

The

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A Weekly Student Publication

January 27, 2010

Commuter

What's for dinner?

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The Commuter
Editor-In-Chief: Max Brown
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Campus News

News about Linn-Benton Community College, including the Sweet Home, Lebanon, and Benton Centers.

Office Hours: Q&A with Scott Anselm

Justin Bolger
 The Commuter

Commuter: As the head of the culinary department, what sort of classes do you teach?

Scott Anselm: It is part of a degree. I teach a lot of the culinary classes, but it depends on the term. This term I have a Creating the Menu class, Advanced Meats, Meat Preparation and Cutting, and Beverages Operations and Services. Next term I have Garde Manger, which is cold food – pâtés, sausages, things like that – and Display Work. I have a career search class for chefs and then, of course, the lab classes that we have everyday.

C: How long have you been with LBCC?

SA: Twenty-two or 23 years. Something like that.

C: What are some of your favorite foods to eat or make?

SA: Chefs usually just love food in general, so that would change from time to time. I joke around with students a lot about pork being the greatest food. Pork's so versatile. We do a lot with pork. As far as different styles, I do a lot at home with breads. All different

cuisines – it doesn't much matter.

C: What do you think is the coolest job you've ever had?

SA: Probably this one. I love it. There are always things that you like or dislike about any job, but I enjoy it a lot.

C: Outside of LBCC, what sort of hobbies do you have?

SA: I have some wine grapes. I do a lot of wine making. I have a pilot's license, so I fly. I have a little plane. I like to backpack, hike and fish. Also, I'm into the energy stuff, so I make bio-diesel. I work on diesel cars to run on bio-diesel.

C: Anything else that's interesting you'd like to mention, like pets?

SA: I've got a couple of potbelly pigs, an alpaca, a barbado sheep, and a couple of goats. I've got sturgeon in the pond that are up to six feet now. In the past I've had emus, peacocks, guineas. There are lots of critters at my place.



Chef Scott Anselm

Photo by Justin Bolger

Where to find Scott Anselm

Office: CC - 214

Phone: 541-917-4388

E-mail: anselms@linnbenton.edu



Ongoing

The Commons

Haiti Relief Fundraising

The Latin American History class has a table set up in the Commons accepting donations during lunch hours. Currently they are only accepting

cash donations. All money raised will be donated to The American Red Cross and Doctors Without Borders. For more information, contact Scott McAleer at 541-917-4578.

Through Winter Term Dance Club

Seeking Dancers! The new LBCC Dance Club is forming this term. Hip Hop, Jazz, Modern, Ballet... all levels welcome! Anyone interested in participating in a spring dance performance should contact: sanderk@linnbenton.edu

Through Jan. 29 (Mon - Fri)

Student Life and Leadership office

Winter Coat and Blanket Drive

The drive will continue through the end of the month. Drop off any new or used coats, jackets, scarves, gloves and/or blankets to supply local outreach centers in need.

Through Jan. 29 (Fri)

South Santiam Hall Gallery

Desert Dance: Photography on Display

The Desert Dance exhibit features the photography of Kurt Norlin, an Albany photographer.

Through Feb. 26 (Fri)

North Santiam Hall Gallery

Twist: Art on Exhibit

Twist features the drawings of Jim Adams and the photography of Robin Bachtler Cushman.

Jan. 27 (Wed)

10 a.m. – 1 p.m. • Takena Hall
Oregon College Transfer Day Information Fair

This free event is geared toward students interested in transferring to four-year institutions. For more information, contact Nancy Morrill at 541-917-4816.

Jan. 27, 28 (Wed, Thu)

9 a.m. – 2 p.m. • Fireside Room

Blood Drive

Join LBCC and the Red Cross in their efforts to save lives.

Jan. 29 (Fri)

Student Life & Leadership office

ASG Election Applications Due

Any student interested in running for the Associated Student Government should pick up an application in the SL&L Office.

Jan. 29 (Fri)

Admissions office

LBCC Scholarship Applications Due

This is the last chance for students to apply for winter term scholarships.

Jan. 29 (Fri)

Admissions office

Spring Graduation Applications Due

This is the last chance for students to turn in their applications for spring graduation.

Jan. 30 (Sat)

9 a.m. – 1 p.m. • McKenzie Hall

College Goal Oregon

This free event is for anyone who needs help filling out their FAFSA or who wants to learn about scholarship opportunities from the Oregon Student Assistance Commission (OSAC) and LBCC. For more

information, go to www.linnbenton.edu or call the Financial Aid office at 541-917-4850.

Jan. 30 (Sat)

Seattle Art Museum
Michelangelo's Drawings on Display
 All students are welcome to join. Tickets are \$9 and carpooling will be available. For more information, contact Robert Harrison at 541-917-4571.

Feb. 2 (Tue)

8 p.m. • 303 Benton Hall, OSU campus

Linn-Benton Opera Guild Preview

The LBCC Opera Guild will preview the opera "Così fan tutte," by Wolfgang Amadeus Mozart. Admission is free to students of Linn-Benton Community College and OSU. For more information, contact Betty Miner at 541-757-8949.

Feb. 20 (Sat)

9 a.m. • Activities Center gym
Baseball Hitting Camp
 This clinic is geared for ballplayers ages eight to 18. Camp includes three hours of instruction, a camp T-shirt and refreshments. Cost for the camp is \$40. For more information, contact Greg Hawk at 541-917-4242.

THE COMMONS FARE

1/27-2/2

Wednesday

Dishes: Beef Pot Roast, Hazelnut-Arugula Pesto Penne with Grilled Chicken and Grilled Vegetable Sandwich
 Soups: French Onion and Corn Chowder

Thursday

Dishes: Liver w/ Bacon & Onions, Chicken Cordon Bleu and Spicy Lemongrass Tofu Bowl
 Soup: Ginger Chicken & Coconut Milk

Friday

Chef's Choice

Monday

Dishes: Glazed Ham, Beef Goulash w/ Spaetzel and Vegetable Calzone
 Soup: Split Pea and Manhattan Clam Chowder

Tuesday

Dishes: Chicken & A Biscuit, Fettuccine Vongloe and Vegetable Strudel
 Soup: Cheddar Cheese and Chicken Soup w/ Matzo Balls

**If you have a Campus Short,
 please e-mail them to commuter@linnbenton.edu.**

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EMTs Reach out to students

Sherry Majeski
 The Commuter

A helicopter landed on the Activities Center track Wednesday, Jan. 20, as part of LBCC's Emergency Medical Technician (EMT) training, giving students a realistic experience of a chopper medical crew in an emergency situation.

Reach Air Medical Services flew from Corvallis Municipal Airport to give a lecture at LBCC, as well as to answer questions and provide a demonstration on how to safely move a critical patient into the helicopter, provide care, and quickly transport the patient to the hospital.

The chopper carried

a flight crew of three: pilot Bryan Bowen, paramedic Eric Schmidt, and trauma nurse Kenny Nealy.

Bowen stood by and assisted wherever possible, but is not medically trained. Schmidt said that being a flight paramedic is a totally unique environment to work in. He said that his seven years of ambulance experience prepared him for his flight crew job. Nealy could not put enough emphasis on being safe in and around a helicopter. He said that once they reach the hospital, he stays with the patient, and often stays at their bedside to provide care for as long as possible.

Reach can transport a patient from Eugene to Portland in 30 minutes, and they have six choppers.

One student poked her head inside the unit and observed that it had limited space and posed the question of obese people. Nealy said that there are only 13 inches of clearance for a person's body when in a supine (laying face up) position. He said that sadly, he has had patients too large to fit into the chopper's cavity.

The inside of the chopper is not very accommodating for large



EMT students examine the inside of the helicopter

Photo by Chris Foster



Paramedic Eric Schmidt secures Miranda Scott to board the transport

Photo by Sherry Majeski

people and is limited to three people plus the patient. There is no height requirement to be on the flight crew, but there is a weight limit of 215 pounds. Mike Perks, an EMT freshman, squeezed inside and found it limiting for his large frame.

