

YOU ARE WHAT YOU EAT

Poor eating habits plague more than half of all college students in the nation. **▶ Pg. 12**

HOME SWEET HOME

Local volunteer group builds houses to rebuild wild bird populations. **▶ Pg. 9**

THE COMMUTER

A WEEKLY STUDENT PUBLICATION

w linnbenton.edu/commuter

Wednesday, March 12, 2003

Linn-Benton Community College, Albany, Oregon

Volume 34 No. 17

ASG acts to ease stress of pending U.S. war with Iraq

by Kimberly McGill
of The Commuter

The Associated Student Government (ASG) took several actions at their meeting last Wednesday to help students cope with the reality of war.

Many of LBCC's students and faculty are having to say "goodbye" to family members, loved ones and friends. The ASG approved a few ideas that it hopes will alleviate the stresses of war.

Roxanne Allen, president of the ASG, proposed to set up four rooms on campus, each serving a single purpose, for students and faculty. The Campus Response Team will set up the rooms and LBCC counselors will staff them. Room themes include support groups, anti-war discussions, open time to speak about war, and a quiet room. The motion was approved unanimously.

The ASG wanted to provide writing materials to send letters to those in the military in one of the rooms, but that has yet to be decided.

Allen felt this would give students a chance to act freely on their feelings about war, and that

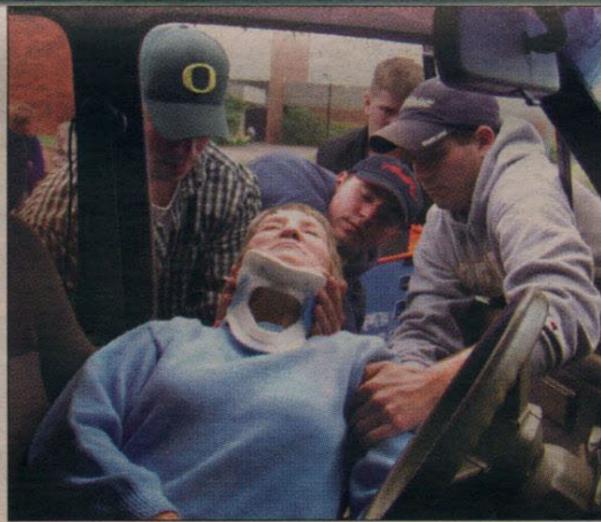
it would give them a place to go for support.

The ASG also felt that students needed to know more on how to prepare for war, and a proposal was made to bring a speaker to campus to discuss current events, how close to war America actually is, and the different things to do in preparation of an attack. ASG is investigating inviting Peggy Peirson, Benton County Emergency Services coordinator, to speak on the matter.

Two members of ASG will be heading up the "Expression Wall" project, that was also approved last Wednesday. The wall will be a large blank space for students to write their ideas and thoughts about war, that they want others to see.

Charlotte Aaron, vice president, stated "I'll have to play around with a few ideas for the location, but the LRC is where I'd like to put it." The specific location of the wall will be announced when decided.

In other matters, student government distributed surveys on the college presidential search to more than 20 classrooms. They presented the OSBA with the combined results last Thursday.



Crash Course

An LBCC Emergency Medical Technician training class, instructed by Shane Wooton and John Ellich, practices removing a mock crash victim from a vehicle last Tuesday. The task facing the students was to strap the victim, who was convincingly played by Beryl Stringer, carefully on to the stretcher while keeping the neck immobile as they pulled her from the vehicle.

Photos by Thomas Lin

Student death heightens concerns over causes of suicide

by Monica Gizowski
of The Commuter

Every 17 minutes, someone in the United States dies by suicide. Suicide is one of the most serious public health crises of modern times, claiming over one million lives worldwide every year, according to the Suicide Prevention Partnership.

Just last month, an LBCC student, 20-year-old Jared Stait, returned home from a Corvallis party and hung himself.

Stait's family and friend's told the news media that they think he had a minor case of depression that was worsened by money problems and his recent move to Corvallis. He had been attending a California Community College and playing on the football team. In De-

cember 2001, he began dating Erin Miner, an OSU student. To be closer to her, he moved back to Oregon to attend Portland Community College, then LBCC.

On Saturday, Feb. 15, Stait attended a couple of parties and drove home early Sunday morning. When Miner could not reach him by phone Sunday, she drove

to his home and found his body. She and Stait's roommate performed CPR; however, it was too late.

The suicide shocked Stait's friends and family members, because three months ago, Strait filmed a spot for a suicide prevention group that would be distributed on college campuses. People who knew him said that he did this to help prevent future suicides. When Jared was attending Beaverton H.S. he suffered the deaths of six friends. One died by accident, one by heart failure and four by suicide.

Suicide prevention experts say anyone who experiences multiple deaths, especially anyone in their teens who loses loved ones, stands a greater risk of attempting or completing suicide. Those who have lost a loved one to suicide experience tremendous shock and trauma,

▼ Turn to "Suicide" on Pg. 4

MEMORIAL TREE PLANTING

Family, friends, students and faculty are invited on Friday, March 14 at noon to attend a memorial tree planting ceremony in the campus Peace Garden on behalf of Jared Stait. Following the ceremony, a discussion will be held in the Multicultural Center, where counselors will be on hand.

WEATHER THROUGH THE WEEKEND

SOURCE: WWW.WEATHER.COM

High: 58° Low: 47°
WEDNESDAY

High: 58° Low: 44°
THURSDAY

High: 57° Low: 41°
FRIDAY

High: 56° Low: 39°
SATURDAY

High: 54° Low: 37°
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

State's rights must give way to federal protections

Assisted suicide, medical marijuana, tax reform. These issues are important to Oregon voters and they seem like valid reasons to insist on the right of the states to control their own destinies. When Oregon voters enacted the assisted suicide law and the courts tried to strike it down, the people of Oregon passed another initiative in favor. We let our wishes be known and refused to let the federal government dictate our morality.

The Supreme Court tends to step away from a case unless it is a clear-cut case of violation of constitutional rights or there is controversy concerning it in the lower courts. The Constitution does not address the legality of suicide. The Constitution does address civil rights though, so in the case of the USA Patriot Act, the federal government is the one stepping on individual rights.

It seems typically American to respect the right of the states to enact particular laws that the constituents feel are necessary. The people living in New York have different needs and concerns than someone living in Montana does, so it is fitting that states should have some say over their own ordinances.

Sometimes though, the initiative system and the rights of the states to create

their own social control laws can be abused. There are valid reasons for having the federal government dictate to the states. When constitutional rights such as freedom of speech, the right to privacy, or freedom to assemble or petition the government for redress are violated by states' laws, the government must step in to protect its citizens. Constitutional rights are paramount over states' rights.

If President Lyndon B. Johnson had not stood firm and enacted the Civil Rights Act of 1964 and the Voting Rights Act of 1965, African Americans in the southern states would still be denied the basic rights that so many of us take for granted. It took 100 years for the Fourteenth and Fifteenth Amendments to be enforced after their ratification.

The federal government is not doing its job when a sizable portion of its citizens are denied the rights written into the Constitution. Our president takes an oath to uphold the Constitution upon

inauguration, and it is the job of our representatives to make sure we remain under the constitutional protections the founders intended.

The right of a state to dictate to its people regardless of federal law was discussed by our founders extensively while the Constitution was being written. James Madison was justifiably worried that a strong central government would create a majority that could dictate to the minority, thus impeding equal rights.

Thomas Jefferson believed in the rights of all as well, but he was not as suspicious of majority rule as Madison was. Jefferson also was far more liberal, he thought that all people deserved rights, not just wealthy landowners. The diverging views of these Founders created the system of checks and balances that keep one governmental branch from becoming dominant even today.

Granted, when Thomas Jefferson wrote that all men are created equal, slavery was still in existence, he even owned slaves. But just because a person

who writes great words is living like the rest of his or her peers, is no reason to discount what he or she wrote. Great ideas speak for themselves and should not be discarded just because the person who wrote them is not perfect.

Next time you feel angry because the feds have dictated some labor or discrimination law to the states, think about what it could have meant to you historically. At the turn of the twentieth century, only Anglo-Saxon Protestants truly had any civil rights. How many of us are descended from Italians, Jews, Irish, Eastern Europeans and Asians?

