



Daytona Dominance

Jimmie Johnson wins to give Chevrolet its eighth victory in the last 10 Daytona 500s.

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Catch a Wave

Oregon beaches provide exciting opportunities for local surfers.

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THE Commuter

Wednesday,
February 22, 2006

A WEEKLY STUDENT PUBLICATION

Volume 37 No. 14

Linn-Benton Community College, Albany, Oregon

www.linnbenton.edu/commuter



photo by Dan Wise

Finishing Touches

Roy McFaddin discusses the fine points of his engraving work with Tim McIntosh, a pre-nursing student. McFaddin took almost three months to translate LBCC students' designs into the acrylic sculpture now hanging in the NSH entrance.

Students may not see service cuts from staff layoffs

Dan Wise
The Commuter

Except for a likely \$3 per credit tuition increase, students will see few outward consequences from the college's round of budget cuts and layoffs announced during the last two weeks. Most other effects will be hidden in staff reorganization and cost efficiencies.

Minimizing the impact on students was the main budget decision goal, according to Bruce Clemetsen, director of Admissions.

"I don't know that services will be noticeably slower, unless enrollment gains 15 or 20 percent. Then you will see it,"

he said. Also, because employee contracts do not expire until June, the cuts' effects will not be felt until fall, so new students won't notice any differences.

However, Clemetsen said some service cutbacks will be noticed, such as the probable elimination of daytime hours at the Albany Community Education office. Also, participants in the Accelerated Training Program will not receive the same level of individual attention they have in the past. While appointments average one-half hour right now, that kind of time will not be available.

Other division heads
▶ Turn to "Layoffs" on Pg. 5

Lord of the Fries: Foraging for food on campus

Amanda Rappe
The Commuter

"Last term, I spent nearly \$300 on fries—nothing but fries," stated LB student Mohamed Elgarguri about his on-campus eating habits.

He also lives on Rice Krispies Treats, oatmeal raisin cookies and drinks. "I buy drinks—I buy a lot of drinks—fountain drinks and SOBEs," he said, adding that part of the reason he spent so much on fries is that he has lots of friends who ate off his plate. "Last term I shared with others, and now it's their turn to share food with me," he said.

LBCC students have lots of choices when it comes to eating on campus, ranging from grilled and fried food in the Courtyard Café to hot entrees and the salad bar in The Commons cafeteria. Nutritionists say that eating habits established in

college, when students are short on time and cash, can dictate eating patterns later in life.

Isaiah DeVylde, another LB student, says his favorite things to eat at the Courtyard Café are "bagels, carrot cake and sea salt and vinegar chips," and sometimes peanut butter cookies.

He also mentioned that he would love it if the café offered more appealing salads. "If it was anything like a nice restaurant I would definitely eat it," he said. In the morning he usually tries to eat healthily, but in the afternoon it's "chips and cookies" that he said appeal to him.

However, LB student Bethany VanSpeybrock prefers not to eat the food offered on campus "because most of the cafeteria food isn't healthy" enough, she said. "If I have to eat in the café, I'll eat the salad. Hotdogs are pretty cheap, but I would never eat one."

▶ Turn to "Health Food" on Pg. 4



photo by Dan Wise

First-year culinary student Danny Jackson prepares the salad bar prior to the lunch rush yesterday in The Commons.

VOTE!

ASG elections continue to 11:30 tonight

Online balloting for officers to serve in the Associated Student Government opened Tuesday and continue through 11:30 p.m. today. Shawn Womack

and current ASG Vice President Phillip Jones are running for ASG President; Joe Giner and Troy Bagnall are running for Business Division representative; and

Derek Durham is running for Science/Industry representative. Five seats are open to write-in votes. To vote, go to: linnbenton.edu/election

The Weather Through the Week

Source: National Weather Service

High 48
Mostly Cold
Low 34
Wednesday

High 48
Cold and Rainy
Low 30
Thursday

High 48
COLD and Foggy
Low 29
Friday

High 53
Cloudy and COLD!
Low 34
Saturday

High 40
Cloudy... not AS cold
Low 23
Sunday

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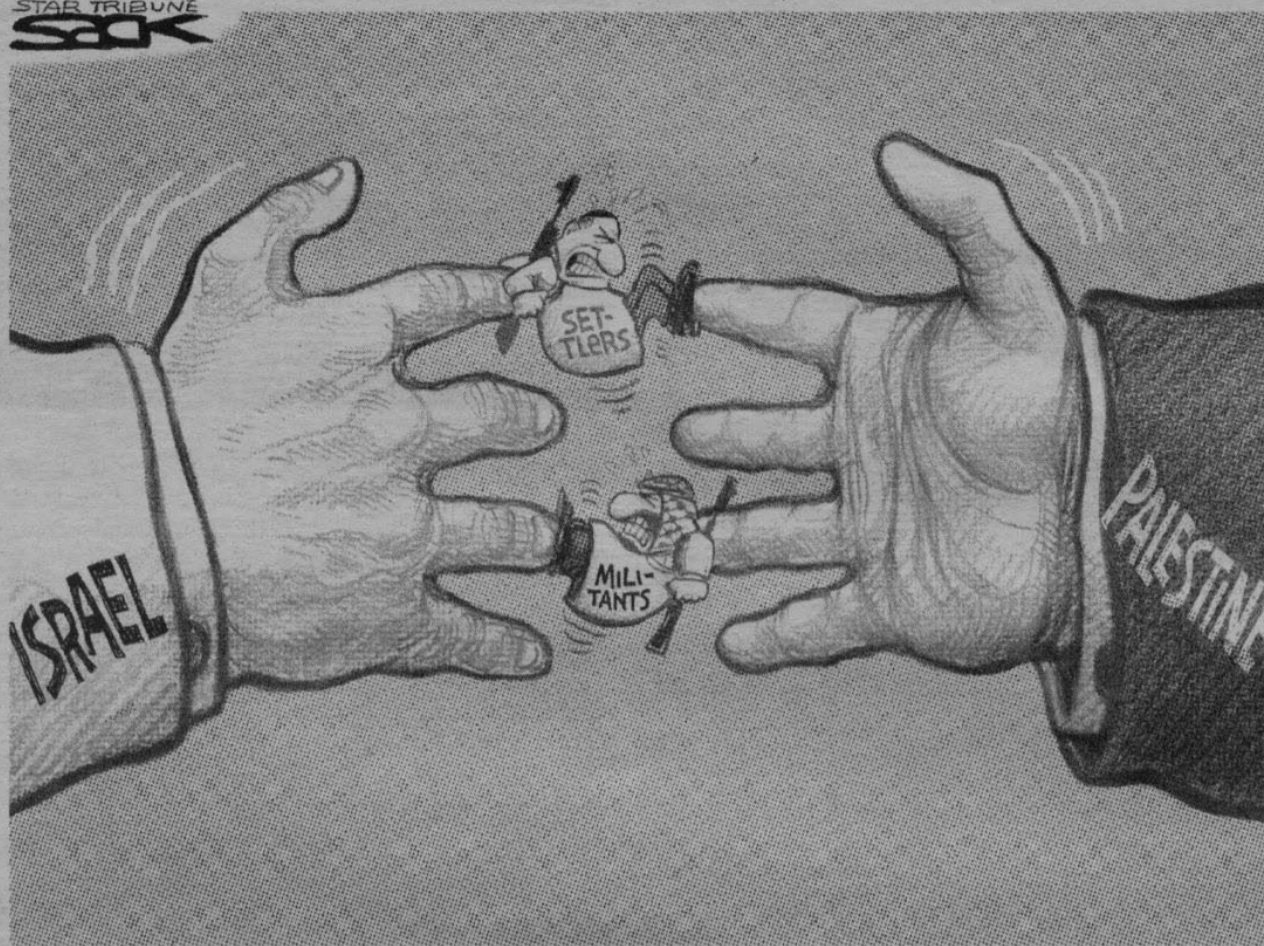
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Funny Bones..... 8
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Discovery..... 12

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OPINION

Send letters to The Commuter:
 Turn into Forum 222. Please sign them
 and keep them at 300 words or less.

STAR TRIBUNE
 SACK



Murder opens eyes to Palestinian plight

Harrison White
 The Commuter

An Israeli bulldozer murdered Rachel Corrie as she tried to protect a Palestinian home from so-called punitive demolition in 2003. This is what really opened my eyes to the plight of the Palestinians. Up to this time I supported Israel and even its right to exist, without question. After all, how could anyone think anything different should exist after the holocaust?

But after Rachel died, defending a peaceful family from an illegal maneuver (the treaty stating this in no uncertain terms was signed by those breaking it), I thought my support of Israel over. My logic flowed like this: people of Jewish origin came many years ago to Europe and many blended in that wished to. Many didn't. In the Spanish Inquisition, even a Christian descended from Jews could be fingered for heresy. Damned if you do and damned if you don't. Hitler and his system followed this example and declared people's heritage as "impure."

In Europe people were corralled together in miserable conditions, sometimes gassed with gypsies, blacks, the mentally ill and others. Because of the anti-Semitism of the world (even U.S. Grant ordered his own round-up of Jews—Order No. 11) in recent history, Zionism grew, demanding Israel restored to Jewish power. Never mind that many of the faith believed that God took them from the place, a modern day example being True Torah Jews. Never mind that people already lived there that they wished to remove from their utopia.

During WWII Germany offered a few Zionist leaders the chance to have people from the camps released. A token effort to be sure, but the telling sign is that they refused, saying that Palestine was the only considered destination, and that if a high number died, it would be easier for the allies to accept a Jewish state. Therefore, Israel is established, much to the chagrin of the people who were forced out of their homes and into refugee camps. The prevailing conflict of the century, Cold War and afterward, is begun.

