



Festive February

A constellation of festivals coalesced on campus this month, creating a colorful kaleidoscope of activities.

Page 6

Heart and Soul

Freshman Chelsea Hartman has helped lead the Lady Runners to a postseason berth, averaging nearly 15 points a game.

Page 12



THE

COMMUTER

Wednesday,
February 21, 2007

a weekly student publication

Volume 38 No. 14

Linn-Benton Community College, Albany, Oregon

www.linnbenton.edu/commuter

Speaker explores the history of hurt behind the 'N' word

Hailey Ediger
The Commuter

"Can anyone use the 'N' word," asked speech instructor Dana Emerson as she began her speech last Wednesday.

"Will anyone stand up and say it?" she repeated.

The room, packed with over 75 students and colleagues, answered with complete silence.

Emerson, the lead-off speaker in a series of events marking Black History Month on campus, said the real question is not "can" you use it, but "should" you.

In her hour-long speech, Emerson explored

situations when, and if, it is ever OK to use the 'N' word, including the history of the term and its modern day usage.

"We are stuck in a world where we are living in between fluctuating boundaries," Emerson stated, referring to the generation gap between our older generation, which would never use the word, and our generation today, which is being negatively exposed to the word through music, media and movies.

She presented a variety of video clips to punctuate her points, one of which focused on a white English teacher from Kentucky who called one of his African-American students the 'N' word and

▶ Turn to "Black History Month" on Pg. 4

Only 3 file for ASG elections

Adam Loghides
The Commuter

Only three students have filed to run for positions on the Associated Student Government in elections next week. Two students are candidates for president and one for vice president.

This means there are no can-



Uriarte



Quinlivan

didates for the other six seats: public relations secretary and representatives for business,

science/industry, humanities, health occupations, and student services/extended learning.

The presidential candidates are journalism major Elizabeth Uriarte and computer science major J.J. Quinlivan. The vice presidential candidate is pre-pharmacy major Stephanie Ware.

▶ Turn to "Elections" on Pg. 4



photo by Jesse Skoubo

Dancing Dragon

Victoria Nguyen, coordinator of the Multicultural Center, leads the Dragon Dance in celebration of the Lunar New Year at LBCC last Friday.



photo by Jesse Skoubo

Grade schoolers pour out of Tuesday's "Go Dog Go" production.

Kids get kick out of 'Go Dog Go'

Marion Pingrey
The Commuter

The Russell Tripp Performance Center echoed with the sound of laughter and cheers last Tuesday as this year's children's musical production of "Go Dog Go" opened to the delight of more than 450 children in the audience.

The play was a big success and the children's faces were flushed with excitement after the play as they waited in line to meet their favorite dog. Blue Dog fan Coyote Onkara, a second grade student at Lourdes Public Charter School, giggled, "I liked the play. It was really good. I liked the Blue Dog best." Schoolmate Hunter Kent, a seventh grader, enthusiastically agreed. "It was good. I liked it. There sure were a lot of colors."

"Go Dog Go" is delightfully different from other plays, according to its new fans. It doesn't just tell a story—the actors use color and movement to pose the question: "What if?"

Mrs. Sumpter, a teacher at Lourdes who accom-

panied the children to campus to see the play, feels this question was communicated well without a lot of dialogue. "It was good for the kids to see how they can express themselves creatively in different media," she said.

Sumpter added that Lourdes School puts on two plays of its own each year. "But this play has a different approach. It's almost like a poem," she said.

Even though the play does not have a lot of dialogue there is one line that Oceana Mooney, a first grader from Harrisburg Elementary School, especially enjoyed. "I liked the way Pink Dog said 'Do you like my hat?' It was really funny."

But the kids weren't the only ones enjoying themselves. LBCC student Sarah Roth was all smiles as she watched the kids emerge from the theater in Takena Hall. She said it reminded her of when she was a student at Scio Elementary and came with her class to attend an earlier children's play.

▶ Turn to "Go Dog Go" on Pg. 4

The Weather Through the Week

Source: Yahoo! Weather Service

High 48
Showers
Low 36
Wednesday

High 48
Showers
Low 32
Thursday

High 49
Showers
Low 37
Friday

High 46
Showers
Low 37
Saturday

High 42
Showers
Low 34
Sunday

Index

Opinion.....	2, 3
Campus News.....	4, 5, 6
Arts & Entertainment.....	7, 8
National News.....	9
Funny Bones.....	10
Sports.....	11, 12

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OPINION

Send letters to The Commuter:
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 Sign and keep at 300 words or less.

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 WRIGHT



Life's rules: Don't worry, be happy!

Elizabeth Uriarte
 The Commuter

Isn't life grand?

It's such a wonderful age in which to be alive. I am just so happy with the state of our country and our world.

Bush is such a wonderful president. Because of him, we no longer have to take responsibility for our actions, because the government now controls us. We no longer need to voice our opinions and exercise our rights, because Bush has stripped us of them. Yay! I love being cattle.

And the war in Iraq, how wonderful! It's great that our country has been a

party to the murder of hundreds of thousands of Iraqi citizens, as well as over 3,000 of our own who have been sent to their deaths in Iraq; our world is extremely overpopulated anyway. We should stay over there a little longer, keep those death tolls rising!

It's great having such a positive outlook on things these days. Like global warming—who needs icebergs anyway? Sure, their melting will cause the oceans to rise and flood all of our coasts, but that's ok. If we get rid of places like L.A. and New York, which contribute to an enormous amount of the country's pollution, we'll



ELIZABETH URIARTE

Things really aren't all that bad, if you only look on the bright side of life. Ignorance truly is bliss.

be doing the world a favor, right?

Then there's that damn embryonic stem cell research. Who needs that? Why would we want to advance medical technology that would only work to save lives, when again, we're so highly overpopulated?

It just makes no sense; we should simply allow people to suffer with their crippling, life-threatening medical conditions. It's all right if we save the embryos in the process, since they're not ever actually going to become people, merely thrown away if not used in research.

Oh, and I nearly forgot our economy! If it weren't for all of those commercial American holiday traditions of spending all of our hard-earned money on useless material posses-

sions, where would our good president get the money to fund his war? It's just too bad those silly Democrats are trying to stop him obtaining more billions of our tax dollars for his great cause.

See, things really aren't all that bad, if you only look on the bright side of life. Ignorance truly is bliss. And now, I'd like to sing a line from one of my favorite songs:

"Happy happy, joy joy, happy happy, joy joy, happy happy, joy joy, happy happy, joy joy, happy happy, joy joy joy!"

The Commuter

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www.linnbenton.edu/commuter

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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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PERSPECTIVES

"What do you think about Black History Month?"



• Arige Nohad •
Pre-Pharmacy

"It really demonstrates how much we in America like to emphasize different cultures."

"I think it's great. It's a chance to speak out and learn more. I'm enjoying learning more about it."



• Lisa VanEaton •
Psychology



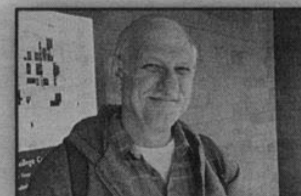
• Rod Dennis •
Instructional Assistant

"It comes and goes."

"It is nice to celebrate African American's contribution to history. There's a lot I didn't know that I've learned from the presentations this month."



• Dalleen Bachman •
Nursing



• Charles Bowman •
Accounting

"There isn't much done about it. There's so much info out there, but there's not much put out there. They could do a lot more."

"I really don't think of it."



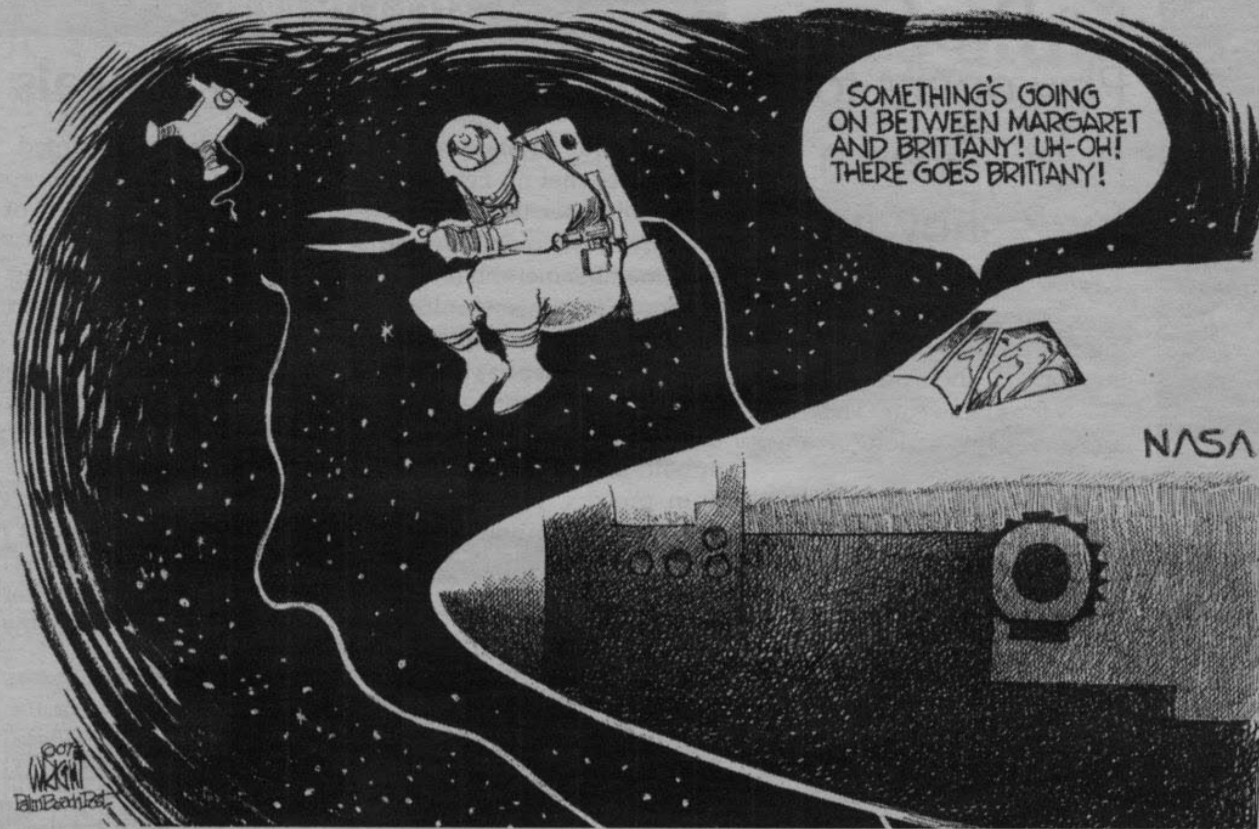
• Phillip Jones •
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OPINION

