REVEALING RACISM

Long-time civil rights activitist Jane Elliott brings her famous social experiment to Corvallis

Pg. 3

NURTURING NATURE

Volunteers crucial in saving and maintaining.

Oregon's environmental resources
Pg. 6-7

The Committee

Wednesday, November 12, 2003

Linn-Benton Community College, Albany, Oregon

www.linnbentonledu/commuter

Volume 35 No. 6

Wal-Mart brings down curtain on Lebanon drive-in

"If you look where all of

the crying and whining is

coming from you'll see it's

Dennis Bosworth,

Lebanon business owner

from the competition."

Michelle Bertalot
The Commuter

The Wal-Mart SuperCenter is inevitable in Lebanon.

The deal was closed in late October, and the retail giant has put its current property on the market. This has once and for all resolved the drama over the

SuperCenter that has lasted almost two years.

Initially, the idea of a SuperCenter came as a shock to the residents of Lebanon, es-

pecially after February 2002, when Amy Hill, Wal-Mart's director of community relations told the Lebanon Express "Wal-Mart has no plans at this time for a Wal-Mart SuperCenter in Lebanon."

However, on May 22, 2002, plans were submitted for the construction of a Wal-Mart SuperCenter east of Market Street on the site of the Motorvu Drive-In and a former tree nurs-

ery, less than a mile from where the original Wal-Mart is located.

The current building, constructed 11 years ago, will be sold, and various churches in the area have placed bids to purchase it. Ames Creek Community Chapel, a Sweet Home based chapel, is one of the many that have bid on the 94,696 square foot lot.

The bids had to be received by Rockwood Exchange by Nov. 5, and the winner, as well as the others who placed a bid, will be no-

tified this week.

The news of Wal-Mart's plans to build the SuperCenter was not welcomed by many in the Lebanon community. The Friends of Linn County appealed the plans to the Oregon Land Use Board of Appeals Aug. 27, and were denied. On Nov. 3, The Friends of Linn County and Lebanon Shop'n'Kart owner Blake Barton appealed to a panel

▼ Turn to "Wal-Mart" on Pg. 4

Annual Albany parade honors veterans





Saluting Vets

LBCC board member Joe Novak (above left) and Gov. Ted Kulongowski (right) watch the floats and bands pass the reviewing stand at Tuesday's Veterans Day Parade in Albany. At left, the Albany Masons carry a flag in the parade.

photos by Jeremy Hennig

Former LB vice-president dies at 78

Bob Adams

For The Commuter

Dr. O. Robert (Bob) Adams, a former vice president and twice interim president of LBCC, died last week at the age of 78 after an illness.

He was born in Seattle to O.D. and Alice Adams. He grew up in Salem; Bremerton, Wash., and Los Angeles be-

fore enlisting in the Navy at the age of 17 and serving as a Seabee in Guam during World War II.

Upon returning from overseas, he attended Oregon State University from 1946 to 1950, earning a bachelor's degree.

While at Oregon State, he met and later married Nancy Judges. They taught school in Merrill, then moved to Glendale, Calif., to own and operate one of the first stores to feature Baskin-Robbins ice cream.

An opportunity to operate a family resort at Lake Tahkenitch and to teach in Reedsport brought

them back to Oregon in 1957.

His interest in education led him to become a board member of Southwestern Oregon Community College. He went on to earn a doctorate degree in education at the University of Oregon.

In 1968, a year after the formation of the community college district in Linn and Benton counties, the family moved to Albany, where he began a 22-year career at LBCC, serving at various times as dean of instruction, vice president and interim president.

He and his wife were also partners in The Inkwell Home Store in downtown Corvallis until 1990.

He also served as a Benton County commissioner, a member of the LBCC Board of Directors, YMCA president, Lions president, Willamette Council of Campfire president and a trustee of Corvallis First United Presbyterian Church.

Survivors include his wife; sisters, Mary Lampton of Corvallis and Nancy Morrill of Enumclaw, Wash.; brother, Roger of St. Helena,

▼ Turn to "Adams" on Pg. 4

Food drive offers chance to give thanks

Abe Choate
The Commuter

Food and money donations are being received at LBCC to put together Thanksgiving dinners for community members in need. Donations will be accepted through Nov. 20 and dinner baskets will be distributed Nov. 23. Donation boxes can be found in the following locations: Takena Hall, Workforce Education Building, Service Center, Industrial A, College Center, as well as the Benton and Lebanon Centers.

Students, faculty and community members are asked to donate only nonperishable Thanksgiving-type foods like: dressings, canned vegetables, stuffings, and gravy mixes, for example. All monetary donations will be used to purchase a turkey, potatoes and food items that were not donated.

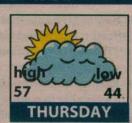
Anyone who knows of someone in need may call Ginger Petersen at 917-4968 or Roxie Putman at 917-4811 and their name will be added to the dinner basket list.

Admissions Specialist Roxie Putman, who helped organize the food drive encourages, "We handed out 73 baskets last year

▼ Turn to "Thanksgiving" on Pg. 4

WEATHER THROUGH THE WEEKEND









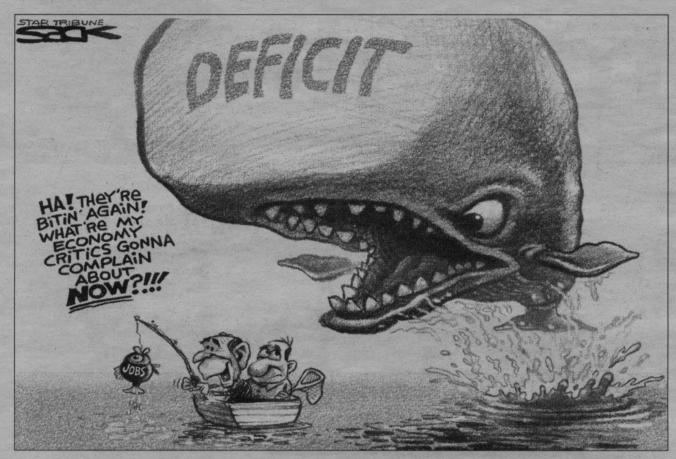




Opinion Editor: Erica Hennig Editor-In-Chief: Michelle Bertalot Telephone: 917-4451

Send letters to The Commuter:

Turn into Forum 222. Please sign them and keep them at 250 words or less



COMMENTARY

'Birthday' ceremonies and traditions important matter to Marine Corps

The youngest Marine present and the

oldest will share that slice of cake as a

token of knowledge being transferred

from the old to the youth of the Corps.

Laurent L.N. Bonczijk The Commuter

We just celebrated Veteran's Day yesterday, but to me Monday had a more special meaning. It was my

birthday, my third one to be exact. At this point, only a few of you aren't persuaded that I have been abusing the hukka pipe. Sorry to disappoint you, but I haven't; November 10, 2003 was the 228th birthday of the U.S. Ma-

Us Marines are peculiar about our birthday, even though the ceremony is practically the same every year we nonetheless celebrate it in a grand fashion. This year was no exception, our unit returned from the big sandbox this summer, so it was a birthday doubled with a welcome home, mission-accomplished celebration.

How do we celebrate? We have a ball, The ball, Marines wear their dress uniforms and their dates evening dresses (Note: the dates of female marines wear tuxedos.) Before the ball is the ceremony and dinner. Before the ceremony and dinner are hours of preparations. Everything must be absolutely perfect. Marines will spend hours making sure that every piece of brass on their uniform is shined to perfection -or as me they will have dropped \$60 to get a new set of anodized brass that never dulls, that every crease is razor sharp, that every square inch of leather has been spit shinned to a mirror finish and that every last bit of lint has been removed from the Marine Corps blue

will be spent making sure that the shooting badge is exactly one eighth of an inch and centered above the left breast pocket. As much time, if not more, will then be spent making sure that the ribbons are one eighth of an

Commandant's birthday

message is read out loud, after which the birthday message of the current commandant is broadcasted. A cake, The Cake, will then be wheeled in. This is maybe the most meaningful part of the ceremony. A piece is cut with a sword to remind everyone that we are a warrior

society. The youngest Marine present and the oldest will share that slice of cake as a token of knowledge being transferred from the old to the youth of the Corps.

Afterward, dinner begins and as one of my fellow jarheads rightfully said while we were relieving our-

selves in the men's room before the start of the ceremony, "It's about the last time that we'll see anyone sober and behaving decently." That night, the beer was

trousers and the black jacket. Insane amounts of time

inch and centered above the shooting badge. The ceremony will start with the marching of the colors (The Star Spangled Banner and the Marine Corps flag). Then the 13th

LAURENT BONCZUK **EDITORIAL**

Laurent L.N. Bonczijk

VISIT THE COMMUTER ONLINE www.linnbenton.edu/commuter

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

The Commuter

Editor-in-Chief: Michelle Bertalot

Managing Editor: Adam Peoples

Copy/Opinion Editor:

Erica Hennig

Arts & Entertainment Editor: Peggy Isaacs

commuter@linnbenton.edu

Sports Editor: Jacob Espinoza

Contributing Editor: Mike Johnston

Sean McNeal **Photo Editor:** Jeremy Hennig

Photo Assistants: Bonnie Quinones Scott McClure Lewis Forquer

Advertising Manager: Skyler Reed Corbett

Advertising Assistants: Melissa Friend **Brent VonCannon**

Online Editor: Laurent Bonczijk

Production Coordinator: Aaron Kiersky

Reporters:

Mariah Thompson, Mischa Brittin, Brian Finley, Rebecca Kendall, Carissa Marshall, Brent VonCannon, Josey Bunnell, Julian Fields, Brandon Dixon, Abe Choate

Production Crew:

Nathan Roose, Justin Sitton

Rich Bergeman

Phone: (541) 917-4450, 4451, 4452 or 4453; Fax: (541) 917-4454; Address: 6500 S.W. Pacific Blvd., Albany, OR 97321

Advertising Department: commuterads@linnbenton.edu

EDITORIAL

Crochet: Excellent for gifts, donations

The Commuter

Christmas may seem a long time from now, but at this time of year, I start making presents. Most years, my shopping list is supplemented by gifts that I make myself. I think about which items will be useful to my friends and relatives and stick to simple patterns, usually only those that I have used before. For anyone interested in learning to crochet, I would recommend it highly. Crochet is very easy to learn, but it is a way to make completely original items.