With this in mind, I went to hear the Corries speak with a twofold agenda. First of all, to listen to the story of one of my martyr-heroes, who was not, as some suggest, supporting terrorists, but rather watching houses shelled and children shot; and secondly, to gain a larger understanding of the issues and what people are doing to stop the violence on both sides of the equation.

One of the most impressive factors was that many Jews are on the side of the Palestinians in requesting decent human rights for the people there. The other important portion of the discussion that really stuck with me was this—it is illegal for an Israeli to go to Palestinian land. So, the wall, which is well within Palestinian territory, keeps the people from mingling with each other and noticing that "Hey! Maybe we're all just people..."

Of course, the writer of a recent Gazette-Times article missed these points, particularly about many Jewish-Americans, Israelis and others working with Palestine, and pointed to the validity of the walls as a prevention of arms smuggling. This is as ridiculous as violating international law and damaging houses (only 20 percent) punitively, in response to suicide bombings (the other 70 percent is broken up between 10 percent for clearing space and 60 percent for no corporeal reason, according to the Corries).

If they could simply cross the border to Egypt, like they should, there would be no walls at all. But since there are walls, what do you expect are the revolutionary results? Tunnels, perhaps?

The problem comes down to this, which is the message I got from the Corries' presentation—it's the problem of an elite group positioned over the people. While the politics of a few Israelis and Jews dominate over others (for example, the Refuseniks or the sane members in the IDF who are simply serving their required time) and keep them from even knowing of the plight of the Palestinians, most probably have compassion for their neighbors. Or rather, they would, if they were not watching a carefully staged puppet show called "Truth."



HARRISON WHITE

Availability of meth ingredients conducive to prolific meth labs

Walt Hughes, Sr.
 The Commuter

Methamphetamine production is fairly easy. More than a hundred recipes can be found on the Internet and all someone has to do is buy common supplies like rubbing alcohol, drain cleaner, matchbooks and what were formerly over-the-counter cold and allergy medicines. Available statistics show that the number of meth labs went from approximately 327 in 1995 to over 13,000 in 2001, and more than 500 of them had been found in Oregon as of last year. Information has been published in newspapers all over the country stating that Oregon seems to be the number one state for meth production and addiction.

Governor Ted Kulongoski said, "Meth labs exist in Oregon homes, hotels, motels, apartments and even in automobiles." He went on to say, "And they are just as likely to be found in rural communities as they are in the big cities, leading some experts to call this the first rural drug epidemic."

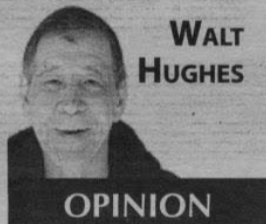
Methamphetamine was originally a legal drug and many of its derivative forms were popularly used for years for such things as dieting and cold remedies. It is a

very powerful stimulant that brings a heightened sense of euphoria and, when high on the drug, the feeling that one is almost invulnerable. It is also highly addictive. Its aftereffects can include schizophrenia, paranoia, violent tendencies and other health problems.

While Oregon is not the only state affected by this modern-day drug epidemic, it has the highest rate of residents in treatment programs in the country. Last fall the Oregon Legislature took steps to restrict the sale of over-the-counter cold medicines that can be used in the manufacture of meth. Those same laws are now being considered or have already been used by other states, which is bringing about another problem.

Originally pretty much a California problem, meth and meth labs had found their way into Oregon, Washington and even parts of Canada by the 1990s. While the new laws make it tougher for the average person to put up a batch of meth, consisting of a few ounces, the Mexican drug cartels have found a new way to make profits by building super labs on both sides of the border that can produce as much as 10 pounds at a time. Combined with cocaine, heroin and marijuana they have a pretty well rounded supply to offer addicts in the drugs-of-your-choice department.

In the next few weeks, we will be taking an in-depth look at the damage and devastation caused to adults, children, pets, property, law enforcement and health care systems by this fast growing, highly addictive and often fatal contemporary drug of choice.



WALT HUGHES

OPINION

The Commuter

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 www.linnbenton.edu/commuter

STAFF

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

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OPINION

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Oil habit needs kick in the pants

St. Louis Post-Dispatch

Profits at Exxon Mobil jumped 43 percent last year to \$36.13 billion. That's \$36,130,000,000.

It may seem crass to praise windfall profits at America's biggest oil company while consumers are paying \$2.35 for a gallon of gasoline. But those profits are good news for everyone.

Exxon is raking in billions because oil is selling at nearly \$67 a barrel, as opposed to \$20 or so during most of the 1990s. Oil prices are set on a worldwide market. No oil company controls them. Even OPEC has lost much of its clout over them. To see the real villain in this piece, look in the mirror. All of us are using too much oil. Oil is precious today because the world is using more and more of it, mainly due to growth in Asia. Demand exceeds the capacity of oil wells to produce, thus the price goes up.

The solution is twofold: We must produce more oil while using less.

Those sky-high profits provide a rich incentive to produce more oil—the key to lower prices. Tax those profits away, as some suggest, and you'll get less oil. The upshot: higher pump prices and poorer consumers.

More production may ease the crunch over the short run. But ultimately, we won't drill our way out of the problem.

The Energy Department predicts that world demand for oil will jump nearly 50 percent by 2025. We probably can't find that much new oil. So, the best answer lies in

conservation, and alternative fuels.

There's also the threat of war. Oil ties us to the most volatile parts of the world, populated by dictators, revolutionaries, terrorists and religious zealots along with millions of ordinary folks. The Iranian zealots are developing nuclear weapons, and threatening to cut oil exports if the West tries to stop them.

President Bush sees this. "America is addicted to oil," he said in the State of the Union address. But his solutions are inadequate. Yes, we need more research into ethanol production, hybrids, electric and hydrogen engines, as the president recommends. But that's not enough.

We need a full court press, starting with tightened fuel economy standards for cars and trucks. Many American cars today can run on a mix of 85 percent ethanol and 15 percent gasoline, but few gas stations sell it. We need bigger subsidies for alternative fuels, for hybrids and ethanol-capable vehicles.

If government were run rationally, we would finance those subsidies through a higher tax on gasoline. Higher prices discourage waste. We saw that in the plunge in SUV sales as gasoline prices jumped last year. Unfortunately, higher gas taxes are politically impossible.

The United States invaded Iraq for many reasons. But we wouldn't be there if Iraq and its neighbors exported only bananas. If Mideast oil supplies were ever threatened, we could find ourselves in a war that would make Iraq look like a practice run. America needs to kick the oil habit, and soon.

Fuel economy crucial in auto selection

Jack Z. Smith
 Fort Worth Star-Telegram

The healing has begun. Millions of Americans addicted to gluttonous energy consumption are suddenly realizing their errant ways.

It's amazing what high gasoline prices will do to unleash long-suppressed energy conservation instincts. Lots of Americans won't shed their energy-squandering habits even if gas tops \$4 a gallon, but the prevailing mood has changed.

Americans are doing all kinds of things to conserve fuel—combining five weekend errands into a single trip, watching TV instead of going to a movie theater, planning a trips closer to home, getting their cars tuned up or lowering driving speeds. Some are thinking bigger. They're considering trading in that 7,000-pound SUV for a Japanese gas-electric hybrid that exceeds 45 miles per gallon, or they're switching to bus or rail transit for their daily commute.

In a nation that contains only about 5 percent of the world's population but consumes roughly 25 percent of its oil, there are literally hundreds of ways that we can cut energy consumption without retreating to Walden Pond.

Here's what should be Rule No. 1: Make fuel economy a major part of your decision-making process when you

buy a vehicle and decide where to live.

A person often will buy an oversized pickup or mammoth SUV because the jumbo size will prove beneficial three or four times a year for tasks such as hauling extra-large consumer items or squiring around a gaggle of out-of-town visitors. But in many instances, these pickup or SUV buyers could spend \$10,000 less on a new vehicle, plus save hundreds of dollars a year in fuel costs, by buying a smaller, more fuel-efficient mid-size or compact model.

What about those three or four times a year when a bigger vehicle is vital?

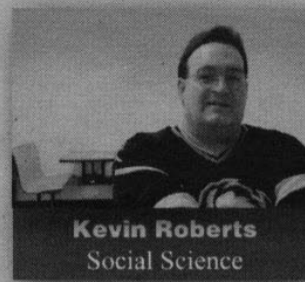
You could pay a pickup-owning neighbor \$50 to help haul big items, or perhaps have a store deliver it to your house for a similar fee. And you could rent an extra-big SUV for perhaps \$250 to \$300 if you needed to escort a out-of-town guests around on a weekend.

Obviously, if your job requires the use of a large pickup on a daily basis, you should buy one. And if you can't be happy without living in the country, that might override your concern about added vehicle costs for a lengthy job commute to the city.

Most Americans have considerable opportunities to lower their transportation costs—and help the environment—by reducing the quantity of gasoline they burn and the miles they travel. And many are finally beginning to realize that, thanks to \$2.50-a-gallon gas.

PERSPECTIVES

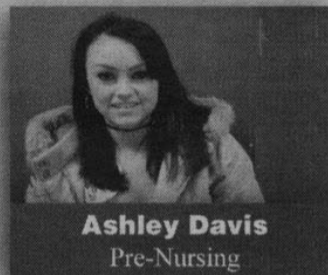
What do you think this country should be doing to reduce its dependence on fossil fuels?



Kevin Roberts
 Social Science

"I think they're doing something. I've seen commercials and specials on 20/20, so I think they're going in that direction."

"I have no idea."



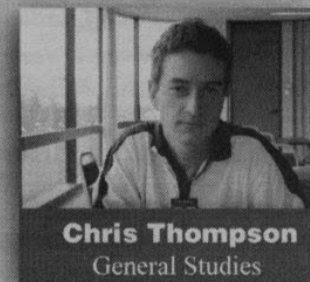
Ashley Davis
 Pre-Nursing



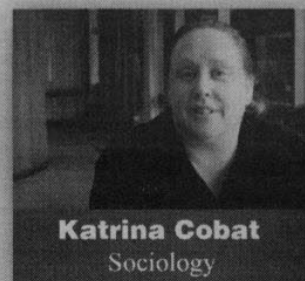
Amanda Johnson
 General Science

"Innovation and finding an alternative like biodiesel and I know they've got hydrogen that they're developing—and get the big companies involved."

