled XSN Sports. Gamers will be able to set up leagues, have online leader boards, compete in cross-title tournaments, as well as receive news and updates via email or mobile devices. By year's end, XSN will be home to six Xbox-only titles, with more in the pipeline. In a related move, EA has put together a similar Internet-based system called the EA Sports Nation.

As this generation of consoles hits its halfway point, we have seen online gaming go from a dream to reality. The Internet has enveloped our culture and embedded itself into our gaming practices. With increasing mainstream support, online gaming is only going to get bigger. Sports titles will see an increase in players, and ultimately that means more chances for a big win, a tournament title or a friendly exhibition with a complete stranger thousands of miles away.

"I like downloadable rosters and being able to play (against another person) when my friends aren't over"

▶ Chris Merriman



Sports Editor: Jacob Espinoza
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 commutersports@linnbenton.edu

SPORTS

Coverage of competitive and recreational activities at LBCC, as well as from around the state and nation

Women Roadrunners looking for big turnaround

Jacob Espinoza
 The Commuter

Linn-Benton's Volleyball team experienced a tough loss last Wednesday against Chemeketa Community College.

"Chemeketa came at us with a quicker offense last night than (the team had) previously," said coach Jayme Frazier.

After losing the first two games, the Roadrunners appeared ready to make a run, taking and maintaining a lead in the third game.

After numerous defensive lapses and serving errors by the Roadrunners, Chemeketa CC was able to fight back in the closing moments of the game, taking a lead and keeping it.

"We were unable to convert our defense into a quick-tempo attack and ended up losing quite a few of the long rallies that tend to gain momentum," Frazier added.

On their longest slump of the season, the Roadrunners will have to make a

"We are getting to the point where we are so afraid of losing that we play tight and make mental mistakes."

▶ **Jayme Frazier**

quick turnaround if they hope to have a chance at getting to the NWAACC tournament. "We are getting to the point," she said,

"where we are so afraid of losing that we play tight and make mental mistakes." In the losing effort, sophomore Mahria Zook led the team with 11 digs, and Beka Buhl with eight kills. Marcy Drake added nine digs and seven kills, while sister Megan Drake had seven kills of her own.



photo by Lewis Forquer
The volleyball team gathers for a celebration after a kill in a recent game. The Lady Runners' next game is tonight at Southwestern Community College in Coos Bay.

Surfing can be an art

Mark Wilkinson
 The Commuter

Today's devotees of the sport and any modern writer would not hesitate to describe surfing as an art form. In fact, to describe surfing in any other way would do Mother Nature a disservice. In the ocean, she has given man one of the most beautiful of mediums for expression. No two waves are exactly alike, no single ride the same, and every surfer paints their own picture on the wave's face.

The waves are ridden with much gusto and skill, the surfers combining maneuvers to continually be in perpetual motion. The objective of riding a wave is to stay as close as possible to the breaking curl of the wave, the curl being the fastest and most critical part of the wave. This requires all manner of turns and maneuvers by the surfer, perfect balance coupled with excellent timing, and an ability to read what the wave is doing is essential.

The wave riding styles are as varied as the surfers themselves. The mark of a good surfer is that of gracefulness as he or she, carves through and across the wave face with consummate ease. The ocean swell is moving, the surfboard is planning on the wave face and

the surfer is making constant weight adjustments on the board. The intercourse between the surfer and the wave is fascinating to watch as the two are so connected they become one.

Surfers hail from many nations and are as diverse as the cultures they represent. They embrace a strong sense of individualism while at the same time meld universally under a common flag—a love of the ocean. Marching in their ranks are politicians, school and college students, teachers, actors, its adherents appear from a gene pool as myriad as society itself. Gender, race, religion or politics are a non-issue when the waves are breaking perfectly at 4-to-6 feet, under a cloudless blue sky.