There are many ways to learn to crochet. For less than \$5, you can buy a skein of acrylic worsted weight yarn (check the label for this information) and an average size hook, size G or H. This is a good size of yarn and hook, because they are neither too big or too small. Red Heart acrylic yarns are cheap and durable. They will stand up to a beginner who needs to take something out fifteen or fifty times to get it right. I recommend learning these stitches first and in this order: chain, single crochet and double crochet. The chain comes first, because that is the basis for other stitches.

Stitchguide.com is a good place to learn basic stitches by watching short videos. The videos are only about 30 seconds long and can be replayed as many times as it takes. Learntoknit.com is another good place to start, it has an equal number of resources for crocheting as for knitting. These include patterns, tips and a discussion board to post questions and get answers. (It usually takes less than a day to get a response.)

Another inexpensive way to learn is to buy a book for beginning crocheters. Most will start with a slipper or potholder, something that won't take long, so that you can see the results right away. But if you would like to take a class, an incredible little yarn store in Corvallis called Fiber Nooks and Crannys (www.fncyarn.com) holds crochet and knitting classes right in the store. LBCC also holds crocheting and knitting classes, where you can receive that one on one attention, if that is how you learn best. The college also has many other craftoriented classes, where you can work with a variety of materials, such as glass, wood, metal or fiber.

Once you know just the three basic stitches: chain (ch), single crochet (sc) and double crochet (dc), you will be able to make a variety of items. It's not necessary to purchase patterns, either. The Internet is a great place to find free patterns and many postings have a picture so that you can see what the item should look like when it's finished. Another great way to use your newfound talent besides making Christmas and birthday presents is to make clothing for a local shelter or organization.

If you would like to make crocheted items for donation or gifts, here are some tips: 1. Use yarn that is machine washable and dryable, for example, acrylic or cotton. 2. Make long lasting items by leaving long tails when you start and end a project and each time you connect a new piece of yarn. A good number to go by is eight inches, but it doesn't have to be exact. The tails are woven in after the project is complete, so if they are too short, say only a few inches, they may come loose and your item could unravel. 3. Make sure that items are washed after they are finished and kept away from pets, smoke or other irritants by putting them in a plastic bag. (Be aware that the person receiving it may be allergic to animals, smoke or other items kept at your home) 4. Attach a note stating instructions for care of the item, so that they will know how to wash it. If there is no note, the recipient may not feel comfortable using your gift, for fear that they will ruin it.

Don't hesitate to try to teach yourself. It's not hard to learn from a book or a website. Unlike other crafts or hobbies, it doesn't take very much practice before you can actually make things. You can start a project after learning just two or three stitches.

It's a great way to give gifts that come from the heart. If you can't afford name-brand clothing, you can often make it for just the cost of yarn. Some good places to buy inexpensive yarn are Wal-Mart, Fred Meyer and Jo-Ann Fabrics. Rather than being stuck with the just the colors that are available in a store, a crocheter's choice of yarn textures and colors is limitless.

Editor-In-Chief: Michelle Bertalot Newsroom Desk: 917-4451 commuter@linnbenton.edu

CAMPUSNEWS

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

Elliott presentation shines light on discrimination

Peggy Isaacs The Commuter

ane Elliott, presenting the "Anatomy of Prejudice" and internationally known for her famous "Brown Eye, Blue Eye" experiment with third-grade stu dents, lectured before more than 350 people at Hewlett Packard on Nov. 5.

In her lecture she recounted the experiment that was a sensitizing exercise in which students were labeled inferior or superior based on the color of their eyes. She thought of this as a way to help the students understand prejudice and discrimination after the assassination of Dr. Martin Luther King, Jr.

After dividing the class by eye color, Elliott told them: "The blue-eyed people will be on the bottom and the brown-eyed people on the top. What I mean is that brown-eyed people are better than blue-eyed people. They are cleaner than blue-eyed people. They are more civilized and smarter than blue-eyed people."

The brown-eyed children were given special privileges: Being able to use the drinking fountain, while blue eyes had to use a paper cup. Also, they had five minutes extra for recess, went to lunch first, chose their lunch-time partners and could go back for seconds. The blue-eyed children also had to wear a collar all day.

During the regular school day, Elliott would help a brown-eyed child when he stumbled in reading aloud. When the blue-eyed children stumbled, she would shake her head and call on a brown-eyed child to read

By the lunch hour, the brown-eyed children were having the time of their lives, happy, alert and doing far better work. The blue-eyed children were acting inferior and they were miserable. Their attitude, posture and expressions were those of someone who was defeated, Elliott said.

This exercise lasted two days. On the second day, Elliott reversed the roles. When she told the class, the brown-eyed children became nervous, depressed and resentful. The day she told the class she lied and asked them, "Does the color of your eyes have anything to do with what kind of a person you are?" They all answered, "No!"

The tensions of the exercise gave way and she laughed with them, comforted those who cried with relief, watched the boys happily wrestling together again and the girls hugging friends they thought they had lost

The next day in class, Elliott was able to explain discrimination against Americans of African descent and how they were judged by their skin color. The children were able to grasp the idea quickly and express to Elliott how they felt, she said.

Some of their comments were what would be expected of someone who is discriminated against: "I felt



photo by Peggy Isaacs

Jane Elliott addresses 350 people at Hewlett-Packard.

"If you change yourself, the people around you will change and that's a positive step toward the future."

▶ Jane Elliott

mad," "I felt dirty," "I wanted to quit school," and "Discrimination is no fun at all."

Elliott also discussed discrimination in the form of ageism, anti-semitism, homophobia, sexism and even height. In a demonstration with one short woman of color and one tall man with light skin, Elliott asked each of them questions to show to the audience what we do to reveal our prejudices.

She asked the woman if she thought height was important and the woman said no. Elliott looked at the woman and pointed out her high heels. She asked her again if height was important and she said yes. The man was asked if his height ever caused him trouble, he said no. Elliott asked if he wanted to give up some of his power being tall and he said no. Elliott said she didn't

She asked the man if he ever had to think about his skin color, he said he never has to think about his skin color. When she asked the woman, she said, "I think about my skin color all the time, every day."

She told the crowd that if we don't think people of color had an important role in history than we need to give up everything they did for us. Elliott began to list examples of inventions made by people of color: clocks (the components were made by black people); tires (rubber came from natives in South America); bikes (the first successful frame was invented by a black man); shoes (the machine was invented by people of color); in addition, the Chinese invented the cotton gin, the stoplight was invented by a black man and medicine came from Native Americans.

Elliott amused the crowd with such comments on ageism as: "If you see me sweating, leave me alone, I'm out of estrogen and I've got a gun."

On homophobia, she states that the opposite of straight is crooked and her gay and lesbian friends are not crooked. "I'll tell you how to take care of them, don't have sex with gay and lesbian people in the workplace.

Elliott said she is opposed to politically correct language, but she's in favor of sensitivity. "Do we have to watch everything we say?" she asked. "Yes. We can't change attitude, we can only challenge attitude."

Citing the Golden Rule (to treat others the way you want to be treated), Elliott added the "platinum rule"to treat others the way they want to be treated. She advises people to ask, listen, and then act.

She admitted there was some residue guilt from performing the exercise on the school children in the small town of Riceville, Iowa, where she was a teacher. The community didn't think it was good politics to talk to her after this experiment. Her father lost respect in the community and was isolated because of this experiment. Her children were teased. Elliott said if she knew that any of this would have even happened, even slightly, she never "would have done it."

Elliott ended the lecture by telling the crowd to think of America, not as a melting pot, but a stir-fry, each individual standing alone but pulling the whole thing together. "It is time to give up the conditioning. If you change yourself, the people around you will change and that's a positive step toward the future."

Her comments seemed to deeply affect the crowd of community members; employes of the sheriff's office, the health department the board of commissioners, public works and the juvenile department; as well as students and staff from LBCC.

After the lecture, when almost everyone had left the building, Elliott was asked if she had a message for the LBCC students. "Tell them racism is a learned response. Anything you learn, you can un-learn. Each of you is responsible for your own behavior. Discrimination is a behavior. Be concerned with your behavior," she said.

For more information on Jane Elliott and her "Brown Eye, Blue Eye" experiment, click on: www.janeelliott.com.