"First thing I can think of is more research into alternative methods and more promotion of public transportation."



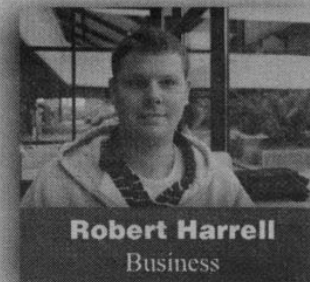
Chris Thompson
 General Studies



Katrina Cobat
 Sociology

"Well of course alternative fuels, they would be better and help the environment. It's a little bit more money but it's worth it for our health."

"Promote hybrids, because if more people use them we would have a lot less dependency on fossil fuels."



Robert Harrell
 Business

Compiled by Kyla Hoyt

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CAMPUS NEWS

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

Breast cancer battled with new law

Sherry Majeski
The Commuter

A new law gives Oregon women 18 and older the right to early detection breast examinations.

The new law, passed at the beginning of the year, is designed to reduce the heavy toll of breast cancer in young women by requiring all health insurance plans with preventative screening benefits to cover clinical breast exams separately from routine checkups.

Oregon is the first state in the nation to give women the right to receive a high-quality breast exam, which will provide over 750,000 Oregon women the ability to receive a yearly breast exam. Oregon and Washington have some of the highest breast cancer incidence rates in the country. Of all

the women diagnosed with breast cancer, 85 percent do not have a family history of the disease.

Due to the high cost of a comprehensive examination, many women avoid getting a comprehensive checkup because of the lack of insurance coverage. Not all checkups include a clinical breast exam or doctors can give a haphazard one.

The new law, which took effect Jan. 1, targets a thorough exam, which is expected to save many lives.

Between 5 and 10 percent of breast tumors are detected by clinical breast exam alone, without a mammogram.

Women's health specialists held a news conference at Oregon Health & Science University informing doctors of the new law and the need for better clinical breast exams, particularly among younger women.

Mammograms, because of the density of breast tissue, do not work well for women under 40.

A clinical breast exam provided by a doctor is similar to, but more detailed than, the self-examinations that can be performed by women at home to detect cancerous growths at early stages, while they are more treatable.

The new law applies only to women who have health insurance. Low-income women who lack insurance may qualify, depending on income and age, for a free clinical breast exam through the Oregon Breast & Cervical Cancer Early Detection Program. Call 1-800-422-6237.

For more information on breast exams, call the Komen Foundation or check its Web site: www.komenoregon.org. and go to Cancer Education.

Health Food: Not on all students' menus

◀ From Pg. 1

VanSpeybrock said she would eat more often at the café if they offered more healthy food, suggesting "If they would have nice chicken salads, that would be excellent."

On a typical day, the café offers grilled cheese sandwiches, pizza slices, nachos, burgers, burritos, sandwiches, two kinds of soups, a few salad choices and snacks.

Meanwhile, up in the cafeteria in the College Center, there are daily entrees with vegetables, soups, sandwiches and salads, among others to choose from.

For example, last Friday, the cafeteria's menu included pepperoni calzone, grilled chicken breast and vegetable chimichanga entrees, as well as goulash soup and clam chowder.

Also offered were a variety of specialty salads, such as tuna Nicoise salad with mustard vinaigrette, a grilled chicken salad with raspberry vinaigrette, and a chicken taco salad with salsa.

Gary Snyder, head of Food

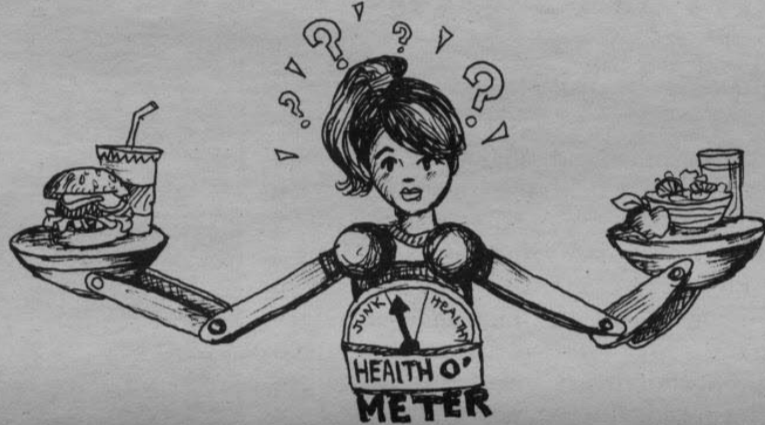


illustration by Elizabeth Beckham

Services, stated that in the past the café and the cafeteria have offered a healthier selection, but that it "just didn't sell."

He said they used to have a "Heart Healthy" option offered daily in the cafeteria, but it wasn't popular enough to keep providing it.

He added, however, that if students have any kind of dietary concerns, they could make special requests, and the kitchen staff would do their best to cater to special needs.

He also pointed out that, as a matter of general policy, "We try to avoid using excess amounts of fat when cooking."

Still, what really sells best in the Courtyard Café are its "burritos, pizzas and burgers," said Snyder.

If you can't afford that, just do like Mohamed Elgarguri does.

"I smile at people, and in exchange, I get food," he said as he ate popcorn from his friend's bag, adding, "Can I have a dollar now?"

Healthy snack choices

Peanut butter with whole grain crackers

Cereal parfait; nonfat yogurt, fruit and whole grain cereal in a cup

Tuna or salmon on toast; use low-fat mayo and whole-wheat bread

Low-sodium vegetable juice

Raw vegetables with low-calorie dip

Smoothie; use skim milk and add wheat germ for extra fiber

Baked sweet potato; heat one in the microwave and top with reduced-calorie pancake syrup

Parenting disabled kids topic of talk

Ellen Purkerson
The Commuter

Many parents of disabled children struggle to balance caring for the needs of their child and working to support their families.

Ellen Scott, associate professor of sociology at the University of Oregon and member of the advisory board at the Child and Family Center in Eugene, will speak in LBCC's Multicultural Center Friday, Feb. 24 at noon. The program is entitled "Up Against the World: Caring for Children with Disabilities." It will address the challenges of raising a disabled child in today's world.

With recent reforms requiring former welfare recipients to enter the work force, parents of disabled children must face the nearly impossible challenge of

juggling the needs of their children, with the financial needs of their family as a whole. Scott will address the challenges faced by these parents and lead a discussion on ways to help them.

The presentation is part of

the Road Scholars program sponsored by the Center for the Study of Women in Society, at the University of Oregon. Over the last four years they have spoken in over 30 locations across the state, to over 1,000 people.

Michele Malloy A Celebration of Life

WEDNESDAY, MARCH 1, 2006 FROM 7:15 - 8 P.M.
IN THE ALBANY LEARNING CENTER, WH 212

Michele was a tireless student advocate, a friendly face in the Learning Center and an inspiration for GED students.

The Learning Center will be collecting donations as a tribute to Michele for scholarships to cover GED enrollment fees for students in need. If you wish to contribute, checks should be labeled "GED Enrollment Fee Waiver Fund".



CLASSIFIEDS

HELP WANTED

The New Lake Shore Lanes is now hiring energetic, smiling faces to bartend. No experience required. Great opportunity for additional income while attending school. Apply at 5432 Pacific Blvd. SW 926-4631

*For more info about the opportunities listed below, please see Carla in Student Employment in the Career Center (Takena 101). Just sign up at www.linnbenton.edu/StudentEmployment. You will have access to lots of jobs and you will also receive emails about jobs.

Bicycle Safety Education Coordinator (#4030, Albany & Corvallis schools). If you are an avid cyclist and enjoy working with youth & have experience running education programs, this job is for you! Pays \$14/hr and averages 30/hrs a week in spring and fall.

Auto Tech-Entry Level (#4033, Newport) Want to get out of the valley? This entry-level job is in Newport and is full-time.

Structural Engineering Technician (#4031, Corvallis) Work for one of the best companies in the valley. You need 2D CAD skills and a 2-year degree in Engineering Technology or 4 years experience.

Administrative Support Clerk (#4032, Corvallis) Work a minimum of 16 hrs/week if you have customer service skills and training on Word and Excel. Must be at least a half-time student.

FOR SALE

1993 Mazda 626 LX Sedan 4D, Blue Book is \$1575 asking only \$1350/obo. Call 974-1852

Solutions

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B	R	A	S	S	T	A	R	A	T

CORRECTIONS

The Commuter misspelled Eric McKinley's name in a Page 1 story Feb. 15, as well as Mollie Peterson's name in a Page 1 Caption. Also Adam Clayton was misidentified in a caption about U2 on Page 10.

CrossRoads Deli & Co.

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\$2.99
with coupon

Copy Editor: Melissa Chaney
commuter@linnbenton.edu

CAMPUS NEWS

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

Lebanon Center to improve offerings

Hannah Cowart
The Commuter

Since its relocation to a new building four years ago, the Lebanon Center continues to grow and now serves 750 to 1000 students each year.

In 2002, the Lebanon Center moved from the old JC Penny building downtown to a spacious new building that took eight years of planning and about \$5 million to build.

Linda Daniels, the Lebanon Center coordinator, said that in the future, the center wants to offer more daytime credit classes. She hopes to offer more transfer classes to benefit students in the area, giving them the chance to work on most of their degree at the Lebanon Center and not have to travel to the main campus, she said.

Right now, students can earn a one-year Office Technology Skills Certificate without having to go to the main campus. Hope-

fully, there will be more degrees students can earn through the Lebanon Center in the future, she said.

