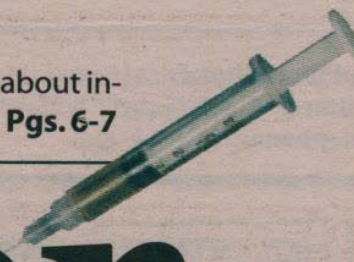


Commons turns into temporary art gallery for work not juried into annual student show ▶ Pg. 11

Local law enforcement officers concerned about increasing use of methamphetamines ▶ Pgs. 6-7



The Commuter

a weekly student publication

www.linnbenton.edu/commuter

Wednesday, April 21, 2004

Linn-Benton Community College, Albany, Oregon

Volume 35 No. 20

New Spaces



photos by Scott McClure

Benton Center Opens New Rooms While Construction Continues

Students at the Benton Center's newly opened Activities Center work out during the light dance aerobics class last week. The Activities Center, which replaces the old gymnasium, opened Monday, April 19. Other new spaces in the remodeling project now open are the new Career Center, Learning Center and Ceramics Studio. Workers are now remodeling the spaces vacated by staffers in the older part of the building.

LB students eligible to study in Florence

Sheena Bishop
The Commuter

LBCC is going international this fall with the help of the Oregon International Education Consortium.

The college recently joined the Consortium, allowing selected students to travel to Florence in the fall and London in the spring to study abroad and experience other cultures. Other community colleges in the consortium are Central Oregon, Chemeketa, Clackamas, Mount Hood, Rogue and Portland.

Generally, the Consortium sends four or five students from each school, totalling 25-30 students. The trip is specifically for Oregon students, although it's possible that participants will meet students from other regions of the country while in Italy.

Staff member Tammi Paul-Bryant is the study abroad coordinator, collaborating with Director of Financial Aid John Snyder to help students decide if the Study Abroad program is possible for them.

Requirements for the trip include a GPA of 2.5 and the completion of at least 12 college credits. The program includes past students who no longer are attending.

For LBCC participants, there is an application students must turn in by May 21 to be considered for the trip. This application includes two letters of recommendation from faculty and the completion of two essay questions. Applicants also need official school transcripts.

Students will be notified of their acceptance or declination on May 28; the deadline to apply to Financial Aid after acceptance is June 1. Because the financial needs of students are all different, the aid packages will be designed to fit each

▶ Turn to "Study Abroad" on Pg. 4

FRC Fun Raiser helps parents take classes

Colleen Jacks
The Commuter

LBCC's Family Resource Center will host the 27th annual Family Fun Raiser on Saturday, April 24, from 10 a.m. to 2 p.m., in the Activities Center Gym.

The activities are designed for children one to six and are 25 cents each.

"Some of the activities include a planting booth, snow toss, making crowns and play dough," said Dee Dee Strombeck,

secretary for the Family Resource Center. "There will be lots of things the little ones can do. 'Live and Learn' will also have a booth with information about parenting classes."

"This is the main fundraising event for the Parent Grant Fund which pays partial tuition for the parent education classes," Strombeck added.

The Parent Grant Fund assists nearly 2,000 LBCC and community families who need help with tuition each year.

In addition, there will be a used book and toy sale and a silent auction. Some of the items up for bid are flats of flowers and items donated by Winco and Bi-Mart.

The Family Resource Center is hosting an open house from 10 a.m. to noon. The FRC offers on-campus childcare for LBCC students and community families. Those visiting the Family Resource Center will also receive a free activity ticket for the Fun Raiser.

For information, call (541) 917-4949.

Welding student wins state VICA contest; now heads to nationals

Sheena Bishop
The Commuter

Nick Santana, an LBCC welding student, earned first place in the Vocation Industrial Clubs of America's state competition earlier this month, an honor that sends him to the national competition in Kansas City June 22-25.

There are 14 stations to be completed at the competition: Department of Transportation inspection, a mostly



Nick Santana

written test on air conditioning, setting a rear end, troubleshooting both a manual and automatic transmission, trouble shooting a Cummins, anti-lock brake systems, hydraulics, precision engine measurement, an electronics station requires setting up a simple circuit, shop skills in welding, torch cutting, drilling,

and taping and if that isn't enough, there is still a final written test and job interview to complete.

"You don't really know what they want at the time," Santana said about studying and planning for the event. "Study up on basic stuff."

Santana confesses that he used his instructors here on campus to help him out. He did a lot of reading and Equipment Diesel Program shop on campus where he

▶ Turn to "Santana" on Pg. 4

WEATHER THROUGH THE WEEKEND

SOURCE: WWW.WEATHER.COM

high 56 low 41
WEDNESDAY

high 68 low 44
THURSDAY

high 59 low 40
FRIDAY

high 65 low 42
SATURDAY

high 73 low 47
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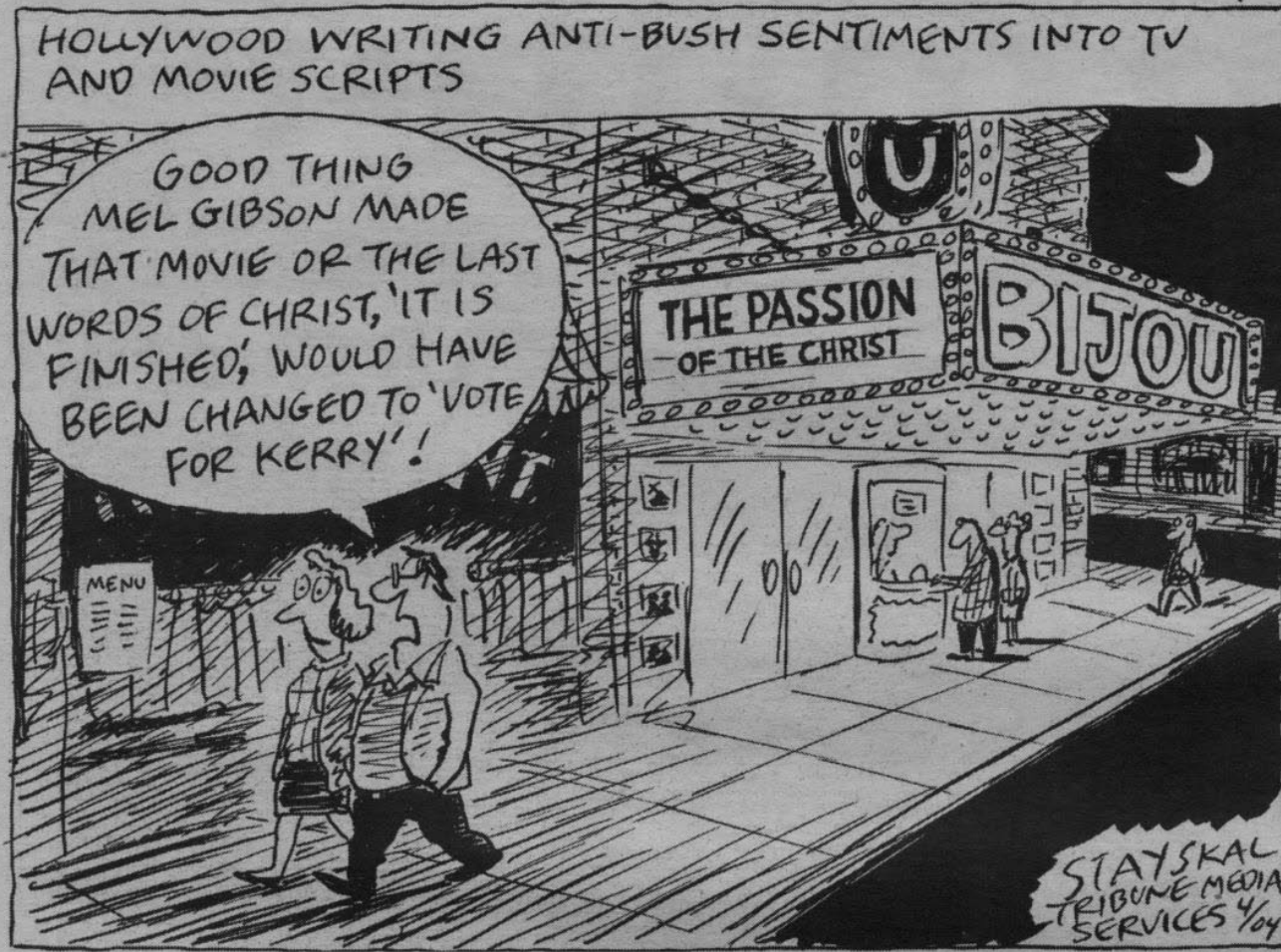
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Opinion Editor: Erica Hennig
Editor-in-Chief: Michelle Bertalot
Telephone: 917-4452

OPINION

Send letters to The Commuter:
 Turn into Forum 222. Please sign them and
 keep them at 250 words or less



COMMENTARY

Kerry's flip-flopping leaves Bush the better choice in fall election

Adam Swackhamer
 The Commuter

I'll admit that like most college students, I'm a registered Democrat. Sadly, my party has failed to produce a candidate I can feel comfortable putting any support behind.