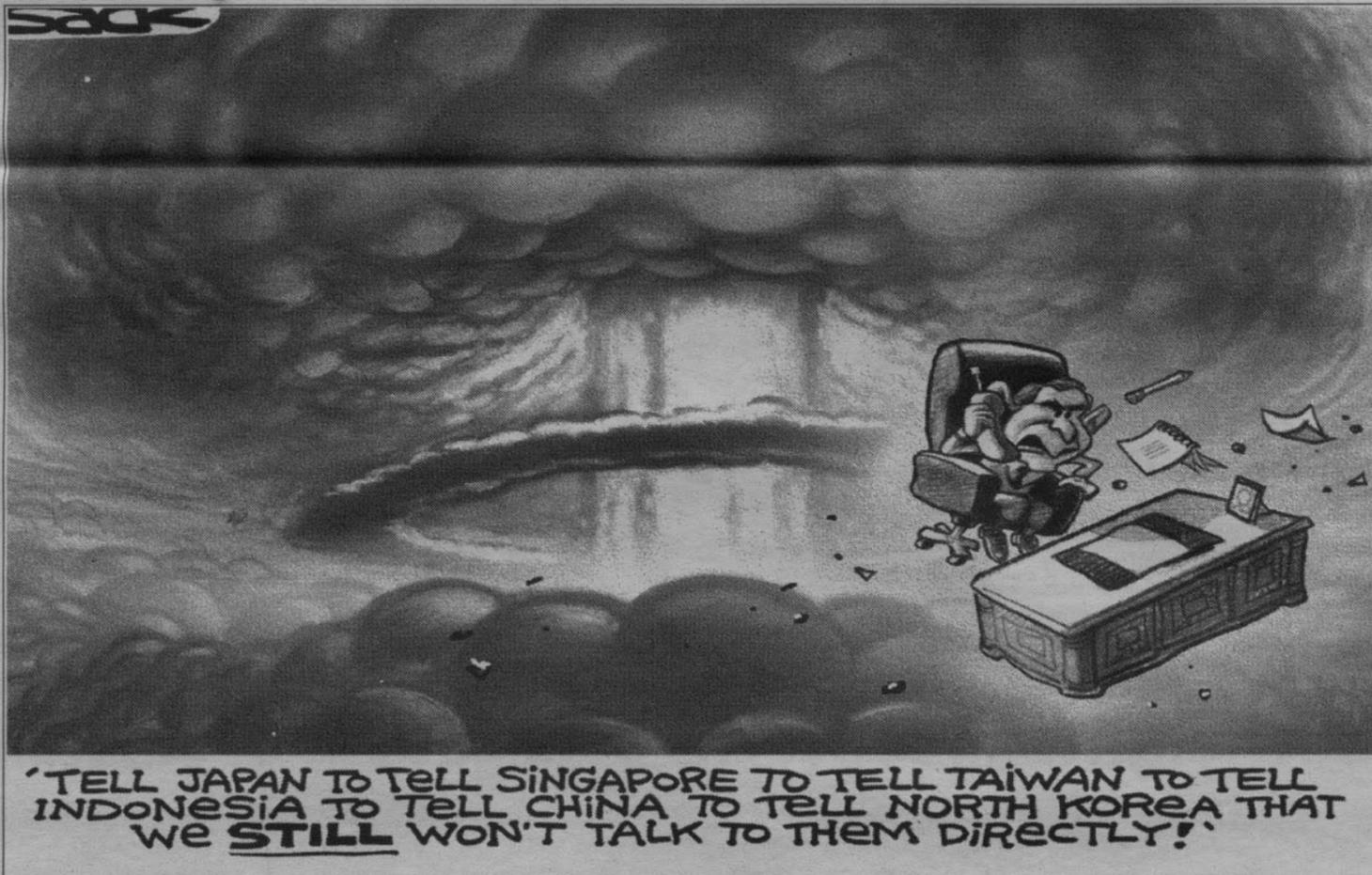
Catholics were the subject of numerous social control laws, Catholic schools were forbidden in many states, including Oregon. Irish, Italians and Eastern Europeans were barred from joining labor unions, as were African Americans. Only the lowest paying jobs were available to immigrants and blacks. We have to give up some control to ensure the minority is not tyrannized by the majority.

Prejudice is corrosive to the strength of our country. We must stand united. Try to look at the bigger picture and to understand that it is not always in our best interest to put states' rights before the rights of American people as a whole.

Adele
Kubein



IN MY
OPINION



EXPRESS YOURSELF

The Commuter encourages readers to use its "Opinion" pages to express their views on campus, community, regional and national issues.

Both letters to the editor and guest columns are welcome. Letters should be limited to 250 words, but columns can be longer.

All letters received will be published, space permitting, unless they are considered by the editor to be potentially libelous or in poor taste.

Drop letters off at The Commuter office, Forum 222 or email us at this address: commuter@ml.linnbenton.edu

Reflecting on better times helps maintain energy for war debate

My friend Bill has a picture on his wall; right under the wall sconce. It is a watercolor, purchased by his mother on a trip to Europe in the 1960s. Bill thinks, probably in Scotland. When I sit at his table, always, the clouds scudding across the sky draw my eye up.

Great puffs trail into blue-grey velvet undersides, then downward to a serene quay scene. I am pulled into the picture, taking in the people along the pier, sailboats tied to the sides to the waterfront moving further along the shore and around the edge of the big bay to the mountains and cliffs that fades to infinity with the clouds.

I sometimes sit while friends around the table talk about politics or some other thing and try to take every

detail. The lines on the sailboats' masts drop gracefully into the fishing boats, where people work; the houses are placed in rows, one in front of the other, staggering back along the bay shore. And sailing across the bay from the same infinite point into the quay is a line of boats coming home to families and dinners.

Then I come back to the conversation, refreshed and smiling. And I realize once again how lucky I am. I am not far from my home preparing to go battle in a war that the world is in an uproar about.

I am not an 18 or 19-year-old who signed a letter of intent my last year of high school so that I'd have the opportunity to get a higher education and am now on my way to the Middle East. I am not in my home and preparing for the shelling that is bound to happen any day. I'm not

wondering yet what to do with my animals in the case of an emergency. But, I am worried and afraid for the world and I often find myself in heated disagreement with a friend or family member about this war we are expecting any day now. Often now, I feel a heaviness and distrust of others and what they might have to say. Sometimes, I just want to stay holed up and not hear anyone's thoughts.

I suspect that many of you, whether you are "for" or "against" a war in Iraq are feeling the same. But when the burden becomes too great, I think of the picture on Bill's wall, or some memory of a beautiful place I've visited, like Neptune Park on the Oregon Coast. I find that it refreshes me and helps me to feel centered. 'Pollyanna' or not, it works to help me continue the dialogue with others so that I can understand their point of view. To me that is one of the most important things that we can do right now, so I encourage you to do the same and keep talking.

Susan
Prock



MULTICULTURAL
CENTER

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GUEST COLUMN

Locked and loaded, Bush still can't get off first shot

by Clarice Rainey
 for The Commuter

It has all the makings of a modern blockbuster western. The cast of characters is straight out of the wild West: Kim Jong Il, the munchkin dictator of North Korea, staggers onto the set in his boots with four-inch lifts, dressed in black.

He's one of the "bad guys." Talk around the campfire is he doesn't play with a full deck and there's another small problem: Little Kim just happens to have nuclear bombs capable of hitting our Western pastures. In case you haven't figured that out, pilgrim. That's us! Seattle, Portland, San Francisco and all points in between.

Galloping to our rescue is our very own trail boss, head honcho, Big George, who tells we pilgrims not to worry...he's got 'ol Kim's number. We'll just let the little duffer roam his range, make more bombs and watch James Bond movies while we hunt bigger game.

The Big Boss says the really nasty bad dude is Iraq's Saddam Hussein. Old Saddam is "evil" but not to worry, he'll be toast just as soon as George turns his cavalry loose on Iraq.

Already, George has 300,000 of his best soldiers on the border ready to "ambush" this evil dictator and his followers. Another small glitch, pardners. The leader of the posse, General Tommy, says in a month or so it's going to be hotter than you know what in the desert.

When it's 130 and no shade you got serious problems. Those suits protecting our brave men and women from Saddam's poisons will be intolerable in the heat.

That's not counting the sand storms, scorpions and not being able to tell the good guys from the bad.

You might wonder why the Big Boss' Arab friends won't help eliminate that nasty hombre on the adjoining spread? Can't we always count on our friends in Turkey, Jordan and Saudi Arabia? Another hang-up. The Turks are dialing for dollars and twisting George's arm. In

case you hadn't noticed, George, Turkey's a Muslim nation and nasty as he is, Saddam is one of them, but wait, maybe there's a way.

If you want to bring a few troops to Turkey it will cost you a cool \$31 billion. We ain't talking small potatoes here. Pay up or keep out! Iran doesn't like old Saddam but he's an "Arab brother" so they might change sides. They're still smarting that George III called them part of the "axis of evil."

Jordanian people are marching in the streets, foaming at the mouth, protesting an invasion of Iraq and the rest of the Muslim world is downright 'cranky' about the whole thing.

The Saudi princes say we can use their bases "this" time then pack up and get out. Afghanistan would love to help but since we liberated them their leader is stuck in the capitol, the only place where he's safe.

