

THE COMPUTER

Wednesday
February 4, 2009

Linn-Benton Community College, Albany, Oregon

Volume 40 No. 15

A Weekly Student Publication



1920s – The Harlem Renaissance sees a surge of African-American thought, music, art and poetry in the north.



1947 – Jackie Robinson plays in his first Major League Baseball game.



1955 – Rosa Parks refuses to give up her seat on a bus to a white man. She is arrested.

1964 - President Johnson signs the Civil Rights Act, prohibiting discrimination based on race, religion, or national origin.

1976 - Barbara Jordan becomes the first African American and the first woman to give the keynote address at Democratic Party's National Convention.

1993 - Rita Dove becomes the first African American poet laureate.



2008 – Barack Obama is elected president of the United States.

1900s

2000s

- In Plessy vs. Ferguson, the Supreme Court decides that racial segregation is constitutional.

1940s – Over 2 million black men volunteer for the draft for World War II.

1954 – In Brown v. Board of Education, the Supreme Court declares that racial segregation in schools is unconstitutional.

1968 – Martin Luther King Jr. is assassinated outside his hotel room in Memphis, Tenn.

1982 - "The Color Purple," a novel by Alice Walker, published. It goes on to win the Pulitzer Prize.

2000 – Colin Powell becomes the first African American appointed as Secretary of State.



1963 – Martin Luther King Jr. writes "Letter from Birmingham Jail," which celebrates civil disobedience, after being arrested during a protest; later that year, he delivers his "I Have a Dream" speech in Washington, D.C.



Black History Month



Early 1600s – The first African slaves arrive in Virginia.

1662 – Virginia passes law stating that any children of enslaved mothers were slaves regardless of the status of the father.

1746 – Lucy Terry produces the first known American work of African American literature with her ballad, “Bar Fights.” It’s preserved orally until its publication in 1855.



1849 - Harriet Tubman escapes from slavery and becomes the most celebrated leader of the Underground Railroad.



1863 - President Lincoln issues the Emancipation Proclamation.

1861 – The Civil War begins.

1877 – Reconstruction ends in the South. Rights of blacks are quickly restricted or eliminated.

1870 – 15th Amendment is passed, giving blacks the right to vote.

1600s

1700s

1800s

1654 - John Casor became the first legally recognized slave in the area that became the United States.

1720 – 65% of people in South Carolina are slaves.

1808 - Congress bans the importation of slaves from Africa.

1857 – With the Dred Scott case, it’s decided that that Congress does not have the right to ban slavery in individual states, and that slaves are not citizens.

1865 - The Civil War ends, Lincoln is assassinated, the KKK is founded, and the 13th Amendment is passed, prohibiting slavery.

1896 – Plessy v. Ferguson Supreme Court decision upholds segregation.



1868 – The 14th Amendment is passed, declaring all those born in the US are citizens, thereby overturning the Dred Scott case.

The Commuter

Editor-In-Chief: Gregory Dewar
Managing Editor: MaryAnne Turner
Newsroom Desk: 917-4451
E-mail: commuter@linnbenton.edu

CAMPUS NEWS

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

Interview with college leadership

Gregory Dewar
 The Commuter

I had the good fortune to sit down with and interview the heads of our college, President Rita Cavin, Bill Thallemer, vice president of student services and government affairs, and Jim Huckstein, vice president of finance and operations.

What better trio to talk with to get the scoop on how things are evolving with our current financial situation?

It was more of an informal meeting than an interview. I had a barrage of questions, but like any good interviewer, when it turned into an informative conversation I simply participated and soaked up what was on the table.

I gathered early on that the state was out of money due to a decline in property taxes which stems from our nationwide fiscal crisis. There has been a major period of fiscal decline from Nov. 19 to Jan. 16, and from Jan. 16 to Feb. 20, things aren't looking much better. There was a 10-day period in which LBCC was losing, on average, \$67,000 a day from its budget.

Because of this, LBCC has had to have a "proportional reduction in balance with everyone else," according to Cavin. A similar reduction has been seen in law enforcement and the health care systems, so it is not limited to our educational system. The state is simply short on funds to give to its systems.

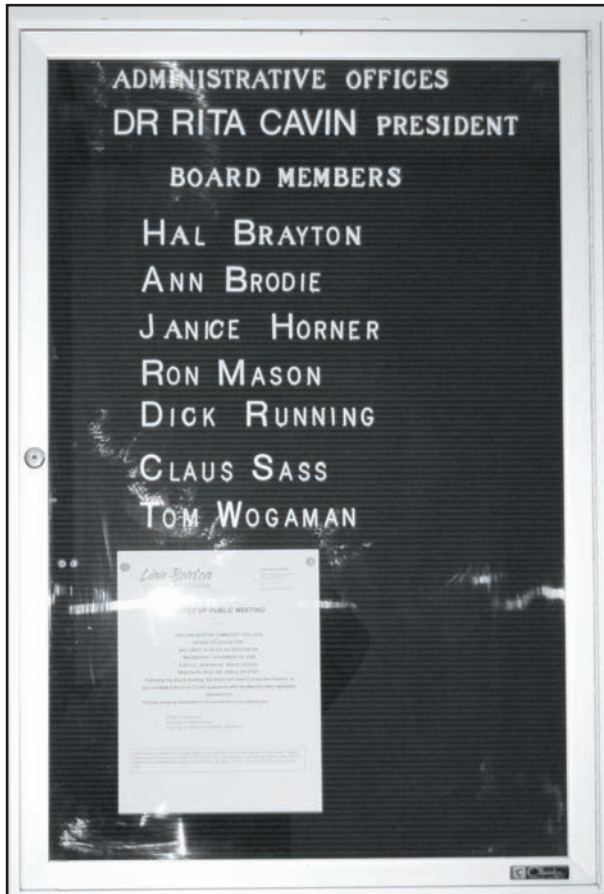
LBCC is being forced to shore up a large amount of budget deficit, and from what I gathered it just can't squeeze that much blood out of the stone it's been given.

The IT department has suggested ways to conserve energy and paper, but there is no college-wide strategy on power savings. Some of these ideas include more aggressive screen-savers and power-savings plans to be implemented across our networks, as well as a reduction in the color printing around campus, mainly in the LRC.

"Those little things can help, but they can't cover the shortfall," Huckstein said.

Unfortunately, preparing for a tuition hike is something returning students should look at. It may be larger than the \$2 a credit increase previously suggested. Open forums will be held before any of these increases are put into motion.

From a fiscal perspective, tuition is solid in that it doesn't fluctuate. Unlike LBCC's subsidy from property taxes, it's something that can be counted on. In the hard times ahead, it may be key to LBCC's continued survival. It's a "... rough time, not just for the college,



The Administrative office's posterboard

Photo by Gregory Dewar

Achievement Center I've seen it grow both in popularity and decor with a variety of students entering and exiting at all hours of the day. "It's an area on campus we think a lot about," Thallemer added.

Shifting back to fiscal matters, I asked whether we'd see a drop in class availability or equipment, to which all replied that the most important thing is to keep access and quality of service for students with no reductions.

I also queried about the new science building (an article about which you can find on our Web site) and how that factored into the fiscal straight. The money comes from a wholly different allotment and cannot be used for operating costs. LBCC has only two choices: use it or lose it.

Last Friday, a restructuring of LBCC's divisions was announced and several long-time staff found it shocking. Divisions were broken up, concentrating them into four instead of eight divisions, and removing the need for as many management positions and, hopefully, saving a little money. Two management positions are going to remain unfilled due to this restructuring.

but for the students, too." Cavin said.

From here, I nudged the conversation toward student programming and extra-curricular activities. I was curious about why the annual powwow was not going to happen this year. Thallemer told me that it was too much for the small club that organized it to put on and that they could alternate a salmon bake and the powwow once a year.

I also touched on how the Diversity Achievement Center was shaping up. "It's a growing kind of concept," Thallemer replied.

And indeed it is. With the Com-

muter being right next to the Diversity Achievement Center I've seen it grow both in popularity and decor with a variety of students entering and exiting at all hours of the day.

Trio students attend conference

Lydia Elliott
 The Commuter

Students participating in the Oregon state TRIO program were invited to attend a conference at Chemeketa College in Salem, Ore. January 23th, which emphasized the personal role young people have in creating change in the world we share, and the importance of earning an education to facilitate that dream.

The TRIO program, which offers educational opportunities that are designed to motivate and support students who are from disadvantaged backgrounds, invited guest speakers including Fred Gray, civil rights activist and legal counsel for Martin Luther King, Jr. and Rosa Parks.

