



## Top Seed Showdown

Lady Runners battle Walla Walla in title match of Roadrunner Crossover Tournament.  
Page 7

## Winter Tides

From climbing lighthouses to crabbing off the dock, Oregon's coast offers winter visitors a variety of recreational activities.  
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# THE COMMUTER

Wednesday,  
November 9, 2005

A WEEKLY STUDENT PUBLICATION

Volume 37 No. 6

Linn-Benton Community College, Albany, Oregon

www.linnbenton.edu/commuter

## Bill threatens to cut financial aid

Harrison White  
The Commuter

Students may have to pay more after graduation under a bill designed to help more students pay for college that was passed by the U.S. House Education Committee on Oct. 26, 22-17, along party lines. Republican supporters point to the increase in the number of Pell Grants supported, as well as the consolidation of loans to a single borrower as positive attributes of the bill, while Democrats point to cutbacks in total Pell Grant amounts as harmful to students.

"Slashing the budget at the expense of students defies common sense and jeopardizes access to higher education," said Congressman David Wu in a press release on Oct. 26. Wu is a

member of the House Education Committee.

Jim Harper of the Cato Institute calculates the net present value of government spending, taxation and regulation and estimates that the bill will save approximately \$18.91 per person. However, students across the country on financial aid may be faced with stiffer interest rates on student loans because of the bill, according to LB student body President Bill Hand.

Hand joined with the United States Student Association, Public Interest Research Group Higher Education Fund and the Oregon Student Association to call for those in the government to vote no. He said the numbers vary, but the bill would cut between \$7-11 million from student financial aid allotments.

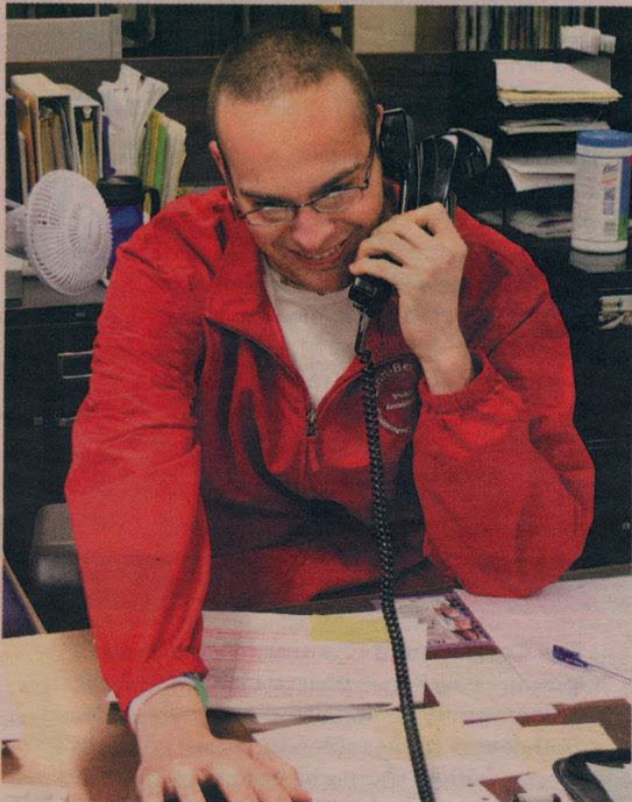
► Turn to "Funding" on Pg. 4



### Finger Puppet Magic

Children from the Periwinkle Child Care Center were treated to two sessions of finger puppet making lessons last week. From left, Alyssa Guzman, Erin Lemmon, Lyvia Smith and John Lind delight in constructing their own puppet creations with the help of Jill Cardinal of Eugene. The event is part of the month long LB Dia de los Muertos celebration, which has been supported by a grant from the LB Foundation.

photo by Dan Wise



Student Ambassador Petr Horak.

photo by Dan Wise

## Scholar breaks language barrier

Nancey West  
The Commuter

Petr Horak flew into Oregon with only enough English to survive the American airport experience and with plans for staying just two months, to visit a friend from his home country, the Czech Republic.

"She taught me say 'I am going to Eugene, Ore.' before I left Czech," he recalls.

After his visit his plans for traveling home were thwarted by rain, so a month later, in April 2002, he went to the Benton Center for Emigrants to begin the basics for learning English.

"There were hard times in the beginning," Horak said. Today his accent reveals little of that struggle. "He is a comfortable speaker," said Terry Gordier, department secretary for the Student Life and Leadership Office, where Horak works as a student ambassador. "I have a lot of respect for all international students in their hard work to learn the language. He is reliable, responsible and articulate."

After two months in the U.S., Horak applied to change his tourist visa to a student visa. While waiting for its approval he continued with his language studies at the

English Language Institute at the LBCC Benton Center. Last summer he worked at the Benton Center and said, "It was cool to see students from my (language) class and I was registering them for classes."

In the fall of 2002, after a month-long visit home, he began English classes at OSU. Two terms later, in the spring of 2003, he started at LBCC. His major is health promotion and education. Health classes in the Czech Republic consisted of sports, mainly football (our soccer), basketball and baseball. "I didn't know about nutrients. What to eat—not to eat, but in the U.S. there is information," he said.

When his native country was under Communism, higher education was discouraged, which promoted alcohol and cheap entertainment, he said. "Drinking, smoking and obesity were problems."

Horak plans to graduate from LBCC next spring and go on to earn a bachelor's degree at Western Oregon University. His goal is to take his knowledge and experience back to his country to help improve conditions there. He thought of his mom in the Czech Republic, where a mammogram is the only preventive step for breast cancer, when he worked on a project to run a Breast

► Turn to "Horak" on Pg. 4

### The Weather Through the Week

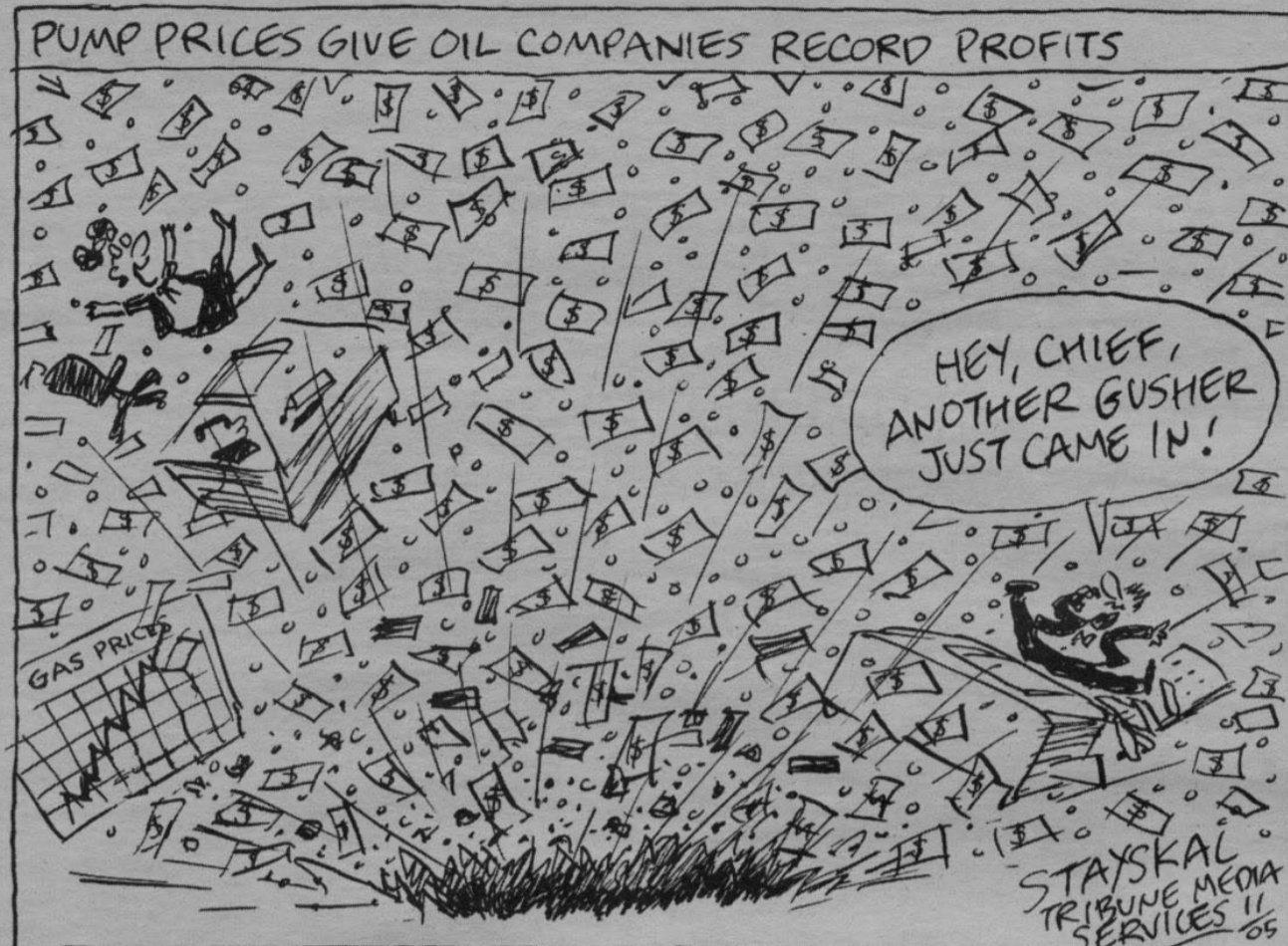
Source: National Weather Service

High-50 Partly Sunny Low-35 Wednesday	High-55 Mostly Cloudy Low-40 Thursday	High-55 Chance Showers Low-40 Friday	High-50 Chance Showers Low-40 Saturday	High-50 Rain Low-35 Sunday	<b>Index</b> Opinion..... 2-3 Campus News..... 4,5,8,9 Sports..... 6-7 Funny Bones..... 10 Arts & Entertainment..... 11 Discovery..... 12
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Opinion Editor: Walt Hughes  
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# OPINION

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



## Opposition to Death with Dignity blind to realities of life

Melissa Chaney  
 The Commuter

Oregon's Death with Dignity Act is anything but an easy way out for people with a death wish. It is not an act that requires only a willing patient and doctor.

