

## 'SONGS OF THE EARTH'

Two local choirs join together to perform LB music instructor Hal Eastburn's original composition ▶ Pg. 5

## HOOP PREVIEW

The new Roadrunner men's and women's basketball teams prep for new season ▶ Pg. 7



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# THE COMMUTER

A WEEKLY STUDENT PUBLICATION

Wednesday, Nov. 13, 2002

Linn-Benton Community College, Albany, Oregon

Volume 34 No. 6



Photo by Joleane Sharp

### Marching to a Different Drummer

One of over 250 entries, The Oregon National Guard's 234th Army Band, advances toward downtown Albany in Monday's Veterans Day Parade. A handful of protestors marched to discourage the possibility of war with Iraq (right). The LB RPM club float won third place in the parade.

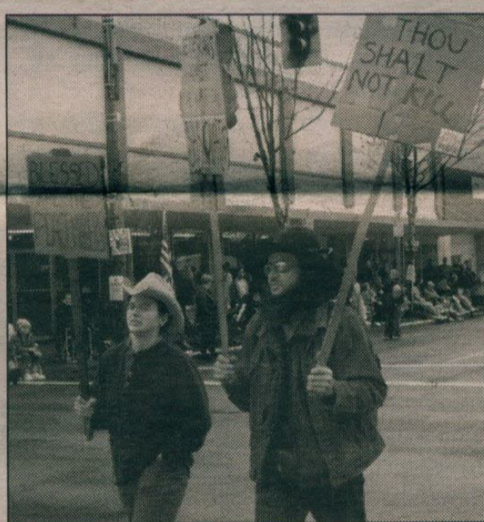


Photo by Jeremy Hennig

## Livestock team eats up competition

by Kevin Brown  
of The Commuter

So far this year the LBCC Livestock Judging Team has been doing well in competitions against other colleges.

At the team's first competition in Medford they won first through sixth places with Dara Coleman placing first as an individual.

At the second competition at Chico State, LBCC placed first in the team competition, and at the third meet at UC Davis the following week they placed second as a team.

At the American Royal in Kansas City, the team placed 10th out of 25 and Justin Hull placed second in the individual competition. At their most recent competition at the Cow Palace in San Francisco earlier this month, the team took ninth place, with Hull placing fifth in individual statistics.

The San Francisco and Kansas City competitions are two of the six major meets of the year where teams get the chance to compete at a national level, according to instructor and coach Clay Weber, who is in his second year

▼ Turn to "Livestock" on Pg. 4

## More parking and money for child care head to wish list

by Chris Ross  
of The Commuter

Free pizza attracted about 200 students and 80 suggestions last week at The Associated Student Government's "Suggestion by the Slice" event.

"I was very pleased at how many students showed up. We had a really good turnout," said Charlotte Aaron, student government vice president.

The event uses suggestions from students for ways to spend the ASG's special

project fund of \$4,483.

"The student suggestions help the ASG decide how to spend this money," said Aaron. She said the requirements for the project are that "it must benefit all students and bring to the campus something that will last about five years." Although many more students treated themselves to free pizza than offered suggestions, Aaron considered the event a success.

More parking lot space, more recycle bins, and more money for the child care pro-

▼ Turn to "ASG" on Pg. 4

## Student turns to math to mend

by Cole Pouliot  
of The Commuter

Sandy Ingrao used to be an engineering technician, but now he finds even his beginning level calculus class is a struggle.

"If someone in class would get 100 percent, I would be the one. Now I get about 50 percent," said the 55-year-old Albany resident.

Two years ago Ingrao suffered a stroke. "My mind got wiped out completely," he said, "I finished all the calculus courses with straight A's and after the stroke I couldn't even divide."

Now Ingrao is in the Learning Center three times a week to get tutored in math and, as he says, "Retrain my brain."

"I'm not trying to use my brain to do mathematics, but doing mathematics to rebuild my brain," he said, "If I catch up with the other people and finish my homework, that would be a success for me."

Before the stroke Ingrao was an accomplished

student with 10 years of drafting experience and six years of computer science experience. This knowledge never materialized in the form of a high-paying job, however. Ingrao explained how he had been to many job interviews, he estimated as many as 500. But he would always get the same response, "You qualify in every area for the job, but we have hired someone else."

So Ingrao found himself working at Fred Meyer's as a clerk or at fast food restaurants such as Taco Bell and Burger King for minimum wage.

"The frustration of not finding a decent job might have led to my stroke," he said.

Ingrao still has seizures occasionally, and will sometimes lose track of what day it is and miss his classes. "One day I was coming home from Corvallis to Albany and ended up in Portland," he

▼ Turn to "Math" on Pg. 4



Sandy Ingrao

### WEATHER THROUGH THE WEEKEND

SOURCE: WWW.WEATHER.COM

High: 56° Low: 43°  
**WEDNESDAY**

High: 55° Low: 41°  
**THURSDAY**

High: 55° Low: 39°  
**FRIDAY**

High: 56° Low: 38°  
**SATURDAY**

High: 55° Low: 41°  
**SUNDAY**

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THE  
COMMUTER

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# OPINION

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

## GUEST COLUMN

# Tattoo addict has advice for students

**T**his week I am discussing another kind of ink. The kind that is permanently embedded in your body: tattoo ink. Tattoos are "in" now. Along with piercings, tattoos are one of the vehicles of permanent self-expression among youth today.

Today I count over 20 tattoos on my body, covering my shoulders, chest, and back, as well as ankle tattoos. I got my first tattoo when I was 23 and at 48 I still occasionally go to the tattoo parlor.

Often people get tattoos at major turning points in their lives. They can be reminders of growth and the changes that life brings. Some people make a personal choice to symbolize these events by tattooing rather than other methods of expression. Everyone is different in how they express their own individuality, that is one of the great things about the human race.

Obviously, since I am not anti-tattoo, some advice I would like to share about getting tattoos will be acceptable. I understand the impulse to get them, but I have some cautions for those thinking about it.

Most alterations of your body such as tattoos are forever. They are a mark of your very own individuality. What you put on your body is a way to say who you are to everyone who sees it. I have seen some horrible tattoos that made the people wearing them look not-so-smart.

When you put someone's name on you, pot leaves or drug symbols, or the

name of your current favorite band you will certainly regret it someday. People come and go, even if you do still smoke pot when you are 40 you won't want anyone to know it and the band that is hot now will be a memory in a few years. The tattoo will be there for the rest of your life. Cover ups are expensive and not always beautiful and tattoo removal is equally expensive as well as painful.

Adele  
Kubein



IN MY  
OPINION

Some day you may want to reap the benefits of the education you are working hard to achieve now. Think about where you put your tattoo. Even though they are becoming acceptable in today's business world, tattoos still limit you in certain occupations. Since I operate my own business and don't want to scare off my customers, I made sure all of mine can be covered by a t-shirt, shorts and socks.

I know tattoo artists that make fun of their young customers because they all get the same trendy tattoo when it is in style. You might think you are being individualistic when you get something

trendy like barbed wire or butterflies, but thousands of youth across the country are getting the very same thing. A tattoo should mean something just to you.

In primitive societies tattoos had spiritual meaning and marked the passage into adulthood. Sometimes their meaning was so secret only the tattooed person really knew what they stood for.

If you have thought about it and really want to get a tattoo, shop around for a good, clean, licensed tattoo parlor.

Watch the tattooist work on other people before you decide. He or she should use new or sterilized needles and wear gloves. The shop should be as clean as any doctor's office. By watching the artist at work you will get an idea of his or her artistic competence. Look in the photo album any good tattooist will have in his parlor.