War lords rule the rest of the country and it's time to harvest the poppy crop. That big cash crop has priority over any wars. Our trail boss doesn't talk much lately about that other outlaw, Osama bin Laden.

Remember him? He's the one that masterminded the death of over 3,000 on our Eastern spread with our own commercial airplanes. We keep hunting but so far no luck. The dude is 6-foot-four and on dialysis but he's really hard to spot.

He keeps showing up on Arab television talking about a new crusade against all the infidels. Somehow, I think he's talking about the U.S.

China and Russia refuse to join the Iraq skirmish but if the United States liberates that Texas Tea (Oil, that is) they'll be happy to send their troops to share the oil.

The only stalwart friend we seem to have is Tony Blair, England's prime minister. Rumor has it he's liable to have his job eliminated soon by all those angry English men and women opposing a war with Iraq and marching in the streets.

We're reaching the climax to this western tale. A call comes on George III's

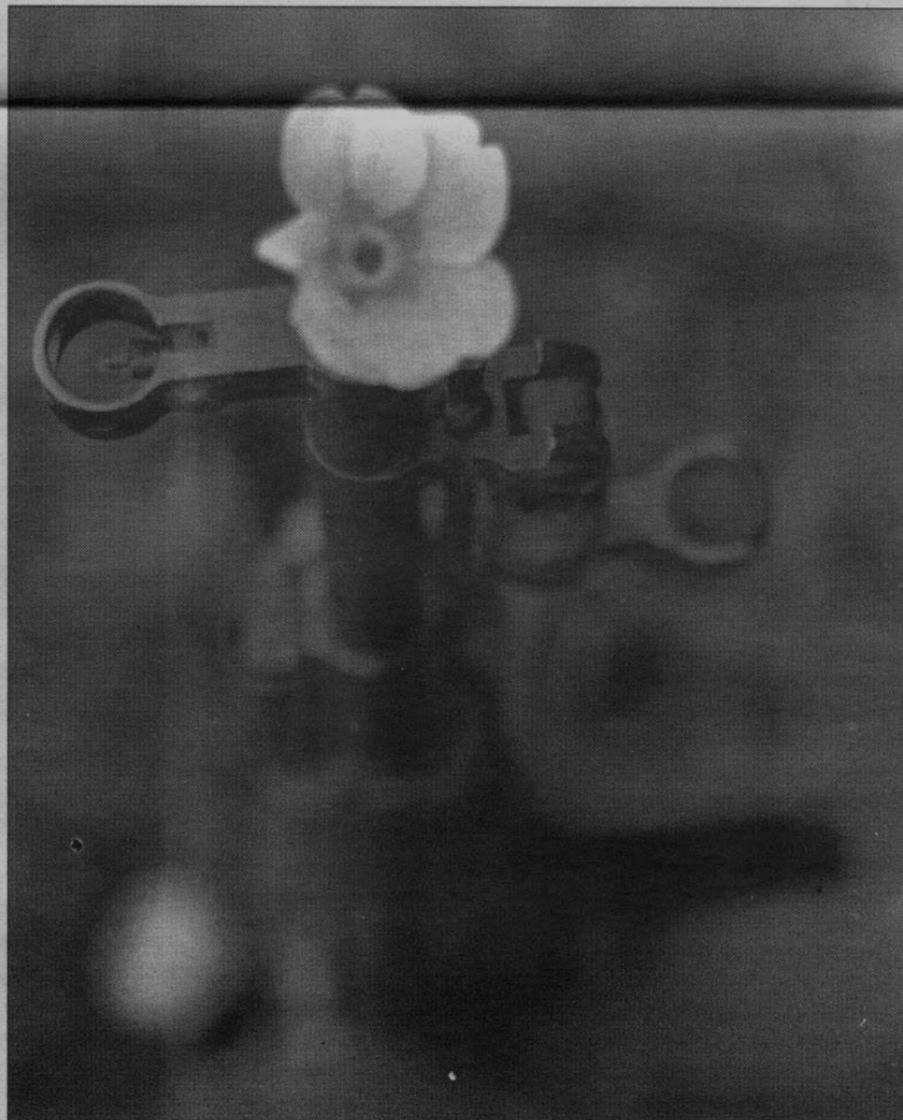


Photo by Robert "Rocky" Gavir

private line. It's George II, who headed up the first Iraqi skirmish—the one that left that nasty Saddam still in charge.

He reminds his son that he taught him the game of poker. Remember, Junior, you got to know when to hold 'em; know when to fold 'em., and know when to quit. It's time to pick up your chips and bring the troops home.

No, No, not that Dad. They'll call me a "wimp" and you know how I hate that. Well, now boy, it's better to be a wimp now than lose the next election. Right?

And there's the economy going to hell in a hand basket. Have you forgotten that?

And by the way, use some of that damn duct tape we all bought to shut up my buddy, Rumsfeld. He keeps sticking his foot in his mouth and insulting our old allies in Europe.

Sorry to disappoint all you folks, but the final script isn't quite complete. It's up to our tall Texan trail boss to decide how this saga ends. Cross your fingers, folks.

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CAMPUS NEWS

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

From KRT News

Off Beat

Trusting House-sitters?

A Hungarian couple living in Florida went on a three-month vacation to their native land and had a friend and his girlfriend house-sit, allowing them to live rent-free in their home and drive their van while they were away.

A week after the couple left, the friend's girlfriend, whom they didn't know, started selling their possessions at local pawnshops. The couple returned to find about \$10,000 worth of goods missing.

Heated Relationships

Dumped by his girlfriend, a 44-year-old California man responded by setting his car on fire and driving it into the woman's home with the apparent intention of killing them both in an inferno. Didn't happen. He suffered severe burns and was arrested. She is OK.

One cop said, "It's safe to say he was upset."

Car Needs Body Work

A woman left her sport utility vehicle to be repaired at a car dealership in Florida. Later that night, the police spotted the SUV behind a local movie theater. Two nude employees of the dealership were inside having a sexual tryst.

The car's owner was very upset.

Battle Cry

If the United States attacks North Korea, the million-man army has been encouraged to sing loudly and with great gusto the song "Long Trip for Army-based Leadership."

The Rodong Sinmun newspaper said this will fill their enemies with terror.

Old Skeleton's Come Back

A Florida medical examiner wanted to leave his wife and marry his mistress but didn't want to go through a divorce that would cost him half of their \$6 million in joint assets.

So he poisoned her and embalmed the body to cover up his crime. Three years later, he married the mistress, but was ultimately caught and sent to prison for 25 years to life.

CAMPUS SHORTS

Career Fair

The LBCC Career Exploration and Community Resource Fair will take place Thursday, April 10, from 10:30 a.m. to 2:30 p.m. in the Activities Center Gym at the main campus in Albany. Last year, the fair hosted over 60 employers. For information go to www.linnbenton.edu and look under the Career/Counseling Center.

Board Meetings

The Board of Education will meet for a work session on Thursday, March 13 in Boardrooms A/B at 7:30 p.m. to discuss the presidential search, including composition of the screening committee. The Board will also meet on Wednesday, March 19 at 7:30 p.m. in the same location. The meetings are open to the public.

The Brain Drain

Join psychologist Dr. Tom Fauria for a free one-hour presentation and discussion on how stress affects us. The free pre-

sentation will take place today from noon to 1 p.m. in the Family Resource Center, Room 105. Call 917-4897 to sign up.

Instructor Honored

Horticulture instructor Greg Paulson recently received a Lifetime Achievement Award in Urban Forestry. The award was presented by the Oregon Urban and Community Forestry Program based on demonstrated exceptional vision, leadership, commitment and community impact for the benefit of urban forestry.

Science Club Trip

The Science Club is taking students, staff and faculty to this month's Science, Technology and Society Lecture in Portland on Friday, March 14. The lecture, "Origins: Search for Our Cosmic Roots," will be given by NASA Director of Physics and Astronomy Dr. Anne Kinney. Contact instructor Greg Mulder in ST 103 for tickets and departure times.

CORRECTION

The Commuter reported incorrect figures in the Feb. 26 story headlined "Childcare costs skyrocket 300 percent next year." It was incorrectly stated that the college's General Fund currently funds the Family Resource Center at \$25 million per year, and that the FRC is looking at a \$10 million cut.

In fact, the FRC runs on about \$300,000 per year. The \$25 million is the national budget provided by the federal Pell Grant, which is slated to be cut by \$10 million.

In clarifying the issue, Beth Hogeland, director of the FRC, explained that the college decided last fall to take the FRC off the general fund in order to save almost \$297,000 for other programs. Even though about 70 families use the FRC, it was "an understandable choice," on the

part of the college, she explained. "Our concern is how do we keep it as a student program and to not become a community program."

Today colleges can use 1 percent of the federal Pell Grant for childcare. The federal government is looking at cutting this. For LBCC's FRC, it will mean a \$40,000 loss. Hogeland has asked staff and students to write their congressmen to keep the fund available through the Pell Grant.