U of O prof offers history of adoption Thursday in Multicultural Center

MARK YOUR CALENDAR

What: "Kinship by Design: The History of

Child Adoption and Why It Matters"

Where: Multicultural Center

When: Friday, Nov. 14, from 12 to 1 p.m.

Who: Ellen Herman

Peggy Isaacs

The Commuter

The Multicultural Center will host Dr. Ellen Herman who will present "Kinship by Design: The History of Child Adoption and Why it Matters." The lecture will take place on Nov. 14 from

noon to 1 p.m. in the Multicultural Center, second floor of the Forum building.

Dr. Herman is a faculty member in the University of Oregon Department of History and a member of Road Scholars of the Center

for the Study of Women in Society. She is interested in what happens when human beings and social behavior are turned into subjects for science. Her research asks questions about psychology, therapeutic culture, social engineering, and the politics of knowledge.

Herman is the author of The Romance of

American Psychology (1995) and currently is the recipient of a major research grant from the National Science Foundation. She is writing a book about child adoption and developing a website about adoption history.

Many people are curious about adoption. They may have personal ties to adoptees, birth parents

and adoptive parents. Sometimes the questions come from fairy tales, television or movies where transracial and international placements, searches and reunions and other controversies appear regularly.

This presentation will survey topics in modern American adoption history. These may include: openness and secrecy, the adoption market, legal regulation and the invention of the adoption agency, the adoption research industry, the origins of transracial and international adoptions and matching parents to children.

NEW LOWER RENT 2 BR/2BA ONLY \$549 ON 1 YR LEASE

Well Appointed, Greatly Proportioned, Subtly Accustomed

- 2 Bedroom, 1.5 Bath Townhouses
- 2 Bedroom, 2 Bath
- 3 Bedroom Apartments
- Washer/Dryer Hook-ups
- 2 State-Of-The-Art Fitness Rooms (One Featuring Freeweights!)
- Covered Parking
- Extra Storage
- Minutes to OSU/Downtown Corvallis





900 SE Centerpointe Drive, Corvallis, OR (541) 738-0303 Ken & Kitty Lane, Managers

CAMPUSINEWS

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

Student club wants to run recycling bins to raise funds

Brent VonCannon The Commuter

Henry Knepp came before the LBCC Associated Student Government at the ASG's weekly meeting Nov. 5 with a proposal to take over operation of the new blue recycling bins to raise funds for the Effluent Society.

Knepp is a water/wastewater management major and member of the Effluent Society, an on-campus club dedicated to promoting interest and research into wastewater technologies and water treatment. The Society held its first monthly meeting of the new school year Nov. 5 with 27 people in attendance.

Among other things, the Effluent Society plans to stage field trips to various industrial plants and water treatment facilities around the mid-valley in order for students to "expand their professional contacts with operators in the industry, and learn more about the environmental technology involved," according to Knepp.

At the meeting, Knepp re-

Calif.; daughters, Rebecca

McFadden of McMinnville and

McKinleyville, Calif.; six grand-

children; and one great-grand-

A service was held on Satur-

Rhodes

quested that the Society take responsibility for the blue recycling bins on campus and the funds that they generate. The new bins were installed last summer. Knepp would like the revenue source to help out the Effluent Society's limited budget and their planned projects. The ASG will consider Knepp's request for the bins and plans to schedule a vote on the proposal.

Those seeking more information about the Effluent Society should contact Ron Sharman in the Industrial Arts department in room IA-209.

In other ASG action, Ryan Karchner was sworn in as the new at-large representative for the LBCC student body. He will represent students not affiliated with a particular division.

ASG officer Eddie Hildabrand also reported on the progress of the canned food drive, noting that many cans had been collected and boxed. The cans will be put into holiday gift baskets to be handed out to those in need this upcoming holiday

day, Nov. 7, at the First Presby-

made to the LBCC Foundation,

First Presbyterian Building Fund

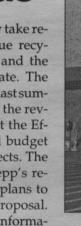
or Old Mill School in care of

McHenry Funeral Home, 206

N.W. Fifth St., Corvallis, 97330.

Memorial donations can be

terian Church in Corvallis.



Despite efforts to stop Wal-Mart, the company plans to replace its current store in Lebanon with a SuperCenter on the site of the old Motorvu Drive-In Theater about a mile from the current store.



photo by Scott McClure

Wal-Mart: Residents feel mixed emotions about Lebanon SuperCenter

▲ From Pg. 1

of three judges on the Oregon Court of Appeals.

Among the objections to the plans was the fact that the Motorvu is one of the few driveins left in Oregon and is not far from Santiam Wagon Road. The road was formed during the

"They are not going to

offer living wage jobs.

able to support their

People aren't going to be

families on Wal-Mart jobs."

> Suzanne Steinhebel,

1860s to sup port commerce and settlers in the valley. Sections of Santiam Wagon Road are eligible for the National Register of His-

toric Places. The Lebanon

Chamber of Commerce (of which the Lebanon Wal-Mart is a member) held an anonymous vote and was practically split over supporting the new store. The vote indicated 38 in favor, 36 opposed, and four businesses abstained from the vote.

The SuperCenter has not only

Suzanne Steinhebel, a 20-year Lebanon resident, lives on Cascade Drive, less than half a mile away from where SuperCenter will be built.

"I have mixed feelings about Wal-Mart building SuperCenter," she said. "I think it will draw people into the com-

munity, but I think it will also short change the community. They are not going to offer living wage jobs. People Lebanon resident aren't going

to be able to support their families on Wal-Martjobs."

Steinhebel said she understands the controversy over the location of the new SuperCenter, but felt there were few other choices. "As far as building in Lebanon, it's probably the best area. I'm not sure where else they really could have put it."

Dennis Bosworth, owner of Lebanon Metal Craft, supports the new SuperCenter because, he said, "competition is good for the consumer. If you look where all of the crying and whining is coming from you'll see it's the competition."

Bosworth added that growth is good for a small town like Lebanon. "When the town stops growing, it dies," he said.

As the saga of Wal-Mart continues in Lebanon, one thing is for sure: It's just a matter of time before the new Wal-Mart SuperCenter will be in Lebanon, and it's bringing that bouncy smiling face that smashes prices along with it.

Cleaning our your close?

WE PAY

FOR

CLOTHING

BUY SELL TRADE

The Clothing Exchange

Thanksgiving: Donation boxes set up around campus

Adams: Administrator also

active in business, community

▲ From Pg. 1

▲ From Pg. 1

Melanie

and we want to top that, so please, be generous in your giving."

All monetary donations may be given to the following orga-

- Roxie Putman, Admissions
- Jackie Grenz, WEB 124
- Marilyn Hill, SC 102

casual Photography

Senior Portraits **Family Portraits** Weddings **Anniversaries** Pets **Photo Restoration Special Occasions**

Scott W. McClure

Ask me about our student discount

An LBCC Student Owned Business www.casual-photography.com

- · Patti Ball, IA 202
- Janet Lodge, CC 102
- •Linda Daniels, Lebanon Center
- Mary Seeman, Benton Center

caused a split within the Chamber of Commerce, but also with the residents of Lebanon.

1025 NW 9th St. Call for details: 764-2264 find find someone to give you cash

someone to give you stuff for your for your CASH STUFF

Commuter (541)917-4452

Classifieds commuter@ml.linnbenton.edu

LINN-BENTON COMMUNITY COLLEGE FIRESIDE ROOM WEDNESDAY NOVEMBER 19, 2003

> **American Red Cross**



BLOOD DRIVE

9:00 AM - 3:00 PM CONTACT ERICK VARGAS CASTRO @ 917-4463 Editor-In-Chief: Michelle Bertalot Newsroom Desk: 917-4451 commuter@linnbenton.edu

LOCALNEWS

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

COMMENTARY

Vegans pay for 'rewarding lifestyle' with more cooking time, careful food shopping

Brian FinleyThe Commuter

As early as elementary school, we are taught by the food pyramid that our bodies need meat, eggs, fish and dairy products to stay healthy.

Yet for those of us who don't eat animal products or byproducts, the pyramid is not only useless, but insulting. In the year 2000, one percent of Americans were vegans and the number has been rising since

John Madsen has been a vegan for 15 years. He lives in Kings Valley on a completely organic farm called Kings Valley Gardens. He became a vegan after reading "Diet For A New America," by John Robbins.

Madsen said he was thinking about becoming vegan and the book pushed him over, "I really was unconscious about the environmental cost of meat production, or the conditions of factory farms, the book opened my eyes."

Madsen's diet is high in fiber and is made up mainly of beans, grains, spices, oats, fruit, honey, salads, cereals and soup.

All of Madsen's food is grown at home and made from scratch.

Unfortunately, not all vegans have their own organic farms. As a vegan myself, I find it can be hard to find the foods I need. It's surprising how many foods contain animal products at the grocery store

If you are to look at soy cheese, it contains casein, a dried milk product. Normal

cheese isn't even vegetarian, it contains rennet, the fourth layer of a cow's stomach. Many candies and cereals contain gelatin, a product made from animal hooves.

Living in a nation with a diet mainly of fast food, many people like their food fast, meaty and greasy.

They are not always willing to accept food which takes longer to prepare and contains no meat, which they are sure their bodies need.

Being a vegan is a hard lifestyle, but it is very rewarding to know that you're not supporting the cruel treatment of animals.

It's also very beneficial for your health if done right.