Be prepared to deal with the after-care of your new tattoo, you must follow all care instructions given to you at the parlor.

If you do not take care of it properly you can get an infection which can make you very ill and your new tattoo will look nothing like you had intended.

Never let your friends talk you into a tattoo on impulse or give you a tattoo or piercing.

Look at the tattoo magazines to get an idea of what is good work. Once you have the chance to think about it you may decide to wait for another day, and that is OK too.

# 'Grand Theft Auto: Vice City' threatened by sniper events

by Chris Ross  
of The Commuter

Grand Theft Auto: Vice City is currently being looked down on by people—who have probably never held a Playstation 2 controller, let alone played the game—because you can use a sniper rifle and snipe at people.

It's really pathetic, actually. What about those magazines that detailed how the sniper's car was setup? It's like saying; here, this is how this guy did it so now if you want to snipe from your car, you can.

And why is this game taking most of the heat?! People would be offended if it was released now, or two-years from now.

The game is rated mature, anyway—as in, no one under the age of 17 could buy this game without an adult or an ID. This game is obviously meant for adults, too. If a child plays this game, it's because their parents let them.

Most people are also under the illusion that only children play this game and other games.

The fact of the matter is, most people that play games are adults, not kids. The adults currently playing games are the same people that started playing games when the Atari 2600 first came out; about 12 years ago.

It really is sad how ignorant some people can be. They're focusing on the sniper aspect of the game, when that's only a very small part of a very big game.

If these people actually played the game, they would see that this game's storyline out-does most of the stories that are on the silver-screen.

But people don't focus on how good the storyline is, or how fun it is, do they? The game just let's you do whatever you want. It's a very open-ended game. You can snipe people; you can run people over; but you don't have to. That is what's so special about the game, you can be a bad 'good' guy, or a bad 'bad' guy. Everything is up to you.

This game isn't the most serious game, either. Just listen to one of the many radio stations in the game and try not to laugh. Or the lines the non-player-characters spit out every couple seconds.

For those of you that still believe this game is too violent or has inappropriate elements, give it a try anyway.

I think that the media is falling into Rockstar's, the maker of the game, trap. This game is getting a lot of publicity without Rockstar even trying. People will want to play this game because of the controversy. That's true with any form of media, really.

# Take the time to make a difference

**I**f you access local news, you know that our learning community is a part of the larger group of basic services in Oregon that are currently undergoing severe budget cuts. You may feel that your voice in the discussion will not make any difference at all. Or, you may feel that you simply do not have the time to get involved given your studies, family, job and other responsibilities. If so, I'd like to encourage you to reconsider your thoughts. There are some things that you can do that will only take a few minutes of your time and could make a difference for all of us. At the very least, you will gain knowledge, experience and hopefully, a sense of empowerment from engaging in the issues that affect us all.

First, I'd like to suggest that you begin discussing your concerns and questions about budget cuts with the people that will help you gain an understanding of where we are at and how we got here. President Carnahan has held open forums and has also recently talked with your student government representatives about some appropriate ways for students to provide valuable input and learn more about the budget cutting process at LBCC. So, talk with your student government members. They are your voice to the president and are on the boards, councils and committees that work to ensure that our learning community's needs are met. Student government members can also guide you in directing your discussion in a way that will give you a greater voice in the process.

You can also pay a visit to the director of your division. Student government members have organizational charts, as does the Multicultural Center, to help you identify the correct person for your area of study. Our leaders are communicating clearly, often, and with integrity with student and division leadership. By seeking information and sharing your opinions

and stories with these two groups, you are entering the dialogue in an informed manner. I encourage you to seek information from these resources so that your discussions and concerns are grounded in the facts.

Second, if you have never written a letter to your representatives in both state and federal government, now is the time to start. After all, they are your voice, but only if they know what you are thinking. Don't let a few people and special interest groups decide your educational future. Go to your governmental web sites and find out the bills that are up before congress that could decrease or eliminate your chance to fund your education with financial aid. Then write to your congressperson and tell them how budget and financial aid cuts will affect you. If you already have your degree and financial aid helped you get it, tell your congressperson. Then, write letters to the editor. Inform the greater community of what you have learned and how you feel about the current situation.

Finally, as you enter the dialogue before us, I encourage you to consider the difficult job that this economic siege has placed on the shoulders of our president, board of education members and by extension, the entire community. It is my sense that our leaders are deeply aware that every budget decision has a face. Our college is a learning community. We care about each other in ways that transcend job descriptions. We learn together. We laugh together and we grieve together. We come together to support each other in difficult times, whether they are personal or professional. And you, the student, are at the heart of our community. So, as you begin to engage in the larger discussion, please speak with compassion and in the spirit of our community. Together we will survive and grow stronger. Together, we can make a difference.

Susan  
Prock



MULTICULTURAL  
CENTER

## EXPRESS YOURSELF

The Commuter encourages readers to use its "Opinion" pages to express their views on campus, community, regional and national issues. Letters to the editor and guest col-

umns are welcome. Letters should be limited to 250 words or less, but columns can be longer.

All letters received will be published, space permitting, unless 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 [commuter@ml.linnbenton.edu](mailto:commuter@ml.linnbenton.edu)

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# CAMPUS NEWS

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

## Native American women called backbone of society

by Darrell McGie  
 of The Commuter

Native American women were the backbone of traditional Indian society and contribute much to today's culture; contrary to the message of mass media, WeeWish Semu Huaute said in a speech last Wednesday in the Forum.

"Native American women are like a spinal cord," said WeeWish, drawing a parallel to the many social interactions and contributions women made for the tribe's well-being.

Her speech focused on dispelling some long-held misconceptions which have permeated through American society. She used explanations and story-telling to educate the audience on women's tribal life, which was not based on a subservient existence.

One such misconception is that a woman must always follow behind her man because she was powerless. "It's true an Indian woman walked behind her man," said WeeWish, "but not because she's a woman, but because they're partners and she's watching their backs against danger."

She told of a custom in her Chumash tribe that prevented a man from speaking to a woman until

she spoke to him first. And during courtship, a female must first give eye contact to a male to signal her interest in him before he may approach her. According to WeeWish, these customs provide protection and honor to the female in their social structure.

When asked about the role of women in the household, WeeWish said that women usually owned the household; were in charge of moving it; and had final selection on the location of a new site.

WeeWish was critical of the portrayal of women being "a work horse" while men enjoyed an easier life. She spoke of the difficulty and hardship a woman faced in securing food and providing comfort for the family, all-the-while defending the hard work a male had to endure in hunting meat and providing protection for the tribe.

According to WeeWish, Native American women today are becoming more integrated into American society by seeking professional positions and taking a lead in educating the public on the Native American heritage and way of life.

She concluded the speech by encouraging people to get involved by contacting her non-profit group, Traditional Tribal Teachings (TTT), located in Brownsville Ore., at (541) 466-5810.

*"It's true an Indian woman walked behind her man, but not because she's a woman, but because they're partners and she's watching their backs against danger."*

▶ WeeWish Semu Huaute



Photo by Bonnie Quinones

A child tries out the new ceremonial drum created by Traditional Tribal Teachings for their presentation at LBCC Wednesday.

## Seat opens in ASG; applications due Friday

by Alaina Jones Richardson  
 of The Commuter

A position in the Associated Student Government officially opened Oct. 31 at 8 a.m. and applications are now being accepted to fill the office position. The former Liberal Arts/Human Performance Representative resigned for "personal reasons," stated Roxanne Allen, ASG president.