In addition to the \$50,000 that the Foundation is providing for scholarships to those who won't be able to afford it, the community has also donated a total of \$5,000 so far to a scholarship fund. Hogeland says that in the midst of all of these necessary budget cuts, the college is still trying to look out for the students the best way they can.

Suicide: Students plan to give memorial for Stait

▲ From Pg. 1

with a confusing mix of emotions, such as, anger, guilt, grief and despair.

It is important to take the subject of suicide seriously, experts say. People who continue to suffer depression and grief sometimes do kill themselves.

Some signs and symptoms of depression and suicide may include: loss of interest in formerly pleasurable activities, dissatisfaction with life, withdrawal

from social activities, loss of energy, feeling useless and hopeless, irritability, greater concern with health problems, sadness or crying, worrying or self-criticism, difficulty concentrating or making decisions, loss of appetite and weight, and giving away treasured possessions.

Suicide can be prevented. If any of these symptoms do occur to a close friend, make sure to be open with them and let them know you care for him/her.

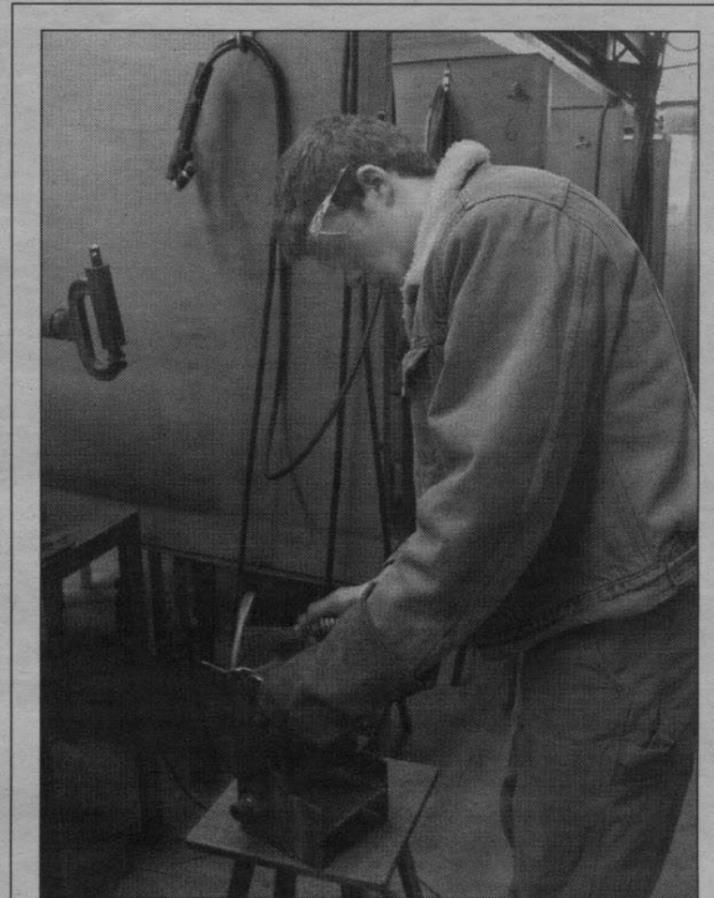


Photo by Thomas Lin

Sharpening Skills

Central High student Chance Dornhecker puts the finishing touches on his welding project during last week's high school Industrial Skills Contest held at LBCC.

Instructional assistants get new degree program

by Kimberly McGill
 of The Commuter

In response to President Bush's 'No Child Left Behind' Act, LBCC is planning to introduce the new Associate of Science degree in instructional assisting by fall term of 2003.

The No Child Left Behind Act states that by the year 2006, the two-year degree will be required for students, as well as employees in the instructional assisting field. Students who are already taking classes towards the one-year certificate that LBCC currently offers will be able to apply what they've already accomplished to the new degree program.

According to Carol

Schaafsma of Academic Affairs, LBCC can expect to see as many as 70 students in the program. LBCC's faculty is trying to work some room into the course for employees to use part of their training and apply it to the coursework. Since work experience will be part of the practicum, this will allow employees to use experience from their jobs to build on the two-year degree.

The degree is designed for students interested in assisting positions and those employed by schools. Instructional assisting jobs include one-on-one to group assisting in elementary schools, special education assisting, and supervising libraries and study halls in high schools.

Remind them that no matter how awful the problems seem, they can be worked out, and you are willing to help. Most importantly, seek professional help because a variety of outpatient and hospital-based treatment programs are available.

Students are planning a tree planting and memorial in the Peace Garden on the northeast campus dedicated to Stait.

Pricella O'Larey sat behind Stait in Cultural Anthropology and was one of the three students to propose this plan.

"We are all students at LB and we all have something in common," she said. "It was shocking to have him in class one day and gone the next."

She also said that the incident deserves closure, and she wants to send a positive message to family and friends recognizing Jared as someone special just as everyone at LB is special.

The idea to plant the flowering plum in the Peace Garden was confirmed by Carol Wenzel from the Student Life and Leadership office. "Students came in and it was impressive that they care so much," said Wenzel. "It's rare to have a memorial."

O'Larey will be planting the donated tree. Following the memorial there will be a discussion held in the Multicultural Center with counselors on hand for those who would like to speak with one.

CAMPUS CALANDAR FOR THE WEEK OF MARCH 5-11

12-2 p.m.
 Women's History Month Film, Fireside Room

3:30 p.m.
 Student government meeting, SL & L office

WEDNESDAY

10:30-11 a.m.
 Comerford Irish Dancers, Takena Hall

7:30 p.m.
 Board of Ed. work session, C. Center

THURSDAY

3 p.m.
 Mozart and More, Takena Theater

SUNDAY

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CAMPUS NEWS

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



Follow the Bouncing Ball
 Students from Math 95, Intermediate Algebra, calculate the height of the second floor balcony by measuring the time it takes for an object to fall from the ledge. The experiments took place last Wednesday and included a spotter on the ground to avoid any casualties to passers-by.

Photo by Thomas Lin

LB-OSU dual enrollment continues to grow in popularity

by Sarah Meyer
 of The Commuter

The Dual Enrollment program, which allows students to be enrolled at LBCC and OSU at the same time, has admitted over 2,000 students since it started in 1998.

This fall, there were over 500 dually enrolled students registered for classes at LBCC.

Bruce Clemetsen, enrollment management director at LBCC, says that LBCC has a more diverse group of students because of the program. He says that the program admits an increasing number of valedictorians and salutatorians out of high school who planned to go straight to a university, but choose this program because of its benefits.

Among the benefits is the amount of money a student can save. A dually enrolled student pays tuition for only the classes he/she takes at each school. Clemetsen says, "It's such an affordable way to get your four-year degree." If a student at LBCC is taking Associate of Science requirements, they will be in line for the general education requirements for a four-year degree at OSU.

When registering, dual enrollment students choose their "home" school where, if eligible, they will receive their financial aid. They must be registered for at least six credits at their "home" school, and a total of 12 credits from either school.

Any student admitted into the program can live in the residence

halls at OSU, while taking any or all of their classes at LBCC. The same procedures and rates that OSU students are given are applicable to dual enrollment students. Dual enrollment students can also choose to pay the OSU student fees (\$385/term) to take advantage of all the benefits an OSU student has, even if all classes are being taken at LBCC. Included in the fee-based services is access to the Dixon Recreation Center, Student Health Center, and University Counseling and Psychological services, student tickets to sporting events, and an e-mail account.

Clemetsen says another advantage of this program is that students have access to class schedules at both schools. A stu-

dent can have schedules ready for both schools, so for the classes they may not be able to get into a one school, they may be able to at the other.

Dually enrolled students are eligible and encouraged to be involved in student organizations at either or both schools. Dually enrolled pre-med student Jared Harding took advantage of this by running in LBCC ASG elections, and was voted into office as Business/Health Occupations representative for the coming year.

A disadvantage some students may find is that financial aid is only available to them at their home school. The student will be responsible to pay their tuition, if any, at the other school on time.

For an LBCC student to apply they must have a minimum cumulative GPA of 2.25, successfully completed 24 graded credits, passed WR121 (or equivalent) with a C- or better, and have taken the Math Placement Test.

Students only submit one application and pay one application fee for dual enrollment, which is \$50, versus the \$70 they pay as a transfer student. Applications are available at the LBCC main campus in the Admissions office in Takena Hall, at the Office Center, and in the Office of Admissions at OSU in the Kerr Administration Building. The applications can also be downloaded from the LBCC Web site at linnbenton.edu/dualenrollment.

Commuter wins honorable mention at national convention

by Wendy Geist
 of The Commuter

The Commuter took home an Honorable Mention award for the Newspaper of the Year Contest at a national conference in Seattle last weekend. Seven staff members of the paper attended the 19th Annual Associated Collegiate Press Na-

tional College Newspaper Convention.