Surfing is practiced by hundreds of thousands of worshippers from all over the world, from New Zealand in the southern hemisphere, to Wales in the northern hemisphere. Brazilians, French, Japanese, Balinese, the list is as long as there are countries that have oceans. Age has no limitations. Peter Cole is a famous Californian big wave rider who, at 72 years of age, still surfs the huge waves of Oahu's north shore. Gender has no issue and names like Joyce Hoffman, Margo Oberg and Rell Sunn are synonymous with surfing's history.

OSU Rugby team splits first two

Sean K. McNeal
 The Commuter

The OSU Men's Rugby Club has started its 2003-04 season. The season is broken down into two halves: fall season (in which they will play eight matches) and spring season (in which they will play six games plus the playoffs, should they make it). The team plays in the Pacific Coast League, which includes teams from Northern California, Utah, Oregon, Washington and Idaho. The squad is coached by Mark Webber, who is entering his 24th season.

In action on Oct. 11 and 18, the Men's Rugby Club split two matches; beating Central Washington, and falling to the Bend Rugby Club.

OSU 17

Central Washington U. 15

After a low scoring, sluggish first half, which saw CWU score on a try (missed conversion, worth five points) and two penalty kicks by OSU (worth three points each), making the half-time score 6-5. The second half saw a little more scoring, starting when we scored on a penalty kick (9-5). CWU marched on down and scored the next 10 points on a converted try (five points plus a two-point conversion) and a penalty kick. Midway through the second half, an undaunted OSU

then scored a try (no conversion), making the score 15-14. The kicker, looking to redeem himself for missing the conversion that would have put us on top, scored on a game-winning drop kick (three points), making the final score 17-15.

Bend Rugby Club 27

OSU 14

The first half started with a penalty kick for Bend, making it 3-0 and concluded with OSU scoring on a try and conversion (7-3). In the second half, Bend scored the next 12 points on two tries and a conversion (15-7).

It was apparent here that Bend's experience was about to take over. OSU would score on a try and conversion to make it 15-14, but that is as close as they would get, as Bend made the match's final 12 points to make the final score 27-14.

Ways in which a team scores:

Try: Five points with conversion (two points). This is similar to the NFL in which a team gets six points for a touchdown and then gets the opportunity to kick an extra point. A try is scored when the runner runs (usually dives) and touches the ball past

the endline. A side official will then raise a red flag, indicating a score.

Penalty and drop kicks are worth three points each. This is similar to a kicker who kicks the ball through the uprights.

This was the third match in an eight-game preseason. The next match will take place Saturday, Oct. 25, and the next home match will be the following Saturday, Nov. 1. The regular season will start Jan. 24 in a match against Sacramento State. Home games are played at Peavy Park, 30th and Jefferson, on the OSU Campus.

The men's team is still looking for participants. If you are dual-enrolled or plan on transferring to OSU and would like to find out more about playing, call Mark Webber at 753-6411.

On a side note, the Rugby World Cup is taking place in Australia. If you want to cheer on your favorite country or are just looking to learn the game, you can catch the matches on Fox Sports World.

If you miss a game, you can also keep track online at: www.rugbyworldcup.com.

Does Christianity Belong on the Secular College Campus?

Debate, dialogue, and dissenting views welcome!

Friday, October 24 Free Soup and Roll Lunch!
 11 a.m. to 1 p.m.
 Multicultural Center

Author, apologist, and dramatist, Bob Seger, will offer comments to promote discussion.

Sponsored by Campus Ambassadors Christian Fellowship

INDOOR SOCCER ROLLER HOCKEY FLAG FOOTBALL

Winter Season
 Begins Dec. 2nd
 Register by Nov. 18th

We can schedule around school breaks!



**CORVALLIS
 SPORTS PARK**

1-541-757-0776 ☎ 175 SW Twin Oaks Circle

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LOCAL NEWS

News on happenings around the county including Albany, Corvallis, Lebanon, Philomath, Tangent and Sweet Home



A customer scrutinizes the quality of peppers at the Albany Farmers Market Saturday.

Farmers Markets still offering fresh produce

Mischa Brittin
 The Commuter

The three farmer's markets in Linn and Benton counties have decided to stay open for the fall season. This makes a number of seasonal fresh products available to the community that wouldn't usually be.