The fact that a senator who is unable to make up his mind on any issue could be president of the United States is incredibly troubling.

John Kerry's own Web site gives little assurance that he is the right man for the job. The point that George Bush cut taxes is driven home numerous times, and every issue seems to take a backseat to it. His Web site also fails to give much on how he plans to make all these enormous changes to our country.

Perhaps the most alarming thing about John Kerry is his war record. His actions regarding his time spent in Vietnam have spurred a group of veterans to start Vietnam Veterans Against John Kerry.

His anti-war tone certainly changed in 1997 when Sen. Kerry said, "(Saddam Hussein) cannot be permitted to go unobserved and unimpeded toward his horrific objective of amassing a stockpile of weapons of mass destruction. This is not a matter about which there should be any debate whatsoever in the Security Council, or, certainly, in this nation."

His opinion changed again in 2004 when Kerry said, "The failure of the administration to internationalize

the conflict has lost us time, momentum and credibility—and made America less safe."

Kerry's special interest record is another point of contention for myself and other disenfranchised Democrats. The people have chosen a senator who has received more lobbyist dollars than any other senator in the last 15 years. However, on his Senate Web site he claims he wants to "take special interest dollars out of this political system."

Kerry's flip-flopping on everything from the unilateral war in Iraq to his stance on special interest dollars has led me to believe that the only reason Kerry is running is to unseat Bush. He seems to have gone out of his way to be the "anti-Bush" candidate instead of making the decisions that would truly benefit the American people.

Even though I don't always agree with our president, I do believe he is the better man in this election.

I understand that many LBCC students generally distrust George Bush, but I would urge you to do more research into both candidates before simply throwing your vote behind the candidate of the party you are registered under. Should you find that neither candidate represents you, a third party vote is an excellent alternative.

The more competition we have in our elections the better. In business, improvement will come quickly and effectively when you are forced to keep up with legitimate competition—the same idea applies to politics.

LETTER TO THE EDITOR

Labeling those with opposing views as bigots widens gap of hatred

To the Editor:

In response to the April 14, editorial "Intolerance best defense to bigots" I will admit that your outlook was reasonable to a point. However, you label everyone you are intolerant of as "ignorant, paranoid, fanatics," and then you use your position to encourage hatred for them.

I am a conservative Christian, a wife, a mother and the daughter of a homosexual. I have some very strong conservative opinions, but I believe Christians who preach hatred for people are misrepresenting Christianity.

I don't hate people, but I do hate sin. I try very hard not to mix the two. It is not always easy, but it is possible. It is possible to hate murder and still love a murderer, to hate theft and still love a thief. In fact Jesus told people to do just that.

I try to live in a way that would bring honor to God by following his laws. That might make me seem intolerant, but what other people think of me is not nearly as important as what God thinks of me.

We are living in a world where the attitude is "if it feels good, do it" and if anyone complains, you're a victim and they're bigots. It is a sad world when all we do is point the finger at each other while our ears are plugged.

It is also sad when a seemingly intelligent, but I think inexperienced college student chooses to only widen the gap of hatred.

Brandy Steiner

EXPRESS YOURSELF

The Commuter encourages readers to use its "Opinion" pages to express their views on campus, community, regional and national issues. Responses to other opinions published on this page, or to anything in The Commuter are particularly welcome.

Readers can submit their ideas in the form of either letters to the editor or guest columns. Letters should be limited to 250 words, but columns can be longer to develop more complete arguments and positions. Contributors who wish to submit columns are asked to first contact the editor to arrange for space in the next issue.

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 e-mail us at commuter@ml.linnbenton.edu.

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.

Editor-in-Chief:
 Michelle Bertalot

Managing Editor:
 Adam Peoples

Copy/Opinion Editor:
 Erica Hennig

Arts & Entertainment Editor:
 Peggy Isaacs

Sports Editor:
 Jacob Espinoza

Editorial Assistant:
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 Adam Swackhamer
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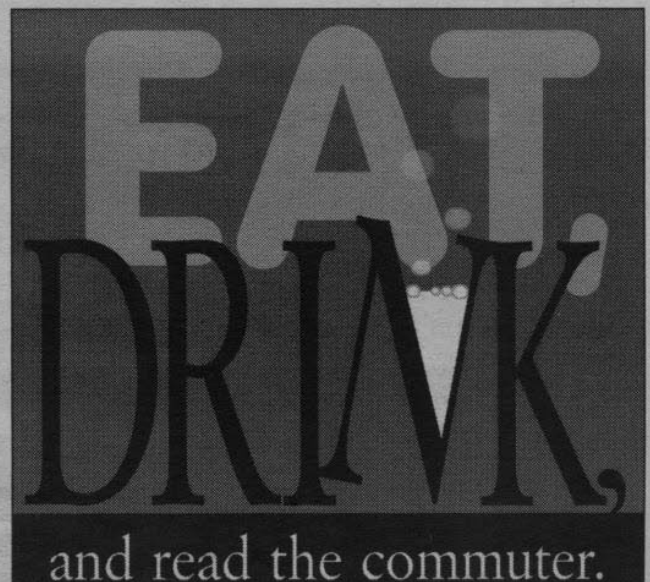
Production Coordinator:
 Aaron Kiersky

Adviser:
 Rich Bergeman

Phone: (541) 917-4450, 4451, 4452 or 4453

Fax: (541) 917-4454

Address: 6500 S.W. Pacific Blvd., Albany, OR 97321



Editor-In-Chief: Michelle Bertalot
Newsroom Desk: 917-4451
 commuter@linnbenton.edu

CAMPUS NEWS

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

GSA lunchbox training a 'wake-up call' for students

Adam Peoples
 The Commuter

Attendants of the Gay, Lesbian and Straight Education Network shared experiences, addressed issues of education and discrimination and suggested changes to make LBCC more safe and supportive of the lesbian, bisexual, gay and transgender (LBGT) students and faculty.

The "lunchbox training" was put on by Julie Williams, a GLSEN-trained high school teacher. She was invited by the LBCC Student Ambassadors.

LBCC's Gay Straight Alliance adviser Heather Ohana said she was pleased with the session. The meeting opened with an activity on historical figures who were homosexual, bisexual or transgender.

Matt Swanson, an LBCC student and member of GSA, explained the attendees were asked to share when they first learned about different sexual orientations and genders.

"There were people there representative of different age groups," said Ohana. She added that younger speakers seemed to face less negative initial impressions.

Williams spoke about education in a formal school setting. Ohana described the meeting to be centered on education and familiarity for the first half, but then switched to an analytical discussion addressing the situation at LBCC.

Videos and statistical information were

presented to the group. Also brought to attention was the influence of discrimination, particularly by staff and faculty members, that could make students feel alienated or unsupported.

Swanson said he felt the method of addressing the LBGT student body at LBCC was insufficient. He went on to say issues were "swept underneath the rug."

A new building to be erected immediately north of the AHSS building will include single-use bathrooms.

"(Single-use bathrooms) are more accommodating for transgender people," commented Ohana. She added other individuals may also find the bathrooms more comfortable, allowing more privacy.

LBCC's policy on discrimination does not send a clear message in Ohana's opinion. A "zero tolerance" policy needs to be instituted across the campus according to her. She added that students often don't know when they have the support of their instructors or other faculty, staff and classmates.

Swanson described the training session as a "wake-up call." A point Swanson found to be crucial was the idea of speaking up. "Always keep conversation alive. Silence will kill," stated Swanson.

Ohana also made note of creating a list of easy ways students can end harassment at LBCC. "There are things we can do to help stop it," she said. Ohana hopes to publish the material and have it readily available to the population on campus.



photo by Bonnie Quinones

Horsing Around

Two foals were born into the horse breeding management class at the barn on 53rd Street last weekend, bringing to four the number of horses born into the program. The mothers gave birth "in the middle of the night," according to instructor Jenny Strooband.

Campus library celebrates National Library Week with activities

Jorry Rolfe
 LBCC Librarian

Think you're connected? Think again.

You've got a cell phone. You've got a computer. You're connected to the Web.

But unless you're connected to the LBCC library, you may not know what you're missing.

One of the biggest myths around is that everything is on the Internet and that it's free. The fact is you'll find little information on the Web before 1975 and little in-depth research is available for free.

The LBCC library is participating in National Library Week sponsored by the American Library Association. The goal is to increase awareness of the services and resources available at your library.

The LBCC Library offers a collection of books and other reference materials, Oregon documents, recordings, video and other source material. The library also has a collection of online electronic databases to meet the needs of students. Some of these materials are available on the Internet, but at steep price. The library's "reference center" URL is:

lib.linnbenton.edu/index.html

The library provides online collections free of charge to students in the same way that it provides print documents, video and other resources—only you can log on anytime.