The conference was packed full of advice for college newspapers, and the staff has returned with ideas on everything from managing the newsroom, covering the student government, administration and campus crime and improving advertising sales. Over 72 sessions discussed topics such as investigative reporting,

copy editing, ethics and censorship.

The conference included keynote speeches from Pulitzer Prize winning journalists Jacqui Banaszynski and Tom Hallman, Jr. from The Oregonian, and question-and-answer periods with Gus Van Sant, the director of "Good Will Hunting," and popular actors such as Jason Lee and Jamie Kennedy.

Around 110 four-year universities and two-year community colleges from across the U.S. participated.

First, second and third place in the community college division went to el Don from Santa Ana College in California, the Olympian from Olympic College in Washington, and Richland Chronicle from Richland College in Texas.

Writers need to believe in themselves

by Thomas Lin
 of The Commuter

When Tom Hallman, Jr. delivered his keynote address at the National College Newspaper Convention in Seattle last Friday, student writers listened.

Hallman, a senior reporter for The Oregonian and winner of every major journalistic writing award, including the Pulitzer, told student journalists to listen to their internal compasses and to not let the inherent difficulties of writing discourage them.

"Anyone who says they're not insecure is lying," he said more than once. His point: every writer, from beginners to Pulitzer Prize winners, negotiates the same processes and endures the same fears. He encouraged young writers to embrace the challenges of writing, as it's the hard part that makes you grow.

In his address, Hallman downplayed the technical aspects of writing style; instead, he offered an approach to living that, in his experience, fostered success as a writer.

Hallman, who has written for The Oregonian since 1980, said the most important thing is to trust what you see and feel about the world and to

let your heart guide you. By creating "emotional connections" in stories, he said, you are more likely to move people.

His prize-winning series about Sam Lightner, titled, "The Boy Behind the Mask," is a prime example. Hallman describes, in heart-rending detail, a 14-year-old boy who undergoes life-threatening surgery to remove a deformed mass of tissue that has disfigured his face all his life. Following publication of the four-part series, Hallman received more than 10,000 letters from readers who were touched by the story.

Besides winning a 2001 Pulitzer for his series about Lightner, Hallman has also won a slew of other awards, including several American Society of Newspaper Editors Awards, a Scripps Howard National Journalism Award, a National Headliner Award, and a Nixon National Writing Award.

Hallman made a point of saying it's not about talent—he said anyone can do what he does. Rather, he explained, it's about working hard, building relationships, understanding why you write, and, basically, believing in yourself.

Hallman said he never did particularly well in school, adding with a smile, "It's not where you start. It's where you end up."

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ARTS & ENTERTAINMENT

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

Three LB choirs combine to present two winter concerts

by Kiah Gravel
of The Commuter

The LBCC Performing Arts Department is planning two concerts at the end of this week, one by the Concert and Chamber choirs on Thursday and one by the Linn-Benton Community Chorale and Chamber Choir on Sunday.

Thursday's Winter Concert will be held at 8 p.m. in the LBCC Tadena Theater. Vocal music instructor Hal Eastburn will conduct the choirs. The Concert Choir has chosen to perform a diverse selection of songs that coincide with the theme of "peace and joy."

The musical selections include "Kyrie" by Nicola Porpora; "Lakota Winyanki" by Native American composer Cara Willowbrook; "Working For the Dawn of Peace," arranged by Ron Jeffers and conducted by Yvonne Mortensen; "Babylon's Fallin," arranged by Hal Eastburn; "Deep River," arranged by Andre Thomas; and "Shatay," an international song of peace by Ben Allaway.

Following the Concert Choir the a cappella Chamber Choir will perform "Je Ne Fuis Jamais Si Aise" by Pierre Certon, "Trois Chansons" by Maurice Ravel, "Arma Lucis" by Jackson Berkley and "I Know I've Been Wrong" by Damon Danridge.

Lucy Watts, Sarah Wiebenson, Adam Grieves, Seth

McLagan, Danielle Palmer and Chelsea Westerfield will perform solos.

Tickets cost \$5 and will be available at the LBCC box office and at the door.

The second concert, titled "Mozart and More," features the Linn-Benton Community Chorale and the LBCC Chamber Choir. This concert is on Sunday, Mar. 16, and will begin at 3 p.m. in Tadena Theater.

The Chamber Choir will perform the same program that they sang on Thursday, while the Community Chorale will perform Mozart's "Mass Corona-

tion" and Gabriel Faure's "Pavane." Vocal soloists include Evelyn Smith, Joan Caldwell, Peter Gysegem and Paul Pritchard. Additionally Diane Hawkins will perform a flute solo. Judy Krueger will be the piano accompanist for the chorale.

At the end of the concert both choirs will perform Z. Randall Stroope's "Lamentations of Jeremiah" and Rene Clausen's "Peace I Leave With You."

Tickets for this performance are \$8 and are available at the LBCC theater box office and at the door.

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FUNNY PAGE

CLASSIFIED ADVERTISEMENTS

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Payroll Clerk (#1781 Corvallis) This full-time position process various types of payroll and does reports. If you have experience with payroll processing, see Carla in Student Employment (T101) for your referral before this job!

Translator/Claims Analyst (#1692 Albany) You will make the difference in this job if you know medical terminology, ICD-9 coding, and Spanish. They are looking to hire full-time. Please see student employment in the Career Center (Takena 101) for more info!

25th Annual Career Exploration & Community Resource Fair will be 10:30 a.m.-2:30 p.m. on Thursday, April 10 this year!! Local Human Resource personnel come to the Activities Center (GYM) to talk with you about career opportunities and their industry outlooks. These are the people that normally are hard to get in touch with, but here they are all in one space to answer your burning questions. Questions like: What degree fields so you normally hire from? What do you look for in a graduate? Do you have internships or summer jobs? Mark your calendar so you are sure to attend! This

popular event is open to everyone, so bring your friends and relatives. See you there!!

MISCELLANEOUS

24-hour hotline has information, support and referrals for HIV/AIDS, sexually transmitted diseases, and hepatitis. Call Valley AIDS information Network: 752-6322 or 800-588-AIDS.

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

Cost: Ads that do not solicit for a private business are free to students, staff and faculty. All others are charged at a rate of 10 cents per word, payable when the ad is accepted.

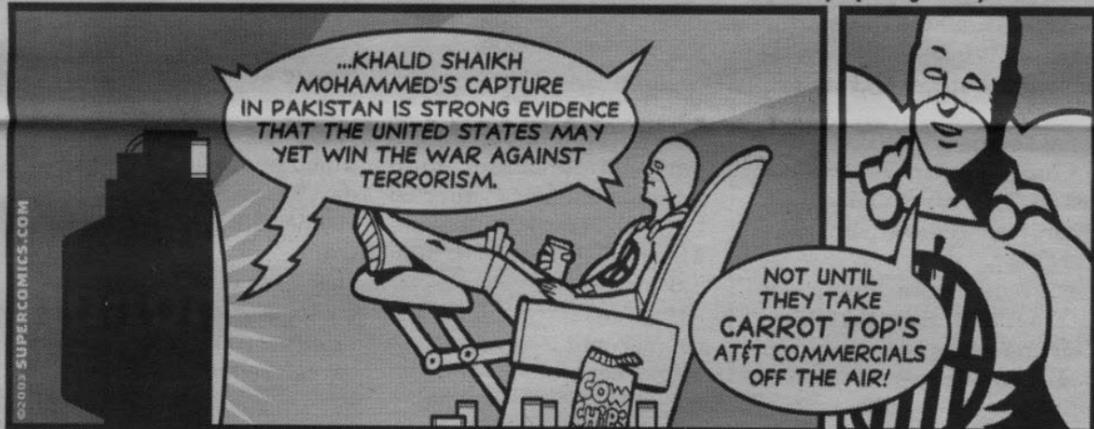
Personals: Ads placed in the "Personals" category are limited to one ad per advertiser per week. Ad content is limited to no more than 50 words per ad.

Libel/Taste: The Commuter will not knowingly publish material that treats individuals or groups in an unfair manner. Any ads judged libelous or in poor taste by the newspaper editorial staff will be rejected.