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LETTER TO THE EDITOR

Farms are victims, not perpetrators of sprawl

To the Editor:

When I read the caption next to Aaron Broich's picture in his editorial on factory farms today I thought, "Wow! Some lucky farmer won the lottery and can afford land closer to town."

Fact is, sloppy urban growth boundaries are eating up farmland at the rate of millions of acres per year in the United States. They're not moving in to our neighborhood, we're moving in to theirs.

It's true that many farmers find sending their livestock off to feedlots as the only reasonable way to make a profit. However, this is a consumer-driven market. The high demand for cheap meat in the U.S. has backed farmers into a corner and made it difficult for them to make a living without using this technology.

I appreciate Aaron's call for people in the U.S. to consume less meat, but let me ask you this Aaron: who do you think is going to grow all the soy and corn to replace that meat? Farmers will, and because of the high demand for cheap food in this country the use of genetically modified technology will be on the rise, coupled with use of herbicides and pesticides to increase yields. My point is that no industry is without its environmental issues. The solution? Educated consumers supporting local family farmers whose production systems they agree with.

Last year the United States saw the most significant increase in organic dairy products to date, and many dairy farmers are happily making the transition to organic as consumer demand continues to increase.

The result? Organic milk prices are decreasing and organic dairy farmers are making record profits. This is a solution that is best for all involved.

Jenny Strooband, Ag Sciences faculty

Factory farm column full of misunderstandings

To the Editor:

As an animal science instructor I felt compelled to respond to Aaron Broich's opinion in the Feb. 14 Commuter titled "Factory Farms." Mr. Broich's opinion is obviously from someone who has no understanding or appreciation of agriculture; therefore, I would like to share the views of someone actively involved in the livestock industry for over 40 years.

Factory farms will not "move into a neighborhood near you" as you stated. Urban sprawl may cause a subdivision to be built close to a farm. It's YOUR choice to move there. The farm was there first!

As for the issue of smells and hazardous byproducts, livestock operators are already addressing those problems. Numerous operations around the nation are

building methane digesters to not only eliminate the smell but provide a cheap source of electricity for their community.

There are many more reasons than just hormones that increased milk production 6X since the 1950s. Advances in genetics, nutrition and health have had far greater impact than hormones have. The use of BST (a naturally occurring hormone) injections in previous years has been discontinued by producers because of consumer objections. Processors such as Tili-mook County Creamery no longer accept milk from BST supplemented herds.

Inhumane treatment of animals makes no sense. Isolated cases exist in the livestock industry (just as there are with pets), but this is counterproductive. It increases stress which reduces growth and costs producers money. Agriculture exists because the vast majority of producers are good stewards of the land and livestock. They do their best to provide an economical food source while paying attention to the environment.

Mr. Broich, I would love to give you a tour of a factory farm. Better yet, discuss the issue of meat causing an early death with my 88-year-old father while he enjoys his hamburger. And the next time you condemn the farmer, please don't do it with your mouth full.

Rick Klampe, Ag Sciences faculty

V-Day worthy excuse to be 'creatively romantic'

To the Editor:

I appreciated Elizabeth Uriarte's historical comments on Valentine's Day, but I object to her criticism on experiential grounds.

I have yet to meet the person who felt they had to buy their sweetheart flowers and a paperboard heart with chocolates. There will always be big business hounds poised to capitalize on our sentiments, but culturally, Valentine's Day is simply defined as a day of romance. All of us who are single can go out on a friendly date in the spirit of Valentine's Day, but it's really about the romance.

This may be a thorn in the sides of singles, but it's a strategic day that gives all of us an excuse to be that hopeless romantic, if only for a short time. Perhaps we should be romantic with our special someone 24-7. A helpful reminder to be romantic doesn't hurt.

V-Day is strategic because it can make or break a lukewarm relationship. If we've just had a falling out with our special someone, doing nothing on V-Day can send a clear message: "It's over." If we like someone, V-Day is just about reason enough to go and talk to our crush, or send an original gift. For people who enjoy causal friendships with members of the opposite sex, a passive attitude during V-Day can "define the relationship" and thus smooth over any awkward suspicions. I've never observed significant cultural pressure to adhere to some commercial formula. Valentine's Day can be what you make of it—it's an excuse to be creatively romantic.

Galvan Wallz

Campus eateries use too much gluten

Erin Mallon
 The Commuter

It's lunchtime and I've only got 15 minutes before my next class. What should I eat today?

Touring through the menu, I find a slough of sandwiches, wraps, pastries, salads, soups, hot dogs, hamburgers, pasta salad, and a few assorted specials. A fine selection right?

Well, perhaps for most, but for those of us with an intolerance to gluten, the general lunch menu provides some serious challenges. Hot dogs, hamburgers, wraps, pastries, pasta, and sandwiches—all served on products obviously containing wheat (bread, tortillas, buns, noodles, etc.)—are obvious culprits.

But what of soups and salads? Shouldn't those be safe? Usually, no; most cooks use wheat or other gluten-containing products to thicken soup, and it is served, of course, with wheat crackers or bread.

Salads, while by themselves wheat-free, can often contain croutons (baked pieces of bread) and salad dressings often contain wheat as well.

In fact, as it turns out, one of the only things I and other people who are allergic to gluten can eat in cafeteria lunches is a baked potato. Even I, a lass of firmly Irish descent, can only eat so many potatoes.

So what's the deal with this bizarre allergy? Who makes up this growing group of sensitive diners? Generally, a group of people with a genetic digestive disorder called celiac disease (CD).

Celiac disease makes its victims intolerant to the protein gluten, commonly found in wheat, rye, and barley, as well as many other grains. Every time a Celiac ingests gluten, their immune system destroys part of the small intestine, blocking nutrients from absorption into the body. This can lead to anemia, skin disorders, headaches, and many other more serious problems, like various cancers, osteoporosis, or miscarriage.

Not many people have even heard of CD, a disorder considered rare until recent years. This is one big reason that school (and many restaurant) lunches are not "Celiac friendly." One reason that CD was considered so rare is that it is often mistaken for other diseases. Since the only treatment for CD is elimination of all gluten from the diet, it is important to recognize it for what it is.

It's becoming rapidly evident, however, that not only are there more celiacs than commonly thought, but modern diets high in processed gluten may be creating more intolerance! According to a growing number of doctors, diets high in grains are just not that good for us. Humans have only been consuming them in large amounts for about 10,000 years. Today, most products containing gluten have had more gluten bred into the wheat to make them fluffier and more appealing. Our very lovely fluffy bread is the source of some serious health risks for everyone, not just Celiacs.

To sum up: despite our stomachs lacking the development to handle lots of gluten and other grain byproducts, we are now piling on concentrated amounts of these things. Processed grains abound in almost all common meal foods, particularly in America, where using gluten-free grains like rice or corn is not as common as in other parts of the world. Meanwhile, CD rests at the bottom of most doctors' "how come?" lists when it comes to diagnosis time for unknown problems. We are feeding a disease we barely acknowledge.

Who cares? It's easy to dismiss CD if you don't think you're a victim. However, there are many degrees of allergy to gluten, ranging from miniscule to major. And one thing that is true for all of us is that including large amounts of processed gluten in our daily diets is not a good idea.

So let's do something about it! There's no need to cut out all your favorite yummy glutinous meals. Small changes can make a huge difference. If you are involved in culinary activities on campus, including food preparation, try suggesting alternatives to wheat or rye breads for sandwiches; try making pastries with rice, tapioca, or corn flour (a tasty addition celiac or not!); start reading labels to check out exactly what it is you're eating; finally, cast your vote with your dollar bills: buy one less gluten-loaded meal a day, and supply will follow your demand.