Using the library has never been faster, easier or more comfortable.

In addition to Web access, the library has areas for quiet study and group work, art displays and students are allowed to bring food or drinks into the library. But not near the computers.

Most important, there are librarians to help you find what you need, whether it's in a book, journal or database. The library

may be the only place on campus where you're not expected to know the answer. Their job is to help you find the answers and to assist in sharpening your research skills.

During National Library Week (through April 21), the LBCC Library is holding a used book sale and running contests. Among the prizes are:

- Gift certificate from the LBCC Bookstore

- Two gift certificates from Browser's Bookstore in Corvallis

- Gift certificate from Walden-books in the Heritage Mall

- Gift certificate from The Book Bin in Corvallis

- Gift certificate from The Book Bin in Albany

- Two gift certificates from Grass Roots Bookstore in Corvallis

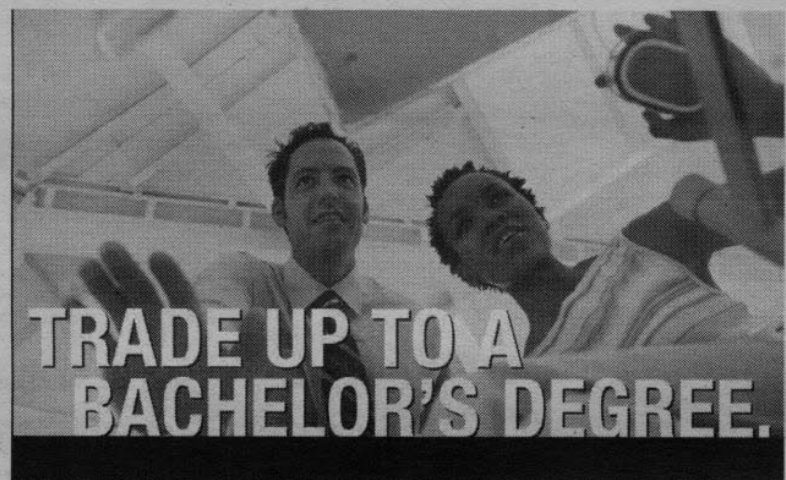
- Gifts from Borders Books &

Music in Corvallis

Today (Wednesday, April 21) students, staff and community members are invited to come into the Library anytime from 8 a.m. to 2:30 p.m. and enter their name for door prizes.

Winners will be drawn at 2:45 p.m. by LBCC President Rita Cavin.

Refreshments are also provided between 1 p.m. and 8 p.m.



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CAMPUS NEWS

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

CLASSIFIEDS

HELP WANTED

Teller I or II (#2433 & 2432) There is a full-time teller position in Corvallis and part-time teller in Albany. If you have customer service skills and cash handling, these might be great entry-level positions into their company. See Carla in the Student Employment (T101).

Research Assistant (#2438, Albany) Looking for someone who is adaptive to both greenhouse and outside field work. This is full-time, summer job starting mid-June. Please see Student Employment (T101) for your referral on this great job!

Civil Engr Tech/Designer (#2430-Lakeview, Oregon) This full-time position requires minimum of 2-year degree in Civil Engr Tech or Drafting and competitive skills in AutoCAD 2000. See Carla in Student Employment (T101) for your referral before it's closed!

Summer Engineering Internship (#2439-Albany & Salem openings) If you are going to be starting 3rd year engineering year this fall and have skills in Excel, AutoCAD & Word, this is a wonderful summer internship and pays \$13.50/hour! See Carla in Student Employment (T101) if this is you!

Need Experience? Build résumé, gain credit, make \$8,000/summer, Travel, Have Fun. Info sessions being held now @ OSU! Call: Nina Allen @ (541) 517-8719 or ninaallen25@hotmail.com The Southwestern Company.

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Misc.

Rock Solid Health Center - 35% off supplements. Free consultation. Downstairs next to Starbucks, 4th street, Corvallis. (541) 619-5559.

There's a new club in town! LBC-CLUG We have just started a Linux User Group on campus and we will be meeting on the last Thursday of every month in the Commons/Cafeteria from 12-1pm. Come and check us out.

WANTED

Roommate wanted to share large house near bus stop and college. \$225/month Call John at 259-5076 or 990-2156.

CLASSIFIED DEADLINE

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

Study Abroad: LB joins consortium

▲ From Pg. 1

participant's individual needs.

The deadline to send in the initial \$400 application fee to the American Institute For Foreign Study is July 20. AIFS is the organization that the consortium plans their events through.

Even though the curriculum is based highly on general humanities and writing, students do not have to be a design or art major to participate. The program is open to students of all majors that meet the initial requirements and submit the required application.

Two instructors are chosen from the participating colleges that run the courses during the trip.

Because of the recent entry of LBCC into the consortium, LBCC faculty will not be able to apply for these two positions until next year. The consortium decides which two instructors out of those that apply are sent.

The cost is about \$6,000 or \$6,700 if you choose to purchase meal vouchers, additional Italian language instruction and the insurance upgrade.

Students will live in an apartment in downtown Florence with three other people. The apartments have two bedrooms, two people to a room, unless one chooses to pay extra for other arrangements if they are available. A \$200 refundable damage deposit is included in the initial fees.

The AIFS application requires the usual personal information and payment plan options as well as health and housing requirements to assist in pairing participants with compatible roommates and a page for optional arrival and return scheduling.

A student information session will be held this Friday, April 23, from 11:30 a.m. to 12:30 p.m. in the Multicultural Center on the second floor of the Forum.

Information is available from Tammi Paul-Bryant in the Student Life and Leadership office at 917-4457 or via e-mail at pault@linnbenton.edu or downstairs.

A video is available to preview about the trip and the opportunities participants will have at their disposal.

Santana: Award offers opportunities

▲ From Pg. 1

spends a lot of his time.

"I was putting off the preparing, so I was kind of surprised when I won," Santana said.

"They try to grade as evenly as possible," Santana said. Each station is worth 100 points. If all or most of the participants have a problem at a certain task or station the judges take that into consideration upon scor-

ing each participant, according to Santana.

"I want to do more of the heavy equipment side, like excavators and bulldozers and stuff," Santana said about the career he is seeking.

According to Heavy Equipment faculty member John Alvin, Santana's first place state finish could lead to job offers with major companies.

"(There is) definitely going to be a lot more competition than the state stuff," Santana said about the national competition in his near future.

The South Albany graduate plans on studying up more for the national competition, putting more time and effort into gaining as much knowledge as possible before he leaves for Kansas City.

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Newsroom Desk: 917-4451
 commuter@linnbenton.edu

LOCAL NEWS

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

Albany's main library may begin expansion in 2005

Erica Hennig
 The Commuter

Pending local approval, Albany's Main Public Library may be gaining square footage in the fall of 2005.

A random telephone poll of 437 registered voters earlier this month shows that 56 percent of those surveyed support a renovation and addition to the library, located at 1390 Waverly Drive. In late March, the library mailed about 27,000 brochures to residents inside the city limits.

City councilors arranged the "test-educate-retest" approach to determine how the proposed changes would be received by voters.

The first step, "test" was conducted in December through a primary survey. The level of community support has remained fairly constant since December, down only 2 percent since the first poll.

According to the brochure sent out in late March, nearly 70 percent of Albany residents are library card holders. Nearly 6,000 citizens use the libraries each week and "there is little room for improving collection size, staff work area, or for program needs."

The brochure states, "The city of Albany uses property tax to operate and maintain its libraries, but, in 90 years, property taxes have never been spent on construction."