Miranda Scott, another freshman in the EMT program, posed as a trauma victim as the crew demonstrated how to transport a critical patient, and students got an opportunity to get involved in placing her on a board, wrap her in a warm blanket, carry and load her into the chopper.

Ashley Louie, an EMT freshman, said, "I want to do a ride-along." Carrie Thomas, a sophomore studying to be an EMT, said, "This is my first time to see a chopper up close. It is an awesome experience, very exciting."

Sam City
 Fusion Restaurant

Multi-Cultural cuisine

LBC Student ID Gets YOU A 10% Discount!

Present student I.D. card when ordering

Some Restrictions Apply

GSA: Aiming for acceptance

Brittney Reynolds
 for The Commuter

"Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind," said the children's book author, Dr. Seuss.

LBCC Gay-Straight Alliance is a place where gay, bisexual, lesbian, and transgender students and faculty, along with their straight allies, can meet and feel comfortable.

"I am a supporter of the gay community because I think that it is very important to accept people for who they are and to spread awareness that it is okay to be whoever you are," said Sara Avitt, an LBCC student.

The first meeting of the term took place on Friday, Jan. 15 in the Diversity Achievement Center. There were about seven people along with the club's advisor, Karelia Stetz-Waters, and the club's president,

Jennifer Boatwright. They started with introductions and brainstormed about what the members were looking for in the group and ways to spread awareness about equality and the club.

On an average there are about six to seven members in attendance each meeting and about 25-30 members on the official member list. Some students have conflicting schedules with the time of the meeting, so they aren't able to attend it but are supporters of the club.

GSA advisor and English teacher Karelia Stetz-Waters said, "There is a very even mix of gay, bi, lesbian, and transgender members, and there are always straight members that are allies to the club."

The club does a variety of things such as have discussions, watch movies, play board and video games, go bowling, and participate in awareness-raising activities.



Members of the GSA gather during last week's meeting

Photo by Mark McIntyre

"I come to just socialize and hang out with a bunch of people who don't hate me. I'm also in the club to make friends with people who accept me for who I am," says Jake Dontavion, an LBCC student and

transgender male.

The Gay-Straight Alliance meets every Friday from 1 to 2 p.m. in the Diversity Achievement Center in the Forum Building next to the Commuter office.

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Classifieds

Deadline: Ads accepted by 5 p.m. Friday will appear in the following Wednesday issue. Ads will appear only once per submission. If you wish a particular ad to appear in successive issues, you must resubmit it.

Cost: Ads that do not solicit for a private business are free to students, staff and faculty. All others are charged at a rate of 10 cents per word, payable when the ad is accepted.

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

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

Help Wanted

You can sign up at www.linnbenton.edu/go/StudentEmployment to look at student & graduate jobs. *For more info about the opportunities listed below, please see Carla in Student Employment in the Career Center (Takena 101).

Census Takers (#7763, local area) Testing is going on now to hire 300-400 people to conduct the census 2010 from March-June. Pay is usually \$15.25/hr plus mileage reimbursement. Get paid training, exercise, and a great employer on your resume! Call 1-866-861-2010 to schedule a test. See www.2010censusjobs.gov for practice test.

Laborer (#7756, OSU campus) Like outdoor tasks? This job includes mowing lawns, using power equipment, general maintenance, delivering paper, etc. Pay is \$12.50 hr.

Direct Care Provider

(#7654, Albany) Hands-on work with developmentally disabled clients promoting and enhancing their development and skill acquisition. Hours are Mon-Wed 10 p.m.-6 a.m. and pay is \$8.72-11.99/hr.

Product Tester

(#7761, Corvallis) We are looking for students to work a minimum of 15 hrs./week during school and 30-40 hrs./week in the summer assuring products are tested and ready for market. \$9/hr. starting wage.

Marketplace

Textbooks bought and sold, new & used, online buybacks. Buy, sell, rent at cheapbooks.com (260) 399-6111, Espanol (212) 380-1763, Urdu /Hindi/ Punjabi (713) 429-4981, see site for other support lines.

Transfer day: Life after LBCC

Alx George
 The Commuter

Ready, set, transfer! It's time to start thinking about where you're going after LBCC.

The Oregon Transfer Day for this year is taking place today in the entrance of Takena Hall from 10 a.m. to 1 p.m. with tables set up for each of the colleges that will be represented. There will be representatives from all over Oregon and Washington with lots of available printed and verbal information.

Nancy Morrill, LBCC Admissions, encourages students of any major to ask questions they may have regarding the transferring process, or about the college itself. Morrill says that the Oregon Transfer day is "very good for the student to meet with a representative from the school they may be attending."

Typically, the most common questions asked concern scholarships, available majors, housing, and other financial matters. However,

you can also ask the representatives about other things such as food, what the campus looks like, and campus activities.

Morrill says that besides getting information, students may also broaden their horizons by finding out whether or not the college they had in mind is right for them.

LBCC Counselor Charles Madriaga also highly recommends that students swing by the event. He says, "It's good [for the student]. They (the representatives) kind of show you what you're going to get."

The Oregon Transfer Day is a great way for students to become familiar with the college they will be attending. It is highly recommended that you check out the event and meet the representatives from each of the colleges.

If you should miss the event, Madriaga suggests talking to either a counselor or your adviser to get more information. Morrill also advises you to contact the college directly.

Academic Success Seminars

Boost Your COLLEGE KNOWLEDGE!

Sign up on SIS under Study Skills – or just drop in!

Prepare for Tests

Wednesday	Jan. 27	Albany	WH-225	2:00 – 2:50pm
Wednesday	Jan. 27	Lebanon	LC-153	4:30 – 5:20pm
Wednesday	Jan. 27	Sweet Home	SHC-102	4:30 – 5:20pm

Get Organized

Tuesday	Feb. 2	Benton Center	BC-232	5:00 – 5:50pm
Wednesday	Feb. 3	Albany	WH-225	2:00 – 2:50pm
Wednesday	Feb. 3	Lebanon	LC-153	4:30 – 5:20pm
Wednesday	Feb. 3	Sweet Home	SHC-102	4:30 – 5:20pm

Active Learning Strategies

Tuesday	Feb. 9	Benton Center	BC-232	5:00 – 5:50pm
Wednesday	Feb. 10	Albany	WH-225	2:00 – 2:50pm
Wednesday	Feb. 10	Lebanon	LC-153	4:30 – 5:20pm
Wednesday	Feb. 10	Sweet Home	SHC-102	4:30 – 5:20pm

Accomplish Your Academic Goals

Tuesday	Feb. 16	Benton Center	BC-232	5:00 – 5:50pm
Wednesday	Feb. 17	Albany	WH-225	2:00 – 2:50pm
Wednesday	Feb. 17	Lebanon	LC-153	4:30 – 5:20pm
Wednesday	Feb. 17	Sweet Home	SHC-102	4:30 – 5:20pm

Academic Success Seminars are organized by the Learning Center. For more information and to sign up, visit SIS under Study Skills or call 917-4684.

LBCC is an equal opportunity institution. For disability accommodations, call 917-4789. Submit requests 4 to 6 weeks before the event where possible. To call by TDD, call the Oregon Telecommunications Relay Service at 1 (800) 735-2900 & provide them with the number you wish to reach.

Always 50 minutes!

ALWAYS FREE!

Always helpful!



Linn-Benton
 COMMUNITY COLLEGE

THE COMMUTER'S STAFF

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

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Letters Welcome

The Commuter encourages readers to use its "Opinion" pages to express their views on campus, community, regional and national issues. The Commuter attempts to print all submissions received, but reserves the right to edit for grammar, length, libel, privacy concerns and taste. Opinions expressed by letter submitters do not represent the views of the Commuter staff or the College. Deliver letters to The Commuter Office, Forum 222 or at commuter@linnbenton.edu

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SPORTS

News about local and national sports and activities.