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CAMPUS NEWS

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



photo by Will Parker

Speech instructor Dana Emerson (right) talks with students after her speech in the Forum last week. More than 75 people turned out for the event, which was the first of four presentations marking Black History Month. Next on the schedule is a talk by political science instructor Doug Clark on "What History Teaches Us About American Politics and Social Change" on Thursday from 1-2:30 p.m. in NSH 109.

Black History Month: The 'N' word keeps racism alive in society

◀ From Pg. 1

was suspended from the institution for only 10 days.

"This word is keeping racism alive," Emerson says, due to the fact that it is only used to describe the black community and came from a negative origin. "If you think it and then say it, then [racism] IS," she said. "It is never OK."

Emerson concluded her speech with a strong warning about a clip she was about to present that had graphic images of African-Americans being hung and abused.

Her final words to the crowd were: "When you think about saying it, when you hear it, just think about those men who lost their lives because someone labeled them 'n...'. The question is, why would you want to?"

Three other events sponsored by the LBCC Arts & Commu-

nication Division, English Department, and the Multicultural Center, are planned this week to commemorate Black History Week. They are:

- "What Black History Teaches Us About American Politics and Social Change," presented by political science instructor Doug Clark on Thursday, Feb. 22, from 1-2:30 p.m. in North Santiam Hall Room 109.
- "The Harlem Renaissance: Piano, Painting and Poetry," presented A&C Dean Gary Ruppert, art instructor Gary Westford and writing instructor Robin Havenick on Wednesday Feb. 28 from 1-2 p.m. in the Russell Tripp Performance Center in Takena Hall.
- "Diversity Symbol Art Project," presented by Multicultural Center Coordinator Victoria Nguyen on Wednesday Feb. 28 from 2:30-3:30 p.m.

"This word is keeping racism alive. If you think it and say it, then (racism) IS. It is never OK."

—Dana Emerson

Renaissance: Piano, Painting and Poetry," presented A&C Dean Gary Ruppert, art instructor Gary Westford and writing instructor Robin Havenick on Wednesday Feb. 28 from 1-2 p.m. in the Russell Tripp Performance Center in Takena Hall.

• "Diversity Symbol Art Project," presented by Multicultural Center Coordinator Victoria Nguyen on Wednesday Feb. 28 from 2:30-3:30 p.m.

Elections: Voting for ASG begins Tuesday

◀ From Pg. 1

The elections are scheduled for next Tuesday and Wednesday Feb. 27-28.

Students can cast their votes at the LBCC Website (linnbenton.edu) by following the provided link. Voting opens at 8 a.m. on Feb. 27. Polls close at 8 p.m. on Feb. 28.

If a student is interested in serving in one of the positions

that has no candidates, they may submit their name via a write-in vote.

The student must receive at least 40 percent of the write-in votes for their particular position to win that position. That student must also have already completed 12 credits at LBCC, be enrolled in a minimum of six credits this term and have a cumulative GPA of at least 2.5.

Go Dog Go: Play opens to public March 3 for 2 showings

◀ From Pg. 1

"Coming here now and seeing all the little kids brings back memories," she said wistfully. "They are just so cute. They will remember this as long as they live."

This is the 32nd annual children's production at LBCC, and the first one that is being done as a musical. More than 7,000 elementary school children are expected to visit the campus to see the musical over its three-week run.

The cast of seven LBCC students, directed by drama instructor George Lauris, is staging two one-hour performances every Tuesday and Thursday through March 1.

Two shows will be opened to the public on Saturday March 3, at 2 and 5 p.m. Tickets are available at the box office in Takena Hall.

SECURITY BRIEF

Traffic panel rules on appeals

The Traffic Citation Appeals Committee met on Feb. 7. One faculty member, two staff members, two ASG members and a chair member met and reviewed 11 appeals requests submitted by employees and students.

The committee has the ability to revoke the citation, reduce it to a warning, reduce the fine or uphold the citation.

In process, the chairperson reads the citation and the appeal notes and explanation to the committee. Names are never used, nor is the person's affilia-

tion with the college noted. The committee considers the appeal and votes on the merit of the citation and the appeal.

The person appealing the citation may appear before the committee and present their own case and all those appealing are notified in advance of the committee meeting so that they may do so.

The committee's results were as follows: four citations fines were upheld, five citations fines were reduced and two citations were changed to a warning.

CLASSIFIEDS

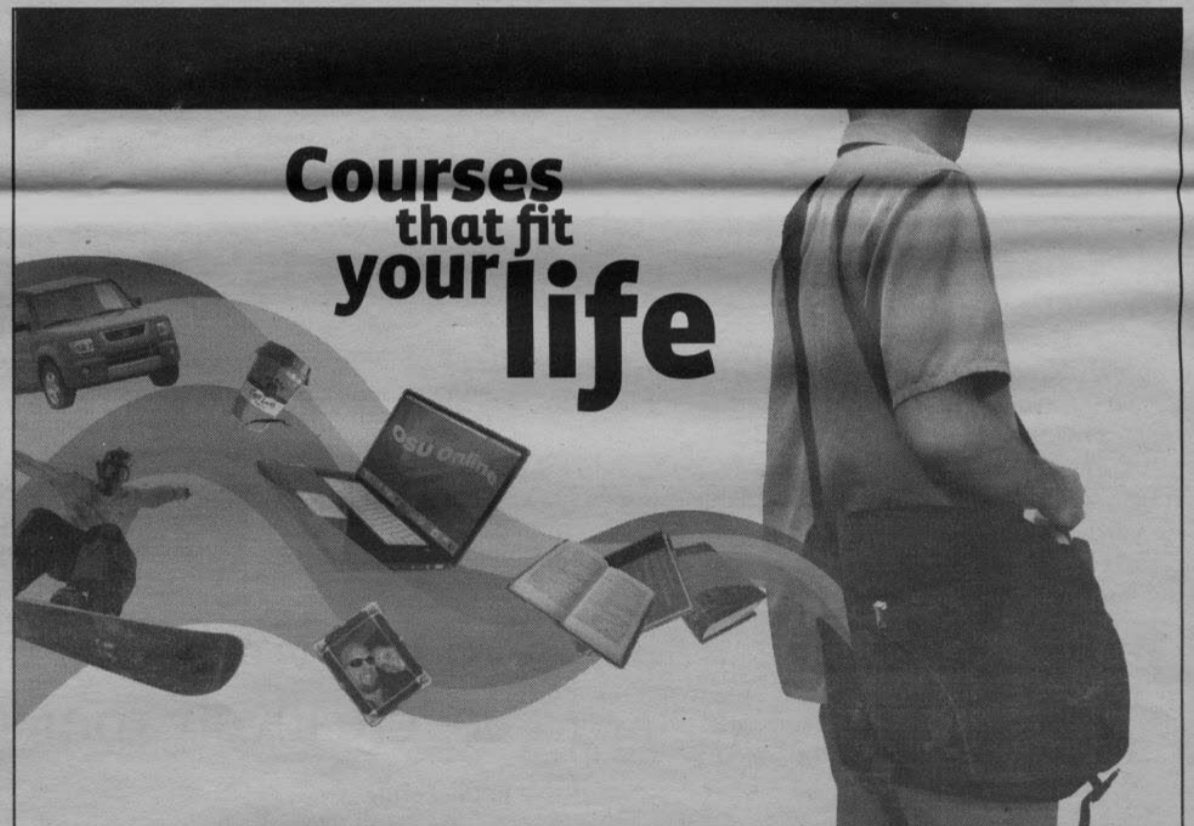
HELP AVAILABLE

Call Valley AIDS Information Network for information, support and referrals on AIDS/HIV, STD's and Hepatitis. 757-6322 or 800-588-AIDS.

Classified Ads accepted by 5 p.m. Friday will appear in the following Wednesday issue.

Solutions

A	L	P	E	R	T	B	E	R	G	E	R	H	E	R	E	R
P	L	A	V	E	R	O	P	O	S	E	R	N	E	R	E	R
S	E	R	V	E	R	E	N	E	R	M	I	N	I	N	I	O
N	O	O	T	N	O	P	O	S	I	N	G	S	I	N	G	S
E	A	O	O	G	R	A	N	I	N	H	I	S	T	E	S	E
B	L	O	C	O	R	I	O	L	E	S	N	N	I	S	T	A
M	A	T	A	R	L	E	S	L	O	I	O	L	E	S	E	A
E	A	T	D	A	R	M	A	Y	A	W	A	O	O	E	S	E
N	V	A	S	O	S	R	O	S	S	E	D	S	E	M	A	R
S	E	O	U	L	E	M	A	R	L	E	S	E	D	A	R	S
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T	I	F	E	O	L	H	U	T	L	E	S	N	I	N	I	O
A	D	O	V	E	T	A	L	E	T	A	L	E	S	O	V	E
T	O	R	E	M	I	R	R	O	A	M	E	R	O	A	M	E
S	I	B	R	E	D	O	P	H	R	A	S	E	P	H	R	A



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CAMPUS NEWS

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

Banquet brings Asia to campus

LBCC News Service

Tickets for the annual LBCC Winter Banquet are still available. The banquet will be presented by the LBCC Culinary Arts students on Friday, March 2, at 6:30 p.m. in the College Center Commons dining room.

