

LITTLE SHOP OF DRUGS

Local drug population explodes, despite new state policy on ephedrine. **Pg. 8-9**

PUPS GET THEIR DUE

The 47th Grammy Awards honored up-and-coming superstars, as well as music's greats. **Pg. 13**



The Commuter

a weekly student publication

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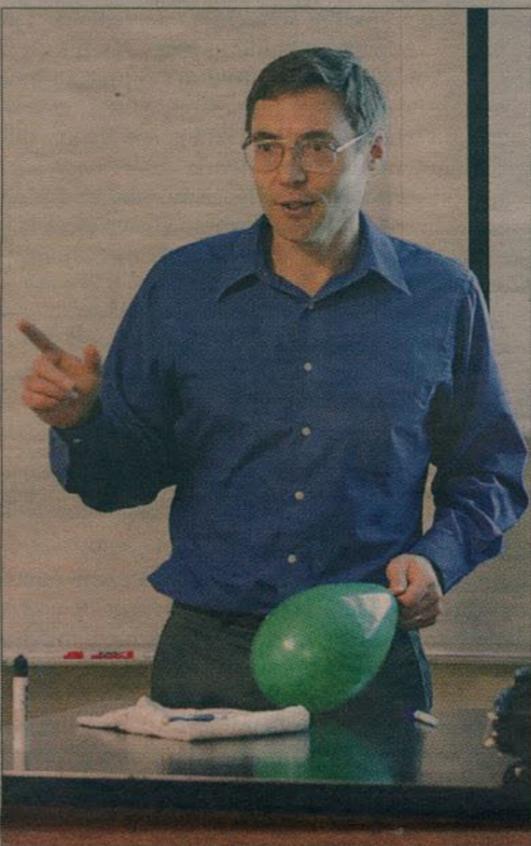


photo by Erik Swanson

Physicist Carl Wieman speaks at LBCC Monday.

Local Nobel Prize winner explains search for fifth state of matter

Nick Milhoan
The Commuter

Nobel Prize winner and U.S. Professor of the Year Carl Wieman stopped by campus Monday to speak to students and staff about his discovery of the Bose-Einstein Condensate (BEC) or "Quantum WeCondensates Coldest Temperatures in the Universe."

Or, as we would say in plain English, the fifth state of matter.

BEC was first predicted by Albert Einstein, but he wasn't sure if it could ever happen. He realized that as things get cold there is a quantum waviness to them.

Wieman, who is a graduate of Corvallis High School, said he and his team first started to work on the BEC in the late 1980s, though at the time they were pretty much in the same shoes as Einstein. They had a little better grasp on things; they knew it required extremely low temperatures, though were not sure how to achieve the desired cold needed in order to begin BEC.

▶ Turn to "Nobel Winner" on Pg. 4

Only 2 file for ASG elections; write-in candidates sought

Brian Moore
The Commuter

ASG President Stephanie Quigley is disappointed over the lack of candidates for the upcoming ASG presidential election. Only two candidates had officially filed for office by last Friday's deadline—Bill Hand for president and Erin Hisaw for public relations secretary.

That leaves six seats with no official candidate—vice president, at-large representative and four divisional representatives.

Students are being encouraged to run write-in campaigns for any open seat. Write-in candidates need to garner at least 40 percent of the ballots cast for the po-

sition to be elected. Seats that are not filled by election can be filled by appointment of the elected ASG officers next term.

The elections will be conducted by online ballot next week, Feb. 22 and 23, between 7:30 a.m. and 11:30 p.m.

"It is disappointing that there haven't been many applications," said Quigley. "The longer it takes to get an ASG president, the less training they will receive."

Quigley has enjoyed her stint as ASG president. She has been in office since spring of 2004. She has made many friendships during her tenure. "I enjoy working with people that have the same drive and hard work ethic as I do," said Quigley. "We can make things better

▶ Turn to "ASG" on Pg. 4

Students lobby Salem for more money

Rob Gibson
The Commuter

If the Oregon Community College Association (OCCA) succeeds in its lobbying efforts, the governor's proposed budget cuts and ensuing tuition hikes won't make it into the state budget or students' wallets.

A group of students from LBCC is already preparing to lend support to the cause. Julie Suchanek, a government relations staff member from the OCCA, briefed the 10 LBCC students on Jan. 18 as part of their preparation for the upcoming battle for funds.

On Thursday, Feb. 17, some of the students are expected to be in Salem

to pitch their case to lawmakers, who will be hearing from students from around the state today and tomorrow about the proposed cuts.

Science and Industry Representative Paul Weatherford is one of those students who volunteered for the chance to influence the Legislature. Weatherford explained that his "best ally will be gathering general knowledge and forming opinions."

Even though the legislative session is expected to last another five months or so, there are already a number of discussions and events within the next month that will involve students from LB, according to Weatherford. And if a student is

needed immediately, Weatherford said, "that's where we come in."

But like other LB students, Weatherford says that he has little "precious spare time" that he can contribute to the task. With the classes, projects and committees Weatherford must tend to as a student and member of the Associated Student Government, he says it's possible that he might miss opportunities to assist the effort in Salem.

Because the efforts might require a student to travel to the Capital at the drop of a hat, the group's staff advisor, Tammi Paul-Bryant of the Student Life and Leadership Office

▶ Turn to "Lobby" on Pg. 4

Pucker Power Poops Out

An attempt to break the Guinness World Record for the biggest crowd of kissers failed miserably on Valentine's Day, last Monday, when fewer than 50 couples turned out for the event at the Memorial Union Quad at OSU. More than 5,000 pressed lips were needed to break the record.

photo by Erik Swanson



WEATHER THROUGH THE WEEKEND

SOURCE: WWW.WEATHER.COM

high 53 low 28
WEDNESDAY

high 53 low 32
THURSDAY

high 55 low 33
FRIDAY

high 54 low 35
SATURDAY

high 53 low 38
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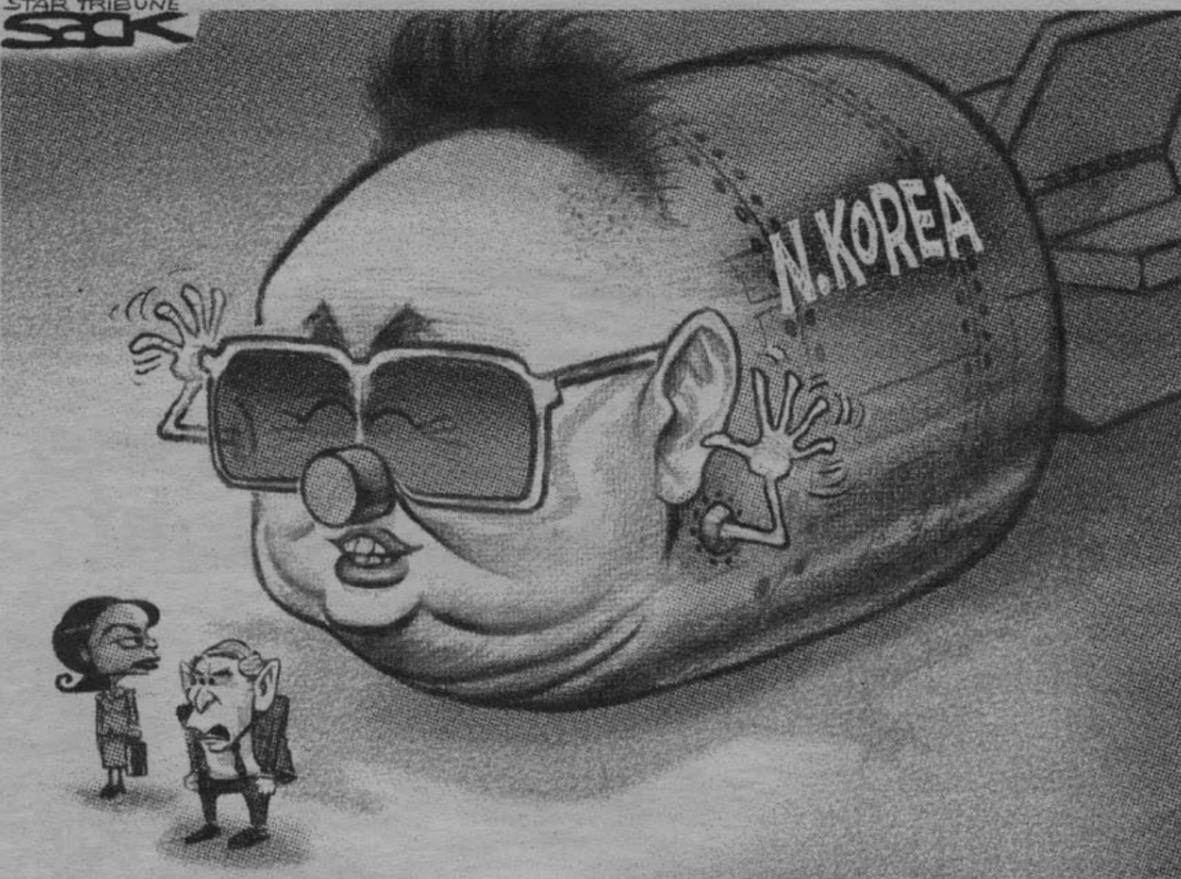


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OPINION

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

STAR TRIBUNE
 500K



'APPARENTLY SOMEONE DIDN'T GET THE MEMO ABOUT WHAT I WILL OR WILL NOT TOLERATE...'

COMMENTARY

Gay and lesbian community experiences, a roller coaster ride over the past year

Flowers, candy, perfume and rallies for gay marriage? Hard to believe it's been just over a year since last Valentine's Day and that groundbreaking day when San Francisco Mayor Gavin Newsome took the country by storm and began issuing marriage licenses to gay couples. So, how far have gays and lesbians come since this pivotal day?

Well, first, we had Portland, Ore., a town in New Mexico and another in upstate New York issuing licenses to everyone. San Francisco had just over 4,000 couples receive certificates, Portland and the Multnomah County commissioners issued nearly 3,000 and a little under 800 were given out in upstate New York.

Here in our area, Benton County commissioners voted to issue marriage licenses to homosexuals as well, though a license was never issued, and for a short period of time no one in Benton County was able to receive a marriage license.

On the other side of the country, the Massachusetts Supreme Court voted to legalize gay marriage and to this day they are still dishing out certificates, though one must reside in the state for one year or more. So if you are thinking you might want to run to Boston and get hitched, sorry, first you'll have to live there for a short period.

Eventually every state but Massachusetts did end up stopping the licenses from being issued. However, in Oregon, the records office did certify all those marriages, so at least for now (the issue is being debated by the Oregon Supreme Court) those 3,000 couples that were married are legally married and there is nothing any evangelical Christian can do about it.

Even television took on the issue. In an episode of Law & Order from earlier this season, a gentleman was charged with murder, and confessed to his husband. Since he did confess, the prosecution (who didn't know at the time they were married) wanted his spouse to speak in court. The prosecution then had to go to the New York Supreme Court and see how they should treat the issue—because with a heterosexual couple, confession or not, it's spousal privilege. In the show, they decided

that the marriage was not legally binding and so the confession was allowed to remain.

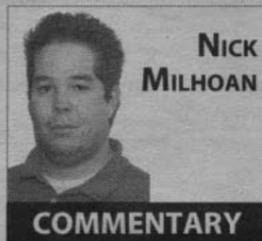
Now, as with any form of civil rights, there have been a few setbacks. Thirteen states voted to amend their state constitutions and declare marriage as being only between a man and a woman and opponents of gay marriage have taken the necessary steps to do the same in 17 other states. This was all in an effort to thwart any possible court rulings like those in Massachusetts.

Also thanks, in part, to Newsome and the other cities and states that decided to allow gay marriage, more evangelical Christians—some would call them bible thumpers—voted in the last election than ever before. It's estimated that five million of these bible thumpers, that had never voted before or rarely voted in the past, cast their ballot for President Bush in the last election and beat John Kerry by just over four million votes. So take away those votes and it would be a different administration running the country right now.

There are a few positives going on right now though. Over the past week, San Francisco, Tampa Bay, Portland and the state houses in Maryland, New Mexico and Washington were home to rallies designed to bring awareness to the issue of gay rights in the hope that legislatures and courts will realize that it really is an issue of civil rights.

Also here in Oregon, Basic Rights Oregon recently filed a lawsuit before the state Supreme Court to dethrone Measure 36, saying that because the amendment had more than one purpose and amended more than one thing (which is illegal by state law) without multiple votes on all the different amendments, it shouldn't be allowed. A similar lawsuit has also been filed in California.

So, yes, a few minor setbacks have occurred and really though gays have had a bad year in a lot of states, they have also had what many will say is the best year in history. Who knows where the homosexual community will be one, five, ten or even twenty years from now. No one would have thought here in the U.S. that they would have come this far, so fast.



NICK MILHOAN

COMMENTARY

"Benton County commissioners voted to issue marriage licenses to homosexuals as well, though a license was never issued, and for a short period of time no one in Benton County was able to receive a marriage license."

COMMENTARY

Being a mother and student is taxing on emotions and grades

I'm a full-time student and a full-time parent. I am married and my husband is currently financing my college costs. He is doing so as it was part of our deal. I put him through school so now it's my turn.

My friends think I'm so lucky. I don't work, I just go to school. I don't feel quite so lucky. Don't get me wrong, I love my children. I just don't appreciate being fully responsible for their homework as well as mine. My husband works long days and is not always there to help them with their homework.

I send both girls off to school each morning and receive them each afternoon. Three afternoons each week I pick up five middle school kids and deliver them home.

After a quick hug hello, the first question I ask my kids is how much homework they have. I promptly sit them down and get them started.

Many days, we all do homework together. This seems to work unless they have many questions during my trigonometry homework. I really have to concentrate for that stuff.

I have had to bring my children with me to school and I know I'm not alone. I see small children on campus almost every day with their parents. I smile at these parents and understand what they are going through. I know it is a struggle to find reliable and affordable child care and attend college at the same time.

The struggle may be constant and, at times, discouraging, but it is all worth it. When I'm feeling down, I just sit back and imagine having my degree and my dream job. I know my being happy will make those around me happier.