The Lebanon Center is also in the beginning stages of developing a learning center. Two nights a week, students can get help in reading, writing and study skills from instructional assistant Annie Skiles.

The Lebanon Center already has many services available. Students can take the computerized placement test, talk to a counselor, register for classes, purchase textbooks, get a student ID card and pay tuition fees all in one place. They can also order transcripts and pick-up catalogs and financial aid packets.

Most Lebanon Center classes are taught one night a week and are equivalent to classes taught on the main campus. Other classes are taught as self-directed labs. Students can come in during open lab hours to work on assignments and get instructor



photo by Sherry Majeski

Jim Cline has been a mill worker all his life and now he is determined to get an education after an on-the-job injury. Betty Mah is tutoring him on reading. She said he is a student dedicated to succeed.

assistance if needed. Some labs are transferable. However, some are not.

There are two computer labs that students can use. The business technology lab has 20 computers and a smaller lab

has 14. The labs have a variety of computer programs, along with printers. During the day, if the labs are full, students can access the six computers in the resource room.

The Shuttle Service is also

available at the Lebanon Center. With a student ID card, students can ride the shuttle for free to the main campus or the Sweet Home Center. Shuttle schedules are available at each campus.

Layoffs: \$3 tuition increase part of budget plan

◀ From Pg. 1

echo Clemetsen. The prime consideration in reducing budgets was to keep from losing student access to classes, said Elizabeth Lundy, dean of Math and Sciences. Everyone realizes that losing students means losing revenue, which contributes to a downward spiral, she explained, eventually resulting in more budget reductions.

"It will be a more secondary effect. There will be some re-arranging of classes to be more efficient and more students may be added to some classes. There also may not be quite the variety of times available," said Lundy. There also will be less support for some of the lab areas, but that will be felt more by faculty than students, she said.

Kevin Nicholson, facilities manager, also feels the students will see very few repercussions. "What we try to do is adjust work schedules so students are not impacted. We'll just make it happen."

A reduction of hours in the Courtyard Café is one change students will notice. Because of cuts in staffing, the café now closes at 7 p.m. instead of 9 p.m. Monday through Thursday. Personnel cuts in Food Services include the baker position and one cashier.

The cuts might have a "dramatic effect" on the quality of baked goods, said Marty Kuiken, Courtyard Café lead, because it may mean buying from outside sources. Kuiken added that the part-time staff is going to have to shoulder much of the burden of decreased staff.

"It's going to be a little

difficult next fall," he said.

Students will feel one effect of the budget balancing effort as soon as this summer, when a \$3 per credit tuition increase goes into effect, assuming the Board of Education approves, as expected. The 4 percent hike will put tuition at \$65 per credit, or \$780 per quarter for a full-time student.

Future budget decisions may take even more money out of students' pockets. Emerging from the Special Budget Advisory Committee meetings in November was a new committee that is considering further tuition and fee increases, according to

Vice President for Academic and Student Affairs Mike Holland.

Although avoiding instructional fees has long been part of LBCC's educational philosophy, Holland said, there may have to be some limited implementation of such revenue enhancements, even though lab and service fees are generally counterproductive, as they tend to limit student access.

Despite the traditional resistance to additional fees, several have been suggested, including a fee for parking. However, Lundy does not see that as viable unless it was applied as a general fee to all

students.

"The administrative and enforcement costs of targeted parking fees would be more than the program's revenue," she said.

A fee for graduation and charging for school catalogs has also been suggested, but Clemetsen sees these as counter to the LBCC philosophy. He feels the college has always been different than other community

colleges that have gone to charging extra fees.

Despite the staff cuts, Clemetsen is optimistic the college will be able to respond.

"We've got creative people, we've got experienced people, we've got people that are optimistic and have always proved creative enough to find a way. I've got no doubt we will find a way with minimal effects on other people," he said.

Taqueria Alonzo



Mexican Restaurant

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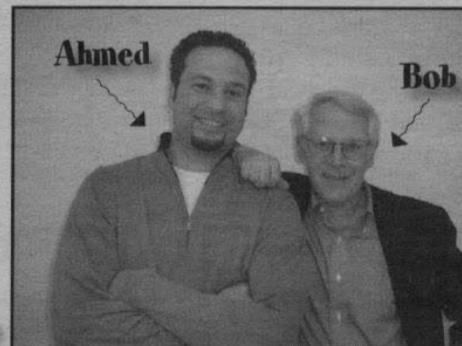
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COMEDY NIGHT

Join Bob (the Rabbi)
and his buddy Ahmed (the Muslim)
for a fun filled comedy night.

"The world's only practicing clergyman doing stand-up comedy.... intentionally!"



March 8, 2006

6:30 p.m. - 8:00 p.m.

LBCC Commons Albany - College Center 2nd Floor



Delicious desserts will be served in addition to some good clean comedy.

OPEN TO THE PUBLIC
Admission is \$5 at the door

Children under age 11 are not permitted



Check out: www.bobalper.com for reviews and other cool stuff!

For more information or to ask questions contact the Political Activities Specialist Matthew Hamel at (541) 917-4463.

Sponsored by the LBCC Student Programming Board

For disability accommodations, call 917-4789 or TTD 917-4703. Please submit your request four to six weeks before the event, where possible. LBCC is an equal opportunity institution.

Linn-Benton
COMMUNITY COLLEGE
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SPORTS

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

Dan the Man, the best without a ring

Greatness is found in teamwork, not individual statistics. The greatest athlete to never win a championship in his respective sport should have just as many contributions to the team's success as his own achievements. If an athlete can use his talent to improve a bottom-feeding squad into a playoff contender then they've already achieved success.

Dan Marino exploded onto the scene during his first years in the NFL, tearing records to pieces with a prolific passing attack and some of the best quarterbacking instinct ever in the NFL. Marino took the Dolphins to the Super Bowl in his second season, but could not roll over the mighty San Francisco 49ers. Still, the quarterback went on to have a successful career. He exploited defenses for 61,361 yards, 420 touchdowns and an 86.4 passing efficiency rating, which ranks sixth among the all-time passing leaders.

But in my opinion, personal achievements are

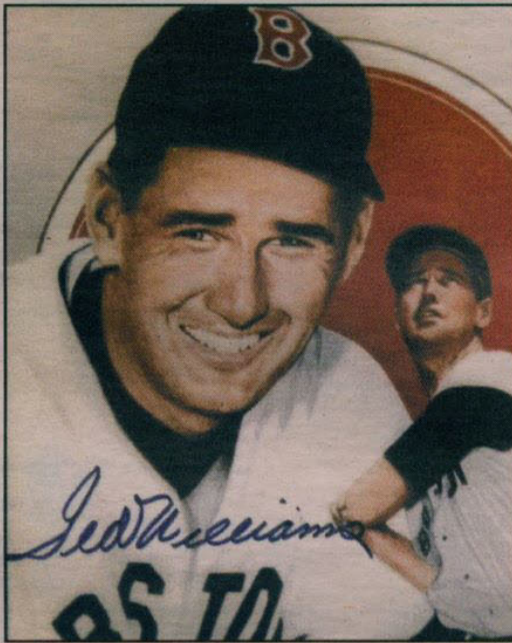
not enough to make him the greatest athlete without a championship ring. He contributed to the team as well. In the latter years of Marino's career, the Miami Dolphins lost their star wide receivers, loyal offensive line and a supportive defense. What was once a team effort for 60 minutes had become a Marino nightmare every Sunday. Yet the quarterback remained, fighting for victories with a team much less talented than many in the league.

There are so many skilled athletes in the world today who haven't had the opportunity to sport a championship ring. Dan Marino is one, yet his talent and teamwork throughout the years not only kept Miami in playoff contention each year, but also kept every Sunday interesting in the AFC. No other player, in any sport, can match their individual achievements eye-for-eye with the leadership and teamwork of Dan "The Man" Marino.



STEVE FARRENS

FACE OFF



KRT Photo

Ted Williams may have been the best hitter in baseball history, but is he the greatest athlete to never win a championship?

needed to succeed. He used a keen eye, raw ability and a tremendous work ethic to become the greatest hitter that ever lived.

History has told us that Ted Williams had the sweetest stroke baseball had ever seen. Baseball fans know and remember him, not only as the best to never win one, but also as the best ever. Period.

Splendid Splinter best ever to never win it all

Ted Williams, the "Splendid Splinter," is the greatest baseball player to ever play and not win a World Series. In fact, during his 19-year career, he only got to play in one World Series, a seven-game loss in 1946.

Williams' career statistics are staggering. People forget he had to take a three-year hiatus from baseball to serve in World War II from 1943-45. That came in the prime of his career. There is no telling what his lifetime statistics would have been had he been able to play those three seasons.

Williams had a lifetime .344 batting average. He was a 17-time All-Star, hit 521 home runs and drove in over 110 runs in EIGHT consecutive seasons that flanked his war service.

He left the game for three years and came back to hit .342, 38 home runs and have 123 RBIs while leading the Red Sox to the only World Series he would get to play in.

Williams was a model of consistency. He hit over .300 in each season until he was 40 years old. His 1941 season has been long revered as the best individual season on record. He hit .406 with 37 home runs that season to add to a career that includes two Triple Crowns, two MVP awards and more RBIs than games played.

The sad thing is, with all of his consistency, power and incredible records and seasons, he never won a World Championship. There are plenty of players who have been lucky enough to be on a team that wins it all. Luck was one thing Williams never

needed to succeed. He used a keen eye, raw ability and a tremendous work ethic to become the greatest hitter that ever lived.

History has told us that Ted Williams had the sweetest stroke baseball had ever seen. Baseball fans know and remember him, not only as the best to never win one, but also as the best ever. Period.



ADAM LOGHIDES

Beavers hope to compete in championships at OSU

Adam Loghides
The Commuter

If you happen to run into Oregon State gymnastics team captain Chrissy Lamun after April 22 this year, and her head is completely shaven, congratulate her. The Beavers will have just won their first-ever gymnastics national championship.