A number of farms from local areas including Denison Farms and many others have decided to keep including themselves in this late season. Denison Farms is known for you-pick pumpkins during this season and will be offering them at the markets, along with spinach, squash and other seasonal produce.

The Linn and Benton farmer's markets are a way for local farmers and other food merchants to

get together and offer locally-grown products to the community.

They hope that this will help the community by keeping money in the area and also help the environment by keeping the distance products travel to where they are sold to a minimum.

There are three markets in the area: Corvallis Saturday Market, which is located in downtown Corvallis, from 9 a.m. to 1 p.m.; Albany Saturday Market from 8 a.m. to noon and Corvallis Farmer's Market at the Benton County Fairgrounds from 8 a.m. to 1 p.m. To learn more or find out how to become a vendor, see the Corvallis and Albany farmer's markets website: www.locallygrown.org



Jennifer Lor makes a sale from her fruit booth Saturday.

Photos by Bonnie Quinones

Funds sought for tests

Mike Johnston
 The Commuter

LBCC's Disability Services Coordinator, Adero Allison, is asking for financial aid in order to help students with disabilities receive documentation for their disabilities. Without this documentation, Disabilities Services cannot provide accommodations to help students with disabilities succeed.

Tests can cost from \$100 to \$350 and are usually done by testers in the community. This money comes from a fund that has become low on resources.

"I turned down six applicants last spring term alone for lack of funds," Allison said in her email.

Staff and community members can help by designating a portion of their Foundation pledge to the Disability Testing Fund. \$11 a month, for one year, is enough money to fund one person's testing.

"If a few were to join the 1 percent club and designate a small percentage to the Disability Testing Fund you would be helping students who have failed so many times before to succeed for a change."

CLASSIFIED ADVERTISEMENTS

FOR SALE

Roomate for large apartment in downtown Albany. No Alcohol/Drugs. \$200/month + 1/2 utilities. 926-7767

Advertise in The Commuter: Our rates are affordable and friendly to local businesses! Contact the Ad Dept. at 541-917-4452 today.

SCHOLARSHIPS

U.S. Bureau of the Census is still looking for a lot of Census Takers. Starting wage is \$10.25/hr plus 31 cents per mile. Work evenings and weekends for about 6-10 weeks. Call 1-888-325-7733 to sign up for a time in your city to take the 30-minute test.

Violence in our community affects us all. You can help stop the cycle of abuse by volunteering at the Center Against Rape and Domestic Violence. Call or E-mail Cathleen for more info, and application at 541-758-0219 or cardv@proaxis.com.

FREE MONEY!!! all you need to do is apply for a scholarship. Applications now available. Due date Oct. 24th by 5 p.m. Check out what's available by going online to www.linnbenton.edu

Classifieds in The Commuter: Our classified ads are free for students! Contact the Ad Dept. at 541-917-4452 today.

Gates millenium Scholarship-targeted groups include, Asian-Pacific, African American, Hispanic American, and Native American/Alaskan native. Information is in the self-service kiosk-Multicultural Center, Forum 221.

WANTED

Do you knit, sew, crochet or do woodworking? Do you have a heart for babies? We make items for NICU's and at-risk pregnancy centers. If you are interested in volunteering please contact Heavenly Angels in Need (HAIN), email marymgl@hotmail.com or see www.heavenlyAngelsinNeed.com for more information.

Multicultural Music: To play in LBCC's Multicultural Center. From Oct. 20-24th donate your favorite music CDs, burned copies, etc. All types of music are welcome.

FOR RENT

Need Instruments? Many local businesses can set you up! Talk to a music store near you about student rental rates!

Little Bangkok

 222 First Ave. Albany
 (541) 924-0370

Upscale 2BR 2BA Apt in Corvallis only \$599 on 1 year lease. 738-0303

Classifieds in The Commuter: Our classified ads are free for students! Contact the Ad Dept. at 541-917-4452 today.