Applications are available in the Student Life & Leadership office, located downstairs in the Forum building. The application includes nine questions regarding previous experience, personal and academic goals and goals during the term in office. Along with the application and question responses, two letters of recommendation are required. The deadline to apply is Friday, Nov. 15 at 4:30 p.m. and interviews will be held on Wednesday, Nov. 20 at 3:45 p.m. Submit applications and letters in the Student Life and Leadership office.

Requirements of an ASG representative are to work in the

leadership office for three hours per week between 8 a.m. and 4:30 p.m. (hours set by officer), sit on two college wide committees, and attend a leadership conference held once a term. Personal office hour schedules are made by the position holder. The officer will be expected to approach the heads of the Liberal Arts Department with student issues and answer questions that students bring to them. They can also take part in planning activities around campus. Allen said the position will require at least five hours of work per week.

Being a representative for ASG presents many opportunities. The ASG officer will be granted tuition reimbursement for up to twelve credit hours per winter and spring term. Officers learn and practice communication and people skills, helpful to any career. Attending school board meetings allows officers to make a difference and change the way the school is run.

"You get to have a voice," said Allen when discussing the committee meetings, "and they listen."

## Eugene police to lecture on skinhead organizations

by Kandi Starr  
 of The Commuter

A representative from the Eugene Police Department will be at LBCC on Nov. 13 to give an informational talk about skinheads.

Susan Prock, of the Multicultural Center asked Lin Holmquist, who handles gang issues for the Eugene Police Department, to give a talk to LBCC students.

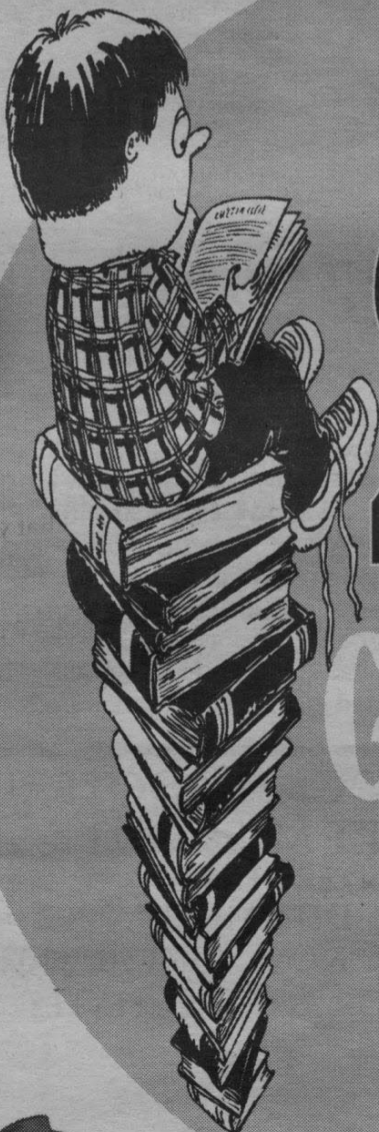
Holmquist will talk about skinhead organizations; how they recruit, how to identify and deal with them and what to do if they show up in a community.

The presentation will be held in the Fireside Room from noon until 1:30 p.m.. There will be a free soup and roll lunch.

Students who would like to learn ways to deal with skinheads in their communities are invited to attend this presentation.

# Children's Book Week

November 18-22



25% off all

Children's Books



LBCC Bookstore

Mon-Thurs  
 8 to 6  
 Friday  
 8 to 4

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# CAMPUS NEWS

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

## Off Beat

From KRT News

### Defective Wife

A Texas man's youngest son was diagnosed with a serious genetic lung disorder that results only if both parents carry a defective gene. The father went to the doctor to make sure he possessed the gene. He didn't.

This revelation meant that he wasn't actually the boy's father as his wife had led him to believe. Further tests, in fact, indicated that he wasn't the father of any of his three sons.

An intense family discussion resulted.

### Did You Catch That No.?

Two 15-year-old boys took a family pickup truck on a vandalizing spree early one morning, zigzagging all over seven lawns in Grand Island, Neb., and also hitting a street sign and a tree before speeding away.

Police had no trouble locating the lads because the truck had the name of the family business painted on the door along with a phone number.

### What About My Tip?

Two teenagers called a pizza parlor to make a delivery to a Lawrenceville, Penn., address. When the driver showed up, they came out from nearby hiding places and robbed him at gunpoint.

Two weeks later, they tried it again.

This time, the pizza parlor sent an undercover policeman to make the delivery. When they pulled their guns, he pulled his. Arrests followed.

### Naked Outfitters

A new clothing store in Vancouver, British Columbia, offered a free outfit to 30 people who came to the opening willing to shop for it in the nude. Twenty-six women and four men were given "naked passes" and allowed inside.

The very large crowd was kept outside.

### Nice Cartons

A woman was breast-feeding her infant son in Hong Kong's Central Library when an employee told her to stop.

No food or drinks are allowed, she was told.

### CORRECTION

An editing error led to an incorrect dollar amount in the story "Gym's future uncertain as Benton Center preps for remodeling" (Nov. 6 issue). The cost to move the gym would be \$300,000, not \$3 million.



## CAMPUS SHORTS

### Board meets

The LBCC Board of Education meets Wednesday Nov. 20 at 7:30 p.m. in the Boardrooms. The meeting is open to the public.

### Campus Crusade meets

Campus Crusade For Christ meets on LB's main campus every Monday for bible study.

The weekly meetings, held at 2 p.m. on the second floor in the Commons cafeteria, are open to anyone. The group also meets every Wednesday at 8 p.m. at OSU in the MU East International Forum. For more information contact David at 928-6718 or go to [www.OSUCRU.ORG](http://www.OSUCRU.ORG).

### Meteor shower coming

In the late-night hours of Monday Nov. 18 and the early morning hours of Tuesday Nov. 19, the annual Leonid meteor shower might turn into a full-fledged meteor storm.

This might be the last chance this century to catch a meteor storm. The best time to catch the meteor storm here in Oregon will most likely be Tuesday around 2 a.m.

The best place to observe the meteor storm would be somewhere dark, with a full view of

the sky and, of course, without cloud cover. Learn more about the prediction methods of this year's storm at: <http://leonid.arc.nasa.gov/1998.html>

### Nature slide show Friday

Bob Ross, photographer and retired LBCC biology instructor, will hold an open nature photography slide show on Friday, Nov. 15 at 7 p.m. in the Main Forum. Both amateur and professional photographers are invited to bring up to 20 slides for viewing and discussion.

### Peace Talk Tuesday

The institute for Peace and Justice at LBCC is sponsoring a lecture and discussion about US foreign policy and the war on terrorism featuring Ryun Amundson, who lost his brother in the 9-11 attack on the Pentagon. Along with other family members of 9-11 victims, he is touring the U.S. in support of non-violent responses to terrorism and to protest the use of 9-11 to promote more war and violence. He will be speaking in the Alsea-Calapooia Room on Tuesday, Nov. 19, from 1-3 p.m. For information contact 917-4457 or [doug.clark@linnbenton.edu](mailto:doug.clark@linnbenton.edu).

## Math: Student sees progress in math, life

▲ From pg. 1

said. "I remember looking at a sign and thinking, 'how did I get here'."

Ingrao is working hard to recover and has joined a support group in Corvallis. "Once a month I go to meetings with other handicapped people, mostly due to brain problems, and we talk about our problems and common issues."

He said he has gained strength from recovered people at the meetings. "If they've recovered it's a matter of time for me. I discovered I have to get in a pattern to be able to survive."