Before a doctor will even consider complying with a patient's plea for help with a physician-assisted suicide, strict conditions must be met and the process strictly documented to ensure that no one abuses the system.

First of all, according to Oregon's Department of Health Services, patients must be 18 years or older and a resident of Oregon. They must also be capable of making and communicating for themselves about their health care decisions.

Finally, they must be diagnosed with a terminal illness that will lead to death within six months.

Even after all of these criteria have been met, patients still have to have an actual Doctor of Medicine (M.D.) or Doctor of Osteopathy (D.O.) that is licensed to practice by the Board of Medical Examiners for the State of Oregon, who is willing to participate.

"A person sits on a beach waiting for the tide to come in to drown, and then another person walks into the ocean to drown"—this is an analogy frequently used to describe physician-assisted suicide, and it fits the situation very well. If someone is in pain and knows that there is no way to prolong their life then they should be able to decide for themselves how to live or die.

Oregon is the first state in the country to allow physicians to prescribe lethal doses of medication to terminally ill patients who wish to end their lives. The bill passed in 1994 with 51 percent of the voters and again in 1997, after an effort was made to repeal it, with 60 percent of voters.

Therefore, it disturbed me to read some of the responses to a Perspectives question in The Commuter about physician-assisted suicide, where it seemed that few actually knew what it was, and most were categorically opposed and condemned those who participated.

We shouldn't judge people who make such difficult decisions about their lives. Most of us don't know what it's like to be told that we're going to die in six months. If a person who does know decides that they want to determine the how and when, instead of being at the mercy of a terrible illness, well—I can live with that.



MELISSA CHANEY

OPINION

*We shouldn't judge people who make such difficult decisions about their lives. Most of us don't know what it's like to be told that we're going to die in six months.*

## Paying token respect to MLK no substitute for change in attitude

Harrison White  
 The Commuter

Imagine this: you do not have much money, and no transport that a bike or a city bus cannot provide. You choose to buy an old VW for under \$600. Not only is this automobile old and slow, but it is also in complete disrepair. The muffler falls off and the floor is missing, which leads to a Flintstones effect (which might even make the car run faster).

And on top of it all, your idiot friend lives way back behind a park. The city might have planned a connecting road, but apparently, they just built a fire station nearby instead, of course the fire trucks will have to go around the park completely, just to get to their response area.

For simplicity's sake, let's name this park Martin Walnut Luther King Jr. because, G-- knows, this civil right's leaders only motive was to get his name placed everywhere in the name of diversity. I'm sure he's proud now that he's become a token of white people pretending to understand, pretending they're not racist.

But not intentionally. I am a product of my society. Born in upstate New York, the first time I found myself aware of the distinction between colors as racial was at a soccer camp. I remember, not proudly, thinking Hey! He's different... Public education hadn't bombarded me with civil rights; it was still celebrating the mass genocides carried out by Columbus in the name of Spain.

But, back to the VW. Let's say this park is in a town whose name stems from French for "heart of the Valley." Let's also suppose that the town, during the Civil War, openly displayed the Confederate flag and that state laws, up until very recently prohibited people from being black. Yes, that's right, the skin color is illegal.

Flash forward to today, as you drive. You happen to be black and while this is no longer illegal, the racial stigma is still ingrained in society.

And, on your way back from a late soiree at your friend's house behind Martin Walnut Luther King Jr. Park, when there is no one on the roads, you go through a yellow light because you can't conceivably stop safely. But while you are on your way across the intersection, the light turns red. Which, if any part of your car is still in the intersection, means you just ran the light, according to state law.

So, a cop finds you and gives you a ticket for about \$500. Fine, you'll pay, or go to court. Then, over a three-month period, you get pulled over five more times, once on a bicycle.

Are people a product of the society they live in? The predecessor to the KKK began here, in Oregon and we aren't really that far away from racism, Johnson having only signed the Civil Rights Act only about 40 years ago.

We can get away with anything, as long as we name a park after one of those people.

### The Commuter

VISIT THE COMMUTER ONLINE

www.linnbenton.edu/commuter

### STAFF

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

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### EXPRESS YOURSELF

The Commuter encourages readers to use its "Opinion" pages to express their views on campus, community, regional and national issues.

Both letters to the editor and guest columns are welcome. Letters should be limited to 250 words, but columns can be longer. Contributors who wish to submit columns are asked to first contact the editor to arrange for space in the next issues.

The Commuter attempts to print all letters received, although we reserve the right to edit for grammar and length. Letters that raise libel, poor taste or privacy concerns will not be printed.

Opinions expressed by columnists and letter writers do not necessarily represent the views of The Commuter Staff or Linn-Benton Community College.

Drop letters off at the Commuter office, Forum 222 or email us at commuter@ml.linnbenton.edu.

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# OPINION

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

STAR TRIBUNE  
**SAK**

AT LEAST  
 THEY HAVEN'T  
 INDICTED  
 YOU  
 YET, KARL...

I KNOW  
 YOU'D  
 NEVER  
 HAVE A  
 HAND IN  
 ANYTHING  
 MISLEADING.



## Bush & Co. present paradoxical views on religion and civil rights

Walt Hughes, Sr.  
 The Commuter

As the weeks go by and times change one interesting point seems to become more obvious by the day. Newspapers, television and even radio bombard us almost constantly with news of the war in Iraq, the scandal enveloping the White House and all manner of dismal news.

The center point, the dividing line, the very scary issue is one that almost seems elusive, yet is very real. Almost anyone within hearing or reading distance has been witness to the fact George W. Bush, his cronies in the executive branch and his staunch supporters and pals in Congress have professed their Christianity, strong morals and belief in a higher power.

At the same time the citizens of this country and the entire world have also borne witness to the fact George W. Bush, Richard Cheney and their cronies both in and out of the White House and Congress have led this nation from solid belief in fairness and justice to an imperial realm where individuals can be imprisoned and held without due process, the right to representation or even a determination of length of sentence.

For the first time in at least 150 years they have turned the United States of America into an empire practicing "pre-emptive strike" rather than a nation dedicated to liberty and justice for all.

Therein lies the center point, that finite balance between practicing what one preaches and demonstrating total disdain for every principle that this nation has espoused for over 200 years. It may be fine to attend a house of worship on a Sunday and pay homage to a supreme deity, but it is not exactly a shining example to turn around on Monday and violate almost every principle that the worship of that deity seems to stand for. In many places they call that just plain hypocritical. Without doubt it shows the rest of the world that they do not practice what they preach.

The United States of America was founded on the

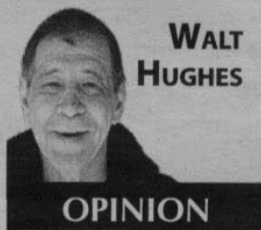
idealistic principle that all men are entitled to life, liberty and the pursuit of happiness.

Does that mean that all men are entitled to those things only when standing within the geographical boundaries of the country or does it mean (as it was originally written) All Men? Therein seems to lay a paradox. While Christian conservatives, including George W. Bush & Co., hold up those Scriptures in one hand they seem to want to hold their swords over people's heads with the other in an almost direct contradiction of those same Scriptures.

It has been said many times of late that the United States is the most powerful nation with the greatest army on earth. That is not exactly the truth. Both China and North Korea have larger armies than the United States, and both have demonstrated in the past that they have absolutely no problem sacrificing a few thousand or even hundreds of thousands of lives without batting an eye. Any veteran of the Korean conflict can tell you that without reservation. We may be ahead of the rest in technology at the moment, but the Chinese will eventually catch up and history has demonstrated that they are more than willing to share with the North Koreans.

So there you have the two sides of George W. Bush & Co. They preach morality and worry about abortion on the one side, attempt to pack the judicial branch of the government with hard-line individuals in an attempt to set the values of this country back a hundred years at the center of things, and demonstrate that they can act like a real bully on the street corner because they have a large well-equipped army on the other side. Is it any wonder that a growing number of the world's population has little respect and many of them outright hate us and everything that we stand for as a nation these days?

For those who would disagree, try explaining the real meaning of the twists and turns of the Patriot Act and then go further to explain why such a God-fearing, peace-loving nation founded on the principles of life, liberty and the pursuit of happiness can imprison or hold any individual without an attorney, trial, court date or any sort of legal process like those defined in the United States Constitution during the past 200 plus years. Make that last leap and explain why they have to do it in deep secrecy outside of U.S. territory.



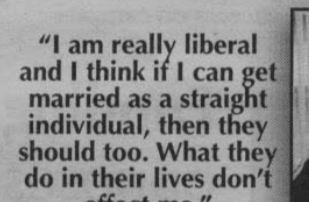
## PERSPECTIVES

"What do you think about a gay person's lack of rights to be married?"



• Karl Lonbeck •  
 Undecided

"I personally don't think they should have any rights because it's unnatural."



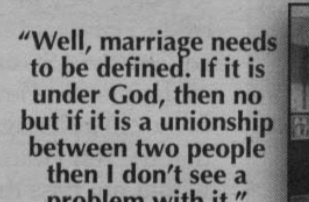
• Amanda Hiaasen •  
 Biological Science

"I am really liberal and I think if I can get married as a straight individual, then they should too. What they do in their lives don't effect me."



• Roxanne Navarro •  
 Medical Assisting

"I think [gay] people should be able to enjoy the same union that a married couple can. It's only a matter of time."



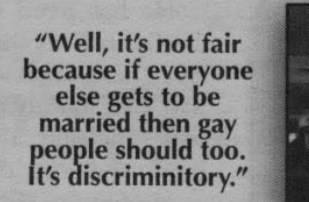
• Brandon Packard •  
 Mechanical Engineering

"Well, marriage needs to be defined. If it is under God, then no but if it is a unionship between two people then I don't see a problem with it."



• Sarah Trask •  
 Education

"Personally, I believe the gay lifestyle is wrong. I don't hate people, I just hate certain lifestyles."



• Tom Sabatino •  
 Communications

"Well, it's not fair because if everyone else gets to be married then gay people should too. It's discriminatory."

Compiled By Elizabeth Beckham  
 Pictures By Kyla Hoyt

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# CAMPUS NEWS

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

## Reorganization aims to improve writing skills

Steven Farrens  
The Commuter

Quaker author Jessamyn West once said, "Writing is so difficult that I often feel that writers, having had their hell on earth, will escape all punishment thereafter." As difficult as writing can be, the Linn-Benton English Department is trying to make it easier.