CAPTAIN RIBMAN in Root Of The Problem

by Sprengelmeyer & Davis



Crossword

- ACROSS**
- How ___ your day?
 - Most luxuriant
 - Sports off.
 - Thurman of "Pulp Fiction"
 - Waldorf-___ Hotel
 - Moray
 - Angler's need
 - Session
 - Sardonic
 - Head skin
 - Vegas opening?
 - Killed
 - In ___ (altogether)
 - Upper crust
 - Span of a cart
 - Small cigar
 - Toreador
 - Loud racket
 - Spry
 - Tropical creeper
 - Correct maps
 - ___ de Roland
 - Sewing machine inventor
 - Skier's transport
 - Standing by
 - Porker's grub
 - Conestoga
 - Disparity
 - Back of a 45
 - CBS logo
 - Set apart
 - Promos
 - Silver or Ely
 - Defrauder
 - Shea player
 - Set
 - Moving by means of a light anchor
 - Full-house letters
- DOWN**
- German sausage
 - Sunoco rival
 - Nasser successor
 - Light source
 - Operate
 - Outstanding
 - Type of balloon
 - Given to

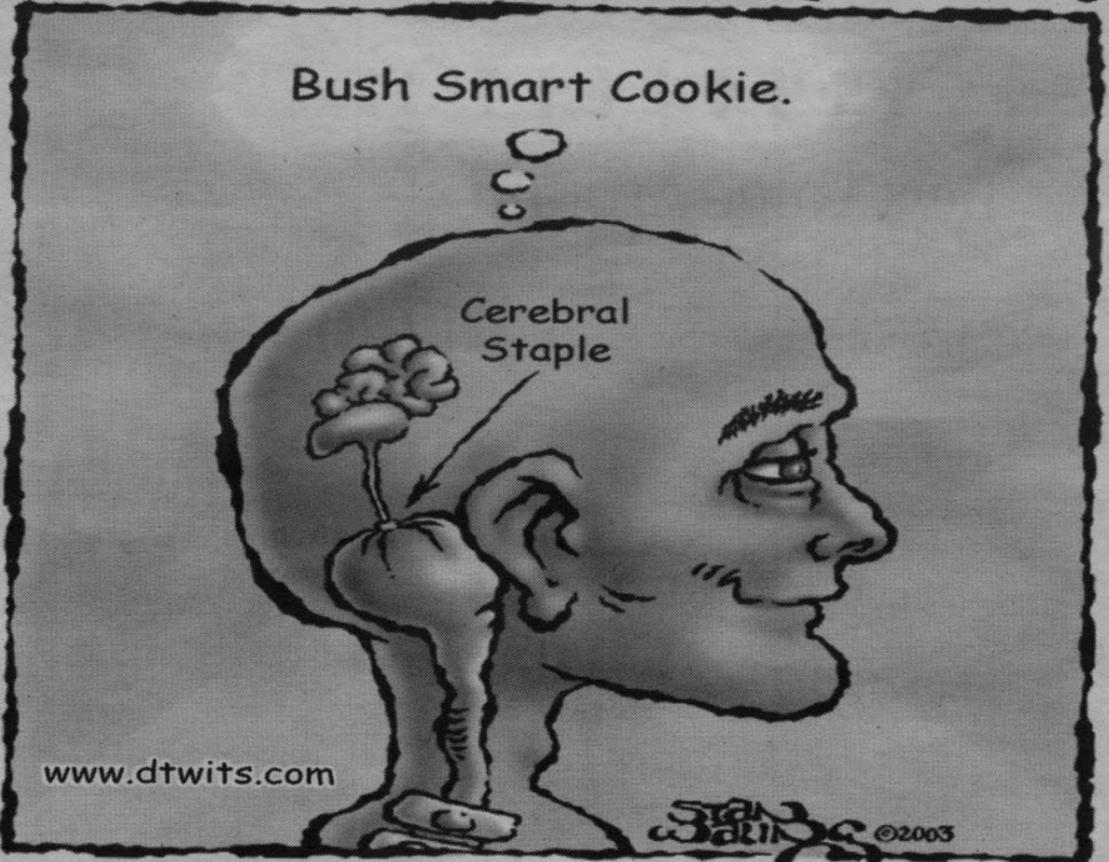
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DITHERED TWITS by Stan Waling



A government approved medical breakthrough for the morbidly intellectual overthinker.

Editor-In-Chief: Wendy Geist
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LOCAL NEWS

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

Local volunteers build houses to increase wild bird populations

by Emil Rogers
 of the Commuter

The young girl's face beamed as she hammered the last piece of scrap wood into place, completing the song bird house kit. She looked up to see her school-mates and their families doing the same. Her mind drifted to a neighborhood springtime filled with baby birds' chirping.

Thanks to Fowl Weather Housing this scene has happened many times and they hope it will happen many more as they travel from school to school.

Fowl Weather Housing is a non-profit organization put together by a coalition of The State Director of Wildlife Management, Corvallis Solid Waste Management, Senior Services and several local residents in 1997 from the remains of a failed commercial enterprise.

Their mission is to educate the public on wild bird stewardship in a grass-roots effort to rejuvenate a dwindling wild bird population

"The number of wild birds in the Willamette Valley has been steadily going down since the late 1800s when people began settling here," said Don Barsted of Fowl Weather Friends. "We make the kits as part of our program to reverse that trend."

Barsted explained that the kits are specific to the type of bird that will be using the shelter. They have 87 different designs that were developed in conjunction with ornithologists (bird specialists) and entomologists (insect specialists) to ensure proper size, shape and placement of the shelter.

"The kits are just the beginning," Barsted said, "we find that getting people involved in a

hands-on way with a bit of knowledge of why they are building the house makes a lasting impression."

According to Barsted, the lack of habitat is only part of the reason for the decline in bird numbers. "The commercial and home use of pesticides has had a profound impact. Birds eat bugs. Without a food source or a place to live, the result is obvious."

He stressed that the group is not against pesticide use. They hope that by creating a more symbiotic environment between people and birds, less pesticides could be used.

Barsted cited a recent University of Washington study of Hood River Valley fruit orchards where wild birds rather than pesticides were introduced to eliminate insects.

The growers were able to use 60 percent less pesticides overall and the fruit from the bird orchards was worth more because it was "pesticide-free", creating a winning combination for consumers, growers and birds alike.

Fowl Weather Housing has produced over 5,000 kits since it's inception, most of them ending up in the hands of school children.

"These kits are for the kids," Barsted said, "They are not for sale. We have had commercial requests for hundreds of boxes, but we have to deny them. They want "cookie cutter" boxes that are out of line with our mission. We are not here to put a nice "green" angle to someone's catalogue just because we use recycled wood."

The group will accept corporate underwriting to cover operating expenses as long as it's mission is not compromised.

Demand and support for the group's program grows as the news of it's good works spreads, placing them in a dilemma, they lack one resource: humans. Their present level of membership cannot expand the program to keep up with increasing requests.

They seek new members to help. Fowl Weather Housing is open to anyone and everyone who would like to help create better living and working relations with our feathered friends.

Their next meeting is Thursday, March 17 at 7 p.m. at Millersburg City Hall, 4222 Old Salem Road N.E. approximately three miles north of Albany.

For more information contact Don Barsted at 541-738-0706.



Photo by Emil Rogers

Fowl Weather Housing, a group of volunteers, has been building and distributing bird houses for free since 1997.

In Memory of Jared Stait

Tree dedication and sharing of memories

Friday March 14

at noon

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- Author Unknown

Conversation and further sharing to immediately follow in the Multicultural Center.

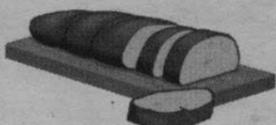
For more information contact Carol Wenzel 917-4459

