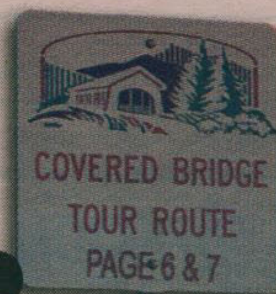


Controversial Atkins Diet proves it can drop pounds, but some say it also endangers health **▶ Pg. 5**

The covered bridges of Linn and Benton counties can turn a rural drive into a journey through time **▶ Pg. 6-7**



a weekly student publication
The Commuter

www.linnbenton.edu/commuter

Wednesday, February 25, 2004

Linn-Benton Community College, Albany, Oregon

Volume 35 No. 15



photo by Jeremy Hennig

ASG presidential candidate Stephanie Quigley (standing) addresses students while Sophie Moon (left front) and other candidates in this week's student body elections wait to answer questions from a small crowd in the Commons last Wednesday. Students can cast their ballots by clicking on the "vote here" link at www.linnbenton.edu.

Men make history, playoffs with win

Sheena Bishop
The Commuter

With 1.7 seconds left in Saturday's game against Portland, Roadrunner point guard Michael Braziel sank a layup to push the final score to 80-78 and land the Roadrunners in the NWAACC playoffs for the first time in school history.

"I thought to myself, 'this is the first time we're going to the NWAACC, ever.' I was pretty proud of myself and with the team," Braziel said after the game.

With their league record now at 6-8 at the end of the regular season, the team has much to be excited about. Their next stop is the Tri-Cities Coliseum in Kennewick, Wash., on Friday, when the Roadrunners will play the top-seeded team in the Eastern Conference, Big Bend Community College.

"I thought that as a team we kind of played poorly," Braziel added about Saturday's game. "We were up by 20 at half-time. When we came back for the second half they were on a run."

Head Coach Randy Falk agreed, saying the players have lots of preparation ahead of them before the tournament.

"We are going to spend a lot of (practice) time on our defensive transition and our half-court defense," Falk said. "I think if we don't get those two things taken care of we won't accomplish anything."

The Runners are seeded fourth in the

showed up.

This seeming lack of concern by students regarding campus issues elicited surprise from those attending and prompted expressions of concern from all the candidates.

Julie Toll, the candidate for business and health occupations representative, said "It's important that everybody gets involved with what's going on."

James Crawford, one of the two candidates running for public relations secretary, said that if elected, he plans to encourage student feedback, boost student involvement and engender "greater pride

▼ Turn to "ASG" on Page 4

▼ Turn to "Playoffs" on Page 9

Candidates decry low participation

Sarina Smuland
The Commuter

Today is the last day to make your voice heard in the Associated Student Government (ASG) elections.

Ballots are accessible online through a link on LBCC's home page, www.linnbenton.edu.

Nine applicants are running for seven of the eight available seats on the ASG. The position of liberal arts and human performance representative attracted no candidates. Students interested in that open position will be interviewed next term by the new council, which will appoint the representative.

ASG Candidates

- President: Stephanie Quigley
- Vice President: Jackie Lohner
- Public Relations Secretary: James Crawford and Patrick Hager
- At-Large Representative: Sophie Moon and Brett Nixon
- Student Services/Extended Learning Representative: Bill Hand
- Business and Health Occupations Representative: Julie Toll
- Science and Industry Representative: Paul Weatherford

Last Wednesday, all nine candidates assembled in the Commons to introduce themselves to the student body and answer questions. Qualifications, reasons for running and campus issues were discussed in detail.

Although fliers posted across campus advertised the forum and free food for attendees, only a few dozen students

ASG taps student fees to restore cable to lounge

Adam Swackhamer
The Commuter

Calling all lounge lizards! In the coming weeks you will once again be able to watch your favorite cable television shows in the student lounge.

In a 4-1 vote at its meeting last Wednesday, the Associated Student Government (ASG) decided to finance the reconnection of the cable in the lounge.

Cable service was cut off in October last year because of Comcast's decision to switch to digital cable. LBCC still uses 75-

ohm coaxial cable, which is too small for a digital cable signal to travel through.

Ever since the cut off last October, there have been plans to rewire the entire campus, but none of them have come to fruition. The only department that has made the switch so far is Media Services.

Prior to the switch to digital cable, the college's previous cable providers, TCI and AT&T, had donated service to LBCC, in limited quantities. Ken Long, a video and multimedia specialist with the Media Services depart-

ment, said that Comcast probably would have honored its predecessors' deal with Linn-Benton had it not changed to a newer delivery system.

According to Long, Comcast told the college it will donate cable service to any buildings on campus that do not have a public viewing area. However, this excludes most of LBCC's buildings.

The cost of cable reported at the ASG meeting last week was \$79 a month. Long, who had not been informed of ASG's deci-

▼ Turn to "Cable" on Page 4



photo by Scott McClure

The Student Lounge, which has been without cable television service since last October, should once again be aglow in the big screen's blue light when the cable connection is restored in the coming weeks.

WEATHER THROUGH THE WEEKEND

SOURCE: WWW.WEATHER.COM

high 56 low 39
WEDNESDAY

high 50 low 37
THURSDAY

high 52 low 36
FRIDAY

high 48 low 36
SATURDAY

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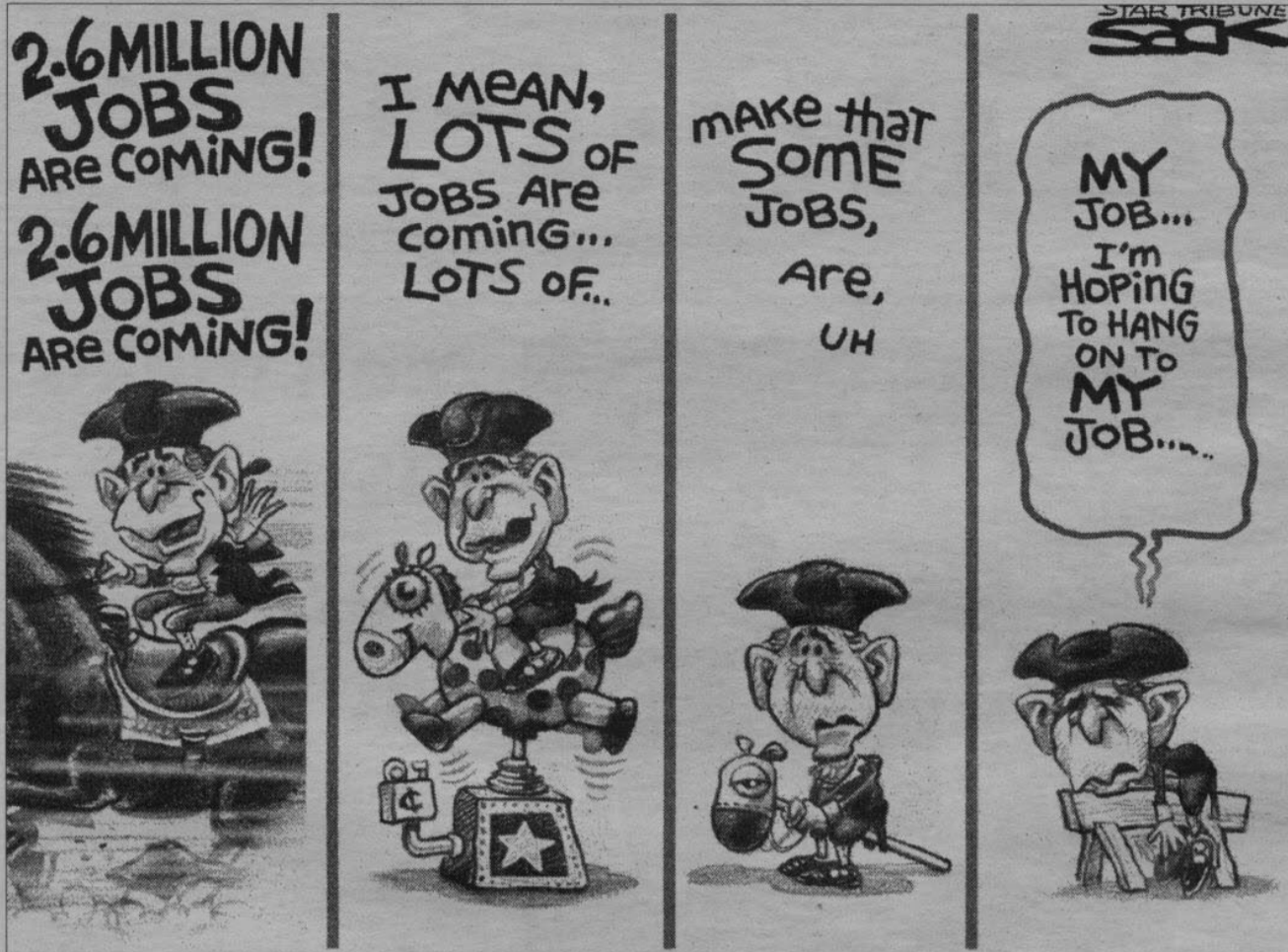
The

 Commuter

Opinion Editor: Erica Hennig
 Editor-in-Chief: Michelle Bertalot
 Telephone: 917-4451

OPINION

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



Bush runs from earlier prediction of 2.6 million jobs

Knight Ridder/Tribune News Service
 For The Commuter

The White House made a bold statement Feb. 9 when the Council of Economic Advisers predicted the United States was on the verge of a job creation bonanza. Happy times were finally approaching with the projected addition of 2.6 million jobs in 2004, more than enough to replace all those lost during President Bush's term.

While such an outcome is surely to be wished for, the administration, in its annual economic presentation to Congress, is now running away from the numbers almost as fast as Britney Spears raced to get divorced. All of which highlights, again, that the administration is at sea when it comes to bettering the lot of American workers.

"I'm not a statistician. I am not a predictor," said Bush, who has near-religious faith in the power of tax cuts to help the economy expand and produce jobs. So far, he has half a loaf: Economic growth in the last half of 2003 was the fastest since 1984, but the United States has added an average of only 73,000 jobs a month since September.

Bush would have to suddenly quadruple that rate to hit the 2.6 million target and do almost that well to drive down unemployment.

No president has as much control over the economy as you might think or he would like, but Bush and his advisers look particularly hapless. When January's job creation numbers were disappointing, Labor Secretary Elaine Chao suggested that Americans take solace in the rising stock market, calling it the "final arbiter."

Then, last week, Gregory Mankiw, chief of the White House Council of Economic Advisers, said the loss of highly paid jobs going to foreign countries was "probably a plus for the economy in the long run." Many economists say Mankiw may be right, but that's small comfort to the \$60-an-hour software developers whose jobs are being taken over by \$6-an-hour workers in India.

Technological advances, rising productivity and increased global competition are wreaking historic changes in the workplace. The president and, for that matter, his Democratic challengers have yet to address those forces directly, let alone present America with a cogent program for confronting them.