For years, LBCC has instituted a Writing Desk, Writing and Study Skills Lab and an ESOL program designed to assist ESL students with their writing skills. This year, LBCC has manipulated the design, adding a Computer Writing Lab and banding all the resources together into a single program, titled "LBCC Writing Helps."

The cooperative, initiated by LBCC's English Department, is designed to improve the writing resources in three ways: the umbrella of services will now offer a team-approach for students, supporting each other with both instruction and with writing questions; the assistants will also learn from each other and share materials that were once unavailable; and the combination of efforts will instill greater cooperation and send a louder message of student success on campus.

Robin Havenick, one of LBCC's English instructors and a Writing Desk Co-Coordinator, believes that the Writing Helps program will substantially improve any writing for students, whether it's class assignments, scholarship essays or even personal interests.

"Each resource can learn and share materials from others, providing more cooperation and a better chance of success for the student."

The most noted addition to writing assistance on campus this year is the new Computer Writing Lab, located in Takena 213. Students can drop in to use the lab, which has computers available for research, Internet resources, bibliographies and discussion of strategies for those long assignments. There are also online grammar and diagnostic review programs available in the lab and faculty on-site for any questions.

The Computer Writing Lab also has new extended hours, open for drop-in on Mondays and Tuesdays from 1-3 p.m., Wednesdays and Thursdays from 9-11 a.m., and Fridays from 2-4 p.m.

While the Computer Writing Lab may be new, the older resources on campus are still in full force. The Writing Desk in Willamette Hall is available throughout

most of each school day, and can individually assist students with any school-related activity. In addition, the Writing Desk is now open until 7 p.m. Tuesdays through Thursdays, allotting more time for student assistance.

Also in Willamette Hall is the Writing and Study Skills Lab, where students can gain individual help with their basic writing skills. Students can study reading strategies to improve their understanding of assignments, and can also develop their study skills for a better chance of success.

The umbrella of services within LBCC Writing Helps also includes the ESOL and Faculty Support. ESL students can work on language and writing skills at the ESOL, which is available at the Albany Learning Center, the Multicultural Center and the Benton Center during different days of the week. Faculty can receive individual help with their own teaching, most notably by implementing and assessing writing assignments with the assistance of the LBCC Writing Helps resource.

For more information on the new program, visit the Learning Center Web page: <http://cf.linnbenton.edu/depts/lrc>.

### CLASSIFIEDS

#### HELP WANTED

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

PM Cook & Day Backup (#3810, Albany) If you know how to cook for larger groups of people this part-time job might be for you. Hours are 3:30-7:30pm (4 days on & 2 days off) and pay is \$8/hr. Great hours for a student!

Part-time Retail Positions (#3800, Albany) This employer is looking for regular part-time people to fill their positions as Cashier, Office Equipment, Copy Center & Office Supply.

Seasonal Jobs in the Mall (#3799 & 3798) They are looking for some seasonal people in Lawn & Garden Sales and Tool Consultant. Also, apply at all the stores in our area as they are all looking for seasonal people NOW!

Commercial Administrator (#3803, Albany) Do you have an associates degree in business or related field and/or a minimum of 5 years experience working in an office setting, this full-time job is looking for you! Pay is \$32,500-42,000/year.

#### FOR SALE

FREE: 3 Vintage couches for re-upholstering projects. Call 812-0627

1980 GMC 2500 Sierra 4x4 Pickup FOR SALE! Rebuilt Engine and Automatic Transmission. Great Hunting Truck or Play Truck! Already has a 2 1/2" lift and 33" x 12.5" Tires. \$3500/obo; call 974-1851. View Pics @ [miscstuff4sale.com](http://miscstuff4sale.com).

### CLASSIFIED AD POLICY

#### Deadline:

Ads accepted by 5 p.m. Friday will appear in the following Wednesday issue. Ads will appear only once per submission.

#### Solutions

S	P	T	V	S	S	E	L	D	E	S	V	E
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## Funding: ASG opposes cuts

◀ From Pg. 1

An action packet those organizations promoted claimed the resolution would increase student debt after graduation to about \$17,500, which is \$6,000 more than before.

"To cut a budget from students is basically disregarding what they went into office for," said Hand. He encouraged the Linn-Benton student body to call Sen. Ron Wyden and Rep. Greg Walden to oppose the legislation.

The issue wasn't much publicized, according to Hand, and the news of hurricanes Rita and Katrina overshadowed it. "They were trying to sneak it in," he said of lawmakers.

This bill may affect student reaction to a proposed increase of \$3 more per credit. Hand said a budget expert would address the ASG on that issue at the end of the month. Having not yet learned of the bill's passage, he expressed hope that the full House of Representatives would not pass the resolution. But, he added, if they don't address student concerns, "We're watching."

## Horak: Corvallis host family provides support

◀ From Pg. 1

Cancer Awareness Workshop to provide exams for 20 women. The education is needed there, he said.

Horak is familiar with helping others. At 18 years of age he traveled to Italy as a volunteer to help disabled children visit another country. The 14-day trip was a way to "give something back" for the help he had received as a youth for scoliosis.

He has lived with his host family in Corvallis since he arrived here. "I am very fortunate. My host family is my family here," he said. They provide a home and emotional support.

His family—Brian and Susan Garber-Yonts and their twins, Maya and Gillian—feel the same toward him. "It is an honor to be part of his journey," said Susan Garber-Yonts. "He is an inspiration. It is a pleasure and

honor to have him as part of our family."

Garber-Yonts explained that the twins were only 5-years-old when Horak joined their family. "They learned to read together," she said.

The Garber-Yonts family has traveled to Czech to visit Horak's family. "Their culture is very grateful and appreciative. They have close families," Garber-Yonts said.

Horak's American family has taken him on a vacation to the Redwoods each summer and to Southern Utah and San Francisco. He also has been to Seattle for the National Folk Dance Festival.

Horak has worked with SL&L since he began at LBCC. "He is an indispensable part of SL&L," said Ann-Marie Yacobucci, new student activities coordinator. "He is well-versed about campus

and what it offers students."

"He is a great ambassador. He is outstanding at giving information to students," Gordier added.

Among his other activities is doing community outreach through the Career and Counseling Service. His favorite project has been Project Page Turner, where he reads to elementary students.

Horak is also involved with the Gay/Straight Alliance as a volunteer. He is a member of the Phi Theta Kappa International Honor Society, where he received an award for All U.S. Outstanding Scholar in 2004.

His friend, Sandy, also from Czech, translated the entire DMV drivers manual for him, and he studied long hours to take his drivers test. He has had his license for one year.

Horak was born in the forest

village of Roudnicka, Czechoslovakia, 70 miles northeast of Prague. He spoke German and Czech in school and was in the fourth grade when communism fell and Czechoslovakia became the Czech Republic.

Following high school, he worked for public works. Had he returned to Czech in 2002, he would have had to serve in the military. Today, however, the military is voluntary.

The hardest time for Horak during his stay in Oregon was his first Christmas here without his family. Since that time he has been able to return to the Czech for three weeks each Christmas.

Horak came to the U.S. with mediocre language skills and few plans for his future; today he is an inspiration to those around him. "He is a joy to work with," said Gordier.



photo by Dan Wise

### Courtyard Tune-Time

Former LBCC student Sky Corbett entertains in front of the Hot Shot Cafe last Thursday. He was not deterred by the cold, blustery conditions that kept the crowds away as he played a version of Bob Marley's "Redemption Song." Corbett likes to play whenever the mood strikes him and can often be found in the Courtyard during the lunch hour.

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# CAMPUS NEWS

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

## NO CLOWNING AROUND

Not everyone laughs when they send in the clowns

Elizabeth Uriarte  
 The Commuter

Coulrophobia is a relatively new term. It was coined in the 1980s to describe those afflicted with an irrational fear of clowns, or clown phobia. At [www.randomhouse.com](http://www.randomhouse.com), the origin of the word 'coulrophobia' is from the Greek words kolobatheron, meaning 'stilt,' and of course phobia, meaning 'fear.'

It seems that clowns, once a symbol of fun and laughter, have become the absolute embodiment of evil for some. So why are clowns so terrifying? In an article by Michael Quinion at [www.worldwidewords.org](http://www.worldwidewords.org), he theorized that one reason for the fear is that clowns have always represented disorder, anarchy and unreason.

Researchers at [weaponspage.homestead.com](http://weaponspage.homestead.com) go further by saying "their [clowns'] wild and unpredictable behavior is mirrored by their equally wild appearance, with exaggerated facial expressions, flamboyant

costumes and an assortment of strange props."

Phobias of all types generally stem from early childhood trauma, according to psychologists. Coulrophobia, then could be caused by a traumatic event involving either real-life clowns, or a particularly frightening movie/image of clowns. The most commonly mentioned scary clown movies are Stephen King's "It," "Poltergeist" and "Killer Clowns from Outer Space."

These movies and others have succeeded in not only portraying clowns as evil, but also in ingraining that negative image into the psyches of today's Americans. Most people, even if not to the extreme of clown phobias, are at least disturbed or bothered in some way by clowns.

Sheena Schrock, a computer science major, admits to being frightened by clowns, explaining that, "their toothy grins and hollow eyes" are what's most scary to her. She said she understands why clowns unsettle

people, "Because of the way they are perceived, not only by Hollywood, but the general public. You can go one of two ways: love 'em or hate 'em, there's no in-between."

A number of people seem to fear clown dolls more than actual clowns. Any form of clown decoration bothers Shelly Evans, business major. She thinks, "They are too happy," and doesn't like to have any form of clown imagery in her home.

Miranda Ryan, a medical assistant major, had similar views on clowns. She disliked them because they "wear too much makeup."

This seems to be the main issue involved in clown fear; they paint themselves in a façade of perpetual mirth, their big red grins never changing to reflect the possible conflicting feelings of the human inside.