Donna Elander, a registered

dietitian living in Canby, explains how to be vegan stay healthy, "You need to eat largeamounts of food. The USDA recommends up to five servings of vegetables. If you eat up to nine or ten servings, it will help preventalmostall diseases out

there."

GUIDELINES

•Eat a wide variety of

· Be sure to get enough

Don't eat too much food

· Grains need to be whole

• Eat a variety of fruits and

a good source of

vegetables, including

Vitamins B-12 and C

that is low in nutrient

density, such as sweets

foods

calories

grains

Elander also emphasizes the importance of finding alternative ways to get quality protein such as rice, beans and tofu. It's also important to get a good source of vitamin B-12, found in enriched soymilk, cereals, or taken by supplements. It's also necessary to find a good source of zinc.

Those thinking about becoming vegan should know that it takes a lot of time, effort and money.

Cooking skills are vital and one must follow a good guideline or they could end up with serious health problems.

Coffee Boccherini's & Tea House

208 SW First Avenue Albany, OR 97321 541-926-6703

We have discounts for new customers

Bring in this coupon and ask for

Rhonda!

DIVA s.t.u.d.i.o

Hair ~ Body Treatments

Facials ~ Waxing

541.926.1489 208 3rd SE - Albany, OR



Boxers fight drugs with fundraiser

Laurent L.N. Bonczijk

The Commuter

On Nov. 15, Victory Gym of Albany will hold a boxing tournament at West Albany High School, to raise \$10,000 for Families and Agencies Coming Together (FACT), an Albany-based drug and alcohol rehabilitation program.

Organizers are expecting 250 to 300 fighters to come from Washington and Oregon, including some from local areas. The organizers are hoping to have 500 to 600 people show up to watch. Tickets are \$10 for the weekend or \$10 per day if bought at the door.

Fights will begin at noon Saturday and go

until 4 p.m., with a one-hour break before resuming for the rest of the night.

Sunday's fights will start at 1 p.m. and continue until closure. All weight classes will be represented, as well as about 10 female boxers, two of whom, Mercedez Nunez and Tashina Skeen, are from the local community.

According to Bo Marthaller, manager of Victory Gym, twelve out of the 15 to 20 boxers who train at the gym will be competing in this tournament.

FACT is the health and social services agency for the Albany School district. It provides information and referrals to students and connects families with community resources.

Surfers who don't mind cold or sharks find great waves off Oregon Coast

Julian Fields

The Commuter

It amazes me that every time I talk about surfing on the Oregon Coast, someone will be surprised, "There's surfing in Oregon?"

As a matter of fact, right now may be the best time for surfing on the Oregon Coast. Fall on the Coast can have warm air temperatures, steady sunshine and consistent swells. However, the water remains a frigid 52 degrees, so bring your five-mil wetsuit and keep your eyes open for Great White sharks, who are known to lurk off the Coast.

If you can handle the cold water and overcome your fear of sharks, you may find surfing in Oregon to be epic. As an avid surf explorer with previous trips to Costa Rica, the Galapagos Islands and Baja, I've found the coast of Oregon to remain a great place to surf.

Seaside is home to the best "point break" on the west coast, where waves roll off of Tillamook Head. With juicy barrels breaking over rocks, this wave is not for beginners. At the parking area, vandals have been

How far you go is entirely up to you. At DeVry

education and confidence you need to live up

We offer Bachelor's Degree programs on your

terms. Classes are available days, nights, weekends and online at locations convenient to where you live or work. Then add to your

education with a Master's Degree from our

Keller Graduate School of Management

Where you are is a great place to start,

University, our goal is to give you the skills,

to your career potential

but it's only the beginning.

9755 SW Barnes Road, Suite 150

Or, e-mail us at transfer@devry.edu

Now recruiting for our Winter Class from our

Center I, 9555 SW Barnes Road, Suite 295.

temporary recruiting office located at Petercort

866-863-7810

Portland, OR 97225

known to slash car tires and break windows, so use caution and show respect.

South of Seaside lies Cannon Beach, a pleasant community with some good surf at Indian Beach in Ecola State Park and at Needles.

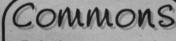
Oswald West State Park is about nine miles farther south. "Shorts Sands Beach," is a great place for beginning to advanced surfers when the swells pick up. Short Sands is a beautiful cove, that blocks north and south winds. In the summer it can get a little crowded, but when the swells pick up the beginners head out.

Cape Kiwanda in Pacific City is another popular surf destination. Typically, this is an excellent place for long boarding because of its slow long wave. In fact, two or three long board competitions are held here every year. But don't let that fool you, I've surfed this place numerous times when the waves were overhead and firing and it can be the best break in Oregon. The legendary Hawaiian surfer Jerry Lopez, who made a name for himself surfing the North Shore of Oahu can be seen in the lineup waiting for waves from time to time.

South of Pacific City is Lincoln City, which has occasional surf but nothing too amazing.

Farther south is a great reef break, but to preserve it for the locals, its location is kept a secret. It only breaks during a few months of the year, but can be one of the heaviest waves in Oregon. Gleneden Beach just south of there, gives surfers miles of sandbars to explore.

Thousands of perfect waves break each day on the Coast with no one riding them. Now, more then ever, is a great time to be a surfer. Clean water, small crowds and hundreds of secret spots makes Oregon an ideal surf destination, if you can get past the cold water.



Put it on your plate! Nov. 12th - Nov. 18th

Wednesday

Meatloaf w/Mushroom Gravy English Style Fish & Chips Vegetarian Thai Noodles Mousseline Potatoes Peas & Carrots Dilled Potato Chowder

Chicken & Wild Rice

Pork Piccata
Coq au Vin
Vegetable Tart
Scalloped Potatoes
Bouquetiere of Vegetables
Ox Tail
Cream of Garlic

Friday

chef's choice!



Monday

Turkey Cutlet w/Brown Butter Sauce
Texas Chili con Carne in a Bread Bowl
White Spinach Lasanga
Orzo/Pesto
Zucchini in Tomato
Roasted Vegetable Chowder
Borscht

Tuesday

Garlic Chicken
Vietnamese Steak Wraps
Cheese Enchiladas w/Mole Pablano
Risotto/Roasted Potatoes
Smothered Leeks & Fennel Bulb

Egg Flower/Lentil

WWW.devry.edu

10 2003 DeVry University. Accredited by the Higher Learning Commission and a member of the North Central Association (NCA), 30 N. LaSalle Street, Chicago, 11, 60602.

DeVry V

YOUR BEST CAREER MOVE

University

Managing Editor: Adam Peoples Newsroom Desk: 917-4453 commuter@ml.linnbenton.edu LINEO





Volunteer-operated wilderness retreat attracts stude

by Mike Johnston

The Opal Creek Wilderness, in Willamette National Forest, is cared for by Friends of Opal Creek. Friends of Opal Creek was established in 1989 as an effort to protect the old-growth forest from logging and mining. Not only is their job to protect the forest, but to bring understanding of it.

In 1996 there were 20,266 acres designated as the Opal Creek Wilderness, 13,640 acres for Opal Creek Scenic Recreation Area and 1,920 acres for Elkhorn Creek.

Over 50,000 visitors come to see the wilderness every year. No outside vehicles are allowed in the forest so visitors wishing to see it must hike.

The small town of Jawbone Flats rests

in the midst of the forest, housing the caretakers of the reserve. The volunteers who live there are well-educated in the ecology of the forest and many are attending colleges for degrees in such fields.

Among the many yearly visitors, Teacher Doug Eaton leads his students to the cabins in the flats for an overnight stay. Eaton teaches a class called Society and Nature at West Albany High School. He has been taking classes to Jawbone Flats for seven years after he went to a workshop and learned of the forests many majesties. "The workshop was on natural history, forest ecology and stream ecology. I knew when I left that it would be a place to bring students," said Eaton.

"The main objective for going to Opal

Creek is to get the group out into nature and out of the classroom so that they can be in a place they have never been, a very special place in the world with old-growth forest and a broad history," Eaton explains. Eaton shows his students the difference between an old-growth forest and a second-growth forest and the interconnectedness of the forest creatures.

"I want them to have a break from family and school to bond together by sharing such a beautiful place," Eaton continued. "I always felt that the Opal Creek trip was the turning point of the class. It was when my seniors really bonded and got to know one another. The one thing I want them to come out with is a feeling of togetherness with

thing parties unta over entir clear St.

Cree come of the information of

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

Humane Society cares for animals through volunteers, donations

by Jake Espinoza

Volunteer

Able to provide 12

hours of service per

Able to commit to

scheduled volunteer

· Able to squat, bend,

twist, lift, or stand for

working directly with

customer service skills

positions work directly

with the public, staff,

and other volunteers

Contact the Volunteer

Department at (503)

285-7722, ext. 204, or

for more information.

volun@oregonhumane.org

long periods when

the animals

Possess strong

as all volunteer

month

Since its founding in 1954, The Humane Society has protected animals from inhumane treatment, seeking a society with a strong human-animal bond. The Humane Society currently stretches beyond the borders of the United States, and has separate branches which serve to defend everything from companion animals to farm animals to marine mammals. The Humane Society even has its own Government branch which deals solely with defending animals in court cases.

For people looking to adopt a pet, the Humane

Society has teamed up with Pets 911 and provides a program which Requirements allows easy access to local pet information. · 15 years old or older

Their website, pets911.com, provides easy access to pictures of local pets available for adoption by simply entering in the local area code.