LETTER TO THE EDITOR

A&F stereotype may open up can of worms

To the Editor:

I would like to make a few comments about the "A&F markets image of self-hate, racism" article that was in the Commuter last week.

First of all, I am a white male that grew up in "suburbia" and would not even in my darkest hour of fashion need or want to step foot near Abercrombie and Fitch.

If you feel inferior that is your own fault. A lack of good self esteem of yourself is not "white people's" fault and don't try to place the blame on a line of clothing. Think about what you are writing before you publish it because you are going to open a can of worms that doesn't need to be opened. And don't stereotype me because I don't have "the A&F Look" either.

Jason Melkvik

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 and should be limited to 250 words.

Drop letters off at the Commuter office, Forum 222 or email us at commuter@ml.linnbenton.edu

COMMENTARY

LB's drab architecture depresses students: More color, art needed

Mike Johnston
 The Commuter

If you are reading this, there is a rather high chance that you are somewhere on the Linn-Benton campus. Do something for me. Look around the area that you are in and notice your surroundings. Concentrating on the physical features around you, what emotion strikes you first after looking at our school?

I can't speak for everyone, but I did this very same observing technique in many areas of LB and came to a rather depressing conclusion that our school is pretty drab. The campus creators, in my opinion, didn't place much care in whether students at the school would have something calming to look at. Instead, the school was made of colorless concrete walls and red bricks, making it seem sterile, yet still harsh on the eye. The occasional fountain and tree here and there does help, but not enough for a campus beauty award by any means.

I have issues with mental disorders, mostly depression. While I was researching ways to strengthen my defense against sadness without the use of medical drugs, I stumbled upon many documents on the Internet that told of the emotional factors that can be changed by

color and art. I quickly realized that some of the emotional issues I have with the school come from the overall "blah" that our beauty barren campus creates.

In 1996 the infamous Davidson County Sheriff Gerald Hege from North Carolina had all the cells in his jailhouse painted pink. Violence amongst inmates was reported to have dropped a great deal, showing that the color of one's surroundings affects one's mood.

I'm not saying that we should have all the walls painted pink, that would be outright silly. However, I do feel that having a little artwork scattered about campus would be nice for the eyes and good for the soul.

It would also be cheap to do. How many artistic students do you feel would be willing to spruce up the campus for only the cost of the paint and canvas? Or how about a team of welding students building a metal sculpture or two? Even some calming classical music over a speaker in the courtyard would have a nice effect.

I think that even the simplest of little touch-ups at our school would heighten student moral and attendance. Plus, who knows, maybe test scores will even improve.

It is time for a change on campus. The administration needs to realize how much atmosphere really plays on a healthy learning environment.

I quickly realized that some of the emotional issues I have with the school come from the overall "blah" that our beauty-barren campus creates.

▶ Mike Johnston

The Commuter

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STAFF

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Editor-in-Chief:
 Michelle Bertalot

Managing Editor:
 Adam Peoples

Copy/Opinion Editor:
 Erica Hennig

Arts & Entertainment Editor:
 Peggy Isaacs

Sports Editor:
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Production Crew:
 Nathan Roose, Shannon Reddicks, Daron Jackson

Advisor:
 Rich Bergeman

Phone: (541) 917-4450, 4451, 4452 or 4453

Fax: (541) 917-4454

Address: 6500 S.W. Pacific Blvd., Albany, OR 97321

Editor-In-Chief: Michelle Bertalot
Newsroom Desk: 917-4453
 commuter@linnbenton.edu

CAMPUS NEWS

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

Lecture on theories of Earth's evolution captivates students

Erica Hennig
 The Commuter

About 17 LB students and faculty attended Dr. Lynn Margulis and Dorion Sagan's lecture on recent ideas in evolution last Friday.

The trip was part of a monthly lecture series that continues March 12 with Dr. David Orr, professor of environmental studies and politics at Oberlin College. Orr has authored three books on ecology: "The Nature of Design," "Earth in Mind" and "Ecological Literacy." Visit www.oberlin.edu/envs/ajlc/Design/Orr.htm for further biographical information.

The trip was \$10 and included transportation and tickets at a significant discount. An excited and talkative group met last Friday during the late afternoon to attend the evening lecture, held at the Arlene Schnitzer concert hall in Portland.

The event was intriguing, funny and thought-provoking. Dorion, son of Margulis and the late Carl Sagan, opened the science and evolution-focused talk, followed by his mother. His segment began with an example of "Murphy's Law," as he struggled jokingly with the PowerPoint. He spoke on thermodynamics and its laws in relation to Earth's phenomena as means of introducing the theory of evolution. To illustrate his main point: We only think we are the center of the universe, he quoted Winston Churchill, "We are all worms, but I do believe that I am a glow-worm."

Sagan provoked the audience to think of how intrinsically connected animals, plants and other life are to the Earth by closing his half of the speech with the statement, "People say we came

into this world, but we did no such thing. We came out of it just as fruit comes out of trees."

Margulis began the second half by presenting a photograph of the Earth rising from the moon. She asked the audience if they know what the picture is of. The fascinating and beautiful photo began her portion of the speech, which focused on the findings of how the Earth evolved through the eons.

A video and photos of animals served as imagery about "green animals"—animals that subsist by photosynthesis alone, such as convoluted roscoffensis (flatworm) and tridacna (clam). She continued to explain in laymen's terms the main idea from their co-authored book, "Acquiring Genomes."

"Our own watery organic bodies, like those of all animals, plants and microbes, are a kind of time capsule that contains Earth's chemical environment as it was three billion years ago. The ancient past is preserved within by prodigious fluxes of solar energy captured by photosynthesis or deep, hot chemical reactions in the bowels of the Earth. The environment within which evolution occurs is dynamically stable and self-regulating. Largely maintained by the chemical and biological interactions of members of microbial communities, the ocean-blue biosphere's physiological stability requires an incessant flux of energy from outside the system. Life is Earth-bound and cellular, but also a geological and solar phenomenon"—an excerpt from "Acquiring Genomes."

Discussion continued over a leisurely dinner at a sushi bar. The group returned to the college shortly after midnight.

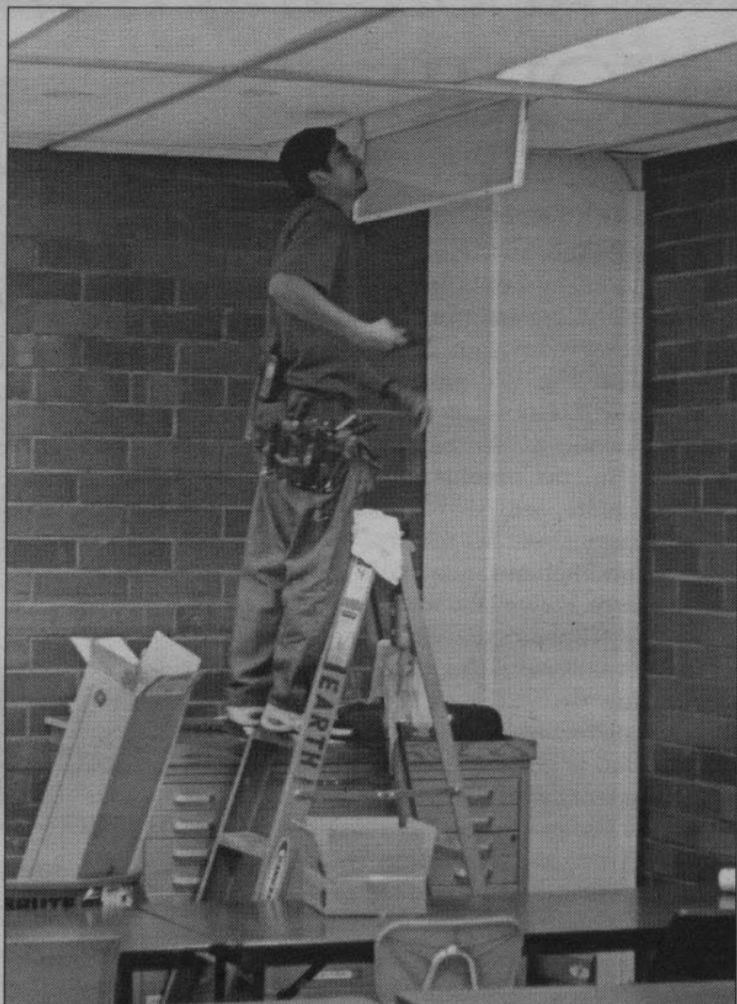


photo by Jeremy Hennig

Relighting the Campus

A worker for Earth Savers replaces ballasts in the fluorescent lights of the AHSS Building Monday night as part of a campus-wide replacement project. On two separate occasions earlier this term, buildings had to be evacuated when older fixtures burst and sent small amounts of PCBs into the air.

GSA attends conference to educate youth about AIDS prevention

Adam Peoples
 The Commuter

LBCC's Gay-Straight Alliance club sent a representative to the Ryan White National Youth Conference (RWNYC) on HIV and AIDS in Portland on Feb. 13-16. The GSA and the local branch of Parents, Families and Friends of Lesbian, Gay, Bisexual and Transgendered Persons sponsored the admission.

White was an Indiana teenager whose personal story of HIV, AIDS and discrimination sparked nationwide education movements. The four-day conference, according to rwnyc.org, was "dedicated to building the HIV prevention health services and advocacy skills of young AIDS activists, youth peer educators, HIV-positive youth and those who work in support of

young people."

LBCC's representative, who asked that his name not be mentioned in this story, described the event as "a learning experience." The seminars covered organization of HIV/AIDS information centers at schools, prevention methods and vaccination trials.

He said guest speakers, described their personal battles with AIDS and how they dealt with it. "It was amazing seeing people who have the disease, but live normal lives," he remarked.

Activists gave information in the form of data and figures, claiming HIV/AIDS kills 8,000 people per day. One aspect that struck LBCC's attendee was the different approaches to understanding AIDS from people of varying regions of the country.

Smith hopes to use the information to facilitate the HIV/AIDS awareness at LBCC and at local high schools. "It's very effective to have kids teaching kids," He commented about the benefits of peer education.

He and his partner also attended the Oregon Queer Youth Conference held in Portland Jan. 31. The workshops focused on issues of bigotry, discrimination by people in positions of authority and the creation of Gay-Straight Alliances (GSAs) at schools.

A large high school turnout at the conference was a boost for the gay and gay-friendly community, he said. High schools in Corvallis and Albany have established GSA clubs, but Lebanon and Sweet Home have not registered any similar clubs.