Built in 1974 with money from a federal grant that matched a \$200,000 grant from Fred G. Meyer himself, the library was built on land donated by the Fred Meyer Foundation. From the estimated population of 21,200 in

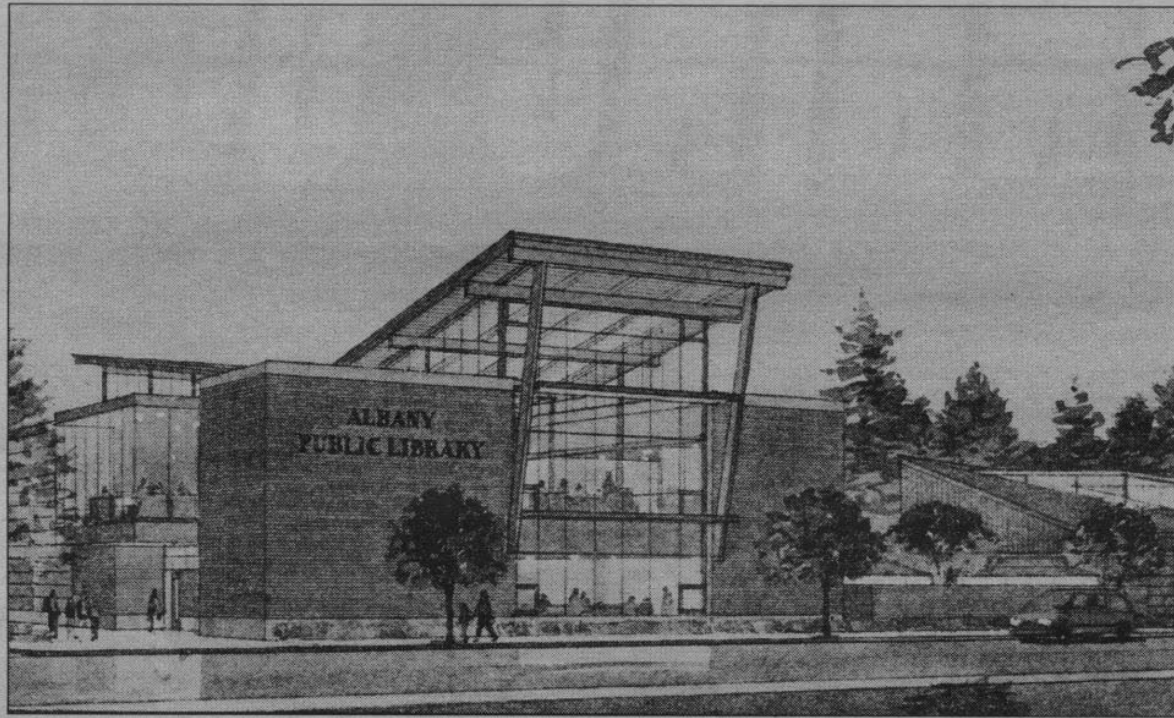


illustration by Richard Hoyen

A possible renovation and expansion of Albany's main library, shown in this artist's rendition, could make room for more materials and specifically, an ever-increasing electronic media collection. A campaign committee hopes to gain community support for the November 2004 vote.

1974, the city had grown to about 42,280 in 2003.

As visitors enter the heavy glass and wood doors, they may observe how the library has changed in the past 30 years. A growing collection of electronic media, such as books on tape and videos has taken the place of state documents and genealogical materials that were once housed there.

The genealogical society has since moved to the basement of the county courthouse and LBCC's main campus library now holds the government documents. Videos, DVDs and books on tape once located in the children's section now hang near the checkout desk.

The addition will bring the

building halfway through the parking lot from the west side of it's current location. It will be necessary to purchase a portion of Regal Cinema's parking lot in order to provide enough parking for library patrons.

Possible rooms situated in the two-story addition could include a 150-seat community meeting room, study rooms and a bookstore. City services, such as Parks and Recreation might offer classes in the meeting room, which is currently available for reservation by non-profit groups. The addition could hold about 34 computers, twice as many as the current library has and there may be a small lab for businesses to hold seminars. The children's area would increase to

5,800 square feet from the current 2,245. The staff work area would be increased to twice it's current size.

The library would invite the Genealogical Society back to do research in a newly created "Oregon Room." Most significant would be an increased number of books and other materials that have been in constant demand by patrons, according to Ed Gallagher, library director.

Gallagher feels that city council members understand that space is a long-standing issue for the library.

Results of the survey were discussed in a recent city council meeting. On the other side of the issue lies the question of how much it will cost to run the

library once renovations have been made. It is fairly certain the library would be open longer hours, including being open on Sundays. More materials would mean a possible need for more staff to process them.

The library is currently 17,560 square feet and an additional 26,780 square feet would be added to that. Total estimated cost is \$11,702,000.

"Part B is, what's it going to cost to run that new library once you open the doors? . . . You've got to heat that, you've got to clean that, you've got to carpet that and fill it up with books—so how are you going to do that? What's it gonna cost?," explains Gallagher.

"(The city council) wants us to come to them in a few weeks with a plan that shows how we are going to open the new library without requiring an operating levy," Gallagher explained.

"The results were positive enough that they want us to now take the next step forward. (City council said) show us what it's gonna cost and how you're gonna operate it. So it's good. It's moving forward. My sense is that they will make a decision in the next two to three weeks," Gallagher concluded.

Pending approval of the plan for maintaining facilities by city council, there will be a campaign committee that will knock on doors from May to October and talk about the benefits of expansion and what it will mean for the community of Albany, asking people again if they will vote yes. If city council approves the expansion, the residents of Albany will vote in November this year.



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ALSEA/CALPOOIA ROOM
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American Red Cross

BLOOD DRIVE
9:00 AM - 3:00 PM
 CONTACT ERICK VARGAS CASTRO @ 917-4463

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Wednesday April 21
 Pot Roast
 Chicken Burrito w/ Pinto Beans
 Spicy Tofu Satay w/ Peanut Sauce
 Potato Pancakes
 Bread Stuffed Tomatoes
 Tomato Rice Soup & Corn Chowder

Thursday April 22
 Liver w/ Bacon & Onions
 Monte Cristo Style Sandwich
 Grilled Vegetable Pizza
 O'Brien Potatoes
 Broccoli & Cauliflower
 Ginger Chicken/ Coconut Soup
 Cream of Tomato Soup

Friday April 23
 Chef's Choice!

Monday April 26
 Baked Ham w/ Coca Cola Glaze
 Beef Goulash
 Vegetarian Chili over Polenta
 Lyonnaise Potatoes
 Broccoli Hollandaise
 Cheddar Cheese Soup
 Manhattan Clam Chowder

Tuesday April 28
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 Vegetable Strudel
 Couscous
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Liberal Arts Position Open for Associated Student Government

2 Terms Free Tuition Grant

Applications available Friday April 9th at 12:00 pm

Application Deadline Friday April 23rd at 12:00pm

Pick-up an application in the Student Life & Leadership Office
 In the lower level of the Student Union

For more info call Sarah @ 917-4464

Managing Editor: Adam Peoples
Newsroom Desk: 917-4453
commuter@ml.linnbenton.edu

IN FO

SPINNING OUT OF CONTROL

written by Adam Peoples

"There isn't any more deadly or worrisome addiction that costs society more than methamphetamines," Jim Crew, a drug counselor with Discovery Counseling, said at a community forum last Monday. Doctors, property owners, drug counseling specialists and members of local law enforcement all spoke on the ways methamphetamines affect the community.

from easily obtained and often times over-the-counter materials. The process starts with ephedrine or pseudo ephedrine, both of which may sound like a chemical only used by scientists, but in reality they are excellent antihistamines.

"The difference between pseudo ephedrine and methamphetamine is only one extra oxygen molecule," said Etter. Somewhere someone figured out that another incredibly common chemical could remove this oxygen molecule and make very potent methamphetamines. Anhydrous ammonia, used by farmers to fertilize their soil, happens to very effectively remove this oxygen molecule.

Currently, some states have begun taking action to regulate these chemicals. In Oklahoma the sale of ephedrine and pseudo ephedrine has been banned unless there is a pharmacy or pharmacist inside the store and when there is, the product must be kept behind the counter. Anhydrous ammonia and iodine are also heavily regulated by state laws. Whenever a feed store sells a large amount of either they are required to fill out an Oregon State Police form acknowledging the sale.

train employees and label products commonly used in methamphetamine production. The program is modeled after a similar program in Kansas and hopes to bring more attention to these products, discouraging those who would use them in meth production.

Along with the losses from theft, methamphetamine labs are incredibly damaging to homes. The chemicals used in methamphetamine production can seep into drywall. Since many of these chemicals can cause massive damage to the lungs, the home must undergo an extensive cleaning process and be certified clean before it is once again inhabitable. Cleaning can cost thousands of dollars. If the property owner does not have the means to pay for cleaning, the home will be condemned and eventually demolished.