This year's theme for the buffet-style banquet is "Essence of Asia, A Culinary Tour through Southeast, Central and East Asia." All dishes are prepared and served by LBCC Culinary Arts students.

A sampling of the menu includes East Asian dishes of pork igado, beef rendang curry, chicken kurma and pad san sim moo. Central Asian dishes include Chinese squirrel fish, honey tea shrimp, Singapore spare ribs and Burmese crab curry. Southeast Asian dishes include green curry beef, steamed fish in banana, chick pea fried fish and lamb with mint and chili.

Tickets are \$19.50 per person and include the complete buffet and beverages. Tickets must be purchased in advance through the LBCC Culinary Arts Department in the College Center, Room CC-214, or by phone at 541-917-4391.

Campus Shorts...

Seminar focuses on helping friends

"My Friend is Hurting—How Can I Help?," a survival seminar designed to help students intervene when faced with signs that friends or loved ones are reaching the end of their hope, will be presented by the Career/Counseling Center twice on Thursday—in Albany at noon and in the Benton Center at 4 p.m.

Author to discuss U.S. Bill of Rights

The public is invited to attend a presentation by OSU history faculty John Frohnmayer on Thursday, Feb. 22, at 7 p.m. at the Venetian Theater, 241 First Ave., Albany. An author, lawyer and former chair of the National Endowment of the Arts, Frohnmayer will speak on "The Bill of Rights and Citizen Activism." The event is free and open to the public. It is sponsored by the LBCC Institute for Peace and Justice director Doug Clark at doug.clark@linnbenton.edu.

Bronson nurses students to full potential

Kristina Bennett
 The Commuter

Between devoting her time as a nurse at Good Samaritan Regional Medical Center in Corvallis, and raising a family, it is a wonder how nursing instructor Roberta Bronson has time to spend in a classroom. That leaves a lot to learn from a woman who has been a nurse for over 23 years.

OFFICE HOURS

Tell us a little about yourself:

Well I grew up in Angola, Africa. My parents were missionaries and I lived there until I was 15. I thought that it was great living there, but then again, I didn't know any different. My mother home-schooled me until eighth grade and then I went to a boarding school in South Africa. We left Africa in 1975 due to the civil war that was occurring, and moved to California, which is where my mother's family lived. When I attended college at Lona Linda University, I learned that I had total culture shock after leaving Africa. However, I didn't realize it until I was a freshman in college after reading about the Vietnam War and I realized that I related to some of those feelings.

How did you get involved in the Nursing Program at LBCC?

My husband got transferred here and I saw a newspaper ad and decided to try it out. I have worked as a floor nurse for 23 years but when I graduated college I got my Master's because I knew that I would use it eventually. Although I have always wanted to be a nurse, teaching was just an option in my mind. Trial and error is how I perceived it and I just wanted to try it. I enjoy aspects of both careers. I love being with students but I also like being a nurse. I like



photo by Jesse Skoubo

Nursing instructor Roberta Bronson (center) works with first-year students in the nursing skills lab.

teaching, but I teach patients as I am helping them. When you compare teaching to nursing, I find that teaching is very challenging. Anytime you are transferring knowledge from your head to someone else's it is very hard in this field because information is constantly changing, never static. I find myself learning more than my students. Mentoring is really what I like to do, and that in my opinion is what teaching is.

What is your favorite thing about nursing?

I love taking care of people, and being a nurse is so flexible in many ways. You can work anytime, anywhere, on anything, and in any medical department. You can also change anytime with very little training. Before I had my two sons, I never would have thought about working as a nurse in the NICU, but after my youngest son was born premature, I realized that it might be

What are some of your passions and extracurricular activities?

My two sons are eight and eleven and as a family we like to bike, hike and go to church. It is so easy to get caught up in life, so besides helping them with their homework, we like to just spend family time. We are actually kind of boring. I love to knit and sew just about anything. But nursing is really my passion. Making people comfortable, especially my students, the same way that I would my patients.

Nursing has kind of molded my outlook on life. One of those, "Treat others the way you want to be treated," outlooks. My sons are at the age where I have considered missionary work with them. It is something that I have wanted to do, but I had to place it on hold and focus on family first. They are old enough now and they are starting to get interested. I would like to

take them on a missionary trip soon.

What is your favorite food?

I am a vegetarian, and I love a good chili relleno! I also love Indian food.

What has been one of the most interesting things that has happened in your classroom?

Sometimes when I am describing patient interactions, and I want to use detail in order that my students grasp the understanding, they can be pretty graphic. Students who have had me as an instructor know that I do not use curse words. However, this one time I was describing a patient who kept yelling this same vulgar word at me while tugging at his own chest tubes, and I got so frustrated that I just yelled it back.

Needless to say, my students didn't really get the point of the story. Instead, they just made sure that I didn't forget that I said a curse word.

LBCC MAIN CAMPUS

Commons

FEB. 21ST - 27TH


Wednesday:
 ENTREES: Prime Rib with Popovers and Garlic Shrimp Tacos with Orange-Cilantro Salsa and Black Bean Salad
 VEGETARIAN: Tofu Stir-Fry with Broccoli over Rice
 SOUPS: Billy-Bi (Creamy mussel soup) and Beef Vegetable

Thursday:
 ENTREES: Jamaican Jerk Chicken with Mango Chutney and Sushi/Sashimi
 VEGETARIAN: Spanakopita (Spinach and feta in filo dough)
 SOUPS: Chili Mac and Curried Cream of Carrot


Friday:
 CHEF'S CHOICE

Monday:
 ENTREES: BBQ Spare Ribs and Moroccan Chicken (salted lemon)
 VEGETARIAN: Omelet Bar
 SOUPS: Saffron Chicken and Vegetarian Vegetable

Tuesday:
 ENTREES: Spice Rubbed Tri Tip and Coulbiac (Salmon, rice, hard-cooked egg, spinach and mushrooms wrapped in puff dough)
 VEGETARIAN: Portabella Polenta with Vegetables, Mascarpone Cheese and Sun-dried Tomato Pesto
 SOUPS: Chicken Consomme and Roasted Garlic Pesto



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CAMPUS NEWS

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

A Festive February

Celebrations of Valentine's Day, Lunar New Year and Mardi Gras bring campus to life



photo by Will Parker



photo by Jesse Skoubo

Lovers, the Lunar New Year and Fat Tuesday kept the campus humming with colorful events this past week, beginning with the traditional Valentine's Day carnation deliveries on Feb. 14. At top, Skyler Edwards of Student Life & Leadership surprises Sue Huber with a Valentine flower in the Trio Center. Above, several students and staffers volunteer to dance the dragon through the Courtyard Friday to mark the Lunar New Year, while several students (and one daughter) pose in traditional Asian dress for the fashion display in the Multicultural Center (below). At right, Heather Boldt serves a glass of her home-made "creamy orange goodness" to Savath Van during the Mardi Gras celebration Tuesday.



photo by Jesse Skoubo



photo by Will Parker

A&E Editor: Aaron Broich
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ARTS & ENTERTAINMENT

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

Two new businesses aim to give cooks a break

Delilah Calhoun
 The Commuter

You come home from a long day of school and a stressful shift at work and all you want to do is slip into your pajamas and not have to worry about slaving away in the kitchen making dinner.

There has to be an easier way. Two relatively new businesses in Corvallis offer a convenient alternative to the usual dinner routine by helping you prep them in advance and put them in your freezer for future meals.

At Dream Dinners, located at 958 N.W. Circle Blvd., you can make three meals a week for a month for you and your family. At Super Suppers, located in the Borders mall on N.W. Ninth St., Suite 104, customers can schedule to make one or more meals.

"It's convenient. I know that something will be different each night," said Tina, a regular at Dream Dinners who asked that her last name not be used. "It's healthier and less expensive than going out to eat. Plus, I don't have to worry about making dinner and it's easy to prepare."

Based out of Washington, Dream Dinners is a franchise chain with a Northwest flavor and more than 200 locations in the United States. Some entrees available this month are herb-crusted flank steak for \$3.70 to \$4.99 per serving and Hawaiian chicken for \$2.65 to \$3.94 per serving.

SuperSuppers, which is headquartered in Texas, features more casserole-style entrees. Some entrees featured this month are crunchy baked fish with

macaroni and cheese and chicken marinara with pasta.

Prices vary at both places depending on how many servings you purchase and the menu changes monthly.

The steps to making your dinners are simple. For example, at Dream Dinners, to start your own session you go online to dreamdinners.com and follow the directions. There, you will pick a day when you want to come in to the shop to make your meals and pick out what meals you would like to make. You select a minimum of 36 servings, which is about six large meals or 12 small meals.

When you go into Dream Dinners on the day you are scheduled, you have a piece of paper waiting for you that shows you what you ordered, then you grab your directions and get to work. You rotate around the stations and each one is set up to make an entree.

"It's a place where families can work together and spend quality time together while making their meals," said one of the owners, Barb Locy.

After you are done putting together a meal, you put it in freezer bags or a baking sheet and take it home to your freezer, where some meals can last up to months.

Appetizers are available while you are assembling your meals so that customers can sample future dishes they might want to make.

Hate to clean up after you make a meal? They do it for you.