LBCC's GSA meets Wednesday,

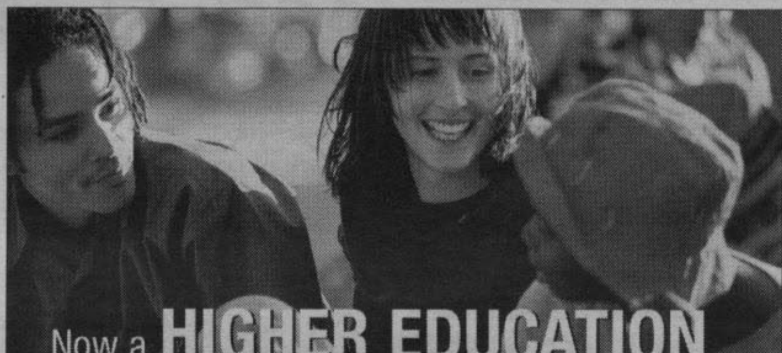
from 2 to 3 p.m. in the Multicultural Center. Staff and students alike are invited to the weekly meetings. Feb. 11's meeting had a low attendance, with only four students present. "We need more heads, more minds," he said.

Informational fliers are posted on the various bulletin boards about campus. Yet support for the club is sparse.

Smith showed a flier that had

been torn off the wall and defaced. He added that he feels anxious about putting the fliers up, fearing negative reactions. "We aren't supposed to go (to distribute fliers) alone," he added.

"The majority of people here are trying to finish school," he commented, adding he thinks universities have more support because people are a part of that community longer.



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CAMPUS NEWS

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

CAMPUS SHORTS

Golden Z club meets today; seeks members

Golden Z Club, an organization sponsored by Zonta International, is holding an informational meeting today, Feb. 25 at 3:30 p.m. in the Willamette Room, CC-210. Guest speaker Dianna Howell, a member of the Zonta Club in Corvallis and LBCC graduate, will share an inspiring story about her return to college and her entrance into the workforce. Howell is a manager at Barrett Business Services. Zonta International is a global organization dedicated to the advancement of women in society. The club is geared toward college students who intend to work in various professional fields. Both men and women are encouraged to attend. For more information contact Rosemarie Hubley at (541) 745-7710 or at hubleyr@linnbenton.edu.

PTK sponsors health fair in Tadena next week

The first week of March, from 9 a.m. to noon Monday-Friday, Phi Theta Kappa (PTK) is sponsoring "Dimensions and Directions of Health," with their study topic concentrating on "Conquering Cancer." PTK members will set up tables in Tadena Hall with brochures, informational posters and handouts to give to anyone who stops by. Recently, PTK donated money to a Lebanon Center staff member who participates in cancer awareness and research in memory of her sister and are planning on participating in upcoming Relay for Life events.

Ambassadors share info on breast cancer

The Student Ambassadors are sponsoring a "Share the Care" breast cancer awareness seminar and workshop that will take place today, Feb. 25, from 12 to 1:30 p.m. in the Alsea-Calapooia Room. The seminar is open to the public. Speakers from across the valley, as well as national coalitions will be present to answer questions and provide up-to-date information on breast cancer. The risk of breast cancer increases with age, especially after age 50. About 80 percent of new cases and 82 percent of breast cancer deaths occur in women over the age of 50 according to the Student Ambassadors' research.

CORRECTIONS

The article "International Cookbook seeks student recipes," featured in the Feb. 18 issue, had an error in the "how to submit recipes" instruction box. The group log-in for the cookbook is case-sensitive and should have read:

"lbcccookbook"

We regret this error.

SPB troubled by lack of applications

Zedidiah Potts
 The Commuter

The Student Programming Board (SPB) has eight open positions and only received five applications, says SPB Coordinator Ian Baker. Baker said that it is unknown how many students will be hired out of the first interviews.

"We need people who are dedicated, open minded and very responsible," said Yu-Ping Hung, SPB multicultural activities coordinator. "When people quit in the middle of the term, it makes it very difficult for the board to do its job," she continued.

The SPB organizes campus events paid for with student dollars. Six of the eight positions are responsible for one event each,

and sometimes, admits Hung, it can be very challenging.

"When I organized Martin Luther King week, it was very difficult. We needed an event planned for every day," said Hung.

The SPB is responsible for Martin Luther King Week, the end-of-school Spring Fling, Valentine's Day flower sales, the Christmas tree, and a blood drive. SPB members emphasize their commitment to the campus community and their goal of pulling the school together to involve more students in the process.

"They're not just one-sided," said Baker of the board's planned events. "I don't think most students know that these positions exist."

But there are rewards for their dedica-

tion, emphasized Baker. Of the SPB's eight members, two of them have three terms paid for and the other six positions pay for two terms. Members attend at least one leadership training retreat a term, and the group he works with, Baker says, is very close.

"This place has become kind of a second home," Baker commented. "And, of course, the tuition doesn't hurt." Campus Events and Recreation specialist Tamara Britton agreed, saying, "I love my job. It's like planning a big party. How can you not have fun planning a party?"

A second group of applications will be advertised for before the end of the term in The Commuter. Inquiries may be directed to Ian Baker at (541) 917-4472.

Cable: ASG to turn on cable TV in lounge

▲ From page 1
 sion to reconnect cable in the lounge, estimated a cost at about \$65 per month.

Interim ASG President Ryan Kirchner said that once the cable is connected, it will be paid for with revenues from student fees, which is the money the ASG uses to fund its projects. One of the reasons the cost was justified by some ASG representatives was the lack of an emergency broadcast system.

"We've got that big TV in there. Why not use it?" Eddy Hildebrand, student services and extended learning representative.

The resignation of President Oren Hawksford was also briefly discussed at the meeting. According to interim president Kirchner, who was the former at-large representative, Hawksford resigned because of illness.

His resignation was made official on Friday, Feb. 20.



photo by Lewis Forquer

Where There's Smoke . . .

Firefighters inspect a house that caught fire last Wednesday afternoon about a half-mile south of campus. The fire shut down Highway 99E near Beta Drive for about an hour. All residents escaped unharmed, according to fire officials

ASG: Students raise parking, smoking issues

▲ From page 1
 in your school."

Lack of communication was identified as the cause for low student involvement. Paul Weatherford, the candidate for science and industry representative, said the ASG needs to improve its communication with the student body. Weatherford called for a more "communicative" presence on campus and promised to relay student opinion to the administration.

A common misconception is that ASG meetings are closed to the public. Vice-presidential candidate Jackie Lohner said "Every meeting should be posted in The Commuter and in front of Tadena Hall." Lohner also said she intends to "get information out there on what issues are being addressed."

Students challenged candidates to address current issues and outline their solutions. Hot topics include lack of parking,

number of designated smoking areas and wheelchair accessibility.

Student complaints on the limited number of parking spaces led presidential candidate Stephanie Quigley to say "This is an issue we are definitely, definitely going to address this next year."

Current debate over smoking on campus sparked a question for candidates on how to mediate. While non-smokers complain of smelling smoke in non-designated areas, smokers protest that designated areas are too few. Candidates asked to provide a solution to this issue suggested adding more designated smoking areas.

A little-known but important issue is that LBCC's campus is

only partially wheelchair accessible.

One student pointed out that the Multicultural Center does not have a suitable entrance for wheelchair-bound students.

"(Parking) is an issue we are definitely, definitely going to address this next year."

▶ Stephanie Quigley

this problem. Lohner said she does not know where the money to fix this will come from, but that it does need to be raised.

Bill Hand, candidate for student services and extended learning representative, said that signs should be clearly posted indicating current wheelchair accessible entrances and facilities until the deficiency can be corrected.

All the ASG candidates were

asked to explain why they were running for office. Most candidates indicated a desire to be involved and many said they wanted to help students.

Patrick Hager, one of the two candidates for public relations secretary, said he wants "what's best for the school," and "to give something back to the campus."

Brett Nixon, a candidate for at-large representative, said it was partly a matter of "personal pride." Nixon also said he likes to debate controversial topics. "I love to speak," he said.

Sophie Moon, also a candidate for at-large representative, said her experience as a senior senator at Lebanon High School accustomed her to "being with the public" and speaking out on important issues. Moon said she wishes to help students get more involved.

All of the candidates urge students to participate in elections by casting their votes.

Editor-in-Chief: Michelle Bertalot
Newsroom Desk: 917-4453
 commuter@linnbenton.edu

CAMPUS NEWS

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

Atkins diet stirs debate over long-term effects

Mandy Clark
 The Commuter

If you haven't heard of the Atkins diet by now, chances are you've been locked in the local bakery for the last two years.

The Atkins diet is a controlled low carbohydrate approach to weight loss that was created by Dr. Robert Atkins in 1972, when he published his first book "Dr. Atkins' Diet Revolution." And it truly has been a revolution in the last decade, drawing in millions of followers and creating a variety of low-carbohydrate spin-off diets such as the South Beach diet and the Zone.

The popularity of these diets has sparked changes in supermarkets, restaurants and even fast-food chains who are offering special low-carb frozen dinners, menu items and information on how many carbohydrates are in specific meals.

This low-carbohydrate thinking has also ignited a controversy over potential health dangers among dietitians and doctors. The Physician's Committee for Responsible Medicine website stated that low-carbohydrate diets such as the Atkins diet are linked to osteoporosis, heart disease, colon cancer and renal disease.

In the updated version of "Dr. Atkins' New Diet Revolution," revised in 2002, Dr. Atkins maps out the four phases of his plan. During the first phase, "Induction," the dieter is advised to eat no more than 20 grams of carbohydrates per day. In the second phase, "Ongoing Weight Loss," five-gram increments of carbohydrates are added back in until it triggers a weight gain. In the third phase, "Pre-Maintenance," the dieter adds back enough carbohydrates to limit weight loss to less than a pound a week. In the fourth phase, "Lifetime Maintenance," the dieter focuses on sustaining the carbohydrate equilibrium to keep weight off indefinitely.

Atkins.com has testimonies from people who have successfully lost weight



photo by Jeremy Hennig

Even fast food restaurants are getting in on the low-carb craze. Now instead of a bun, Burger King burgers may be ordered wrapped in lettuce as part of its new low-carb options. Supermarkets in the area have also added low-carb diet choices. The Atkins diet craze has raised concerns among health professionals.

on the diet. Some students and faculty at LBCC who have also tried the Atkins diet report similar results.

Kathy Chafin, faculty member at LBCC, stated she has been on the Atkins diet since April 2003. She said she lost 30 pounds in the first five months on the diet and has since maintained her weight.

"It's very hard to maintain the weight loss because if you go off the diet at all you gain weight," stated Chafin.

Chafin said her physician spoke with her about the dangers of putting the weight back on, but was pleased with the weight loss. Chafin's cholesterol and triglyceride levels both dropped after fol-

lowing the Atkins diet, she said.

Kathy Trejo, a cook at the Courtyard Cafe and former LBCC student, said she is also trying the diet. According to Trejo, her doctor said that with supervision the Atkins diet can be a positive step toward weight loss. Trejo added she would recom-

mend this diet only to serious dieters because "you have to be extremely disciplined."