Ingrao admitted it was hard at first to realize he was handicapped, but once he accepted it

he got on the road to recovery. "You have to admit to yourself you are handicapped to begin to get better," he said. "You have to admit defeat before you can begin to succeed."

And he's begun to do just that. He is starting to catch up with his math class and thinks he is beginning to remember some of the calculus he was once so proficient at. "I still have a fragment of my old personality," he said. "Now I'm building my new personality."

One of Ingrao's goals is to one day finish off his double major in computer science and engineering. "Maybe," he said, "I can teach myself to be more efficient than before."



Photo by Stefanie Hessenkemper

### Students Sucked Dry

Courtney Cheever gives a thumbs up to feeling better after giving blood at the LBCC Blood Drive last Wednesday.

## ASG: Officers consider ideas

▲ From pg. 1

gram were some of the ideas that students repeatedly suggested. More benches, tvs in the cafeteria, and a statue on the front lawn were also mentioned. A statue of whom or what was not clarified. Someone also suggested that the location of the smoke area that's right outside of the Health Occupations Build-

ing be moved because it "suffocated" her when she left the building.

Some of the projects that the fund has paid for in the past were microwaves in the Commons cafeteria and the Courtyard cafe, the international flags hanging along the Courtyard balcony, and the Courtyard clock.

## Livestock: Next meet Nov. 20

▲ From pg. 1

ing the team. Competing nationally raises the level of competition, he said.

"It has been a little frustrating," he added. "I think this team is very competitive and there have been very few points between the top teams. In San Francisco at the Cow Palace we were the ninth high team and there were only 37 points spread between third and ninth place out of a total of 5,000 points possible."

The Livestock Judging Team competes against other community colleges all over the country judging cattle, sheep and hogs. Competitors categorize the animals into the classes that they think they belong in, then they explain to a judge in that field

why they placed the animal where they did.

Individuals are given points based on accurate placing as well as oral reasoning, all individual scores are added up at the end of each competition to get the total team score.

A team consists of five students. Typically there are more than five students involved so Coach Weber picks what he considers the five best students that day and places them on a team.

The main competing team members include: Brandi Buxton, Dara Coleman, Lee Letsch, Justin Hull, Andy Malott and Jamie South.

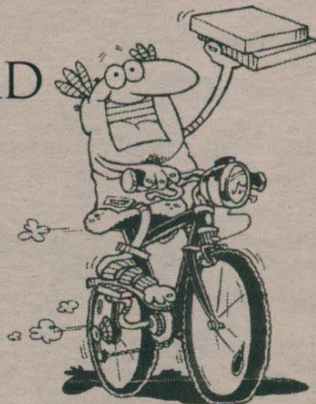
They will compete in The North American International Livestock Exposition in Louisville, Ky. on Nov. 20.



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# ARTS & ENTERTAINMENT

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

## Instructor's composition carries native American theme

Hal Eastburn's 'Songs of the Earth' brings legends from several tribes to life

by Michelle Reed  
of The Commuter

**L**BCC's Hal Eastburn is no stranger to the choir world. With more than 30 years experience as a choir director, vocal music teacher and composer, Eastburn will turn over his baton to another conductor this weekend and next when two choirs join their 150 voices to perform one of his recent compositions.

One of the choirs will be the Linn-Benton Community Chorale, which Eastburn founded in 1979 when he joined LBCC. It is a non-audition chorale that accepts anyone with previous vocal experience. The group meets one night a week for two hours to practice the classical works that they perform three times a year.

On Nov. 17 and 24 the Community Chorale will join with Salem's Festival Chorale Oregon, under director Solveig Holmquist, to perform Eastburn's "Songs of the Earth," a cantata that brings together poems, songs and legends from several Native American and Aboriginal tribes.

Eastburn's cantata will be performed by a group of 150 singers and a traditional string orchestra of 30 members.

However, it also has some unique twists. A Native American in traditional dress, Curtis Yehnert, will narrate several spoken excerpts between musical sections with the accompaniment of a native flute.

Additionally, the orchestra will be joined by three Native American drums and a rain stick, which was prevalent in

South American tribal cultures.

Inspiration for the creation of "Songs of the Earth" came to Eastburn from a "long-time friend" in the form of a book called "Earth Prayers." Reading the native people's poems and stories touched Eastburn and sparked his interest in other native music and traditions. The writ-

*"I feel that the music and poetry has spoken very deeply to me, and the rest I leave to you."*

▶ Hal Eastburn



ings seemed to communicate the native's interpretation of the "relationship of human beings to [the] earth," which was "a very integral part of [their] culture," Eastburn said.

While composing the cantata, Eastburn had trouble deciding whether to use "authentic chants" or "simply let the texts speak to me and write the music that I felt in the words," he said.

Ultimately, Eastburn ended up using an original writing only for the processional; he wrote the rest of the music himself.

"I read and re-read the text and listen for what it says."

"Songs of the Earth" is one of more than 60 original compositions Eastburn has created. He has been an instructor at LBCC for 23 years. His former titles include, but are not limited to, band and choir teacher, director of the Larimer Chorale, and conductor of the "Government Issue," (an army choir that performed over 600 concerts under Eastburn's direction).

Eastburn referred to Mozart when asked what he hopes his music conveys.

"Mozart said it best when he said, 'I cannot express myself with line and color, I am not an artist. I cannot express myself with movement and gesture, I am no dancer. I cannot express myself with words and rhyme I am not a poet. I can express myself with music.' I assure you, I am no Mozart, but I feel that the music and poetry has spoken very deeply to me, and the rest I leave to you."

### Two choirs present 'Songs of the Earth'

On Sunday Nov. 17 at 4 p.m., at Salem's historic Elsinore Theatre, and Sunday Nov. 24 at 4 p.m. at Tadena Theater at LBCC, Festival Chorale Oregon presents and the Linn Benton Community Chorale will present a performance of "Songs of the Earth" by LBCC music instructor Hal Eastburn.

The concert will feature Festival Chorale Oregon's founding director Solveig Holmquist, an ensemble including native flutes and drums, and narrator Curtis Yehnert.

Tickets prices are \$10, and \$7 for students and seniors (all tickets are \$10 for the Albany concert), with tickets available through all Safeway

FASTIXX outlets, through Salem's ABC Music and Opus I Recordings, through LBCC Tadena Theater Box Office in Albany, or charge by phone at 1-800-992-8499. Tickets may be subject to a service charge.

"Songs of the Earth" was premiered by the Linn-Benton Community Chorale in 1999, and is now being performed for the first time in an expanded and revised format, featuring 150 voices and a 30-piece string orchestra.

Festival Chorale Oregon is a chorus of professional and amateur singers located in Salem, Oregon, presenting a wide variety of classical and popular music.

## Culinary Art students feed 250 at Harvest Buffet

by Tim Paulson  
of The Commuter

Last Friday night LBCC students and faculty presented The American Harvest Buffet. This feast included 34 entrees and desserts, along with a beer chosen precisely for the food it was served with by chef instructor John Jarchke, Culinary Department Chair Scott Anselm, and two senior students in the culinary department.

The buffet was organized during the first week of school when second-year students in the department met with Jarchke and Anselm to brainstorm certain menu items. The following week a menu was agreed upon and students began planning.

Students chose one of their peers, Angie Tac, to be the Sous Chef (second in command) who was in charge of ordering all of the food and making sure there was enough of each dish for 250 people to get at least a taste.

"I thought the buffet went really well," Tac said, "Everything ran smooth and everyone was very organized."