The prospect of winning a national championship at Gill Coliseum would be a dream come true for Lamun, one of two seniors leading this year's 14th-ranked squad. Oregon State will host the national championship

meet April 20-22. Lamun has promised her team she will shave her head if the Beavers are able to pull it off.

Since the beginning of the season, it has been both Lamun's and Head Coach Tanya Chaplin's goal to reach nationals and compete against the best the country has to offer in front of hometown fans. Before they get ahead of themselves, however, Lamun and the Beavers are focused on the present.

"Right now, we need to be consistent, get better each meet, and just take it one thing at a time," Lamun said last

week. Lamun was voted team captain unanimously by her teammates at the beginning of the season, and has taken on the role head-on. "It is a big honor, for sure. But it's a tough job and I am just trying to do it the best I can," said Lamun. Coach Chaplin credits Lamun for her strong leadership abilities, "Chrissy brings experience, good communication skills and a real presence that has helped to keep team harmony throughout the season," Chaplin said last week. That team harmony has been challenged recently due to injuries to sophomores Yuki

Lamb and Courtney Dennison, who recently returned to the lineup just as freshman Tasha Smith went down with a toe injury. The injuries have made the Beavers learn "exactly what a team is about," said Chaplin. "Somebody new has to step up." Over the 24-year history of the NCAA gymnastics championships, the Beavers have advanced as far as the Nationals' 12-team field 15 times. The National Championship has eluded them every time. The highest finish they have achieved is fourth place in the Inaugural Championships in 1982 and in

1991. Although Oregon State has never won a gymnastics national championship, there is "tremendous tradition here that places a lot of pressure on us," said Chaplin. Although her goals are lofty, Chaplin has told her team to "compete well, score well and do the best we can do right now. If we make nationals, then we will let the chips fall where they may."

If the chips do fall their way, Beaver fans won't be able to miss Lamun. She will be the woman with a huge smile on her face, a championship on her résumé and no hair on her head.

Johnson, minus crew chief, takes checkered flag at Daytona

Jake Rosenberg
The Commuter

Following the suspension of his crew chief for rules violations, Jimmie Johnson defied the odds by taking the checkered flag and the \$1.5 million purse in the 48th annual Daytona 500.

The super bowl of auto racing in Daytona Beach, Fla. features the best drivers in the world in one of America's most tropical states, but Sunday's misty racing conditions only added to the suspense of the tight knit restrictor-plate race.

A crash between pole-sitter Jeff Burton and Jamie McMurray with four laps remaining forced a climactic green-white-checker finish and a record 507.5-mile long race.

Living up to his aggressive reputation, NASCAR bad boy and 2005 Nextel Cup Champion Tony Stewart made the most of those extra circuits by creating his usual chaos amongst the 42 other racers on the track. On-track altercations with past champions Jeff Gordon and Matt

Kenseth, who finished 26th and 15th respectively, took those drivers out of winning contention but catapulted Stewart to a fifth place finish.

Dale Earnhardt, Jr. received five extra bonus points for leading a race high 32 laps but crossed the finish line of the 203rd and final lap in a disappointing 8th place. Junior did however manage to make a late race push to the front despite falling as far back as 21st with engine problems.

"This motor's like an old man," said Earnhardt in a late race strategy talk to crew chief Tony Eury. "It'll wake up and run for a while then fall back asleep."

While Earnhardt has fallen from his once dominant position on super speedways, Kasey Kahne of Enumclaw, Wash. and Vancouver's Greg Biffle have risen from the unknown Northwest dirt track scene to stock car super-stardom. Both drivers were contenders for the championship last season and begin this year with aspirations of even more success. Kahne finished in a respectable 11th place but Biffle couldn't avoid a late race collision and came home in 31st.



KRT Photo

Jimmie Johnson (48) passes teammate Kyle Busch (5) during the 48th Daytona 500 on Sunday. Johnson went on to win \$1.5 million in his first "superbowl of auto racing."

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SPORTS

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

Dual-enrolled students, spouses can enjoy Dixon

Jens Odegaard
 The Commuter

LBCC students who are dual-enrolled at OSU, as well as their spouses or domestic partners, can play racquetball, pump iron or just relax in the hot tub at Dixon Recreation Center, on the OSU campus.

"Dixon is a gorgeous facility with tons of opportunities to improve physical health and lots of ways to interact with peers and relax from studying," said LBCC dual-enrolled student Shiann Ashenbrenner.

Dixon boasts the following: seven racquetball courts,

two squash courts, eight outdoor and four indoor tennis courts, a 7,000-square-foot indoor climbing gym, an indoor track, two weight rooms with over 70 cardio machines and free-weight stations, an eight lane pool with dive well and hot tub as well as two full size gyms for basketball, volleyball and badminton.

Dual-enrolled students can use the facility free of charge with their OSU student ID. Spouses of dual-enrolled students can obtain an affiliate card that grants access to Dixon with an affidavit of marriage, while domestic partners must fill out an affidavit of domestic partnership in order to qualify for an affiliate card. Af-

filiate cards have a one-time fee of \$15 and are valid for as long as the student attends OSU. Both affidavit forms, and affiliate cards are available from the OSU ID Center, (541) 737-2493, located at 215 Memorial Union Building on the OSU campus.

Affiliate cardholders must also purchase a Dixon Recreation Center membership that costs \$48 per term. Memberships are purchased at the center. Dixon Recreation Center is open Monday through Friday from 6 a.m. to 12 a.m., Saturday 10 a.m. to 10 p.m. and Sunday 10 a.m. to 12 a.m. For more information call (541) 737-3748 or check it out at 425 S.W. 26th St.

Ladies end losing streak with win over SWOCC

Neal Jones
 The Commuter

The Linn-Benton Lady Roadrunners (3-6) ended their losing streak on Wednesday beating SWOCC (3-6) by a score of 68-54. Molly Fillion who had 16 points and seven rebounds led the Lady Runners. Other key contributors included Rebekah Welch with 13 points, Whitney Bryant with 11 rebounds and Jenny Fillion and Sarah Long with seven rebounds each.

On Saturday the LB women

(4-6) traveled to Oregon City trying to start a winning streak but lost 71-56 to Clackamas (9-1). Again Molly Fillion led the way for the women with 24 points and 13 rebounds. Bryant also had a double-double with 16 points and 10 rebounds.

This week the ladies will have their final two home games. Tonight LBCC plays Lane CC (10-1) at 5:30 p.m. The Roadrunners will host their last home game of the season on Saturday against Mt. Hood (0-11) at 4 p.m. in the AC.

Struggles continue for men's team on the road

Caleb Hawley
 The Commuter

The Linn-Benton Road Runners (10-15, 3-8) dropped two more games on the road last week. LB lost decisions to Southwest Oregon (8-16, 2-9) at Coos Bay and to Clackamas (18-8, 7-4) at Oregon City on Wednesday and Saturday.

Wednesday night's game at Coos Bay was a tight one. The Runners played well, but it wasn't enough as SWOCC defeated LB 75-70.

Leading the Runners with a huge game was Derek Grinnell scoring 40 points with six assists. Ryon Pool also had an impressive night registering another

double-double with 21 points and 10 rebounds.

The second venue of the week was in Oregon City at Clackamas CC. Once again the Runners played a close game but didn't have enough in their tank to pull out a victory. CCC defeated LB with a score of 73-65.

Alex Stockner was the lead scorer for the Runners with 18 points that was complemented by seven rebounds.

Kyle Masten registered double-digits, scoring 17 points and Grinnell as well with 16.

LB will be hosting Lane and Mt. Hood this week at the Activities Center tonight at 7:30 p.m. and Saturday at 6 p.m. for the last home games of the year.

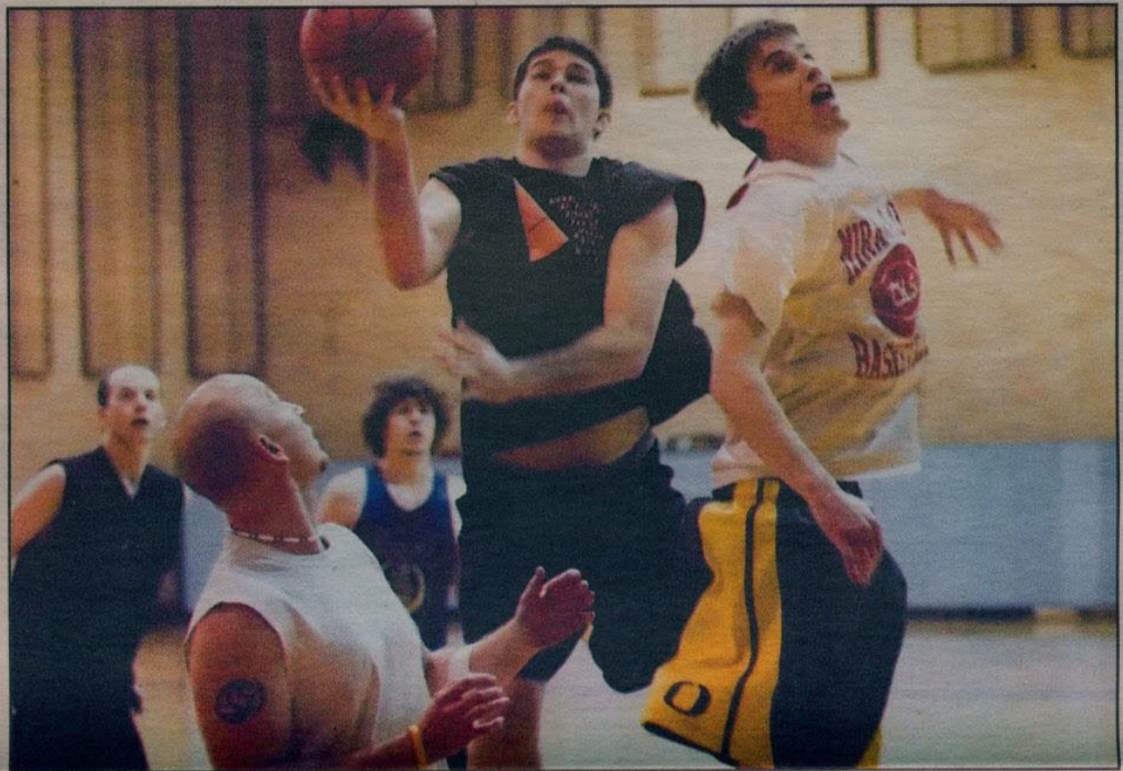


photo by Caleb Hawley

3-on-3 in the AC

Kyle Rygg defends LB student Josh Coulter's drive to the basket during Friday's Three-on-Three Basketball Tournament in the Activities Center. Team Philomath was the winner amongst the nine teams that participated. Both the first and second place teams received gift-certificates to Big 5 Sporting Goods.