The website also noted that new studies have shown a person who follows the Atkins diet will have no adverse health effects. However, Tamberly Koorndyk, registered dietitian and nutrition teacher at LBCC, has some reservations. She

agreed that some of the recent studies regarding the diet are positive, but noted they are not long-term studies. She also pointed out that weight loss alone can decrease cholesterol levels.

According to the American Dietetic Association (ADA), making whole grains, fruits and vegetables the foundation of meals forms a base for good nutrition and good health. The ADA stated a diet abundant in these food groups may reduce the risk of chronic diseases such as obesity, high blood pressure and high cholesterol.

Koorndyk said she is against diets in general because they do not work for the long-term. Small dietary changes over a period of time are the best way to maintain a healthy weight, she adds.

The USDA's Food Guide Pyramid indicates that each day individuals should eat six to 11 servings of grains, two to four servings of fruits, three to five servings of vegetables, two to three servings of meat and beans, two to three servings of dairy and use fats sparingly. On the other hand, the Atkins diet encourages foods such as cheese, butter, bacon, eggs, poultry and beef and limits intake of almost two whole food groups—fruits and grains.

In the first phase of the Atkins diet, 20 grams is the daily ceiling for carbohydrates. One apple alone contains 21 grams of carbohydrates. One pear contains 25 grams. One serving of brown rice, 1/2 cup, has 22 grams of carbohydrates. Just one serving of these foods exceeds the amount of carbohydrates that the Atkins diet allows for the day. Not only are these foods discouraged, but servings of high protein foods that contain no carbohydrates, like beef and poultry, are doubled under the Atkins plan.

"I wouldn't recommend the Atkins' diet because it is completely against the guidelines that I have learned through my education. It is not a very well-rounded, balanced diet," explained Koorndyk.

"It's very hard to maintain the weight loss because if you go off the diet at all you gain weight."

▶ **Kathy Chafin**

Even Start Program aims for literacy

Julie Johnson
 The Commuter

Corvallis Even Start Program celebrates the Latino culture by using a support system to achieve literacy. The program meets Monday through Friday from 1 to 4 p.m.

Adult Education teacher Dee Curwen focuses on teaching her students practical English with poetry, while American history and current events are used to teach American culture.

Curwen exclaims, "It's a wonderful program because it enhances the major growth of the students." She relates that after a period of time, students gain more self-confidence and a willingness to take risks in their language skills.

Staff at the Corvallis Even Start Program believe the most beneficial aspect of the program is the strong relationship with students.

Curwen said she is very proud of all the families because they are very motivated and work hard.

She explains, "People sometimes do not understand how hard it is to learn a second language after the brain is fully developed."

Curwen said that when adults get involved in the learning process, they set a good example for their children.

One Adult Education student said, "Our relationships are getting stronger because this program helps us interact with each other."

The Even Start Program serves families with children, aged infant through fourth grade. It is

funded with federal dollars and is run collaboratively by LBCC, the Corvallis School District, Benton County Commissions on Families, Kidco Head Start, OSU Child Development, Oregon Pre-K Program, Corvallis-Benton County Library, Lincoln Community Preschool, Altrusa Club and Zonta Club.

The classes improve education and employment opportunities by offering language skills to low-income families. Even Start provides programs for both adults and children, so parents can enjoy activities with their children and learn ways to help their kids succeed in school. It offers traditional, parenting, computer and mental health classes. The computer classes help with job seeking, while mental health classes cover such topics as positive self-talk and domestic violence.

Research shows that students learn better when families, school and community groups work together to improve literacy skills. According to the National Even Start Program Association, its mission is to break the cycle of illiteracy and unemployment by building skills in both parents and their children.

The National Family Literacy Program offers educational opportunities by combining four programs: Adult Education; Child Literacy; Parenting Education; and the Pact Program, focusing on parent and child togetherness time.

Those interested in the Job Literacy Program should fax a letter to (541) 967-0559. Those outside the Albany area can contact the Albany Even Start Program by calling (541) 926-1168.

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INFO



Bridges over Linn

WRITTEN BY PEGGY ISAACS · HARRIS AND



• HARRIS BRIDGE



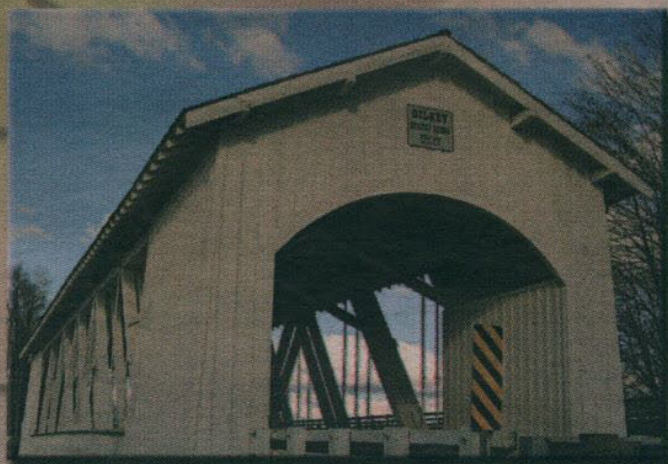
• IRISH BEND BRIDGE



• STAYTON-JORDAN BRIDGE



• SHIMANAK BRIDGE



• GILKEY BRIDGE



• HANNAH BRIDGE

Having a cover over a bridge seemed like the best way to keep the rain from destroying the bridge and off the roadbed.

This was some of the logic our ancestors used when building bridges with wooden planks. Why were the bridges covered?

On the History of Covered Bridges' website, it is reported that bridges that were covered can be dated back two thousand years ago when they were built in China and even earlier in ancient Babylon (780 B.C.)

The first covered bridge in America was built in 1804 by Theodore Burr of Connecticut. This bridge spanned the Hudson River in New York and was called the Waterford Bridge, lasting 105 years.

The idea of covering bridges moved west. The first covered bridge ever recorded in Oregon was built in 1851, located in Oregon City. The second, also in Oregon City, was built in 1852. Both were swept away by floodwaters in January of 1853.

By the 1870s covering bridges was accepted to preserve the wooden planks and keep the huge truss timbers dry, though some counties tried to save costs by not covering them. A covered bridge could last 80 years or more, while one that was uncovered would only last nine years because of deterioration. In order to save their investment, irate taxpayers frequently had to file petitions to have a bridge roofed.

Increased interest in covered bridges attracted architects and many carpenters. Most bridges in Oregon were built by the firm A.S. Miller and

Sons, between 1885 to 1973. The firm had the exclusive rights to use a Smith truss. The Smith truss was a much better and longer-lasting form of building compared to other methods used.

Wood used for trusses had to be straight, lightweight and sound. Red Cedar tended to be the best wood for construction. In the Northwest, Douglas Fir was a favorite. Properly seasoned, nails gripped the wood more firmly than oak and the metal parts set in it would not corrode as quickly. In Oregon the Douglas Fir was easily obtainable, strong and of such magnificent dimensions, it was the perfect answer for bridge builders.

One-piece truss chords were common and economical, felled near the site and hewn on the spot. Fastenings were made of the nearest hardwood, preferably oak, maple or black locust, soaked in linseed oil for preservation and lubrication. These dowel-like



—PHOTO BY PEGGY ISAACS

nails were then driven through pre-drilled holes. Fire, floods and civilization have changed the landscape and many of these great examples of fine craftsmanship that once dotted the landscape are gone.

The covered bridges that have survived remain unique and picturesque relics of the days when America was young. Covered bridges are romantic links to an era when journeys were traveled at a slower pace.

There are 51 surviving bridges in Oregon alone, many located in the Linn-Benton area.

In Benton County there are three bridges. The Harris Bridge in Wren, Hayden Bridge, west of Alsea and the Irish Bend Bridge located between 35th and 53rd streets in Corvallis on the Campus Way bike path.

Taking the Kings Valley Highway cut-off, the Harris Bridge in Wren is approximately 2.5 miles off of Highway 20/34. Three rights off the highway and the road curves around through Wren, onto gravel a short distance and then the bridge comes into view, next to some farm homes.



—PHOTO BY MELISSA FRIEND



The bridge sits on a stream in the middle of... difficult to get to the stream... be careful. The view out... brings up memories of the house "over the river and

On the gravel road, right a clear-cut that has one... over the road that... as if the tree will fall... after the next storm... another reason to... careful when going to Hayden Bridge.

Irish Bend Bridge is quite enjoyable for those who don't feel like going for a drive. Located in the middle of the Campus Way bike path, one can park on 35th street or 53rd street by the fairgrounds. It takes about 3-4 minutes to walk to the bridge bench to rest and take in the view on the 53rd street past the barns and the view of Mary's Peak is beautiful.

This bridge, being on the... by people of all ages. Love cyclists taking a break under the bridge can be seen. Irish Bend is a photograph of very small waterfalls that water and reflections from are relaxing and moving

Mt. Davis

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

in & Benton counties

AND IRISH BEND BRIDGE PHOTOS BY PEGGY ISAACS *ALL OTHER BRIDGE PHOTOS BY MELISSA FRIEND

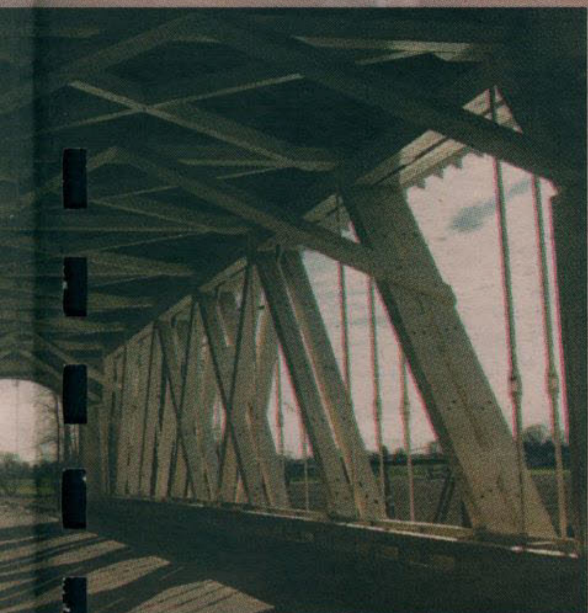


PHOTO BY MELISSA FRIEND

in a small valley across a curvy road. It is stream under the bridge, so out one side of the bridge of traveling to grandma's car and through the woods." d, right before the bridge, is one large tree left hanging ries out "Timber!" It looks

have been restored for historical preservation and are adjoined with sprawling parks and nature trails. Many of these bridges have only a gravel turnout on which to park your car and, unless noted, there are no facilities near the covered bridges.

East of Scio 3 miles, is the big red-colored Shimanek Covered Bridge across Thomas Creek. It is trimmed in white and is kept in good repair.

Gilkey Covered Bridge, four miles outside Scio, is the best kept bridge in the Scio area. This bridge crosses Thomas Creek, with parking off the road near a railroad trestle.

Five miles north of Scio, in Stayton, Oregon is the reconstructed Stayton-Jordan Bridge. Pioneer Park offers rest and relaxation after your journey.