HELP WANTED

Walt Disney World College Program Imagine an internship with one of the most exciting companies in the world. Where friendships grow and opportunities are made. Attend the presentation on Monday, Nov. 10, 2003, 5 p.m. Oregon State University (LaSells Stewart Center, by Reeser Stadium) www.wdwclegeprogram.com for more information.

Assistant General Manager (#2122, Springfield) This full-time position wants a basic knowledge of industrial supply/tools/cutting tools & abrasive and you'd be working for a growing company. Closing 10/31/03. Please see Carla in Student Employment (Takena 101) for more info!

Auto Mechanic (#2093, Corvallis) If you have one year of auto mechanic experience (school included), this position can be full-time or if need be, part-time and will work with

your schedule. No Saturday work! See Carla in the Career Center for referral (T101).

Teller positions (#2121, Full-time in Lebanon & 2118, part-time in Corvallis & Salem). If you have typing and 10-key skills these jobs are for you! Throw in any sales, cash handling or customer service experience and that's a big plus! See Carla in LBCC'S Student Employment (T101).

CLASSIFIED AD POLICY

Deadline: Ads accepted by 5 p.m. Friday will appear in the following Wednesday issue. Ads will appear only once per submission.

Cleaning out your closet?
WE PAY CASH FOR CLOTHING
 BUY SELL TRADE
The Clothing Exchange
 1025 NW 9th St.
 Call for details: 754-2284

Coffee Boccherini's & Tea House
 208 SW First Avenue • Albany, OR 97321 • 541-926-6703

COMMONS

Put it on your plate!
 Oct. 22nd - 26th

Wednesday

- Beef Stew
- Chicken Cordon Bleu
- Kolokopita
- Baked Pesto Pasta
- Seasonal Peas & Mushrooms
- Moroccan Lentil

Thursday

- Roast Turkey w/Dressing
- Poached Fish w/Braised Leeks
- Braised Tofu w/Steamed Rice
- Winter Squash
- Eggplant/Tomato
- Shrimp/Seafood Chowder

Friday

Chef's Choice!



Monday

- Buttermilk Baked Chicken
- Pappardelle Bolognese
- Frittata
- Potatoes Gaufrettes
- Seasonal Green Beans

Tuesday

- French Dip w/Fries
- Almond Chicken
- Vegetable Calzone
- Steak Fries
- Garlic Mushrooms
- Creamy Roasted Chicken

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ARTS & ENTERTAINMENT

Information about plays, movies, books, artwork and other entertaining or artistic endeavors

THE ART OF ENERGY

Editor's note: This article contains words that may be offensive to some readers. The artist featured speaks freely, and in interest of keeping his voice authentic, it was decided to edit some, but not all of the quotes.

Jacob Espinoza
 The Commuter

On stage, in a cypher or during a recording session, C-Rayz Walz brings an exuberance of creativity and celebration, contagious to those surrounding him. The Definitive Jux label mate recently released "Ravipops: (The Substance)," his soon-to-be-classic debut album with his new label, and is on tour promoting it along side Wu-Tang Clan member Raekwon.

During the tour's stop at the WOW Hall in Eugene, C-Rayz Walz stepped onto stage wearing a black mask. Though the face behind the mask was truly a mystery to the majority of the audience, to hip-hop heads throughout the nation C-Rayz Walz is well known as an emcee extraordinaire.

Halfway through the first song, DJ Soulbond cut the music, as C-Rayz turned his back to the crowd before removing his mask. Think Batman, the original cinematic experience, before Hollywood's version of Mr. Freeze, but many years after the character was originally molded.

"I usually come out with light-sabers, too," he tells me as we meet after the show.

When meeting C-Rayz Walz, the first thing noticed is that he is a genuinely nice person. An inner peace about him allows a "make yourself at home" personality. He has an amazing ability to take from his surroundings, and store positive influence until it is released in a genius vision. This talent is made apparent in his music, but while listening to him talk, it becomes evident that this ability is as much a part of his personality as it is a part of his process of creating music.