It was decided by everyone that there would be three islands of food with one dessert station. Each island had a different theme—the Atlantic Coast, Pacific Coast, and Gulf Coast.

Once everything was in place, Jarchke and Anselm taught the students the proper way to run a banquet big enough to serve 250 people.

"The students did all of the



Culinary Arts major Mark Iverson gets ready for the annual Harvest Festival Buffet that took place Nov. 8 in the Commons. All 250 guests were served a variety of coastal cuisines, buffet style. Money raised will go to ingredients needed in the banquet.

Photo by Stefanie Hessenkemper

*"The customers were satisfied and pretty much hit all of the islands evenly, which is unusual."*

▶ John Jarchke

work," said Anselm, "John and I were there to mentor them. We worked hands on with the students."

There were a total of 28 students involved with planning, preparing, and cleaning up after the Harvest Buffet.

"We were all here until about 11:15 p.m.," said Jarchke, "but it was well worth it. Everything went great. The customers were satisfied and pretty much hit all of the islands evenly, which is unusual."

The next event the Culinary Arts department will put on is going to take place in the spring and will include a five course meal.

### Student Health Services

In Tadena Hall every Wednesday, 10 a.m.- 4 p.m.

#### Service includes:

- Immunizations
- Minor Illness
- Sports and Required Physicals
- STD Exams and Treatment
- Reproductive Health Care
- Pregnancy Testing
- HIV Counseling and Testing

Most services are provided to students at low-cost fees or free. (based on household income)

For more info call 541-967-3888 or 800-304-7468 or check out our website: [www.lbcc.cc.or.us/healthservices](http://www.lbcc.cc.or.us/healthservices)

Sponsored by: Associated Student Government of LBCC, Students Services Division, and Linn County Health Department



### COMMONS Menu Nov. 13 - Nov. 19

#### Wednesday

- Entrees; Meat Loaf w/ mushroom gravy
- English Style Fish & Chips
- Thai Past Primavera
- Soups; Dilled potato chowder
- Chicken & wild rice
- Salad: Tarragon Shrimp

#### Thursday

- Pork Piccata
- Bouillabaisse over steamed rice
- Vegetable Tart
- Soups Ox Tail
- Cream of Garlic
- Salad: Chicken Taco Salad

#### Friday

- Chef's Choice

#### Monday

- Turkey Cutlet w/ brown butter sauce
- Texas Chili Con Carne in a bread bowl
- White Spinach Lasagna
- Soups; Zucchini Tomato
- Roasted Vegetable Chowder
- Salad: Tuscan Tuna

#### Tuesday

- Garlic Chicken
- Vietamese Steak Chiles
- Rellanos
- Soups: Smothered Leeks & Fennel Bulb
- Egg Flower
- Salad: Chopped Salad w/ special dressing

# FUNNY PAGE

## RECOIL THE BLUE by Andrew S. Williams



### HELP WANTED

**Telemarketer (#1660-Corvallis)** If you learn quickly, have excellent phone & people skills and are a problem solver, this part-time job is for you. It pay's \$6.50/hour and has flexible hours (15-20hrs/week) See student employment in T101 for a referral.

**Landscape Maintenance Crew Leader (#1482-Corvallis)** You can work full-time (also some part-time

work) if you have a spray license and one year experience. This position pays \$11.00/hour. See Carla in the Career Center (Takena 101) for more information.

**Pharmacy Technician (#1655-Salem)** Great job for someone who has good math skills, legible handwriting and types thirty wpm. Please see us in the Career Center (T101) to get your referral on this great opportunity!

**Wastewater Treatment Operator (#1661-Stayton)** Full-time job for you if you have a level II wastewater Systems Operator & Collections certificates. Pays \$2400-3063/month. See Carla in the Student Employment(T101) for this one! Sign up today and be able to search our website for jobs at your convenience!

### WANTED

Bar tender trainees needed!

\$250.00 a day potential. Local positions. 1-800-293-3985 Ext 815

### FOR SALE

18" focal wheels. Good condition. Includes 2 particularly new proxes tires. Asking \$400 for all; OBO. Call Shane or Heather at 738-6472.

Hand raised baby Lovebirds. Very tame and affectionate \$50.00 each call 541-967-2337

### Classified Ad Policy

#### Deadline:

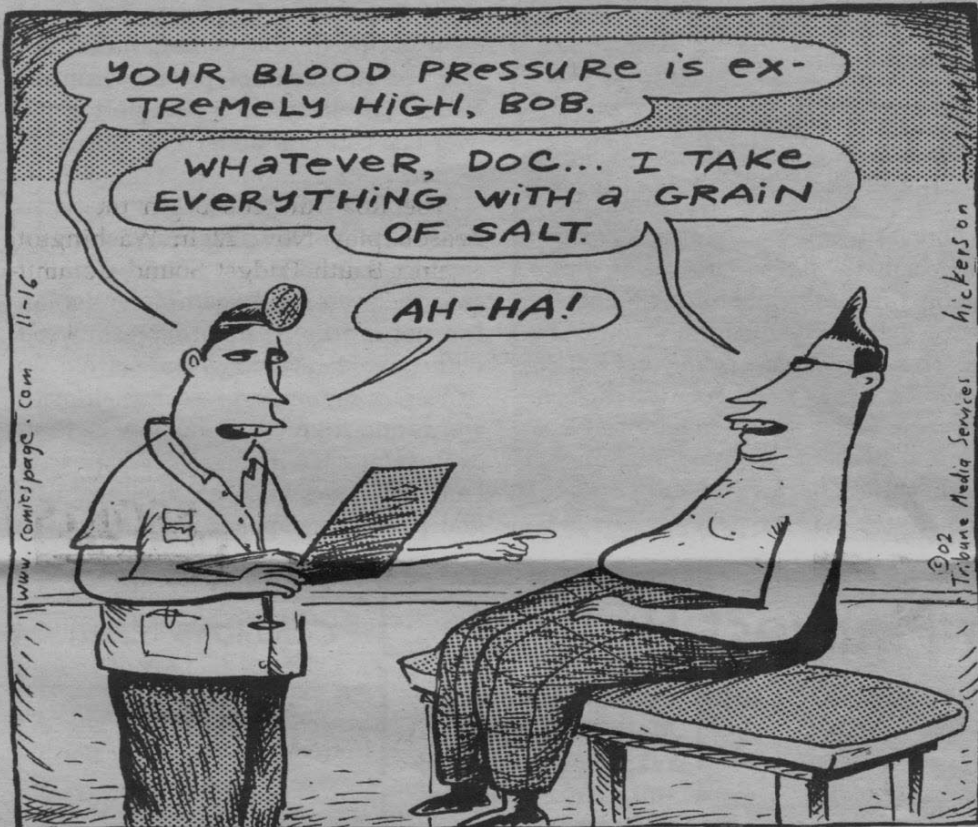
Ads accepted by 5 p.m. Friday will appear in the following Wednesday issue. Ads will appear only once per submission.