Heartland Humane Society (HHS) serves the animals of the Benton County. Located in Corvallis, it cares for 2,300 animals annually. You can get involved with HHS by volunteering, donating supplies or money, fostering animals, or shopping at The Cat's Meow Thrift Shop.

There is a position for everyone willing to volunteer their time to help the area's animal community. Driving, cleaning, organizing fund-raisers and working in the office are all regular chores on the to-do list. The Heartland Humane Society also has a program which allows children between the ages of eight and 15 to volunteer as long as they are accompanied by a parent or guardian.

With the current over-population problem in Benton County, the HHS is always looking for comfortable, safe homes ready and able to take home an animal. They regularly have pets such as cats, dogs, rabbits, guinea pigs, and other small animals ready to be adopted.

The Heartland Humane Society would be unable to operate without donations. More than 80 percent of Heartland's budget comes from donations, with the majority coming from individuals throughout the community, and are not funded by that national humane organization. Besides cash donations, HHS also seeks supply donations. Suggested items include feeding supplies, cleaning supplies and general grooming sup-

The easiest way to help the animals in the community is to shop at The Cat's Meow Thrift Store. Located in Corvallis at 110 SW Third Street, The Cat's Meow sells everything from china to baby clothes. They also accept tax deductible donations and if you would like your donations to be picked up from your home, you can reach them at 757-0573.

Albany's SafeHaven Humane Society, is currently open only three days a week because of budget cuts. They are open on Thursday and Friday from 12 to 6 p.m., and on Saturdays from 12 to 5 p.m.

Opened in 1995, SafeHaven received 1,004 animals in the 2002-2003 year, and sent 941 animals out through

The SafeHaven Humane Society offers many different opportunities for citizens to help out. One way is its



The Safe Haven provides shelter for 21 cats and up to 35 dogs.

Sponsor a Kennel Program. For \$30 a month, a sponsor can endorse either a dog or a cat kennel and choose wording to be engraved on a plastic sign and placed on a kennel for the year.

SafeHaven also is looking for people willing to open their homes to caring for animals too young for adoption, injured or pregnant and in need of a quiet and loving home. Business owners may place a donation canister in their business. They allow customers an opportunity to make convenient donations to Safe Haven.

SafeHaven Humane Society is in desperate need of donations in order to keep operating. It has already cut hours and number of employees in half. Gift certificates are also accepted and donations may be paid directly to SafeHaven's utility accounts. SafeHaven is a non-profit organization and receives all of its funding from donations, memorials, bequests, special events and fundraisers. It receives no government funding.

Highway adoption program helps restore roadside conditions

by Jake Espinoza

Oregon's beautiful scenic drives are a high point for many tourists and clean roads are a useful commodity for our state as an establishment. Oregon's Department of Transportation began its Adopt-A-Highway program. Built with the purpose of controlling the highway litter problem, Adopt-A-Highway allows corporations, associations and individuals an opportunity to do their share in keeping our state's highways clean.

Volunteers must be at least 16 years old, be able to make a one to three year commitment and attend yearly safety meetings. Supplies are provided, including flags, litter bags and tires, safety vests and portable work

The Corvallis area's Adopt-A-Highway currently has 32 separate sponsors that help maintain Highway 99W, Highway 223, and both Highways 20 and 34. To find out more, you can contact Corvallis' branch of the Adopt-A-Highway program at (541) 757-4211.

In-State Fishing & Hunting

Sales figures and distribution of hunting and fishing licenses and tags sold in Oregon during the year 2001.

689,669 fishing licenses/tags sold

303,635 hunting

residents (517,666)

licenses/tags sold

sold to Oregon residents (282,102)

Wild Dollars

U.S. Fish and Wildlife department study of dollars (in millions) spent by Oregonians on wildlife recreation during 2001.

\$364.9 Hunting

\$601.8

Angling \$769.4

Wildlife Viewing

Source: Oregon Department of Fish and Wildlife

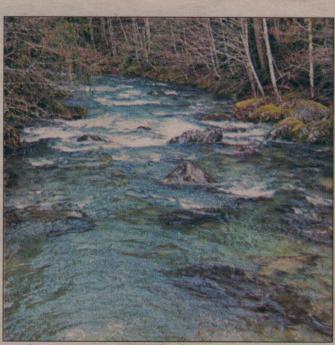
lents, teachers

other and nature."

aton also added, "There are two hings that I feel everyone should do at Creek. They should jump into the and feel immersed in the chilling, intainted water and they should look over the cliff near Jawbone Flats at the entire valley, the miles of trees and no

State highway 22 and Marion County North Fork Road bring visitors to Opal Creek Wilderness. The county road becomes Forest Road 2209 at the boundary of the forest. The trails that take people to he interior of the forest can be reached rom the gate at the end of the road. More nformation about this nature reserve can be found at www.opalcreek.org.





All photos by Skyler Reed Corbett, Jeremy Hennig, Scott McClure

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

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

Roy Jones wins; wants mega-dollar Tyson fight

George Diaz The Orlando Sentinel

LAS VEGAS— Antonio Tarver vowed to put "Orlando and Tampa" on the map and shock the world a few weeks ago

He appeared to do just that Saturday night, except he failed to impress three folks whose influence matters most.

Despite an aggressive and defiant strategy, Tarver lost a majority decision to Roy Jones Jr. while defending his World Boxing Council light-heavyweight championship at the Mandalay Bay Events Center.

Referee Jerry Roth scored it 114-114, Dave Harris 116-112, and Glenn Hamada-in a scorecard that mystified most folks at ringside—had it 117-111 in favor of Jones. Fans echoed the reaction to the decision by chanting expletives shortly after ring announcer Michael Buffer delivered the news.

"I can't worry now what they do outside the ring," Tarver said. "I know I won the fight inside the ring.

"I won the fight hands down. All you have to do is look at his face.

Tarver, an 8-1 underdog, appeared to outwork a tired and haggard-looking Jones, a man considered one of the best pound-for-pound fighters of his generation.

His left eye puffy by the 11th round, Jones charged Tarver aggressively and seemed to hurt Tarver, only to have Tarver surge back with a flurry that pushed Jones against the ropes.

The fight ended with Tarver acknowledging fans on the ring ropes, but Jones had done enough damage to win the final two rounds on Harris' scorecard. It proved the difference in a majority victory for Jones-or a majority draw that would have reflected the closeness of the fight.

"I was never hurt," Jones said. "He landed some punches, got my eye a little bit. The strategy during the fight was to win the last 30 seconds of each round."

Tarver (21-2, 17 knockouts) showed no reverence toward Jones, who has been ranked a top-five pound-for-pound fighter by Ring Magazine for nine consecutive years and remains almost a consensus No. 1 among polls on boxing Web

He taunted Jones by mockingly moving his head side to side, pounding his chest, and screaming at Jones when he closed with a strong flurry in the fifth round.

Jones (49-1, 38 KOs) appeared to have been physically drained after having to lose 24 pounds to drop down to the 175-pound light-heavyweight limit. He seemed limited to fight only in spurts and spent a great deal of the fight fending off Tarver on

At 34, with his career winding down, Jones seemed more focused on other matters, mostly moving up again to the heavyweight division to fight Mike Tyson.

"One mega-dollar heavyweight fight with Tyson, and then I'm done," Jones said.

PLAYER'S DIARY

Runner's World: Women's basketball ready for season

Marisa Higgins and **Sharon Van Eaton** for The Commuter

Hey everyone. We've never thought we'd be in this position, but we are very excited for this upcoming season. Last year's team was very strong and athletic. However, many misfortunes caused last year's team to not reach it's full potential. It seemed as though one bad thing would happen after another.

Injuries, retirement of players and a loss of confidence in our girls brought our path of success to a halt, resulting in a 9-15 record.

As sophomores and leaders of this year's team, we knew we had to work hard in the off season and commit ourselves to get a faster start.

Coming into the pre-season we needed to be in the best shapes of our lives. Sixmile runs every day, lifting, running sprints, and just balling it up on the driveway during any free time paid off for us once conditioning started.

We came ready to start this year off with a bang and got down to business.

Nevertheless, conditioning is now over with and official practices have started. Our team has come out of every practice with fire and the mindset to get all that we can out of those two hours on the court.

We have even had our first scrimmage against Western

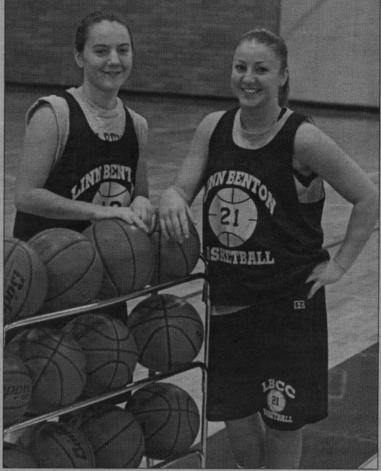


photo by Jeremy Henniq

Marisa Higgins and Sharon Van Eaton look forward to new season.

Baptist. The scrimmage showed us that we have the ability to be great and play with four-year teams. It also showed us that we have a lot to work on before our pre-season games and tourna-

This year's team has size, quickness and versatility in many players. This combination, we believe, will carry us to our goal of playoffs this year. We are

very excited for pre-season games to get started and can't wait to see all our hard work in practices, the weight room, and extra time spent working on anything and everything pay off come season opener.