So how'd you link up with Definitive Jux?

Just being in NYC for a long time, dealing with (Definitive Jux founder) El-P as a friend, seeing him coming up in the old Co Flow days, just vibing with Can Ox, being on they album, being on Aesop Rocks's album. All of us just coming up in the NYC independent hip-hop scene, it's been crazy. It's been a journey for all of us and were finally here.

What's next for you with hip-hop?

I got this joint with me and Preme Pac, it's about finished. It's one of those albums, one producer, one emcee, one of those classic joints. I want the world to be able to hear that. I got an album with 4th Pyramid. We got this joint called 'The Angel and The Preacher.' It's probably the best album you've ever heard. It's for the times now. (check out 4thpyramid.com to listen)

It's out already?

It's trying to find a way out. It's in a cage right now, we're trying to unlock that s—.

Def Jux isn't going to release it?

If they smart enough they will. Where there's a will there's a way, and I want it to get out so it will be out in a minute. Other than that I'm (going to) drop an EP to follow up this album called Deep Space Rhyme: The Outskirts of Mind. It's all recorded, it's ready, I just need to probably master it.

What do you see yourself doing after hip-hop?

I want to definitely keep working with children, 'cause that's the real way you make a difference in the world. I want to direct movies and videos, and I want to do rock. I just want to do another form of music and it seems like rock is where I want to go, 'cause I got some good ideas for rock music. There's not like a black artists that's doing that any good right now. So I definitely want to go into that.



Photo courtesy Definitive Jux

"With music I am adding on new dimensions of spirituality, knowledge and positive experience."

► C-Rayz Walz

You play any instruments?

Naw I'm learning now. I'm f—ing with the keys right now. I just play on some freestyle s—, so I could get a natural feel for it. Sometimes with learning things, text books ain't the best way to do it. Just like most smart people ain't graduate from college.

You got some ideas for movies?

Oh definitely, I want to focus on police brutality. I want to combat that. I want it all (to) come from a hip hop point of view, directly dealing with things that alienate us as young adults (and) how we're taking responsibility for our s— now. We need to get economically stronger and focus as a youth. We (need to) bridge the gap between the adults and us. So that there won't be a gap between the new youth and us.

What would you consider as responsibilities of being an artist in the current times?

I think really to empower myself with the ability to love myself and love others and just make music that's empowering. We're just lacking a lot of love in this time. I think the earth on the spiritual level, mental level and the physical level is going through a real big transformation. A lot of people might not even be in tuned with that. I think we got a lot of power as youth but we gotta really educate ourselves on what's going on right now, and what role can we play in it. With music I am adding on new dimensions of spirituality, knowledge and positive experience.

As far as spirituality, what do you personally believe in?

My primary principals are what goes around comes around, do unto others as you would have them do unto you, and always listen to your first thought because most likely that's the voice of the most high. As far as religion and the ray of light, I studied all religion, the one that attracted me most was The Nation of Gods on Earth. Because they deal with mathematics and the alphabets and the questions that make everything relevant to the time and day we (are) dealing with right now. There are some things in that, that I don't agree with, but for the most part I could vibe with (it) all. It ain't knowing that you gotta be battling the church, you don't have to have do book meetings or go to revolutionary meetings its just studying lessons and adding onto yourself. On the other hand of the same vibe though I studied Buddhism, I studied the church (Christianity), I studied Islam, everything adds on but what's not for you cats can slide to the side and keep the best

parts of the knowledge.

What would you say about the current state of hip-hop?

There's always a balance to everything. So the fact that hip-hop is being exploited so much right now, it just makes it a more powerful tool. A lot of people are taking notice of it that weren't watching it before because it wasn't getting that type of exposure. So being that they're giving it that exposure now, I think it's time for the people to start doing it positively, putting more into it. I think now it's to the point where the real need to come through.

Where do you see hip-hop in 10 to 20 years?