Kwan's Olympic career not golden, but her legacy will shine forever

Adam Loghides
 The Commuter

Oregonians surely remember the 1994 Olympic Games and the "Tonya Harding-Nancy Kerrigan" incident. When Kerrigan petitioned the U.S. Olympic Committee to compete at the games that year and won, the skater who qualified for the Olympic team and willingly became the alternate was 13-year-old Michelle Kwan. Kerrigan won the silver medal, while young Kwan sat out and waited her turn.

Last week, two-time Olympic Medalist Michelle Kwan withdrew from this year's Olympic Games due to an injury. Knowing this was most likely her last chance at Olympic gold, Kwan's decision to withdraw was difficult for fans to take. She made the decision with the same composure and grace that the figure skating world has come to expect from her. She gave her replacement a week to prepare for the chance to compete.

Can you imagine Michael Jordan getting hurt the day before he was to play in his last NBA finals and having to retire without winning an NBA championship? Kwan is figure skating's Jordan, the equivalent of Babe Ruth in baseball, with one glaring omission from her career résumé—no Olympic gold. Kwan has dominated this sport in every facet for the better part of a decade but has never stood at the top of the medal stand in the Olympics.

What Kwan has done over the last 10 years is mind-boggling. She won her first U.S. National Championship in 1996 at age 15. Her first Olympic experience came in 1998 when she was favored to win the gold. She was narrowly defeated by Tara Lipinski and won the silver instead.

That year, Kwan began an amazing run of eight straight U.S. National Championships. That string ended this year when Kwan had to withdraw from the competition due to a pulled right groin muscle, the same injury that she re-aggravated and that forced her to withdraw from this year's Olympic Games.

The nine U.S. National Championships she has won are more than skating legends Peggy Fleming and Dorothy Hamill won combined. Add to that her five World Championships. Those are numbers that will never, ever-be repeated by anyone else.

At the 2002 Olympic Games, she won the bronze medal, again defeated by a young American, this time 16-year old Sarah Hughes. Ironically, Hughes' younger sister, 17-year-old Emily, is the alternate this year after finishing third at the U.S. National Championships. Kwan's decision to withdraw has opened the same door of opportunity for Hughes that stayed shut for Kwan in 1994.

Grace. Dignity. Composure. These are all words that describe Kwan, the most decorated skater in U.S. history. Despite the fact that Kwan has never won Olympic gold, her fans worldwide agree on one other word to describe her—champion.

scoreboard

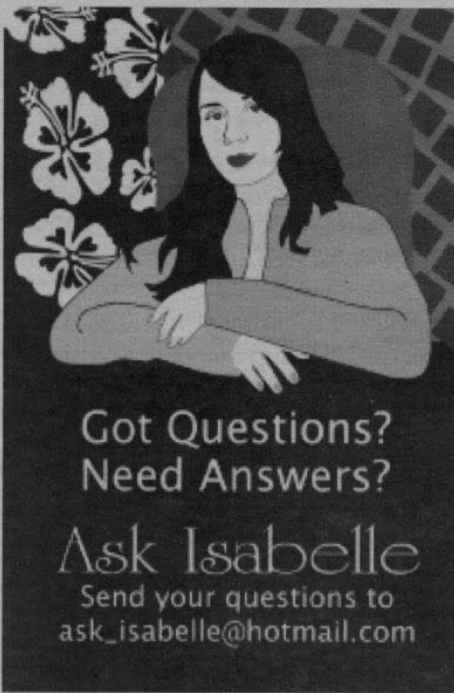
Men		STANDINGS		Women	
	League	Overall		League	Overall
Mt. Hood	11-0	22-3	Clackamas	10-1	20-4
Chemeketa	9-2	17-7	Lane	10-1	26-1
Clackamas	7-4	18-8	Umpqua	8-3	20-6
Portland	5-6	13-13	Chemeketa	7-4	10-12
Lane	5-6	11-14	Linn-Benton	4-7	8-17
Linn-Benton	3-8	10-15	Portland	3-8	9-15
SWOCC	2-9	8-16	SWOCC	3-8	10-13
Umpqua	2-9	5-19	Mt. Hood	0-11	2-20

Date	Opponent	Location	Time
Feb. 22	Lane	Linn-Benton	W-5:30 M-7:30
Feb. 25	Mt. Hood	Linn-Benton	W-4:00 M-6:00
Mar. 1	Umpqua	Roseburg	W-5:30 M-7:30

Design Editor: Elizabeth Beckham
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FUNNY BONES

Crossword, cartoons, LBCC Commons menu and some fun facts to brighten your day.



**Got Questions?
Need Answers?**

Ask Isabelle
 Send your questions to
 ask_isabelle@hotmail.com

Dear Isabelle,

How do you handle an unaccepting mother-in-law? I have recently married my long-term boyfriend of a little over four years. His mother was always accepting and very sweet to me, but now she is very short with me and is always making little backhanded comments toward me. She once said "I love your new hair cut, it's very butch. You have to be pretty OK with yourself to pull that off." I don't quite understand the sudden change in behavior. How do I approach this, should I try to win her over once again or just let it go and ignore her?

Wicked Daughter-in-Law

Dear Wicked,

Isay quit beating around the bush and ask your new mommy-in-law what's up. Otherwise, this could drag on for months or even years. You both tiptoeing around the real issues and acting like nothing is wrong. Doesn't sound too great to me. Ask her out to lunch and just bring it up. Express how much it bothers you that you don't get along like you used to. Find out what is really bothering her and what you can do to fix the situation. She may just be feeling left out or put aside. Once you address things, they should improve. If things don't, then she is just plain mean and you don't have to put up with it. Just because she is mom, doesn't mean you can't tell her off when she crosses the line.

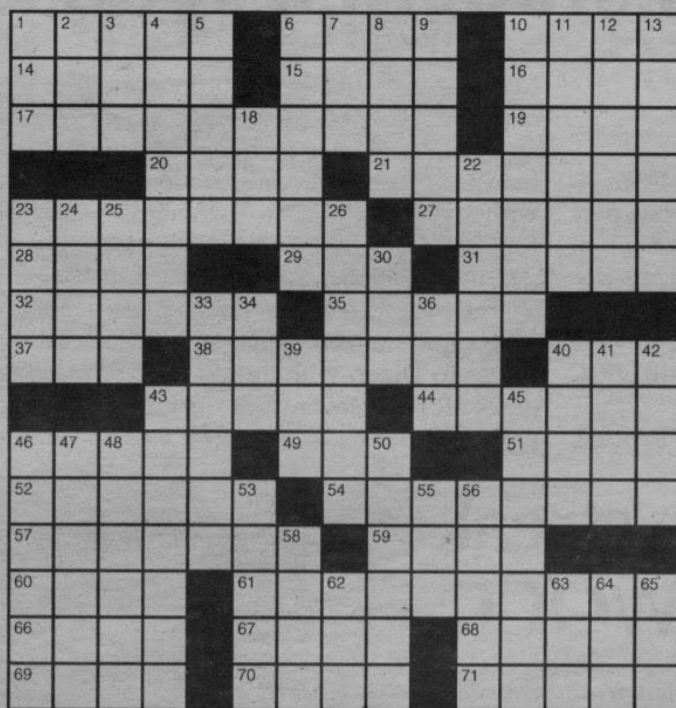
FOR ADVICE...

E-mail Isabelle for anonymous, fair and unbiased advice anytime at ask_isabelle@hotmail.com or drop letters off at the Commuter office, Forum 222, addressed to Ask Isabelle.

All names will be kept confidential and private. Isabelle will answer all letters as space allows so please be patient if we don't get to your letter right away.