Gray shared stories of growing up in rural Montgomery, Alabama where segregation and racial inequality were a way of life. While attending college, Gray made a secret vow to "become a lawyer, return to Alabama, and destroy everything segregated [I] could find." Gray, along with other notable civil rights leaders, worked hard to fulfill the vow he had and to promote equality for all.

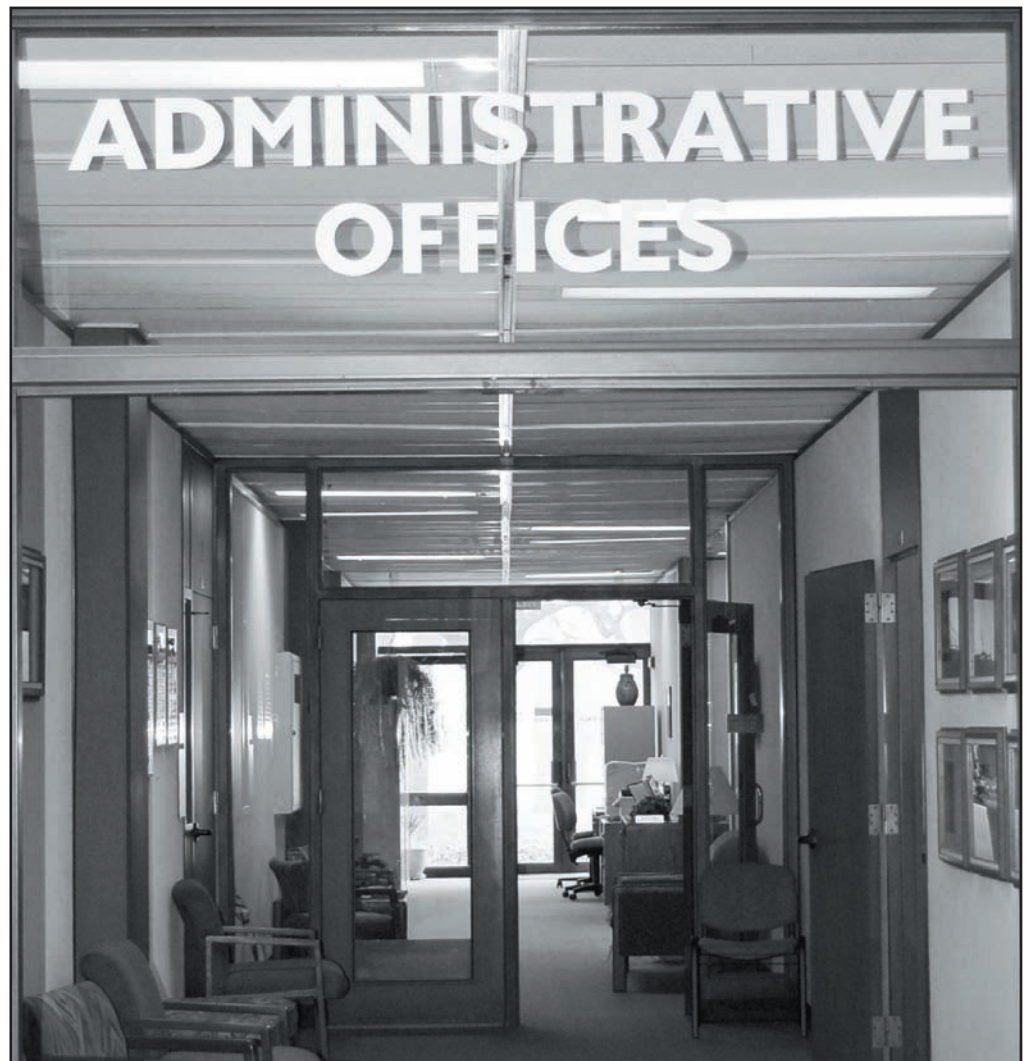
Gray issued a challenge to those who attended the conference: To recommit to the Civil Rights movement and to work hard to change the status quo.

"What you do comes with a price," Gray said. "The truth should always be spoken."

Other speakers included emergency preparedness advisor for Gov. Kulongoski and former mayor of Monmouth, Ore., Paul Evans, who told attendees about the importance of civic engagement, and that, "We have a duty as citizens to the next generation to serve where we are."

As a lesson and inspiration to students struggling in the education system, speaker Ronnie Brooks shared his story of being told not to attend college, but "get a job at the filling station" instead. Brooks ignored this advice and enrolled at his local community college. From there, despite some struggles, Brooks went on to earn a bachelor's degree, and finally a master's degree, ultimately becoming the director of TRIO programs for more than twenty years.

After a day of listening to these inspirational speakers share their stories, TRIO students and staff alike left feeling like they could make changes in their communities, big or small. Karen Schaefer, retention specialist at LBCC, said about the experience, "I felt like I was in the presence of history."



LBCC'S administrative offices, located in CC-101.

Photo by Gregory Dewar

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CAMPUS NEWS

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Campus Shorts...

ASG Corner

For The Commuter

LBCC and OSU are collaborating to help shrink the nation's environmental footprint. To help attain a greener status, Agricultural Science faculty member Stefan Seiter, the ASG, and other campus leaders have planned a Global Warming Solutions National Teach-In.

It is open to the public, and this will be an opportunity for you, the students, to voice your opinions about how LBCC can become more environmentally sustainable. There will be many local and student leaders participating with attendees in an open discussion about national and local environmental solutions.

On Thursday, Feb. 5th, there will be three sessions: a webcast – "Solutions for The First 100 Days" (10:00 a.m. – 10:45 a.m. in Forum 104), a discussion with elected officials (11:00 a.m. – 1:00 p.m. in Forum 104), and a discussion between LBCC and OSU students (1:00 p.m. – 3:00 p.m. in the Fireside Room).

All of these events are being hosted here at LBCC. If you have any questions, please stop by the Student Life & Leadership office next to the Hot Shot Coffee House in the Forum building.

Becca Martino
 The Commuter

Saving money is often the main goal of many college students these days, especially when prices for gas and food sky-rocket. We're all in serious need of saving some money, including Linn Benton Community College. That's why there is an initiative to start going green to save green. Last week, Ann Adams, Director of Information Services at LBCC, sent an e-mail to staff asking them to practice "green computing" by turning their computer monitors off when away from desks, and powering down the computer completely when leaving their workstation. Green computing alone could save the college's energy bill approximately \$60 a year plus a half-ton of carbon dioxide emissions. The idea to compute green at the college was sparked by <http://climatesaver-scomputing.org>, an organization committed to help businesses, schools and homes save energy and the planet.

When I asked Ann if she had received any negative responses to going green she said "No, in fact I have never gotten so many positive emails saying 'Thanks for the tips that we can use at the office and at home.'"

You might be asking "What are some ways that you can save money?" For more tips on going green, check out The Commuter's website! Here are some

Going green to save some green

tips that you can practice at school and at home. –Instructors can start by always printing double-sided handouts, or even just taking a little extra time to post lectures and handouts online and asking students to e-mail their homework.

–Make use of natural lighting when available; turn off one or more sets of lights when the sun is shining brightly into your room.

–Make sure to shut off lights and other equipment like overheads when leaving the class and your office.

–Wash full loads on cold water and you'll see a major decrease on your energy bill because 90 percent of the energy the machine uses is to heat water.

–Change light bulbs from regular old light bulbs to those funky swirly ones called CFL, or Compact Fluorescent Light bulbs, and you'll also notice a difference.

–Taking shorter showers can save you over 1800 gallons of water a year by every minute you cut off.

Composting is one thing I like to do at home. By throwing all unused food scraps into a bowl and later taking it out to my compost pile, I reduce the amount of garbage I create. Another way to lighten your garbage load is to recycle; that way, only non-recyclable items go into the garbage!

These are just a few of the many ideas provided by <http://portland.1thingus.com> to help you go green at home and at the office from.

LBCC's Pacific Islanders Club Presents:

A Winter Luau

Feb. 7, 2009
5:00 – 8:30 p.m. • LBCC Commons
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 All others ~ \$12.
 Available at the SL&L Office, the LBCC Diversity Achievement Center, and at Sid Stevens Jewelers.

For more information, call Angie Klampe at 917-4790.

Co-sponsored by Student Life & Leadership, Associated Student Government, Student Programming Board, and the Diversity Achievement Center.

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Valentine's Day Flower Sale

Show people your appreciation & affection!
 Flowers will be delivered on campus February 12 between 8 a.m. & 2 p.m.