To all our teammates, keep working hard and know that we can't tell you how excited we are for this year's squad! Until next time, peace.

Complete your degree in Salem

with PSU's evening and weekend programs.-

PORTLAND STATE

Undergraduate degrees

- Social Science
- Child and Family Studies

Minors

- History
- Sociology
- Business Administration
- · Administration of Justice
- · Community Development

Certificates of completion and other programs

- · Training and Development
- Initial School Administrator Licensure
- · Continuing School Administrator /
- **Initial Superintendent** Human Resource Management
- Project Management

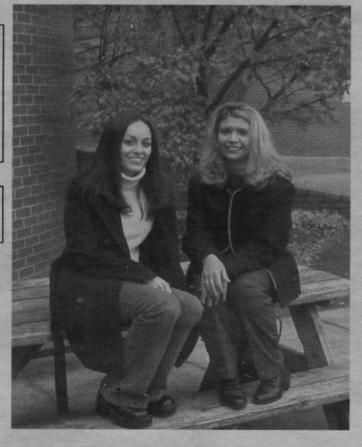
Graduate Degrees

- Master of Public Administration
- Master of Curriculum and Instruction

PSU Salem Center

4061 Winema Place NE, Bldg#49 Salem, OR 97305

> Contact: 503-315-4587 www.pdx.edu/statewide



Starts Winter 2004

Hst 343 American Family History: 4 Credits Thursdays 5:30 to 9:00pm

Available via CTV and WebCT at Chemeketa's Woodburn, Santiam, and McMinnville campuses. Also at the Grand Ronde Education Center

Online Course

Soc 410 Sociology of War & Peace: 4 Credits Completely online through WebCT

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

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

It's another five-game déjà vu for Roadrunners

Jacob Espinoza The Commuter

Linn-Benton's volleyball team suffered a five-game loss in déjà vu fashion at homelast Friday, against Lane CC. Again, they managed to win the third and fourth games after losing the first two, only to be defeated again in Game 5.

In the opening game of the match, Linn-Benton allowed Lane to jump out to a quick 7-2 lead. They managed a run, and climbed back to within three at 11-14, but Lane declined to let them come back and won Game 1, 18-30.

"It was the same thing we've been struggling with all year," says Coach Jayme Frazier, "We would either pass poorly and get a good hit or we would get a good pass and a not as good hit."

Angela Burright began Game 2 with a huge kill, and followed it up by teaming with Freshman Kelly Meredith for a block, giving the Roadrunners an early 2-0 lead. Burright finished the game with 16 kills and four blocks.

'Kelly stepped up for us and got a big block," says Frazier. "She forced (Lane) to go to some different people." But Lane was able to work past the early momentum shift and scored four consecutive points, taking a 4-2 lead.

The Roadrunners managed to counter and after Gervais High School teammates Prinslow and Burright teamed up for a block the Roadrunners were up 16-10. However, Linn-Benton was unable to maintain the defensive presence and Lane began chipping their way back, down only three at 21-18. Lane was able to continue the scoring spree but gave possession back to the Roadrunners, on a failed serve attempt, with a 27-25 lead.

Amber Opoien stepped up and scored

on consecutive kills, tying the game at 27. But again Linn-Benton's opposition was able to get the best of them in the game's final moments, as Lane won Game 2 by a score of 30-28.

In the unfortunately familiar position of being down two games to zero, Linn-Benton came out flustered in Game 3 and was down 3-0 in the games opening moments. They quickly regrouped, tying the game at 3-3 and went on to take an 18-10 lead.

again the Roadrunner's were unable to maintenance their lead, as Lane managed to creep back into the game, tying it at 29-29 after winning a long rally.

With the match on the line the Roadrunner's met

the challenge at hand in the final moments of game three and got the victory,

"Defensively, we really dug in during (the third) game," says Coach Frazier. "Kelly Meredith had some big blocks, Amber Opoien and Beka Buhl both came up with some deep digs. They just believed we could get the win."

Meredith finished the match with four blocks and seven kills, Buhl finished with 27 digs and 10 kills, while Opoien had 23 digs and 20 kills.

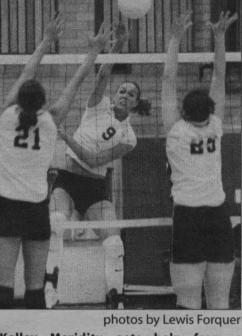
Linn-Benton again gained the early upper hand in Game 4, and led 6-2 after a kill by Meredith. Lane kept the game

close and managed to take a lead, but LBCC fought back and Buhl tied the game

at 18-18 with a kill. During the game's final stretch, Linn-Benton performed well. They got scores when they needed them and got the 30-26 victory after a Buhl kill.

Lane scored the fifth game's first point, but Meredith tied the game at 1-1 with a block. Lane seemed determined to win and they were up 14-11 going into the match's final moments.

The Roadrunners had fought back too hard to give up and managed another comeback, taking a 15-14 lead on a kill from Holly Prinslow. They had put Lane



Kelley Meridity gets help from a teammate(left) as she blocks a shot aginst Lane Friday. Above, Marcy Drake tries to squeeze a shot between two defenders.

against the ropes, but the visiting team was able to maneuver out of the position and won the game 18-16, after a kill attempt by Buhl was blocked.

Holly Prinslow led the team in both blocks and assists, with 58 assists and five blocks.

With the team's final match of the season today against the Southern Region's leader, Clackamas, Frazier hopes the team will be able to feel positively about the match. "We've had so many tight matches," Frazier says, "If we play well then we can feel positive about the last match. Hopefully we'll get good crowd support."

LeBron vs. Carmello: The next generation of rivalry is born

Jacob Espinoza The Commuter

Last Wednesday may have been the most important day of pop-culture in the new millennium. Nov. 5 arrived with the premier of the finale of the Matrix trilogy, and the debut of what could become my generation's greatest sports rivalry, LeBron vs. Carmello.

The two developing superstars are supposed to save the league in the upcoming post-Shaq-n-Kobe era. But are LeBron and Carmello the chosen ones? Will they be able to lead the league into becoming the cash crop it was during the doubledecade dominated by Magic, Bird, and Mike?

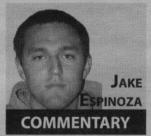
Many have faith, even more have become skeptical of the young athletes because of early shooting woes, but there are many x-factors should be considered before passing judg-

Carmello Anthony has entered his rookie season with only one year of collegiate experience to prepare him for the NBA, but is already his team's No. 1 option and sees double teams from his opposition on a nightly basis. Consistently taking 15 plus shots out of these double teams should multiply the wear and

tear on his body throughout the season.

It should be interesting to see how he handles infamous rookie wall. Even if it does hit him

hard this year, he should have plenty of off-seasons to put on muscle to help him through the NBA's extended season in the future.



LeBron James has been an inconsistent scorer so far this year, but has been getting near triple-double stats game after game. He has so much athleticism to go

along with his understanding of the game that even if he is never an outside threat he will be able to dominate games by making the players around him better.

two years, but he has the potential to escape the Matrix.

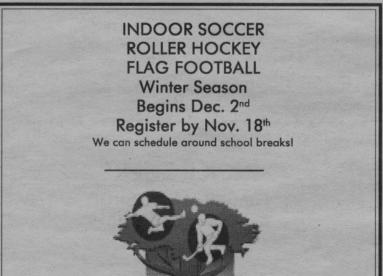
LeBron vs. Carmello. Round

Expecting a Magic vs. Bird type rivalry game out of the two rookies in their first match-up is almost ignorance. LeBron and Carmello are two years behind where Magicand Bird were during their rookie seasons. Magic and Bird had two and three years to develop in college compared

He could be a 6'8" Jason Kidd in to LeBron and Carmello's 0 and

But the game could have actually been a pretty realistic glimpse of what grudge matchups between the two could become, when put into perspec-

Anthony led the two in scoring, while James led in assists and rebounds, and an unsung hero, Denver's Earl Boykins in this case, came through to help his team to a narrow victory.



CORVALLIS

SPORTS PARK

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

www.corvallissportspark.com

Books, Games, DVDs Located next to Quizno's in the G.I. Joe's parking lot, across from the Heritage Mall. (541)-791-2300 •Card Hames (Yu-Gi-Oh! & More) •Role Playing Games

•Manga & Alternative Comics ·Anime & Other DVDs •Gaming With 1.5MB Connection •Miniatures & More

Nov. 28, 2003 Stop by any time with this ad and receive a \$2 trade credit or a free hour of computer time.

Grand Opening The Day After Thanksgiving

Editor-In-Chief: Michelle Bertalot Newsroom Desk: 917-4451 commuter@linnbenton.edu

NATIONAL NEWS

Current events from across the United States and pertinent international news

Attacks turn Baghdad into 'armed camp'

Jeff Wilkinson & Maureen Fan Knight Ridder Newspapers

BAGHDAD, Iraq — Amid heightened security, a mixture of grief, anger and resignation fell over this city on Tuesday, a day after 35 people were killed and about 250 were injured in a wave of rocket attacks and coordinated suicide bombings.

There were beefed-up patrols and a few more closed streets near police stations. Some Iraqis avoided long lines and ambulances after a suicide bomber in a stolen ambulance struck the Red Cross on Monday. Visitors to the convention center, where coalition officials brief the media, were subjected to an additional bag search.

But for many in the city, all reasonable precautions had already been taken and there was little more they could do.