Another upside to our being parents is that our children watch us struggle. I hope watching this will encourage them to go to college right after high school. They should want to do things the easy way not wait until they have kids and financial obligations before they go to school.

We students with children should get together and support one another. We could start a co-op just for childcare and a support group for bitch sessions.



BRENDA RANZENBACH

COMMENTARY

The Commuter

STAFF

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CAMPUS NEWS

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

Car break-ins, lot violations top campus crimes

Sherry Majeski
 The Commuter

Although we like to think that our campus is a safe and secure place, campus security wants us to be aware of certain situations that do occasionally arise.

It is their goal to increase awareness and communication around campus. Bruce Thompson, security officer, stated that people become "signblind" and don't pay much attention to the fliers posted around campus warning of car prowls and other problems. Since the beginning of the New Year, there have been 20 incidents reported.

The car that was reported stolen was accessible to the thief because its key was stuck in the ignition and the owner could not remove it and had hoped it would be safe, according to security officers. Of the four motor vehicle accidents, two were hit-and-runs, one was a roll out (the emergency break was not set and vehicle rolled out of its parking space), and the last was a minor collision with a parked concrete truck.

One car prowl involved a Geo Metro. It occurred when the vehicle's owner left a window down about two inches, according to security. The thief grabbed the window and pushed on it, breaking out the glass to enter the vehicle. Stolen were two CD cases holding about 50 CDs. This car prowl occurred minutes after the owner left the vehicle to retrieve an item from campus and then returned to the vehicles. This break-in took only 15 minutes, according to the report.



photo by Aubri Martin
One of Security Officer Doug Schaeffer's regular duties is to patrol the campus parking lots to enforce parking, speeding and crosswalk regulations.

Another involved a 1987 Honda Accord that was entered with what appeared to be a Slim Jim. A purse hidden under a small lunch sack and hat was stolen.

Security Chief Vern Jackson had this advice to drivers: "Be aware of your own environment. We need to be aware of our surroundings and if something seems amiss, it probably is. Trust your gut feeling and report any suspicious activity."

According to Jackson, most car prowls occur in broad daylight and when something is visible and someone wants it. Rarely does someone bother a car that is visibly empty.

Security officer Bruce Thompson stated that the big problem is speeding in the parking lots (the speed limit is 15 mph), as well as driving the wrong direction, running stop signs, not yielding to pedestrians in cross walks and parking

in bus zones and fire lanes.

Security recommends registering your vehicle with their office. In the event that your lights are left on, or if there is an incident involving your vehicle, you can be quickly located and informed.

Services offered by security include assistance to your vehicle at night, the use of a battery charger to start dead batteries and help finding your parked vehicle.

"I love security, and this is the best campus at which I have ever worked," said security officer Carrie Jackson, who is a student here.

She has been with LBCC security for one and a half years. She patrols campus in the evenings and during her patrol, she drops into the Graphics Lab and checks up on everyone working late. She carries pepper spray in the event of an emergency but says she has never needed it.

Since she works on weekends when the campus is mostly empty, she occasionally runs into kids on skateboards and bicycles. She stated that kids will put picnic tables together for jumping. She just politely asks them to stop and they comply.

2004-2005 Security Reports

- 1 car theft
- 3 car prowls
- 4 motor vehicle accidents
- 1 vehicle fire
- 3 medical emergencies
- 2 miscellaneous thefts
- 3 intrusion alarms, staff errors
- 2 criminal mischief
- 1 inappropriate behavior between a man and woman

Students urged to act now to get aid in time for next year

Ieva M. Augstums
 The Dallas Morning News (KRT)

DALLAS—If you don't think you're eligible for financial aid, think again.

A recent study by the American Council on Education found half of all undergraduates who probably were eligible for federal money during the 1999-2000 academic year didn't receive any for one reason—they didn't apply.

That's about 8 million students who lost out on low-interest loans and free money.

"It's a tragedy that students do not explore their options," said Jacqueline King, director of ACE's Center for Policy Analysis. "The only way you are going to know if you are eligible for financial aid is if you apply."

The key is to fill out the Free Application for Federal Student Aid. It's the starting point for applying to almost all student financial assistance programs and determines eligibility for federal financial aid. Many schools, including LBCC, also use it as part of their application for nonfederal aid. The 2005-06 FAFSA is available in paper form from the Financial Aid Office and is also available online at www.fafsa.ed.gov.

To be eligible for financial aid for 2005-06, the government must receive a student's form no later than midnight on June 30, 2005.

But that may be too late.

Most families who filed a FAFSA for the 1999-2000 academic year did so after important deadlines had passed, decreasing their chances of receiving state and institutional aid, King said.

With financial aid nearly everyone can afford higher education, said Martha Holler, spokeswoman for Sallie Mae, the nation's leading education lender.

"Apply, even if you think you don't qualify," she said. "Financial aid comes in many flavors."

The financial aid system is designed to make it possible for nearly everyone to afford higher education. There are myriad types of education loans, scholarships and state and federal grants available.

"There are students out there who are working to avoid student loans. That's not a smart strategy," King

said. "If it's delaying your entry into the job market with your college degree, it could be costing you more."

Students received more than \$122 billion in financial aid for undergraduate and graduate study in 2003-04, according to the "Trends in Student Aid 2004" report issued by the College Board.

"Many think there's a negative stigma for students who have student loans," said Ed Doody, president of College Partnership Inc., a college planning services firm. "No, it's called a fact of life."

With tuition on the rise at public and private universities nationwide, it's best to learn about all the financial aid options. In order to get loans from the government

and sometimes even free money from a school, students have to fill out the FAFSA.

The form, which has to be filled out every school year, is comprehensive. It asks for information about the student's family income and income taxes, assets, family size, the number of family members attending college and more.

"It seems complicated, but it really isn't," said Maria Ramos, University of Texas at Dallas' financial aid director. "It takes 45 minutes on a Saturday morning."

By law, students can file the FAFSA for 2005-06 after Jan. 1, 2005; however, it's a good idea to submit it as soon as possible after that.

The FAFSA asks for tax information that's not due until April 15, so applicants can do their taxes first or fill out the form with an estimate and update it later.

"When you are in the queue early, you will get as much aid as possible, as soon as possible," said Holler said. That's because, after financial or other qualifications are met, aid is generally awarded on a first-come, first-served basis.

If a student's financial aid package includes an education loan, the student is responsible for applying for the loan.

Federal programs are the single largest source of education loans—students received more than \$55.5 billion in loans last academic year. One of the more widely used federal loans is the Stafford loan.

Community organizations, labor unions and private charities and foundations often offer scholarships.

Web sites such as www.fastweb.com and www.scholarships.com are good starting places.

"You've got to put some effort into it, but the rewards can be tremendous," said Marc Peterson, financial aid director at Southern Methodist University.

Another option available to students is grants.

The need-based federal Pell Grant is the largest federal grant program—more than 5.1 million students last year received an average of \$2,466.

Like scholarships, grants do not have to be repaid. However, unlike most scholarships, students must fill out the FAFSA to receive grants, which are available through the federal government and state agencies.

LB students have until March 1 to apply for Oregon scholarships

LBCC students are not unlike their counterparts across the country—large numbers of students do not get scholarship money simply because they do not apply for available funds.

According to Financial Aid Director John Snyder, there are almost 200 scholarships currently available for the 2005-06 year through the Oregon Student Assistance Commission, and many of them could be won by LBCC students if only they would apply. Last year, fewer than 100 students applied for these scholarships.

"The president's staff is concerned that many students don't understand that there is very little competition for some scholarships, that many students are taking on too big a loan burden instead of considering scholarships, and may not make the effort to search and apply for scholarships," Snyder said.

Information on the OSAC scholarships, which can be used at any state college or university, is available on line at www.getcollegefunds.org

The deadline to apply is March 1.

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CAMPUS NEWS

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

CLASSIFIEDS

Help Wanted

For more info about the opportunities listed below, please see Carla in Student Employment in the Career Center (Takena 101)

Management

Information Systems

Clerk (#3081, Corvallis)

Knowledge of advanced office practices & equipment, data processing & reporting, HS diploma or equiv., 3 months experience is required for this full-time job. Pay is \$1942/month plus benefits.

Disney College Program

(Lasells Stewart Center Agr. Room in Corvallis, OSU) It's that time of the year for Disney to be recruiting for students to earn money & experience working as an intern this summer! Presentation will be at 6 p.m., Tuesday, Feb. 22 at the Lasells Stewart Center on the corner of Western & College Dr. by OSU.

FOR SALE

Dining Room table set with four chairs, \$50. Two glass top end tables, \$10. Small T.V. stand with double doors and space for DVD players/or VCR, \$20. One double bed with frame, \$50. Other miscellaneous also. 812-1587, after 5 p.m.

SCHOLARSHIPS

OSAC Scholarships

March 1st is coming up! Don't miss out on the opportunity to apply for OSAC Scholarships. Last year, 79 LBCC students applied and 21 were awarded over \$51,000! YOU could be one of those students! Simply go to: www.GetCollegeFunds.org. Application deadline is March 1st...so get started now!

Nobel Winner: Physicist solves Einstein's puzzle

◀ From Pg. 1

"We did it because we wanted to create new material and study it," said Wieman. "We had to invent a whole new technology to do this and I think it's quite fun."

The beginning of this requires atoms to be put into a container, he said. Once in the container, they begin to zip around the inside. Soon they began to look at these atoms and realized there was always a limit on the speed and a limit on how cold anything can be.

"Something is needed in order to cool these down," said Wieman. "We just didn't know what that was."

Soon after this, they discovered that in order to achieve the cold necessary, they would need to have the temperature somewhere around 460 degrees below absolute zero. This had never happened in the universe, so they had no idea how to achieve it. "No place in the universe is it lower than absolute zero," said Wieman. "We needed to know how to achieve this."

So the scientists set up shop at one of the coldest places in the country, Boulder, Colo., at the university and started using lasers and mirrors to achieve the temperature. The mirrors worked because they bounced the laser beams into the BEC.

"We used cheap lasers, much like that you find in a CD player," said Wieman. "With that and a few other things, we had what we needed."

Using grad students, they shined the light on an atom and this began to push the atom around. With the atoms able to move, they knew they would be receiving a kick. Seeing as this was all cooling based, they knew



photo by Sheena Bishop

LBCC's Main Forum fills with students and community members who came to hear physicist Carl Wieman talk about the Bose-Einstein Condensate on Monday.

that with the atoms bouncing off each other and the glass, they would warm up.

Real atoms go 1,000 miles per hour and each has a favorite color, and in order for the atom to work, each must have a certain color.

"We had to be careful to adjust the color and light to each atom," said Wieman.

Now the atoms were able to bounce and keep going, but the researchers didn't know how to keep the temperature steady without taking away the lasers.

"Atom's are a lot like running in a hailstorm," said Wieman. "No matter which direction you run, you get hit in the face with hail. The same goes for atoms."

They needed to figure out

a way to keep them from hitting the glass and warming up. They started using copper wires to make magnetic fields to keep the atoms from moving and warming up.

"Looking at it, we figured out you could cool them off with evaporative cooling," said Wieman. "This is just like the steam coming off of your hot coffee or tea."

With this it was time to slowly lower the bowl, or the sides, and let the energetic atoms out. This had to be done slowly so that they had the most atoms left and achieve BEC.

Then, in order to get a better look at the atoms floating in a cloud, they needed to find a way to snap a picture.

"We used a single shadow image shot to get a better look

at them," said Wieman.

This allowed the formation of the fifth state of matter and achieved BEC. With this approach, he said, they are able to study BEC and look at how this will affect mankind. The feeling, according to Wieman is that, in the not too distant future, this will play a big role with human interaction and the universe.

"In the future, with this information we might be able to play a big role with mankind and his role in the universe," said Wieman

Wieman grew up in Oregon's Coast Range. He attended high school in Corvallis, where his parents still live.

A proposal was recently made to name the new Corvallis high school, now under construction, after the noted physicist.

ASG: Current president proud of achievements

◀ From Pg. 1 for the school."

Quigley talked about how many students do not realize the types of benefits that the ASG board brings to LBCC. If students have an issue with a program or anything going on at LBCC, they could go to the leadership office, and the ASG can help solve the problem.

Without the ASG board, Quigley feels that the students wouldn't have a voice.

Quigley talked about her two favorite moments as president.

She was most proud of the voter registration drive that took place this past fall during the presidential election.

Quigley and her staff convinced over 1,300 people to register to vote, which surpassed their original goal of 1,000. This exceeds the 200 registrants from past attempts.

Quigley talked about how she and her staff worked very hard by showing up to classrooms, making posters and setting up desks for students to register. She believes that it is very im-

portant for students to vote.

The other thing that Quigley was most proud of was the work she and her staff did to fight hunger. They volunteered at many soup kitchens in the Mid-Valley, and they organized several food drives. They went up to Portland and did a food prep for those who are less fortunate. Quigley said that they helped serve 247 dinners.

"That was one of the most rewarding things I've ever done," she said. "We actually got to see the problem firsthand."

Serving on the ASG is also helpful for those students looking to transfer to a four-year college. College applications look at a student's school involvement.

Also, for those students looking for work, employers are always impressed to see a student's contribution outside of taking classes.

Students interested in running for student office need to contact Quigley or any of the other ASG members in the Student Life & Leadership Office.

Lobby: Students called persuasive lobbyists

◀ From Pg. 1

said that any volunteers are still welcome. She said that her primary goal for the group is to get students lobbying.

College faculty from around Oregon are cooperating with students in the lobbying, but LB's President Rita Cavin says that representatives tend to disregard administrators' opinions because they assume school officials have some personal or financial stake in the outcome,

while students do not. Ironically, Cavin argues that the opposite is true: that if the school's budget is reduced, the students will experience the direct financial impact of higher tuition and reduced services, while her life would "change little."

According to Weatherford, not all of the lobbying effort will involve students directly meeting with legislators. There are four "proactive measures" for average citizens to utilize that were discussed

when the student team was being trained, Weatherford noted. The four tasks, in order of effectiveness at communicating, are face-to-face talking, telephoning, writing letters and emailing.