LBCC men steal victory again

Erik Bender
 The Commuter

Chemeketa (3-2) at Linn-Benton (4-1)

The LBCC Roadrunners found themselves in high spirits Wednesday night after a hard-fought victory over Chemeketa Community College with the final score reading 78-76.

The first half proved this win would not come easily to either team, with a half dozen lead changes in

what was a low scoring game at 29-28. LBCC ended the first half with a one-point lead.

Chemeketa pulled away by eight points after the second half's start, but with numerous fouls made by forward Jordan Highland and guard Taylor Roos, LBCC was able to close the gap with their free throws, resulting in a two-point victory over Chemeketa.

Guard Taylor Roos was LBCC's top scorer with 4 of 9 field goals, one 3-pointer and 9 of 11 free throws.

LBCC forward Andrew Carter had 7 of 11 field goals and 2 of 3 3-pointers against Chemeketa for 16 points.

"There's always been the big three: Chemeketa, Clackamas and Mt. Hood. And it was good to get a win against one of the big three tonight," said Highland.

Head coach Randy Falk said, "After a big win we've got to watch so we don't have a mental let down. We've got to be prepared for Portland. They are very competitive and athletic. We've got to make sure we're coming back in our best form come Wednesday."

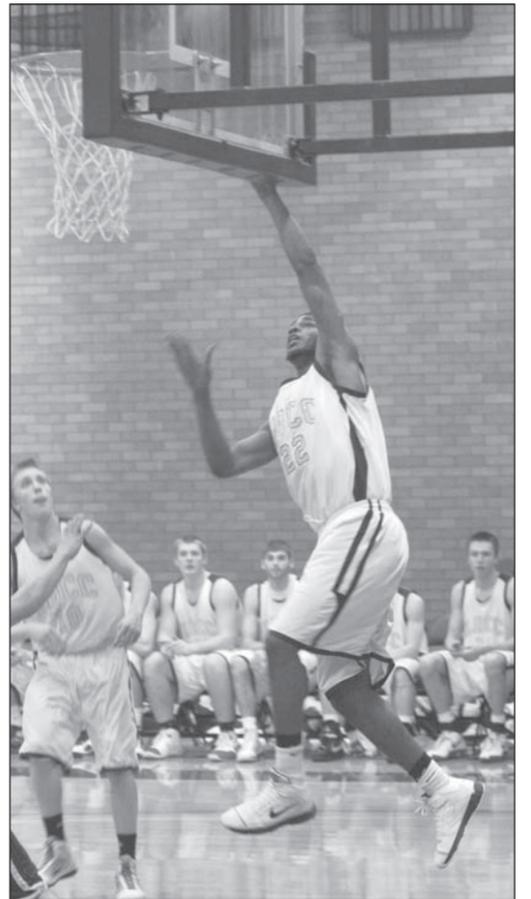
Top scorer for Chemeketa and the game goes to Chemeketa's forward Shiloh Rowland with 10 of 20 field goals, 1 of 2 3-pointers, and 2 of 2 free throws for 23

points.

LBCC starters: Taylor Roos, Jordan Highland, Andrew Carter, Kenny Yukich and Kyle Wolf.

Chemeketa starters: Tyrone Phillips, Alex Frace, Greg McWilliams, Seji Blume and Shiloh Rowland.

The next game will be against Portland Community College at 7:30 p.m. in LBCC's Activity Center, Wednesday, Jan. 27.



Xavier Watson takes one to the hoop.
 Photo by Erik Bender

Women's team still looks for first league win

Erik Bender
 The Commuter

Chemeketa (2-3) at Linn-Benton (0-5)

The Lady Roadrunners are still searching for their first league win as they were defeated by Chemeketa CC 65-55 Saturday.

The first half of the women's game started out looking as if LBCC would have some work to do as Chemeketa brought to the court a fast, aggressive style that had LBCC scrambling to keep pace.

As the first half was within its final minutes, however, LBCC picked up the pace and found themselves ahead of Chemeketa, exchanging the lead four times before the half's end. Numerous times Chemeketa would double up on whoever had possession, leaving LBCC open every time, allowing them to take advantage of valuable scoring opportunities.

The end of the first half Chemeketa was ahead again, this time by 29-27.

During the opening minutes of the second half the scores were kept close, but foul trouble for Kiana Saluni and a tired team from starters having to play the full 40 minutes allowed for Chemeketa to pull away and extend their lead by 10 points before the game's end.

Sophomore guard Jamie Wilson scored 13 points for the game with 5 of 9 field-goals and 3 of 4 3-pointers.

Sophomore guard Jamie Mayhew scored the most out of both teams with 4 of 4 free-throws and 6 of 20 field-goals for 16 points.

"We're lacking the chemistry right now, but sooner or



McKenzie Smith attempts a 3 point shot.

Photo by Erik Bender

later it will get better," Mayhew said.

Danielle Padilla, a high-scorer for Chemeketa, made 13 points with 4 of 12 field-goals, 3 of 4 3-pointers and 2 of 2 free-throws.

"It's been a weird season with injuries, and getting new players halfway through the season is something I would never do, but thanks to players out permanently with injuries we had to," said LBCC head coach Teresa Guerra.

LBCC starters: Jamie Wilson, Jamie Mayhew, Carrie Garrison, Kalah Heacock and Kiana Saluni

Chemeketa CC starters: Danielle Padilla, Erin Stephens, Alma Siva-Ramirez, Shelby Leverenz and Brittani Brown.

The next game will be against Portland CC a 5:30 p.m. in LBCC's Activity Center Wednesday Jan. 27.

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Contact an admissions specialist to learn about the admissions process, financial aid and scholarships.

"There are all kinds of choices we can make as community college students. I chose to go to OSU-Cascades and it's been great."

Fabian Clark
 Business Administration

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The Commuter

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Feature

Something a little different.

LBCC culinary program: Recipe for success

Maya Lazaro

The Commuter

Every morning at 7:30, something happens at LBCC. While the rest of the school sleeps, dozens of students don white jackets and tall pleated hats to begin a class that lasts upwards of nine hours. What they do is demanding, complicated, and oftentimes messy.

They're cooking for you. And they're being graded for it.

The LBCC Culinary Program, while small, provides students with hands-on education in food preparation, restaurant management, food and fermentation sciences, and food and wine dynamics. Students are schooled as restaurant, pastry, and pantry chefs. They even get to experience what it's like to be a server in a fine dining establishment.

First-year culinary students spend one semester baking in the pastry kitchen, one semester in the quantity kitchen making entrees and sides, half a semester making cold prepared foods like salads and sandwiches as pantry chefs, and another half a semester working as servers in the Santiam Restaurant.

Second-year students attend lectures and food demonstrations for half the day, as well as preparing food for the Santiam Restaurant, before spending their afternoons working in the Courtyard Café. For those in the program, class is like a full-time job; these students spend as many hours a day preparing food and cleaning dishes as most people do in a month.

First-year student Elizabeth Decamillo said, "Some days are more hectic than others.



Ray Francois focuses on perfecting the edges of his apple turnovers. Francois owned a Mexican restaurant before becoming a culinary student at LBCC.

Left: Karen Ring and Ben Landreth roll dough into hoagie buns for the sandwich bar.

Below: The food must have eye appeal, like this turkey club sandwich.

Photos by Sherry Majeski



It's always 'go go go.' It gets stressful, but that stress keeps you going. I like working fast."

Decamillo is spending her winter semester in the Quantity Kitchen, which serves the Common's cafeteria as well as the school's Santiam Restaurant. Every Monday through Thursday her instructor, Chef Scott Hurley, leads her group in a food demonstration that shows them how to prepare a food item used in that day's lunch.