#### 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.

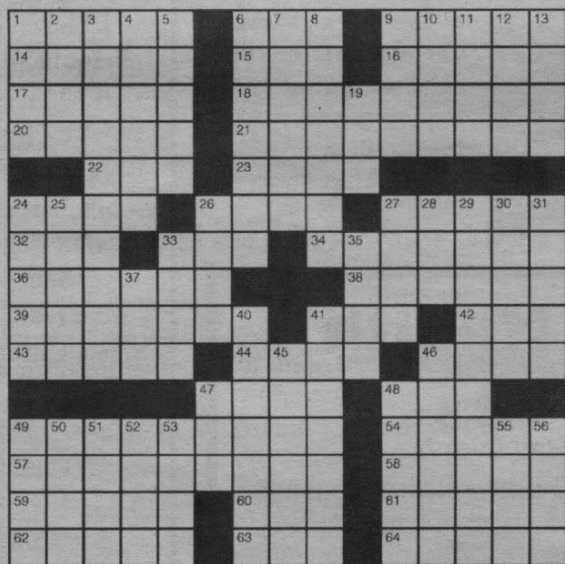
#### Personals:

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



## Crossword

- ACROSS  
 1 Goldman and Lazarus  
 6 Lout  
 9 Loathe  
 14 Rover holder  
 15 Lofty poem  
 16 Nonsensical  
 17 Gap in time  
 18 Appoints  
 20 Improvise  
 21 Superlatively chilly  
 22 Continental NASA partner  
 23 \_\_\_ not and say we did  
 24 Work station  
 26 Immaculate  
 27 Deserve  
 32 One of Alcott's women  
 33 Author Stout  
 34 One of Roseanne's TV kids  
 36 Life's work  
 38 Smile coyly  
 39 Silvery rare-earth element  
 41 "\_\_\_ My Party"  
 42 "To \_\_\_ is human..."  
 43 Tasty  
 44 Bullets, briefly  
 46 Actress Blanchett  
 47 Study at the last minute  
 48 Heavy imbibor  
 49 Pupil of Plato  
 54 Diet guru Jenny  
 57 Oslo man  
 58 Ann \_\_\_, MI  
 59 Three Musketeers' creator  
 60 Classified \_\_\_  
 61 Valletta's nation  
 62 Irish poet  
 63 Caustic solution  
 64 Appeals

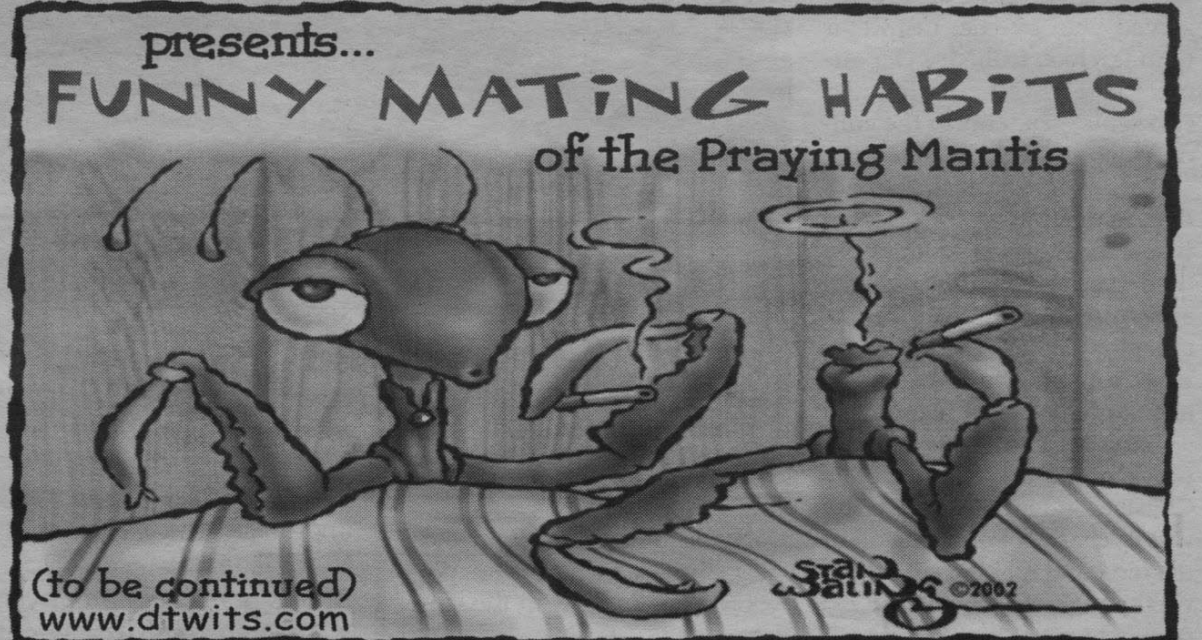


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### Solutions

- 5 Ancient Yemen  
 6 Juncture of two streams  
 7 Worshiper  
 8 Reduced in rank  
 9 "It \_\_\_ Me Babe"  
 10 \_\_\_ B'rith  
 11 Loathe  
 12 Washington bills  
 13 Take ten  
 19 Orbiting loc.  
 24 Treaties  
 25 Nebraska city  
 26 Lima's land  
 27 Med. scans  
 28 "A Nightmare on \_\_\_ Street"  
 29 Worth saying again  
 30 Totally unreactive  
 31 \_\_\_ Haute, IN  
 33 Tim or Beryl  
 35 Regarding  
 37 Actor Wallach  
 40 Of war  
 41 Gargantuan  
 45 Ailment  
 46 Cowboy's parking lot?  
 47 Gear tooth  
 48 Rascal  
 49 Capp of the comics  
 50 Libertine  
 51 Cookbook author Rombauer  
 52 The Sultan of \_\_\_ (Babe Ruth)  
 53 Actress Harper  
 55 Jot  
 56 Mardi \_\_\_

## DITHERED TWITS by Stan Waling



The mommy mantis enjoys foreplay, also known as "hors d'oeuvres".



The daddy mantis offers sage advise to his son.

**Sports Editor:** Thomas McGeary  
**Newsroom Desk:** 917-4453  
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# SPORTS

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

## Women to feature tougher inside game

by Mitch Powell  
 of The Commuter

The women's basketball team has been working hard in preparation for the upcoming season, and Coach A.J Dionne is upbeat about the team's prospects.

The Roadrunners, who have been practicing for the last three weeks, are smart and well-balanced, she said, and she expects good play from the guards and in the low post area.

"I have a lot of confidence in my guards' ability to get out and run the court," says coach Dionne. The Roadrunner offense will be run mostly by 5-3 freshman point guard Marissa Higgins from West Albany High School. Returning 5-4 sophomore Janine Dionne, who has a good outside shot and a great ability to see the floor, will join Higgins in the backcourt. Janine is Coach Dionne's little sister and the coach expects to see good leadership from her.

When the Roadrunners aren't running, their offense will be centered around a newcomer in the low post—6-3 sophomore Priscilla Hendricks, who played volleyball last year but decided on basketball this year. Coach Dionne described Hendricks as a strong player who has the ability to carry people to the hoop as well as run the floor like a perimeter player. Dionne said she has not seen anyone like



Photo by Stefanie Hessenkemper

**Sophomore Katie Jarrett gets trapped during a practice scrimmage in the Activities Center as the Lady Runners work on their defense in preparation for the upcoming season, which opens Nov. 22 at Puget Sound. The first league home game is Jan. 8.**

her in the league, and jokingly nicknames her the "Sha of the NWAACC."

This year's Roadrunner team will be different from Dionne's past teams because the focus of the offense will be in the middle rather than from the outside, which has been the hallmark of most of

Dionne's teams since she came to LB to coach in 1998. She said she is excited about the change and thinks it will bring success to the Roadrunners' game plan.

This year's team is also very smart, she said. Even though many of them are in their first year playing college-level

*"I have a lot of confidence in my guards' ability to get out and run the court."*

▶ A.J. Dionne

basketball, most are in their second or third year in school. An example is 6-foot freshman Kim West, a versatile and scrappy athlete who is playing her first year of basketball at LB, but is in her second year in college. Like many of her teammates, West brings the experience of age with her, and Coach Dionne says that one year can make a big difference in a player's ability to handle the pressure of intense competition.