Those interested in joining the team or who would like to help in other ways are asked to contact the Student Life and Leadership office. Paul-Bryant can be reached by calling (541) 917-4457 or via email at pault@linnbenton.edu.

Tracking the Budget

- Feb. 16, 17, 21—Community college funding discussed in hearings at the Legislature in Salem.
- Feb. 23—A public review of LBCC's current budget situation will be held at noon and again at 4 p.m. in the Fireside Room. Vice President Mike Holland and Jim Huckestein from the business office will be available for questions and to share information.
- April 5—Community College Day at the state Capitol.

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CAMPUS NEWS

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

Students organize future teachers conference Feb. 26

Neal Jones
 The Commuter

The 2005 Future Teachers Conference, an event completely run and organized by students, will be held in the LBCC Commons on Saturday, Feb. 26.

The student planning committee is made up of students from schools in the area, including, LBCC, OSU, WOU, and U of O.

Cathy Foster, the co-chair of the event, explained there is a good networking of contacts with other future teachers. Foster said, "It's an awesome opportunity to gather information." She added that it is good to see the support the community has for teachers and the commercial support there is for teachers as well.

One of the goals for the Future Teachers Conference, according to their web page, is to address concerns and questions that students have about teaching as a career and the process of getting a job. Another goal is to provide good advice, suggestions, and shared personal experiences from master teachers and administrators. An additional goal is to create inspiring and fun experiences for pre-service teachers that increase their excitement about teaching.

The keynote speaker will be Meg Greiner, who was the 2004 Walmart State Teacher of the Year. Her speech will cover how to get students active

in the classroom to increase cognitive retention. Other presentations will be "How to Have an Edge on Getting Hired" and "Teaching Kids How to Think, Not What to Think."

This year, according to faculty advisor Sharon Rodecap, they have received donations from the Oregon Collaborative for Excellence in the Preparation of Teachers that will enable them to give each student who attends the conference a choice of one of three memberships in the following organizations: the Oregon Council of Teachers of Mathematics, Environmental Education Association of Oregon or the Oregon Science Teachers Organization. All three organizations are resources for a classroom teacher.

Rodecap said that during the lunch break students will be able to talk to colleges about transferring to get their education degree. In addition a book vender and a rubberstamps craft vender will have displays. Books, gift certificates, gift bags and other door prizes will be given away, she said.

Sponsors of this year's conference are the OSU Education Department, the OSU and LBCC faculty and the WOU Education Club.

Additional information is available from Rodecap by phone (541) 917-4757 or by e-mail at Sharon.Rodecap@linnbenton.edu and on the web site at cf.linnbenton.edu/futureteachersconference.



photo by Erik Swanson

Graphics major Jodi Cossack helps art instructor Gary Westford seek remedies for his love life at the Valentine's Day booth sponsored by the Visual Arts Club Monday in the Courtyard.

Visual Arts Club benefits more than its members

Editors Note: This is the third installment in a series highlighting clubs at LBCC.

Jennifer Overholser
 The Commuter

The Visual Arts Club is a way for art students to participate in activities that help them gain artistic experience and knowledge, which allows them to apply what they have learned to many types of projects.

Graphic design instructor John Aikman formed the Visual Arts Club around 1982. Currently, all of the students in the club are graphic design majors, but in the past, other art students have been involved as well, Aikman said. Graphic design students become members as freshmen and form close friendships over time.

"The VAC taps into a sense of community built by the graphic design program," he said. "We're comrades," added club secretary Elizabeth Hernandez.

The club has been involved in many fundraising projects over the years. Besides allowing them to participate in educational events, the money they raise allows them to buy art supplies and help club members who need help with school expenses.

Currently, the VAC is trying to raise money to go to Chicago from June 11 to 14 to attend a design conference hosted by HOW Design Magazine. Between 10 and 15 club members are hoping to attend the conference, including Hernandez, who is getting her associates degree next year.

They are looking forward to being able to gain knowledge, get career advice and have the work they have done as students evaluated by respected individuals in the design community.

It may cost \$1000 for each person for transportation and

attending the conference, so the club is getting involved in several fundraising efforts. In the fall they had a celebration of Halloween that they called "Scream." They sold cookies and apple cider, had students guess how many items were in jars and had a fortuneteller and break-dancer.

On Monday, they had a Valentine's Day table set up, with bottles of "Love Potion," buttons and teddy bear cards, all designed by club members.

They had things for people who love or hate Valentine's Day, buttons and posters with different messages, depending on how people feel about the holiday. They also brought back the fortuneteller, Madame Jodie who had a wheel

to foresee students' love lives. They have a backlog of cards with holiday themes that people can buy as well as student artwork for sale in a display case in the AHSS Gallery, next to the graphic arts classroom. Anyone who would like to purchase items can talk to Tammy Drury, the arts department secretary.

The club plans to sell artwork in the spring for the campus celebration of Spring Days. They will also have a pizza fundraiser from 5 to 9 p.m. on Monday, Feb. 21. When people order from Pizza Hut at that time and mention the Visual Arts Club, the club will receive 20 percent of the sale.

The VAC has been discussing offering services to other clubs that would like to advertise to students, maybe trading services, Aikman said.

They are also interested in making business cards, logos or resumes for students entering the work world who would like to make a good impression, offering more affordable rates than professional services.

College students face frustrating maze in pursuit of health insurance

David Rickels
 The Commuter

During the cold and flu season doctor visits can become more necessary, but without health care those visits may not occur for some.

Health care in this state is lacking for people in the 18-24 age group, according to the Office for Oregon Health Policy and Research. Studies show that 38 percent of people in this age range are without health insurance.

Since many LBCC students fall in this age range, they are unable to receive parental assistance or coverage under the Oregon Health Plan (OHP) for low-income residents. They may feel left without, but there are other options.

Seanna Lowe, like many students at LB, has the option of using the services of OHP. She also has the option of being on her parents' health insurance plan until she turns 23. "Living at home gives me that option for a few years," said Lowe.

Unfortunately not everyone has these options. With budget cuts the weekly health clinic that used to be held one day each week in Takena Hall had to be shut down last fall.

"Student fees can only cover so much," said Diane Watson, dean of students. "Even though the school does not offer health insurance there are other options," she further stated.

The Linn County Health

Department still has its regular clinic in Albany, which provides services like reproductive health care and counseling. Testing and treatment for sexually transmitted diseases are available along with adult and child immunization. Breast and cervical cancer programs provide examinations, pap tests and mammograms for those over 40.

Also, on Thursday evenings Community Outreach provides a physician for those without a primary care doctor.

LBCC does not offer a health care plan that is funded by the school, but there is a group health care plan that LBCC students can buy. Students can request a flier at the Admissions Office that explains the two options and includes an application form. The first option covers accidental injury during the term of coverage. Students alone can pay \$79 per quarter for this coverage. The student can add a spouse for \$102 per quarter and can add children for \$67 per child per quarter.

The other option is the Student Accident and Sickness Insurance Plan. Under this plan the student pays for the coverage on a scale depending upon their age. Students under 35 pay \$179 per quarter on this plan. They can pay an additional \$445 per quarter to add their spouse. There is an additional \$150 fee for each child. Students in the age range of 35-64 pay \$227 per quarter and \$354 for a spouse. Children still cost \$150 but there is a limit of up to three children. Students age

65 and over pay \$717 per quarter and \$1,077 per quarter for a spouse.

The insurance covers a variety of expenses including 100 percent of outpatient prescriptions up to \$100. Additional information is provided in the pamphlet at the admissions desk.

Low-cost dental care is also available to students on a limited basis through the Dental Assistant Program on campus. Students can make appointments for the clinic, located in Room 201 of the HO Building, through Community Outreach at 758-3000. Community outreach will then determine eligibility of the patient and cost of services. According to a staff member, services such as fillings, X-rays and extractions can be provided. For people needing procedures such as crowns, bridges and dentures, services must be found elsewhere. Students, faculty, and volunteer dentists from the area provide services.

According to Watson, students who are part of the dual enrollment program can benefit from using OSU's Student Health Center, which offers a wide range of health services.

"Dual Enrollment gives students access to services at the university," said Watson.

There are also private insurance plans that people can purchase on a monthly basis. These plans vary in coverage and can start as low as \$125 a month. Most of these plans can be found online.

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LOCAL NEWS

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

DeFazio rejects privatization of Social Security

Nick Milhoan
 The Commuter

Fresh out of our nation's Capital, where he is in his 19th year as a member of the U.S. Congress, Rep. Peter DeFazio, a Democrat representing the 4th Congressional District, spent time in the mid-valley this past weekend to hold town hall meetings on Social Security.

About 200 people turned out to hear DeFazio speak at the Linn County Fair & Expo Center, and close to the same number listened to DeFazio speak later in Corvallis.

His main agenda was Social Security and his feelings regarding President Bush's proposal to privatize it.

The Corvallis audience was very energized and stood many times to applaud DeFazio. Most of those in attendance were at or near the age of collecting Social Security, though a few young people did attend.

"I'm so happy he is here," said Jan Hooks of Corvallis. "We are so fortunate to have a congressman like DeFazio wanting to do all he can for us."

The questions raised during his one-hour visit, ranged from what his plans are for Social Security, how he feels about

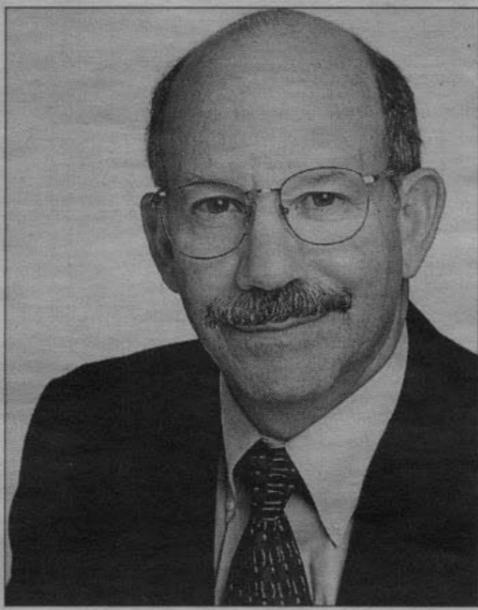
Bush's proposal, to if "notch baby" issues will ever be solved.

"Notch Baby" is a term used for people born between 1917 and 1927 who receive lower Social Security benefits than people born before or after those years. The reason behind this being a change in the funding formulas.

"What do you want to do about Social Security," said OSU student James Kind. "I want to know that it will be there when I need it 40 years from now."

"Well, first off Social Security was never meant to be a person's sole retirement," said DeFazio. "I don't feel it's in crisis. The president's privatization solutions are neither solutions nor private."

DeFazio is not in favor of making Social Security a part of the general fund.



contributed photo

He says it is of necessary to have benefits guaranteed outside of that fund.

"Remember all the recent scandals?" said DeFazio. "Enron, Worldcom, etc.? That show's privatizing your money is not the way to go.

One day he wakes up, Ken Lay has gone to the Bahamas and he's broke (referring to a

Portland man that lost \$400,000 when PG&E was purchased by Enron.)"

Some in attendance felt DeFazio didn't truly address the real problem behind Social Security and that Republicans and Democrats are actually sidestepping the issue.

"What do these men (and women)

really have planned?" said Dick Stein of Philomath. "There are more problems to Social Security than what they are saying, yet no one really seems to have a true idea of what they want."

"I promised that after this election I would get something done," said DeFazio. "I am going to do that. This is just a start."

Asked after his speech about his other plans including education, DeFazio said "I want to get more funding for anything I can, but at the moment because this is one of the President's biggest issues, I'm going to focus on this, get the word out and let people know his proposal is not all it's cracked up to be."

Oregon could gain a little something, thanks to DeFazio, though. He was recently appointed as the top Democrat on the subcommittee for highways, transit and pipelines.

According to Washington insiders, this move could help Oregonians as he tries to win passage of a highway bill that could bring upward of \$2.5 billion into Oregon.

"I'm excited to be a part of this committee," said DeFazio. "I really hope I can bring more funding to this great state we all call home."

Prof offers food for thought on Bible

Foods play an important role in Bible, Borg says

Cynthia King
 The Commuter

"How did Jesus become pro-rich, pro-war and only pro-American?" OSU Professor Marcus Borg asked, quoting his evangelical friend Jim Wallace. In his lecture last week, titled "Bread and God: Spirit and Justice in the Bible," Borg examined the biblical significance of food, as both a symbol of the material basis of existence and a spiritual metaphor. His talk was the latest in the "Ideas Matter" lecture series sponsored by the OSU Philosophy Department, and was attended by over 100 people.

Borg is a leading historical scholar of Jesus who has taught philosophy at OSU for 25 years. The lecture, his first specifically focusing on food, combined elements of theology, history and politics. "Ideas matter a great deal," Borg said, especially those related to the central philosophical questions of "What is real? What is reality like? And how then, shall we live?" The answers provided by the Bible as seen through the metaphor of food are two-fold, and apply to the intertwined material and spiritual conditions of our existence, Borg said.

Food occupies a central place in the Bible that, when interpreted as a metaphor for the material basis of life, signifies "God's pas-

sion for justice," when everyone has enough, and no one goes without. Borg offered numerous biblical references to illustrate the point, including one from the Prophet Micah: "And they shall beat their swords into plowshares, and their spears into pruning hooks; nation shall not lift up sword against nation, neither shall they learn war any more; but they shall sit every man under his vine and under his fig tree, and none shall make them afraid." In this vision of God's kingdom, people do not have only the bare minimum required for survival, but they enjoy "succulent food and wine and a life of comfort," Borg said.

To understand Jesus as a historical figure, Borg said, it is important to know that he was a peasant who spoke from a peasant's perspective and to a peasant class. By peasant, Borg explained, he meant a non-urban worker from an economically exploited class. In those days, up to two-thirds of the peasants' output was taken as a tax by the aristocratic monarchy living in the urban areas. Further, Jesus lived in a society that was characterized by sharp social divisions: rich and poor, righteous and outcast, men and women, and Jews and Gentiles.