After successfully showing Hurley they can recreate food themselves, they begin their

day's task of cooking the items on the lunch menu. Each week students are assigned to cook the food for a starch (such as potatoes, rice, or pasta) item, one of two entrees, a vegetable dish, a soup, a vegetarian option, or a dish to be served at the downstairs cafe.

Decamillo, like the other students, calls Hurley by "Chef," not "professor." To them, the moniker shows a kind of respect; it's the culinary equivalent of "sir." Hurley himself is a graduate of the school's culinary program, and after working a few years at the Big River Restaurant in downtown Corvallis and OSU's dining center, he came back to LBCC to teach.

"I like inspiring people. Every day there is a little more to learn."

Pastry chef instructor Katie Newton agrees.

"I love working with the students. Culinary students tend to be a very lively bunch. They really appreciate working at things hands-on, instead of theory alone."

Every morning Newton has her students go to different corners of the pastry kitchen to learn one of the eight essential baking skills needed to graduate from the program. The skills include rolling and folding, making custard, and working with yeast breads.

One of her students, Ray Francois, owned and operated his own restaurant before he came to LBCC. After being laid off from a

more recent job, he decided it was time to go back to school.

"I'm getting retrained. It's fun because you're learning new things every day. I was never much for baking, but I like the challenge."

The courses are rigorous and can create a high-stress environment for students who aren't used to working under pressure. One of the reasons students must spend half a term as servers for the Santiam Restaurant is to understand what it's like for those working on the other side of the kitchen who are in direct contact with the customers.

First-year student Darci Spillman understands what it's like to deal with restaurant patrons who don't want to wait to be served or have an issue with their meal.

"We try our hardest, especially when we're short-staffed and we get a little behind. I've had some very angry and impatient people."

One particular broccoli-loathing patron burst into tears when she was served a plate of food containing the offending vegetable. But as heated as things can get in the restaurant, nothing beats the drama being cooked up in the kitchen. While students deny their experiences being as melodramatic as, say, "Iron Chef," preparing quality food in large quantities in a short period of time can create dangerous situations.

Santiam Restaurant**What is it?**

A fine dining restaurant, operated by LBCC's Culinary Arts students on the second floor of the College Center building.

When can I go?

Lunch is served from 11:00 a.m. to 12:30 p.m. Monday through Thursday during school terms. To make reservations call 541-917-4392 at least a day ahead (while drop-ins are welcome, it won't necessarily mean you'll get a table).

How much?

Entrée prices range from \$5.50 to \$8.95. Desserts are \$2.75.

"It's very fast-paced. When you're working in a close environment, little things come up with students. You do get burned a lot. One second-year student left a pot without a pot handle on to signal it was hot and my arm got burned while turning on a mixer," said Spillman,

To Chef Hurley, mistakes like these are okay to make in culinary school, as long as you learn from them.

"It's intense because this is intense cooking. If a student cuts their finger, they aren't going to do it again. They can mess up here and it's okay."

It's also a place where students expand their ideas about what tastes good and what doesn't. Many of LBCC's culinary students have never traveled outside the United States, so they aren't as accustomed to foreign fare. The culinary program forces students out of their shells because its classes are based around classical French and European cuisine.

"I see a very consistent pattern of students coming in here without exposure to international cuisine. Students are very timid," says Chef Newton. "Give them a couple of terms, though, and they're lined up waiting to taste [new foods]."

For LBCC culinary students, the program offers far more than the opportunity to dice carrots and roll dough. It gives them a chance to experience what it's like to be a chef working in the industry while simultaneously pushing them to explore new tastes and textures, as well as encouraging them to experiment with creating their own.

"This is an industry that teaches you," said Chef Hurley.

A Quick Guide to the Chef's Uniform

Hat: Known as the "Toque Blanche," the common chef's hat is thought to have been created in the 1800s by chef Marie-Antoine Carême to indicate a chef's standing in the kitchen. The higher you ranked, the taller your hat was, and vice versa. The number of pleats on a hat also indicated the wearer's status – more pleats meant the wearer was more experienced.

Jacket: Isn't it odd that chefs never appears dirty or soiled, despite the fact that they wear white and work with messy foods all day? Here's why: the double breasted jackets chefs wear are reversible, so if one side accidentally gets messy, a simple flip of the jacket

will make the wearer appear tidy again. The jackets also have a double layer of cotton to insulate the body against the heat of stoves, ovens, and the splatter of hot liquids.



Pants: A chef's checked pants work like optical illusions to distract the eye away from stains and dirt.

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Feature

Something a little different.

BamBoo Diner: A downtown delight

Selena Gwin
 The Commuter

If you're looking for delicious food at a good price, stellar service, and a more unique dining experience than your average night out, BamBoo Diner should be your next stop.

The newest culinary offering from the owners of Sybaris and Clemenza's, BamBoo Diner has a colorful, brightly-lit entrance and an easy-access parking lot across the street. As the name suggests, BamBoo Diner combines the best of Asian and American cuisine in downtown Albany.

When you enter, you can't help but notice the creative interior. A paper dragon frolics across the ceiling and the warm red light from the globe lamps placed over tables add to the illusion of flames. Seating is well placed and every surface is gleaming and spotless, from the hardwood floors to the lacquered tabletops.

On a recent visit for dinner, my boyfriend and I were greeted by a friendly hostess, who had water and menus for us immediately after we were seated. Our server was very prompt, knowledgeable and attentive - after describing the specials with ease, she answered our questions, took our order and came right back with our drinks. I had the loose-leaf Fancy Jasmine tea, and was totally blown away by the bold fragrance and sweet yet complex taste. BamBoo has four other varieties of tea at \$2 each, as well as a carefully selected range of beers at \$3 a glass and wine at \$6 a glass.

Waiting for food doesn't take long at BamBoo Diner; we had ours in less than 10 minutes, and the portions were generous. I was delighted to see that BamBoo offers four different kinds of curry, all available with your choice of grilled meats or smoked tofu, ranging from \$9 to \$15. The curries are served steaming hot in a large bowl and come

with a side of Thai sticky rice wrapped in a banana-leaf packet. I tried the Thai green curry with coconut milk, and it was incredible! It consisted of tofu and tender vegetables resting in a creamy, spicy sauce with hints of aromatic basil. My boyfriend's General Tso's chicken, the nightly special, was also excellent, crisp and juicy with a tangy sauce and served over veggie fried rice.

BamBoo Diner has a variety of appetizers guaranteed to tempt, including chicken satay, one of my all-time favorites. Most of these appetizers are only \$6. Their House Specialty dinners, all under \$15, include noodle dishes and favorites such as BBQ pork ribs - there's even a Vietnamese meatloaf. The heat is indicated by chili peppers next to the name; my dish was a three-pepper item and had lots of fire without overpowering the flavor. BamBoo is also vegetarian-friendly, with quite a few choices for appetizers and dinners.

Even though BamBoo Diner has only been around since mid-September, they've already succeeded in bringing the tastes of Asia to Albany. The manager stopped by to chat with us during our meal to make sure everything was going well, and the check was presented swiftly. Our server even labeled and dated our leftovers for us! One of the best things about this restaurant is the head chef, Dave Arguedas, who was chef at Clemenza's before coming to BamBoo. A graduate of LBCC's culinary program, he had nothing but good words for his experience at LBCC: "I'd recommend it."

Unfortunately, I haven't yet made it past dinner to the desserts at BamBoo Diner, but next time I'll make sure to save room for the chai cheesecake. The prices are slightly lower at lunch, perfect for a quick bite to eat at a bargain, although the menu is more diverse at dinner. For now, the only improvement they could make is to move a lot closer to LBCC, so I can satisfy my craving for curry more often.



Mmm ... General Tso's chicken and Thai green curry with coconut milk.

Photo by Selena Gwin

BamBoo Diner
 210 1st Ave., Albany
 (541) 704-1128

Open for lunch Tuesday-Friday 11:30 a.m.-2 p.m.
 Open for dinner Tuesday-Thursday 5-8 p.m.
 and Friday-Saturday 5-9 p.m.