Dionne said the team has been practicing well and she is confident they should do better than last year's team, which finished 6-8 in league and 9-18 overall. She expects the team to finish in at least third or fourth place and qualify for the playoffs, which last year's team missed by one loss.

The Roadrunner's begin their pre-season play Nov. 22 in Washington against South Puget Sound Community College. League play begins Wednesday, Jan. 8 at home against Mt. Hood. A schedule of this year's games can be found at the athletic department and online at [linnbenton.edu/sports/schedule.html](http://linnbenton.edu/sports/schedule.html).

## Men head into new season bigger, faster

by Carlie Russum  
 of The Commuter

With four returning sophomores, the men's basketball team hopes their experience will lead them to vast improvements over last year's team.

"We will be strong defensively and in rebounding this year," said Coach Randy Falk, who is in his 11th year coaching men's the team.

The 2002 team is relatively tall, averaging 6-foot 4, but height is not their major advantage, "I expect us to be quicker this year than we were last year," said Falk.

The Roadrunners will begin pre-season on Friday, Nov. 22 against Northwest Christian in Eugene. This year, the team is led by four returning players from last year: Blayne Watkins at guard, Peter Nunn and Justin Duke at the wing, and Bryon Orth at a post position.

Six freshmen have also been added to the roster. Four of them will be playing the post: Justin Espinoza, 6-4 from McNairy; Trevor Abell, 6-5 from Crook County; Matt Jaspersen, 6-6 from Crescent Valley; and Nathan Wente, 6-8 from Canby. At wing are 6-foot Ryan Mostinger from Tillamook; Kyler Shinn, 6-2 from South Albany; and Ryan Schmidt, 6-5 from McNairy. Tyler Steinke 6-0 from Dallas will join the team at guard. James Muncrief, 6-5, is also returning to the roster after playing for Coach Falk a couple years ago.

*"We have a very versatile bunch which gives us the luxury of going with several different line-ups."*

▶ Randy Falk

He is listed at both wing and post.

"We have a very versatile bunch which gives us the luxury of going with several different line-ups," Falk said. He also noted that he is expecting contributions from everyone on the team.

Sophomore Watkins said he is looking forward to the team playing up to their potential and making it to the NWAACC playoffs this year. "We should be better this year because we have good team chemistry and everyone is working hard in practice," he added.

Last year the Runners finished with a 5-9 league record and 10-17 overall. "We didn't end the season as well as we started," said Coach Falk. This year, both the coach and team are striving to reach their goal—competing in the NWAACC tournament.

"We are working really hard as a team and it will be up to us sophomores to carry us into the playoffs," said Nunn, who shot nearly 35 percent from the three-point line last year. He also feels the team will "need some good

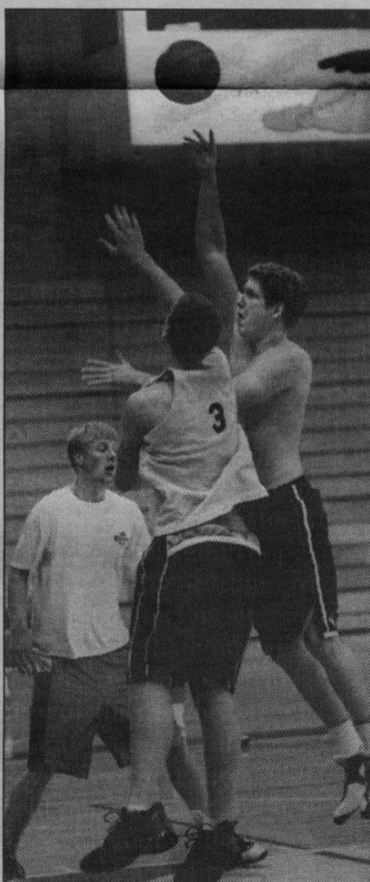


Photo by Stefanie Hessenkemper

**The 2002 edition of the Roadrunner men's team promises to be taller and quicker than last year, with a renewed emphasis on defense.**

minutes out of the big man Nate."

The Roadrunners are focusing on defense a lot more this year and Coach Falk would like to see more defensive assists and steals. The first chance to see the Runners in action on their home will be Thursday-Saturday Dec. 19-21 when LBCC hosts a cross-over tournament during pre-season. Students can watch games in the Activities Center for free with their student body card. The first league game is scheduled for Jan. 8 at home against the Mt. Hood Saints.

### SPORTS

Jered Reid



## Bestowing honors where they belong

In this week's rant, in the spirit of the MLB MVP awards, I felt that there were some people that deserved recognition for their accomplishments.

### Bonehead Play of the Century

Kentucky University. This award not only goes out to the football team, but it also goes to the entire student body. How stupid do you think Kentucky coach Guy Morris felt shaking the victorious coach's hand soaked in Gatorade? A small tip for the Kentucky faithful: next time you decide to storm the field in celebration, make sure you won the game.

### The Where the Hell Did You Come From Award

Marc Bulger and James Mangro. Quarterback Bulger threw for 453 yards last Sunday and has led the Rams back into playoff contention, too bad he gives up his job soon. And Mangro, who finally gave the Colts the running game they absolutely needed to actually win a game.

### All-Time MVP Award

Brett Farve. Farve is the Packers lifeline and every year

they make the playoffs. He should be awarded the MVP, bottom line.

### NBA MVP Award

Shaquille O'Neil. I don't care if Shaq doesn't play one game this season, he gets the award for how bad the Lakers suck without him.

### The Needs a New Job Award

Kordell Stewart. Mr. XFL Tommy Maddox has saved the Steelers season. Maybe Stewart can get a job with the Bengals.

### The Blows My Dream Of Having Three Undefeated Teams At the End of the Season Award

Oklahoma Sooners; great job against Texas A & M last weekend.

### Heisman Trophy

Byron Leftwich. I do not care how many games his team loses this season or what team he plays for. Leftwich's game against Akron was the gutsiest thing I have ever seen on a football field. His leg was so bad that at one point his offensive linemen carried him to the line and he still threw for over 300 yards.

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# NATIONAL NEWS

News and information  
 from the United States  
 and the world

## Bush Administration waits; Saddam has until Friday

by Drew Brown  
 Knight Ridder Newspapers

The United States will have "zero tolerance" for Iraqi leader Saddam Hussein if he fails to cooperate with tough new weapons inspections scheduled to start next week, Bush administration officials said Sunday.

Saddam has until Friday to accept the U.N. Security Council's resolution on Iraq's disarmament and until Dec. 8 to give a full account of Iraq's nuclear, chemical and biological weapons and missile programs. The Security Council plans to meet again to decide what action to take if Iraq fails to comply with the resolution.

National Security Adviser Condoleezza Rice and Secretary of State Colin Powell, appearing on television news talk shows Sunday, said the pressure was on Saddam to adhere strictly to the resolution in order to avoid a war.

The resolution passed by the 15-member Security Council on Friday gives Saddam one last opportunity to comply with U.N. demands that he submit to renewed inspections. The resolution declared that Saddam has been in "material breach" of previous international demands to disarm since the end of the 1991 Gulf War.

The action by the world body sets into motion what appears to be the end game for the Iraqi leader. Saddam deceived and stalled international monitors for years before they finally left the country in frustration in 1998.

A new advance team of international inspectors plans to arrive in Iraq next Monday.