"It sort of becomes an Insha'allah thing," said Brig. Gen. Mark Hertling, an associate commander of the 1st Armored division, referring to the Arabic phrase, "If it's God's will."

Much of Baghdad was already an armed camp. Concrete blast walls 14 feet high and miles of razor wire surround military installations, hotels and other likely terrorist targets. Armed guards and checkpoints dot city streets.

"Nothing has changed in our daily routine because of yester-



photo by KRT News

Two soldiers, while searching a neighboorhood in Iraq, practice a tactical reconnaissance. After a string of suicide bombings in Iraq, Forces in Baghdad maintain they have not changed their daily routine because of it.

day, neither in the time it takes to get here nor the route I take," said Hannah Ismaael, 32, who staffs the convention center's front desk. "What happened yesterday did not put any fear inside us because we are expecting this from the beginning."

Coalition spokesman Charles Heatly said the coalition would assist any organization that wanted to leave, but "we would encourage people not to make a hasty reaction to what happened yesterday. We think the overall security situation remains suitable for reconstruction, for NGOs (nongovernmental organizations) and for private-sector companies to operate in this country."

People in Baghdad realize that a determined attacker with an explosives-packed car will find a way to kill himself and others, whatever the precautions.

"We man the gate here and the general population hasn't really reacted at all," said First Lt. Derek Grimm of Charlie Company, 2nd Battalion, 124th Infantry, from Orlando, Fla. "Do the soldiers feel more vulnerable? No, we know things can change every day. It's just a fact around here."

While there was speculation that humanitarian groups would pull their remaining staff out of the capital, the International Committee of the Red Cross (ICRC) said no decision has been made to withdraw personnel or scale back its presence in Iraq.

CLASSIFIED ADS

SCHOLARSHIPS

In need of some money!? Check out the scholarships listed in the selfservice kiosk in the Multicultural Center. Second floor Forum.

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

FOR SALE

6ft. by 8ft. Appliqued quilt needing small repairs. \$100 obo. Call Sylvia Baarstad (541) 738-0706

WANTED

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

FOR RENT

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

Upscale 2BR 2BA Apt in Corvallis only \$549 on 1 year lease. 738-0303

HELP WANTED

UPS (#2173, Albany) Only one more recruitment coming to LBCC where you can apply & interview for positions currently open at UPS. Pays \$8.50/hr for up to 19 hours/week. Shifts available are 4:30-8:30am and 5-9pm. See Student Employment in T101 for more details!

Home Care Workers (#2167, Linn & Benton counties) Sign up to care for disabled people; training will be provided. It takes 1-2 weeks for the application process, so you need to apply now. Please see Carla in Student Employment (Takena 101) for more info!

Truck Service Tech/Truck Mechanic (#2170, Brooks) If you completed your Diesel/Truck training or are close to completing it, entrylevel position may be for you! Sign up with Student Employment in T101 for info on how to apply!

Special Education Assistant (Bilingual in Spanish) (#2172, Albany) This part-time 2.5hrs/day (9:15-11:45am) position needs a person who wants to work with children. See Carla in LBCC's Student Employment (T101) for the scoop!

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

Damaged trees inspire treesitting workshop

Andy Mead

Knight Ridder Newspapers

LEXINGTON, Ky — To the list of things you didn't learn in school, add this: Tree-Sitting 101.

It's a class to prepare for the real-life tactic in which someone climbs a tree that's about to be cut down, hauls up a platform, and sits until the people with chainsaws go away.

This sort of thing has been used by forest activists in the West and now could be headed to Kentucky.

The Eastern Forest Justice League, an umbrella group that includes Kentucky Heartwood, will hold a tree-sitting workshop this month in the Daniel Boone National Forest near Morehead, Kv.

Kentucky Heartwood coordinator Perrin de Jong said the training might be put to use in the Daniel Boone if the Forest Service goes ahead with a proposal to cut trees damaged by last winter's ice storm.

"We think it's time to escalate the tactics that are being used to defend our eastern forests," de Jong said.

As many as 35 people from several states were expected to attend the workshop, de Jong said.

They will learn how to climb up and down without harming the trees or themselves. They also will learn how to hang old hollow-core doors in trees to use as platforms.

Workshop participants will camp in the area where the training takes place.

While the main purpose of the workshop is to learn the finer points of tree-sitting, de Jong said, a side benefit could be warning the Forest Service that "they can't rip us off like this without a fight."

At issue is part of the more than 20,000 acres of national forest land that was damaged in the ice storm that hit the night of Feb. 15. It was the same storm that encased Lexington in two inches of ice.

The weight of the ice pulled down whole trees in the valleys and broke off many limbs on ridge tops.

"A lot of those trees are dead or dying," said Dave Manner, the ranger for the Daniel Boone's Morehead district.

Mike White of Harold White Lumber Co., which does extensive work in the area, said the damaged trees also pose dangers to hikers or people on horseback and are breaking fences and causing other problems. The Forest Service said the trees are more susceptible to insects. The storm also created openings for non-native invasive species and clogged ponds that bats depend on for water.

The agency is considering logging at least 3,000 acres and working on invasive species and ponds on another 7,000 acres.

Kentucky Heartwood, which opposes logging on public land, said the trees will be cut because of what it calls "alleged `forest health' threats."

De Jong said the proposed ice storm project appears to be a forerunner of the type of logging environmentalists fear will be allowed under the Bush administration's "Healthy Forest" initiative. That measure, approved by the Senate last week, eases environmental restrictions on logging and speeds thinning projects in national forests to reduce the danger of wild-fires.

Marie Walker, a spokeswoman for the Daniel Boone, said all laws, including those that require seeking public comment, are being followed on the ice storm project.

No decision has been made on whether to cut trees, she said; that could come in the spring.

As for the workshop this weekend, Walker said: "I'd be concerned for anyone climbing up in trees that are half dead. I mean, they're weakened trees."

Jokes, Gag Gifts, and Magic Tricks

RICK ROGERS
FAMILY MAGIC SHOP
& CLASSIC MOVIES ON DVD



OPEN TUES - SAT. 10:00 - 5:30 421 S.W. FIRST AVE. ALBANY, OR

Next To The Book Bin

Betcha A Dollar



John "BOB THE BUILDER" GRIFFITH November 13, 1965

A & E Editor: Peggy Isaacs Newsroom Desk: 917-4453 commuter@linnbenton.edu

EISTAINMIE

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



photo by Peggy Isaacs

Playing harmonies with melancholic, surreal sounds Ethan Demarest and Brad Knoke played their versions of eclectic indie folk rock on Oct. 31, at the 2nd St. Beanery.

Brad and Ethan create original sound with unusual instruments

Peggy Isaacs The Commuter

On Halloween night at the Second St. Beanery in downtown Corvallis, Brad Knoke and Ethan Demarest played their versions of eclectic indie folk rock.

The duo call themselves simply Brad and Ethan. Their tight harmonies are blended with melancholic, surreal sounds from the keyboards and guitars. Many instruments are played by both men. Knoke plays the tuba, guitar, keyboards, and accordion. Demarest plays guitar, harmonica, accordion and the crossbow.

Jim Horn, a member of the audience, says "The melodies they came up with, you can tell they play together a lot, they were in perfect harmony." Other comments heard from the crowd were: "glad it was mellow," "sounds great," "wow, that was beautiful," and just "all right."

Knoke and Demarest first played to-

gether one year ago at an acoustic showcase and have been playing together since. Both men play the variety of instruments that are displayed on stage. When asked how they decided on what instruments to play, Knoke pointed out that they would get an instrument for free or really cheap and incorporate it in the band. He also said that they keep missing the church organs, which they have been scanning newspapers and plan to add to their collection of instruments.

To describe their music Knoke draws from a lot of sources and writes about things that are "on their mind." They don't want to be labeled with their music but it mostly fits into independent rock sounds (indie rock).

At mp3.com, two live recordings, "In the Mountains" and "Worn Out on You" can be heard. These songs were recorded at the Fox & Firkin, Downtown Corvallis, on June 28, 2003.

It's not all business for **Ian Priestman**

Brian L. Campbell The Commuter

Business instructor Ian Priestman turns into a musician and comedian at night.

He enjoys performing country music and what he refers to as "Brit pop" at coffee houses and lodges in the area. Also part of his act are impersonations of Elvis, Tom Jones, and Johnny Cash, along with songs he has written himself.

Students will have a chance to catch his act at LBCC on Nov. 17 at 12 p.m. in the Fireside Room in a performance sponsored by the Multicultural Center.

Priestman said he started playing at a young age in the northern working men's clubs of England and has been playing in bands the rest of his life. He moved to Oregon a few years ago after first coming to LBCC on a Fulbright Exchange to teach economics. He liked it so much here that he decided to stay.

In high school, he said he enjoyed economics, which led to go into that field as a teacher. He said his personality stays the same in both careers; both are on stage



Ian Priestman performs as 'The Brit.'

and he often tries out his comedy on his classes before performing it to his night audience.

His next evening shows are at the Cottage Grove Moose Lodge on Nov. 22, the New Morning Bakery in Corvallis on Dec.5, and the Beanery in Corvallis on Jan. 2. He also plays regularly at the American Legion, Elks and Eagles lodges in Albany, Lincoln City and Newport, as well as Teri's Town Tavern in Lebanon.