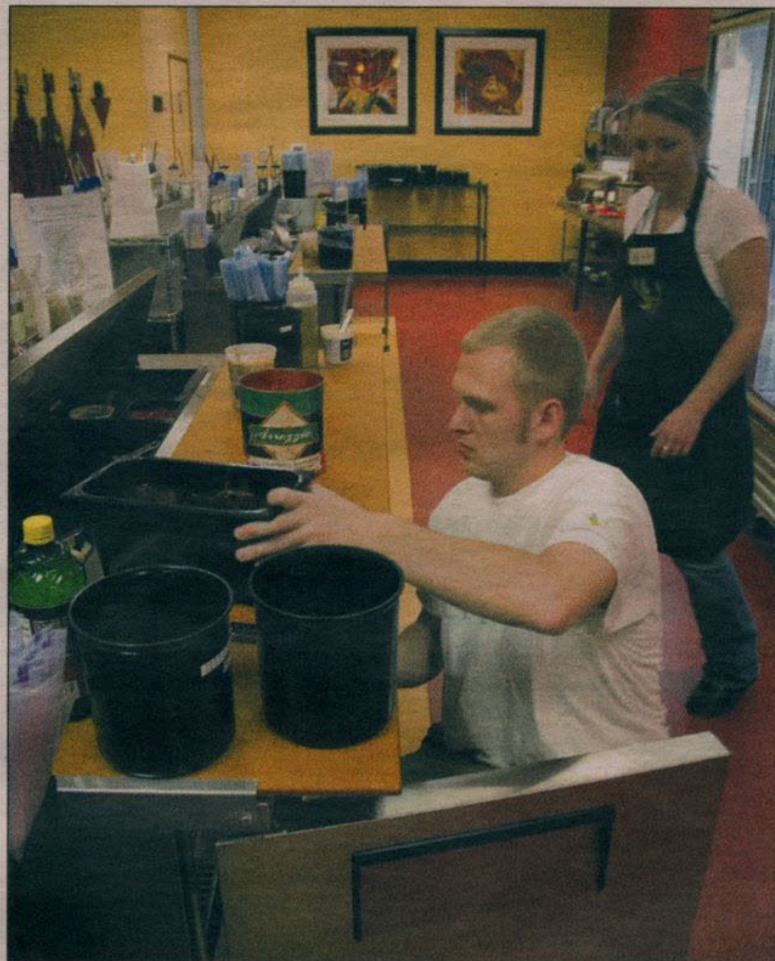


photo by Jesse Skoubo
 LB student Brett Locy prepares ingredients for an incoming group of customers at Dream Dinners in Corvallis.

Portland's Shins send their listeners back in time

Aaron Broich
 The Commuter

★★★★☆

A mixed bag of mostly goodies is what we have with the new Shins album, "Wincing The Night Away." Incidentally, their cover art is black-and-white sketches of what looks like bags of cells bursting open—bags with treelike appendages growing out of them—a curious thing.

Lead singer and songwriter, James Mercer, has a relaxed voice characteristic of John Lennon's later singing with the Beatles. He sings with awkward rawness that may hit home with many listeners, as well as his earnest falsetto.

The Shins are a Portland-based band that has recently made it big. The music may be called indie (new wave alternative rock). It feels as though it may have come from the '60s, although it is not lacking in originality, with interesting additions to the typical rock 'n' roll line up of instruments. There are interludes of banjo on the colorful song, "Australia," a fun tune with a marching drumbeat. The album is also spiced up with some violin and French horn.

Although The Shins' music is not technically impressive on this album, there is one song that stands out. "Sealegs" is an amazing piece of music. It opens with punchy bass and well-placed break beat drums that make brilliant use of tambourine—some sweet new wave tambourine effects. Mercer's excellently timed vocals blend well with the acoustic guitar and

synth-strings.

Mercer expresses much

by the way he sings particular words, drawing them out with skillful oscillation, as he does on other tracks. The song builds into a chilled back jam invaded by a spacey keyboard solo. It's very textured and well done.

The album as a whole is about relationships, although not necessarily romantic ones. The lyrics are exceedingly poetic, using concrete narrative examples for abstract feelings. In "Spilt Needles," Mercer seems to be singing about being confronted with an apologetic argument. He's only partially convicted of a spiritual matter, and thus acquires blind faith. "We'll set you up with some odd convictions as you're finally golden,

MUSIC REVIEW

boy, it's like I'm perched on the handlebars of a blind man's bike, no straws to grab just the rushing wind...on a rolling mind"—then rolling keyboards come in along with choppy bursts of wa-wa guitar, like pelting scraps of thought.

The Shins are masters of holistically channeling all parts of their music into a concentrated musical strike, like a movie director using all parts of the cinematic action to vividly express a story. The ambient "Black Wave" paints a lucid picture of depression and the throes of loss, with gentle and steel-string plucking and distant layered electric guitars. Mercer sings, "This goose is cooked, these tongues are tied around the block, an airborne blight but looking on the brighter

side there's far less to which I'll be obliged."

The drums leave something to be desired, but the album is musically textured. There are a

few weak songs, but there is far more to be praised about the album as a whole, and even at its worst, its sheer originality eclipses its shortcomings.

HOW TO MANAGE MONEY IN COLLEGE

WHAT? A WORKSHOP THAT WILL HELP TO MANAGE YOUR FINANCES WHILE ATTENDING SCHOOL


WHO? OSU FEDERAL CREDIT UNION'S DIRECTOR OF COMMUNITY EDUCATION, CLAUDINE ORIANI

WHERE? THE MULTICULTURAL CENTER

WHEN? THURSDAY, FEBRUARY 22ND FROM 12-1:00 P.M.


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ARTS & ENTERTAINMENT

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

'Pan's Labyrinth'—A dazzling cinematic maze

Jesse Skoubo
 The Commuter

★★★★★

Can children see and experience a world that adults cannot?

This was the question I grappled with after watching Guillermo del Toro's "Pan's Labyrinth." A visually stunning creation that is all at once brutal, beautiful, real and fantastical. Don't let the fairy tale veneer mislead you, this is not Disney, and not child friendly. More like a classic Grimm's tale, complete with gore and child endangerment.

We can all remember times in our youths when we were convinced we saw something that our parents dismissed out of hand. The tangled limbs of the oak tree next door that would hang menacingly like claws, and how they would rap on the glass at night, or the shifting darkness in the corner of our bedrooms. I myself recall a night when I was convinced that goblins were grabbing at me in my sleep.

The question is, did we simply outgrow our innocent childish

visions, or did we mature to the point we are unable to see what is there in front of us?

This isn't the first film to call this to mind: "The Lion, the Witch, & the Wardrobe," "The Messengers," "Bridge to Terabithia," and to some lesser extent

David Bowie's 1986 "Labyrinth" have all pointed to childhood innocence as portals to other realms.

This movie in particular follows the path of Ofelia, a bookish girl on the cusp of adulthood as she moves to the countryside with her pregnant mother. The first scene in particular highlights how Ofelia sees the things in a different way, as she stumbles upon a ruined piece of stonework in the road after they stop because her mother gets sick.

She finds a nearby wrought stone slab and carefully places the piece where it belongs and a strange insect appears in response, which she greets as a fairy. Her mind seems wrapped up in the fantastical, possibly as an escape from her inescapable, cheerless fate.



photo courtesy Picturehouse

Guillermo del Toro's "Pan's Labyrinth" is a brutal and fantastical yet beautiful fairy tale set in post-civil war Spain that has been nominated for six Academy Awards including Best Foreign Language Film.

Soon thereafter the fairy wakes her in the old creaking mill house where she slept and beckons her into the nearby stone maze, where she meets an unnamed Faun (traditionally a half human, half goat, but here it appears to be more like a being carved from a gnarled tree).

The seemingly unhinged Faun relays the story of the lost fairy princess, Moanna, and insists that Ofelia is the princess's spirit reborn and sets her on a number of tests to prove that she has not fallen prey to human

mortality.

Ofelia, eager to escape her barely tolerable existence, embraces the quests that would send most children running home in tears.

Ofelia's story is equally entwined with the cruel reality of a post-civil war Spain, her ailing mother, and a severe, uncompromising, heir-obsessed stepfather who is the Captain in charge of rooting out rebel militia from the countryside.

The comparison between the captain and the rebels is

that of rigid indifference versus struggling humanity. With his military mind bent on subduing the rebels, everyone around him is either friend or foe, with no middle ground.

We feel a great sympathy for the rebels, who realize they are fighting a near hopeless fight, but cannot hold out much hope for their faltering group.

Guillermo del Toro's passion for monsters is also revisited in this masterpiece. You may recognize his name from other fiend-laden films such as "Mimic," "Blade 2" and "Hellboy."

Unlike these overtly action-packed adrenaline pushers, "Pan's" replaces clashes with an underlying air of menace.

This film has been suggested to be the thematic sequel to his film "The Devil's Backbone," as well as his penultimate directorial success. The most noticeable mood-altering aspect of the film for me was the colors, which swing between the drab grey reality of Ofelia's life, to the rich warm hues of her fantasies.

In the end, you will be moved for good or ill, and only your answer to my initial question will determine if this is a great movie, or a fantastic one.

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NATIONAL NEWS

News about issues and events from around the nation and the world of interest to Commuter readers.