Crossword

- ACROSS**
- 1 Copper-zinc alloy
 - 6 Skater Lipinski
 - 10 Hardy heroine
 - 14 Like thick eyebrows
 - 15 Levin and Gershwin
 - 16 Landed
 - 17 Advocate of secession
 - 19 Kent's girlfriend
 - 20 Medicinal tablet
 - 21 Skirt's edge
 - 23 Entreated
 - 27 Showered
 - 28 Galleria
 - 29 Theol. sch.
 - 31 Coffee beans, really
 - 32 Supplication
 - 35 Dinghy and dory
 - 37 Porker's pad
 - 38 Incapacitate
 - 40 Obese
 - 43 East on a map
 - 44 Reach one's destination
 - 46 Mr. Moneybags
 - 49 Slippery catch
 - 51 First garden
 - 52 Baltimore pro
 - 54 Former Washington nine
 - 57 Young women in distress?
 - 59 East Asian desert
 - 60 Death notice, briefly
 - 61 No carnivore he
 - 66 Cash penalty
 - 67 Moran or Gray
 - 68 Feel
 - 69 Impartial
 - 70 Transmit
 - 71 "Steppenwolf" author



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2/21/06

DOWN

- 1 Air-rifle ammo
- 2 Regret bitterly
- 3 Cleo's snake
- 4 Curvaceous
- 5 Damascus land
- 6 Data on jackets
- 7 Jackie's second
- 8 Reckless
- 9 Rayed flower
- 10 Calculates a score
- 11 Stritch or May
- 12 Violated a religious principle
- 13 Spirited horses
- 18 Everything
- 22 Expert
- 23 Current units, for short
- 24 Separate
- 25 Flexibility
- 26 Pre-election face-offs
- 30 Unruly crowd
- 33 Fit to be eaten
- 34 Tractor-trailer
- 36 Chicken/king connection
- 39 That ship
- 40 Dog's name
- 41 Assert confidently
- 42 Sawbucks
- 43 Chanticleer
- 45 Pensioner
- 46 Fall asleep

Answers Provided on Page Four

- 47 Saudi
- 48 Island in the Bahamas
- 50 Map key
- 53 Sprites
- 55 "Ask ___ what your country..."
- 56 Make ashamed
- 58 Withered
- 62 Form of rummy
- 63 Ones with the power
- 64 Blockhead
- 65 Born in Cannes



"In her mad pursuit to become Friday Night Ball Caller at Bingo, Agnes takes things a little too far."



"You know I live by the sword, Susie. Unfortunately, we're living in more of a gun culture."

LBCC MAIN CAMPUS Commons

FEB. 22 - FEB. 28

Wednesday:

ENTREES: Prime Rib w/Popovers; Garlic Shrimp Tacos w/Orange-Cilantro Salsa & Black Bean Salad; Tofu Stir-Fry w/Broccoli over Rice
SIDES: Baked Potato; Broccoli a la Milanaise
SOUPS: Billy-Bi; Beef Vegetable

Thursday:

ENTREES: Jamaican Jerk Chicken w/Mango Chutney; Sushi/Sashimi; Spanakopita
SIDES: Garlic Ginger Coconut Rice; Ratatouille
SOUPS: Chili Mac

Friday: Chef's Choice

Monday:

ENTREES: BBQ Spare Ribs; Moroccan Chicken; Omelet Bar
SIDES: Home Fries; Glazed Carrots
SOUPS: Saffron Chicken; Vegetarian Vegetable

Tuesday:

ENTREES: Spice Rubbed Tri Tip; Fish en Papillote; Portabella Polenta w/Vegetables, Mascarpone Cheese and Sundried Tomato Pesto
SIDES: Brabant Potatoes; Santa Maria Style Pinto Beans; Corn Fritters
SOUPS: Chicken Consomme; Roasted Garlic Pesto

Weekly Menu



"Check out the FREAK! Flappin' around with the totally clashing outfit! HEY, NANCY BOY! Where's the MARDI GRAS?!"

Managing Editor: Jennifer Overholser
 commuter@linnbenton.edu

CAMPUS NEWS

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

TRIO helps first-generation students succeed

Neal Jones
 The Commuter

As a student, have there been times when you wished for extra help, when the Learning Center was very busy and there wasn't enough time for the tutors to meet your personal needs?

One of the places offering help is the LBCC TRIO Student Support Services. They provide support services at the Albany Campus and Lebanon Center. Their goal is to remove barriers to higher education, by assisting students with all aspects of the college process.

TRIO Services:

- Tutoring
- Study groups
- Workshops
- Access to computer labs
- Academic and career advising
- Financial aid and scholarship assistance
- Dual enrollment and college transfer information
- Visitations to four-year colleges and universities

One of their success stories is Rocky Gavin, a TRIO/SSS student. "I found out about TRIO in a letter from disability services," Gavin said. "I walked by a few times and decided to stop by and see what it was about. I got a pamphlet explaining what they could help with."

Gavin said he had already used up tutoring services and TRIO helped with what he needed. "I signed up for an interview and when I went to my interview, I found out I was eligible. Then I went to the orientation and they helped with planning my personal success," he explained. "They help with class selection and looking up scholarships. They made sure I filled out the scholarships right, sent it in and the essay scholarship committee liked it so much they doubled the scholarship," he added.

"I only knew about the scholarship and that I was

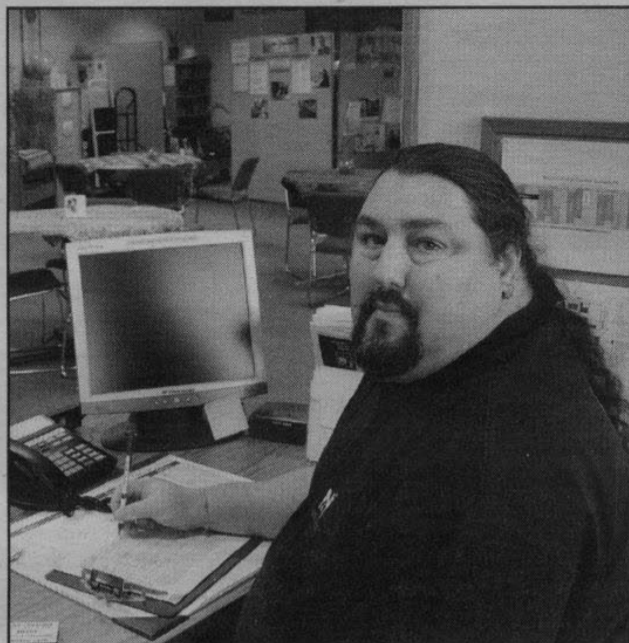


photo by Kyla Hoyt

Rocky Gavin, who works as the Native American program assistant at the Multicultural Center, is one of TRIO's success stories.

eligible with the help of TRIO," said Gavin. He advised, "Take the time to stop by and see if you qualify. The staff is helpful, friendly and they are great people to work with." Gavin also works as a Native American program assistant at the Multicultural Center. "I work with the Native American community, plan pow-wows, and I go to grade schools playing the flute," he explained. Gavin said he would be speaking at Oregon State University about how hard it is to prove Native American heritage.

Terri Sorensen is another student that is involved

with TRIO. "I found out about TRIO in a recruit letter in the mail, sent by the dean of student services," she said. "I came by and talked with them and I met the necessary criteria." She said that the staff was friendly and made her feel welcome. Sorensen now works as an administrative assistant with TRIO.

"Being with TRIO has been great. There is a lot more time for one-on-one attention. You always get the same tutor," Sorensen said. "The two tutors are really good. They offer a great deal of resources." These resources include workshops and book and calculator checkout. "TRIO offers lots of support and guidance. It provides a real safe atmosphere for students in a group setting. It promotes better education and being successful," said Sorensen.

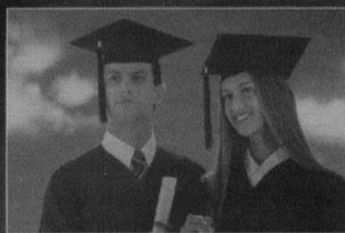
Retention Specialist Kelly Donegan explained, "This fall was the start of the program at LBCC. The U.S. Department of Education grant is written so that we can serve up to 160 students." She added, "Right now it's about 90 students and by summer we expect to be filled up and have a waiting list. There are two centers, one at the Albany campus in HO-116 and at the Lebanon Center in LC-211.

TRIO/SSS is a federally funded grant. There is no cost to the student. Any LBCC student is eligible to apply if fully admitted to the college and meets at least one of the following criteria:

- First generation college student (your parents or the person who raised you did not graduate from a four-year college)
- Meets federal financial eligibility requirements
- Has a documented physical or learning disability

For more information or an application, contact the Albany Center, HO-116, at (541) 917-4993, or the Lebanon Center, LC-211, at (541) 259-5776. You can also stop by and pick up a pamphlet with more information on the requirements and benefits.

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ARTS & ENTERTAINMENT

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

Corvallis musician brings 'Blo Pop' to latest CD

Elizabeth Uriarte
 The Commuter

Corvallis is a town rich in artistic culture and is home to a number of musicians. One in particular, Johanna Beekman, grew up in Corvallis and continues to call it home.

Beekman has been performing since childhood, both musically and theatrically—and sometimes a combination of the two in musical theater, according to Iconfluence Music, Beekman's production agency. She has performed in various bands, festivals and cafés, and even in films, including Gus Van Sant's "Elephant," winner of the Sundance Award.

Her style of music is her own, which she has labeled "Blo Pop." A combination of blues, folk and pop music, she said. "It tastes good and leaves you with something to chew on."

Her debut album, entitled "Stolen Grace," features her original songs



contributed photo
 Johanna's CD comes out this summer.

coupled with world-beat band Oyaya. Songs on the album reflect Beekman's life at the time of its release. Some are raw and emotional, while others are uplifting; however, all of the songs convey a personal message. The traditional African influence of Oyaya adds a haunting dimension to the music.

"I really love touching people," Beekman said. "I love it when someone says,

'I related to that song.' We all have the same story, just different takes on it."

Beekman's next CD, "The Other Side of Time," which is scheduled for release in July, has a different feel than her first album, as well as a different story to tell. There is an ongoing theme of transformation throughout the album. "It's about reclaiming power, not being passive in life, and being conscious of your choices," she explained.

"The Other Side of Time" is more mainstream than "Stolen Grace," with its new "Blo Pop" feel. More universal, she said, "It's about bigger than me. I hope it'll reach a larger audience."

Although Beekman attended school in Portland for three years, majoring in theater and women's studies, she returned to Corvallis to continue her music career. "It's like a magnet, it always brings you back," she said of her hometown. She returns to Corvallis because it helps her feel recharged, and aids in her creative process. "Corvallis is a really good place

to regroup," she said.

Throughout her career, Johanna has worked with a wide variety of people, in an ever-changing band. She comes from a family of musically inclined individuals, and has done music with her father, George Beekman, for many years. He is the producer of his daughter's music. She has also collaborated on a few songs with her brother, Ben Beekman (a.k.a. "Beeker"), who is a techno disc jockey.