Who: YOU!
What: Buying flowers for your loved ones or co-workers
When: Jan. 29 - Feb. 11, 9 a.m. to 3 p.m.
Where: Student Life & Leadership Office (1st floor, Student Union)
How much: \$2 for one flower or \$10 for six flowers

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Tuxedos provided by **Mr. Formal**

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LOCAL NEWS

Community news about the mid-Willamette Valley, including Albany, Lebanon, and Corvallis.

Is the Willamette River healthy?

Max Brown
The Commuter

A panel was held on Jan. 29 to cover the state of the Willamette River. Five panelists spoke about their various fields of work and how they are related to the Willamette. At 7 p.m. over 70 people showed up at the Benton County Public Library to participate in the event.

The panelists included: Travis Williams (Willamette Riverkeepers), Mark Taratoot (City of Corvallis Public Works), Mindy Simmons (US Army Corps of Engineers), Jared Rubin (Oregon Department of Environmental Quality), and Karen Hans (Oregon Department of Fish and Wildlife).

The panel was held in conjunction with the release of a new full-color water quality map. It's the first update to the

water quality map in 11 years, according to a press release by Oregon State University.

Each panelist spoke for approximately 15 minutes, and each focused on a slightly different subject.

Travis Williams had slides showing much of the

"The dams were built to help with flood control in the Willamette Valley, but they have been the cause of much habitat destruction."

Max Brown

Willamette River and focused on the recreational uses of the river. He takes part in an annual event called "Paddle Oregon," where a group of people take a canoe or kayak adventure on the Willamette, and learn more about the river.

Mark Taratoot spoke about water treatment plants and what section of



Panelists discuss the state of the Willamette River at the Benton County Library.

Photo by Max Brown

the river Corvallis is in charge of protecting. Taratoot also cov-

ered what we can do individually to help the river.

A number of the panelists agreed that a lot of pollution comes from "non-point sources," or the general population.

Mindy Simmons focused on the dams built by the United States Army Corps. The dams were built to help with flood control in the Willamette Valley, but they have been the cause of much habitat destruction. Simmons outlined what the Army Corps is doing now to help reverse the damages that have been done. The army takes on at least two major habitat restoration acts per year.

Jared Rubin discussed the quality of the water in the Willamette River. Rubin said that the river does have some water quality issues, but it is much better than it was in the past. Rubin felt that Corvallis has done an outstanding job when helping improve water quality, and was surprised by

the large turnout for the event.

Karen Hans spoke about lesser-known fishes of the Willamette River. Hans spoke about what these fish do, and how they are affected by the habitat destruction caused by dams and pollution.

The panelists felt that some of the river was over-polluted, such as the Portland Harbor Superfund site. Overall though, they agreed that municipal water is healthy and you do not have to worry when drinking it. Also, the quality of water outside of Portland harbor is much better.

For more information, see the Institute For Water and Watersheds at <http://water.oregonstate.edu> or the Corvallis Environmental Center at <http://corvallisenvironmentalcenter.org/>

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Ways you can help:

- Do not put pollutants down storm drains. They are only for water.
- Fix up your property, as run-off and erosion are major pollutants to the river.
- Use less pharmaceuticals, things like ibuprofen. A large portion of the drugs you take do not stay in your system and can be missed by water treatment plants.
- Use non-toxic cleaners around the house.
- Dispose of waste properly.

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Autism: teaching life skills

Chris Brotherton
 The Commuter

My son is 6 years old and autistic. He is currently enrolled in the Autism Transitional Program at Wilson Elementary School in Corvallis, Oregon. During his kindergarten year we found out that he was autistic. The school that he was in was not trained to handle our child. We found out about a transitional program for autistic children. It took some work, but he was accepted.

The program is taught by a wonderfully, patient woman named Alison Schmuckal. She had always wanted to be a teacher, but was undecided about what grade level she wanted to teach. However, during a YMCA summer camp in northern Michigan, she met an autistic child and she instantly decided what she wanted to do.

For two years, Alison worked for a family doing in home therapy for their son and has been teaching autistic children for the last seven years.

The K-2 Transition Program is only open to children from kindergarten through second grade who have an academic or behavioral need. The reason that the program is only available up to second grade is the earlier the intervention is performed, the more likely the student will have success later in school. In the program the students are taught to work on and



Alison Schmuckal

Photo by Chris Brotherton

maintain relationships and to deal with the stress and anxiety of being in a mainstream classroom. The students also work on developing their social skills, learning how to function in situations with other students.

The first step of graduation is transitioning into a mainstream classroom within Wilson Elementary by completing at least 50 percent of the requirements for independent performance, including transitions between activities, following a daily routine and being a participatory part of a group for 15 minutes or more.

In order to graduate from the program, a student has to complete 80 percent of their individualized education program (IEP) goals. This includes showing school readiness and

academic skills and transition between activities, following a daily routine and so on.

After this graduation, the student will go back to their neighborhood school, depended upon where the student lives.

The process of transferring the student back to the neighborhood school isn't as simple as just dumping them off there on the next Monday. The program teacher, Alison, will contact the neighborhood school and set it up for the general education teacher, the special education teacher and the support specialist to come to Wilson to observe the student in a general education setting. Then after the student is transferred, the educational assistant will support the student for the first week. The general education teacher will also check in with Alison weekly until the student is progressing.

I know that just during this past school year, I have seen a huge improvement in my son's behavior. Instead of just flying off the handle and throwing punches, he will actually start breathing and calm himself down. I know how much of a handful just one child like my son can be. Alison does it with almost 10 children, five days a week. She says that she likes to keep things fresh and working with autistic children makes sure that every day there is something different to deal with.



Alison Schmuckal points to the numbers of the month as the children name off the days of the week.

Photo by Chris Brotherton

THE COMMUTER'S STAFF

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

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 Gregory Dewar

Managing Editor:
 MaryAnne Turner

Copy Editors:
 Amy Dewar, Sheena Gallardo, Colin Walsh, Gary Brittsan, Emily Barton, Blair McMackin

Opinion Editor:
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Photo Editor:
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Contributing Editors:
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Letters Welcome

The Commuter encourages readers to use its "Opinion" pages to express their views on campus, community, regional and national issues. Letters should be limited to 300 words or less. The Commuter attempts to print all letters received, but reserves the right to edit for grammar, length, libel, privacy concerns and taste. Opinions expressed by letter writers do not represent the views of The Commuter Staff or the College. Deliver letters to The Commuter Office, Forum 222 or at commuter@ml.linnbenton.edu

Web Address: http://commuter.linnbenton.edu

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Health Care AWARENESS WEEK

Feb. 10 - 13 • 12 - 1 p.m.

Learn about solutions to our health care crisis.

Tuesday, Feb. 10 • Siletz Room • Dr. Paul Hochfeld
 Suggestions for local and national health care reform

Wednesday, Feb. 11 • Fireside Room • Dr. Norman Castillo
 How doctors are trained in the U.S. vs. Cuba

Thursday, Feb. 12 • Siletz Room • Sherilyn Dahl
 Services available to the local community

Friday, Feb. 13 • Siletz Room • Dr. Mike Huntington
 The Oregon Health Fund Board & National Health Care Bill HR676

Free & open to all

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NIGHTBOARDING



Colin Walsh
For The Commuter

Last Friday, my friend Chris and I decided to head down to Willamette Pass for some night boarding. Luckily for us, we had a "buy one, get one free" ski pass from the Shell gas station. When you buy more than 10 gallons of gas (about 20 bucks) they give you a voucher that is good for many surrounding resorts, but the catch is that most of the resorts only accept this pass during weekdays.