Jana West
 The Commuter

Pork chops with fennel and apple slaw

I love cooking nice meals and entertaining friends, but I find it can be difficult on a budget. I decided to challenge myself to cook a hearty and healthy meal every week for two people spending no more than \$10 per meal. I did not count the price of fairly standard pantry items like oil, salt, flour and sugar when used in minimal amounts. This week I made pork chops with fennel and apple slaw, wild rice and garlic-sautéed green beans. Here's how to pull off this dish yourself.



Directions:

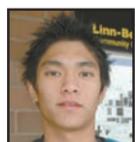
1. Cut the fennel into 1/2 inch cubes. Dice shallot. Slice 6 cloves of garlic. I wait to cut the apple until just before cooking so the slices don't turn brown, but if you want to cut the apple slices early, you can place them in a bowl of cold water to prevent oxidation.
2. Bring 1 cup rice, half of the diced shallot, 3 cloves of sliced garlic, and 1/2 tablespoon of olive oil to a boil in two cups of water. Cover, reduce the heat, and set it to simmer for 45 minutes. Do not remove lid. After 45 minutes, remove from heat and allow to sit covered for 10 minutes.
3. On medium-low heat, sauté 3 cloves of sliced garlic. Wash green beans in 1/2 tablespoon of olive oil and 2 tablespoons of water until just tender.
4. Heat a pan at medium-high heat with a tablespoon of olive oil. Salt and pepper both sides of pork chop and cook for about three to four minutes on each side. Remove from pan and allow to rest while you finish cooking the slaw. Turn down the heat to medium, and in the same pan sauté the remaining shallot, fennel, 3 cloves of sliced garlic, and cubed apple until fennel is just tender. Take 2 tablespoons of water and de-glaze the pan to bring all the flavors together. Salt and pepper to taste.
5. Top the pork chop with the warm slaw and serve with a bed of rice and side of green beans. Enjoy.

Grocery list:

2 pork chops (I used bone-in, but you can use boneless)	\$2.76
1 apple (I prefer Fuji but Granny Smith or Braeburn work)	\$.86
1 bulb of fennel or sweet anise	\$1.88
1 shallot or red onion	\$.40
1 head of garlic	\$.50
1 cup Lundberg Wild Blend Rice (or your favorite wild rice blend)	\$1.75
1/2 lb. green beans	\$1.49
GRAND TOTAL:	\$9.64

Perspectives:

What's your favorite food and from where?



Mickey Allapach
 Exercise/
 Sport Science

"Love Love Teriyaki ... they are not too expensive and have good food."



Shalah Leckie
 Business

"Onion rings from Arby's."



Chris Borris
 Criminal
 Justice

"La Rocita (aka La Roca). They have these super burritos ... tongue is my favorite ... and they are awesome."



Chrissy Eckert
 Exercise/
 Sport Science

"Probably curry chicken (that) my mom makes."



Kayla Nissen
 Anthropology

"Mine is actually Mo's clam chowder."

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Opinion

Submissions to The Commuter:
E-mail: commuter@linnbenton.edu
Drop-in: Forum 222

No place on campus

Adam LaMascus
The Commuter

I sat at a coffee shop last week at 7:35 a.m., absent-mindedly flipping through a copy of the Eugene Weekly as I tried to wake up. I spotted an article decrying the Pacifica Forum, a “free-speech” group that holds weekly meetings at the University of Oregon. The article ranted about the group being a platform for anti-semitism, facism, and other such sensitive topics. Knowing that the Eugene Weekly is about as fair and balanced as Fox News, I looked for more information when I got home.

Apparently, the article was actually correct. I found an article in the “Register Guard” that said the same thing. Additionally, I found that the Southern Poverty Law Center has classified the Pacifica Forum (which is in no way affiliated with the Pacifica Foundation or UO) as a hate group, and the local Anti-Hate Task Force has been meeting to try and figure out what to do.

The Forum, which until recently met at the Eugene Memorial Union, hosted speakers such as Jimmy Marr, a member of the American branch of the National Socialist Movement (who aren’t actually socialists, by the way). Marr began his “lecture” by “siege heiling”

several times, giving an anti-semitic interpretation of the Torah, and screaming at a rabbi who attended that week’s meeting. He proceeded to play an NSM propaganda video, and a slide show where NSM and anti-neo-Nazi protesters clashed violently. All of this was accompanied by neo-Nazi heavy metal music accusations of how the “Jewish traitors” are causing all the world’s problems.

This was just the most dramatic and recent in a string of “lectures” which have caused much uproar. Valdas Anelauskas, a Lithuanian-born white-supremacist, is a member and regular speaker. Besides indulging in some “siege heils” of his own, he also said in a speech about the late feminist writer Andrea Dworkin, that she shouldn’t have bothered writing, because she was “too ugly to rape.”

Other speakers include Holocaust deniers and people who think Muslims are the cause of the world’s problems. Fortunately, UO has banned the Pacifica Forum from the EMU, but they still meet on campus.

It is a difficult line between free speech and hate speech, but the Pacifica Forum has crossed it. I feel that when your rhetoric includes murdering billions of people due to religious, ideological, and racial causes, you should lose the right to

spout that message in public. At the very least, you should lose your right to meet on a school campus.

Students are supposed to feel safe on campus. They should not have to be concerned that when they go to class that day they might run into a band of neo-Nazis going to their weekly meeting. It’s good that UO banned them from the EMU, which is home to diversity groups such as the Black Student Union, Jewish Student Union and the school’s Lesbian, Gay, Bisexual, Transgender and Queer group.

I was pleased to read that the leader of the Swastika Club of America was in attendance to protest Marr’s speech. The SCA is an anti-fascist group dedicated to clearing the name of the swastika, and returning it to its original usage as an ancient Sanskrit symbol of peace and good luck.



The Forum insists it is a free-speech group, and not a hate-speech group. I doubt this. Jimmy Marr has been invited to speak multiple times, and Anelauskas is a regular, not to mention their pretty standard lineup of people whose goal seems to be to upset all non-horrible people. If they want to prove they are not a hate group, they should stop inviting people who promote hate speech. Pretty simple solution really.

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Are you what you eat?

Erika Kloppenburg
 for The Commuter

Our bodies are amazing machines. Each cell does a different job, working in harmony with every other cell to create bone, skin, heart, and nerves, to create you. In 10 years, every cell in your body will have been replaced, renewed by the food you eat. I find myself concerned when I read the ingredients lists on some of my favorite foods and have to ask: Is my food made of FOOD anymore?

There are more than 10,000 chemical "food additives" that can legally be found in food. A common example is monosodium glutamate (MSG). Used to add flavor to many canned soups and other canned goods, frozen foods, and fast food, MSG is naturally found in seaweed and soybeans.

So what's the problem? MSG in even moderate amounts can cause headaches, nausea, numbness, and heart palpitations, and is the source of the so-called "Chinese-restaurant syndrome," where MSG is often used.

Next time you pick up a can of soda, before taking a swig of delicious carbonated pleasure, flip the can around and find the ingredients list. If you see BHA or BHT (butylated hydroxyanisole and butylated hydroxytoluene), this may interest you: BHA and BHT are used as emulsifiers and clouding agents; they make the soda cloudy and smooth.

When, in the 1970s, it became more and more clear that BHT was linked to health problems, including childhood aggressiveness and tumor growth, some companies voluntarily switched to the less-studied BHA to assuage their health-concerned consumers. Now, however, BHA is being studied more and being found to have effects on not only your own hormones, but on the sexual function of your future children, according to the science journal Toxicity. It is recommended that BHA and BHT be avoided if you take steroids, birth control, or are pregnant.