Even once the house has been cleaned, the problems for the inhabitants are not over. Former meth houses can be a very difficult sale because the seller must disclose the fact that it was once used to produce meth. Once a buyer does surface they may have difficulty getting house insurance because some insurance companies will not insure a house that has been used for methamphetamine production.



photo illustration

Over the years methamphetamine production has been refined so much that many areas are experiencing what are commonly referred to as "Beavis and Butthead" labs, named so because of how simple they are to set up and transport. Often times an entire meth lab can fit

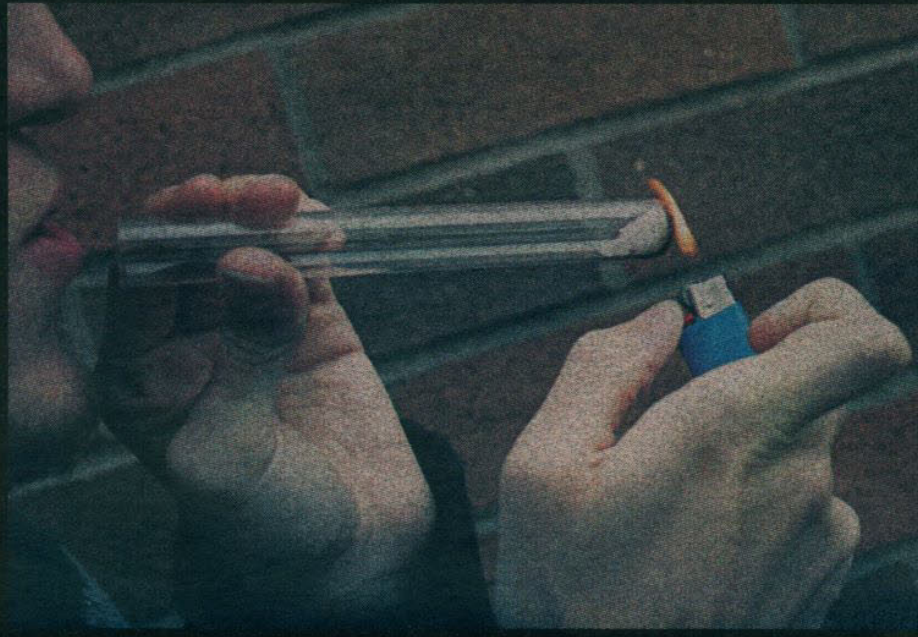


photo illustration by Jeremy Hennig

The relatively low turnout for the meeting suggests that many people in Benton County don't realize the drain methamphetamines put on Corvallis and the surrounding areas.

According to Bill Etter, a special agent with the DEA, methamphetamines are a "very complex issue with no simple solution." Etter spoke on how methamphetamines originated and how they have changed over the years. "The methamphetamines we are seeing today are not the same as what we were seeing in the 60s, 70s and even the mid-80s."

Methamphetamine use in the United States skyrocketed with bikers cooking and selling meth in California. According to Etter it's so easy to cook meth, even a monkey could do it. "You don't need to be a genius to cook meth."

The methamphetamines that are plaguing Benton County today are made

Drug related crimes in Benton County increased 117 percent in 2003 and are still on the rise.

according to Reynolds. While some people might not relate their stolen property to a meth cook, Reynolds said that stolen goods are often used to pay those who gather ingredients, which, more often than not, are stolen as well.

Many stores have begun to combat methamphetamine ingredient theft. It is now common practice to keep only one or two boxes of medicines containing ephedrine. The Oregon Meth Watch program will be working with grocery stores to help

POLICE LINE DO NOT CROSS POLICE LINE DO NOT CROSS

Editor's Note:
Illustrations in this publication are used to support the examination of this important social issue. No actual narcotics were used in the production of this publication.

FOCUS

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

CONTROL

Adam Swackhamer

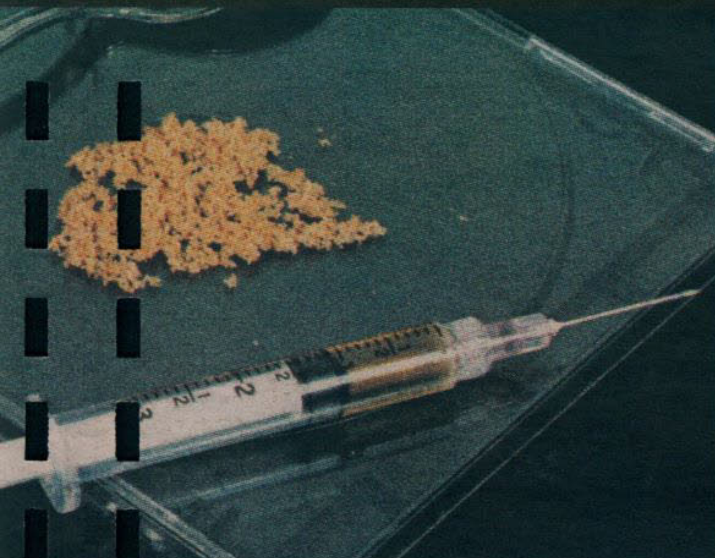


photo illustration by Scott McClure

inside a backpack, making it incredibly difficult for police officers to track down a seller. While these small labs are unable to produce large amounts, they are often enough to satiate one user and possibly leave enough for selling. Generally the money made from selling is used to purchase more ingredients for the next batch.

property does not mean to cleaning, he will be dened eventually.

One thing that differentiates meth arrests and cleanups from other illegal substances is that no matter the size of the lab, the cost of cleanup's about the same. The amount of man power needed to make all the associated arrests along with the cleaning expenses cost

billions to counties nationwide. Like most other illicit substances, methamphetamines have generational effects. Parents who use methamphetamines tend to have a much higher rate of child abuse. According to Dr. Carolyn Amador, meth babies tend to be very irritable. In combination with a mother who can't cope, it's a recipe for disaster.



photo illustration by Scott McClure

along with possible exposure to methamphetamines at a very young age can often lead them to use meth themselves.

Authorities in Benton County have begun a new approach to stop the spread of methamphetamines. Many local experts agree that prevention is the only way to control methamphetamines and save future generations from this plague. "Our communities' future is in jeopardy," said Reynolds.

THE Dangers of Addiction

COMMENTARY

written by Peggy Isaacs

"Methamphetamine is the new marijuana now, Mom," said my 24-year-old son, Gabe, when he was informed that meth is on the rise in the community. "What!?" was my astonished remark. "What do you mean?"

He said, "It's like this: Let's say in your day it was cigarettes, with mine it was pot and now it's meth. There's always going to be something that kids are using to rebel with. It's just meth now—it's easy to buy."

Wow! This is unbelievable and believable at the same time. Being a child of the 60s and graduating in 1973, there was exposure to drugs. It started in the eighth grade. The older kids in the neighborhood were offering the younger kids cigarettes and marijuana, especially in high school.

Although "hooking-up" with other students wasn't my thing, it was for some of my friends and consequently I lost quite a few of my friends. One main reason was the fact my mother put



photo illustration by Jeremy Hennig

the "wrath of mom" in me and I was truly scared that I would get in serious trouble.

Another reason for not partaking is that I watched these kids from grade school on into high school and the kids that were using were in trouble both at home and school. They were always sick and missing school. Wanting out of school, the sooner the better, kept me away from the "bad" kids.

Even though cigarettes and pot cause one set of health problems, methamphetamines bring on another set of problems. It can produce "self-induced mental illness" said Dr. Michael Abrams, a drug counselor. "A person addicted to it looks and acts just like a paranoid schizophrenic—you can't tell the difference."

According to Mary Ann Littrell, author of "Speed and Methamphetamines: Drug Dangers" states that schizophrenia is a serious mental illness that has traumatic effects on personal-

ity. People with this illness have trouble relating to others and often feel that everyone is against them.

Meth can be smoked, which damages the lining of the lungs. Sniffing can wear out the inside of the nose and if injected, blood diseases can be acquired by sharing needles.

Methamphetamines' effects have been compared to the buzz of one thousand cups of coffee. With each dose of the drug, the additional rush becomes less intense and pleasurable. It takes more and more meth to get high. When coming down meth users are referred to as "tweakers."

Tweakers can be dangerous coming down and it can lead to a paranoid state of mind. The person often becomes violent.

Taking more of the drug will not produce the original euphoric high, so large amounts are taken. As a result, users get angry and frustrated when coming down from the high.

The popularity with young people, especially women, is for weight control. With mothers it helps them to "get through their busy day" as the Rolling Stones have lamented years ago with their song "Mother's Little Helper."

Methamphetamines are dangerous for everyone exposed to the fumes. Suffering a burned throat can come from living in a duplex or apartment next door to a meth lab, with fumes entering your half of the duplex. If the lab blows up, both dwellings are toxic and need to be evacuated and cleaned up. Also, toxic chemicals can leak into the water source over a period of time.

The rise of meth is a problem that the whole community needs to address. Parents need to be more involved in their children's lives. It's okay for children not to like their parents, it means the parent is doing a good job. If we all encourage our young people, we can take pride in our community and its members.

Sports Editor: Jacob Espinoza
Newsroom Desk: 917-4453
 commuter@linnbenton.edu

SPORTS

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

Corvallis Pride prepares to roar at home opener

Joel Meacham
 The Commuter

This past weekend the Corvallis Pride of the Independent Women's Football League opened their 2004 season on the road with a hard fought 20-7 victory over the Portland Shockwave.

The Pride were paced by the combined running of Kim Trumbo, Cecily Clemmons and Michelle Derry. Trumbo got the Pride started by busting through for their first offensive touchdown of the season.

Later in the game, Clemmons streaked down the sidelines for a 57-yard score. The final score was punctuated when Derry crashed the goal line for a fourth quarter touchdown.

This win should provide the team with the momentum it needs going into this Saturday's home opener against the Tacoma Majestics.

That game will be played at LBCC near the track at 1:30 p.m.