Bush celebrates Presidents' Day

McClatchy Newspapers

MOUNT VERNON, Va.—Was it like this at Valley Forge?

People huddled together, marched in place and danced jigs for warmth on a frosty field outside George Washington's historic home Monday, as President Bush paid homage to the nation's first president, whose 275th birthday is Thursday.

"I feel right at home here," Bush told some 2,000 shivering people who braved morning temperatures in the low 20s to listen to the nation's 43rd president praise the first one. "After all, this is the home of the first George W."

Bush turned to a man who was portraying Washington at the festivities and thanked him for welcoming him to the late president's spacious estate on the banks of the Potomac River, about 16 miles south of the White House.

"He doesn't look a day over 275 years old," Bush quipped.

After laying a wreath at Washington's tomb, Bush drew comparisons between America's first

wartime president and the current one.

He likened Washington's struggles in fighting for and forging democracy to his global war on terrorism.

"Today, we're fighting a new war to defend our liberty and our people and our way of life," Bush said, without specifically mentioning Iraq.

The president and first lady Laura Bush made a spectacular entrance to Washington's estate. Their green helicopter, Marine One, landed a few yards from Washington's house, spraying up a misty cloud of powdery snow. Onlookers—mostly students on class trips—rushed to get a closer view of the presidential helicopter.

Before Bush arrived, the crowd had spent most of its time trying to stay warm, just as Washington's Continental Army did at Valley Forge during the bitter winter of 1777. Folks moved to the beat of piped-in fife and drum music Monday to keep their toes from freezing. A fife and drum corps was to have performed live, but decided against it for fear the frigid temperatures might ruin the historic instruments.

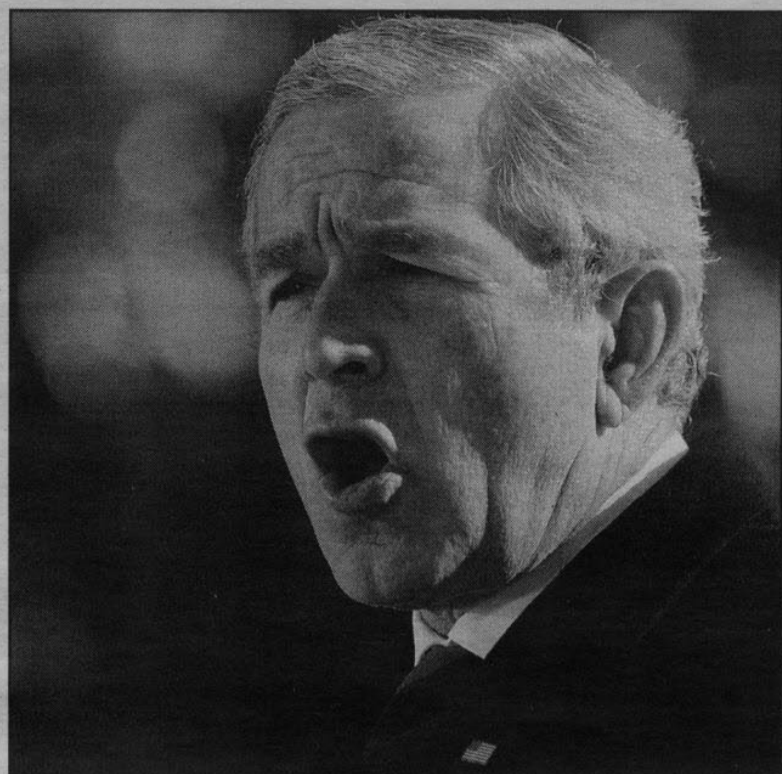


photo by MCT News Service

President Bush addresses crowd in Mount Vernon.

New budget proposes hike in student aid

MCT News Service

A college degree is no longer an added bonus on a resume, but rather a necessity, making the cost of tuition, room and board and other fees a thorn in the sides of many students struggling to pay for school.

The rising cost of higher education is an issue constantly at the forefront of public policy, and one President Bush is addressing in his \$2.9 trillion 2008 budget released earlier this month.

The administration is proposing to raise the maximum Pell Grant award by almost 14 percent, or \$550, next year, the largest increase in more than 30 years. It also calls for a 33 percent raise during the next five years, reaching a maximum of \$5,400. The current maximum grant is \$4,050.

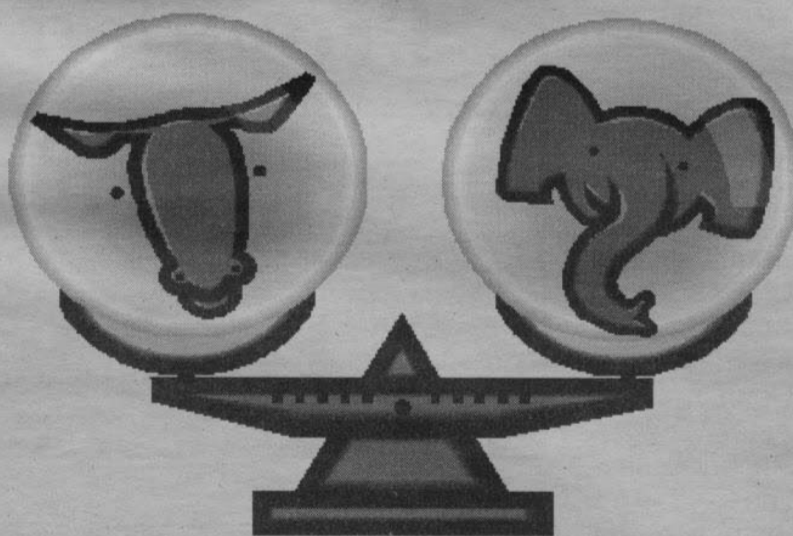
The Pell Grant is the federal government's main financial aid program for low-income students. Aside from financial need, factors such as the cost of the school, status as full- or part-time student and length of time the student is planning to attend the school are also taken into consideration when awarding the grant.

The award hasn't been increased since before 2002 and in the 2006-07 academic year the grant covered 33 percent of the average cost of tuition, room and board and other fees at a four-year public school. This is a stark contrast from 20 years ago, when the award was enough to cover 60 percent of the cost of schooling.

"This is real money that will help more low-income students achieve the dream of a college education," said secretary of education Margaret Spellings at a forum for higher education held at North Carolina State University on Feb. 1.

POLITICAL DEBATE

Listen as both sides are presented on topics of great concern for Oregon Community College Students.



Friday, February 23

LBCC Forum 104

3:00 pm - 4:00 pm

The debate participants will include former State Representative and current Conservative Talk Show Host, Jeff Kropf, and current Lane County Commissioner and former Democratic Gubernatorial Candidate, Pete Sorenson.

For more information contact Peggy Long, Political Activities Coordinator, at (541) 917-4463.

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FUNNY BONES

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

Crossword

- ACROSS**
- 1 Sis or bro
 - 4 Overhaul
 - 8 Motto or slogan, e.g.
 - 14 Rocky pinnacle
 - 15 Kuwaiti ruler
 - 16 Wanderer
 - 17 Fuss
 - 18 Fireside yarn
 - 19 Excursion
 - 20 Aluminum wrapping
 - 22 Helen or Bonnie
 - 23 Not hip at all
 - 24 Walking like a duck
 - 28 Capital of South Korea
 - 29 Damage to a degree
 - 30 Family car
 - 31 Paraphrases
 - 34 Signoret film, "Madame _"
 - 35 Have a meal
 - 38 Portal
 - 40 Statute
 - 41 Political group
 - 43 Baltimore birds
 - 45 Greek letters
 - 47 Travel stopover
 - 48 Tabernacle table
 - 52 In an agitated state
 - 54 Furrow
 - 55 Lift one's voice
 - 56 Floating bridge support
 - 57 Tranquil
 - 60 Series or skirt lead-in
 - 61 Tango number
 - 62 Golfer Gary
 - 63 Unwrap
 - 64 Waikiki garland
 - 65 Bandleader Herb
 - 66 Actress Gertrude
 - 67 Blunder

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12/5/06

- DOWN**
- 1 State of affairs
 - 2 First-aid topical
 - 3 Denver pro
 - 4 Changed gear?
 - 5 Online messages
 - 6 Pickle flavoring
 - 7 Mine's yield
 - 8 Haughty
 - 9 Nags
 - 10 Diamondback or sidewinder
 - 11 Pierre's pal
 - 12 D.C. bigwig
 - 13 Work unit
 - 21 Two squared
 - 22 Attained with difficulty
 - 24 In a state of armed conflict
 - 25 Graven image
 - 26 Shuttle grp.
 - 27 Chew on
 - 29 Anchoring alternative
 - 32 Court
 - 33 Actor Mineo
 - 35 Recedes, as the tide
 - 36 Away from the wind
 - 37 Carry
 - 39 Longing
 - 42 Atwood novel
 - 44 One-armed bandit
 - 46 Black eye
 - 49 Play a flute
 - 50 Confessor
 - 51 Impressionist painter
 - 53 Motionless
 - 54 Hopeless case
 - 56 Meerschaum or corncob
 - 57 Mineral spring
 - 58 Building extension
 - 59 Quick blow
 - 60 Unruly crowd