Treatment is available for nearly all types of phobias, including that of clowns. The website [www.aboutphobias.com](http://www.aboutphobias.com) suggests graduated exposure therapy and cognitive

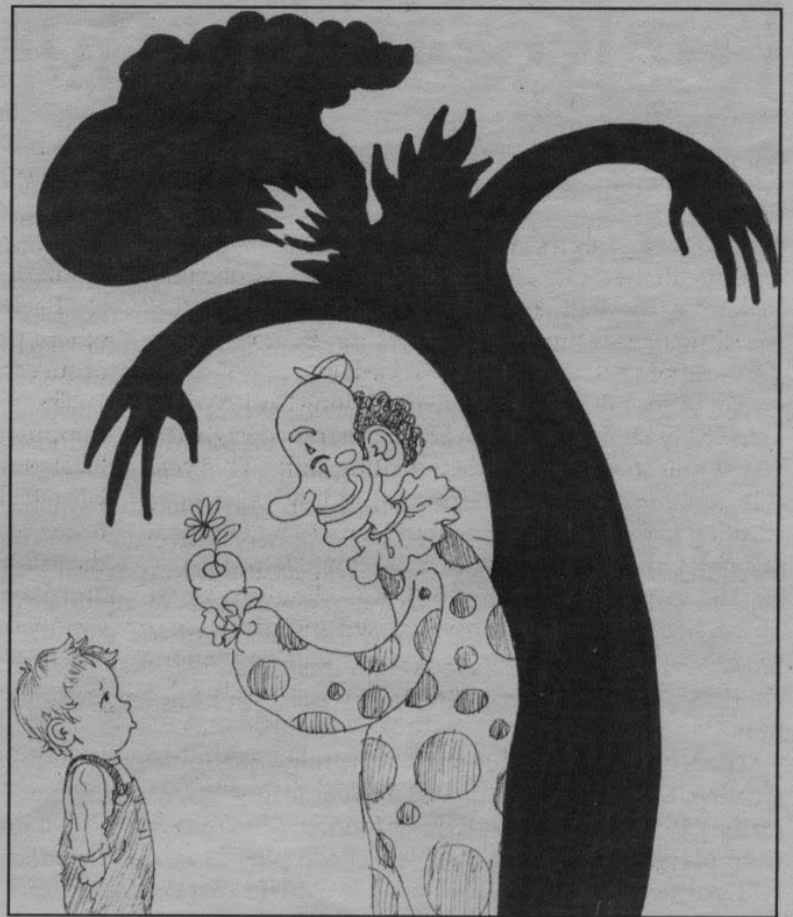


Illustration by Elizabeth Beckham

behavior therapy, which are the two most successful techniques in treating phobias. The first involves gradual exposure to the feared object or situation in order to desensitize the sufferer; the second strategy helps change the thought processes

that contribute to the anxiety. Both of these treatments, though uncomfortable and time-consuming, are generally effective. If all else fails, there is also an array of medications available to major sufferers of phobias.

## Budget formula divides community college funds

Jennifer Overholser  
 The Commuter

After years of battling scarce state resources, Oregon's 17 community colleges have agreed on a formula that will help to decrease the financial disparity between the schools.

Last June, the state Board of Education approved a funding formula that would resolve the question of how to split up the \$428 million allocated to the community colleges by the Legislature.

According to LBCC Business Officer Jim Huckestein, business officers from all 17 community colleges held meetings over a period of several months to discuss ways to help those schools with the least amount of funding, while causing the least amount of harm to the other schools.

Community colleges receive funding from three primary sources: state reimbursement for enrollment, local property taxes and tuition.

Originally, property taxes were the main source of funding for each school's operating expenses, but for the past 15 years most of the colleges' money comes from state reimbursement, which has resulted in a disparity in funding among individual colleges, according to Huckestein.

In addition, in the 1980s local community college districts passed levies in local elections. Each district received different levels of support that varied depending on the outcome of the elections and to a degree on the wealth of their districts. As a result, each district now has different resources.

The passage of Measure 5 in 1990 caused a dramatic shift in funding sources, setting constitutional limits on property taxes. This measure put a cap on the amount of property taxes that could be used for school funding, shifting the responsibility from local to state government.

With increasing pressure on limited state revenues, the funding available for schools decreased, forcing them to seek other sources. Many schools have had to make difficult decisions about raising tuition in order to make up for the deficiency.

The new funding formula was arrived at by adding all the state reimbursements together and dividing by the total number of community college students in the state, then redistributing the funds so each school would have an amount appropriate for the number of students it supports.

In order to avoid too much of an adverse effect on individual colleges, Huckestein said that

"harm limits" have been established, meaning that resources won't drop more than a set percent for any college. The state Board of Education voted on a harm limit percentage for last year and will vote on a number every year for six years. Its decision is based on whether resources are higher or lower for the year.

At the beginning, no one in the community college system wanted to tackle the issue, Huckestein said, because the

circumstances were difficult for developing a budget.

The most challenging part of the process was getting the 17 community colleges to agree, he explained, because some would feel they wouldn't be getting enough, while others that have proportionately more resources would face losing some of their funding.

As a result of the new reimbursement formula, LBCC has received a modest increase in the amount it gets from the state

compared to previous budget years.

It has taken many months of discussing how to create a formula, said Huckestein, meeting with educators from community colleges and the state board.

The aim has been to get everyone involved to feel comfortable that there are no hidden agendas and to make sure that no one is getting hurt.

"That's just part of being reasonable about the whole process," Huckestein said.

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# SPORTS

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

## Pro leagues' new rules on threads spark debate

In America, virtually every single job requires some type of uniform or dress code and professional sports are no exception. With NBA Commissioner David Stern's rules implementing a new league dress code, uproar has followed with many players screaming racism and freedom of speech.



JAKE ROSENBERG

While the new rules do border on violating a person's natural right to express themselves with their wardrobe, the change is not without logic. Following last year's Pacers-Pistons brawl in Detroit, Stern has concluded that many fans see the league's image as 'thuggish' and he felt that a major change was needed in order to bring some respect and ticket payers back to the game. Players in attendance watching from courtside with Jack Nicholson or leaving the arena with their team will now have to sport some type of appropriate dress wear during any league function.

The NFL has also instated new wardrobe rules for coaches on the sideline. Even they are required to wear league-approved apparel on the job. Nobody knows if this is for distinguishing coaching staff from players or whether it's just a cheap ploy to model the latest NFL Authentic merchandise, but it is evident that the NFL wants to portray a more professional image of its employees.

Forty-Niners Head Coach Mike Nolan was disappointed to realize that he couldn't wear a suit and tie on the San Francisco sideline like his father Dick once did, but he says that he understands the need for uniformity and a professional image. The fact is that all professional sports get a lot of media attention, and if Allen Iverson influences a freshman to show up to basketball tryouts while sporting a do-rag on his head, it's not going to prosper his first impressions with the coaching staff or his basketball.

It's sad that popular hip-hop culture style clothes are related to gang activity, but it is also sad that a lot of high-profile players encourage the stereotypical thug lifestyle by exhibiting it both on and off the court. This is not the equivalent to a public school adopting student uniforms; it is just a business trying to create a better image and a better product for its loyal customers.

Allen Iverson (left) with former Blazer, now 76ers coach Maurice Cheeks, has received much scrutiny for his appearance both on and off the court, but has readily adapted to the league's new dress code.



KRT Photo

Allen Iverson (left) with former Blazer, now 76ers coach Maurice Cheeks, has received much scrutiny for his appearance both on and off the court, but has readily adapted to the league's new dress code.

I originally thought the NFL was ridiculous for giving fines to Peyton Manning for wearing black cleats as a tribute to Johnny Unitas. Another ridiculous issue is Jake Plummer wearing the tribute sticker to Pat Tillman for more than the league's one-game tribute. I mean c'mon now, it's not like they are wearing a red bandana on their arms because they're in the Bloods. They are doing little things against the league standards of dress to pay respect to other players.

After a request by Mike Nolan to wear suits on the sidelines like old NFL coaches did, the league says NO! I'm pretty sure if you were to ask the 31 other head coaches in the NFL if they were offended by that, it would come back 31-0 no. What then are the league's reasons for being so strict on keeping such stupid rules? Is it not professional looking to wear a suit? Suits aren't my thing, but I don't see anything wrong with it.

Going beyond ridiculous, now the NBA wants every single player to come to the game in dress clothes. Collared shirts are a must. Correct me if I'm wrong, but I'm pretty sure most players in the NBA are into the hip-hop culture. And is it not hip-hop songs played during breaks in the game that pump up the fans and player? But now players can no longer dress with a hip-hop style.

ESPN Magazine did a story on NBA and hip-hop and how they have always been closely related. Maybe David Stern doesn't realize that by putting in that dress code he took away a part of the game. NBA is hip-hop and hip-hop is NBA. Look at how people in hip-hop music dress—one of the biggest trends is throw back jerseys from the NBA's past. Iverson, Bryant and other players have worn throw back jerseys to pay respect to players from the past.

Iverson and most players dress in hip-hop clothing and that's what makes them unique. Personality comes out in what people wear, but now Stern has put a limit on NBA personalities. C'mon Stern, you just took some of the fun out the NBA players. I personally will never forgive him. So to all you strict dress code-loving people, I hope none of you control the NBA or NFL, because you will only ruin the game.



NEAL JONES

## Heavy snowfall may bring early season to Northwest resorts

Bryan Edwards  
The Commuter

This year's snow season may bring a flurry of activity to Northwest slopes, especially when compared to last year's dead season that hurt some of Oregon's most established ski and snowboarding resorts.

According to accuweather.com, New England and the

mountains of the Pacific Northwest are expected to have above average amounts of snowfall, while the center of the nation is estimated to see only half of the average yearly snowfall.

Ski bums and shredders alike can wax their sticks and sharpen their edges, because at least one of Oregon's resorts is estimating a possible opening day of Nov. 18—possibly even earlier if

weather permits. Mount Hood Meadows is estimating its opening date as being the earliest ever.

Timberline Lodge is well-known for its Palmer Glacier, which allows year-round training for world class skiers and snowboarders, as well as public recreational use.

Mount Bachelor Resort already has a base of 5 inches. But

newer snow machines exist on a few runs, so there is a chance that the base is man-made. An opening date has not yet been posted.