The activity that Jesus was most renowned for, both in praise and criticism was the practice of open commensality,

or the "inclusive meal practice." By inviting people from across all social boundaries to sit down and feast with him in "the Kingdom of God," Jesus was performing a "subversive political act," said

Borg. Due to the presence of political kingdoms in Jesus' time, including those of Herod and the Romans, the metaphor of God's Kingdom resonated with his contemporaries differently than it does with people today, who tend to think of "kingdom" in solely mythological terms. By equating God's Kingdom with the sharing of food, a symbol of material justice, Jesus radically critiqued the domination system that ruled the world at the time, Borg said.

Biblical references to the conflict between the "Lordship of Christ" and the "Lordship of Caesar" are found all the way through Revelations, Borg stated, arguing that the themes of "justice and spirit" are inextricably linked throughout the Bible.

In response to an audience question about what Jesus' pronouncement to "give bread to the world" might mean to followers today, Borg responded that to take Jesus seriously, one would need to work for the just distribution of God's earth, with implications for economic policy. He then related a story of hearing a local Christian radio show earlier in the day, where

"Taking Jesus seriously means becoming passionate about a just society"

► Marcus Borg

the commentator was discussing a biblical approach to family finances and focused entirely on individual actions. Nothing was mentioned of the policies, such as minimum wage, the tax structure or health care costs that contribute to the financial pressures families experience, Borg said, offering that "taking Jesus seriously means becoming passionate about a just society."

Borg is the author of eleven books. His most recent publication, "The Heart of Christianity: Rediscovering a Life of Faith," is newly available in paperback.

The Examined Meal Series

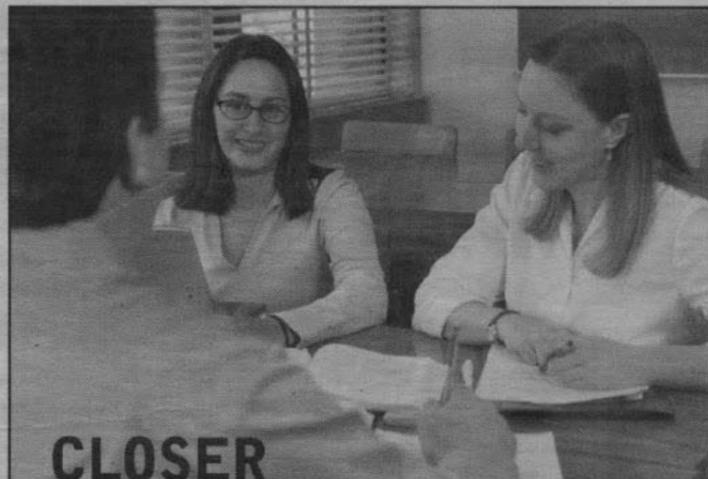
All lectures are on Thursdays at 4 p.m. in Weniger Hall on the OSU Campus.

• Feb. 17—American Philosophy of Agriculture: A Guided Tour from Thomas Jefferson to Wendell Berry; Weniger 149

• Feb. 24—Feasting and Fasting in a Globalized Market Place; Weniger 151

• March 3—Beliefs About Food: What Can Food Do for You?; Weniger 149

• March 10—The Unezaminated Meal is Not Worth Eating; Weniger 149



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NATIONAL NEWS

Current events from across the United States and pertinent international news

Sunnis jockey for advantage after election

Nancy A. Youssef
 Knight Ridder Newspapers (KRT)

BAGHDAD, Iraq--Trounced in the election, Iraq's Sunni Muslims are a scorned political faction already plotting--and promising--a comeback in the next campaign.

Of all the major Sunni-dominated slates, only Interim President Ghazi al-Yawer's won seats in the new National Assembly, earning about five of 275 seats at stake.

Even before the results were in, mainstream Sunni political leaders were meeting with the now victorious Shiite parties to carve a place for themselves in the new government and to help write a permanent constitution.

They also are meeting among themselves, debating how to take on the powerful United Iraqi Alliance, the Shiite-dominated slate with close ties to Iran that decisively beat 110 other tickets in the Jan. 30 election.

All strategic options are up for discussion among Sunnis. Should they consolidate and form a Sunni counterpart to the Alliance slate? Should they promote themselves as a secular alternative to the religious-led alliance? Or should they create a slate that promotes Iraqi

nationalism, as an antidote to sectarianism?

Sunnis will have another crack at elections in December, after the transitional national assembly just elected draws up a new constitution.

"There is a mutual need for each (ethnic group) to come under a national slate," said Hazim Abdel Hamid al-Nuaimi, a professor of politics at al Mustansiriyah University in Baghdad.

Since the fall of Saddam Hussein's regime, Sunnis, with about 20 percent of the population, have fought to retain control of the government, something they had for more than three decades and that many consider a birthright. Disaffected Sunnis have largely driven the insurgency. And while minority Sunnis can't win an election outright, they hope to be a formidable opposition to the new Shiite-led government.

A strong, visibly influential Sunni voice could potentially blunt the insurgency. Conversely, failure could stoke more violence.

Sunni leaders concede that agreeing on one voice to represent them will be difficult. Unlike the Shiites, Sunnis--driven by tribal loyalties--do not yet have a decisive single leader



photo courtesy of Lewis Franklin
Graphics instructor Lewis Franklin, who is serving in Iraq with the National Guard, poses with a destroyed VW bug found while on patrol before the Iraqi elections.

such as the Grand Ayatollah Ali al-Sistani. During the campaign, the religiously conservative Muslim Scholars Association told Sunnis to boycott the balloting while secular groups like the Iraqi Democratic Gathering encouraged participation.

And, for now, Sunnis can't agree on what to do next.

Talk of Sunni unity is already permeating sermons at mosques, however. At the Abu Hanyfa Mosque in Baghdad Friday,

Sheikh Mauaeed al-Adhamyee told worshippers: "Our aims shouldn't be on getting this ministry or getting that position. We should focus on unity (because) any aim cannot be accomplished without unity."

Ayad Samaree, deputy chairman of the Iraqi Islamic Party, one of the largest Sunni-dominated parties, said his party is looking for a "common way of thinking" among Sunnis. "We are not looking to represent

ourselves just as Sunnis. But of course, we should focus on our Sunni community."

Many Sunnis boycotted the last elections, in part, because they said it was unfair to hold them when many of their constituents lived in areas too dangerous for voters to go to polling centers. And some called the process illegitimate while the nation was under occupation.

Less than four percent of the largest Sunni province--Anbar--participated in the elections.

Many Sunnis believed up until the last minute that the January elections would not be held, and are now shell-shocked. Few are considering boycotting the next one.

"If we knew matters were going to turn out this way, I would have at least voted for Interim Iraqi Prime Minister Ayad Allawi," said al-Nuaimi. The elections will lead Sunnis to form "a national counterpart to the United Iraqi Alliance."

Interim President al-Yawer's party already is jockeying for a prominent position in the new government.

"Even if he is not president again," ventured Hatchim al-Hassani, one of the candidates on al-Yawer's slate, "maybe he could be the head of the assembly."

Student parents find ways to balance busy lives

Ihuoma Ezeh and Angela Fedrick
 Black College Wire (KRT)

Ask Yolanda Whitted about her life and she will tell you that she is a mother, a teacher, a manager and a student.

An English education senior at North Carolina Central University holding down a 3.3 GPA, Whitted is home-schooling her 9-year-old son, Jayon.

She also manages Jesus and Me Christian Street Productions, a nonprofit organization that supports at-risk children.

This leaves little time for sleep. On a good night, Whitted will get five hours.

"From the time I wake up in the morning until the time I go to bed, there is not a time that I am not doing something," said Whitted.

Nationally, 13.3 percent of college students were single parents in 1999-2000, according to the latest available figures from the National Center for Education Statistics.

For whites, the figure was 10.5 percent; for Latinos, 17.3 percent; for Asians, 10.2 percent and for American Indian/Alaska Natives, 20.4 percent.

For black or African American students, the figure was 28.8 percent.

Sophomore Xenovia Lewis, who is majoring in criminal justice at North Carolina Central, is a mother of four: Quianna, 9, Quiesha, 8, Kwi'Shawn, 3, and KiaAsiah, 2.

"It takes a lot of determination, courage and hard work to make it through every single day," said Lewis.

Being a good example to her children is a top priority for Lewis, even when

times get tough.

"I have no excuse for not excelling because my children look up to me. The only support that I get is earned by working. I receive no support from any agencies because they would not let me work or go to school full-time."

Lewis had her first child, Quianna, a year out of high school. She then joined the Navy to make ends meet.

She said her biggest fear was that her children might go through the same cycle--becoming young single parents.

According to Shaunte Rivera, a nursing freshman at North Carolina Central, "Through every passing day is a discovery of new challenges."

Rivera is raising two children, Daeza, 2, and Jaida, 18 months.

She gets support from the Interfaith Hospitality Network, which provides daycare vouchers, and lives at Genesis, a transitional home, with seven other women and their 14 children.

Rivera said this way of life can be difficult for anyone.

"Each of us has different goals in life. It's very hard to deal with all these traumas, yet keep up with school work."

Thinking of her children and their future is what makes it worthwhile.

"My kids keep me going," she said. "I am all that they have. I have to be a good example so they can see me succeed in my life, and therefore, succeed in theirs."

"Hard work and struggling got me to

NCCU. So while I'm here, I have to make the best use of my opportunity.

"I want my kids to be strong, independent women. I want them to see how Mommy has struggled to provide them with their basic needs. I want them to do even better in their own lives," said Rivera.

"It takes a lot of determination, courage and hard work to make it through every single day."

► Xenovia Lewis

Rivera said younger students who are not doing well in school should be more aware of the consequences that result from slacking off.

"Look at what you have now and what you aspire to have and re-evaluate yourself. Be honest with yourself because, truth be told, you don't need clubs, boyfriends or girlfriends right now," she said.

"You can choose to work hard now and enjoy later, or choose to enjoy now and spend the rest of your life working and chasing a few dollars."

For Destiny Stokes and her boyfriend, life is on a tight schedule. A sophomore at Clark Atlanta University, she typically starts her school day with an early morning feeding of her 6-month-old daughter Selah. She prepares for school by getting her books and schoolwork together while making sure little Selah is settled.

When 10 a.m. rolls around, Stokes is relieved by Selah's father, a sophomore, so she can shower and head to her 11 a.m. class. "We work together. Once my boyfriend gets out of class, that allows me enough time to get ready for my class," Stokes said.

On afternoons, when the two are tied up with class, Stokes' mother babysits.

According to Stokes, the decision to be a mother and finish school was a true test of her strength.

"My freshman year, I was attending Xavier... and I found out I was pregnant. My boyfriend was attending a community college at the time," Stokes said.

Throughout college, Stokes' grandmother had been her financial backbone. But her grandmother threatened to stop funding Stokes' college education unless she had an abortion.

"Abortion was not an option for me," Stokes said. Then three months pregnant, Stokes learned to find strength in herself and her boyfriend while facing exclusion from her family.

"My grandmother eventually went ahead in helping me with my college education, realizing that I was not going to have an abortion. Some family members were trying to convince me that (abortion) was just a 'speck of blood,' but looking at my daughter, I know better," Stokes said.

In the end, Stokes' family came around. With open arms, they welcomed her when she and her boyfriend decided to move to Atlanta and finish school at Clark.

"They adore Selah," she said. "I have to graduate because I want my daughter to be proud of me, and I want to be proud of myself."

Stokes warned students against judging those who find themselves performing the juggling act of parent and student.

"You never know a person's situation. Some women (were) raped or (are) married; you never know," she said.

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INFO

THE WAR AT HOME:

Local communities unaware of danger growing in their own back yard

Despite valliant efforts, drug use continues to rise in Oregon

Nick Milhoan
 The Commuter

State drug usage continues to rise, despite efforts by state officials to curtail usage. Last year officials enacted a law that forced retail establishments to put products containing ephedrine (the main ingredient in meth), behind the counter. Although a valiant effort, addicts are still able to get Ephedrine and the other necessary ingredients by visiting multiple establishments, not just one specific store.

"Although the state is making an effort, it is falling short of stopping meth all together," said James Sing of Drug Rehab of Oregon. "Drug usage continues to rise and this is just the beginning to help that effort."

The most used drug in Oregon and the nation is still marijuana. According to the latest statistics from the National Survey on Drug Use and Health, 3.1 million people age 12 and older use marijuana daily. Of this an estimated 39.2 percent of daily marijuana users were dependent on it and 63.3 percent were more likely than less-than-daily users to try or abuse another illicit drug.

Many drug users smoke marijuana because the effects are felt within minutes and linger for two to three hours. Whereas other drugs can take up to an hour to be felt and don't linger as long.

"No matter what is done, marijuana will always be the main drug of choice," said

Sing. "It is easy to access and also much cheaper than the harder drugs."

Reaction time from smoking marijuana is also reduced, something many people don't realize. According to drug-rehabs.org, reaction time for driving is reduced by 41 percent after smoking one joint and 63 percent after smoking two joints.

Another drug of choice for addicts is cocaine. One out of every four Americans aged 25 to 40 has used cocaine at least once in their lifetime and of that 58 percent say they would try or have tried it again.

Among college students, cocaine is one of the more popular drugs (outside of marijuana and ecstasy). Over the past 10 years cocaine usage has risen from around 2 percent in 1994 to upwards of 9 percent in 2004.

"It's alarming how many people want to try cocaine," said Sing. "It's becoming the new 'it' drug to try and more people are using it now than we have seen since

the Vietnam War era."

Adults age 18 to 25 are currently the most likely to use cocaine and of those 90 percent report they have used marijuana, drank excessively or tried other illegal drugs before moving onto cocaine.

Meth continues to be the biggest drug problem nationally and here in Oregon. Oregon is one of the leading suppliers of meth nationwide, thanks in part to the

accessibility of the Pacific Ocean, the proximity to Canada and Mexico and ease of getting supplies. The two leading counties supplying meth here in Oregon are Jackson in Southern Oregon (The county seat of Medford has

earned the nickname "Methford" by local authorities and users) and Marion.

Since 1992, meth usage has jumped over 50 percent in all but one state (Ohio). Of these states, five of them had usage at less than 10 percent prior to 1992.