"This time no one is going to have any tolerance for the kind of games of cat and mouse that Saddam has played in the past, for these games: 'We don't under-

stand it,' 'Maybe it's just this term, maybe it's just that term.' There should be zero tolerance of that," Rice said on ABC's "This Week."

Rice said it was up to Saddam to cooperate by leading inspectors to weapons facilities and providing access to Iraqis who know about the weapons programs.

"The inspectors are not going to go hunting and pecking all through a country the size of France, trying to prove that Saddam Hussein does or does not have weapons of mass destruction. It's up to him to allow this to take place."

Powell repeated the Bush administration's assertion that the resolution does not preclude the United States from taking action on its own, even without explicit council approval.

"I can assure you that if he doesn't comply this time, we'll ask the U.N. to give authorization for all necessary means, and if the U.N. is not willing to do that, the United States, with like-minded nations, will go and disarm him forcefully," Powell said, speaking on CNN's "Late Edition."

"We believe we ought to approach this with a zero-tolerance attitude because we have been down this road before," Powell said.

Iraqi state television reported Sunday that Saddam ordered the Iraqi parliament to convene to discuss the U.N. resolution and decide whether the country will accept it.

Rice dismissed the idea of Saddam seeking advice from the parliament as "ludicrous" and a "ploy."

"Saddam Hussein is an absolute dictator and a tyrant," she said. "And the idea that some he expects the Iraqi parliament to debate this — they have never debated anything else."

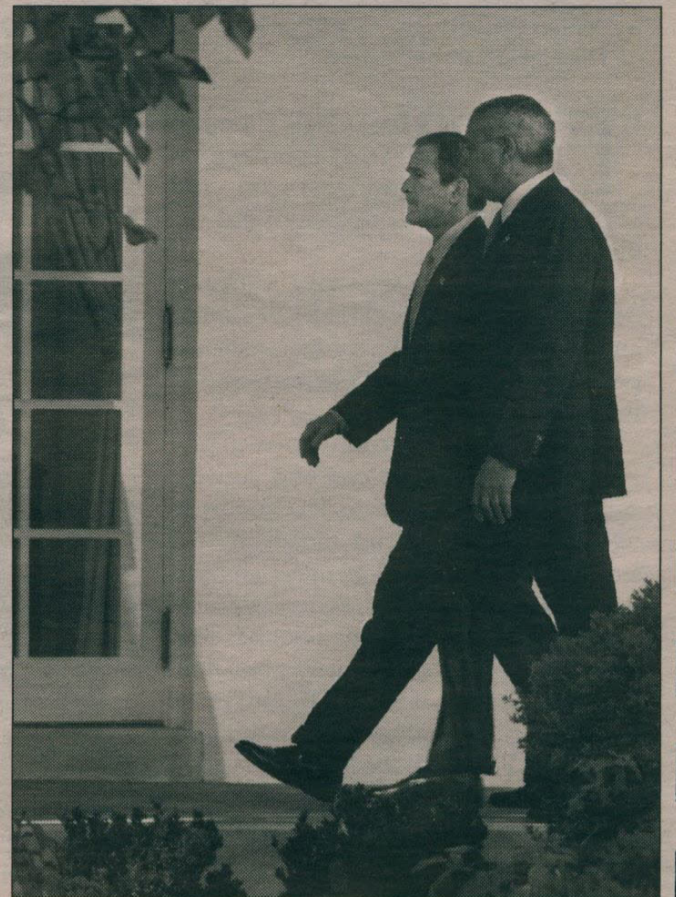


Photo by Chuck Kennedy/KRT

At the White House last Friday, President George W. Bush, accompanied by U.S. Secretary of State Colin Powell, walks back to the Oval Office after remarking on the passage of the U.N. Security Council resolution to disarm Iraq.

## Freshman 15: Weight gain among college Freshmen influences change toward proper education on nutrition

by Karen Shideler  
 Knight Ridder Newspapers

It's not always the "Freshman 15." Sometimes, it's only 5. Sometimes, heaven forbid, it's 40.

No matter the exact number, many college freshmen are discovering that they'll have a little extra baggage to take home for Thanksgiving: unwanted pounds that creep up with as much inevitability as final exams.

"It's a real issue," says Marilyn Yourdon, director of student health at Wichita State University.

At Kansas State University, "I know that it's a huge concern, especially for the girls," says Dianna Schalles, nutritionist and health educator at Lafene Health Center.

Researchers at Tufts University, known for its work in nutrition, studied the eating and nutritional habits of college students for four years and found that weight gain during the freshman year is common. They said the average gain was about 6 pounds for men and 4.5 for women. Yourdon and Schalles say the extra pounds can be blamed on a number of factors:

—Meals become irregular as students try to juggle classes, jobs, social lives and studying. Missed meals may be replaced by binge eating later in the day.

—Late-night snacking seems to go with late-night studying. "To stay awake, you had to snack. Or if you didn't drink coffee, then you snacked. And even if you did drink coffee, you snacked," Yourdon says.

—Exercise levels decrease. Students who were high school football players — and eating like them — suddenly aren't even participating in pickup games but haven't changed their eating patterns.

—The way dorm cafeterias are set up leads some students to take an all-you-can-eat approach to meals.

—Eating with groups of people encourages eating more, sort of like the

effect of a family Thanksgiving dinner.

To break the cycle, Schalles as a nutritionist and Yourdon as a nurse try to encourage small changes and moderation.

Rather than talking about weight gain or weight loss, Yourdon talks about nutrition basics and learning to read and pay attention to nutrition labels.

Schalles often has students keep a food journal. "The food journals really help them to become aware."

Often, she says, the journals will show that a student is consuming 1,000 to 1,500 calories a day from pop, or not thinking about the calories that come from a quick stop at a fast-food restaurant.

Alcohol also can add weight. It has 7 calories per gram, almost as many as fat. A student may skip a meal to "bank" calories, Schalles says, then have several beers, followed by binge snacking to deal

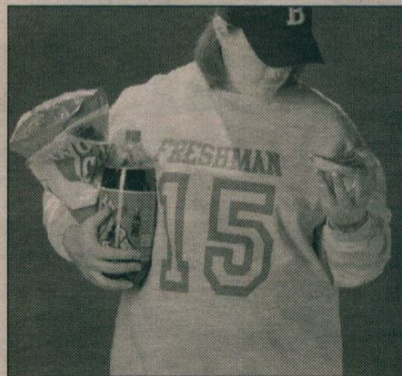


Photo by Jaime Oppenheimer/Wichita Eagle  
**Researchers at Tufts University studied the eating and nutritional habits of college students for four years and found that weight gain is a common occurrence.**

*"To stay awake, you had to snack. Or if you didn't drink coffee, then you snacked. And even if you did drink coffee, you snacked."*

▶ Marilyn Yourdon

with a case of the munchies.

Schalles recommends that students carry "smart" snacks in their backpacks and plan ahead to make healthy choices at meals.

Yourdon and Schalles encourage students to exercise in whatever way they can.

But students don't have to go to a gym, the experts say. "Even small things, like parking farther away, can add up," Schalles says. So can walking to classes at a brisker pace.

Regular exercise can make up for many eating mistakes, says Yourdon. Her son learned that lesson: He'd been a runner in high school, and he ran during his first two years of college. For him, the Freshman 15 became the Junior 15.

### THE COMMUTER

#### STAFF

The Commuter is the weekly student-run newspaper for Linn-Benton Community College, financed by student fees and advertising. Opinions expressed in The Commuter do

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The Commuter  
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 Albany, OR 97321

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