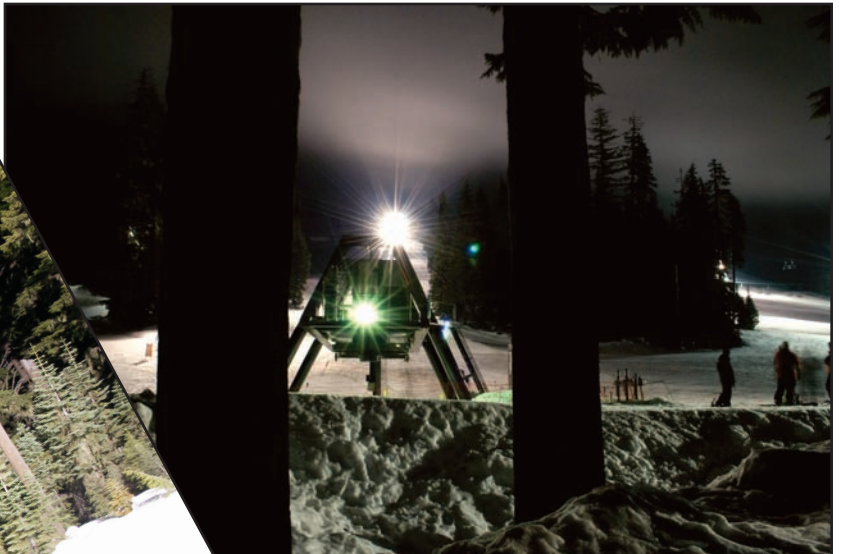
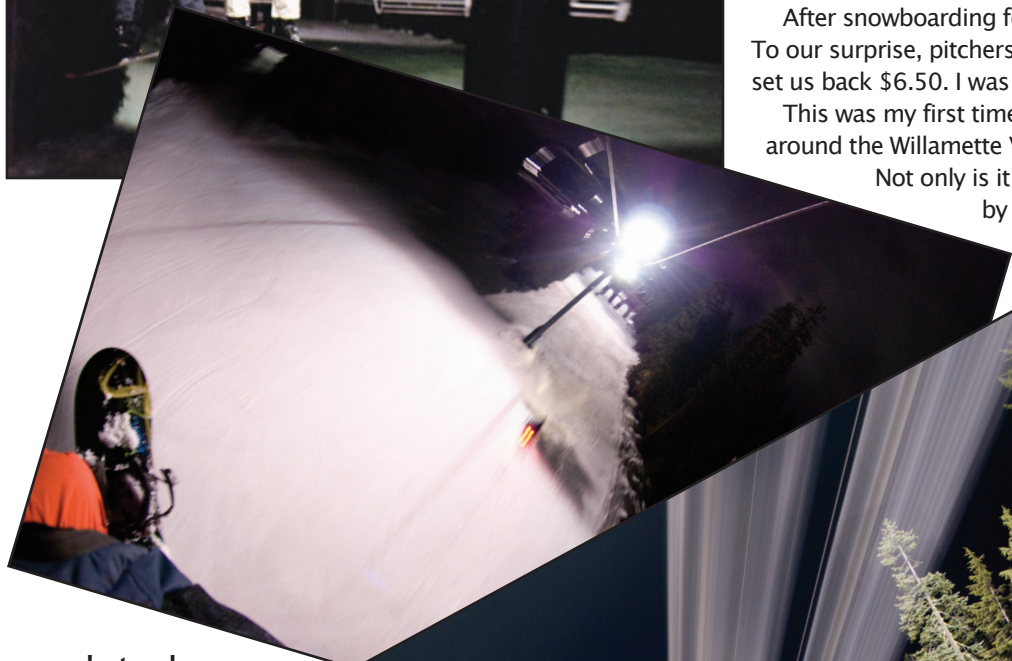
We left Corvallis around 10 a.m. and arrived at the mountain a quarter after noon. The skies were clear and the snow was slushy, but very fun. Willamette Pass' voucher is good from 12:30 p.m. to 9:00 p.m., and costs \$45. Split that price with your friend and its only \$22.50. Their entire mountain is open until 4:00 p.m. After 4:00 p.m., only a couple lifts run and the cost is \$20.

Willamette Pass offers everything from black diamonds with steep cliff drops and fast treelines to an easy, gradual bunny hill that goes straight to the base of the lodge. They also offer tubing, Nordic skiing, two terrain parks, and an R.V. hook-up area.

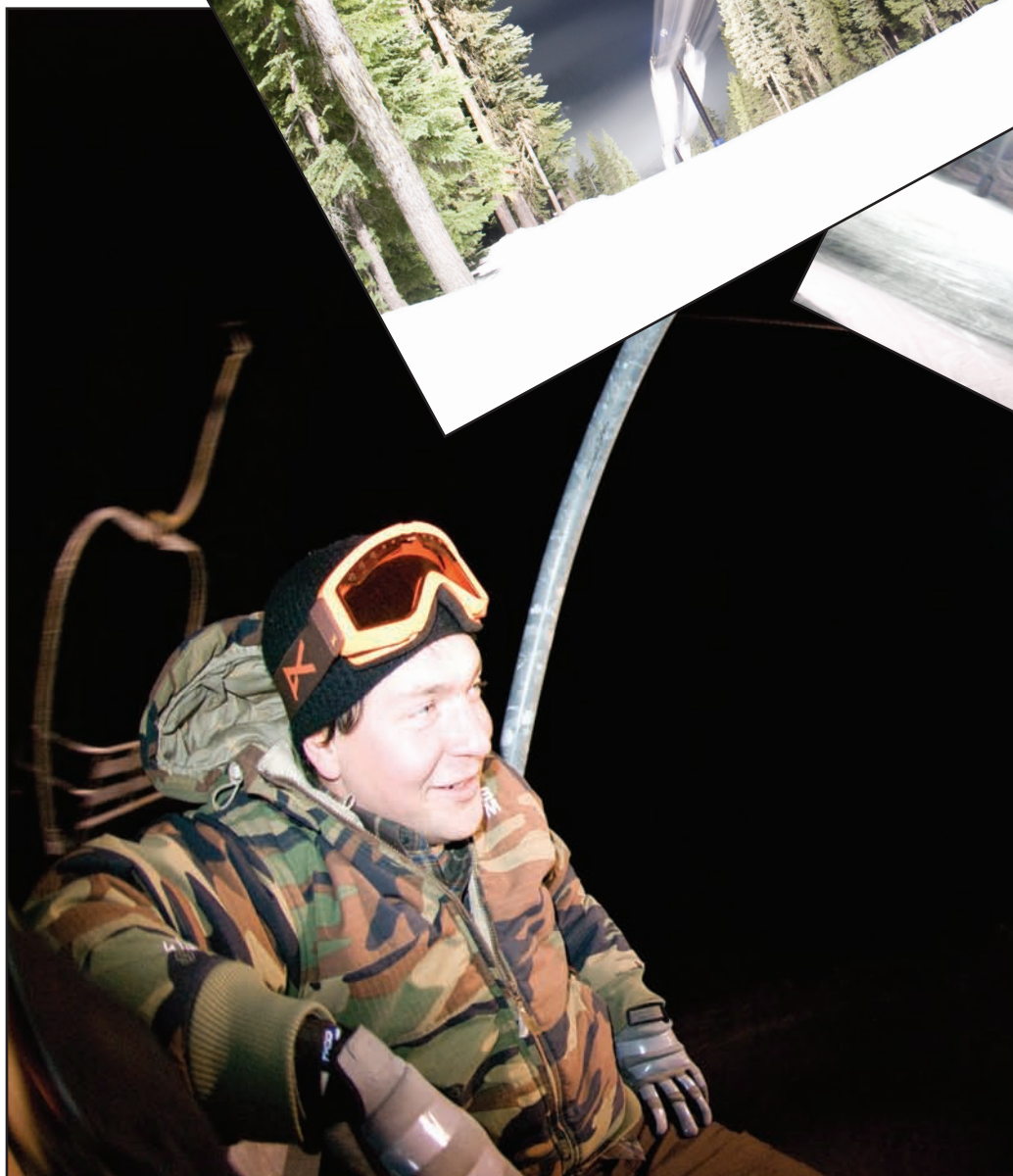
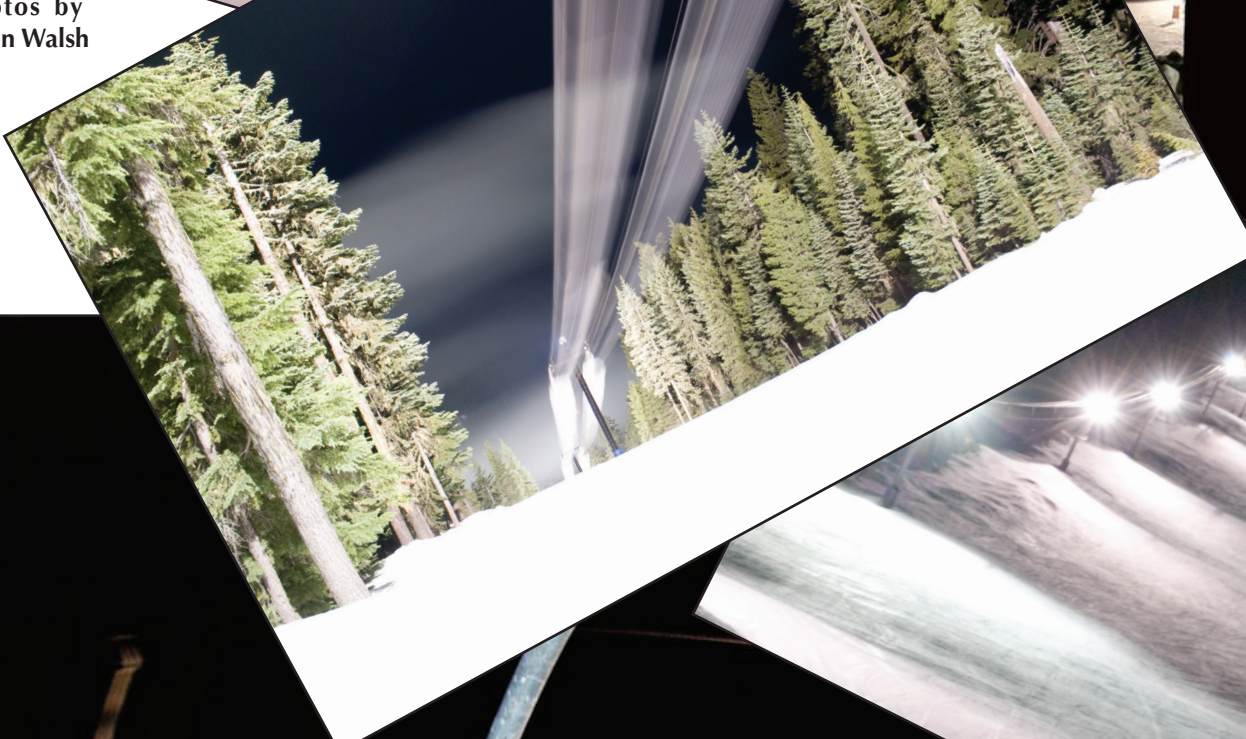
After snowboarding for a few hours, my friend and I headed to the bar to grab a few cold ones and some food. To our surprise, pitchers of Widmer Brothers Brrr Seasonal Ale were only \$9 and a whopping plate of nachos only set us back \$6.50. I was stuffed and ready to get in a few more runs before the mountain closed.