COMMONS Menu

March 5 - 11

Wednesday
 Chefs Choice

Thursday
 Chefs Choice



Friday
 Chefs Choice

Monday
 Chefs Choice

Tuesday
 Chefs Choice

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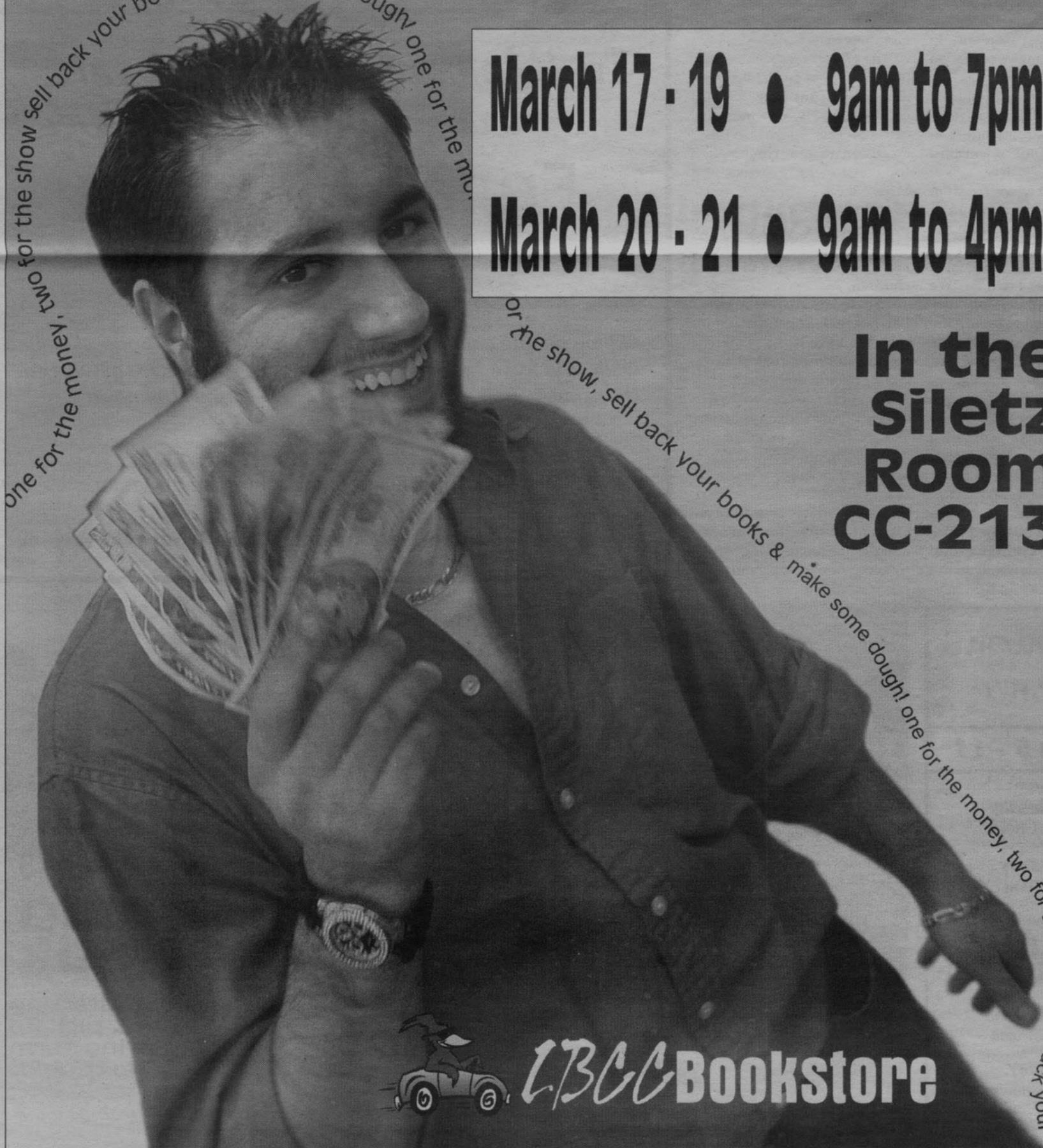
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one for the money, two for the show sell back your books & make some dough! one for the money, two for the show

March 17 - 19	•	9am to 7pm
March 20 - 21	•	9am to 4pm

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SPORTS

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

SPORTS



BLANT

Jered Reid

A Rose by any other name is still a Rose

Ah, the continuing saga of Pete Rose and Major League Baseball could be coming to a climax this year.

Rose could be reinstated this year. However, as a condition to his reinstatement Rose must admit that he bet on baseball. MLB Commissioner Bud Selig has found himself between a rock and a hard place when dealing with Rose.

On the one hand, there are the cons of allowing Rose to be reinstated. Top ranking MLB officials are strongly opposing the idea, arguing that allowing Rose back in could harm baseball more than it helps it.

The Seattle Times reports that if Rose is reinstated, the Cincinnati Reds are almost certain to offer him a coaching position. They fear that Rose's troubled past will resurface and that a future scandal could occur.

There are also a few of the Cooperstown elite who are saying they will shun the Hall if Rose is allowed back in. Also, Rose was banned from baseball in 1989 by former Commissioner A. Bartlett Giamatti, a close friend of Selig. If Selig reinstates Rose then he would be dishonoring the wishes of his late friend.

However, on the other side of the coin a majority of baseball fans want Rose to be reinstated. The longer Rose is not, the more popularity he gains and the more he will be the thorn in MLB's side.

This is where, in my mind, Selig must pay the most attention. With last year's strike talks and the tie at the All-Star game, baseball is losing its loyal fan base that it worked so hard to get back after the 1994 strike. The longer Selig and Major League Baseball continue to go against the fan's wishes the more the league suffers.

Even if Rose is reinstated and accepts a job with the Reds and starts to act against "baseball values," the Reds will suffer more than MLB, which is no problem for the Reds, because it is not like the Reds are known for their good press.

Bottom line, Rose is one of the best players that has ever played the game. He played the game like it is supposed to be played, and "Charlie Hustle" deserves to be in Cooperstown.

College sports has its own 24-7 channel

by Phillip Ruzek
 of The Commuter

Three men are bringing a whole new arena of sports entertainment to television, the first 24-hour, seven days-a-week collegiate sports network—College Sports Television.

CSTV, a dedicated college sports network, premiered in 2003. The cable channel features thousands of hours of programming from live games and studio broadcasts to breaking news and performances from across America. The network will bring audiences; football, basketball, hockey, baseball, lacrosse, track and field, swimming, diving, wrestling and volleyball.

CSTV provides coverage of 25 different men's and women's intercollegiate sports to fulfill the commitment to audiences

as the best college sports programmer on network television. CSTV enables fans to follow their teams closer than ever without programming bias toward certain universities or colleges. CSTV's mission is to accomplish something new: to become the place to go for college sports.

CSTV was created by Stephen D. Greenberg, the chairman and co-founder of the Classic Sports Network, Brian T. Bedol, president, and Chris Bevilacqua, CEO and co-founder. Together they have brought a 24-7-365 college sports network to the people, based in New York City.

CST, which has received \$100 million from outside investors, hopes to be as popular as ESPN. The founders think the cable world isn't as crowded as it used to be. With the digital age, on-

demand and satellite programming available, the creators figure that their network can reach 10 million homes by the end of its first year.

Compare that audience estimate to the 1994 launch year of Classic Sports; when they started the cable outpost in remote Oklahoma, before getting their product into roughly 3 million homes. Bedol said that he went out into the market and that college sports is a big category that, for some reason, has been overlooked.

He says that college sports deserves its own category. The creators signed contracts with every major conference, which guarantees programming from baseball to wrestling.

The three men hope to air Division I-AA football, basketball and baseball not shown any-

where else. CSTV will also be the first to broadcast lacrosse, swimming and volleyball. The majority of its schedule will consist of college-themed highlights, shows, newscasts, previews and programs.

Bedol said that his network has already signed 12 college conferences and is negotiating with another 20. The network plans to fill in its 24-hour format with secondary content created by college hotshots, ranging from interviews with players and coaches to documentaries on some of the college rivalries.

Bedol and Greenberg sold their Classic Sports Network to ESPN for \$185 million. Greenberg, who's a managing partner at investment firm Allen & Co., and Bedol were joined in the new venture by former Nike executive Chris Bevilacqua.

Athletic Department spared more cuts so far

by Robert Ward
 of The Commuter

How does a college save \$2.3 million? LBCC is currently looking for the answer to that question.

There are many questions surrounding which programs will be cut. Tuition may be rising, childcare costs may be tri-

pling, but would LBCC go as far as cutting another sports program?

Last year, LBCC had to cut their track program to accommodate the budget cuts that took effect this year. "We never like to cut any programs," said Athletic Director and Head Baseball Coach Greg Hawk.

Fortunately, the track pro-

gram was the only victim in the sports department to be completely cut out. However, according to Hawk, the decision to cut the track program was also influenced by interest in the sport. Interest in track had decreased severely from 10-15 years ago. Hawk also noted that Oregon State University doesn't offer track.

As for this year, Hawk doesn't believe that there will be any cuts to any sport programs at LBCC.

"I don't foresee any cuts coming right now," he said, also mentioning that with President Jon Carnahan retiring, the athletic department will have to wait and see what the incoming president has planned. Should there

be future cuts to any particular athletic program, Hawk said that the whole department would be looked at to be cut. There's not a whole lot of options left, with LBCC only offering four sports. Men's and women's basketball, baseball, and volleyball are currently the only programs left. Teams are mostly funded through student fees at LB.

LBCC's athletic department works on a limited budget. Whereas LBCC doesn't partake in extensive recruiting, in terms of traveling to see players, coaches spend hours upon hours working to improve the programs. Hawk believes that the sport's coaches should be praised for making do with what they have available.