"I had a very wonderful upbringing, and have been very well supported in my music," she said.

For Beekman, music is a necessity. "The reason I do music is that I would explode if I didn't," she said. She loves music because it allows her to express herself, and "it's like really cheap therapy."

Johanna tries to perform locally about once a month. Her next performance is at 8 p.m. on Feb. 24 at The Beanery on Second Street in Corvallis. She is also planning a tour of the Northwest with the release of her new album.



Finalist Forums

On Feb. 24, forums will be held on campus for the finalists for the position of vice president of academic affairs. The forums will be held in IA-231 and 232 starting at 10 a.m. Rating forms will be available so that students' input can be added to the hiring process.

Scholarship deadline

Applications are now being accepted for Oregon Student Assistance Commission scholarships. OSAC administers many privately funded scholarships for students including: The Ford Family Foundation, The Oregon Community Foundation, U.S. Bank, Wells Fargo Bank, and Bank of America. All scholarships are for Oregon residents attending Oregon colleges. Application deadline is March 1, 2006. For more information and application forms, visit OSAC online at www.GetCollegeFunds.org.

**VISUAL ARTS CLUB
 ART SHOW &
 AUCTION**

Submit prints of your work to be auctioned off to raise money for the Visual Arts Club.

Pieces are DUE in the NSH RM101 by March 17. Include name and contact information on the back of the piece. Must be ready to hang (matted and/or framed).

The Show and Silent Auction will be held in the Commons Saturday, April 22nd. - starting at 3 PM. Prizes awarded for 1st, 2nd and 3rd place. For more information contact:
 Elizabeth Beckham
lizzo_beckhm@hotmail.com

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ARTS & ENTERTAINMENT

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

Check It Out

Faculty Art Exhibit
 Through March 3
 8 a.m. to 5 p.m.
 North Santiam Hall Gallery

"The Underpants"
 Feb. 24, 25
 March 3, 4, 9, 10, 11
 8 p.m.
 March 5 (m)
 2:30 p.m.
 Albany Civic Theater
 111 First Ave. S.W.
 Albany
 Adults \$9
 Seniors and students
 under 18 \$6
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 on Thursday
 www.albanycivic.org

**Crazy Train and
 Appetite for Deception**
 Feb. 24
 9:30 p.m.
 Platinum
 126 S.W. Fourth St.
 Corvallis

**Springboard Improv
 Comedy and mayhem**
 Feb. 24
 9:30 p.m.
 Iovino's Ristorante
 126 S.W. First St.
 Corvallis
 \$5

MUSICAL AUDITIONS
"Once Upon a Mattress"
 Russell Tripp Performance Center
 LBCC Main Campus
 Feb. 27, 28 & March 1
 7 p.m.
 For more information contact:
 LBCC Box Office in Takena Hall
 (541) 917-4531

Calendar compiled by Colleen Franzoia, A&E Editor
 Get your event in Check it Out. Send all information to
 The Commuter Attn: commuterarts@linnbenton.edu

Actor promotes political debate in one-man show

Arlen Proctor
 The Commuter

The upcoming performance of the play "Clarence Darrow: The Search For Justice," by nationally renowned actor Gary Anderson, will illustrate many of the most important political issues our nation is currently facing by retelling the story of one of the most influential lawyers in American history.

The one-man show, which will be performed at the Unitarian Universalist Fellowship in Corvallis, highlights the evolution vs. creationism debate and shows the human side of a man who was once called the most hated and celebrated attorney in American history.

Anderson, a Redding, Calif. native, travels the United States helping to educate his audiences on a variety of issues, including the death penalty and our civil liberties.

Both extremely passionate and knowledgeable, Anderson has gained national fame for his performances and his strong stance against the death penalty. "Fighting for the social causes I believe in, it consumes me," Anderson said.

"Clarence Darrow: The Search For Justice" is a show that covers many political issues but also has a simple message. "People demonize and judge in our society too easily," said Anderson. Whether it is the creationism vs. evolution argument or the abolition of the death penalty, this play will help its audience to understand both points of view. "The main reason I do this show



contributed photo

Gary Anderson makes a point during his passionate portrayal of Clarence Darrow in a play he will be performing Saturday, Feb. 25 at the Unitarian Universalist Fellowship in Corvallis.

is to offer a healthy debate, to present both sides of each issue," explained Anderson.

Anderson, a self-described "Unitarian Activist," does over 70 percent of his shows at Unitarian Fellowships around the country. The diverse audience, both in political and religious affiliation, lends itself well to the type of show Anderson

performs. "The most important message I want people to receive is about the death penalty and the tax on our civil liberties," he said.

"Clarence Darrow: The Search For Justice" will be showing for one night only at the Unitarian Universalist Fellowship in Corvallis on Feb. 25 from 7 to 9 p.m.

'Mattress' auditions next week

From the LBCC News Service

The Performing Arts Department will hold open auditions for "Once Upon A Mattress" on Monday, Feb. 27, Tuesday, Feb. 28 and Wednesday, March 1.

Auditions are open to community talent as well as LBCC students and will be held at 7 p.m. in the Russell Tripp Performance Center.

Auditions are progressive and auditioners need to be present on Monday, Feb. 27 and available for callbacks on Tuesday, Feb. 28 and again on Wednesday, March 1.

"Once Upon A Mattress," based on the classic musical comedy Princess and the Pea fairy tale, will be performed spring term May 26 through June 4. It is co-directed by George Lauris, LBCC theater instructor, and Susan Peck, LBCC music director, with choreography by Barbara Platt.

There are 20 roles available,

which include nine principals; Princess Winifred, Prince Dauntless, King Sextimus, Queen Aggravain, Sir Harry, Lady Larken, Minstrel, Jester and Cardamon the wizard. Some roles need not be gender specific.

The ensemble of 11 actors includes Sir Studley, Sir Cadfael, Sir Optimus, Sir Pestimus,

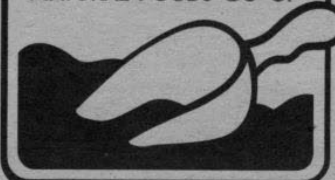
Sir Luce, Lady Beatrice, Lady Rowena, Lady Merrill, Lady Lucille, Lady Mabelle and Emily.

For further information, interested students and community members are encouraged to call the directors, Susan Peck at (541)-917-4550, or George Lauris at (541)-917-4566 or the LBCC Box Office at (541)-917-4561.

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DISCOVERY

Community festivals, trips, treks
 and tours that readers might enjoy
 in their free time.

SURFING



Jens Odegaard
 The Commuter

The Oregon Coast—whale watching, tide pools and beachcombing.

Boring.

You could be surfing.

Unlike skateboarding or snowboarding, to which it is most often compared, surfing is a direct interaction with nature at its most transitive and dynamic. Instead of moving and reacting to a stable landscape, surfing captures the essence of motion as every wave continuously changes.

Adjustments are made each and every second as you carve and embrace the wave. The face leaps up then crumbles and reforms, whitewash threatens to engulf you, even as the lure of liquid glass stretches out before you down the line.

"Surfing is kind of spiritual," said Zach Weddle, a 24-year-old LBCC student—it borders on addiction. "I'm going through withdrawals. Damn school is getting in the way."

After the first ride on a wave there is a pull to capture that feeling again and again. Most surfers can't describe it. "It's something you have to experience," said Rachel Forest, a 17-year-old Newport High student.

You attack and react to it for that ultimate high when the wave rears up and you glide down the line. The sun shines through the wave, casting blues and greens upon you like nature's stained glass as you bask in the feeling of freedom. You have walked on water.

The knowledge that this idyllic moment could end in-



Careful board preparation assures a firm grip for good control in any surf. Waves often reach heights of more than 10 feet during the winter along the Oregon Coast. Surfing's thrills and spills are attracting increasing numbers to the state's numerous beaches.

stantly in a crashing wipeout of cascading water only heightens the effect. When you bail, "it takes you down real deep, don't know which way is up, don't know when the next breath is gonna come," said Weddle.

Panic can ensue as you tumble, somersaulting along the bottom, sand blasting into your face while you stroke for the surface, as your lungs gasp for air. But, when you break the surface once again the rush and ecstasy of life calls you to stick the drop on the next wave.

It is this interaction with danger and beauty that draws

Oregon surfers. "It's not about ego," said surf shop owner Dan Hasselschwert.

"It's not just another sport. It's just about you and the wave," added Forest. This perspective on surfing has given Oregon a distinct vibe.

Surfing in Oregon isn't really the whole California/Hawaii bikini-clad-babes, shirts-off and palm tree scene. For one thing, there are "no girls," as Weddle points out. Forest would make an argument against that every time she drops into a wave. However, even she said not many girls

surf, and the females she does see are mostly in their late 20s and 30s.

You certainly won't see girls lying around in bikinis or tanned guys in board shorts.

A lot of the time Oregon surfing consists of freezing your lower extremities off. That's while wearing a 5/4-millimeter wetsuit with a hood and booties—5 millimeters in the abdomen area and 4 millimeters on the arms and legs.

With an average ocean temperature of 52.5 F at Newport, the nearest surf to the Corvallis and Albany area, protection

from the elements is vital. Surfing in Oregon isn't for the faint of heart, but what it lacks in warmth and sex appeal is more than made up for by the sheer emotion of surfing.

Hasselschwert has experienced surf from Nelscott Reef in Lincoln City to the tip of Baja, Mexico, and across the Pacific to Hawaii. But Oregon draws him back every time. "I like Oregon, it's mellow and fits my personality," he said.

Weddle adds, "People here do it [surf] 'cause they like it, not necessarily because it's cool."



Two surfers approach a wide beach north of Newport after a glorious sunrise. Morning is often the time to catch the best surf conditions, and because of this year's seemingly unending series of winter storms, surfing has been exceptionally good.



photos by Jens Odegaard