This was my first time to Willamette Pass and it will definitely not be my last. I have driven to many mountains around the Willamette Valley area, from Hoodoo to Mt. Bachelor to Mt. Hood, and this is the easiest drive by far.

Not only is it a pretty straight shot from the Corvallis area to the mountain, but also you are driving by beautiful lakes and rivers almost the whole drive up. If you have some extra time on the way up to the mountain, be sure to check out the hot springs on the way, or Salt Creek Falls, which drops over 280 feet.



photos by
Colin Walsh



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ARTS & ENTERTAINMENT

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

By spending time to make our world better we,
in turn, better ourselves. - Maya Angelou.

Knowledge speaks, but wisdom listens. - Jimi Hendrix.

Our feelings are the most genuine path to knowledge.
- Booker T. Washington.

There's no rehab
for stupidity.
- Bob Marley.

Black History Month Events Calendar

LBCC will host a series of events on the Albany campus to celebrate Black History Month throughout February under the theme "Difference: Change: Unity." All events are free and open to the public.

Photo exhibits: "African-Americans in the Willamette Valley" and "African Art/ African-American Music Posters" through the month of February. Hosted by and featured in the LBCC Library.

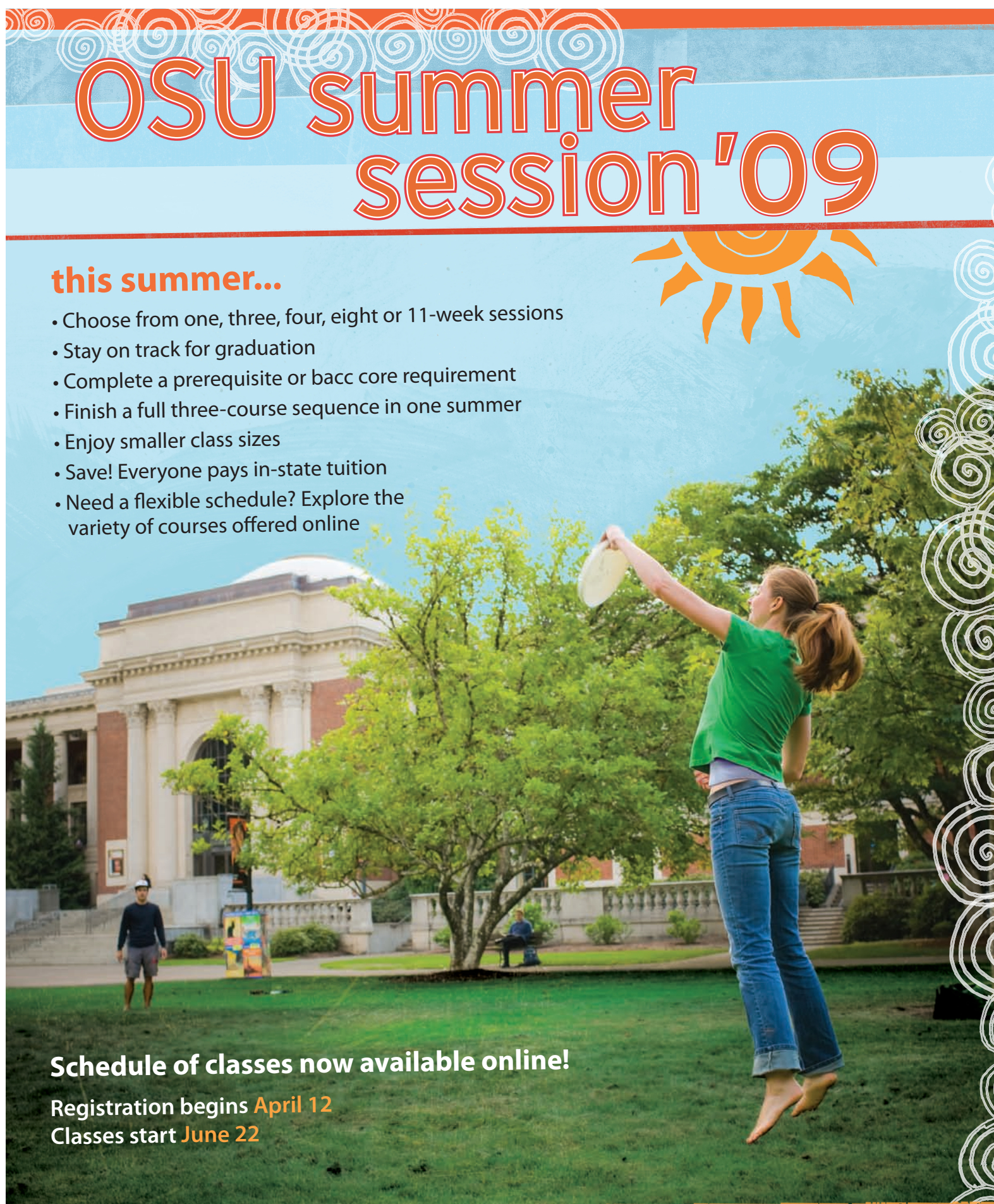
Presentation by LBCC instructors Robert Harrison and Callie Palmer, 11:30 a.m. to 12:30 p.m. Feb. 10, Calapooia Room in the College Center. Harrison and Palmer will give a presentation on their trip to the presidential inauguration.

LBCC Poetry Club readings, 1 to 2 p.m. Feb. 11 and 18, College Library reading room.

"Black History and Hip Hop," 3 p.m. Feb. 25, Diversity Achievement Center in the Student Union. Hosted by The Diversity Civic Engagement Council in association with the LBCC Diversity Achievement Center.

"Unity: A Social Celebration," 5 to 7 p.m. Feb. 26, Fireside Room in the College Center. Join in for music, food and poetry. Hosted by the LBCC Diversity Achievement Center.

For more information on any of these events, contact LBCC Arts and Communications Division at 917-4530. For disability accommodations, call 917-4789, or TDD through Oregon Telecommunications Relay Service at 1-800-735-2900, and provide OTRS the number of the department you wish to reach at LBCC.



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The Commuter
Editor-In-Chief: Gregory Dewar
Managing Editor: MaryAnne Turner
Newsroom Desk: 917-4451
E-mail: commuter@linnbenton.edu

ARTS & FOODERTAINMENT

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



Photo by James Scales

Burger Blog: Bad Habit

James Scales
The Commuter

Part of being a big guy, who is crazy about burgers, is you tend to do some slightly insane things. Now I am in no way of needing to be committed, but certainly you have thought about your bun. Not the bun that is getting bigger after all these burgers, but the bun that sits there, wrapped around your delicious meat wad of goodness. Well, big man certainly does. Big man loves good bread, but sometimes it just isn't enough to satisfy such a big guy. So I bring you this week's tasty burger creation: Bad Habit.