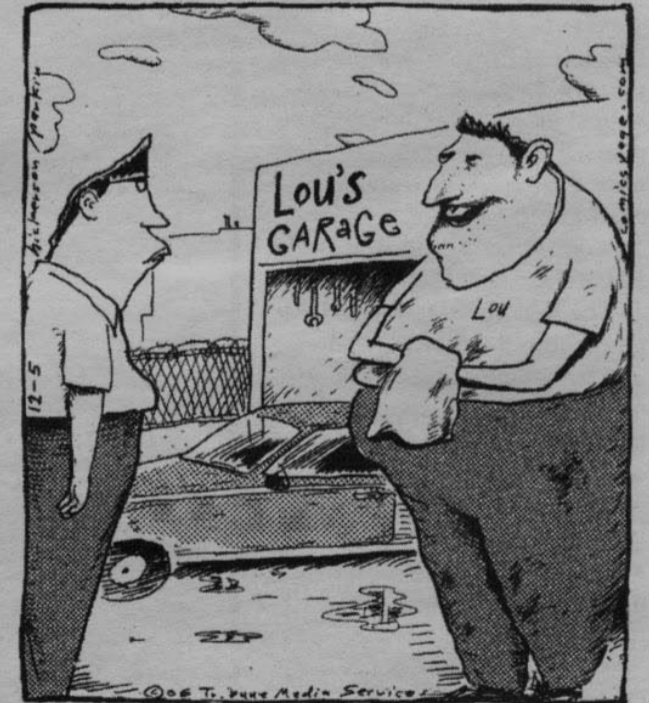
**Answers
 Provided
 on Page
 Four**



Do you really want to break up with me? The Supreme Court ruled that when an officer is threatened, he may discharge his weapon.



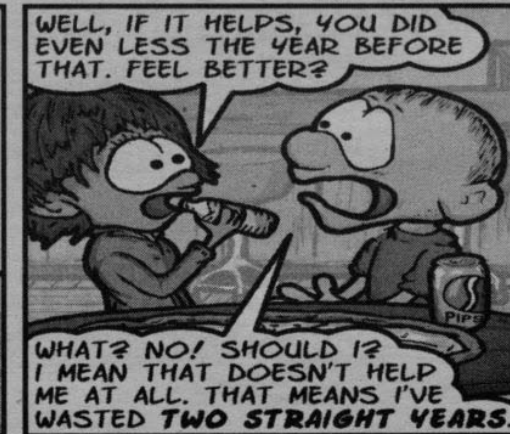
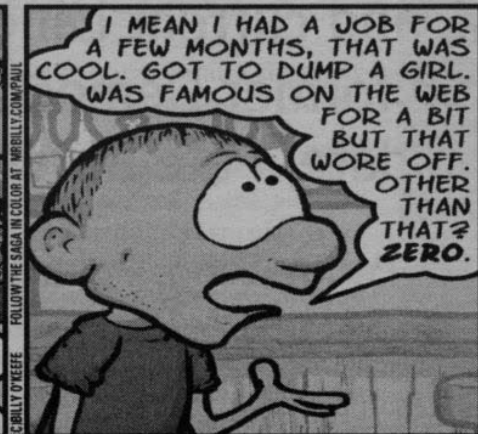
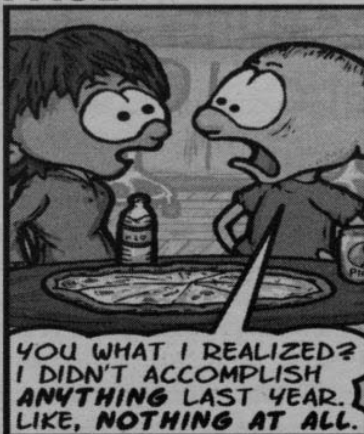
The first and last stunt show of Emil Knievel, Amish daredevil.



"If it ain't broke, we haven't worked on it."

PAUL

BY BILLY O'KEEFE MRBILLY.COM/PAUL



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 commuter@linnbenton.edu

SPORTS

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



Joe Bryan
The Commuter

FACE OFF

Kevin Durant or Greg Oden? Who is NCAA's Player of the Year?



Caleb Hawley
The Commuter

Coming into this college basketball season we knew it would be the best freshman class in a long time if not ever. The NBA rule change requiring players to be at least one year removed from high school insured that this would be the best class of incoming freshman since the 1980s.

We also knew that coming into this season the best player in this class of freshman was a foregone conclusion. Obviously, it would be Ohio State's Greg Oden, the most highly touted prep athlete since LeBron James. This year would be the year of Oden, and before the Fiesta Bowl, there was talk of how this 7-foot tall 19-year-old would lead the Buckeyes to their second major national title in 2007.

Well, the Fiesta Bowl proved one thing. When Chris Berman says, "that's why they play the games," he is dead on.

Sports are funny. The start of the year it seems like all the answers are obvious, and by the end of the season we wonder, how did that just happen? Nowhere in sports does this occur more frequently than in the NCAA tournament, affectionately called March Madness.

This year the shocker of the NCAA season came early—about two weeks into the season actually.

While Oden was still out nursing a broken right hand, Texas Longhorn's swingman Kevin Durant was absolutely destroying everything in his wake. The fabulous freshman is the first player in 10 years to average in the top five in the nation in scoring and rebounding—25.1 points (fifth) and 11.4 boards (fourth).

While Oden has struggled offensively Durant looks like the most complete forward to come out of high school since Kevin Garnett, and is being considered as a possibility for the first freshman in the history of the NCAA to be named regular season player of the year.

Durant is the man this year, and while Oden may be the first pick in the NBA draft, no player has a higher ceiling than the Longhorns 6-foot 9-inch forward Kevin Durant.

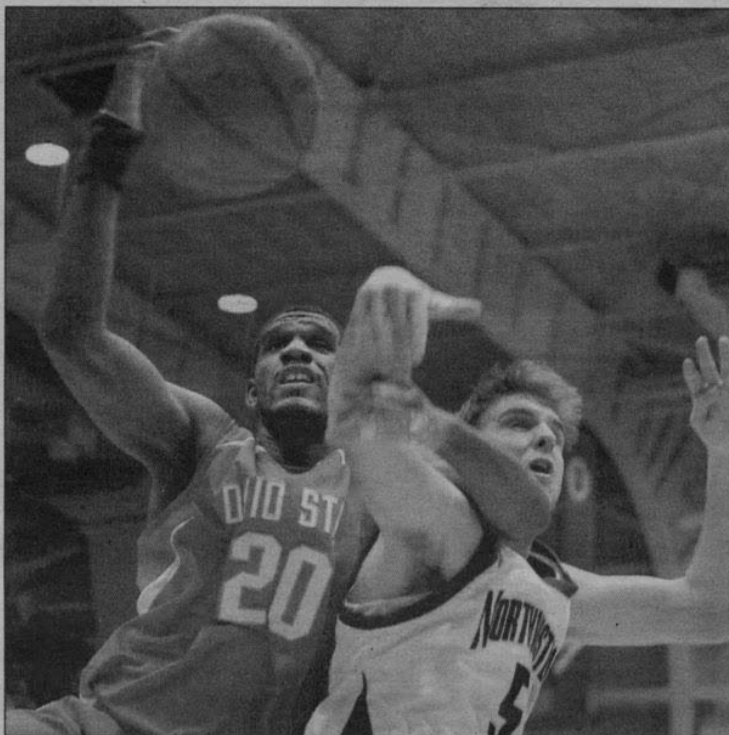


photo by MCT Campus

Ohio State freshman center Greg Oden has led his team to the top of the NCAA national rankings.

Freshman center Greg Oden of The Ohio State Buckeyes is and will be named college basketball's most outstanding player.

The 7-foot 280-pounder is averaging nearly a double-double per game, with over 15 points and nearly 10 rebounds. These numbers aren't gaudy, but they're efficient. Oden is shooting an outstanding 62.4 percent. Oh yeah, he's averaging about four blocks a game as well.

No one else in college basketball right now can dictate the course of a game like he can. Oden doesn't even have to score a point to give his team a chance to win.

His presence alone in the post on defense forces his opposition to change their game plan completely. There are very few players that attempt to drive on him and those who do often find themselves altering their shots (if they get one off). Also, good luck finding someone who can post up Oden consistently or successfully.

Defense is the main flaw of Oden's main contender for most outstanding player, Texas' Kevin Durant. Durant has put up big offensive numbers, but college basketball is a two-way street—defense is a must to be named most outstanding player.

Staying in the game and avoiding foul trouble is another important part of basketball. Oden hasn't fouled out in a single game all year. When his team needs him late in ball games, he will be there. There are very few players that are his size and play his position that can say that.

Having Oden on the court frees up so much in the backcourt for the Buckeyes. Three Ohio State guards are averaging double digits in points. Oden draws so much attention down low that it seems that defenses forget about the Ohio State guards.

He may not be flashy, but Oden does enough of the right things for his team to win. This is evident in Ohio State's No. 1 national ranking and the 18-2 record while Oden is in the lineup.

Dunks are duds, it's time for HORSE

I want to make a proposal that eliminates the slam dunk and three-point contests from the NBA all-star game. Why?

The same dunks are being used every year, and we are being stuck with contestants who are usually rookies and are not big named.

The slam dunk contest isn't like it was in 1980s when Michael Jordan battled Dominique Wilkins and Darryl Dawkins, while Spud Webb shattered vertical limits, despite being vertically challenged.