Perhaps you're reading this and thinking, "I eat fairly

healthy; I don't drink much soda. Fresh fruit will do me good." Let's take a walk over to the produce section and I'll tell you about red dye #2. Citric red dye #2 is used to dye oranges, to make their bright color last longer and make them more appealing to consumers. Perhaps it's clever marketing, given the sensationalist society we live in. And yet: red dye #2 is a probable carcinogen (cancer-causing substance) that the U.S. Food and Drug Administration has recommended be banned from use.

There are more than 10,000 chemical additives legally found in food: 10,000 scientific words without meaning to the average person. It's so easy to concern ourselves with the stresses of school, the demands of family life, and ignore the simple actions we take for granted as normal and safe. So I leave you with this thought: Our bodies are delicate, amazing machines growing and changing constantly; what will YOUR body be made of 10 years from now?

Advice from Weiss

Mark Weiss
 for The Commuter



Counselor Mark Weiss

Question: What's the big deal about plagiarism? I mean I know that teachers don't want you to copy, but, really, copying is a way of learning, isn't it? So, why is it such a big no-no to use something from someone else when you're doing a report?

Answer: In his book "The Four Agreements," Don Miguel Ruiz outlines four behaviors, which, if we would practice them, would make us a happier, more mentally healthy species.

1. Be impeccable with your word
2. Don't make assumptions
3. Don't take anything personally
4. Always do your best.

Ruiz makes it clear that the most important and most difficult of his "Agreements" is the first: Be impeccable with your word. It's important for many reasons. One is that those closest to you will not be able to relate to your real needs, desires, talents, strengths, and weaknesses unless you are honest with them. Not just honest, but descriptive and clear about what you really think and feel. Without this kind of honesty and clarity, those you love most will not know you, and may relate poorly to you, based on a false impression.

Much like your friends and loved ones, your teachers need to know the real you. They are charged with helping your intellectual and personal development, a task that's only possible if they know who their students are. Teachers will have a hard time knowing your learning needs and interests if you are using someone else's words

instead of your own. In a sense, they must learn about you in order to teach to you.

Ruiz points out another reason for being impeccable with your word. Many religious beliefs suggest that "life began with the word." This is particularly clear in the Christian tradition, but most spiritual and philosophical beliefs point to our use of language, "the word," as the most important aspect of personal integrity. And this is almost always the lesson behind the lesson: From English to

philosophy to welding to nursing, the development of your character, your integrity, is always a part of things. In every class you take, there are two things going on: learning the subject matter of the course, and the personal development that is also, more subtly, being created.

So, when teachers talk about plagiarism, it may seem like a small issue, but they are really talking about a concept much larger than the paper you are writing. They are really discussing the importance of integrity to the development of character and to the culture we live in. By asking you to speak for yourself, from within yourself, they are giving you practice in the development of your own unique personhood. That's why it's important to avoid plagiarism and to be impeccable with your word.

Mark Weiss has been a counselor and adviser at LBCC for 20 years. The purpose of this column is to answer students' questions about the college, academic advising, and how to be successful at LBCC. Please send your questions to mark.weiss@linnbenton.edu or stop by the Career and Counseling Center in Takena Hall.

Back in the day

Adam LaMascus
 The Commuter

This week in history...

Jan. 27, 1918: German support > Russian support...

Hostilities begin during the Finnish Civil War. The Soviet Union sends about 10,000 soldiers to support the nearly 90,000 communist (Red) Finns. Germany sends 13,000 soldiers, and Sweden sends 550, to support the 90,000 non-communist (White) Finns. Almost 39,000 Finns, Germans and Russians are killed. Unsurprisingly, the German-supported Whites trash the Russian-supported Reds. The trend is repeated nearly 20 years later in the Spanish Civil War. Clearly the Germans are just better at supporting civil wars.

Jan. 28, 1871: German military > French military...

France surrenders to the German Confederation, ending the Siege of Paris and the Franco-Prussian War. Germany begins a time-honored tradition of kicking the snot out of the French. This victory also helps unify Germany into a single nation instead of a squabbling confederation of 39 Kingdoms, Grand Duchies, Duchies, Principalities, and Free Cities.

Jan. 29, 1845: Nevermore...

Edgar Allan Poe publishes "The Raven" in the "New York Evening Mirror." It is widely mocked and regarded as trash by Poe's contemporaries. Ironically, today he is hugely famous and considered a great writer while his detractors are merely "Poe's contemporaries." They don't even get their own names. Ha!

Jan. 30, 1933: Should've thought this one through a little more...

Adolf Hitler is sworn in as Chancellor of Germany. During this time the chancellor holds a position similar to that of the vice president here in the United States. I think it's safe to say Hitler does a little more than his job entitles him to.

Jan. 31, 1606: "The only man to enter Parliament with honest intentions..."

Guy Fawkes is executed by hanging for attempting to blow up the Houses of Parliament during the Gunpowder Plot. I have an urge to watch "V for Vendetta" now.

Feb. 1, 1978: Good movies, bad choices...

After being accused of drugging and raping a 13-year-old girl, film director Roman Polanski skips bail and flees to France. Polanski is currently under house arrest in Switzerland awaiting a judgment to see if he will be extradited to the United States for criminal prosecution. I hope he is. Just because you are rich and talented doesn't make it okay to rape little girls.

Feb. 2, 1848: With freedom and justice for all...

The Treaty of Guadalupe-Hidalgo is signed, ending the Mexican-American War, in which the United States invaded Mexico under false pretenses and stole California, Texas, New Mexico, Arizona, Nevada, Utah, Colorado and parts of Wyoming. Ulysses S. Grant calls the conflict the "most unjust war ever fought" by the United States.

Thought for the Week:

"God has a special providence for fools, drunks, and the United States of America."

- Otto von Bismarck

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Surreal Living

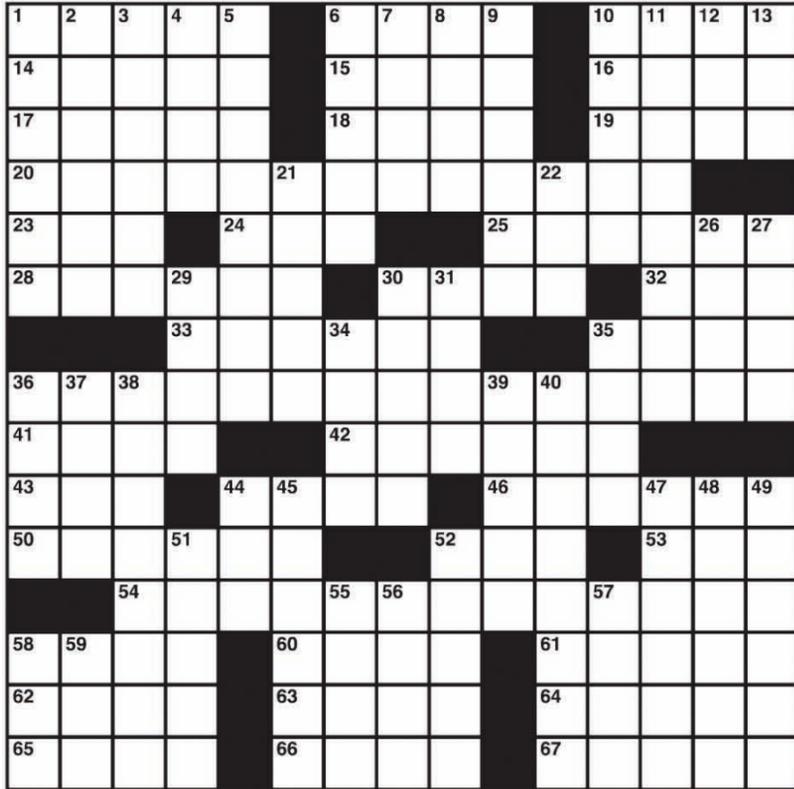
Crosswords, cartoons and some fun facts to brighten your day.