"It was very stressful trying to go through the process of finding a field," Pride General Manager and quarterback Beth Buglione said.

"We contacted several organizations and school districts and struggled with anyone really willing to take a chance on this team," stated Buglione.

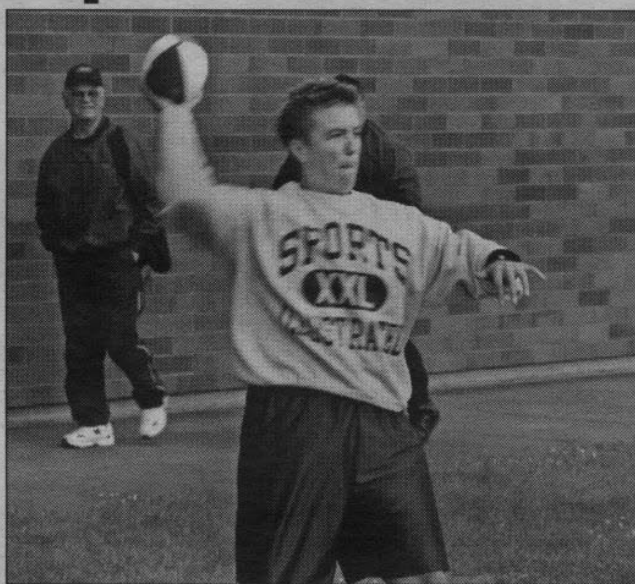


photo by Scott McClure

Corvallis Pride Quarterback Beth Buglione warms up outside the Activites Center in preparation for practice. Their first home game to be held at LBCC this Saturday.

However, that long struggle did have a favorable ending thanks to LBCC being willing to take that chance everyone else was reluctant to try. Thanks to added

help from the Albany Pop Warner program, goal posts were purchased and will be up in time for the game on Saturday.

As far as what you can expect to see talent-wise on the field, Buglione said the team is deeper at all the positions and that the skill level of the players is higher due to having a lot of returning talent from last year's team, which finished sixth in the nation.

The road to their goal of playing for a national championship will not be an easy one to travel because of the number of expansion teams that ballooned the size of the national league to 21 teams.

The Pacific Northwest is also one of the league's tougher divisions, as Corvallis, Tacoma and Portland are always among the league's elite.

The IWFL was started by the women of the Austin Outlaws in 2000. Its 21 teams currently stretch across North America from Florida to Montreal and Oregon to Massachusetts.

Tickets range from \$7 for adults to \$5 for students with a student body card. Children under 13 are free. If you plan to attend, Buglione said to make sure you bring a lawn chair as there are no bleachers currently on the field.

For more information on the Corvallis Pride go to www.corvallispride.com.

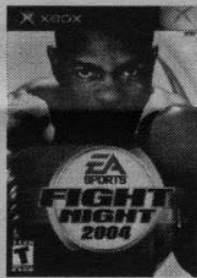
EA's 'Fight Night 2004' could have been a contender

Adam Peoples and Samuel Abadilla
 The Commuter

EA Sports has landed a solid punch on the boxing video game market with "Fight Night 2004." While it's not a knockout blow and the game clearly has room for improvement, by establishing a concrete hit EA has a title with great potential.

"Fight Night" harnesses a natural competitive drive and embodies it in a brutal and punishing boxing engine. The blows land heavily on characters with cringe-inducing collision detection. Jabs and hooks look like they hurt and you almost feel bad for the digital combatants.

Coupled with convincing visuals is an array of sound bites put together for painful thuds and thumps. Gone are the cheerful chirps and bleeps of years past, replaced



VIDEO GAME REVIEW

now with life-like, audible impacts.

Boxing in "Fight Night" is solid and well built. This concept is the real power behind EA's punch. Lacing up and stepping inside the virtual ring hasn't been this fun since "Mike Tyson's Punch-Out!"

Seasoned gamers won't have to look far before the lack of polish and refinement becomes evident and the initial impact of "Fight Night" wears thin.

EA Sports has implemented a thumbstick control system dubbed "Total Punch Control." The premise is simple: Players can motion punches on the control stick that represent the jab, hook or uppercut from either left or right arm without breaking contact the thumbstick.

An intuitive option, but with the easy and natural access of the face buttons, the Total Punch Control is totally insignificant. The only benefit is the ability to fake a direction, but this tactic won't change the tide of a bout.

The game's career mode could use some bulk and toning. The one size fits all Champion title lessens replay value. "Fight Night" has some decent training mini-games, but nothing too creative.

Building a fighter in your image is both hit and miss, as the male-only characters don't have much personalization variables. Typical tattoos and a limited selection of physical descriptors leave much to be desired.

EA has upheld its sordid tradition developing games with the Play Station 2 in mind, leaving out online play for the Xbox. Also absent is support for custom soundtracks and high-definition viewing modes. These technical oversights are inexcusable by such a major label and big dollar game producer.

Final word: The gameplay of "Fight Night" is the best boxing experience short of going ringside. If the rest of the game had been fleshed out and more captivating EA could have scored a KO in the first round. "Fight Night 2005" holds promise and hopefully will build on the house of pain this year's title has founded.

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SPORTS

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

The grass is always greener in the Eastern Conference

Jacob Espinoza
 The Commuter

It's been a while since the Portland Trailblazers were absent from the playoffs, but it's hard to tell if anyone even cares or has noticed that they are absent this year. During the beginning of the season the Blazers were getting booed on a regular basis at their home games. Everyone in Portland for some reason or another always feels that the Trailblazers owe them more than they deliver.

Off the court every personal problem the Blazers face turns into a media frenzy, "Sheed Kills Innocent Plants,"

"Damon Leads Blazers on the Court and Security Dogs in Free Time."

The truth is it is none of our business what they do off the

court. They're paid to entertain us, not to lead us to salvation. Yes, they are role models and no, most of them don't want to be, but most of the athletes in question have children of their own. I don't know many parents who would like their shortcomings broadcast on the nightly news. "Tonight on the ten o'clock news: Your dad is having an affair with the neighbor."

On the court, the Blazers seem to have problems taking care of good things when they have control of them. Rick Adelman, former Chemeketa Community College head coach, was the Blazers' head coach from 1989-1994 and took the team to two NBA Championships, but this wasn't enough. He just wasn't doing his job. So they axed him.

Jermaine O'Neal joined the Blazers straight out of high school. The organization felt he should be doing more from his spot sitting on the bench behind two more seasoned power forwards, so they traded him for a power forward just coming out of his prime in Dale Davis. Rasheed Wallace was hated by the fans and had not been playing up to potential, so they got rid of him.

All three of these former Blazers are now key ingredients on their respective playoff teams. Jermaine O'Neal has been an All-Star for three straight years, only one less than the number

of years he's been with the Pacers, and is considered by some NBA analysts to be an MVP candidate this season. Rick Adelman has helped the Kings stay competitive for the title, though his team has seen its hopes continuously cut short by Shaq and Kobe, and the addition of Rasheed Wallace to the Detroit Pistons has made them contenders for the Eastern Conference title.

After Jeff McInnis was traded to Cleveland for Darius Miles, Cleveland went on a playoff run. The Cavaliers would have made the playoffs if McInnis wouldn't have gotten hurt.

It seems that Portland has

something every other NBA team needs, but is unable figure out what they need to be successful. In the past it has seemed like

they acquired talented players at random, without a thought considering how the players will fit into the roster. This summer should be an entertaining one for Blazer fans because of the trade rumors already starting to circulate, including the possibility of Maurice Cheeks moving to Philadelphia.

Their roster right now is incredibly talented, many of the players they already have are talented enough to help a team reach the finals. Theo Ratliff is the center the team needs. He's a monster on the boards, the best shot-blocker in the league, and doesn't try to do more than he is capable of. Damon Stoudamire and Derek Anderson both proved their abilities to carry a team from the backcourt late this season. Zach Randolph had a great year and will only continue to get better and stronger. Darius Miles and Shareef Abdur-Rahim give the team added depth and can play both the three and four positions. Because Portland has so many players on the roster with similar abilities they are unable to throw different looks at their opposition.

They could use a couple spot-up-three-point shooter who would be able to give a release to players driving the lane. This is an issue they should be able to take care of in the off season, and will help them give NBA defenses difficulties.



JACOB ESPINOZA

COMMENTARY



Neal Glynn (top) slides into third during Linn-Benton's sweep of Chemeketa last Tuesday. Brandon Dixon, Glynn and Sky Manon (left) keep Chemeketa's Andy Pointer in a pickle. The win against Chemeketa kept Linn Benton in a playoff position heading toward midseason. This Saturday they will host Lane, who is one game ahead of them for second position in the Southern Division.

photos by Lewis Forquer

Runners drop two to Lane, have chance for redemption Saturday

Jacob Espinoza
 The Commuter

After pulling ahead in the Southern Division, Linn-Benton lost consecutive games against Lane last Saturday. The losses have dropped them into the third position among the Southern teams, but the Roadrunners will have a chance to avenge their losses this Saturday at home.