Stars such as Vince Carter and Kobe Bryant showed off their slam skills and won, but since their wins they haven't competed again. The contest has lost its prestige. It used to be the highlight of the all-star weekend—now it's just another event to go along with the rookie-sophomore game, the three-point contest, the skills challenge and the celebrity game.

In its place, let me propose a good-old American game, HORSE. It is a game that would showcase both premiere dunking and shooting skills.

It is quite possibly the only time you can hear a shot called



Basketball players practice half-court shots all the time anyway, this time lets have them show off their abilities for the title of HORSE Champion!

A WORD WITH "CHEESE"

"behind-the-back, jumping off one foot, from the corner, opposite hand, nothing but net," which is only practiced by HORSE fanatics.

The classic super bowl commercial of Larry Bird and Michael Jordan battling in a game

of HORSE for McDonald's is still voted as top 10 favorite each year.

Basketball players practice half-court shots all the time anyway, this time lets have them show off their abilities for the title of HORSE Champion!

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SPORTS

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

Lady Runners' pressure upsets first-place Lane



photo by Chris Campbell

Freshman guard/forward Chelsea Hartman elevates above the Chemeketa defenders for a shot in Saturday's win.

Hartman: A student and athlete at top of her game

Joe Bryan
 The Commuter

LB Women's basketball Coach A.J. Dionne describes her team's scoring leader, Chelsea Hartman, as someone who "consistently meets expectations, and should make all-league."

One of the core of leaders on a team, Hartman "practices hard and is very focused," Dionne said.

Currently the Lady Runners are tied for second in the South Division of the NWAACC, and Hartman is a big reason for that success.

"Chelsea is an extremely talented athlete," Dionne explained. "Opponents keying on Chelsea opens up team ball for us. Her teammates look to her to get things done."

Dionne also pointed out that Hartman has been an exemplary student as well, with a perfect attendance record this semester.

"I am very proud of Chelsea's commitment, dedication and focus to academics," she said, "and that dedication carries over on the court."

Hartman said she is leaning toward a major in history, but at this time is still undecided. She graduated from Lebanon High School in 2005 and is a

sophomore academically, but is still a freshman on the basketball team.

Hartman's game is based on her ability to post up. At 5 feet 11 inches tall she is bigger than most guards and forwards, and also too quick for posts to defend. She says she prefers to play with her back to the basket, but that she will step into any role that's necessary.

Asked if she has any weakness in her game she replied "none." She can go left or right, and has a solid jumper. She is also a very good free-throw shooter.

On her off days Hartman said her favorite activity is sleeping, and described her musical tastes as "a little bit of everything," and said her favorite movies are "Love and Basketball" and "The Queens of Comedy."

Hartman plans on returning to LBCC next season unless a big name college comes in and scoops her up, and said that she wants to play at a Division 1 school after LBCC.

Hartman and the Lady Runners have one more league game this season, tonight against 0-13 SW Oregon CC.

Then the postseason tournament starts on March 1 at the Toyota Center in Kennewick, Wash.

Chris Kelley
 The Commuter

The Linn-Benton Lady Runners upset Lane, the top ranked team in the NWAACC South, 79-70 last Wednesday and defeated Chemeketa 75-68 on Saturday to extend their winning streak to seven games. The wins will make LB playoff bound come March 1.

It was a very evenly matched battle between Lane and LB, and Head Coach A.J. Dionne stressed to her team before the game that the biggest thing would be continuing to force pressure with fast breaks. After the game Dionne said, "Our quickness and being in shape helped us win."

"We out played them and they couldn't keep up with us," added Dionne.

Whitney Bryant and Chelsea Hartman had another great performance together. Their rebounds and second chance points were key in the upset. Bryant and Hartman had 12 and 13 rebounds respectively. To go along with the boards, Bryant added 19 points and Hartman had 15 with six assists. Molly Fillion also had 19 points making nine of her 15 shots.

"We were drained from such an emotional high the whole week," commented Dionne on coming into Saturday's game against Chemeketa. The game would determine whether LB would be fourth or possibly first. They gave up 36 turnovers and only forced 19 from Chemeketa. "I just kept asking during timeouts for them to find it in their heart to keep pushing, and they did," said Dionne.

Tied at 33 at halftime, it was a battle until the end. "I just told them you have to play like it is 0-0, but you only have half the time to win it," said Dionne. LB outscored them 42-35 to seal the

win.

Tonight the ladies finish their season against South Western Oregon in Coos Bay and then rest a week before the NWAACC championships at the Toyota Center in Kennewick, Wash. As it stands today, the Runners are tied with Clackamas for second in the South. If LB beats SWOCC, and Clackamas beats Portland tonight, it would force a tiebreaker since they split the head to head games.

The tie breaker puts Clackamas ahead of LB, which is a pre-selected lottery pick that randomly numbers each team one through eight every year in order of strength in case of a tie. It is set up every eight years, and this is the last year in the cycle. The Lady Runners are seven and Clackamas is four in the lottery, meaning if LB ties for second place, it would be awarded to Clackamas this year and LB would be third.

The tournament bracket came out Friday, and the only thing LB coaches knew going into this year is that the NWAACC South would be matched up against a team from the NWAACC East in the first round this year. The other conferences are one game behind the south, but it looks as if Yakima Valley, Columbia Basin, Wenatchee Valley and Walla Walla will hold the top four spots in the east.

Being third in the south is favorable due to the possibility of seeing Yakima, Bellevue and Lane on the bottom half of the tournament bracket if they were a two seed. All of those teams were all picked at sometime to be the top team in the NWAACC this year. If Clackamas loses to Portland and LB wins at SWOCC, there would no longer be a tie and LB would hold sole possession of the two seed and match them up with the third seed from the east.

Roadrunner win-loss week sets up must-win situation tonight

Ken Salt
 The Commuter

The Roadrunner men continued their winning streak with a win against Lane on Valentine's Day, but had it snapped at home by Chemeketa last Saturday.

Last Wednesday, the Roadrunners destroyed the Lane Titans at home by a score of 108-52.

Ryon Pool and Eddie Leeson were not available for the game due to injuries. The rest of the Roadrunners united and were led by Micheal White who had 26 points, six rebounds, and two steals.

Supporting players included Matt Wasson, who scored 19 points and had four rebounds, Alex Stockner who had 17 points and Ryan Vargas chipped in with 14 points to solidify the Roadrunners victory.

On Saturday, the Roadrunners hosted Chemeketa and were beaten in a hard fought 82-72 defeat.

Ryon Pool returned to score 29 points and grab 10 rebounds along with Ryan Vargas' 10 points and 8 rebounds. Nate Aronson also scored 11 points but it wasn't enough to stop the Chemeketa Storm.

"It was a great effort," said Falk. "We played very well."

The loss has created a three-way tie between Chemeketa, SWOCC, and LBCC for fourth place in the Southern Division Conference. The top four teams from each division qualify for the 16-team playoffs.

The Roadrunners playoff scenario is simple—LBCC needs to defeat SWOCC tonight in their regular season finale and Chemeketa must lose for the Roadrunners to capture a playoff spot.

In regards to Eddie Leeson's ankle injury, Falk

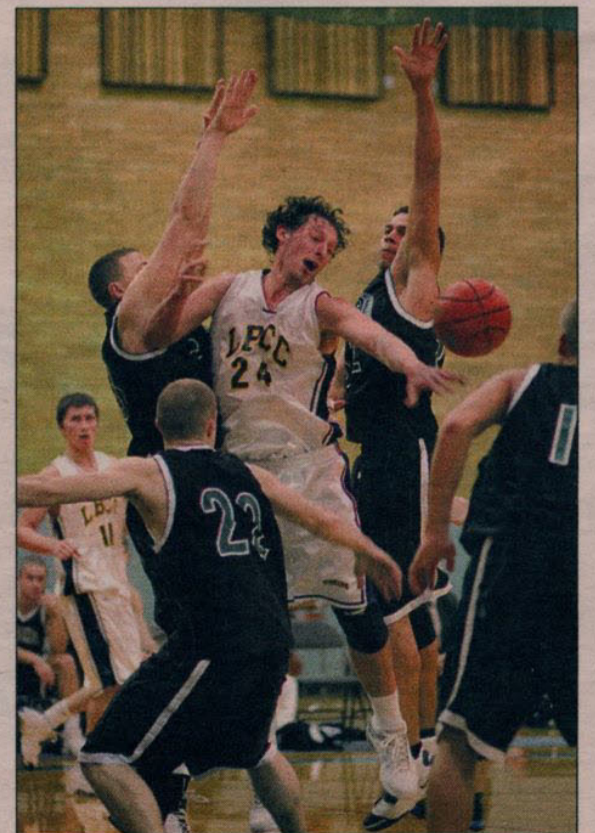


photo by Chris Campbell

Getting harassed by a crop of Chemeketa defenders is LB sophomore Ryon Pool. Pool registered a double-double Saturday with 29 points and 10 rebounds in the Roadrunners 82-72 defeat.

said, "we are taking it day by day. His ankle is not quite ready yet, but Wednesday's game is a possibility."

SWOCC will host LBCC tonight in Coos Bay. Tip-off time is 7:30 p.m.