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

ACROSS

- 1 Modify to fit
- 6 Nile bird
- 10 Early late-night host Jack
- 14 ___-Bismol
- 15 It smells
- 16 Golden Fleece ship
- 17 Devoured every bit of
- 18 Coke or Pepsi
- 19 "Peter Pan" pirate
- 20 Suffering writer's block
- 23 Color gradation
- 24 "Days of ___ Lives"
- 25 One of the Musketeers
- 28 Paintings by dadaist Max
- 30 Really little
- 32 Sport ___: family vehicle
- 33 Is bratty
- 35 "Do it, or ___!"
- 36 Suffering writer's block
- 41 Open fields
- 42 Modeling session activity
- 43 Frequently, to a poet
- 44 Docking spot
- 46 Black Sea resort
- 50 Offers from a genie
- 52 Small bill
- 53 Favored student
- 54 Suffering writer's block
- 58 Pinza of "South Pacific"
- 60 Space-saving abbr.
- 61 Many sculptures
- 62 Parking lot fillers
- 63 Complexion problem
- 64 Krupp Works city
- 65 Decides
- 66 Letters after pi
- 67 Color-coded Monopoly cards



By Bruce Venzke

- 5 Exceptional
- 6 Acquire, as liabilities
- 7 Cartoon flapper Betty
- 8 Maui, for one
- 9 Sailor
- 10 Carbo-loader's choice
- 11 Military mascot
- 12 It goes before beauty, so they say
- 13 ___ v. Wade: 1973 Supreme Court decision
- 21 Enthusiasm
- 22 Get too personal
- 26 "___ sin to tell ..."
- 27 Witnesses
- 29 Get fresh with
- 30 Henry Higgins, to Eliza
- 31 NYSE debuts
- 34 Apartment house manager, slangily
- 35 Periphery
- 36 Go with the ___
- 37 Strategy for reducing loan payments, briefly
- 38 Admits an embarrassing error

Wednesday's Puzzle Solved

C	A	M	S		S	O	L	E	S		G	I	L	D
O	N	I	T		T	W	I	X	T		A	L	A	W
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P	I	T	H		A	L	L	A	Y		N	E	S	T

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- 39 "Shrek" ogress
- 40 Obligated to repay a loan
- 44 Split ___ soup
- 45 "Cross my heart"
- 47 Few and far between
- 48 Became vaguely aware of
- 49 Diet guru who wouldn't have recommended
- 10-Down
- 51 Reform Party founder Perot
- 52 Looks boldly at
- 55 Rash symptom
- 56 Prefix with second
- 57 Get beaten
- 58 Earth-friendly prefix
- 59 Reheat, nowadays

Student-submitted art
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by Caitlin Schwartz
medium: black indian ink

Poetry spotlight

Darren
By Danny Earl Simmons

Disagreeable yet fun ex-husband
Arrives in her mind and displaces
Reason. She cannot resist
Remembering the good times they shared,
Enjoying the tunnel-vision, enjoying
Not remembering everything.



Did you know?

- The famous airship "Graf Zeppelin," named after the Count Ferdinand von Zeppelin, flew 590 trips, over a million miles, from 1928-1937.
- NASA has recently discovered frozen water on the moon.
- The Great Wall of China is 4,160 miles long.
- The Magellan telescope recently captured images of what is believed to be a star being ripped apart by a black hole 1,000 times larger than the Sun.

Add/Drop

An LBCC student generated comic.

By Maggie O'Reilly



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ARTS & ENTERTAINMENT

Reviews, upcoming events, and the cure for weekend boredom.

Check out "The Book of Eli"

Frank C. Warren
 The Commuter

Once again, Denzel Washington comes through the screen with a larger-than-life role in the new movie "The Book of Eli." Full of great action-packed sequences and a plethora of surprises, this movie will be a treat to apocalyptic adventurers everywhere.

For 30 years, Eli (Denzel Washington) has been walking across America to the west, carrying a book that "God" has told him to take to a certain city by faith. After many mishaps, he finally comes across a functioning, populated town so that he can charge his iPod. During his time there, trouble breaks out and he finds himself before bad-guy Carnegie (Gary Oldman). They have a scuffle over the book, which Carnegie has been searching for all his life. Meanwhile, Eli meets Solara (Mila Kunis) who follows him when he leaves town. Right up until the end it's a page-turner of a movie with a surprising ending that speaks a lot about the value of having a certain kind of faith.

Roger Ebert, in his blog for the Chicago Sun-Times, says: "The Book of Eli" is very watchable. You won't be sorry you went. It grips your attention, and then at the end throws in several "WTF!" moments..."

Michael O'Sullivan of the



At a glance:

Movie: The Book of Eli
Movie Length: 118 min.
Rated: R
Released: Jan. 15, 2010
Starring: Denzel Washington, Gary Oldman and Mila Kunis
Directors: Allen and Albert Hughes
Screenplay: Gary Whitta
Showing: Regal Albany and Regal 9th Street

Washington Post said: "Most people have some good in them and some bad. This is one of the messages of 'The Book of Eli,' a hyper-violent, post-apocalyptic Western in the mold of 'Mad Max' that can't make up its mind whether it wants to be corny or misanthropic."

Though there are some Christian references in the movie, most viewers shouldn't find things overwhelmingly spiritual. "The Book of Eli" is still an action movie, with lots of shotguns, ladies, killing, broken bones and gore.

Alex Remington of the Huffington Post sums it up best when he wrote this concerning the movie: "As movie premises go, it's hard to top a post-apocalyptic action movie. Every scene and setpiece is a perfect empty canvas

for a lunatic art department to create a frightening, barely recognizable vision of our world to tell a story with burnt-out rubble of how humanity destroyed itself, as we all know will happen some day."

There are many great movies coming out with special effects; this movie is in my top-ten of 2009-10 because it has a good plot, awesome special effects, and it has a great cast to go with it. Gary Oldman plays an awesome super-villain and Denzel Washington is a truly heroic figure in the quest for good. If you liked "Mad Max," you'll love this movie. This movie gets four out of five stars.



Upcoming music events

Bandest of the Bands – Jan. 28

UO Cultural Forum and Ethos magazine present six "exciting" and "electric" local bands - Gladhander, On the Tundra, Sea Bell, Ladies and Jackson, Sea to City, and Splash Attack! The contest winners will be chosen by judges and through crowd response.

Tickets: \$7/\$5 for UO Students

Venue: Wow Hall, Eugene – visit www.wowhall.org for tickets and more information or call 541-687-2746.

Dashboard Confessional – Feb. 18

You may have heard Dashboard Confessional on "Spiderman 2" or seen them promoted through their deal with Myspace. If you have, you know it's raw and unhindered emotion, and not just publicity that makes this act so lastingly popular. But you don't have to be emo to enjoy a few painfully honest break-up tracks from songwriting wizard Chris Carrabba and company. All ages.

Tickets: \$25.00 advance/ \$28.00 day of show

Venue: Wonder Ballroom, Portland – visit www.wonderballroom.com for more information or call 503-284-8686. Tickets may be purchased at www.ticketmaster.com.

Colbie Caillat – March 2

Her poppy vocals and catchy sway entertain radio-pop listeners, but it's her brave and believable songwriting that has earned rhythm and blues singer Colbie Caillat the title of 'all-American girl next door.' She is currently up for four Grammy awards, including three for collaborative work with Jason Mraz and Taylor Swift. All ages.

Tickets: \$22 advance/ \$25 at the door.

Venue: McDonald Theatre - Eugene – visit www.mcdonaldtheatre.com for tickets and more information or call 541-345-4442, ext 2.