Huffman Covered Bridge crosses Crabtree Creek and is located 5.5 miles outside Scio.

Seven and a half miles from Scio is the Hannah Covered Bridge that crosses Thomas Creek. Turn south onto Camp Morrison Road and the bridge is immediately ahead. Cross the bridge for better parking.

Ten miles from Scio is Larwood Covered Bridge across Crabtree Creek. The wayside beside the bridge is a great place for a picnic, with bathroom accessibility. There is also an abandoned waterwheel on the south side of Crabtree Creek.

a great place for a quick meditation walk.

Hayden Covered Bridge off of Highway 34, located 1.5 miles west of Alsea is currently in use for travelers.

Linn County has the highest saturation of bridges in Oregon. There are several self-guided tours that can be taken throughout the county.

Around Scio alone, there are five bridges still in commercial use. A few

The next tour can be taken from Sweet Home. Five more bridges are there to capture your heart and soul in the spirit of times gone by.

Starting on Highway 20 and 15th Avenue, head west, turn left to Sankey Park where the Weddle and Dahlenburg Covered Bridges are located.

Further west on Highway 20, then left on 1st Avenue is the Whittemore Covered Bridge.

East on Highway 20 for 12.3 miles, then left onto High Deck Road is the Short Covered Bridge.

Driving from Main Street to Holley Road turn left on Hwy. 228 and go 8.5 miles to Crawfordsville. The Crawfordsville Covered Bridge is at the corner of Courtney Creek Drive and Highway 228. The bridge is hidden behind a tree, so it is difficult to see.

The last bridge on the tour is the Whittemore Covered Bridge on the southwest corner of 1st Avenue and Highway 20 in Clover Memorial Park. This is a small footbridge built by school instructor Ben Dahlenburg and his students in 1990.

This bridge was once mounted on wheels and could be seen in local parades as a fundraiser to rebuild the Weddle Covered Bridge. The bridge was to be raffled off and no telling where it would wind up. A man from Virginia bought the bridge and never picked it up. He later donated the bridge to the city of Sweet Home. The bridge bears his name, Joel Whittemore, and is located permanently over Stone Brook Creek in Clover Memorial Park.

With spring fast approaching, set out on a weekend drive, tour covered bridges of days gone past and relive the romance of these majestic masterpieces.



PHOTO BY PEGGY ISAACS



DAHLENBURG BRIDGE



WEDDLE BRIDGE



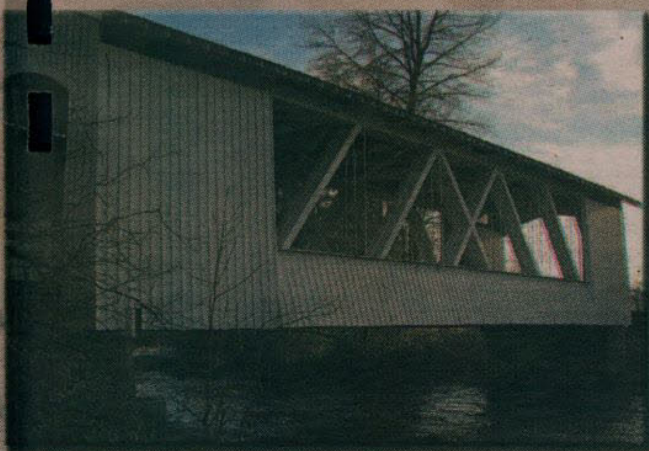
SHORT BRIDGE



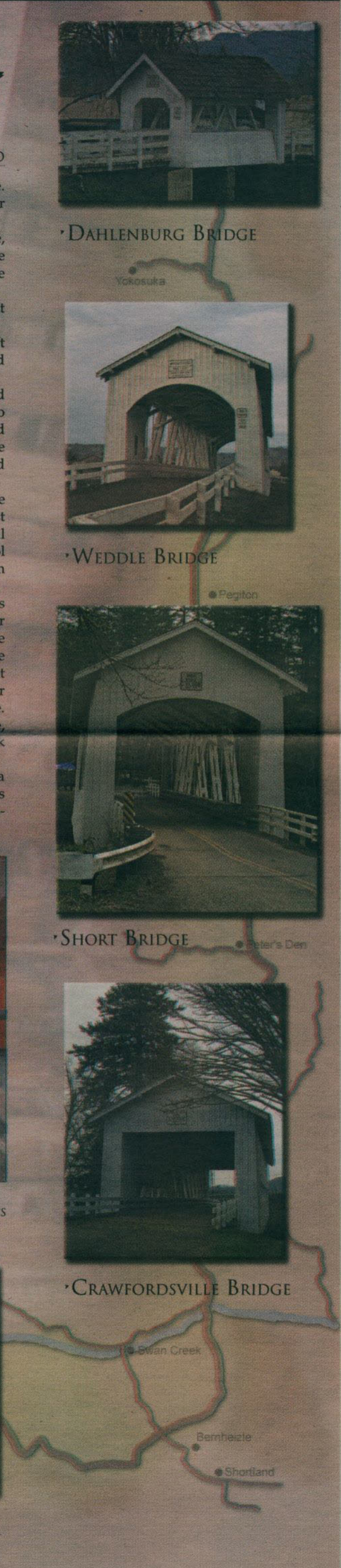
CRAWFORDSVILLE BRIDGE



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Sports Editor: Jacob Espinoza
Newsroom Desk: 917-4453
 commutersports@linnbenton.edu

SPORTS

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

Women end roller coaster season with two-game split

Jacob Espinoza
 The Commuter

The Linn-Benton women's basketball team split their final two games at home last week, finishing their season at fifth place in the Southern Division with a record of 6-8.

On Wednesday the Runners lost to SWOCC 72-57. Linn-Benton struggled to take care of the ball through out the game, and finished with 28 turnovers.

Sophomore point guard Priscilla Hendrix led the team with 13 points and Kim West had game highs with 13 rebounds and six assists.

Marissa Higgins struggled through the game with an injured knee. She finished the game with only five points, shooting 1-7 from behind the three-point line.

LB closed the season on a high note, however, with a win at home last Saturday, defeating Portland Community College 96-62.

Several of the sophomores,

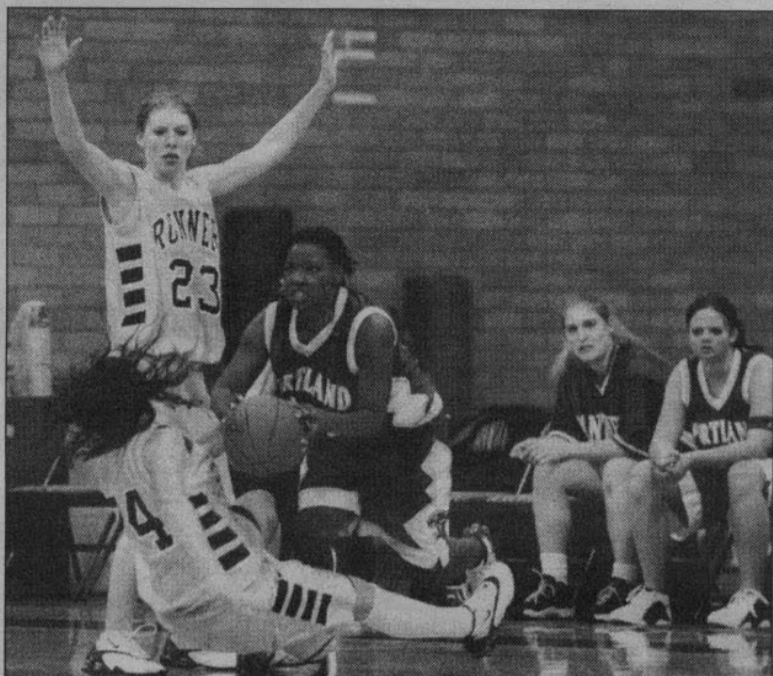


photo by Lewis Forquer

Sophomore Kelli Wolfram steps into the lane and takes a charge in Saturday's game against PCC. Wolfram completed her last game with the Roadrunners with six steals.

playing in their last game as a Roadrunner, stepped up and played big, led by Hendrix, who had a game-high 23 points and 10 rebounds to go along with five steals.

Higgins added 22 points and five steals, Kelli Wolfram had a game-high six steals and scored eight points, and Kim West collected 10 rebounds. Freshman Kendall Dione scored 10 points.

Future finally brightens for Blazers after trading troublemakers for play-makers

Jacob Espinoza
 The Commuter

Less than a month after acquiring Darius Miles from Cleveland in a trade which sent Jeff McInnis and Ruben Boumtje-Boumtje to the Cavaliers, the Blazers have now added Shareef Abdur-Rahim, Dan Dickau and Theo Ratliff. The Blazers gained the former Hawks in exchange for Rasheed Wallace and recent Blazer addition Wesley Person.

Blazers fans have been whining for Wallace to be traded for a while, and Portland managed to get a pretty good package for him. The recent

trades give the Blazers a plethora of options at every position. They have managed success since banishing Rasheed, and are currently 5-2 since activating all new comers, including a tough loss to the Lakers. Unfortunately the trades still leave the Blazers without a consistent go to guy they can count on to make big plays down the stretch of big games.

Zach Randolph is having his break-out year, and has consistently been the team's leading scorer, averaging over 20 points a game so far this season, but defensively he lacks play-making capabilities. However, Randolph will be huge for Portland in the near future. He's determined to get better, can score down low at will because of his vast selection of post moves, and is able to create shots for others because of the attention he draws down low. He is also one of the best rebounders in the league, both offensively and defensively.

Darius Miles is an exciting high-flying player who is able to create steals and get blocks because of his "Stretch Armstrong" build and amazing athleticism. But he has struggled throughout his career with his jump shot and has been criticized for a lack of an off-season work ethic. Portland knew what they were getting with Miles and hopefully Derek Anderson and Damon Stoudamire will be able to pick up the slack in perimeter shooting.

The Wallace trade was huge. Wallace is one of the best players in the NBA, but letting him go was a risk Portland needed to take. He would have probably been happy playing in Atlanta, because Atlanta doesn't have any fans to boo him, But will give Detroit another athletic big man to compliment Ben Wallace.

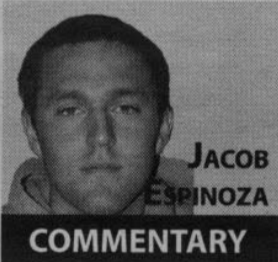
Dickau is an exciting player with a lot of upsides, but has not been given the opportunity to fully showcase his skills. Portland is not big on developing young players (remember Jermaine O'Neal?), so don't be surprised to see him included in another trade soon.

On the positive side for Portland fans, Dickau's return to the Northwest included the return of Dickau's former Blazer dancer wife. Those who have seen her know what I'm talking about.