Makes two "what the hell" creations.

Ingredients:

1 Pound Ground beef
 ¼ Cup diced yellow onion (grind with the meat if you ground it fresh)
 2ish Tablespoons Worcestershire, a little more if you like it
 4ea Slices Cheddar
 4ea American Cheese Slices (bear with me people...)
 8ea Slices white bread (gotta go with out American cheese singles!)
 4ea Slices your favorite ham, be it honey, fresh smoked, black forest, its all good here
 Butter, Salt, Pepper

Equipment:

For this one, I recommend just having your stove cleared off as you will likely need all your burners going if you want the burgers to be finished at a similar time, so

with that in mind, enough pans and the like to contain all your creations in making.

Procedure:

In a large metal bowl, combine your ground beef, onion, and Worcestershire until it's well combined. Salt and pepper to taste. Separate them into four meatballs and then shape into patties roughly the size of your bread.

Preheat all of your pans now, medium, to medium high heat. Take all your bread out and spread butter on ONE side of each piece. Lay one piece butter side down in your pan, hopefully its sizzling from being preheated properly, then the ham and then the next slice of bread forming your very own ham and cheese sandwich!

In go the patties to the heat and back to your grilling ham and cheeses. Flip when its time on your sandwiches and keep an eye on your burgers. Once one of your sandwiches is done, simply smash it. Flatten it. Just make is smaller, there's air in the bread we don't need! Once your burgers are flipped and a minute or so down the road cheese 'em all. Once the burgers are done and the cheese is melted hopefully at least two of your smashed grilled ham and cheese are done. Stack them like you would a normal burger. Now, this may just be the crazy overdose of bad calories extra cheese and meaty goodness, but go ahead and slayer whatever you want on your burger there, I'm going fairly strait today, with just a little bit of mayo and a little bit of ketchup. Dig in. Remember this would be a bad habit to keep, so, take it easy.

Into the Belly of the beast

Jana West
For The Commuter

When I heard there was a new restaurant in Eugene that was serving pork belly, tripe and even had pig's feet on the menu I had to check it out. I'm obviously down with eating a little swine. Chef/Owner Brendan Mahaney opened on July 4, 2008, but I like to give them a little bit of time to see if they'll stay open and to work out some kinks. Belly, located in the 5th Street Market area, is fairly small with only about nine tables; perfect. There is minimal décor, a very long chandelier hanging out in the corner and little else to distract me from the mission at hand: Pork belly.

I'll get back to the pork belly in just a second, but I have to mention the appetizers. We started off with the bacon wrapped manchego cheese stuffed roasted dates and hazelnuts. Yumm! The bacon was perfectly cooked and did not overwhelm the salty, creaminess of the cheese as it danced with the sweetness of the dates. What a great start! Next, the roasted parsnip soup with bleu cheese croute, I'm seeing a theme of sweet and salty and I like it. The soup has a wonderfully rich and smooth texture, perfect for a chilly evening. There are an assortment of other starters from \$3 to \$9, like Pig's feet and tripe on toast, and clams with chorizo. Their salads look good, too: beet salad with blood orange and grapefruit and Endive salad with brussel sprouts and bacon. I had to save room, so on to the main course.

Pork belly, to some, is just the cut of meat that bacon is made from. Pork belly, to those in the know, especially chefs, is one of the finest things to come out of a pig. Rarely do I see it on menus, which is unfortunate

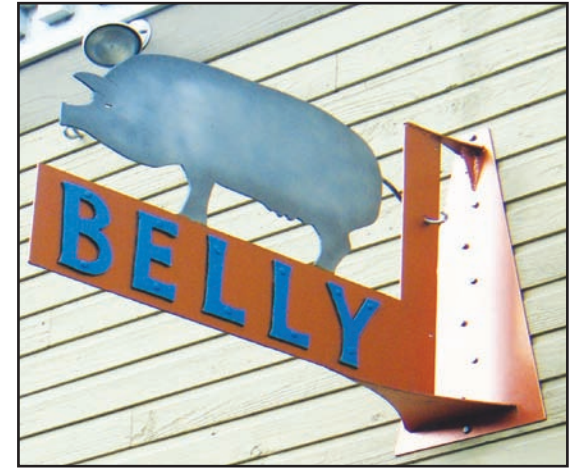


Photo by Jana West

because it is a relatively inexpensive piece of meat. There is a layer of meat, topped with a layer of fat, another layer of meat and yes, you guessed it, another layer of fat. The top was perfectly crisp and the meat was ever so tender. Some people enjoy eating the fat. Me, not so much, but the fat is crucial for the flavor and the texture. It was served on a bed of lentils, which were nicely cooked, not too soft, with some crispy onions as the garnish. My friend's filet mignon was well-seasoned and very tasty, but I was a little underwhelmed with the mashed potatoes and the demi glaze that was on the meat. They also have a small but impressive selection of wines, mostly from France and Italy. I chose a Tempranillo from Spain; delightful. Dinner entrees run from \$15-\$20, and I am told they change their menu two to three times a week, using a lot of organic and local products.

Classifieds

**They just make cents. Place an ad today with The Commuter at
 commuterads@linnbenton.edu**

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

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

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

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

Help Wanted:

Front Desk/Customer Service (#7093, Albany) If you are knowledgeable of fitness and want to work almost full-time (35 hrs/week), this job might be for you. These are daytime hours so you can't have day classes.

Polysomnographic Trainee (#7087, McMinnville) Must have CPR/BLS certification. Will consider CNA's, MA's or EMT certified with at least 1 year of patient care experience. Willing to train right person.

Crater Lake Summer Jobs (#7062, Oregon) Time to start thinking about summer jobs!! Beautiful place to work for the summer!!

Teller (#7092, Corvallis) Full-time Teller position available in Circle Blvd. If you have cash handling and customer service, this could be your job!!

Other Stuff:

Pregnant? Free pregnancy test. Information on options. Non-pressured. Confidential.

Options Pregnancy Resource Center.
 Corvallis 757-9645. Albany 924-0166.

www.possiblypregnant.org

CLINICAL HYPNOTHERAPY TRAINING PROGRAM. Become a Certified Hypnotherapist. The Howard L. Hamilton School of Hypnotism will take you from basic through advanced in 20 lessons in a time frame that is convenient for you. Upon completion, you are qualified for membership or certification the The National Guild of Hypnotists and The Oregon Hypnotherapy Association. Pay as you go at \$75.00 per lesson. (541) 327-3513

**Submit your recipes to
 The Commuter!**

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917-4451

Forum 222

Opinions expressed in letters to the editor do not express the views of The Commuter, its staff, Linn-Benton Community College, the President of the United States of America, or Jack Bauer.

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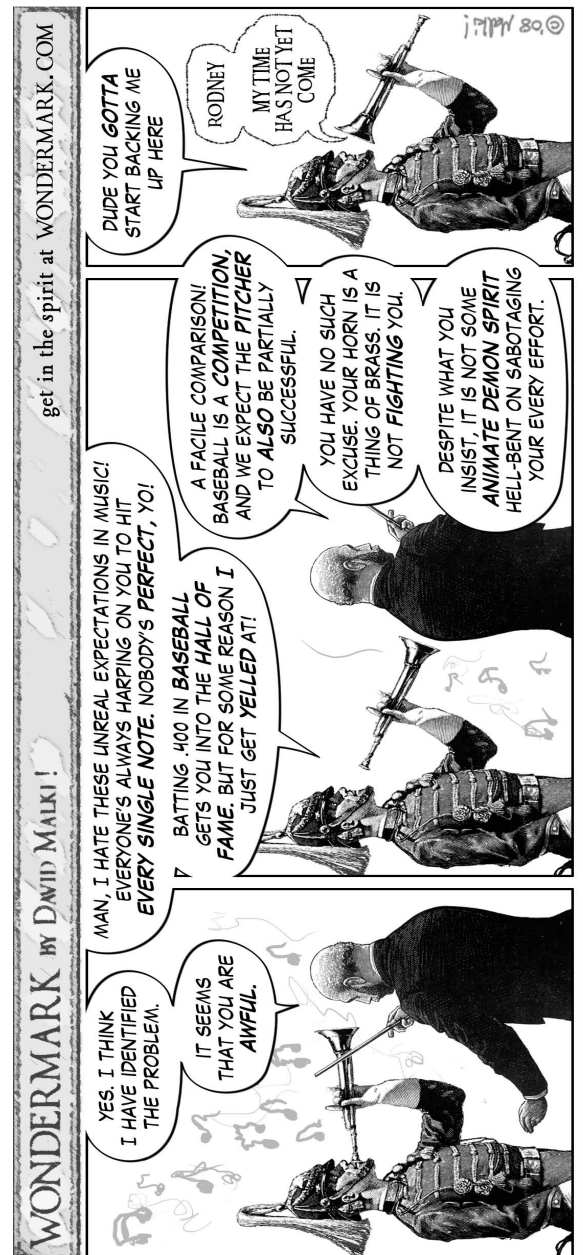
SURREAL LIVING

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

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By Adele Mann
 New York, NY

2/4/09



"Ten years of therapy, and finally I've managed to replace my rage addiction with sarcasm."