Drug-related crimes in Benton County rose 117 percent in 2003 according to the Benton County Sheriff's Department. What most people don't realize is that many property crimes are related to meth. According to the department, most robberies and thefts are because an addict needs money to pay for their habit.

"Meth is by far, in my opinion, the worst drug out there for everyone," said Sing. "It not only hurts the user, but the whole community as well. The toxins coming from the home can cause brain damage and the building the meth was manufactured in usually has to be torn down."

Throughout the country everyone is pushing for efforts to help fight the war on drugs, but so far it seems those efforts are only having a slight impact. Here in Oregon efforts are continuing to make it harder for addicts to access drugs, though it seems the users are willing to go the extra mile to get access to the drug needed for their habit.



photo by Sheena Bishop
 Typical black plastic is used to section off meth labs while police catalog the contents found inside.

It is estimated that for every pound of Meth produced, five pounds of toxic waste remains.



These common household items may look innocent, but they can deceive you. They are just a few of the chemicals used in the manufacturing of methamphetamine.

THE FACTS: Meth products found in and under your kitchen

Chemicals

Ephedrine or Pseudoephedrine (cold tablets)
 Acetone (paint remover)
 Alcohol (isopropyl or rubbing)
 Toluene (break cleaner)
 Ether (engine cleaner)
 Sulfuric Acid (drain cleaner)
 Methanol/Alcohol (gasoline additives)
 Salt (table or rock)
 Lithium (batteries)
 Anhydrous Ammonia (farm fertilizer)
 Sodium Hydroxide (lye)
 Red Phosphorus (matches/road flares)
 Muriatic Acid
 Iodine
 Trichloroethane (gun scrubber)
 Sodium Metal

The following list was comprised by streetdrugs.org for the top 10 misused drugs in the world today:

TOBACCO: biggest killer (400,000 deaths/year)

ALCOHOL: most widely abused legal substance

PRESCRIPTION DRUGS: dangerously addictive, rising in popularity

METHAMPHETAMINE: becoming a drug of choice, meth lab seizures continue to rise

MARIJUANA: most widely abused illegal substance

MDMA (ECSTASY): little research on long term effects, still popular

CRACK COCAINE: cheap, destructive drug making a comeback

HEROIN: highly addictive drug making a comeback in some areas

STEROIDS: horrible side effects, taking high toll on athletes

INHALANTS: abuse is on the rise among youth again

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

Who "makes it all" in the world of drugs and busts

Sheena Bishop
The Commuter

Think you know the neighborhood you live in? Think again. Here on the Interstate 5 corridor, with the help of technology, it is getting progressively harder to trust your neighbor.

According to the Benton County Sheriff's Office, drug-related crimes rose 117 percent in 2003.

Not only are drugs becoming easier to make at home, the top dogs running the big rings have found some clever ways to entice

our youth.

According to Lebanon's Officer Ben Silverman, who was involved in the local effort known as VALIANT for several years, producers get internationally what they can't find here.

"From B.C. you can get a lot of marijuana," he said. "Coming through Mexico you get a lot of methamphetamine and other things you can't buy here."

While the drugs most commonly battled in this area are marijuana and methamphetamine, you can also get ecstasy at raves and LSD gets in the door, too.

Silverman related a story about LSD users putting a couple of drops on little candy Sweethearts, popular, around Valentine's Day, giving the cute message on top a special kick once ingested. This is one of many methods users and dealers have come up with to get their fix without being suspected and to appeal to the younger generation.

There was also a recent case Silverman shared from California where a vehicle with Texas plates was busted for trying to smuggle in psychedelic mushrooms... that had been dipped in chocolate. Apparently, nothing says I love you like a chocolate covered 'shroom for your anniversary, birthday or other special occasion.

You must be wondering what technology has to do with all of this. After all, technology, namely the Internet, has made it possible for us to talk to loved ones across the country, even the world. We can do research from the comfort of our own homes.

We can type into a search engine "Meth recipes" and start printing immediately the ingredients that we need to buy. Can't find it in America or maybe it's too hard to access? E-mail someone in Asia, Mexico or Canada to try and ship it past the federal government's border patrols.

But that's just innocent research, right? Just think, this innocent practice, when put in the wrong hands, is the reason why you have to buy Sudafed, once left on the shelf, from the



photo by Sheena Bishop
This is the Level B protection gear worn by police and fireman during a bust. Seen below is the mask that completes the ensemble.

pharmacist. Meth makers have to have the active ingredient ephedrine or they can kiss their cooking project and their profits goodbye.

Even iodine is harder to get a hold of. Many stores don't bother selling it anymore and others require you to show identification when purchasing it in gallon size.

Gallons of ephedrine are retrieved at the U.S. borders from Mexico and Asia.

Because of the easy ties and access to Mexico, Hispanics up and down the I-5 corridor are usually involved in the bigger meth outfits. That is not to say they are solely responsible, it's just not uncommon for them to be involved. Plenty of others are just as guilty of producing the gunk.

There have been a couple of "super labs" in this area more recently. One of them blew up, the other was busted by police.

While you would think marijuana is far more natural, the 10,000 medical marijuana cards in the state of Oregon make it hard to know if it is really being produced for medical reasons. It is easy with that many legal growers for some of them to slip it to someone else for a different kind of green.

In addition, the British Medical Association says that smoking marijuana is just as



photo by Sheena Bishop

harmful as cigarettes, but without the nicotine. That means carbon monoxide is still floating in your veins, leaving you just as vulnerable to various cancer types and tumors

as a Marlboro.

Meth on the other hand, is not natural in any way, shape or form. Often used in its creation are ephedrine, toluene, ether, sulfuric acid, salt, lithium, sodium hydroxide, red phosphorus and muriatic acid.

We better recognize these

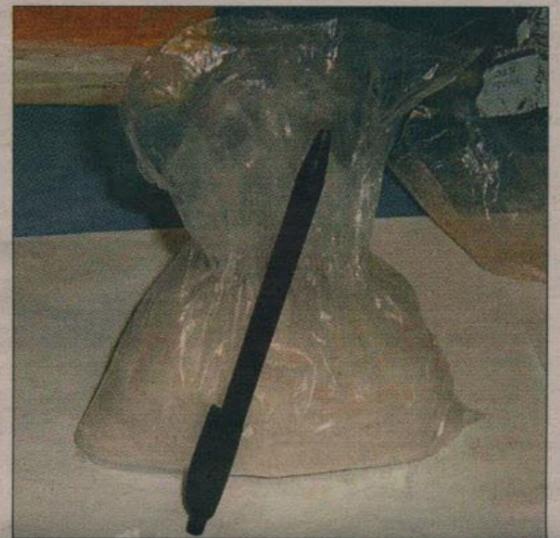
chemicals as cold tablets, brake cleaner, engine starter, drain cleaner, table or rock salt, battery acid, lye, road flares and muriatic acid, which is used to lower the pH in commercial swimming pools and spas.

You would be just as smart using meth as you would taking a

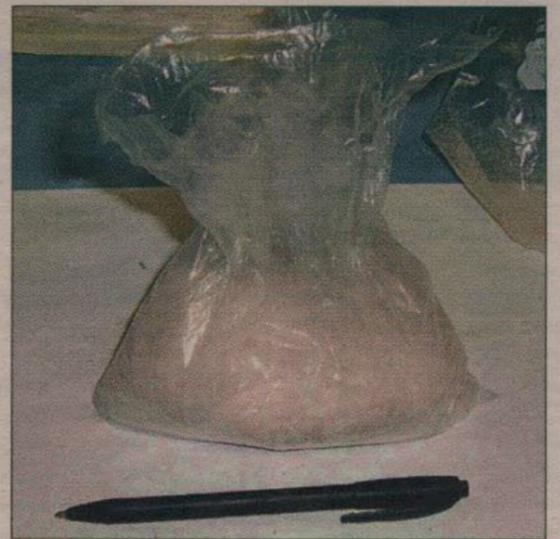
air purifying respirator, the most is a full blown suit.

The county HazMat team is comprised of Linn and Benton counties as well as parts of Lincoln and Marion counties. While county HazMat is more likely to respond to a spill at Wah Chang than a drug bust, the local portions of HazMat get plenty of experience on a station by station basis.

Keeping the Valley, or even our state, free from drugs and drug abuse is a partnership between citizens, police and HazMat. If you see anything



photos courtesy of Corvallis P.D.
An ink pen shows how nice a stash they found on the individual carrying this sandwich bag of Meth.



After the police call the fire department and ask for help with decontamination, they are on their way. With all the budget cuts, firefighters are taking on more roles in a lab bust. Sometimes they go in and help catalog if the police forces aren't sufficient. The engines carry three levels of protection for officers and firemen at the scene, classified as levels A, B, and C. The least protection you are allowed to go in with is an

suspicious, don't hesitate to call in the big guys. It's always better to call and be wrong than not call and be right.

If you want to support the education of drug effects and how to say no in local schools, call your local police department and ask how you can contribute to the D.A.R.E. Program in your community.

Special thanks to local law enforcement and HazMat in Albany, Lebanon and Corvallis for information & photos in this edition of In Focus.

for every one pound
five to seven pounds
ins



photo by Erik Swanson
may look innocent enough but don't let
ew of the more popular ingredients used
can be purchased at any local retailer.

Meth is made using
d in your garage
kitchen sink.

Equipment

- Pyrex or Corning dishes
- Jugs
- Bottles
- Funnels
- Coffee Filters
- Thermometer
- Cheesecloth
- Blender
- Rubber Tubing/
- Gloves
- Paper Towels
- Gas Can
- Tape/Clamps
- Hotplate
- Strainer
- Aluminum Foil
- Propane Cylinder (20 lb)
- Books "How To Make Methamphetamine"
- Internet Documents/
- Notes

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SPORTS

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

NASCAR's Northwest 'good old boys' race Daytona

Jake Rosenberg
 The Commuter

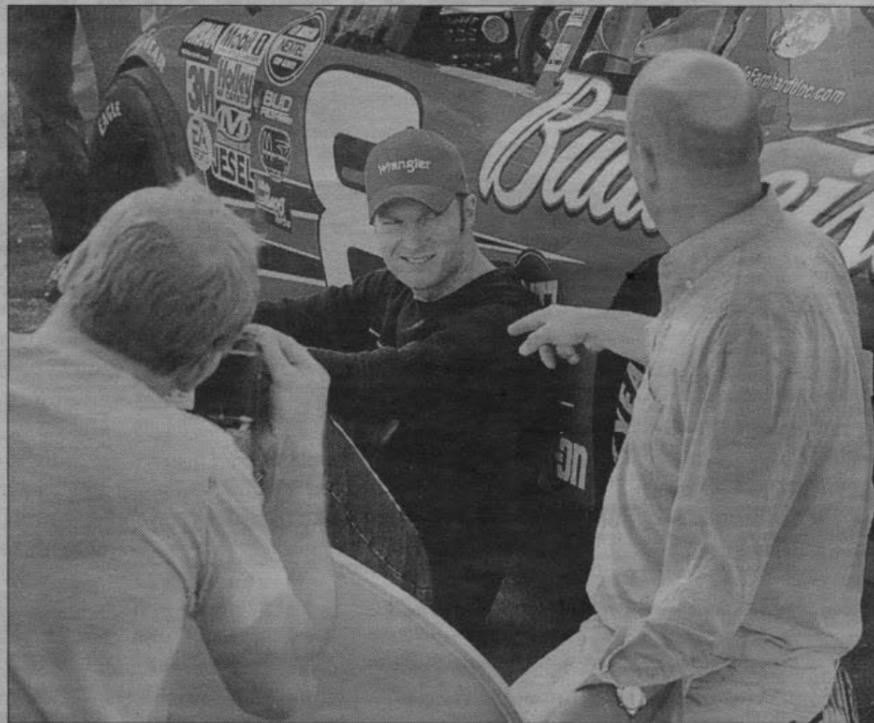
As football season ended last week with the crowning of a Super Bowl champ, the National Association for Stock Car Auto Racing will begin the racing season with their 'Super Bowl' on Sunday.

The best drivers in the world have been testing and qualifying at America's most historic race track over the past month, lobbying for one of 43 spots in NASCAR Nextel Cup's 2005 Daytona 500 at Daytona Beach, Fla.

Last year, fan-favorite Dale Earnhardt, Jr. and his No. 8 Budweiser sponsored Chevrolet Monte Carlo took the season opener of the 36-race-season to start off his campaign which ended with a fourth place finish in the final standings.

Junior, as he is better known by his fans and foes, looks to be the front-runner as the favorite to take the Nextel Cup this year but many others are just as competitive.

No. 48 Jimmy Johnson and teammate Jeff Gordon in the No. 24 Chevy were runners-up in the standings and took home 13 wins between them for Hendrick Racing last year and show no signs of backing off the bumper of reigning champion Kurt Busch in the No. 97 Ford.



Dale Earnhardt Jr. rests by his No. 8 Budweiser Chevrolet Monte Carlo after a long day of 200 miles per hour left turns during testing for this year's Daytona 500. Junior won the 500 last year in his fifth attempt, something that took his legendary father 20 tries to do.

Busch's Roush Racing teammates, such as 24-year veteran Mark Martin and 2003 champion Matt Kenseth remain contend-

ers as well. They will be just as hungry for a victory as hotshots Tony Stewart in the No. 20 Chevrolet and Ryan Newman

in the No. 12 Dodge.

All of them will have to work their way through the pack up to pole-sitter Dale Jarrett in the No. 88 UPS Ford, who is looking for his fourth Daytona 500 victory of his 21-year career.

Most of NASCAR's superstars remain "good 'ol boys" from the South, but the Northwest is not lacking any talent with many top-tier drivers of its own. Look for Kasey Kahne of Enumclaw, Wash. in the No. 9 Dodge and 2004 Daytona pole-winner Greg Biffle of Vancouver in his No. 16 Ford to make a run for the cup trophy.

While many find it hard to even make the field in this highly competitive racing world, journeymen such as 1990 Daytona winner Derrick Cope of Spanaway, Wash., and Mike Bliss of Milwaukie, Ore., have raced their Chevrolets into the starting grids of many high-stakes races over the past two decades and will welcome newcomer Larry Gselman of Belfair, Wash. to the challenge.