Bachelor is famous for its back-country runs, great snow and snowboard parks that are built for a high caliber of freestyle riders. This year, the freestyle terrain includes a super-pipe, Air-Chambers freestyle park,

slope-style arena, and Sunshine Park.

Other resort options for the area include Willamette Pass and Hoodoo Ski Resort. Currently Hoodoo has a zero-inch base, with a possible opening day of Nov. 19. While Willamette Pass has a projected opening day of Nov. 24, the amount of surface snow is not currently available.

## Oregon's landscape ideal for playing disc golf

Bryan Edwards  
The Commuter

Disc Golf is a sport that offers time to relax and enjoy the outdoors with some good friends. Oregon provides an excellent landscape to have courses built with trees, water and lush grass fields.

Disc Golf is played almost exactly like regular golf, except instead of hitting a ball with clubs you throw a disc with your hand. There is no hole in the ground like regular golf; instead a disc is thrown into a basket with chains protruding out of the middle, making a cushion so the disc does not ricochet out.

Ordinary Frisbees are not used. A player has a group of specially designed discs for different situations on the course. There are discs called "drivers" designed to be thrown long distances; there are discs designed for short and straight flights to land in the basket; and discs made for curving to get out of sticky situations.

Different techniques are used to throw the disc. There is the backhand throw, which is the normal way to throw a disc with your strong hand. Also there is the side arm technique. This is more difficult; the player puts two fingers parallel inside the lip, and then slings the disc out with the hand upside down.



photo by Skyler Edwards

Cameron Denning, a second-year undecided major, practices his short game at Willamette Park's disc golf course in Corvallis. Although Willamette's course is one of the most used locally, McIver Park, near Portland is considered one of the best in the state.

Scores are kept the same way as regular golf—a par number is assigned to every hole. Par is the amount of throws to be at the average standard for the course.

The Portland and Corvallis areas offer many differ-

ent courses to choose from, including the most popular Willamette Park in south Corvallis.

Willamette Park is an 18-basket course with trees, hard plays and some bushes that can irritate the best of players. The course is estimated to take around one hour to play with four people. Occasionally the baskets are switched around to provide some diversity for the regular players. It provides a nice atmosphere with no water obstacles.

McIver Park along the upper Clackamas River is considered the best place to play for seasoned veterans. It is a huge 28-basket course, which is constantly being changed to provide excellent play. There can be as many as three places where the player must throw the disc into the water.

OSU student Sean Hanrahan says, "McIver is my favorite place to play, the forest and river make a great setting for a game."

Hanrahan played his first game of disc golf his freshmen year of college, but over the past summer, he started playing at least once a week. He enjoys playing in remote areas and his favorite disc is the Champion Viking. His score is usually 18 over par on the McIver course. He recommends playing during summer, spring and early fall.

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# SPORTS

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

## Lady Runners take second in tournament's dramatic finish

**Caleb Hawley**  
 The Commuter

LBCC hosted an action-packed volleyball tournament full of drama this weekend, with the two No. 1 seeds reaching the championship game.

The Lady Runners "ran" through nearly every challenger in their path. Northwest Christian College was LB's first test on Friday night, and they offered little resistance as LB went on to a crushing 30-24, 30-28, 30-8 victory.

The Runners continued their onslaught against Yakima Valley CC in their 7 p.m. matchup. From the get-go YVCC didn't have a chance in the match. Precision passing, sturdy defense and an assaulting offense led to an LB victory with scores of 30-14, 30-22 and 31-29.

"Our passing and serving success was really good tonight. It was all about our momentum—we just were able to pull things together," said freshman libero Darci Williamson.

On the other side of the crossover bracket, Walla Walla CC was keeping pace with LB, sweeping both of their opponents as well.

LB's first Saturday opponent was Clark CC, and the Runners continued their polished act. Clark was no match for the potent Runner offense and superb defense. LB dismantled Clark 30-9, 30-20 and 30-24.

The second match of the afternoon was against Chemeketa CC. To this point Chemeketa gave the most resistance to the surging Runners. The first game was back and forth in the early goings with LB slowly but surely gaining a lead. A big block at 25-20 by LB was the straw that broke the camel's back as Chemeketa was not able to respond, and went on to lose. The second game of the match was all LB carrying the momentum from



photos by Erik Swanson

Jenifer Bassett and Cady Coates (above) go up for a block during last weekend's Crossover Tournament, while Erika Nay delivers a spike (right). LB finished second to Walla Walla in the title game.

the first game. The third game was even closer than the first. This was a game of runs with both teams gaining points in big chunks. At the end of the match, LB landed the final run getting 3 of the last 4 points to secure the sweep 30-25, 30-17 and 31-29.

With the victory over Chemeketa, LB advanced to the finals against Walla Walla after their victory over NCC. Fans couldn't have asked for a better championship. Both teams struggled to execute their offenses as the defenses were playing flawlessly. It was a chess match attempting to find each other's weaknesses.

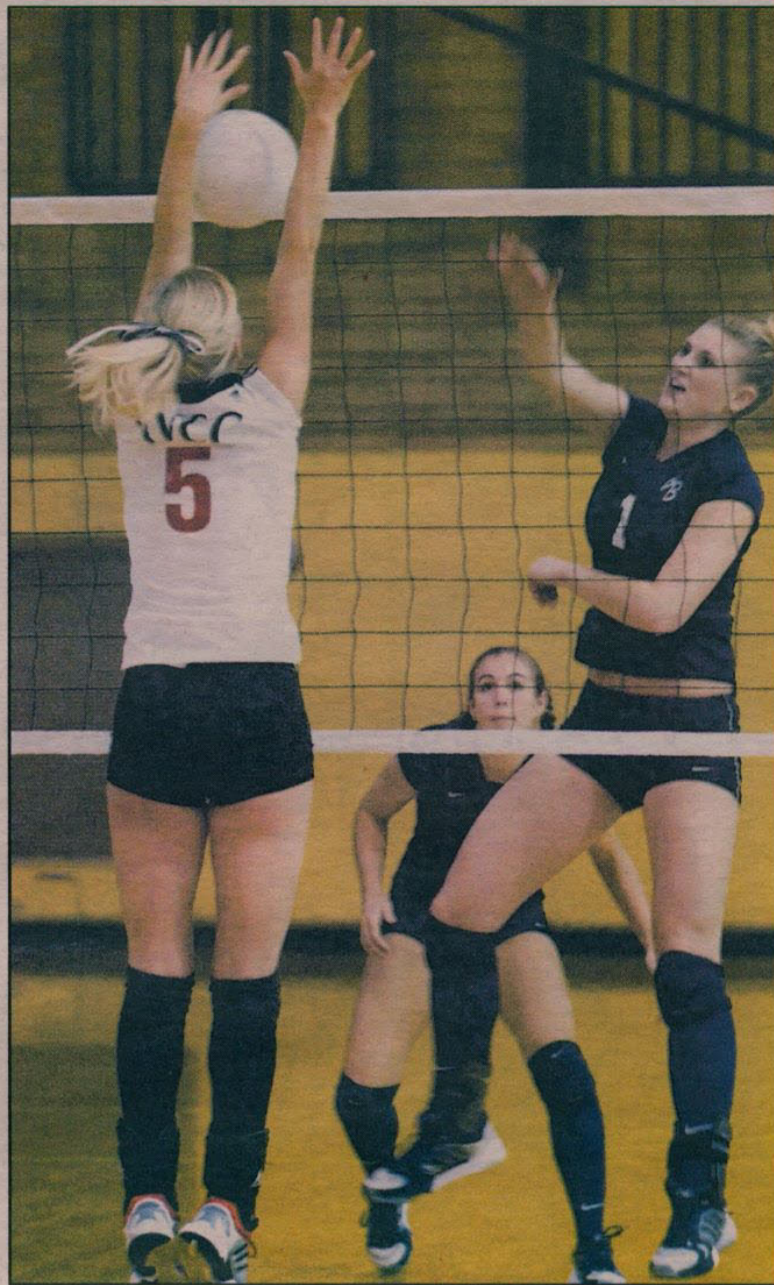
Walla Walla jumped to an early lead in Game 1 of the championship. WWCC held their lead for nearly the entire game until late. The Runners ripped off a 6-0 run to take the lead and finish the game on top with a 30-28 victory. The following game was a game of grind-out defense. Neither

team was able to mount a big lead or create a big run the entire game. The game went to extra frames with LB finally pulling out a 32-30 victory to take the match series to 2-0.

WWCC was on the ropes at this point and they knew it. WWCC came out in Game 3 determined to avoid the sweep. LB seemed distraught with the aggressive play from WWCC, the Runners trailing for nearly the entire game including at the closing as WWCC went on to a 30-24 win.

Game 4 was another punch for punch battle with neither team making a big move for the lead. The defenses on both sides of the net were creating several miscues and errors, keeping the game close. A late push of 4 consecutive points by WWCC was enough to lift them to a 30-26 win over the Runners to tie the series at 2 a piece.

The final game capped off an



amazing tournament with an unbelievable game. The game started with the teams alternating kills back and forth until 2-2. From beginning to end it was a nailbiter. The breaking point of the match was after LB tied the game at 11 all with a thundering kill.

WWCC, seemingly not intimidated by the big kill, went on a tear of three consecutive blocks to take a 14-11 lead. This lead was too much for LB to recover from as WWCC went on as the Linn-Benton Crossover Tournament Champions.

"We didn't have the passing

to get all of our options. We were going to the outside more than we usually do. We needed to have complete options; a couple more points and we would have been solid," said Coach Jayme Frazier. "We beat everyone in three including Chemeketa. That was a big mental win for us to take into next week. That's what we needed to do."

LB produced two all-stars in the tournament, Monica Samsa and Chelsea Hartman.

The Runners are heading to Salem today to take on Chemeketa at 7 p.m. for the final regular season league game.

### Student Life and Leadership



## The Associated Student Government of LBCC has Proposed Amendments to the Election Code.

There are three forums scheduled for students to voice any concerns about the proposed amendments or to provide feedback.

- Main Campus (Albany): Wednesday, November 9, 2005 at 2:00 p.m. in the Calapooia Conference Room. Bill Hand, ASG President will be present.
- Benton Center (Corvallis): Thursday, November 17, 2005 at 11:00 a.m. in Room 121. Cory Eisele, ASG Business Representative will be present.
- Lebanon Center: Tuesday, November 15, 2005 at 5:30 p.m. in Room 203. Erin Moseley, ASG Public Relations Secretary and Roxanne Navarro, ASG Health Occupations Representative will be present.