"Waiter, there's a Jeff Goldblum in my soup."

Winter 2009 Academic Success Seminars

FREE

Sign up on SIS or drop in!

My Friend is Hurting- How Can I Help?

Are you, or someone you care for, feeling: anxious? stressed? depressed or suicidal? Come to this helpful seminar to learn about the warning signs and coping strategies. For more information, and to sign up, visit SIS under Study Skills, or call (541) 917-4782.

Feb. 10, Lebanon Center, LC-218 5 - 5:50 p.m.

Better Notes + Better Tests = Better Grades

Apply the powerful note taking and study method covered in this workshop and watch your grades improve! Students who use the note taking study and self-test methods presented in this workshop report that they understand and remember more of what they read and get better grades.

Feb. 4, Sweet Home Center, SHC 102, 4 - 4:50 p.m.

No Stressin' From Testin'

Would you like to know what it takes to walk into a testing situation feeling confident? Test-taking can and should give you the opportunity to glow. This seminar will share strategies that you can use to overcome test anxiety and show off what you know. Come find out how to make test-taking a positive experience.

Feb. 4, Albany Campus, WH 225, 12 - 12:50 p.m.

Feb. 9, Lebanon Center, LC 205, 4:30 - 5:20 p.m.

Feb. 11, Sweet Home Center, SHC 102, 4 - 4:50 p.m.

Tips to Overcome Procrastination

Procrastination can keep you from your goals. Come learn the underlying causes and tips to successfully overcome it.

Feb. 10, Benton Center, BC 120, 5 - 5:50 p.m.

Feb. 11, Albany Campus, WH 225, 12 - 12:50 p.m.

Feb. 23, Lebanon Center, LC 205, 4:30 - 5:20 p.m.

Feb. 25, Sweet Home Center, SHC 102, 4 - 4:50 p.m.

Prepare for Finals Without Cramming

Juggling due dates for papers, projects, and finals? There's a way to do this without losing your sleep or sanity—even if you've been procrastinating! (Bring all of your assignments and due dates to get the most out of this workshop.)

Feb. 17, Benton Center, BC 120, 5 - 5:50 p.m.

Feb. 18, Albany Campus, WH 225, 12 - 12:50 p.m.

March 2, Lebanon Center, LC 207, 4:30 - 5:20 p.m.

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

Linn-Benton
 COMMUNITY COLLEGE

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Grunge isn't dead

Gregory Dewar
The Commuter

I've become self-conscious since last week. If my staff sees me outside of my flannel, they question it with something along the lines of "did you finally figure out Kurt Cobain was dead?"



It was last week that Rick Casillas, my very own assistant, stood up to proclaim that Grunge was dead.

Well, Rick, grunge isn't dead. Sure the Northwest rock explosion...well...exploded and then imploded, but that doesn't mean it hasn't left a lasting effect on the sounds of other musicians.

Before I continue with my other point, it's helpful to understand where grunge came from.

The most easily traced of grunge's roots are Black Sabbath (with Ozzy Osbourne). Coupled with the dismal sounds of The Melvins and heavy influences from all genres of punk rock we ended up with Mudhoney, Mother Love Bone, Soundgarden, and The Screaming Trees. As the '80s began to wane, Mudhoney influenced a few bands that may be more familiar to my generation: Nirvana, Anthrax, and the Stone Temple Pilots. The new decade dawned (the '90s) to see Mother Love Bone

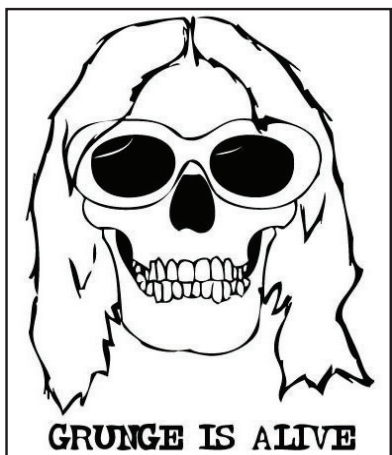
break up and reform as Pearl Jam after a short stint with Soundgarden's front man in the Temple of the Dog. Alice in Chains started their quick rise to super-popularity.

Grunge gave much to the rock scene during the '80s and

"1991 was here to stay and so was Northwest rock. Seattle was the place to be, and MTV couldn't get enough of it."

Gregory Dewar

early '90s, including the rise of all-female rock groups such as Babes in Toyland and the 7 Year Bitch. This became a



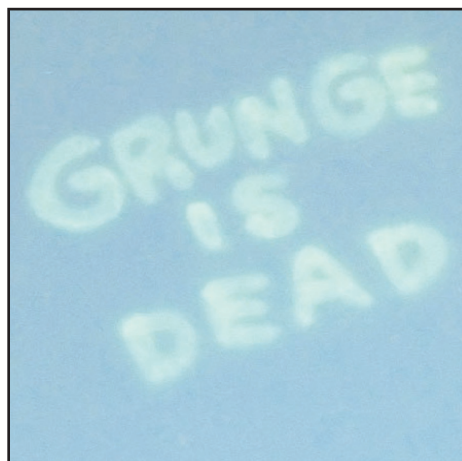
Courtesy of Domato - Flickr

sort of respected norm, even though female vocalists and groups had been present in the punk scene, their rise in popularity during the grunge administration was a big step forward for chick rockers.

1991 was here to stay and so was Northwest Rock. Seattle was the place to be and

MTV couldn't get enough of it, flaunting the style and music as much as it could.

More and more grunge bands began to sell out (Stone Temple Pilots, for instance, became an Arena Rock band) many rose to take their place with borrowed sounds, some going back as deep as the punk roots. With Nirvana gone (yes, I'm well aware of what happened Rick), the stage was set for bands like Bush, Godsmack, and Candlebox. This was the radio-friendly "post-grunge" we're all so familiar with: bands that would co-operate well with the record companies. As an aside, a new



Courtesy of Greefus Groinks - Flickr

type of rock began to form with The Presidents of the United States of America and Ugly Kid Joe. This ultimately wanted to make room for today's "Modern Rock" like Three Days Grace and Nickelback much to my chagrin and embarrassment.

1997 and Soundgarden's

dissolution are generally considered the end of grunge as we know it.

For its short-lived decade, grunge ruled the rock world. After all, what kid in the '90s could resist the toned-down metal clash of guitars, the punk beats and lyrical stylings? I know that I couldn't, nor did I try.

And today grunge and post-grunge's influences can be felt, in every old tune that comes across rock radio and every new "hip" sound that they hype.

So, yes, Rick, grunge is dead fiscally, it had less than 7.3% of record sales in 2006 according to Encyclopedia Britannica.

But, no, Rick, grunge isn't dead. There are those of us who still follow the piper's tune from the shadows. And the influences are still reverberating through the rock world today.

What we have here is a failure to co-operate, bands that would rather live in squalor than sell out, so what did the record labels do? They found bands that would.

And thus, money has killed another beautiful art form.

Except for me, I'll wave my grunge flag high until the day Pearl Jam stops touring.

Good Day to you, Sir.

Wikipedia pertaining to wisdom

Rick Casillas
The Commuter

I've noticed a hate/love relationship brewing between Wikipedia and the slew of teachers I've known since starting college. Many seem to mock its credentials, as it has become common knowledge that it's open sourced, but they still seem to refer to it often enough that its apparent they use it in their everyday lives themselves.



Rick Casillas

Talking to other students, I get the impression we all seem to use it to some extent; either brushing up on the basic facts of a topic or following external links to find something more impressive to sate the thirst of our tradition-mired instructors.

The problem is, of course, that anyone can edit it, which means that at any moment, someone could be altering the biography of Janis Joplin to say that she ate cats and we, being the mindless drones that we are, will read it, shrug our shoulders, and accept it at face value. However if you use a little discretion and common sense, I think it's a completely valid source.