Ratliff is currently the league's leader in blocked shots. But similar to Miles, Ratliff is not an offensive threat. With both Miles and Ratliff in the game, expect to see some exciting blocked-shot-fast-break-dunk transitions, but in a half court set the Blazers will be left with only three real offensive options. Three offensive options probably won't be enough to beat the Lakers or the Kings or the Spurs in a seven-game series.

Abdur-Rahim is a former NBA All-Star who has watched his numbers slip since his incredible second and third years. Rahim is all-around a solid NBA player. He can defend, finish, and at 6 foot 9 inches, he is able to put the ball on the floor and create for others—not at LeBron's level, but being 6-9 and having the ability to penetrate and dish used to be pretty impressive.

As always, the Blazers have a lineup of talented players without a clear cut position. Abdur-Rahim could play the three or the four, Miles can play anywhere in between shooting guard and power forward, and Ratliff can both play at either the four or five spots. This will bring some interesting match-ups for opposing NBA teams, but has not been extremely successful for the Blazers in the past.



JACOB
 ESPINOZA

COMMENTARY

PLAYERS DIARY

Runner's World: Women's team looks back on season of high points, low moments

Sharon Van Eaton and Marissa Higgins
 For The Commuter

Since the last entry, many great and not so great events have occurred during the 2003-04 season.

We have fought hard and pulled off some fantastic wins, but we have left ourselves a little short on the victory end to secure a playoff spot.

On a more positive note, we will recap on some of the victories of this season, on and off the court.

Ranked number one in the NWACC, Umpqua Community College stepped in our gym with the attitudes of a sure win.

With our team having nothing to lose, we came out intense and pulled out

an amazing victory. The Timberwomen were surprised by the upset, which would lead to the falling of their ranking.

We continued on and had an upset of our own, falling to Clackamas. Hands down, Clackamas is an extremely well-built basketball power house. So the upset was taken in and we pressed on to end the first half of the season with two wins on the road.

Matched up against SWOCC and then PCC, we needed two victories to flow into the second half of our season.

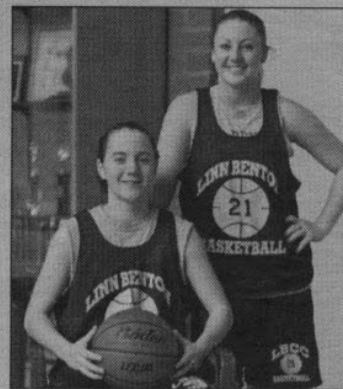


photo by Jeremy Hennig

Sharon Van Eaton and Marissa Higgins

With all hopes of post-season still in our hands, we overpassed a weaker team to lead us into four tough, crucial games.

It's been an amazing season and we are very proud of our team and its efforts throughout this year.

▶ Sharon Van Eaton and Marissa Higgins

Unfortunately, we couldn't find it in us to pull out the victories we needed.

It was a hard hit to

take, but we kept our heads high. It's been an amazing season and we are very proud of our team and its efforts.

We feel as though Linn-Benton women's basketball program has gained a tremendous amount of respect as a NWACC competitor and believe the freshmen of this year have the ability to lead the team to an even greater level next season.

Thanks to all our teammates, coaches and the fans for making this year memorable!

Best of luck next season!
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SPORTS

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

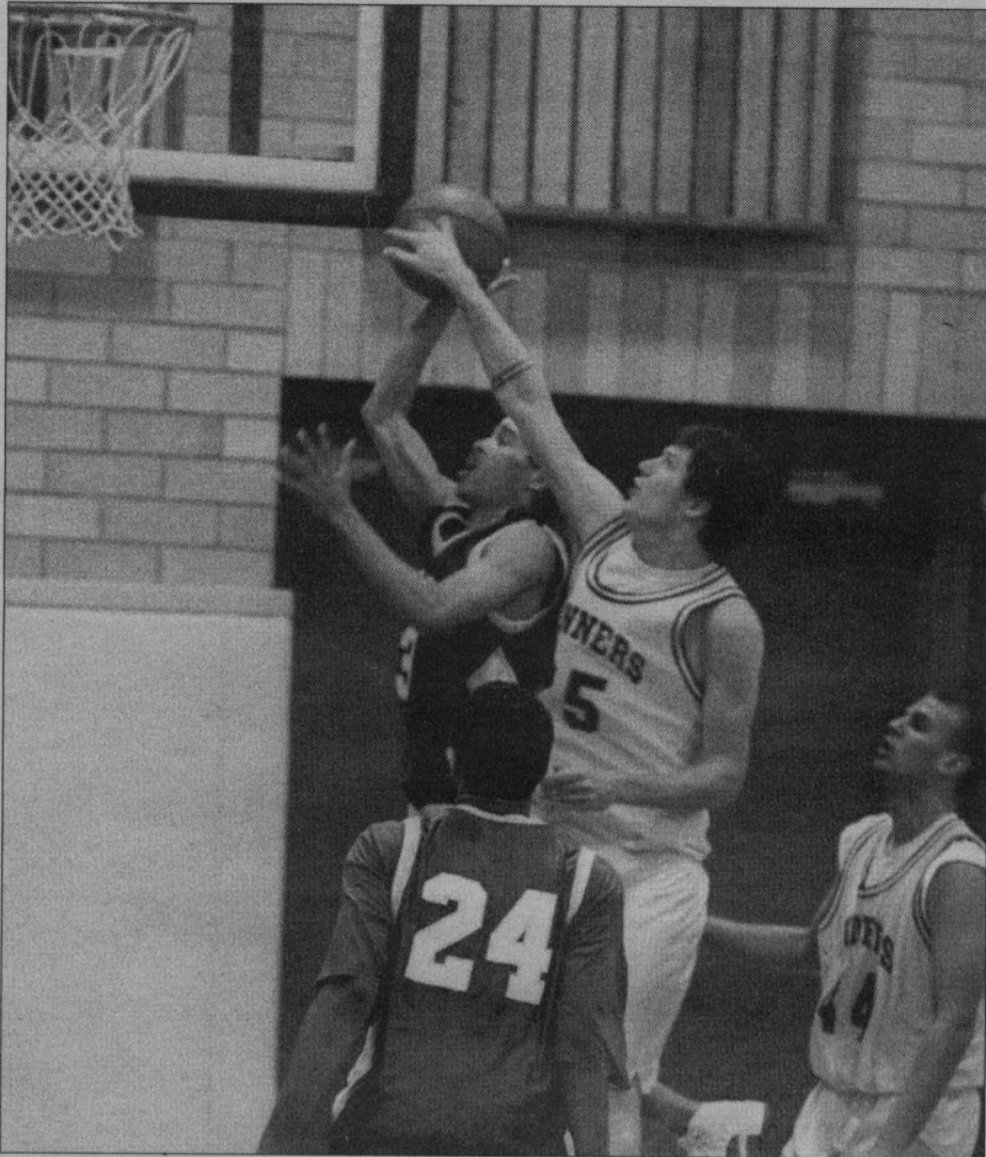


photo by Lewis Forquer

Freshman Danny Pepperling gets a block in Saturday's game against Portland Community College as Joe Zaupka looks on. The victory helped Linn-Benton secure its first NWAACC Tournament berth in the school's history.

Runners survive SWOCC comeback for 79-69 win

Joel Meacham
 The Commuter

With their season hanging in the balance, the LBCC men's basketball team survived a fierce second half rally by Southwest Oregon Community College and beat the Lakers 79-69 on Wednesday night to keep their playoff hopes alive.

"They took it to us in the second half up there," Ryan Schmidt said about the first time the two teams met in Coos Bay earlier in the season. "We knew we were going to face a run in the second half."

The Roadrunners, paced by Bobby Schindler's 20-point effort, opened up a 44-29 lead at half-time.

But due to what Head Coach Randy Falk referred to as "real impatient play" in the second-half, the Runners had to withstand a 42-point second half from the Lakers to win the game. "We need to make sure plays," said Falk, "Not spectacular ones, but sure ones."

"Considering the circumstances, this was our biggest game of the year," commented Assistant Coach Everett Hartman. The importance of this game was obvious from the demeanor of Hartman in the final minutes of the game when he shouted "calm down" in

an effort to refocus the team's attention.

Adding to the drama of the game, Jacob Espinoza faced off against his brother Matt, who plays for the Lakers. LB's win left Matt and the Lakers on the outside looking in as far as the playoffs are concerned. Several family members and friends of the Espinoza brothers, who played together in high school in Salem, traveled from Eugene and Keizer to watch the family feud, cheering loudly for both brothers.

Schmidt had a solid game with 18 points, eight rebounds and seven assists. Michael Braziel had 18 points, two rebounds and seven assists. Joe Zampko left with one rebound and two assists; Espinoza with four points, two rebounds and four assists; Kyler Schinn with five points and five rebounds; Danny Pepperling with four points, one rebound and two assists; Trevor Abell with six points and four assists; and Tommy Bain with four points and five rebounds.

The Runners scorched the nets from the foul line, shooting a blistering 81.3 percent for the game.

The win put the Runners in the driver's seat in their race for a place in the NWAACC post-season tournament and set the stage for Saturday's decisive win over Portland.

Playoffs: Win gives Runners fourth seed in tournament

▲ From page 1

Southern Conference behind third-ranked Clackamas, second-ranked Mt. Hood, and top-seed Chemeketa.

Falk said that Saturday's win over the PCC Panthers, along with the downfall of both Southwestern and Lane over the weekend, eliminated the possibility that the Runners could have ended up in a tie for the last tournament spot. Had either SWOCC or Lane won, the Runners would have been forced into a playoff game to determine who went on.

"I believed we could do this at the beginning of the season, but we lost four games," Coach Falk said. "It has been an uphill battle, but we hung in there and

made big wins."

The Runners climbed into the playoffs by winning four of their final six games. On Saturday, however, it looked for a while that PCC would overtake LBCC with a spirited second-half comeback.

"I knew it was a tight game and if we went into overtime, I was pretty confident we would pull it off," said leading scorer Ryan Schmidt. "I was relieved when the shot (by Braziel) went in."

"We were trying to get Schmidt the ball, but he couldn't get to it," Jacob Espinoza said. "So Braziel came and got the ball and drove it. He made a tough shot before the buzzer. He made up for the rest of the game with that shot."

High rollers included Schmidt with 25 points and Espinoza with 11.

Tommy Bain, Kyler Shinn and Danny Pepperling each scored eight points.

Braziel, who ended up with seven points, said "It never should have come down to that shot, but it did and I'm thankful for it now."

"It's kind of overwhelming when you start off the league not too great," said Schmidt. "We all got frustrated, and it was really cool to come together as a team."

"The guys did a great job going down the stretch," Falk said. "We'll have to see what happens. I am very excited about making the NWAACC."

While this is the first NWAACC tournament that the men's team has made in the history of the school, it is not the first time the school has ever been on top of its game. Prior to becoming a member of the NWAACC in the 1983-84 season, LBCC was a member of the smaller Oregon Community College Athletic Association (OCCAA), where it had a few very good years under its first coach, Butch Kimpton.