BASKETBALL AWARDS		
Men's Awards		
Ryan Schmidt		FG% Avg. 40% 16.7
<i>All Freshmen team and All-Star Honorable Mention</i>		
Byron Orth		61% 15.4
<i>Second Team All Star</i>		
Peter Nunn		48% 11.0
<i>All Star Alternate</i>		
Women's Awards		
Marisa Higgins		FG% Avg. 45% 14.1
<i>Second Team All-Conference</i>		
Janine Dionne		44% 9.2
<i>All Star Alternate</i>		
Priscilla Hendrix		43% 16.3
<i>Honorable Mention</i>		

Source: NWAACC Website

SPRING BASEBALL SCHEDULE				
Day	Date	Opp.	Place	Time
Fri-Mon	Mar. 21-24	CBC tourney	Pasco, WA	4pm
Sat.	Mar. 29	Lane	Eugene Or.	4pm
Tues.	April 1	Chemeketa	LB	1pm
Thur.	April 3	Southwestern	Coos Bay	1pm
Sat.	April 5	Clackamas	LB	1pm
Tues.	April 8	Chemeketa	Salem	1pm

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Application Deadline
for GRADUATION

If you plan to participate in the commencement ceremony and/or plan to graduate Spring Term 2003, you must turn in your graduation application to the Admissions Office by:

April 11, 2003

NOTE: you may be required to meet with your advisor before you apply, so **don't wait until the last minute!**

You can print a graduation worksheet and graduation application from LBCC's web page, www.linnbenton.edu/admissions/formindex.html. Select the name of the form you wish to print. You may also pick up forms at the Admissions Office.

Caps and gowns will be available to order in Takena Hall on April 28 and 29. They will be distributed June 3 and 4 in Takena hall.

Editor-in-Chief: Wendy Geist
 Newsroom Desk: 917-4451
 commuter@ml.linnbenton.edu

NATIONAL NEWS

News and information
 from the United States
 and the world

Nutritionist inspires audience with personal dieting experience

by Dee Denver and Matt Boase
 of The Commuter

Fifty-six percent of college students are overweight, 48 percent complain about low energy and over half of admit their diets are poor.

Deanna Latson, a nationally recognized nutritionist and Speaker of the Year nominee, addressed these issues in an 80-minute presentation at LBCC on March 6 at the second annual Health Fair.

Latson was an overweight college student eight years ago when she decided to change her life, and just by changing how she ate she lost 65 pounds in a year. Latson now speaks at colleges all over the country about the benefits of healthy eating.

To die young at an old age is Latson's motto. She says it is normal to deteriorate due to lifestyle, but it is by no means natural. Latson focuses on how what you eat will

determine how well you feel.

According to Latson the key to healthy eating is reading labels. "Just because a food is on the shelf doesn't mean it's safe," she warned. The Food and Drug Administration pulls three to 10 items off the shelves a month because they are hazardous to humans, she said, adding that educating yourself is one of the keys to healthy eating.

"If you learn good habits and choose good food products your body will reflect it," Latson stressed.

Latson's speech wasn't an ordinary spiel about which foods are good for you and which aren't—she also asked for audience participation and gave out free food.

Latson didn't end up at LBCC accidentally.

"The Student Programming Board saw her in Idaho and contracted her services," said Michael Vandehey, the team coordinator for the board. LBCC was one of four stops that Latson was making in Oregon. She has

also spoken at Portland State University, Western Oregon University and will be at Linfield College.

Latson has her own Web page at www.gotohealth.com that includes information about her keynote speeches, healthy recipes, books, links to other Web sites that might be of use, articles with information about eating healthy, information for athletes, insight into her personal life, and items to help people make healthier foods for themselves.

The Health Fair offered an opportunity for students to visit different booths set up by health and fitness businesses, some of which traveled all the way from Ashland. The 22 sponsors included the Linn County Department of Health and a business called Algae for Life.

Somewhere between 150 and 200, people attended the fair, Vandehey said, adding that he was "very proud of the event . . . everyone thought it was great."

Healthy lifestyles during college lead to healthy students

by Heather Scott
 of The Commuter

If you are similar to millions of other college students, the abundance of classes and homework that you juggle on a daily basis probably overrides your desire for a balanced diet and a healthy exercise plan.

Entry into the college lifestyle has proven increasingly shattering to the health of students. According to the Web site www.gotohealth.com, 59 percent of students say that their diet has gone downhill since they went to college. Furthermore, 1/4 of students eat no fruits or vegetables on a given day.

"I think that many students do not appreciate the importance of nutrition to their health and well being," said Paul N. Taylor, LBCC nutrition instructor.

Once students leave home and begin a college career, a variety of environmental changes take place that sway eating and exercise habits. Social scenes that almost always include food or beverage can be a downfall for student's nutrition practice. Some students choose to attend parties where alcoholic beverages such as beer are served. Beer contains over 100 calories per can. For all night study groups or a quick dinner, one serving of Papa John's cheese pizza contains 283 calories and a 20oz Coke has over 150 calories. A quick stop at the local McDonalds adds up to 590 calories for a Big Mac alone, and another 540 calories for a large order of french fries. Because some students may spend an entire day on campus, food consumption may be limited to less-than-healthy choices.

The "freshman 15", a common setback students frequently fear in their first year of school, is a rumored weight gain of about 15 pounds freshman year.

"The belief is that many newly-independent individuals make consistently poor dietary decisions that, over the course of the first year, translate into

"I think that many students do not appreciate the importance of nutrition to their health and well being."

▶ Paul N. Taylor

substantial weight gain," said Taylor. "Young women and men are equally susceptible to 'freshman 15'."

A regular exercise regimen will help keep weight gain to a minimum and increase energy. Sheri Barke of the UCLA Student Health and Wellness center recommends that students choose activities that they enjoy and activities that are convenient. If time is a factor, using breaks in between classes to jog or going to a fitness center may remove the stress of scheduling exercise for a later time. Barke also suggests that students take the stairs instead of elevators and park further away from school so they can walk. Some other ideas Barke mentions are finding a work-out buddy, taking fitness breaks instead of food breaks and being realistic about fitness goals.

"Many students feel guilty working out because they think they should be studying," said Barke on the UCLA Student Health and Wellness Center Web site. "You will be more focused and alert in your studies if you participate in regular physical activity."

Problems in society and the way people view food and themselves takes a significant toll on the eating habits of everyone, not only students.

"The images and messages sent by society evoke unique, individual responses," said Taylor. "A picture in a magazine advertisement could prompt someone to try to emulate the image seen by adopting healthy behaviors to achieve the goal, while someone else might adopt unhealthy behaviors to achieve the same goal. Still others might despair of ever reaching the goal, and engage in self-destructive behaviors to rationalize their inability to 'fit the image'."

These issues as well as many other complex concerns can trigger some of the

problems we are finding on today's campuses. Studies show that eating disorders such as anorexia nervosa and bulimia are an epidemic in the college world. Research by Anorexia Nervosa and Related Eating Disorders, Inc. (ANRED) suggests that 4 percent of college aged women have bulimia, and about 50 percent of people who are anorexic develop bulimia. Studies also found that 10 percent of people with anorexia or bulimia are male. These disorders can result in serious consequences if not treated, although sadly most students are unwilling to seek help.

"I think that eating disorders, on campus and elsewhere, are a larger problem than is immediately apparent. Those afflicted come from all walks of life and they may be found in any setting, college campuses to corporate boardrooms and in any socio-economic class," said Taylor. "Most people, including teachers and support staff in schools and colleges, have little or no training in recognizing a student or colleague with an eating disorder, nor would they know how to help the person if they did recognize an eating disorder."

Even though disorders such as anorexia and bulimia are better left to professional treatment, there are ways for college students suffering from the dreaded "freshman 15" or lacking in overall health to get back on the right track.

The University Of Oregon Health Center offers 10 tips for better eating:

- Eat a good breakfast.
- Think about what you eat. Eating fast foods is another common mistake made by students with a small budget and little time. "If you must eat fast foods, choose wisely. Choose pizza with half the cheese, a regular size roast beef sandwich, baked potato or a green salad,"

says the Health Center.

• Keep healthy snacks around the house so if hunger strikes you won't be tempted by less-healthy munchies. The Health Center recommends fruit, pretzels or rice cakes to substitute for the more common candy and chips.

• It is advised to eat foods rich in calcium. "People in their early twenties need to build up stores of calcium in their bodies to prevent osteoporosis in later life."

• Weight loss needs to be done sensibly. Don't give into fad diets or starvation diets that will be more harmful than helpful to your body.

• Sugars should be used sparingly. Using diet sweeteners in coffee or cereal may reduce problems associated with sugar intake.

• Watch out for dressings, bacon bits and other salad condiments. Although a salad is a good alternative to a greasy burger, extras on that salad may actually exceed the calories in another dish.

• "If you drink alcohol keep in mind that it supplies calories but no nutritional value" says the University Of Oregon Health Center. "There are also many health problems associated with drinking."

• Drink lots of water. "Your body needs at least eight glasses a day, and if you exercise vigorously, you may need more."

• "Remember food is a lot more than nourishment for our bodies," says the Health Center. "Enjoy and savor it."

Despite the masses of students combating weight gain, lack of exercise and possible eating disorders Taylor believes our society is becoming more aware of a need for a healthy lifestyle.

"I think that students and our society in general, are becoming more health conscious. The reasons are many, but I think that the cable television and internet 'explosions' must be large factors," said Taylor. "Unfortunately, there is probably more misinformation out there than there is credible information."

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