I have a big issue with blindly following big titles. Just because someone is a doctor doesn't mean you have to do what they tell you to; a professor isn't necessarily any smarter than any other Joe on the street. I think it's pure intellectual snobbery to eliminate Wikipedia, essentially acting as the voice of the people on the basis that commoners can add to its articles. If anything, I would think some of Wikipedia's material contains less bias, as it passes under the prejudicial eye of innumerable people who knead and beat it into its least offensive form; as opposed to a couple of historians or scientists and their editors.

Peace: not just for the few

Brandon Goldner
The Commuter

For some people, peace will be ever-associated with pot smoke, long hair and terrible hygiene. There are many people who don't believe peace is "for them," because what it represents doesn't mesh with the image of themselves that they've constructed.

But peace is more than an abstract concept; it's an absolute that allows for the development of nations, increases qualities of life, and enables the very existence of our human race - not to mention the planet itself, and the living things with which we share it.

Even those that would defend themselves against an unarmed burglar using deadly force are really acting for fear of having their peace being taken away: They just want to feel safe in their own houses.

Despite this, there exists in America a palpable feeling that to consider and think about peace is to have attached other labels that, in reality, may not be applicable. A cowboy can be a

pacifist. A person proud of their country could be all for finding nonviolent solutions to our global problems. But sometimes it's difficult to admit, and even more difficult to keep others from making assumptions about your personality as a whole based on a single belief.

So how do we recognize and honor the basic concepts of peace in our everyday lives with confidence? And how can we better see how peace works on a local, regional, national and global scale?

One such opportunity will present itself when the Peace Studies program here at LBCC meets on Friday. Lead by OSU and LBCC faculty Doug Clark, this meeting will give you an opportunity to see how people of differing opinions can come together to think and act with peace in mind. Being part of the Peace Studies group will give you opportunity to be eligible for tuition grants and service learning projects related to activities happening in the mid-valley. On top of that, you can be a part of proposals for peace and justice activities right here on campus, and even be a part of student delegations that travel to Europe.

If you've never spent much time thinking about peace, here's your opportunity. See the accompanying box for details.

Peace Studies Meeting

When: 1:30 p.m. Friday, Feb. 6

Where: South Santiam Hall, Studio B, LBCC Albany Campus

Who's invited: Everyone

PERSPECTIVES:

Would you pick up a newspaper from the bathroom floor?



Sandra Ballardo

"I've picked up worse things in the bathroom."



Kelsey Nichols

"If it's wet I won't, but if it's just a part I'll pick out a piece or two and read it."



Timothy Nguyen

"I'd pick it up if it smelled like roses. More sniffing than, than reading."



Kylie Jarret

"Probably. It would stick to my foot otherwise as I walked out the door."



Kent Bean

"Sure. If it's not wet, why not? Got to have something to do for 30 to 40 minutes."

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If only we didn't need a Black History Month

Gregory Dewar
 The Commuter

History is a comical thing. Some people live for it. Others can't stand it. And very rarely, someone embraces it while moving forward in their lives.

Some are trapped by it, ravenously escaping their pasts, allowing that past to redefine them completely.



"It seems like even further segregation, to have this Black History Month."

Gregory Dewar

Others, the anachronisms like myself, are in such love with history it's all we can do but to wish to be transported to an older time.

Idealistically, we like to believe that history is so terribly important because it teaches us not to repeat the same mistakes we've already made, and as the layman, you or I may give this a wholehearted cheer. The issue with this is that lawmakers and the people with real power in our society are historically retarded. In other terms, they seem hellbent on repeating the mistakes of the past in a chronological sequence.

What I find most quizzical is that we have to have a "Black History Month" to remember certain parts of our American history. Parts that may have been easily swept under the rug. Shouldn't we, as a forward-thinking country with a relatively high education quotient, simply appreciate history

intrinsically instead of being told that during a certain 28-day period that it's time to remember people? That fact is a self-explanatory political commentary in and of itself.

It's a little saddening. From my small tower, I would think all people would know and appreciate all history regardless of what skin color it's related to, and I wish I could say people were just ignoring one part of history, but that

simply isn't true. From my perspective, for the average American citizen history was just a boring class you slept through in high school and nothing more.

There shouldn't have to be a black history month. We shouldn't have to encourage people to learn about history. Black history should be considered every bit as important as every other "history," as I'm even loathe to divide up history (I'm cringing as I write this), because how do you divide up something that is completely singular and say "Well, this piece belongs to you and this piece belongs to these people who don't look like you." In what sort of world does this make sense?

It seems like even further segregation, to have this black history month. Like the historical racism of the past is being carried forward through this sheepskin cloak and continuing

its vileness. Does this mean that black people are intrinsically special? That they deserve their own history month where other people don't? Without being a racist, these seem like valid questions that need to be asked, and maybe they already have, but I'm still wondering...

Why can't history just be history? Why can't history just belong to everyone? Why can't we as a species appreciate all of our history equally? Why do we need a calendar date to point at other people and go "this is your month"? What is so broken in our society that this need has been created? That a group of people has seen fit to designate a month to a skin color?

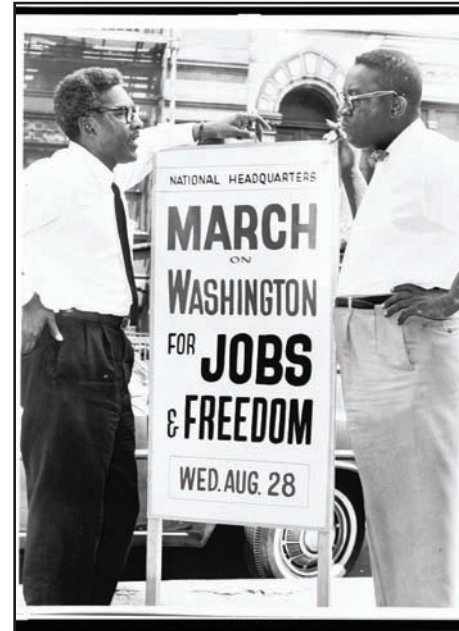
Why can't we just have a history month where we celebrate all history: The good and the bad, regardless of culture, heritage, skin color, sexual orientation or religion? Why can't we just come together as a melting pot of

people and remember everything? History tells the most beautiful story of all, regardless of how tragic, because it is truth. The week before last I talked about our codified human emotions

and our ability to empathize. Now I talk to you about our codified history. That history belongs to everyone with our genome and is overarching. This is the history of all nations and nationalities. Nothing is more important than anything else.

If history as a singular entity has taught me anything, it's to always cherish the fact that we are only one human race and that we only have one shared history. Through the hourglass, time's arrow is the great

equalizer: it isn't black, it isn't white; history is often gray, like the American people. Or any people for that matter. If only humanity could realize that possession and use it for greater unification.



Public domain
 Unfortunately, the struggle these men represent was necessary to attain equality.

Submit to The Commuter!
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 917-4451
 Forum 222

Opinions expressed in letters to the editor do not express the views of The Commuter, its staff, Linn-Benton Community College, Dexter Morgan, or Santa Claus.

The Student Programming Board Needs YOU!

Eight Board Positions Are Open:

- Team Coordinator
- Series Events Specialist
- Health & Recreation Specialist
- Multicultural Activities Coordinator
- Center Events Specialist
- Campus & Recreation Specialist
- Intramural Sports Specialist
- Political Activities Specialist

Apply at Student Life & Leadership Office.
 See job descriptions at: www.linnbenton.edu/go/spb
 Tuition grants for all positions.
 Questions? Contact Alisia Ball, 917-4963.

Apply by Feb. 20

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LBCC is an equal opportunity institution.

Attention!!!

Calling All Linn-Benton Community College Faculty, Staff, and Students!!!

We Need Your Help!!!

Thanks in part to funding from the Music Department Associated Student Government, Student Programming Board and Arts & Communications Division, LBCC is Composing it's first ALMA MATER (School Song)!!

We need your help with part of the song—the lyrics!

Simply write down a sentence that describes what you like most about LBCC and deposit in a collection box between February 2nd and February 13th, 2009. They will be used to write the lyrics to the new LBCC Alma Mater!

Collection boxes can be found at:
 The Registration Desk
 The Box Office (Takena Hall)
 South Santiam Hall Art Gallery (1st Floor)
 The Commons Cafeteria
 The Hot Shot Café
 Student Life and Leadership

The more participation the better! Take this opportunity to participate in LBCC History!

For questions or more information, please see James Reddan, Faculty of Music in SSH-213.

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