I see hip-hop going wherever the people are going. If we raping, murdering (each other) and still hang out in the clubs drinking and smoking our lives away, then that's where hip-hop will still be. But the masses of us, I'm talking (between the ages of) 16 and 30, if we have a forward progressive thinking, then I think hip hop will be a forward progressive movement. Hip-hop can never be extinct though, it's too powerful a form of music. I mean you could make a track with a tape recorder, or not even a tape recorder, someone could just do (hits the table to a beat) and you got a track. (It's) natural music. I think hip-hop is definitely going in a positive direction. I think it's going to be much more of a positive force in the next couple of years. I think all of the misleading messages, sexism, alcoholism, drugism and false street ideology, I think that's (going to) kind of fall out of the window and commit suicide on its own, without us having to fight against it so much. It's just been oversaturated and un-dating the people so long that I know they fiendin' for a breath of fresh air. So when this new movement is coming through, I think the fairish are going to be losing work. It's gonna be harder for you to convince people that you killed four people, that you got three crack spots, and that you f— mad (females) in the back of your BMW.

Where do you see the world in 20 or 30 years?

Every day's a blessing, I wake up and realize what's going on today and how I can add on to myself, and make myself a more positive person, to co-exist with the greater being and be as powerful as I can be in the day. I think the days make up the future, so based on the days and how I spend my days and add on and build each day, I think there's going to be a bright future in the world where people (are) going to wake up spiritually and we're going to be existing on less of a technological level and more of an intrinsic exoteric state of beings. I think we're going to go from human beings to human doings.

What do you mean by that?

I think we'll be more active in the whole scrimmage of existence, rather than making everything so microwave and fast food, so ready right now.

You think the age of technology is leading itself towards its own extinction?

Not extinct but I think its going to learn to take a step back a little bit and let nature have its reign too. You gotta balance it out. We need to stop just using the earth and stop blasting it and let the earth just keep evolving.

Closing thoughts?

I just want to say thank you for interviewing me. Thanks to my DJ Soulbond, 4th Pyramid, Keith, my road manager, this tour's a blessing. I'm getting to put my music out and let people see me and hear me all over the world levels. Whether 700 or 150 people a night, I'm really going out every night and giving them the truth, and they really knowin' what C-Rayz Walz is about at this stage. I tell everybody just find peace and love in yourself and you'll be able to really vibe with the next person and really have a high level of understanding of them. With that you could just live infinite. You could be able to build into s—. You could take away and have it add onto you. To add on makes you greater. And go cop Ravipops.

A & E Editor: Peggy Isaacs
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 commuter@ml.linnbenton.edu

ARTS & ENTERTAINMENT

Information about plays, movies, books, artwork and other entertaining or artistic endeavors

ART HAPPENINGS

AHSS Gallery

LBCC Campus
 6500 Pacific Blvd.
 Albany
 917-4540

Oct. - Faculty Show & Art Raffle
 8 a.m. - 5 p.m. M-Th.
 proceeds go the Foundation Art Fund

Fox & Firkin

202 SW 1st. St.
 Corvallis
 753-8533



Oct. 24 - Men of Seduction 9:30 p.m.
 Male Review cover
 Oct. 25 - Purusa Rock 9 p.m.
 \$3

Iovino's

126 SW 1st St.
 Corvallis
 754-8522

Oct. 24 - Vivo DJ Berzerker hosting dance beats 10 p.m.
 drink specials

Majestic Theatre

115 SW Second St.
 Corvallis
 754-1551

Oct. 24 - "Seven Keys to Baldpate" Corvallis Community Theatre presents this mystery comedy \$10 adults \$7 students 8 p.m.

Snarkey's Other Place

1295 Commercial way
 Albany
 928-3654

Oct. 24 - Dance to Music by DJs-requests no cover 8 p.m. - 2 a.m.