Assistant Coach Everett Hartman remembers playing against some of the players that made the Runners great back in the 70s, some of whom are coaches and educators at high schools in Oregon today.

Chapel gives students place to ask tough questions

Matt Holland
 The Commuter

Every Thursday Jason Pittman can be found in the Wellness Lab, talking and sharing with student athletes. Located in the Activities Center, the lab has been serving as "chapel" for the Student Athlete's Chapel.

Pittman is a part-time skills training coordinator for LBCC and faculty advisor to the Campus Ambassadors Christian Fellowship. He was in the baseball class that was offered fall term and he started the chapel at the beginning of winter term as part of his efforts with Campus Ambassadors. The focus is to provide Christian fellowship to student athletes. Now the chapel meets Thursdays at 2:30 p.m.

"I tried to find a time that

worked for everyone," Pittman said. "This time is unfortunately during women's basketball practice, but (it) works well for the volleyball, baseball and men's basketball team."

The baseball team usually ends practice by 2:30 p.m. and the men's basketball team doesn't start their practice until after 4 p.m.

The current focus in the chapel is character formation and to "train yourself to be godly," (1 Timothy 4:7). With an average size of four students, most of the time in the chapel is spent just talking. The athletes have different questions and struggles and Pittman listens and offers his advice. He occasionally uses examples from his own life to show the athletes how they can apply scripture to their lives.

Once in a while, the chapel hosts a special speaker. A couple weeks ago, Charles Leddon, a trainer for the Kansas City Royals, came and spoke in the chapel. Leddon shared his experiences and struggles and also talked about the medical side of baseball (using steroids or natural performance enhancers). Pittman said that he hopes to have OSU wrestling coach Jeff Cardwell come speak soon.

Even though the chapel is focused on Christian fellowship, Pittman said that he would love to answer questions that people may have about religion or the chapel. Though he's willing to take questions, he also said "It's not debate-focused. We're not here to debate whether Christianity is the 'right' religion. It's for Christian fellowship."

Currently, there are only two

baseball players who attend the chapel regularly, but Pittman is hoping more students will start coming.

"Spiritual questions are huge at this point in life," he said.

"People are trying to identify who they are and who they're going to be. I want to be the person that takes the time to answer those questions biblically."

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Wanted: Recipes for the Multicultural Club's International Cookbook. Submit recipes at www.typensave.com, use group login lbcc cook book and password e0a7f.

Photography students looking for people of all ages for portrait studies. Normal everyday portraits. Will trade photos for time. Please call Scott @ 541-981-9091 or Melissa @ 541-981-9487.

HELP WANTED

Sales Managers (#2159-Albany & Lebanon) These are full-time positions where you develop business accounts. If you have sales/business/marketing/computer skills, this is for you! Wonderful move-up opportunities in a growing company. See Carla in the Career Center (T101).

Seasonal Firefighter (2294-Oregon) They are looking for you if you are a sharp self-starter! You will have first right to rehire each summer. Now is the time to apply as the deadlines are closing in! See Carla in Student Employment (T101) for your referral.

CWE Student Lab Tech (# 2301-Wah Chang, Albany) If you have one year of high school or college chemistry, your degree field is related to science or engineering, and completed 2 terms, this opportunity is for you! It pays \$8-10/hr. You work 16 hrs/week, swing shift (4pm-12midnight) on Sat. & Sun. and full-time work during school breaks and summer. See Carla, Student Employment (T101) for more info!

Program Technician for GIS (2303-Tangent) If you are comfortable with computers, have data entry skills and interested in working with digital orthophotography with emphasis on GIS and ArcView, here is your job! Can be full-time or part-time and can be day or night. Can't beat that! See Carla in Student Employment (T101).

CLASSIFIED AD POLICY

Deadline:

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

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.

Libel/Taste:

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

Photographer relieved brother OK

Joel Greenberg
 Chicago Tribune

JERUSALEM — The bodies lay contorted in and around the blasted bus.

A young man in a blue coat with a mop of brown hair, his face ashen, was splayed out on the bus floor. A woman lay on the sidewalk, near the rear passenger door.

Near a wheel of the bus, a man in a jacket and sneakers was face down on the street. Next to him were the mangled remains of another passenger. Shards of glass and pieces of flesh littered the asphalt.

Shortly after the bombing of the No. 14 bus in Jerusalem, Oren Cohen, 28, an Israeli news photographer, raced to the scene on his motorcycle to document the carnage.

When he arrived, his parents called to tell him that his 17-year-old brother, Nir, had been on the bus on his way to school.

Cohen approached the bus, snapping pictures and at the same time searching for his brother.

"I was looking through the viewfinder, praying that I wouldn't see anything," Cohen recalled. "It was a nightmare."

"The police pushed me back, thinking I was just a photographer trying to get into the bus, but I was trying to find out what happened to my brother," he said.

After snapping a couple of pictures, Cohen was too distraught to keep working, and he rode off on his motorcycle to search city hospitals for Nir.

On the way, he received a call from a social worker, telling him that his brother was in Hadassah Hospital and wanted to speak to him.

"My fear went down a notch," Cohen recalled later, standing near his brother's hospital bed.

"The first thing that goes through my mind at a bomb scene is whether there's anyone there that I know," Cohen said. "Unfortunately this time it was Nir."

"I was looking through the viewfinder, praying that I wouldn't see anything, it was a nightmare."

▶ Oren Cohen

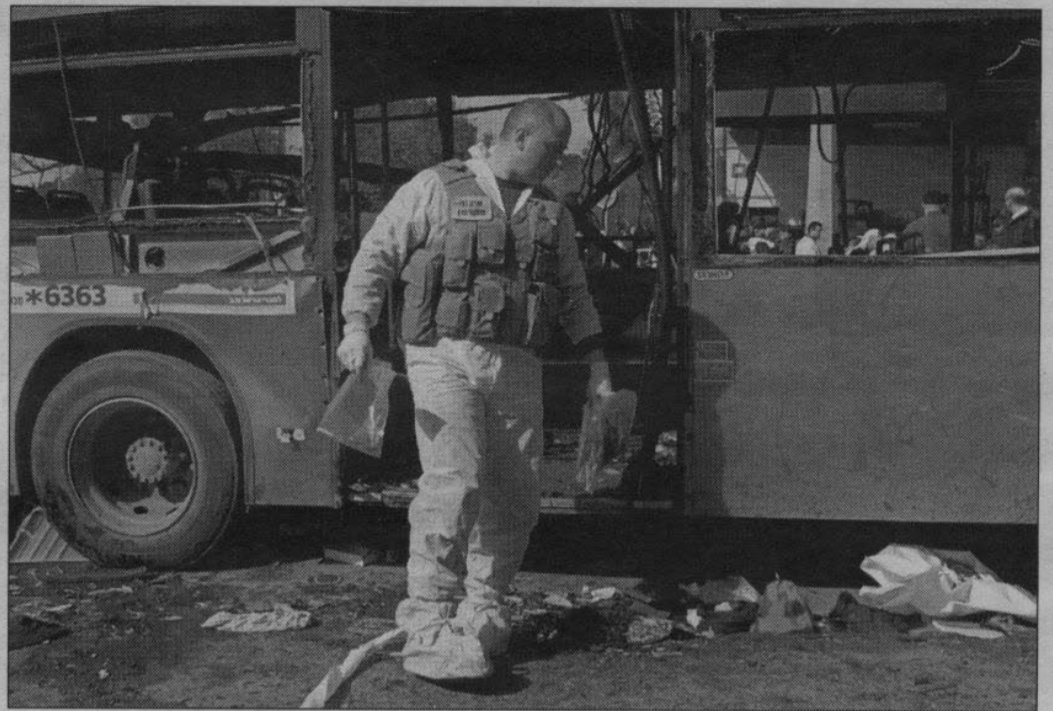


photo by Nati Shohat

An Israeli crime scene investigator walks past a bus destroyed by a Palestinian suicide bomb attack in Jerusalem, Israel, on Feb. 22, that hospitalized the photographer's brother including many other civilians.

At the hospital, Nir lay surrounded by relatives, his bloodied lips swollen and some of his teeth broken by the blast. He had been sitting in the back row of the bus, talking to a friend in the army about military service when the bomb went off, he recalled.

"I was thrown to the floor, and I felt someone stepping on me," he said. "I saw bodies, parts of bodies and a lot of blood. I moved my arms and legs and realized I was OK."

"Someone shouted, 'Anyone who isn't dead get up or move.' There was someone on top of me. I was sure he was dead. They lifted him up, and someone gave me a hand."

In a bed across the aisle, Nir's schoolmate, Leon Montelio, 16, wounded by shrapnel, said he had been standing with his sister

and a friend in the middle of the bus when the suicide bomber struck.

"I felt sharp pains in my side and had difficulty breathing," he recalled. "I turned around and saw a hand hanging from a handgrip. I looked around for my sister, and saw a man who had been cut in two. I almost went crazy. Someone helped me climb out through a window."

Leon's sister was wounded and treated at another hospital.

A few beds down Abed Issa, 42, a Palestinian from East Jerusalem, lay on his back, his face and hands speckled with blood. A cleaning worker at an Israeli clinic, he had been riding the bus on the way to the bank to cash a check.

"It doesn't matter whether it is Jews or Arabs" who are targeted by the bomber, he said. "We were born here, we will die here, we are all the same. My only war is to work and bring bread to my children."

COMMONS

Put it on your plate!
 Feb. 25th - Mar. 2nd

Wednesday

Corned Beef Hash & Eggs
 Turkey Saltimbocca
 Vegetarian Carey Pocket
 Jodo Potatoes
 Acini Pasta
 Green Beans & Peppers
 Beef Consomme Soup
 Corn Chowder

Thursday

Pork Schnitzel
 Sake Chicken w/Steamed Rice
 Spring Rolls/Egg Rolls
 Buttered Noodles
 Braised Red Cabbage
 Stir Fried Vegetables
 Turkey Rice Soup
 Split Pea Soup

Friday

Chef's Choice!



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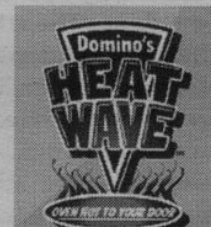
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ARTS & ENTERTAINMENT

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

TELEVISION SERIES REVIEW

'Cowboy Bebop' mixes cool music and smooth animation

Adam Peoples
 The Commuter

"Cowboy Bebop" is television at its finest. The story here is about life. It's about the choices we make, the sacrifices we endure and the consequences we face. The cast is as emotionally binding as any on-screen ensemble. The production values are top notch; everything fits perfectly into a captivating tale of bittersweet reality. And it's animated.

You must come to terms with animation as a form of storytelling to truly experience "Bebop."

Animation in America generally is marketed at kids. Japanese animation doesn't have the stipulation of being child-friendly by nature and is entrusted with more serious subject matter.