**Linn-Benton**  
 COMMUNITY COLLEGE

Students with questions can contact Erin Moseley, ASG Public Relations Secretary at 917-4462 or come by the SL&L Office.

#### ROADRUNNER SCOREBOARD

#### Southern Division Standings

Team	League	Overall
SW Oregon	8-4	28-8
Linn-Benton	7-4	29-10
Mt. Hood	7-4	26-14
Chemeketa	4-7	24-18
Clackamas	2-9	27-19

#### Remaining Schedule

Nov. 9 at 7 p.m.  
 Final League Game  
 Chemeketa, in Salem

Nov. 17-19  
 NWAACC Championships  
 Bellevue, Wash.

## Managing

Editor: Jennifer Overholser  
commuter@linnbenton.edu

# CAMPUS NEWS

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

## New lifestyle blamed for dreaded 'Freshman 15'

Sherry Majeski  
The Commuter

Students entering college for the first time are making a major change in their lifestyles that could affect their body weight and possibly their self-esteem. It's part of the old college folklore that incoming freshmen can expect to gain at least five to 15 pounds by the end of their first year.

According to Harvard Medical School, both psychological and social issues contribute to the weight gain. The change in lifestyles from high school to college can be a particularly stressful time for students. Changing environments can be difficult; college life is different from high school. Furthermore, many teenagers move out of their parents' home during freshman year, traveling across town or across the country, where they meet a new set of peers. This change can be trying, and many students turn to food for comfort.

Food is a big part of college social life. Pizza parties, midnight raids to the vending machines and other food-oriented activities are all a part of blending in with new peers. Unfortunately, this type of social eating is in addition to regular meals. Late hours of study groups and refrigerator pillaging are another contributing factor to weight gain.

Many students visit the cafeteria instead of bringing a healthy lunch from home. The cafeteria's menu consists of many high fat and high calorie meals. Cheeseburgers and French fries are a huge culprit of weight gain among many students. Unfortunately, the cafeteria prepares its menu according to the requests of the students, and low-calorie and low-fat foods are not the most requested menu items.

Richard Gibbs, wellness coordinator, stated that alcohol is a contributing factor

to the "Freshman 15." Alcohol may not be high in fat, but it is loaded with empty calories, which plays a significant role in weight gain. Gibbs claims that when students leave their homes and enter college, their lifestyles change considerably and social eating ties into emotional eating.

People eat more food when they sit down to study, which quickly becomes problematic. They consume a lot of soft drinks, which are also loaded with empty calories. Cheap foods and fast foods are convenient, but full of fat, and

should be avoided as much as possible. Gibbs also said, "We all have choices and it takes a little planning to manage your weight. Our society is heavier than it has ever been and (weight gain is) starting with younger people due to lack of activity. Less than 20 percent of Americans lead a sedentary lifestyle. If you take in calories, you have to burn them."

According to Gibbs, eating disorders are another problem that college students encounter. Bulimia is prevalent in 20 percent of college women, while anorexia nervosa is a health problem among some students as well. Binge drinking is also an unhealthy lifestyle among many students and should be controlled.

Gibbs says that people need to take control of their lifestyles by keeping tabs on what they eat and on their alcohol consumption. Students need to get enough exercise and sleep to maintain better physical health and to manage time productivity.

According to Nemours Foundation and Teens Health, college offers many temptations for students. No more Mom to prepare balanced meals early in the evening. You're on your own to eat what you want and when you want, piling big portions on your plate in the cafeteria; loads of French fries and Ranch dip, ice cream, sweets and salty snacks to fuel late night study sessions, with exercise minimized to pencil pushing and page turning while shoveling in the food.

### Fast Facts on the Freshman 15

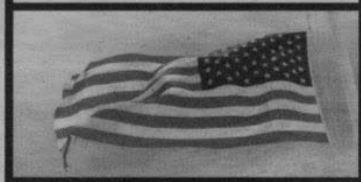
- People who are overweight when they are younger have a greater likelihood of being overweight adults.
- Cola, often a staple of late night studying, interferes with the absorption of calcium.
- Only 174 calories per day account for an extra four pounds of weight gain in one year.
- Your attitude toward food can become a preoccupation.
- Students gained an average of four pounds during the first 12 weeks of their freshman year, a rate of gain that is 11 times higher than the typical weight gain for 17 and 18-year-olds.
- Stress of acclimating to college can trigger overeating. People sometimes eat in response to anxiety, homesickness, sadness or stress, all of which can be a part of being away at school.
- Getting enough sleep can help keep stress under control.

### Tools to Fight the Freshman 15

- Take control of your life.
- Eat slowly.
- Eat at regular times and avoid late meals.
- Keep between-meal snacking to a minimum.
- Choose a variety of nutritious foods.
- Pick lower-fat options when you can, such as low-fat milk or light salad dressing.
- Watch your portion size (not too much or too little).
- Resist going back for additional servings.
- Steer clear of vending machines and fast food.
- Replace empty-calorie soft drinks with water or other healthier beverages.
- Learn about nutrition.
- Watch your attitude toward food!



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AN ARMY OF ONE



**Managing Editor:** Jennifer Overholser  
 commuter@linnbenton.edu

# CAMPUS NEWS

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

## Campus Shorts...

### Coat Drive Concluding

Volunteers are needed on Wed., Nov. 9 from 12 to 2 p.m. in the Activities Center to sort coats gathered in the ASG coat drive. A sign-up sheet is at the front desk in the SL&L office. Pizza will be provided for volunteers. Contact Roxanne Navarro at 917-4462 with any questions.

### Campus Blood Drive

The campus Fall Blood Drive will be held on Nov. 17 from 9 a.m. to 2 p.m. in the Fireside Room. Sign-up can be done by email at rapozae@ml.linnbenton.edu. Include name, time, phone number and extension. Reminders will be sent the day before. For questions contact Terry Gourdier at SL&L 917-4457. There is also a sign-up table in Takena Hall until Nov. 14.

### Career Month

Faculty, staff and students are invited to drop by the LBCC Career Center in Takena Hall anytime during the month of Nov. to learn more about career development services and community resources. Each week features a different focus, such as where to start in your job hunt, how to find your dream job, tips for successful job searching, and career services among others. For questions contact the Career Center at 917-4872.

### Nature Photo Show

The 26th Annual Bob Ross Open Invitational Nature Photography Show will be held at LBCC on Thursday, Nov. 10 at 7 p.m. in the Forum, Room 104. The show is open to public submissions, and this year's theme is "Rock On," featuring photos of rocks, rock formations and geology. Pictures should show no evidence of humans or human structures. Photographers can bring up to 20 digital images in jpg format. This event is free and open to the public. You do not have to show photographs in order to attend. For more information, contact Bob Ross at 928-3711 or by e-mail at rosspix@comcast.net

### Food Drive Underway

The 17th annual Thanksgiving Food Drive continues through Nov. 17. Both donations of non-perishable foodstuffs and cash are accepted. Several donation boxes have been placed on campus for food items, such as canned food, Jell-O, crackers, pie crusts, shortening, potatoes, stuffing mix, etc. Checks will be used to purchase turkey and ham gift certificates and may be made out to AAWCC and forwarded to Renee Windsor, Gail Wise or Roxie Putman.

# Student takes his case to Judge Judy

**Dan Wise**  
 The Commuter

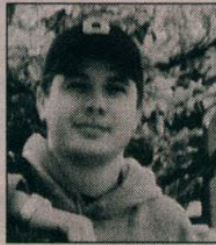
It started with a chase through a grocery store parking lot this August in Albany and ended in one of TV's most famous courtrooms.

On Monday, Oct. 31, Steve Towner, an LBCC Business Administration major, flew to Los Angeles to plead his case before TV personality Judge Judy.

The theft of a jar of pickles started Towner's journey to TV court.

According to Towner, security guards from Safeway were chasing a shoplifting suspect when they threw the suspect into Towner's car, causing \$812 damage. The security company refused to acknowledge causing the damage and the insurance company would not pay. Towner

*"I was contacted by the show almost immediately after filing in small claims court."*



Steve Towner

had a witness and decided to sue the security company in small claims court.

"I was contacted by the show almost immediately after filing in small claims court," he said. They have field researchers who check out small claims court files.

Towner agreed to go on the show and was flown all expenses paid to Los Angeles for the trial, arriving at 1 a.m.

on Halloween night. "My hotel was right on Sunset Boulevard, and I had to walk to my hotel because it was so crazy. The streets were full of people, and there were a lot of cool costumes, mostly lingerie," he said with a grin.

The show also paid for his witness to make the trip and both were housed in the Hyatt while the defendants were in the Best Western.

Towner never got to meet with Judge Judy during his taping. "I interacted mostly with producers and makeup people," he said. They tape nine shows in one day and he was third in line.

The producers told him to view the trial like a battle and jump in wherever he wanted to,

said Towner. "She yelled at me a couple of times when I jumped in," but generally the trial went almost entirely his way.

"She made the other guy look like an idiot," he said. When Judge Judy asked the defendant whose side he would believe, he said the plaintiff's and the room started to laugh. The result was a quick verdict in Towner's favor.

By winning his case, he is being paid by the show for the damages to his car. "I had a fun time," he said. "I just wanted to get my car fixed."

Judge Judy is a courtroom reality show that first aired in 1996 and shows Monday through Friday in the afternoon on ABC. Towner said his taping could air in anywhere from three weeks to three months, but he would be notified beforehand.