Priestman has recorded his own album titled "The Brit" and has recorded for the record label "Virgin" as a guitarist and producer with British artist Robert Holmes on the CD "The Age of Swing."

Orchard Café offers venue for poets

Peggy Isaacs

The Commuter

Callow Café in downtown Albany has a new name, The Orchard Café. The café was purchased by former LBCC student, Arwen McGilvra and her husband, current LBCC student, Douglas McGilvra. Over a series of weeks, negotiations with the previous owner ended with a deal that was, according to the McGilvras, "too good to refuse."

As a member of the Oregon State Poetry Association, Arwen McGilvra says she has always had the desire to participate in live readings. Now a coffee shop

owner, she will be able to offer this venue.

The new hours are 7:30 a.m. to 5:30 p.m., Monday through Thursday, and 7:30 a.m. to midnight on Fridays. The café is located on the corner of third and Lyon St., in the entrance to the White Rose. Gourmet espresso drinks and a bistro lunch menu are offered at the Orchard Café.

Some scheduled events include poet Chandra VanLeeuwen visiting the café on Friday, Nov. 14 at 8 p.m. There will be a Bunko game night on Nov. 21 with \$2 cover prizes and the Downtown Association will have a Christmas Open House with crafts on Saturday, Nov. 29.



Christmas Now & Then

124 Ellsworth SW Monday-Saturday Albany, OR 10-5 (541)327-3847 Extended Holiday Hour Extended Holiday Hours

We're the most fun store in To-



s go directly to fund the Albany Card

LEARN FROM YOUR PEERS' EXPERIENCES!

Peer-to-Peer Student Success

November 19, 2003 * 12-1 P.M. Forum-113

Students with varying levels of knowledge about LBCC will talk about the inspirations and the pitfalls they've experienced here.

Informal & Interactive! Refreshments! Prizes!

Daydreamz

Gowns

half price compared to anywhere else; consignment gowns accepted 968 - 5743

She's Crafty

- ocandlemaking: make your own candle!
- oclasses offered daily
- over 100 scents, 80 molds, unique styles!

222 SW 1st Ave., Albany 926 - 8668

EARN YOUR DEGREE IN 15-17 MONTHS

- · Attend class one night a week
- · Earn credit for life-learning experiences
- · Personalized academic advising

Classes in Portland, Clackamas, Salem, Eugene and Redmond

INFORMATION MEETINGS: 6:30 P.M.

Wednesday November, 12th 2003 Salem Center, 2600 Pringle Road, S.E., Salem

> Call 1-888-888-0178 dps.georgefox.edu



A & E Editor: Peggy Isaacs Newsroom Desk: 917-4453 commuter@linnbenton.edu

ARTS ENTERTAINME

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



AHSS Gallery LBCC Campus 6500 Pacific Blvd. Albany 917-4540

November

Carmen Borrase Oil Paintings First in a series of guest exhibits and lectures. Lecture on Nov. 18 at 1 p.m. in F-104, followed by a reception in the gallery Free

LBCC Commons

LBCC Campus 6500 Pacific Blvd. Albany 917-4461

Nov. 21

Native American Salmon Dinner and Cultural Sharing 6 to 9 p.m. Free to students \$5 donation all others

Albany Civic Theater 111 First Ave. W.

Albany 928-4603



Nov. 14, 15, 21, 22, 28, 29 Dec. 4, 5, 6

"Noises Off" A hilarious comedy 8 p.m.

Nov. 23, 30 2:30 p.m. matinee

\$8/\$6

Nov. 17, 18, 19-Auditions for "The Pirates of Penzance" 7:30 p.m. to 10 p.m.

OSU Memorial Union Ballroom

26th & Jefferson wy. Corvallis 737-0123

Nov. 14,

Floater Opener-Hill's City Bus Doors open 8:30 p.m. Show starts 9 p.m. \$10

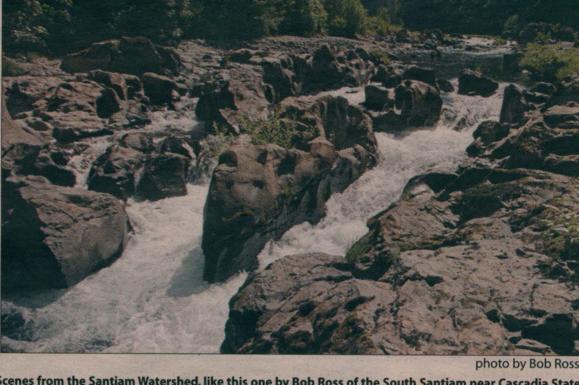
Annual event draws artists to express themselves on AIDS

to participate in the third annual* by graphic design students cel-Artists Against Aids event in the MultiCultural Center on Dec. 1 from 3 to 4:30 p.m.

visual artists, photographers, writers and others will share their work at the event. On view contact Susan Prock at 917-4461.

Artists of all types are invited will be several posters designed ebrating Artists Against Aids. Plans are also being made to show art from the event in the Performance artists, poets, AHSS Gallery during the month of December.

Interested artists are asked to



Scenes from the Santiam Watershed, like this one by Bob Ross of the South Santiam near Cascadia State Park, will be the focus of the annual nature photography slide show held this Friday in F104 on the LBCC campus. This may be the last year photographers will be able to show slides, as digital is on the horizon.

Ross hosts 24th annual slide show of nature photography

Carissa Marshall The Commuter

The 24th annual Bob Ross Open Inventational Nature Photography Slide Show will be held Nov. 14 from 7 to 9 p.m. in Forum 104.

This year's focus is on the Santiam River Watershed, but the show is also open to other nature subjects, such as landscapes, wildlife and other images that do not show the hand of man. All photographers, from amateurs to professionals, are welcome, and Ross especially encourages

Every year, Ross, a retired LBCC teacher of biology, botany and nature photography, creates a family setting for people to share their photographs without criticism. Anywhere from 80-120 people come from as far away as Portland and Eugene, he said, and at least 20 percent of attendees share their photographs.

Most photographs shown are in color, but occasionally some are black-and-white. All pictures must be of nature themes, Ross said, meaning no human artifacts. A limit of 20 photographs will be requested in the form of a slides, and carousels will be provided.

Although no digital pictures will be shown this year, Ross said that at the intermission he will propose that next year's event discontinue the use of slides and instead project images digitally.

He said he will also propose that next year

when the event will be celebrating its 25th anniversary, an appropriate theme for the images would be "25 Years of Nature Photography."

According to Ross, more and more people are moving in the direction of digital photography.

As photography becomes more advanced, we begin to face the crisis of technology," he said. "All we can do is change with the times."

Using computers allows photographers to eliminate imperfections in their pictures or manipulate the perspective—a huge advancement over traditional photography.

Ross looks at the surfaces of the Earth as natural canvases, including land, sky and water. "The paintbrushes include gravity, wind, and heat," he said. "This perspective turns the mud flats and stagnant water into abstractions."

Ross began photographing wildflowers on Iron Mountain in the central Cascades in the early 1960s when he was a student at the University of Oregon. In 1988, he published "Wildflowers of the West Cascades." The book was co-authored by Henrietta Chambers, a fellow LBCC botany instructor who is now retired.

Ross currently is a volunteer teacher of biology at LBCC but prefers to be called "an educational

"Being a guide means allowing students to learn on their own with my guidance," he explained. "Creating a good learning environment that is rich in thinking opportunity is what I strive

Panache hosts hip-hop concert Thursday at Majestic

"Thursday is a big night in

Corvallis so we gotta up the

ante a little bit. We need to

is happy."

make sure that the consumer

Jacob Espinoza The Commuter

LaJames Sweet, founder and CEO of Panache Entertainment, has worked with Bay Area hip-hop legends such as Yukmouth and E-40 since beginning his venture into entertainment promotion two years ago.

"My goal (as a promoter) is to get artists from the studio to the stage," Sweet says. "Whatever it takes to get the artist onto the stage, I will make happen."

Sweet is currently working with artists from the Portland and Corvallis areas, and has an eight-artist show, set to hit the Majestic Theater on Nov 13. "This

should be big in Corvallis," he empha- "We're going to make a DVD. We want of security for his upcoming show at the sizes, "Thursday is a big night in Corvallis so we gotta up the ante a little bit. We need to make sure that the consumer is

Included in the performance are artists from Portland-based record company Ghetto Rise Records, headliners Mischievous and Tame 1 and a

film crew who Sweet hired to film the level." event from the set-up to the after party.

"We are going to have four cameras filming non-stop," Sweet explains. everyone to get a chance to be on it."

Last year, he was part of LBCC's student government and is currently taking

> classes at LBCC as a business management

"By the time I get my degree, I want my company to be established," he says, "and let my education allow me to take it to the next

"If you love hip-hop or R 'n' B, then backstage (at the Majestic Theater) is where it's going to be at on Nov. 13," says Sweet. "If you're backstage, I guarantee you will be on the video."

Majestic Theater as safety precautions. "I

want people to have fun, be safe, and see

open at 8 p.m. Tickets cost \$12 in ad-

vance, \$15 at the door and \$20 for VIP

The show is all-ages and the doors will

a good show," Sweet explains.

passes

For more information, you can reach Panache Entertainment at (866)987-9338 or if you're in the Corvallis area call (541)753-9950.

LaJames Sweet

Sweet has done three previous shows in Corvallis and has never encountered any problems, but he has still hired plenty