Squirrel's Tavern

100 SW 2nd St.
 Corvallis
 753-8057

Oct. 25 - Noumena Rock 9:30 p.m.
 \$3 cover

W.O.W. Hall

291 W. 8th St.
 Eugene
 541-687-2746

Oct. 24 - An Acoustic Evening with Floater Acoustic Rock 8:30 p.m.
 \$10

Oct. 25 - Witches Ball w/Land of the Blind Trance Dance/Pagan Ritual 8:00 p.m.
 \$6-10 sliding scale

Oct. 26 - Audio Liberation Final Event Battle of the Bands time & price TBA



Groundation: True roots reggae

Peggy Isaacs
 The Commuter

Feeling the loss from the Beavers game on Saturday night, fans and friends danced the blues away with the loving sound coming from the reggae band, Groundation, at Club Escape on the OSU Campus, Snell Hall.

One couldn't help but get up and move with the sound vibrating through the floor, all the way up to the third level of seating. It was great.

Members of this band include David Chachere on trumpet, Kelsey Howard on trombone and Mingo Lewis, Jr. pounding on the congas. Paul Spina played drums, while Ryan Newman kept the beats on the bass guitar. On keyboards was Marcus Urani, who played next to the soft and sultry, Shawna Anderson, the only female in the band, who harmonized beautifully in the spirit of love. Playing lead guitar, singing lead, and jumping energetically to get the message of togetherness out, was the soul-searching Harrison Stafford.

The lyrics from one of the first songs were, "you may run, you may hide, but you just can't stop the feeling inside." These words sent dancers down to the floor and the movement continued the whole night.

Even some of the fathers, who were in Corvallis for Dad's weekend, were enticed to spread the love and toward the end of the evening, got up to dance.

After one inspirational song, Stafford told the crowd that it was an honor to be in Corvallis among us. The crowd cheered wholeheartedly and with the first note on the very next song, the dancers packed the floor for almost all the rest of the evening.