The series never makes a stop near any of these Northwest driver's hometowns, but with races in Fontana and Sonoma, Calif. as well as Las Vegas and Phoenix, the West continues to make progress and stake claim to NASCAR fame. The Daytona 500 kicks off the 2005 season at 10 a.m. Sunday on Fox.

Upset-minded OSU gives Huskies more than they can handle

Bob Condotta
 The Seattle Times (KRT)

CORVALLIS, Ore.--They left here a year ago with a win that turned everything around.

They can only hope their return visit Sunday doesn't carry the same overtones.

Just like in 2004, the Huskies fell behind a hot-shooting Oregon State team by 16 points midway through the second half.

But unlike last year, when the Huskies rallied for a win that spurred them on to previously unimaginable heights, the comeback never came, and Oregon State handed Washington its worst loss of the season, 90-73, at Gill Coliseum in front of 9,696, many of whom rushed the floor afterward.

There was plenty of blame to go around. The Huskies made just 28 of 68 shots (41.2 percent), missing 16 of 17 in one stretch to end the first half and begin the second. They let Oregon State make 33 of 55 shots (60 percent), the best by a Huskies opponent this season. Their inside players accounted for just 19 points, while allowing 47. And the Huskies lost 21 turnovers, matching their second-highest total this season.

But Washington coach Lorenzo Romar pointed in just one direction - himself.

"Put this one on me," he told reporters. "You don't need to ask further questions."

But that only begged the question of what Romar thought he did wrong.

"They played extremely well, but we should have given them a better fight," Romar said. "I've

got to have our guys ready better than that. I know (losing) happens to everybody, and this is the first time this has happened where we have gotten blown out like that, but we should have had more fight than we had today."

Indeed, the Huskies hadn't trailed in any game by more than the 14 points they were down in the second half at Gonzaga, and it was probably unrealistic to think Washington was never going to stumble, particularly on the road.

But it was a costly loss as Washington (20-4 overall, 10-3 Pac-10) is now a game behind Arizona in the conference standings.

It also seemed to illustrate some troubling trends that Washington has kept hidden recently by continuing to win.

Washington has now shot 43 percent or worse in five of its last seven games, a period in which it has become ever more dependent on the three-point shot. It was just 4 of 27 (14.8 percent) on three-pointers against Oregon State - its worst performance of the year. Washington has shot 22 or more threes in five of its last six games after attempting that many only twice previously.

The Huskies also seem to be letting some tight officiating get to them. Washington players say officials aren't letting them get away with as much physical play as earlier in the season, particularly on the road, and in both games on this Oregon trip that seemed to throw the Huskies off their game.

Still, Washington had a 27-20 lead with 8:56 left in the first half, powered by Brandon Roy's 13 first-half points. But then Roy

left the game for a few minutes and the Beavers got hot. Oregon State guard J.S. Nash came off the bench to score 18 points in the first half and lead a Beavers rally that gave them a 44-37 advantage at halftime.

Oregon State (14-9, 6-6) then scored the first eight points of the second half, and the game was never really in doubt - Washington never got closer than nine the rest of the way.

It was a stunning turnaround from a month ago when Washington beat Oregon State 108-68 in Seattle, a contest during which Oregon State coach Jay John was taken to the hospital at halftime

after suffering an attack of hypertension.

"We were just negligent," said Roy, who finished with a team-high 25 points. "We beat them so bad at home, I think a couple of guys came out and thought we would cruise to another victory."

Said Oregon State forward David Lucas, who led the Beavers with 23 points: "It was an embarrassing game (in Seattle). We had to retaliate, and we did. We just played a great game."

Even though Washington won in overtime at Oregon Thursday, Romar said, "It wasn't a very good road trip for us. The

Oregon game came down to intensity and heart, and we didn't do that a good part of the game, and we won the game because we finally did. Tonight, I just don't think we did that. This was not Husky basketball that our team talks about."

Huskies point guard Will Conroy said the game was "a shock, because this team feels like it's not supposed to lose."

But Conroy also cautioned against reading too much into one game. "This is a close-knit team," he said. "There's no dissension or anything involved, just some little things we've got to fix."

Student Life & Leadership

Student Government Elections

Available Online

Feb. 22nd & 23rd

7:30 a.m. to 11:30 p.m.

VOTE!

Write-In Candidates
 encouraged!

VOTE!

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SPORTS

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

Bain leads men to win over Lane Titans; women drop pair as playoffs draw near

Jake Rosenberg
 The Commuter

The LB hoopsters came into last week's games looking for a spark of momentum as playoff time inches closer.

The Lady Runners led things off on Wednesday in Eugene when they took on first place Lane. Actually, the Titans were the one's who led from start to finish, fighting for all 40 minutes. Thirty-one LB turnovers constituted a 41-point cushion for Lane before smothering the Runners by a final of 82-48.

Following the ladies, the men came out to play in a sloppy game between two squads that had a combined three wins. LB started play trailing the struggling Titans by five going into halftime and entered the second half twice as sluggish as the previous.

Twenty-nine LB turnovers led to a 16-point deficit before LB picked up the tempo defensively and received some easy transition points. Quickly, the deficit dwindled and then vanished because of good team play that allowed five Runners to score in double digits.

Tommy Bain's inside presence at post was one Lane couldn't contend with as he showed the way to an 85-80 LB victory due in part to his 16 points, nine rebounds, four assists, two steals and two blocked shots.

The men finished off their lesser foe in winning fashion, so the women were next to show off against a struggling opponent.

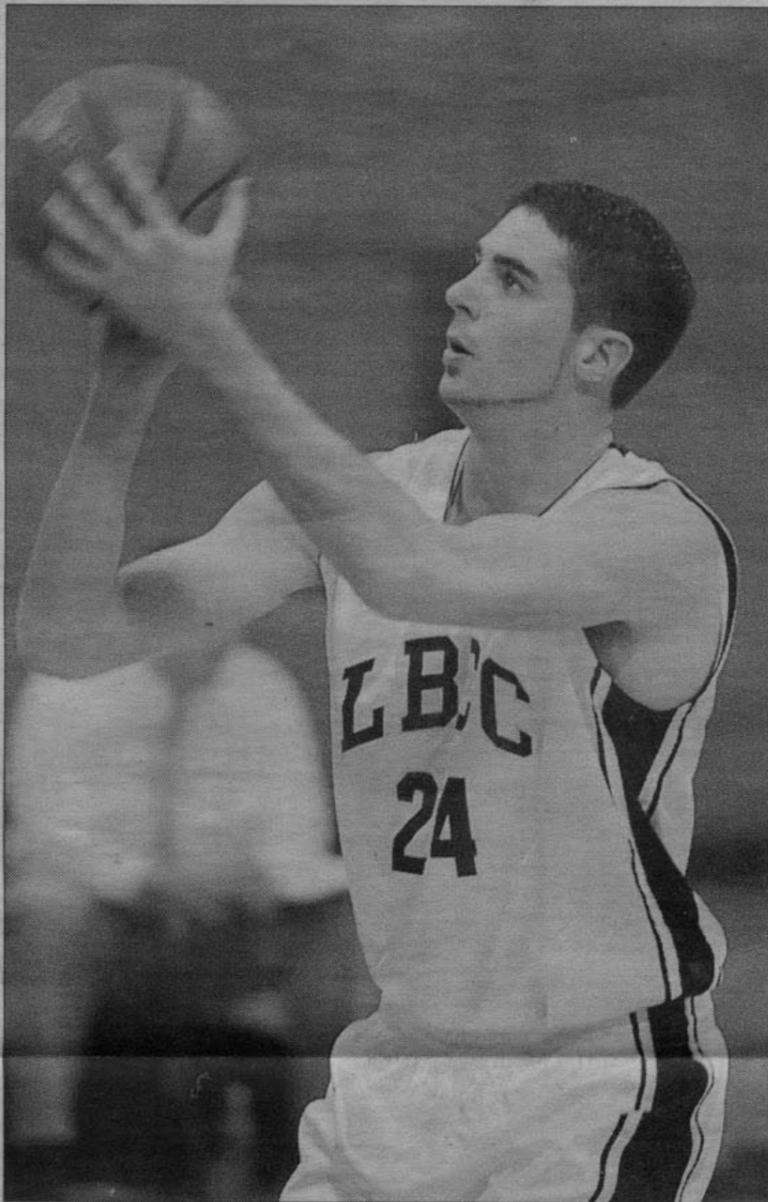
With only two wins, Chemeketa was anything but intimidating to a Lady Runners team that was hungry for a late-league season victory at home. LB got off to an early 14-8 lead and remained competitive through the first half thanks to Sarah Long's team-high 15 points.

Once the second half started, a four-point Storm lead became a 20-point Chemeketa tsunami due to many unforced errors and cold shooting by LB. It soon was too late for LB to recover and the Runners fell hard 64-47.

After an embarrassing women's loss, LB failed to compensate versus the undefeated Chemeketa men. It was another strong performance in the paint for Bain, who had 27 points aided by point guard Michael Braziel's 16 points and nine assists that kept the score respectable.

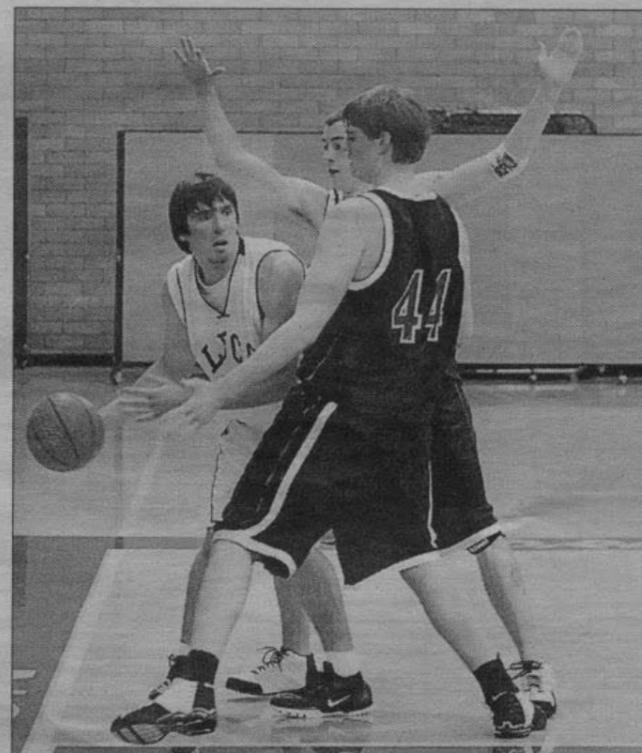
The Storm finally blew away the Runners 97-70, sweeping the LB squads and dimming the light on playoff promise.

The Runners will hope for late season victories in tonight's home finale against Umpqua before ending the season on the road versus Mt. Hood in Gresham on Saturday and SWOCC in Coos Bay in a week.



photos by Erik Swanson

Roadrunner Jeff Anderson (above) attempts a free-throw on his way to collecting eight points against Chemeketa in Saturday's game in the Activities Center. Although the Runners lost the game to the league-leading Storm, it wasn't because of a lack of effort from Tommy Bain (top right), who scored 27 points despite being double-teamed most of the night. The Lady Runners also lost to the Storm Saturday, as they were buried 64-47 thanks in large part to a huge Chemeketa run to start the second half. Sarah Long (right), looks to pass out of a double-team during the game. Long was the lone scoring threat for the Roadrunners, as she poured in 15 points on the night. Next up is the final home game tonight against Umpqua Community College.



LBCC MAIN CAMPUS **Commons** FEB 16 - FEB 22

•WEDNESDAY:

ENTREES: Beef Stew, Chicken Cordon Bleu, Kolokopita
 SIDES: Baked Pesto Pasta, Raisin Rice Pilaf, Peas & Mushrooms
 SOUPS: Moroccan Lentil, Chicken & Rice

•THURSDAY:

ENTREES: Turkey Club w/Pasta Salad, Chili Verde, Eggplant Parmesan
 SIDES: Potato Gaufrettes, Mexican Rice, Stuffed Zucchini
 SOUPS: Turkey Vegetable

•FRIDAY:

Chef's choice

•TUESDAY:

ENTREES: Beef Stroganoff, Seafood Risotto, Stuffed Portabella Sandwich
 SIDES: Sundried Tomato & Pasta, Spatzel, Broccoli a la Polonaise
 SOUPS: Mulligatawny

WEEKLY MENU

Taqueria Alonzo

Mexican Restaurant

Located at
Two Rivers Market
 250 SW Broadalbin #107
 Albany, OR 97321
 (541) 812-1311

Also try our other location...

Dos Arbolitos
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 Lebanon, OR 97355
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ARTS & ENTERTAINMENT

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

ACT's 'Sylvia' proves to be everyone's best friend

Brenda Ranzenbach
 The Commuter

You really need to see "Sylvia" at the Albany Civic Theater. "Sylvia" is a story involving a wife, her husband and his new dog.

Greg and Kate are now empty nesters. Their last child has gone off to college, leaving them alone in the suburbs, so they decide to move into New York City. They take a small apartment and Kate returns to work as an English teacher at a junior high school.

She's happy with their new life because they have time to socialize most evenings and visit friends on the weekends. Greg is happy, but not with his job, which continues to change, leaving him wanting something more real.

Greg storms out of work early one afternoon after a fight with his boss. He walks to the park to clear his

head. This is where he finds Sylvia or where she finds him. Sylvia is a dog. He immediately falls in love and brings her home.

Kate is not at all happy with the new housemate. After a serious discussion, she agrees that the dog can stay for a probationary period. She's certain that the dog will tie them down, hampering their social calendar.

Throughout the story, Greg becomes more enamored with the dog. His disinterest in work grows so his employer forces him to take a leave of absence, requiring that he go see a shrink.

This greatly distresses Kate, as she is concerned with their finances, knowing college tuition needs to be paid. Now that Greg is off work, he spends all of his free time walking Sylvia.

The play deals with real human emotions and the midlife crisis. It also deals with the relationship between a man and his dog, and we get an inside view of what

the dog is thinking and feeling. We see how a dog might interpret human behavior.