"That was the first time we've been swept all year," said sophomore Sky Manon. "It's a totally different feeling coming home from games you won and games you lost. I think we will come out with a lot more determination (on Saturday)," he continued.

Linn-Benton lost the first game 1-0 and the second 5-2. During both games, Lane got all of their runs in a single inning. "That's just baseball," said head coach Greg Hawk, "They had one inning on the day and beat us in that one inning."

The Runners faced Lane pitcher Matt Skundrick in the first game. Last year Skundrick threw a no hitter against Linn-Benton and was named as an All-League player. In last Saturday's game Skundrick threw a three hitter, but had his performance matched by Linn-Benton's Sean Mascolo. "Mascolo pitched great, but we just didn't get it done at the plate," said Linn-Benton Sophomore Travis Rice.

The wins gave Lane a one game lead over Linn-Benton for the second spot in the Southern Division. "I want to get out there right now, play that Lane club again and get those two losses off of our back," Hawk said.

The losses to Lane ended a four-game win streak the Roadrunners had built running through Mt. Hood and Chemeketa, teams currently in the top four of the Southern Division.

In games last Tuesday against Chemeketa, the Runners managed to get the hits they needed to

clinch come back victories, winning the first game with the score 6-4 and the second 3-2. "Those were two sweet wins at home," said Hawk. "We were able to get the wins in the later innings, which really helps with team chemistry."

Down 1-0 in the second game's last inning, Linn-Benton was able to get players into scoring position and Bryan Boal delivered two RBI's down the third baseline for the victory. The hit was a very exciting finish to a well-played ball game, too bad

only three fans were there to see it. "Coming from behind to win the second game really showed the team's ability to battle through adversity," said pitcher Jeremy Robinson.

Currently 4-1 for the season, Robinson was handed his first loss in his previous game against SWOCC, but bounced back wonderfully

against Chemeketa, keeping his team in position to earn the victory.

Next Tuesday, Linn-Benton will travel to Coos Bay to play their second double header against SWOCC. "It's a very tough place to play. They'll have people coming from the dorms and they'll be heckling us at the plate," Hawk said. "It's a different atmosphere then any other place we'll play."

SWOCC is currently 2-10 in league play. "We definitely want to sweep them and expect nothing less," Robinson said. "We didn't feel like they should have been able to play with us last time, so we have something to prove."

The Roadrunners will play three games in the next two days, weather depending. Today they are scheduled to travel to McMinnville to play a non-league game against Linfield JV. "We're hoping to go up there, play a lot of people and have fun," Hawk said.

On Thursday, the team will travel to Oregon City to play Clackamas, due to yesterday's game being rained out.

"It's a totally different feeling coming home from games you won and games you lost. I think we will come out with a lot more determination (on Saturday)."

► Sky Manon

Editor-In-Chief: Michelle Bertalot
 Newsroom Desk: 917-4453
 commuter@linnbenton.edu

NATIONAL NEWS

Current events from across
 the United States and pertinent
 international news

Negotiators see progress in talks in Fallujah

Robert Moran
 Knight Ridder Newspapers

BAGHDAD, Iraq—In the first sign of progress toward resolving the tense standoff in Fallujah, coalition officials on Monday issued a joint statement with civic leaders from the besieged city calling on armed insurgents there to turn in their heavy weaponry to avoid a new offensive by U.S. Marines.

But the communique warned that the "time to settle this crisis peacefully remains extremely limited."

It also outlined a series of agreements to ease conditions for residents and allow for the orderly return of families who've fled since Marines attacked the insurgents earlier this month. U.S. officials are hoping to root out the guerrillas without launching an attack that could claim civilian lives and turn more Iraqis against the U.S.-led coalition.

The agreements marked a significant first step toward

a peaceful resolution of the standoff over Fallujah, but it remained unclear whether the civic leaders who endorsed the communique would be able to prevail on armed militants in the city to give up their weapons.

South of the capital, militiamen loyal to Shiite cleric Muqtada al-Sadr reportedly ambushed an Army convoy near the holy Shiite city of Najaf.

Fighters from al-Sadr's Mahdi Army used a sport utility vehicle to haul a battered 2nd Armored Regiment Humvee into police headquarters at Kufa, which is adjacent to Najaf, Monday afternoon. They claimed it was a trophy from a firefight with Army troops roughly a half-mile outside the city limits hours earlier. A witness claimed there were more than a dozen U.S. casualties.

In Washington on Monday, President Bush named veteran diplomat John Negroponte to be America's first ambassador to post-Saddam Hussein Iraq, a nation that Bush said "will be

free and democratic and peaceful."

At a briefing in Baghdad on Monday, Army Brig. Gen. Mark Kimmitt downplayed the military impact of Spain's decision to withdraw its contingent of 1,300 soldiers based near Kufa. About 2,500 U.S. troops are camped outside Kufa and Najaf.

"There will not be a security vacuum in that area at anytime," Kimmitt said.

He said he wasn't aware of a report that Honduras also had decided to withdraw its troops from Iraq.

In Fallujah, Marines have maintained a halt in offensive operations, but they reported sporadic attacks by insurgents over the weekend.

Representatives of the Iraqi Governing Council launched preliminary discussions with local delegates from Fallujah on April 13. The talks later included top coalition officials. Underscoring the sensitivity of the discussions, the Fallujah representatives haven't been



photo by Sylwia Kapuscinski

Holding photos of their leader, Muqtada al Sadr's Al Mahdi, militiamen brandish their weapons in front of an American Humvee.

named for fear they may be targeted for assassination.

The top priority for coalition officials is to disarm the guerrilla fighters.

"Those who give up their weapons voluntarily will not be prosecuted for weapons violations, and unarmed individuals will not be attacked," said coalition spokesman Dan Senor at an

afternoon briefing. "The parties agree that coalition forces do not intend to resume offensive operations if all persons inside the city turn in heavy weapons."

He said heavy weapons include mortars, rocket-propelled grenades, machine guns, bomb-making materials, sniper rifles, grenades, surface-to-air missiles and all associated ammunition.

WANTED!

The Commuter needs creative students to fill positions on the 2004-2005 staff

Editor

Appointment carries a full annual tuition grant. Students with coursework and/or experience in journalism preferred. Appointment made by the LBCC Publications Committee.

**DEADLINE IS MAY 14
 (for this position only)**

Ad Manager

Appointment carries a full annual tuition grant. Individuals with career goals in business, graphics or journalism are ideal candidates for this position, which involves coordinating the sale, design and billing of display advertising. Macintosh experience preferred.

Assistant Editors

Appointments carry quarterly tuition grants that vary from 4 to 9 credits per term, depending on the position. Some journalism or writing experience preferred, but all interested applicants are encouraged to apply.

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 These positions open to work-study eligible students only. Information on work study eligibility is available from the Financial Aid Office.

Digital Page Designer
 Pays \$8.50+ per hour for up to 12 hrs/wk on Mon.-Tues. Good English skills and experience with Macintosh InDesign, Pagemaker or Quark preferred.

Deadline for Editor is May 14.

Other applications remain open until positions are filled.

Applications available in The Commuter Office (F-222) or from advisor Rich Bergeman (F-112)

For additional information call 917-4563 or 917-4451

A & E Editor: Peggy Isaacs
Newsroom Desk: 917-4451
 commuter@linnbenton.edu

ARTS & ENTERTAINMENT

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

Commons show carries on Salon des Refuse tradition

Charrie A. Cochran-Wilson
 The Commuter

"If they will choose to ignore our work, we will exhibit it on our own."

This was the mind set of the founders of the first Salon des Refuse (Salon of the Rejected) held in France in 1863. The first Salon show exhibited works by those who are now recognized as the best painters of the period, the realist masters. The public was enthralled by the works shown annually by the Salon, forcing the artists into the position of active participants in many social movements, a position which landed Daumier and Courbet in prison.

The impressionists, expressionists and every clique of avant garde artists since has played their part in the tradition of the Salon shows.

It is a tradition which is held in high regard and has been represented in some manner in a majority of the world's developed nations.

For the second year in a row, LBCC joins in this tradition. Our Salon show is currently exhibited in the Commons. It is comprised of pieces that were put through the jury process of the Student Show, but for varying reasons were not selected for exhibition. All works that met the criteria were included in the Salon show. So far, the consensus is that our show tends to follow the tradition set 140 years ago.



photo by Jeremy Hennig

I will not comment on any individual pieces to avoid biasing the People's Choice Awards. Voting will continue in the Commons through April 29, so you still have plenty of time to view the show and vote for your favorites. The show will present the awards on April 30. The Salon show will be exhibited until May 13.

This is an interesting show full of fun and intriguing works of art by LBCC students. It is amazing to witness the talent these students possess, especially when they are allowed to let their creative juices flow. Don't miss it.