# OSU DEGREES ONLINE

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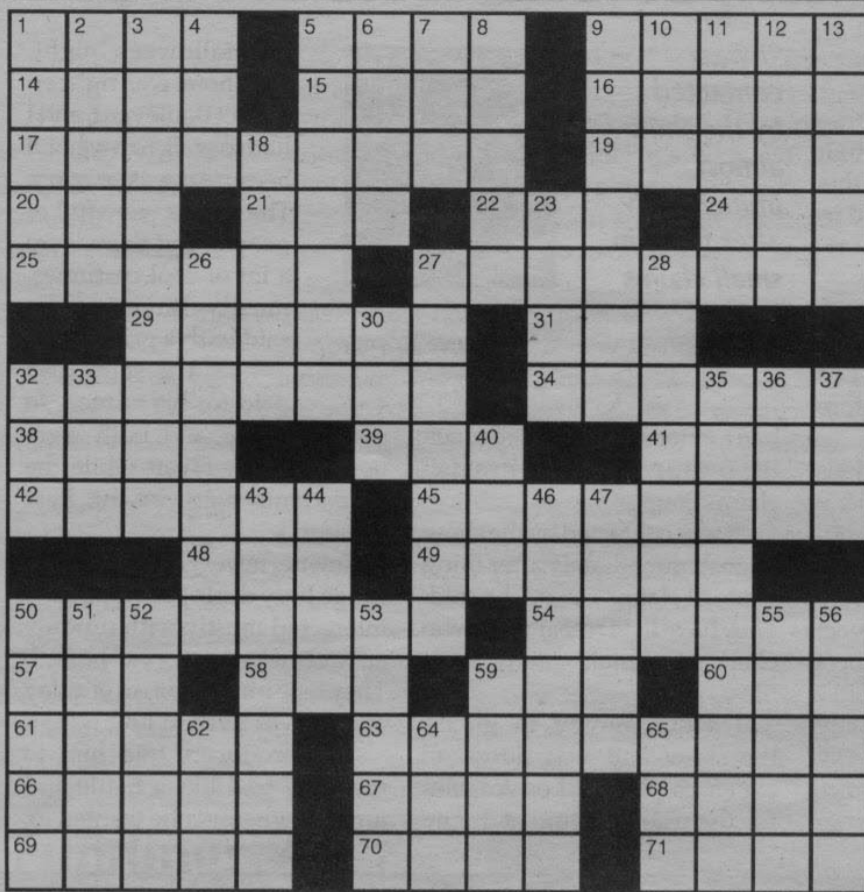
Design Editor: Elizabeth Beckham  
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# FUNNY BONES

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

## Crossword

- ACROSS**
- 1 Chamber
  - 5 Conks on the head
  - 9 Dwelling place
  - 14 Shirtsleeves
  - 15 Implore
  - 16 Au naturel
  - 17 Pilot's tote
  - 19 Stately
  - 20 Avoirdupois unit
  - 21 For what \_\_\_ worth
  - 22 Put into service
  - 24 Taro dish
  - 25 Uses too much nose?
  - 27 Dinner hour
  - 29 Presumptuous
  - 31 Cohort of Curly
  - 32 Bring shame upon
  - 34 Took in the sites?
  - 38 \_\_\_ Stanley Gardner
  - 39 Oft-used abbr.
  - 41 Musical Porter
  - 42 Intercept unexpectedly
  - 45 Niagara's source
  - 48 "\_\_\_ Gotta Be Me"
  - 49 Fit to be served
  - 50 Disgraces
  - 54 Made disorderly
  - 57 Big constrictor
  - 58 Cigar residue
  - 59 In honor of
  - 60 La Brea pit fill
  - 61 Flamboyant tie
  - 63 Result ultimately
  - 66 Make a goal
  - 67 John Doe's dog?
  - 68 Fake coin
  - 69 Comforted
  - 70 Actress Harper
  - 71 Swiss chain
- DOWN**
- 1 Inflatable boats
  - 2 Wrinkle-free fabric
  - 3 With menace
  - 4 NYC arena
  - 5 Interrupts rudely
  - 6 Spherical bodies
  - 7 Org. of Toms and Couples
  - 8 Fluid transition
  - 9 African-American poet
  - 10 Drinks counter
  - 11 Giraffe's cousin
  - 12 Religious grp.
  - 13 Dog on "Frasier"
  - 18 River horse
  - 23 Waterston and Wanamaker
  - 26 Laertes' sister
  - 27 Periwinkles
  - 28 Male hawks
  - 30 Lower digit
  - 32 Morning moisture
  - 33 Nest-egg \$
  - 35 Prevent beforehand
  - 36 NFLer Manning
  - 37 Actress Sandra
  - 40 Womanizer
  - 43 Flew
  - 44 Desires
  - 46 Geisha's robes
  - 47 Critic Roger
  - 50 Degrade
  - 51 Puccini opera
  - 52 Tex-Mex order
  - 53 Larceny
  - 55 Enjoy avidly
  - 56 Least desirable portion
  - 59 G-men
  - 62 Raw mineral
  - 64 Compete
  - 65 NATO member



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11/07/05

ANSWERS  
PROVIDED  
ON PAGE  
FOUR



"I'm sorry you don't feel well, honey, but how do you expect me to make my spaghetti without garlic?"



"This is my teen daughter, Millicent. She's going through a quiet period, except for her occasional shout-out to Satan."

### A College Girl Named Joe

by Aaron Warner



### ...Fun Facts...

- Winston Churchill was born in a ladies room during a dance.
- Dreamt is the only English word to end with the letters mt.
- On average, a child asks 437 questions a day. (Yes, someone actually counted.)
- Babies are born with 300 bones in their bodies, but by adulthood they have only an average of 207 bones.

**LBCC MAIN CAMPUS**  
*Commons*  
Nov. 9 - Nov. 15

**Wednesday:**  
ENTREES: Meatloaf and Mushroom Gravy  
English Style Fish & Chips  
Vegetarian Chili w/Cornbread, sour cream & cheese  
SIDES: Mousseline Potatoes; Peas & Carrots  
SOUPS: Dilled Potato Chowder; Chicken & Wild Rice

**Thursday:**  
ENTREES: Pork Piccata  
Coq au Vin  
Spinach, Red Pepper & Feta Quiche  
SIDES: Scalloped Potatoes; Green Beans Amandine  
SOUPS: Ox Tail; Cream of Garlic

**Friday: Chef's Choice**

**Monday:**  
ENTREES: Turkey Cutlet w/Brown Butter Sauce  
Texas Chili con Carne w/Cornbread  
White Spinach Lasagna  
SIDES: Orzo/Pesto; Zucchini in Tomato  
SOUPS: Roasted Vegetable Chowder; Albondigas

**Tuesday:**  
ENTREES: Garlic Chicken  
Swedish Meatballs w/Buttered Noodles  
Cheese Enchiladas  
SIDES: Risotto; Cabbage w/Apples & Onions  
SOUPS: Egg Flower; Lentil

*Weekly Menu*

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# ARTS & ENTERTAINMENT

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



## Check It Out

**Oregon Shakespeare Festival's Terri McMahon & Juan Rivera LeBron**  
 Nov. 9  
 10- 10:45 a.m. & 12- 12:45 p.m.  
 The Russell Tripp Center  
 LBCC Main Campus  
 Free

**"The Kindreds"**  
 Nov. 9  
 11:45 a.m.- 1 p.m.  
 Benton Center  
 757 N.W. Polk Ave.  
 Corvallis

**CCT's "Blithe Spirit" directed by Scott Palmer**  
 Nov. 10\*- 13\*\*  
 8 p.m.  
 Majestic Theater  
 115 S.W. Second St.  
 Corvallis  
 \$10 Adults  
 \$8 Students and Seniors  
 \*Bargain Thursday  
 \$8 all seats  
 \*\*2:30 p.m. matinee  
 541-738-7469

**Disc Jockey "Diamond G"**  
 Nov. 11&12  
 9 p.m.  
 The First Round  
 129 First Ave. W.  
 Albany

**"Amadan" Stout Irish Music and "My Life in Black and White"**  
 Nov. 12  
 9:30 p.m.  
 Platinum  
 126 S.W. Fourth St.  
 Corvallis

**Floater Concert All ages acoustic show**  
 Nov. 13  
 8 p.m.  
 McMenamin's Kennedy School  
 5736 N.E. 33rd Ave.  
 Portland  
 \$10 Advanced tickets  
 \$12 At the door  
 www.ticketwest.rdl.com



photo by Skyler Edwards

Chris Hocy, an OSU chemical oceanography major, performs during open mic last Wednesday at Iovino's.

## 'Anything goes' attitude turns on Iovino's open mic night

Holly Chiron  
 The Commuter

Full rains and stormy weather don't discourage the Wed. night open mic crowd at Iovino's Ristorante in downtown Corvallis.

At 9 p.m. the first Wednesday of each month, musicians, singers, poets and performance artists rush to the First Street restaurant and sign up for time at the mic. What follows is anyone's guess.

Founder Wes Burden and organizer Sam Holmes say Iovino's has hosted open mic night for the last four years, and it shows no signs of stopping. Burden says he started the event after noticing there was no open mic in Corvallis. He says his friends helped him organize it, and then took the idea to proprietor Regina Iovino, who loved it.

The community responded well, filling the restaurant to capacity. "Two years ago the place was also packed," said Burden. "We decided on a \$2 cover charge but people didn't want to pay so we continue to run it non-profit."

But what exactly is an open mic night? The answer is rather simple. First performers sign up for a time slot and indicate the type of performance. Then organizers stagger the music, poetry and comedy acts. A microphone and stage are open for people to freely express themselves through poetry, music, comedy and performance art. Burden says an average open mic night will have between 15 and 20 performers. Usually there is a 10 minute time limit per person, and as Burden says, "It's an anything goes type thing."

"Every open mic night is different, having it's own personality," explained Holmes. "You can come one night and think, this is what open

mic is about— but really each night is unique." Burden describes the event as a "happening" and explains that performers range greatly in age and experience. "Some people will get on stage with a guitar they just bought the day before and beat on it for 10 minutes, then someone performs that has 40 years of experience," said Holmes. "We don't discriminate."

Many of the performers are regulars at open mic night. One such person is Jerry Brunoe, a psychology major at OSU who lives in Corvallis. Brunoe said, "Generally I read my poetry, but last time I did an interpretive dance." Brunoe, who grew up on the Warm Springs reservation, writes about his history, memories and piecing those things together with his life right now. He comes to open mic night "to see the instant reaction of what people think and like about my work, what works and what doesn't." Brunoe also said that performing helps him with communication and public speaking skills.

Sarah Queen had never been to an open mic and said, "I think it's just when people go up and decide to share their work." A forest recreation major at OSU, Queen said she came because her friend at LBCC was going to read poetry.