It was an outstanding cast directed by Shannon Wass. Greg is played by Gary Buriss. Kate is played by Lorraine Sorensen. Greg Burgess plays three very hilarious characters, Tom, Phyllis and Leslie. Sylvia is played by Diana Schultz.

Schultz has to be commended for her absolutely amazing portrayal of a dog. Her body language is unbelievable. You almost forget she is human until she begins speaking. Her barking and high energy remind us all of a dog that has more energy than sense.

The play is a must see if you like to laugh out loud. It is being presented on Feb. 17, 18, 19 and 20 then again on Feb. 24, 25 and 26. Evening performances start at 8:00 p.m. and matinees at 2:30 p.m. Information about this and future plays can be found on the Albany Civic Theater web site, <http://albanycivic.org>.

Registration begins April 10th.
 Classes start June 20th.
 Call (541) 737-1470 or email us at
summer.session@oregonstate.edu for more info.

Oregon State | Extended Campus
 UNIVERSITY

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ARTS & ENTERTAINMENT

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Charles' last album steals the show at Grammys

Kelley L. Carter
 Knight Ridder Newspapers (KRT)

The pups got their due. But Sunday night's 47th Grammy Awards was mostly about honoring one of the greats: a man who opened doors and crossed genres.

An eclectic mix of young entertainers including Alicia Keys, John Mayer, Usher, Maroon 5 and rapper Kanye West collected their share of trophies, but it was Ray Charles who won a leading eight Grammys, all springing from the album of duets recorded just before his death, "Genius Loves Company." That included wins in the evening's two top categories: album of the year and record of the year for "Here We Go Again."

The late singer, who intertwined soul, rock 'n' roll, R&B, country, jazz, big band and blues, also won for best pop album and best pop collaboration with vocals for "Here We Go Again" with Norah Jones, and best gospel performance for "Heaven Help Us All," a duet with Gladys Knight. The night was further accentuated by two musical homages to Charles.

"I'm going to thank all of you people on behalf of Ray Charles, who is with us," said Joe Adams, Charles' longtime manager, accepting the award for album of the year. "I'll simply say it again: Humbly we accept this wonderful, wonderful award. And we offer a humongous thanks to you individually and collectively from the bottom of our hearts. Very sincerely. We love you madly. Passionately. And continuously."

"Genius Loves Company" was a difficult-to-record album, as Charles was ailing at times in the recording studio, and often felt too sick to perform. Not that



photo by Hahn Khayat of Abaca Press

The Black Eyed Peas pose with their trophies, after winning Best Rap Performance by a Duo or Group, at the 47th Annual Grammy Awards Sunday night. The late Ray Charles led the way with eight awards, while today's rising superstars got a piece of the action as well. The awards were hosted by rapper-turned-actress, Queen Latifah and broadcast from the Staples Center in Los Angeles, California.

any of that mattered to the listening public. The album, which was released after his death, is the best-selling album of his career, with more than 2 million copies sold.

"I'm going to cry, actually. It just shows how wonderful music can be. It's at a 100 percent with Ray Charles. How many millions of people has he made smile with his records? Thanks for letting me be a part of it," said singer Norah Jones, who sang with Charles on "Here We Go Again."

The first touching moment of the night was a toast to Charles, and it came early in the show. Keys was joined by Quincy Jones and Jamie Foxx, who portrayed Charles in the bio-pic "Ray" and is up for an Oscar later this month for the performance. Foxx and

Keys played piano and sang a Charles signature hit, "Georgia On My Mind."

It ended with Jones, a long-time friend of Charles, revealing the entertainer's image on a black T-shirt. Later in the show, Bonnie Raitt and Billy Preston performed another tribute to Charles, with Raitt singing their duet, "Do I Ever Cross Your Mind."

Of course, the youngsters weren't left out.

West, who had a leading 10 nominations, took home Grammys for best rap album, best rap song and best R&B song, which he helped write for Keys.

West survived a car accident before recording "The College Dropout," which won the award for best rap album.

"When I had my accident,

I found out at that moment, nothing in life is promised except death," he said. "If you have the opportunity to play this game of life, you need to appreciate every moment. A lot of people don't appreciate their moment until it's passed. But right now, it's my time. and it's my moment thanks to the fans. Thanks to the accident. Thanks to God. Thanks to Roc-a-Fella. My mother, thanks to everyone that's helped me. ... I plan to celebrate. I plan to celebrate and scream and pop champagne every chance I get, because I'm at the Grammys, baby!"

West also talked about what he was sure everyone was wondering all night long. Many talked about how upset he was at not winning big at earlier music awards show the American

Music Awards.

"Everybody wanted to know what I would do if I didn't win. I guess we'll never know," he said, and then held up his trophy.

Host Queen Latifah early on helped set what type of night the Grammy awards would be.

"To me, this is a true music show," the rapper, singer and actress told the crowd of musical and Hollywood stars. "Where they put everything together the way it's supposed to be."

In other words, it was to be a cross-section of entertainment. And it was.

Of course, it's easy to do that when you have an interesting cross-section of artists up for awards: folks like Charles going up against Green Day and Usher, Ludacris and Lil Jon.

Together, Gwen Stefani, Eve, Los Lonely Boys, Franz Ferdinand, Maroon 5 and the Black Eyed Peas opened the show, interweaving their hits du jour.



photo by Hahn Khayat

Alicia Keys shows off her four Grammys for Best R&B Album, Best R&B Song, Best Female R&B Vocal Performance and Best R&B Performance by a Duo or Group with Vocals, which she recorded with Grammy winner, Usher.

'White Noise' a winner with stellar cast and script

Sheena Bishop
 The Commuter

REVIEW

Life and death intermingle in "White Noise", a movie based on the little understood Electronic Voice Phenomena (EVP). If you have ever wondered what is really happening to your TV while the white snow consumes it, this movie will put that curiosity in its grave.

While the movie flat out gave me the creeps, I also enjoyed it for its "what if" possibilities. Not that I would ever attempt EVP myself, but the knowledge that there are messages from the dead recorded through the technology that we use every day, namely television and radio, for those still living is heartwarming once you get past the creepy-crawly feeling in the back of your throat.

The characters were great, proving that tragedy does not care about who you are or your income bracket.

Jonathan Rivers, an architect, and his wife, Anna, a popular novelist, are happily married. They live in a nice area with his son from a previous marriage.

When their union is disrupted by the disappearance of Anna and her later recovery three miles down stream from where her car was found, Rivers finds himself having difficulties coping with a life that doesn't include his wife.

Distraught and distracted, Rivers spends less time with his son and more time alone at home, away from the office or any of the things he did before the accident.

Enter Raymond Price, and with him EVP, into what is left of Rivers' life. At first he doesn't believe it, but desperate to hear her voice again, Rivers contacts Price and begins meeting with him.

Along the way he meets Sarah Tate, another client of Price's who assures Rivers that it will be worth it in the long run. Together, Rivers and Tate form a special kind of friendship that is unexplainable and a partnership that is unbreakable.

As messages begin filtering in, Rivers goes to the extreme in order to satisfy Anna's callings. What he will never realize is that he is ending the havoc that started with her death.

Of course with the good you must take the bad. At the end of the movie they tell you that one out of twelve EVP messages are unfriendly. It seems like Rivers has good luck hearing both, although the entire EVP twist is the twist at the very end.

I recommend this movie to anyone who is willing to sit through two hours with the hairs on the back of

their neck standing up. And believe me, they will. Otherwise, you must be a very strange, or rather interesting, individual and I applaud you for not getting the willies during a few scenes.

The plot is exciting and while the ending is a shocker, it makes you question all you have been told about the dead and the living. Can the dead really talk to us? Is EVP real or something a bunch of AV club guys thought up? More importantly, can the dead really take a life?

My one request is this: if you do happen to watch this movie, don't let your kids twelve or younger see it without you, or until after you have seen it all the way through. I'm sure they will have some questions that need answering, so be prepared for that. In the childlike state in which I left the theater, I had a few questions. However, I still highly recommend this film for those who are mature enough.

"White Noise" was well done and well performed from start to finish, something that I am glad to see in the theaters again after a long curse of poor scripts and crummy performances.

Unless you plan on driving to Eugene, you aren't going to find "White Noise" on the big screen. The \$1.50 theater is your only bet before it is released for home viewing. Personally, I plan on purchasing it. This is a film I could stand to have in my house.

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ARTS & ENTERTAINMENT

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Inexpensive dating alternatives abound in the Mid-Valley

Christy Harshman
 The Commuter

The Willamette Valley offers students a variety of opportunities for dating at little or no cost.

When the weather is appealing, find your date and head toward one of the many parks located in Albany or Corvallis.

The Parks & Recreation Departments work year round to maintain approximately 30 parks located in both towns "for every recreation need," according to the City of Corvallis web site.

If the weather cooperates for an afternoon in the park, you can grab your Frisbee and head for one of the local disc golf courses. Disc golf requires one Frisbee per person and is played by throwing discs towards a target. The person with the fewest shots per hole wins.

According to the Professional Disc Golf Association web site, one of the great features "disc golf shares is that it is played in beautiful settings." Grand Prairie, Simpson and Timber Linn parks in Albany and Pioneer and Willamette parks in Corvallis offer disc golf courses.

Horseshoes offer a more traditional outdoor sport for couples. Albany offers pits in Bryant, Burkhardt, Monteith Riverpark

and Timer Linn parks and in Corvallis at Walnut Park.

"Playing horseshoes isn't complicated and can be really entertaining even when it's not very warm outside," said Chelsea Clark, LBCC agriculture business management student. Another idea is to pack a lunch and hit the trails. Bald Hill Park, in Corvallis, offers a scenic 1.8-mile-loop that caters to foot, bike and horse traffic, according to the City of Corvallis web site. Avery, Starker, Walnut, Willamette and Woodland Meadow parks in Corvallis all offer trails or bike path access.

Try taking a walk along the river in Willamette Park in Corvallis or in Albany at Bowman Park, which also offers a boat ramp and dock, according to the Parks and Recreation Department of Albany.

These activities may be a little brisk this time of year, but pack some cider or hot cocoa and take the opportunity to warm up together.

For information on parks in Albany and Corvallis, log on to the Parks & Recreation Department section of the city web sites at www.ci.albany.or.us for Albany, or www.ci.corvallis.or.us for Corvallis parks.

If the great outdoors isn't calling your name, try an indoor activity that keeps things warm and cozy but is still easy

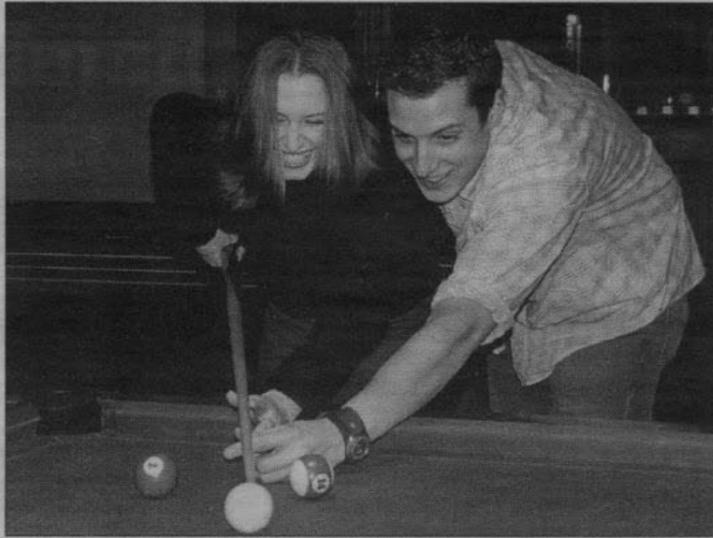


photo by Sherry Majeski
Taylor Rush, 20, coaches his date, 17-year-old Jessica Packebush, on setting up her shot at Riley's Billiards Room in downtown Albany.

on the pocketbook. Two popular options are playing pool or going to the arcade.

Riley's Billiards Room in downtown Albany offers play by the hour pool tables for people of all ages. Don't expect to pay more than \$7 an hour on any night at Riley's unless you are over 21 and make use of the bar.

"Riley's is a laid-back environment where you can relax and have a good time," said Catie Reid, LBCC horse management student.

Or, you can grab a handful of quarters, your date and head towards Tilt arcade in the Heritage Mall in Albany. About \$10 in quarters between two people can provide hours of entertainment.

Another indoor idea is to make dinner and have a board-game challenge. Find a recipe that neither has cooked before then head to the grocery store for the ingredients. Share in the cooking process, then challenge your date to a board game.

Deliciously sweet class offered in Corvallis

Melissa Chaney
 The Commuter

Those with an insatiable sweet tooth or just a lifelong relationship with the pop-tart and toaster, may soon find their taste buds better satisfied. The Benton Center is now offering a cooking class on Sweet Treats from Mexico.

Beginning Feb. 28 and continuing for three weeks until March 14, these Monday night classes that are held from 6 to 8:50 p.m. will teach those who attend how to make sweet tamales, empanadas (a turnover with a flaky crust and a sweet filling) and fruit and rice drinks.

This Sweet Treats course will be taught by instructor Heidi Hadlett, in conjunction with some of the best local cooks around.

Classes will take place at the First Alternative Co-op Teaching Kitchen, located at 1007 SE 3rd Street in Corvallis.

The cost for this 'sweet' course is only \$25 in addition to a \$10 lab fee. To register in advance, contact the Benton Center at 757-8944. Registration is also available online or at the Benton Center registration desk, 757 Polk Avenue, Corvallis.

PLAY REVIEW

OSU's 'Vagina Monologues' raises funds for CARDV

Colleen Jacks
 The Commuter

The sixth annual production of "The Vagina Monologues" directed by Kimberly Gifford Wear, was presented by Oregon State University's Student Health Services and Peer Health Advocates at the LaSells Stewart Center on the OSU campus last week.

The show played to diverse and appreciative crowds, and the auditorium was literally packed to the rafters for Friday night's performance.

The cast of 32 women including one seven-year-old girl performed flawlessly in their effort to raise awareness about violence toward women and girls across the globe.

"The Vagina Monologues" written by Eve Ensler, is based on 200 interviews she conducted with women talking about their sex organs. Ensler spoke with a wide range of women from a mix of race and social backgrounds. It eventually evolved into a one-woman show in New York.