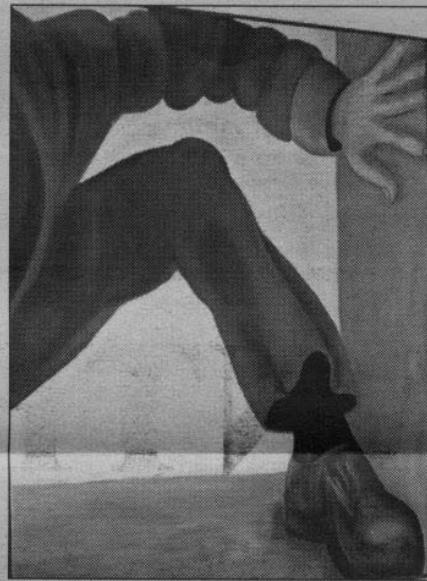


photo by Peggy Isaacs

Students enjoy lunch in the Commons Tuesday, which has turned into an informal art gallery for the Salon des Refuse show (above). Shown at right is an oil on canvas piece by art student Christy Weigel called "Thirty Board Members Agree" and Nicolette R. Kelly's work titled "Hydrangeas," which is on sale for \$250. Those works that are available for purchase may be bought by e-mailing art_write@hotmail.com. The Salon des Refuse show includes works not accepted into the annual Juried Student Art Show now on exhibit in the AHSS Gallery.

REVIEW

Juror puts stamp on student show

Charrie A. Cochran-Wilson
 The Commuter

There is a new and interesting twist to the Student Juried Show this year. For the first time ever an outsider juried the student show, currently on exhibit in the AHSS Gallery. For as long as anyone can remember the Art Department faculty has juried the show. This year Cynthia Spencer, a Corvallis artist who is respected as a ceramicist, painter and teacher, was brought in to jury the show.

According to her statement, "I chose work where the medium is well used—the piece would not have been the same in a different medium." I would agree that she chose a majority of the pieces on these criteria.

The rest of the pieces fit with the rest of her statement. She prefers pieces with "juicy paint, texture" and "visible brush strokes." She also is interested in pieces where there is "a perspective different from the norm."

The variation of style and perspective leads the viewer from piece to piece. There is an awareness in LBCC's students that is evident in the body of work. I will not discuss any individual

pieces in this review because I do not wish to bias the People's Choice vote now in progress in the gallery.

Be sure to view this show and then vote for your favorite.

Awards will be presented at the reception to be held at noon on Wednesday in the gallery.

This show will run through May 13 and is not to be missed.

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A & E Editor: Peggy Isaacs
 Newsroom Desk: 917-4451
 commuter@linnbenton.edu

ARTS & ENTERTAINMENT

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

CALENDAR

AFTER DARK

ArtCentric- Corrine Woodman Gallery
 700 SW Madison
 Corvallis
 754-1551

April 6 - May 2
Don Leeper
Rich Bergeman
guest/Kurt Norlin
 Guild artists exhibition
 Tues.-Sat. 12-5 p.m.
 Free

Fox & Firkin
 202 SW 1st St.
 Corvallis
 753-8533

April 23
DJ Marvilis
 Techno
 9 p.m.
 \$5

April 24
Purusa
 Rock
 9:30 p.m.
 \$5

OSU Milam Auditorium
 Corner of Campus Way
 and 26th St.
 Corvallis
 737-5182

April 22
Embrace the World
Leonor Dely & Millero Congo,
Farzad Khozein, Lin Cheng, KC Porter
 Blend of world music
 6:45 p.m.
 Free

Platinum
 126 SW 4th St.
 Corvallis
 738-6996

April 16
Son Melao
 Salsa
 Doors open 7 p.m.
 \$8 presale
 \$10 door

April 26
Rocker T & The Hounds
 Rock
 Doors open 7 p.m.
 \$6 presale
 \$8 door

Riverside Grange
 35293 Riverside Dr.
 Albany
 928-0737

April 24
Alkai Diggins w/ 3 Fingred Jack, Organic Robot and more
 Rock
 6:30 p.m.
 \$10 presale
 \$12 door



Bobby Bovenzi (center), creates drum beats as members of a Common Pulse join in at a live television performance for KBVR, OSU's independent radio station, on the Locals Live show. photo by Peggy Isaacs

Common Pulse drums a different beat for awareness

Peggy Isaacs
 The Commuter

The drum beats, your heart pounds keeping rhythm, your feet start moving and you know instantly that it must be Common Pulse.

Common Pulse is a rhythm circle (drum circle) that pulls the listening crowd in, becoming empowered by the dynamic combination of percussion instruments, clapping, movement and voice.

Trained facilitators, Bobby Bovenzi and Dave Chiller use supportive techniques to focus on each individual to bring out their potential. They create an atmosphere that is charged with excitement, which develops the group's innate ability to be connected by a strong, stable pulse that ensures the success of the individual in the group.

The group gains strength from the circle and experiences the joy of music making, even though there are people who were once fearful of performing in front of others.

Dr. Barry Bittman, M.D. states, "Group drumming opens doors, enhances self-esteem, stimulates our minds, boosts our creative potential, makes us laugh and connects us on many levels. It also builds bridges, heightens awareness and strengthens bonds."

Rhythm circles are for community health and fun. Circles can be performed at festivals, parties, and special events that can unite diverse populations while having fun.

For team building in the work force, Common Pulse can provide corporations and organizations

with an active and engaging workshop. Focused on stimulating creativity and opening channels of communications, a safe, trusting environment is created to learn how to work together as a group for success.

The facilitator drums in connection with the group, clapping to open communication, then a call and response, with clapping and movement to gain dynamic rapport within the group.

Small drums and percussion instruments are handed out for the group to get the tempo and to appreciate their individual differences and strengths. Developing new rhythmic patterns helps to discover new ways of overcoming the challenges of work.

Besides performing at festivals and building teamwork in corporations, Common Pulse brings their healing drum beats to medical facilities to increase energy and to foster sense of well-being. At-risk youth can benefit by building up their confidence, self-esteem, respect and listening skills. Seniors benefit by allowing them to awaken their hidden talents, strengthen memory and helps to rekindle their youthful energy.

If you want to learn how to drum, there are ongoing classes for beginning and intermediate African drumming. Also offered are West African and rhythm drumming and percussion classes.

Common Pulse will be performing on Saturday, April 24, 8 p.m. at the Oddfellows Hall, in downtown Corvallis. Nan Nkama, Bovenzi's community drum group will be opening for Common Pulse. FMI call (541)752-9122 or contact bobby@commonpulse.org.

Mama Linda's offers a tour of tasty Italian delights

Michelle Bertalot
 The Commuter

Last Saturday night, I took a tour of Italy at Mama Linda's Great Pasta Co. in Lebanon. Located on 50 West Oak Street, Mama Linda's only seats 55 people and that's the way Linda Borg wants to keep it. "How can you be small and personable if you seat 300 people?" explained the owner.

Italian blood doesn't run through Linda's veins, but her husband and co-owner Charlie instead. Charlie's family is from the island of Malta off of Italy. "A lot of our recipes are fine-tuned to the Sicilian type of cooking," explained Linda.

As you walk in, the smell of freshly-made sauces appeases your senses. "We cook some sauces for days—a lot of places don't take the time and energy to do that," commented Linda.

To get to your table, the hostess leads you first through the wine shop. The wine shop also has small knickknacks, chunky handmade candles and other fun stuff.

The restaurant has very soft light, an oil candle at your table, white table cloths and dividers that separate you from other guests.

While we were waiting for our main dish, bread sticks coated in olive oil and Parmesan were delivered to our table. They were really good, but it seemed as though we were missing something with them, so we ordered a side of marinara sauce for dipping.

After about 20 minutes my "Tour of Italy," which consisted of chicken parmigiana, meat lasagna and fettuccine alfredo was delivered to our table. It was a well-rounded dish that gave me a taste of what the restaurant had to offer. I wasn't absolutely impressed with the chicken parmigiana, but the meat lasagna was

delicious. The layers of ricotta cheese, meat sauce and sausage were just incredible. I highly recommend the lasagna.

My fiancé decided to go a different route. He ordered a small pizza (four pieces) with his own personalized toppings: Chicken breasts, marinated artichoke hearts, black olives and pesto sauce. When the dish came it also had sliced onions and mushrooms, but once we picked those off the pizza was excellent. It was a little pricey, about \$13 for the pizza, but the atmosphere and free bread sticks made it worth it.

The bill came to about \$30 for the small pizza, my dish and a soda.

Mama Linda is an elegant restaurant with a home style cooking feel. Linda highly recommends reservations because their space is very limited. After eating at Mama Linda's you'll be able to speak Italian: Fettuccine, lasagna, spaghetti, piccata and ricotta. Mmm, Mmm.