Owner Regina Iovino says that open mic night is a great venue and that "people love the Wednesday night events because they can be creative and have a real sense of community." Other Wednesday night events include poetry slams, improv theater, and comedy night.

Iovino's Ristorante, located at 126 S.W. First St., serves Italian cuisine and provides complete bar service. For more information about other Wednesday night events call 738-9015.

### Eccentric Hijinks

Madame Arcati (OSU Prof. Vreneli Farber, center) conjures up spirits for seance party guests Dr. and Mrs. Bradman (Paul Ahrens of Corvallis and LB English instructor Linda Spain) in Corvallis Community Theatre's "Blithe Spirit" at the Majestic Theatre, Nov. 10- 13.

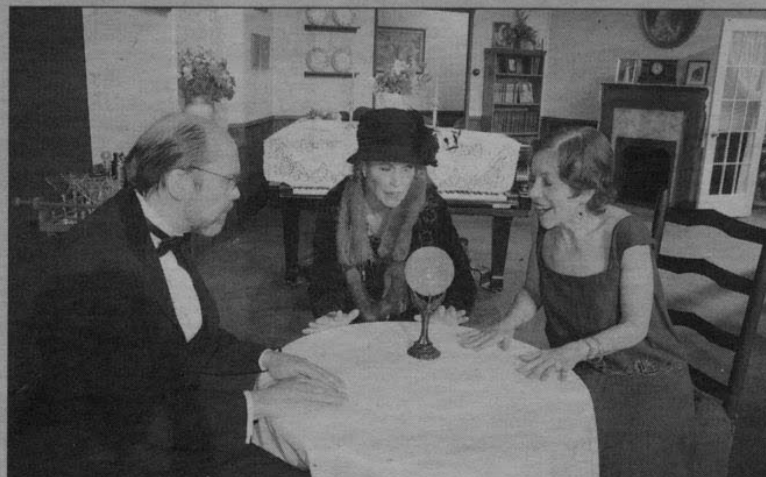


Photo by Colleen Franzoia

Calendar compiled by Colleen Franzoia, A&E Editor  
 Get your event in Check it Out. Send all information to  
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# DISCOVERY

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



Bob Richardson of Corvallis casts into the surf at Agate Beach north of Newport

photos by Dan Wise

## Off-season can be the best season on the Coast

Colleen Franzoia  
The Commuter

The Oregon Coast's Fall/Winter season is off to a good start. Newport, just 55 miles west of Corvallis boasts a mild climate this time of year, which makes it an enjoyable place to visit when the winter doldrums set in.

Touted as one of the best crabbing seasons in recent memory, there are plenty of opportunities for anyone who might want to throw a crab pot off the docks of Newport's historic bay front. The annual catch figure has been good, with increased harvests each year since the 2000-2001 season. Fall sport crabbing has already begun, and the commercial season is ready to launch on Dec. 1.

Just across Yaquina Bay from the docks, the Oregon Coast Aquarium offers beautiful exhibits and hands-on activities, as well as its feature attraction—Passages of the Deep, a 1.32-million-gallon tank, part of which once housed the aquarium's most famous resident, Keiko The Killer Whale. The exhibit now consists of three separate habitats accessed via a 200-foot-long acrylic tube with a 360-degree view, where you can walk among the stingrays, rock fish and sharks.

The aquarium has displays of coastal inhabitants and a touch pool where you can get hands-on contact with starfish and other sea creatures. In addition, the OCA has an outdoor play area for children. The outdoor exhibits have many active residents such as sea otters, seals and sea lions and an abundance of native coastal birds in the aviary.

Three miles north of Newport on Highway 101, near Agate Beach, is one of the best-preserved lighthouses on the West Coast. Yaquina Head Lighthouse became operational on Aug. 20, 1873, after more than two years of construction. Its distinctive signal of two seconds on, two seconds off, two seconds on and 14 seconds off still informs mariners where they are located. The original first-order Fresnel lens is still in place. It used to be lit by wicks fueled by pig lard and is now operated by electricity.

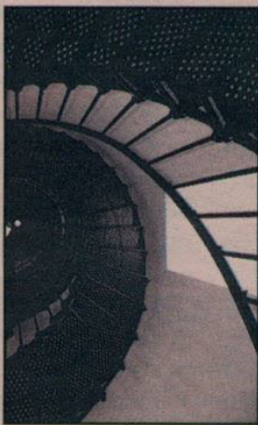
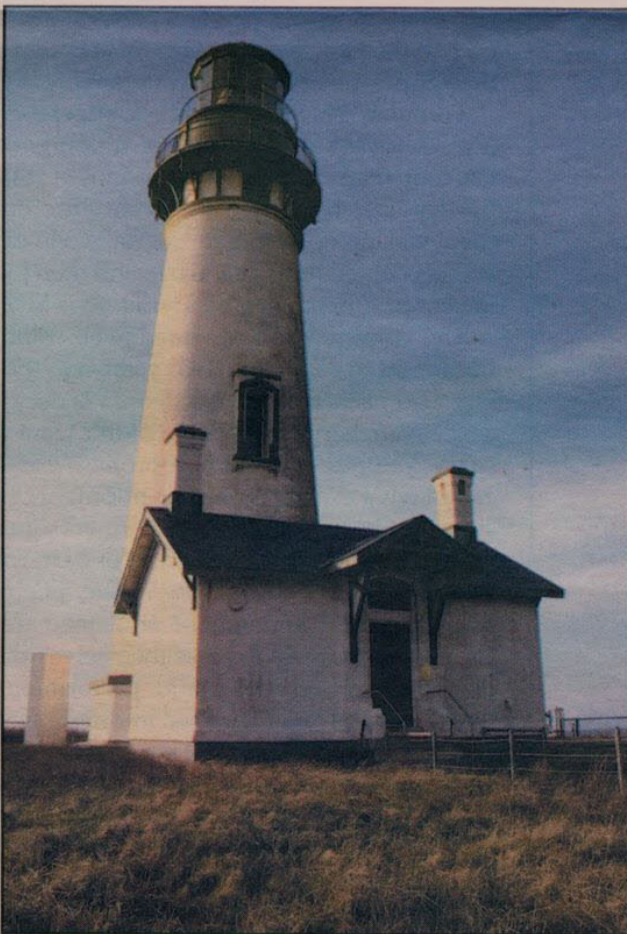
Once surrounded by the lightkeeper's home and other outbuildings, the lighthouse is the only original structure remaining. The tower is 93 feet tall and 162 feet above sea level, which makes the Yaquina Head lighthouse the tallest on the Oregon Coast. The lighthouse is straight within one inch from top to bottom. The beam can be seen about 20 miles off shore—if it weren't for

the curvature of the earth, it could be seen farther.

The Yaquina Head Lighthouse is open daily for tours and climbing from 12 p.m. to 4 p.m. and the visitor's center remains open until 5 p.m. Admission to the Yaquina Head area is \$5 per carload, which gives you a three-day pass.

Just past the ranger office is the entrance to the tide pool area where you can see sea stars, hermit crabs and sea urchins. The area is accessible via a long ramp leading down to the tide pool floor.

Long stretches of sandy beach both north and south of Newport offer activities from surf fishing to fossil collecting to rock hounding to surfing to just walking and listening to the pounding surf. No matter what one chooses to do, perhaps the favorite cap to a long day is watching the endless variety and color of an Oregon Coast sunset.



Winter on the Coast offers everything from surf fishing and wave watching (above), to playing in tide pools, climbing lighthouses (right) and enjoying the night skies (below). Maya Fox, 2, of South Lake Tahoe (far right) explores the touch pool at the Oregon Coast Aquarium.

photos at right  
by Colleen Franzoia

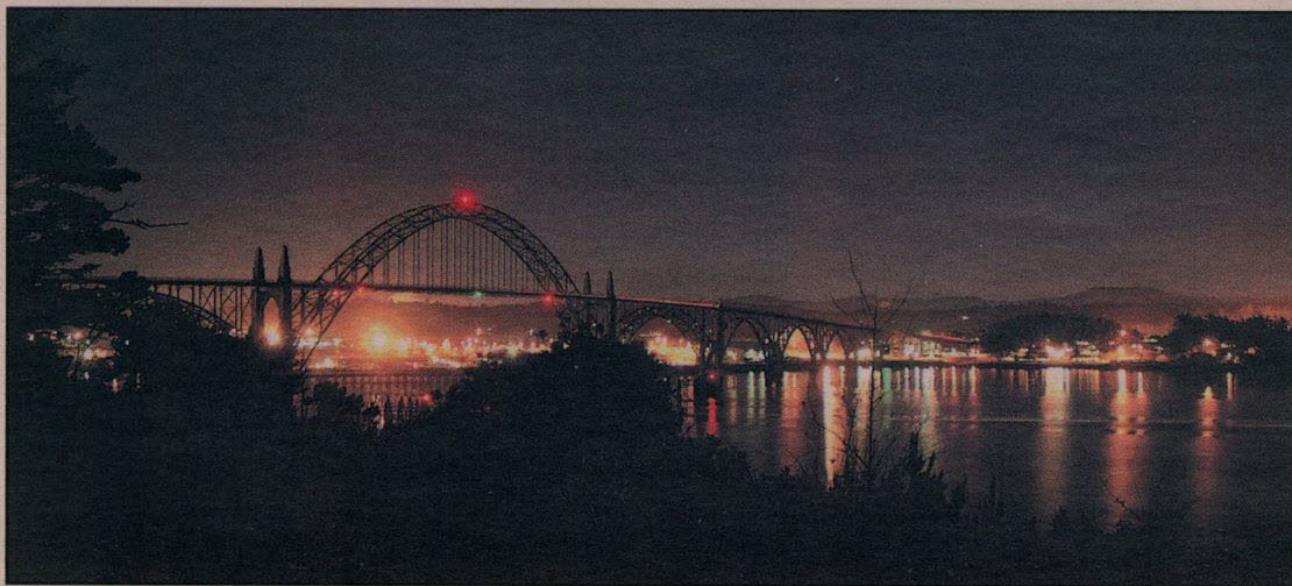


photo by Erik Swanson



photo by Dan Wise