Goosey pecan pie squares

Krista Goeke
 The Commuter

Crust:

- ½ cup butter, melted
- 1 cup flour
- ½ teaspoon baking soda

- Pinch of sea salt
- 4 tablespoons sugar

Topping:

- 1 ¼ cups sugar
- 2 large eggs, beaten
- ¼ teaspoon salt
- 3 tablespoons butter, melted

- ½ cup pecans, ground to a meal in food processor or chopped finely
- ½ cup pecan halves
- 2 teaspoons vanilla extract
- ½ teaspoon ground cinnamon
- 1 ½ tablespoons flour



Directions:

1. Grease an 8 by 8-inch baking pan. Turn oven on to 350 F.
2. To make crust, mix all crust ingredients together in a bowl with your fingers and press into the prepared pan. Bake for 10 minutes, then remove from oven.
3. For topping, whisk all topping ingredients together in a large bowl. Spread evenly over crust. Bake for 10 minutes at 400 F, then reduce oven temperature to 350 F and bake for an additional 20 to 25 minutes or until firm. Let cool for 20 minutes before cutting into squares (inside of topping will be runny until set).

Note: For richer tasting bars, substitute coconut oil for the melted butter in the topping and sprinkle chocolate chips on top before baking.

Adapted from "Baking with Agave," by Ania Catalano.

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ARTS & ENTERTAINMENT

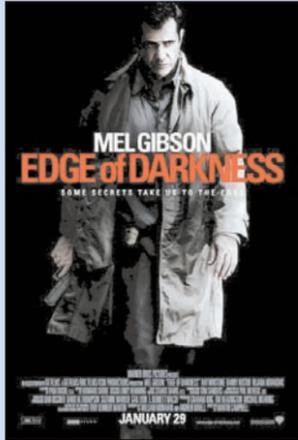
Reviews, upcoming events, and the cure for weekend boredom.

Coming attractions

Edge of Darkness

In this action thriller, Mel Gibson is a cop who is investigating the death of his activist daughter. What he discovers is a corporate cover-up with government cooperation. Directed by Martin Campbell (The Legend of Zorro, Casino Royale).

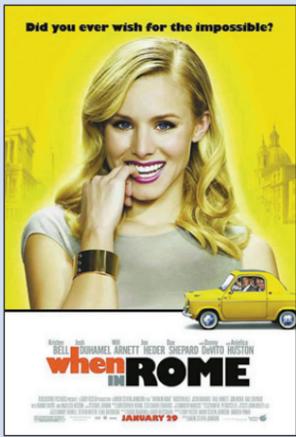
Runtime: 117 minutes
Rating: R



When In Rome

This romantic comedy stars Kristen Bell as an ambitious New Yorker who's visiting Rome. When she takes magic coins out of a fountain, she accidentally summons a magic spell causing a host of eligible and diverse men, including a sausage merchant and a street musician, to fall in love with her. Among them is a young reporter (Josh Duhamel), from whom she just might not mind the attention.

Runtime: 91 minutes
Rating: PG-13



Mass Effect 2

(Released Jan. 26)

The sequel to the stunning "Mass Effect," this space opera RPG/shooter picks up shortly after the end of the first game. You play as Commander Shepard and try to save the galaxy from a mysterious and vicious alien race.

Consoles: Xbox 360, PC
Studio: Bioware



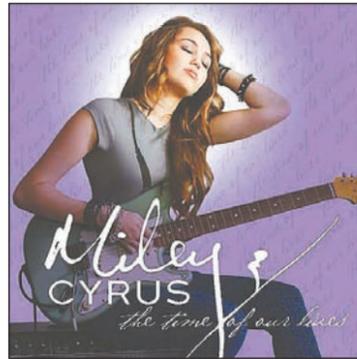
Sources: [Imdb](#), [Yahoo! Movies](#), [Fandango.com](#)

Cyrus: Pop star potential?

Joel DeVylidere
The Commuter

There is a certain stigmatization which I feel the need to address when talking about Disney superstar Miley Cyrus. A lot of people I know have picked her as their definition for 'terrible music.' While Miley's name may come with a negative connotation second only to Britney Spears, she also has a number two single. It was hard, but I tried to review her album "The Time of Our Lives" a little more objectively than comes naturally.

First impression: annoying. The song "Talk is Cheap" on Cyrus' seven-track EP sounds like it might work as a montage number for a musical, but the sound is too flat for an album track. It's straight-up irritating. That said,



there are songs on this album which are worth the listen. "Kicking and Screaming," "Time of Our Lives," and the single "Party in the USA" all had elements that made them good radiopop material.

Cyrus' charisma can certainly get her by with tweenage girls who just want something mass-marketed to idolize, but that will eventually fade as she gets older. There's an awkward transition period where the public has gleefully watched a multitude of child

stars catapult themselves into oblivion with drugs, scandal and awful "debut" albums. That could still happen to Miley Cyrus, but if it doesn't she has a good chance to make it big apart from Disney.

A couple of the songs still bugged me (most notably "Before the Storm" feat. The Jonas Brothers), but others showed this artist's potential for even more radio fame. I'm sure a lot of people will hate that. To summarize, Cyrus may come off as a canned and inelegant super cliché, but this album shows that she can sing, even if she doesn't have the best song selection. I'm still not much of a fan, but "Time of Our Lives" isn't as bad as everyone assumes it is.



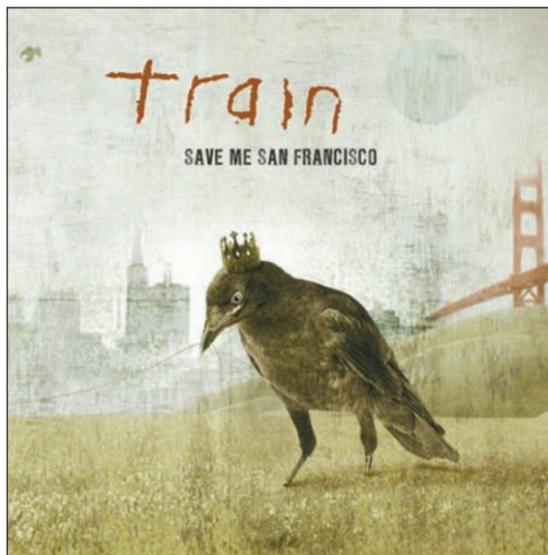
Train derails with "San Francisco"

Joel DeVylidere
The Commuter

You've probably heard the contemporary pop band Train on the FM dial crooning about the "Drops of Jupiter." That 2001 radio hit made them famous, as it surfed U.S. charts for over a year. I inherently thought of this song whenever I heard the band name, despite their later success with the single "Calling All Angels." Their latest release, however, really sticks and a new image of Train has been formed.

"Save Me San Francisco," released in 2009, is an adult contemporary album that features deep lyrics about stuff I don't care about, slick songwriting in a manner I don't care for, and a country-style guitar and vocal blend that ... need I go on? Train is pushing country music right to the edge of pop and dropping one or two chart-friendly singles per album.

I momentarily digress. This time, the chart-cuddling single track is "Hey, Soul Sister,"



a poppy feel-good song with pervasively superb vocals and ukulele awesome. You've probably heard this song if you listen to pop radio at all, and for good reason. Lead-singer Patrick Monahan sings like an American Idol finalist and his lyrics are savvy and clever. This is "Save Me San Francisco's" one bright spot.

Overall, however, the album failed to capture my attention. Sure they

can sing and play real well, and they have some acceptable ideas for songs, but I'm both bored and on-edge when I'm listening to most of the record. For one thing, "Save Me San Francisco" seems to be aimed at an older audience. And for another, it's really not that well conceived. This album is proof that witty lyrics don't always save the day.



Weekly Weather Predictions

Wednesday-1/27	Thursday-1/28	Friday-1/29	Saturday-1/30	Sunday-1/31	Monday-2/1	Tuesday-2/2
Cloudy w/ Sun 49°	Cloudy w/ Sun 51°	Cloudy 49°	Rain 52°	Rain 51°	Cloudy w/ Sun 50°	Cloudy w/ Sun 53°

Warning: These are only predictions. For up-to-date forecasts, please look out your window. Source: [accuweather.com](#)