Known as animé, this genre evokes series like "Pokémon" or "Dragon Ball Z" in the culture palette of most Americans. Don't expect flashing backgrounds or fire-breathing monsters in any episode of "Bebop."

Spike Spiegel is half Bruce Lee and half Clint Eastwood in one slick ex-gangster turned mercenary. Spike's "anything goes" attitude provides as much trouble as it does solution. His partner, the more cautious and levelheaded Jet Black, is a former cop who left the corrupt police force in protest.

As the yin-and-yang duo chase down villains and criminals for cash rewards they meet up with three new shipmates. A sultry con artist, a child mastermind and an experimentally enhanced Welsh corgi add flavor to "Bebop's" plate.

These characters are all fleshed out in animation and story alike. Visually, the more realistic drawings allow you to connect more with the animated actors. This is crucial; if the director is going to ask you to care about what happens, you must first care about the characters.

"Cowboy Bebop" is set in a gritty future. Mars is the center of solar activity and Earth is an

abandoned slum. The series has a worn down look, with withering buildings and spacecraft that look like they're on their final flight. Conversely, the series features locales that glisten with all the glamour of Las Vegas.

Much like the balance of characters, the balance of style is perfect. The duality of art and music make a unique experience. "Bebop" has enough style to rival any Quentin Tarantino movie.

The animation is silky smooth. Careful details create a believable universe in a not-too-distant future. Yoko Kanno and The Seatbelts mix jazz, funk and blues for a soulful soundtrack.

On top of "Bebop's" own cool factor is the culture value the series has. Episode names are often hit songs from the past, paying homage to the likes of The Rolling Stones, Aerosmith and blues legend, Muddy Waters. Dialogue references and character designs stem from popular culture, film, music and mythology.

One such character, a serial bomber dubbed the "Teddy Bomber," sported a hooded sweatshirt and facial features presumably based on the real life "Unabomber" Ted Kaczynski. The episode

he appeared in was one of two that did not air when Cartoon Network ran the 26-episode series in September of 2001. Small edits were made to meet American standards regarding language and violence.

The television series chronicles the story of the two bounty hunters trying to make a living as a new type of cowboy. Spike's history becomes more transparent to his crew and viewers as each episode passes.

A good story has to have depth. "Bebop" keeps things exciting from show to show with fancy gunfights, high-speed chases and intriguing subplots. But more importantly, it builds up to a climatic finale that is the ultimate payoff for the audience.



Paul Clemperer, Nick Curran, Damien Llanes, and Preston Hubbard play the blues tonight at Platinum.

Old school blues fans enjoy the hot licks of Nick Curran

Peggy Isaacs
 The Commuter

Blind Pig Records' Nick Curran is one of those artists that come along too infrequently. His hot guitar licks and catchy vocals are mesmerizing, and his music has electrified fans of old school R&B and rockabilly blues.

Curran is a dynamite singer and guitarist who gives us a whooping dose of how much fun the blues can be when the right person plays them.

On Curran's current debut

album, "Doctor Velvet," the band Nitelives and Grammy winner Jimmie Vaughan joined them in the studio on two tracks. Vaughan contributed to Freddie King's "Lonesome Whistle Blues" and traded guitar licks with Curran on "Midnight Hour" by Gatemouth Brown.

After his guest role and hearing the final mixes for the album, Vaughan reportedly said, "OK, all you blues guitar slingers, watch out! Nick Curran is comin' to get ya and there's nothing you can do about it."



The Performing Arts Department at Linn-Benton Community College presents its 29th annual Children's Play



Alice's Adventures in Wonderland

Sundays, Feb. 22 & 29* 2004 at 3 pm

Directed by George Lauris Original music by Susan Peck Costumes by Erica Jones

LOCATION: Takena Theater, Linn-Benton Community College
 ADMISSION: \$7 ~ Adults; \$4 ~ Children under 18 years
 • All seating is reserved •

Adapted for the stage from Lewis Carroll's original story. Colorful entertainment that children & adults can enjoy together.

Tickets available in Albany at:
 Sid Stevens Jewelers
 Takena Theater Box Office, 8 am-noon; 1-2 pm
 At the door two hours prior to curtain.
 24-hour message line: (541) 917-4531

Tickets available in Corvallis at:
 Gracewinds Music

15% discount on groups of 10 or more.
 Credit card transactions are available only at the Takena Box Office. Transactions at Sid Stevens or Gracewinds Music must be cash or check.
 *ASL Interpreted performance. Also a benefit for the LBCC Performing Arts Foundation Scholarship Fund.

Visit our web site at: <http://cf.linnbenton.edu/depts/performart>
 LBCC is an equal opportunity institution. If you require disability accommodation, please call 917-4561 at least one week prior to the performance.

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 Sun. 7 a.m.-4 p.m.

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ARTS & ENTERTAINMENT

Information about plays, movies,
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 or artistic endeavors

CALENDAR

AFTER DARK

Chinook Winds Casino
 1777 NW 44th St.
 Lincoln City, OR
 1-888-Chinook

Feb. 27 & 28
Hootie & The Blowfish
 Rock
 8 p.m.
 \$30-\$60

Grand Ballroom
 183 NE High St.
 Salem, OR
 (503) 585-2767

Feb. 28
Loose Wimmin
Molly Bloom Kudana
Katt & Revolution
Dr. Atomic's Medicine
Oregon Peacework's 20th Annual Party for Peace
 4 p.m.-1 a.m.
 \$7-\$25 sliding scale
 \$5 after 9:30 p.m.

Murphy's
 2740 SW 3rd.
 Corvallis
 758-9000

Feb. 28
Sue Miles & Fish Belly
 Blues
 8:30 p.m.
 \$5

Platinum Club
 126 SW 4th St.
 Corvallis
 738-6996

Feb. 25
Nick Curran and the Nitelives
 Blues
 7:30 p.m.
 \$5 presale
 \$7 door



Feb. 27
Big Boy and The Toys
 Rock
 9 p.m.
 \$5

Feb. 28
Marty Dread
Humble Soul Jahbong
 Reggae
 9:30 p.m.
 \$8 presale
 \$10 door

Squirrel's Tavern
 100 SW 2nd St.
 Corvallis
 753-8057

Feb. 28
ElkaBong Orchestra
 Rock
 9:30 p.m.
 \$3



photo by Jeremy Hennig

New Angles on Art

Mexico City photographer Ivonne Saed chats with art instructor Gary Westford and a student during a reception in the AHSS Gallery following her talk last Wednesday. Saed's photos of unusual perspectives are part of the Art Department's International Visiting Artists series organized by Department Chair Analee Fuentes. Her exhibit will be replaced next week by the work of Native American artist Lillian Pitt, whose sculptures and masks will be on display through March.

Shakespeare Festival offers ticket breaks to students

Peggy Isaacs
 The Commuter

The Oregon Shakespeare Festival is set to open their 69th season, sponsored by U.S. Bank, Features World Premieres and West Coast Premiere. The festival is offering \$10 tickets for selected, non-sold-out shows to college and university students with a valid student ID through June 6, 2004.

The plays being offered for student discounts are William Shakespeare's "The Comedy of Errors" and "Henry VI" Part One, Suzan-Lori Park's "Topdog/Underdog," Friederich Durrenmatt's "The Visit," Kaufman and Ferber's "The Royal Family," and Lorraine Hansberry's "A Raisin in the Sun."

Students may call the box office at (541) 482-4331, 9:30 a.m. to 8 p.m. daily and until 5 p.m. on Mondays. Students need to note the name of the college they attend to receive the discount. This special does not apply to alumni and faculty. All tickets are subject to availability, for selected shows only.

Students are limited to two tickets per performance and the discount is not applicable to pre-purchased tickets. No refunds or exchanges will be given. On phone orders, a \$7 handling fee will

be charged. In order to pick up tickets, a valid student ID must be presented at the box office.

The Tony Award-winning Festival will kick off its 69th year and the 100th anniversary of the birth of its founder Angus Bowmer with "The Comedy of Errors" in the Angus Bowmer Theatre on Feb. 27.

"The Comedy of Errors" is a delightfully silly farce directed by Bill Rauch, who directs this twisting comedy of mistaken identity. Two sets of identical twins, separated at birth, end up in the same town (that looks very much like Las Vegas), and amid the kitsch of the casinos, confusion reigns as the twins are mistaken for each other, and no one, except the audience, knows who's who and what's what.

But in the end, surprising family ties are discovered and all ends well. Ray Porter will play the twins of Amipholus of Syracuse and Ephesus and Christopher DuVal plays the Dromio twins. Mark Murshey will appear as the Duke of Ephesus, newcomer Clive Rosengren as Egeon, Crystal Fox as Adriana and Aisha Kabia as Luciana. Other cast members include Catherine Coulson as Emilia, Eileen DeSandre as Dr. Pinch and Julie Oda as Angela.

To learn more about the plays and check on ticket availability, visit www.osfashland.org.

Sony's 'Triplets of Belleville' too good for words

Peggy Isaacs
 The Commuter

"The Triplets of Belleville," an adult cartoon movie now playing at the Avalon Theater in downtown Corvallis, is a must see for adults who like cartoons and an educational experience for children.

This is a French film with very few words, though there is singing by the triplets in a nightclub, which opens the film. The story is about the life of a mother and son and the troubles they encounter during the Tour de France bike race.

The mother trains the child from birth. Her decision to get him a bike was out of sheer desperation in trying to find something that makes him happy. During his life, he develops leg muscles that his mom has to tend to after every practice

and goes so far as to use a vacuum cleaner to massage his calves. This routine is done everyday until the son joins the bike race.

During the race, her son, along with two other racers, are kidnapped at a young age and taken to a winery for the bad guys to take bets on. They put up a fake movie screen for the bikers to follow so they can bet on who wins because no bets are taken on the actual race.

The mom finds out her son was taken and follows him to New York by renting



image courtesy of Sony Pictures
 "The Triplets of Belleville" has been held over at the Avalon Cinema in Corvallis.

a paddle boat and paddles all the way to New York to save him.

The pursuit and rescue finishes telling this story with virtually no words. The emotions shown by the characters, including the bad

guys are wonderful. Almost every feeling is felt by the audience.

Since no words are spoken, one is left to make up the story in the mind. Great fun. Graphics are sharp and colorful. Each character is depicted in their own special colors and shapes. The bad guys are black

with square hunch-backs and very sinister looking.

Devotion in the relationship between mother and son is exceptional and comes out in facial features and emotions. The relentless chore of raising a son and caring for him comes through in the mom, along with the love felt by her.

The mom meets up with the sisters later in the film and stays with them during her travels to find her son. Their characters are older now than in the beginning of the film and are brought into the scene from a TV show in a home of another family. Great transitions from plot to plot occur throughout the film.

"The Triplets of Belleville" has been held over at the Avalon this week and plays at 7 p.m. through Thursday. Call 752-4161 for more information.