Dave Heath, a reggae fan for 15 years said, "the music kept

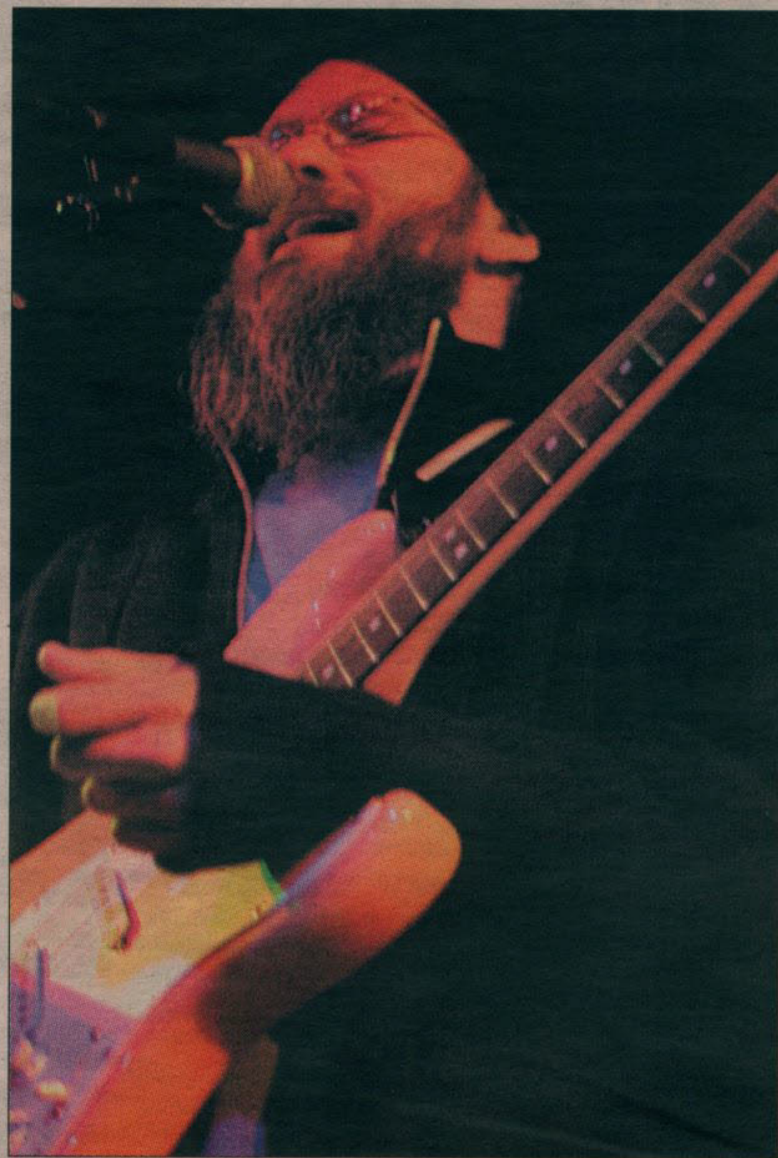


photo by Jeremy Hennig

Harrison Stafford, founder and lead singer of Groundation, sent out his loving message to a receptive reggae audience at Club Escape in OSU's Snell Hall on Saturday night.

the group alive and it seems to be roots reggae."

A four-year computer science major at OSU, Luther Metke, gave this critique, "everyone has talent, they were well rehearsed, clean and pressed. Excellent show."

This was Groundation's first time in Oregon. As Stafford emphasized, they "drove a long way to get here" from West Sonoma County, California.

Their mission is to preserve the history and integrity of reggae music. This is incredible

coming from all white jazz musicians.

Groundation began four years ago as an extension of a class Stafford was teaching at Sonoma State, on the history of reggae music. He wanted them to know Bob Marley and why he is known as the "king of reggae."

With the lyrics crying out to the fans, true root reggae sounds, and music played phenomenally, this band is a must see on their next tour of the Pacific Northwest. For updated information visit groundation.com.

MC Center seeks donations of diverse CDs

Brian Finley
 The Commuter

Tired of the same old music? The Multicultural Center is having a CD drive to rebuild its music library with donations.

You can donate CDs at the center all week, through Oct. 24.

Leading the drive is Rhiannon Orizaga, a student assistant in the center who explained that their current selection was mostly made up of music from other countries.

"But that's misleading," said Orizaga. "We don't want people to think multicultural means

from other countries only."

The center is looking for CDs that are regional, such as Ozark folk, or Mississippi blues. Other preferred types of music would be from subcultures like jazz, hip-hop, folk, punk-rock and spiritual.

However, the center discourages donations of music with curse words, drug reference, violence and gang-related or overt sexual activities. Music that is overly religious or political to the point of putting down others are not wanted either.

If you're not willing to part with your music, the center will accept burned CDs as long as they are properly labeled.

Local poet to lead workshop, reading for Valley Writers series

Brian Campbell
 The Commuter

The Valley Writers Series is sponsoring a reading and workshop Oct. 25 with Corvallis poet Charles Goodrich at the Albany Public Library, 1390 Waverly Drive SE.

The reading is from 1 to 1:45

p.m. and the workshop is from 2 to 3:30 p.m. Both events are free.

Participants in the workshop, titled "Wide Open: Letting Sensory Details into the Poem," will practice translating experiences into vivid language. Students may also bring a poem to share.

Goodrich was a professional gardener for 25 years before

turning to poetry. He earned his MFA in creative writing in 2001.

Last spring, he published his first full-length collection of poems, titled "Insects of South Corvallis."

He also teaches writing part-time at LBCC.

In the second Valley Writers Series event this term, Terrance

Millet, a full-time English teacher at LBCC and advisor to the student-produced Eloquent Umbrella literary journal, will conduct a reading and discussion on Nov. 17 from 1 to 1:50 p.m. in Takena Hall Room 207.

Millet earned his BA and MA from the University of Ontario in London and an MFA in cre-

ative writing from OSU. His book, "Twenty Greek Poems," was purchased for broadcast on public radio by CBC Anthology.

His work has appeared in the New Quarterly, The Clackamas Literary Review, Descant and The Eloquent Umbrella. The Valley Writers Series is organized by Jane White, a former teacher.