Each cast member, dressed in black, stepped into a pool of light and performed

her monologue. The monologues were entertaining, informative and funny, but some were downright chilling, citing that over 500,000 women are raped in the United States each year.

This show is performed around the world each year centered around Valentine's Day and has been named the V-Day campaign.

The proceeds from this event went to support the Center Against Rape and Domestic Violence (CARDV) and the V-Day 2005 spotlight campaign: "Women of Iraq Under Siege." The remainder of the funds pay the cost of the production and on-going campus and community efforts to stop violence against women.

Before the show, the Nan Nkama West African Drumming and Dance Troupe entertained the audience in the lobby. In addition, they opened the show with their hypnotic, sensual music that set the mood for the evening. Several cast members danced to get the audience warmed up.

For more information about the V-Day project, see the website at www.vday.org. For information about CARDV go to www.CARDV.peak.org.

Linn-Benton Community College Department of Performing Arts
 Presents its 30th Annual Children's Show

PUSS IN BOOTS

**Sundays
 at 3p.m.**

FEB 20 & 27*

Tickets

\$7 adults

\$4 children under 18

Reserved Seating

**Directed by
 Jane Donovan**

Linn-Benton
 COMMUNITY COLLEGE
Russell Tripp Performance Center
 formerly Tadena Theater
 6500 Pacific Boulevard SW
 Albany, Oregon

Tickets go on sale Jan. 24 at: Sid Stevens Jewelers in Albany, Gracewinds Music in Corvallis, LBCC Box Office (8 a.m.-noon; 1-2 p.m.), or at the door two hours prior to curtain. 24-hour message line: (541) 917-4531. 15% discount on groups of 10 or more. Credit card transactions are available only at the Tadena Box Office. Transactions at Sid Stevens or Gracewinds Music must be cash or check.

*The February 27th performance is provided with American Sign Language Interpreters and is also the benefit performance for the Performing Arts Scholarship. LBCC is an Equal Opportunity Institution. If you require disability accommodations in order to attend or participate in this event please contact the Performing Arts Department, at (541) 917-4530, at least one week in advance.

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ARTS & ENTERTAINMENT

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

CALENDAR

THE VIBE

<p>Albany Civic Theater 111 1st Ave. SW Albany 928-4603</p>	<p>Feb. 17 - 19 & 20(m) Sylvia A romantic comedy about a man, a woman and a dog that comes between them. 8 p.m. 2:30 p.m. matinee \$9 General \$6 Seniors and under 18</p>
<p>The Book Bin 215 SW 14th St. Corvallis 752-0040</p>	<p>Sat, Feb. 19 Strings of Time American Pop Classics 1-2 p.m. Free</p>
<p>Bombs Away Cafe 2527 NW Monroe Ave. Corvallis 754-3601</p>	<p>Thur, Feb. 17 Just Us Duo Improv Jazz with Neil Grandstaff & Ray Brassfield 7:30 p.m. Free</p> <p>Sat, Feb. 19 Jabong Final show Reggae 9:30 p.m. \$5</p>
<p>Chinook Winds Casino Resort 1777 NW 44th St. Lincoln City 996-5825 1-888-CHINOOK</p>	<p>Feb. 18 & 19 Sinbad Part of Comedy on the Coast \$20-\$40</p>
<p>Hult Center Silva Concert Hall 7th & Willamette Eugene 541-682-5000</p>	<p>Sun, Feb. 20 Eugene Ballet Company: Peter Pan- The Ballet 2:30 p.m. \$42, \$38, \$32, \$25 & \$18</p>
<p>Linn-Benton College Russell Tripp Center 6500 Pacific Blvd. SW Albany 917-4531</p>	<p>Sun, Feb. 20 & 27 Puss In Boots 30th Annual Children's play. 3 p.m. \$7 Adults \$4 Children under 18</p>
<p>Lane Events Center 796 W 13th Ave. Eugene 541-687-9600</p>	<p>Feb. 19 & 20 Asian Celebration: Struttin' Our Stuff 20th Anniversary of 2005 Oregon Asian Celebration. Enjoy Asian food, entertainment, cooking and craft demonstrations, children's activities, art and an Asian marketplace. 10 a.m. - 6 p.m. \$2</p>



Spring play combines horrors of war with a comic touch

LBCC News Service

The Performing Arts Department will begin auditions for the spring show, "The Unknown Soldier and His Wife," on Monday, March 7 at 7 p.m. on the main stage of The Russell Tripp Performance Center (formerly Takena Theater).

The play, described by its director as "a wickedly incisive comedy about the enduring idiocy of war" is characterized by its author as "two acts of war separated by a truce for refreshment."

Directed by LBCC theater instructor George Lauris, the play was written by popular mid-20th century actor Peter Ustinov, who had a successful career as an actor, playwright and entertainer and appeared in 90 films during his 60 year career. In the 1970s he portrayed Agatha Christie's Belgian sleuth, Hercule Poirot, in a series of six films, including "Death on the Nile." Besides his success in film, Ustinov wrote for the live theater; among the better known of his titles are "The Love of Four Colonels" and "Romanoff and Juliet."

In addition to his entertainment career, Ustinov was also recognized as a great humanitarian who was deeply sensitive to the injustices of the world and regarded as the dean of U.N. Goodwill

Ambassadors. He traveled the globe as a roving spokesperson for the United Nations Children's Fund. He was knighted by the Queen of England in 1990 and died March 28, 2004, at the age of 82.

Although "The Unknown Soldier and His Wife" is a decidedly anti-war piece and deals with a serious subject, it does so with a deft comic touch. The play's 17 actors portray generic character types who appear throughout a variety of historical eras with numerous costume changes.

"At last count," said Lauris, "there are at least 96 costume pieces for the play's 17 performers."

Auditions are open to all LBCC and OSU students. There are roles for six females and 11 males. Scripts are available to interested students from the Russell Tripp Box Office, which is located in the main entrance to Takena Hall. The Box Office is open Monday through Friday, 8 a.m. to 12 p.m. and 1 p.m. to 2 p.m. Audition, rehearsal and performance details are available on a printed information sheet, which is distributed with the script. Additional information can also be obtained by calling the director at 917-4566 or by email: george.lauris@linnbenton.edu



photo by Matt Swanson

Seafood In Flight

The Depot on Lyon Street in Albany has been a favorite stop for local seafood fans for more than 25 years. The crunchy shrimp salad is one of the restaurant's most popular dishes. Also on the menu are a variety of deep-fried fish dishes and salads, as well as everyone's favorite, clam chowder. Because of the restaurant's popularity, you should expect a wait during the lunch and dinner hours, as the establishment is rather small. The building dates back to the 1940s and its interior is decorated with an aviation theme.

Delicious food, low cost and attentive staff gives The Depot high marks

Brenda Ranzenbach
 The Commuter

RESTAURANT REVIEW

My husband called me late in the day, on Friday, to discuss what was for dinner. As usual, I had not planned anything, as cooking is not my thing. He was relieved because he had a yearning for fish fry. As a kid, his Irish Catholic family ate fish every Friday night.

We live in Albany and the one restaurant that we know serves fish fry is the Depot. He and my youngest daughter met my oldest daughter and I at 5:45 p.m. Boy was that place hopping. Each table was filled to capacity and several people were packed in around the door. There were even people waiting outside in the cold.

My husband really wanted fish so we stuck it out. The wait was long but not all that bad. The employees made an effort

to acknowledge everyone and they kept assuring us that our wait would end soon.

We decided to let the couple behind us take the next table, so the four of us finally took a seat at the counter. Sitting at the counter allowed my husband and I to converse while sitting next to one another.

The menu offered several seafood choices, all of them deep fried, various salads and clam chowder. There are several appetizers available as well. They also serve sodas, ice tea, lemonade, beer and Oregon wine.

My 10-year-old daughter ordered the clam chowder and salad. The salad included shrimp, which she loved. I was pleased she ate everything. My 13-year-old daughter ordered shrimp and chips. There were several shrimp, fries and a sal-

ad. She too made an effort to eat everything. She did leave some fries, but I helped her out.

My husband ordered fish and chips, which included a salad. It was large pieces of white flaky fish, lightly breaded. The fish was wonderful. I know because he shared a piece with me. I had the crunchy salad, and it was about the healthiest thing on the menu. The salad includes shredded carrots, sunflower seeds, shrimp and some light salad dressing. It was so good--I loved the crunch of every bite.

Our meal was worth the wait. Our kids ate their dinner, a rare occurrence, and it was not very expensive. The service was good as the staff was very attentive on a very busy night.

I would recommend The Depot to all. They are located on 822 Lyon Street in Albany. Their menu items are all available for take out at 926-7326.

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ARTS & ENTERTAINMENT

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MICRO BREWS TAP INTO VALLEY'S THIRST FOR SUDS

Nick Milhoan
 The Commuter

Have you ever dreamed of the chance to sample all the micro brews you could get your hands on at only 50 cents a taste? If so you may have missed the opportunity of a lifetime this past weekend in Eugene, as over 25 vendors were on hand to offer a sample of their brew.

The 15th annual KLCC Microbrew Festival was held at the Lane Events Center this past Friday and Saturday. Brewery's from all over the nation set up for the chance to get those who have never tried their brew to taste and choose them for future enjoyment.

"Your hope is you find a few people that may have never tried your particular micro brew," said Eugene City/Rogue Brewery employee Bernie Link. "It's a chance you don't get very often and hopefully these people will make an effort to now buy your brew."

Breweries from as close as Eugene, Albany, Corvallis and the rest of Oregon made their presence known. On hand were breweries from as far away as Hawaii, Vermont, Colorado, and Maine.

With paid admission tasters received a commemorative glass for tasting and one drink ticket. Every taste thereafter was 50 cents, though as I said to my friend, "Where else can you taste this much brew at only 50 cents a glass?"

The first one I decided to try was "Arrogant Bastard" from Stone Brewing in San Marcos, Calif. They say it's an All American Ale, that is stronger than most. I thought as I took my first swig that it was probably one of the strongest ales I had ever tasted. I was right, the brew has an alcohol content of close to 14 percent. "It's one of those that a lot of people like and a lot of people don't," said Betty with Stone Brewing. "You get more bang for your buck."

My next taste was the "Red Tail Ale" from Mendocino Brewing in Hopland, Calif. it was described as the Flagship Brand for the brewery. So, I figured it must be good. It was rich and complex in flavor and I did enjoy it. I would not call it my favorite, but it was quite good. According to Debbie who was serving the ale, it has won a blue ribbon countless times at the California State Fair.

Next up was a local brewery, Oregon Trader of Albany. I had finally convinced my friend to give one a try, he is not really fond of micro brew's. He decided to try the "Toasty Oakly Stout"

The stout is very robust with a hint of



Suzanne of Allagash Brewery in Portland, Me. fills a glass with Allagash Reserve during the 15th annual KLCC Microbrew Festival. The festival is one of KLCC's largest fund raising events of the year. Over 25 vendors were on hand to offer patrons a taste of their brew. Breweries from as far away as Vermont and Hawaii, as well as local breweries from Albany and Corvallis, vied for a chance to get those in attendance to sample their concoctions in hopes of snagging a new customer. The admission included one free sample of any brew and a commemorative glass. Additional tastes were available for 50 cents a glass.

photo by Matt Swanson

vanilla thrown in. My friend tried it and said it wasn't bad, though I could tell from his face, he wasn't all that enthused about it. I took a sample from his glass and immediately was hit with the smell of vanilla, though as I continued to sip it, I thought it had more of a licorice taste to it. I enjoyed it and thought it was much different than the typical micro brew available. "This is the brewers most popular," said Debbie Rowland. "It's roasted right in downtown Albany."

Continuing on through the festival I heard a "Hey you have an empty glass and we can't have that." I looked over and saw Eric with Kona Brewery of Hawaii. I walked over and decided I'd have Eric fill my glass with "Fire Rock Pale Ale." Now I love a good pale ale and having lived in Canada for close to a year, I am very picky about them (I have still never found a pale ale quite like that from Vancouver Island Brewing). The ale was good, not too strong, not too soft. It had a rich texture and was very smooth going down. I was quite pleased that Eric had called me over.

"Being able to try this many beers is great," said Bill Winz of Eugene. "It's a great experience."

Looking behind me, my friend pointed out an organic brewery and we figured it was time to give that a try. Thankfully my friend decided to try another, as I was starting to get a buzz, I knew I should have eaten before hand.

Wollavers Organic Ale out of Middlebury, Vt. was the brewery at hand. My friend decided upon their "Chocolate Porter". The description read that it includes coffee, chocolate and other roasted flavors. As soon as you tasted this, the chocolate and coffee mix and give you a distinct unusual taste.

"It's the first organically brewed beer," said Pujita. "It was first brewed on the west coast in 1987."

The festival also had four brew's compiled especially for the event. High Street, Steelhead, Rogue of Eugene and Big Horse/Mount Hood of Hood River each got together and concocted a brew

that would be premiered during the festival and if successful, might exist after.

I tried Bighorse Porter. This stout had a very rich full bodied flavor and I would say I hope they continue brewing this. Nelda Copsey said this is probably the strongest of the brews made and that they have made two brews seasonally after premiering them here.

Food was also available to help those that needed to settle their stomachs and bands played throughout the weekend. A micro music and book sale was also on hand as well.

"I was drinking this all of last weekend (referring to Umpteen IPA)," said John Schmeker of Eugene. "I just love it."

The Microbrew Festival is one of KLCC's largest fund raising events of the year. Proceeds from this event will go into the KLCC general fund to help put this event on again next year.

"I love this event," said Jane Down of Eugene. "This is my seventh year coming and I plan to do it again next year."



photo by Matt Swanson

Gary Stein draws a taste of "Umpteen IPA" from High Street Brewery in Eugene. High Street is a part of the McMenemy's family of pubs and breweries.



photo by Matt Swanson

"Arrogant Bastard" chills in ice, awaiting patron salivation. The ale is produced by Stone Brewery in San Marcos, Calif. This particular brew was the strongest available at the festival. According to Betty, of Stone, it has a 14 percent alcohol content.