

The

Vol. 41 No. 20

A Weekly Student Publication

March 10, 2010

Commuter

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The Commuter
Editor-In-Chief: Max Brown
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Opinion

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

Advice from Weiss

Mark Weiss
 for The Commuter

Question: This term has been harder than any other. Sometimes I just feel like giving up, but I found out it's too late to drop. Is there any way out, or should I just stick it out and take whatever I get?

Answer: It is too late to withdraw (that was the end of the 7th week), and although you can always talk to a teacher about options, they don't have a lot of choices available to them, at this point, either.

My two cents worth is this: You have just invested nine-and-a-half weeks into this group of classes; don't throw all that work away by walking away. Stick it out. Do whatever you have to do to get help (help with school work, help at home, cancel other plans for the next ten days), and try to get the most you can for the work you have already finished. In other words, "persevere."

I have taught a class called "College Success" on many occasions. Every time I have taught this course I have had a panel of faculty members talk to my students about what creates success, and every single time the word "perseverance" has been discussed. Every single faculty group has felt that there comes a time for each of us where we make ourselves do some really hard work. Work that we don't necessarily want to do, or feel overwhelmed by, in order to succeed. I think, for you, this is one of those moments.



Counselor Mark Weiss

I am not someone who believes that you "always give 110 percent," and never give up. I think there are a lot of circumstances when the best decision is to bail on one or more classes. I did it myself, as a student, and I've helped students who, for a variety of reasons, needed to lower their work load or stress, but not in week nine or ten of a term. Not unless there's been a major accident or illness in your family. Not when you are so preciously close to completion. Generally speaking, this is not the moment for creative drops or withdrawal. This is the moment to go to the Learning Center, the Disability lab, your family, your friends, get whatever help you can, and finish. It's not that you always have to "go the distance," but right now, at this point of the term, it's your best move.

For anyone reading this who has had a major accident or illness in the family in the last couple of weeks, such that you have no chance of finishing, please come and see one of us in Counseling. We'll help you to sort out your best options.

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

A word from your local ASG

The Associated Student Government is conducting a brief survey of students who smoke at LBCC. We would like your input to be able to effectively represent your privilege to smoke on campus to the LBCC Administration.

On a separate sheet of paper, answer the questions below, and return it to the Student Life and Leadership office by March 12 to be entered in a drawing.

LBCC has had several complaints filed with the County Health Department indicating that we are not in compliance with the Oregon Smoke-free Workplace Law. These complaints have resulted in inspections of the LBCC campus by the Health Department. The inspection report indicated that LBCC students and staff were not complying to the law and LBCC's Smoking policy because:

- People were observed smoking within 10 feet of doorways.
- People were seen smoking outside of the designated smoking areas.
- Cigarette butts were found within a foot of doorways and on campus.
- People were observed not complying with LBCC's Smoking Policy.

The Health Department will continue to conduct drop-in inspections. If they observe LBCC students and staff out of compliance with the Oregon Smoke-free Workplace Law and LBCC's Smoking Policy, LBCC will be fined at least \$500 per day, per violation. Once the fines reach \$2000 in one month, state action will be taken against LBCC. Once state action is taken, the LBCC Administration will need to take drastic measures to ensure the law and LBCC policy is being followed. This **will affect** our students who smoke.

Please take a few minutes to answer the following questions.

1. Are you aware of LBCC's smoking policy?
2. Are you aware of the locations of the designated smoking areas on campus?
3. Are you aware of the Oregon Smoke-Free Workplace Law?
4. What action(s) do you suggest LBCC take to be in compliance with the Law and LBCC policy?
5. It is been proposed that LBCC relocate the smoking shelters in proximity to doorways and air-intake systems. What is your opinion over moving the shelters?
6. What other things would you like to tell the LBCC Administration regarding this issue?

Thank you for participating in this survey. Your input is valuable to ensure the ASG can represent your privilege to smoke. Please smoke within the designated areas and place cigarette butts in the proper receptacles.

Last ASG meeting of the term will be **Wednesday, March 10 from 3:30 to 4:30 p.m.** in Takena Hall, Main Entrance
 Public welcome

The views of the ASG do not necessarily reflect those of The Commuter. Any questions or comments can be directed to the Student Life & Leadership office.

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Perspectives:

What are you going to do over spring break?



Buddy Lane
 Math & Child Development

"Maybe go to Alaska to visit a friend who I met fall term."



Macy Dirks
 Paralegal

"Sleep."



Patrick Drinkarb
 Automotive Tech

"Go to a rodeo in Elma and go to Red Bluff."



Judy Allen
 Office Management

"Fixing my yard ... make my grass all one level. And I'm going to work on my garden, plant some flowers and vegetables."



Jared Purdy
 Undecided

"Just party the whole time ... get drunk, have some fun ..."

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Unsung heroes of Iraq

Adam LaMascus
 The Commuter

As I turned on my computer Sunday morning, I saw a story from the Associated Press, and another from Reuters, talking about the elections that were held in Iraq recently.

The stories told how insurgents attacked with grenades, car bombs and mortars, killing at least 36 people, and despite all of this violence, a huge number of people turned out to vote. The exact number is unknown, as the ballots have not been counted yet. I was truly impressed; we Americans have a hard time voting because we don't want to sit in traffic or we don't want to miss "American Idol." I can only imagine how small the voter turnout would be here if we were being mortared on the way to cast our ballots.

Another story by the AFP, a global news organization, talked about something I was completely surprised by: the Iraqi Communist Party. In a small house, simply decorated by a mural of a sickle and hammer, people met to discuss their future. Three members were interviewed (one being a woman whose face was uncovered) talked about equality, building public infrastructure, and the end of religion in politics, which they feel is crippling their nation. Though they knew they had

no chance of winning with either of their candidates, they ran anyway, hoping to at least show that they exist and are working forward.

Walid Abid, a 40-year old father of two who runs a cafe in the Azamiyah neighborhood of northern Baghdad said the following, even as explosions were heard within a few blocks: "I am not scared and I am not going to stay put at home ... until when? We need to change things. If I stay home and not come to vote, Azamiyah will get worse."

At the bottom of the pages were the cesspools of the Internet: the user comments. I won't bother to repeat all of the ignorance, racism, and stupidity filling that section, but I will just say that it was appalling. This is an area of the world that has held human civilization for about 6,000 years, and not once during that entire period have they experienced democracy. They have gone from one king/caliph/tyrant/dictator to another,

and now, in less than seven years, they are already holding elections almost entirely by themselves. The only evidence that the U.S. military was present on that day were a few attack helicopters called in by Iraqi security forces to patrol certain areas.

Even though I did not ever support the war in Iraq, and I feel we were led into it by outright lies and deception, I am happy for the Iraqi people and truly humbled by their heroism. As I watched interviews with people who talk about the importance of voting, and working together, while you can hear mortars and explosions going off in the background, two things really dawned on me: first, how lucky we are to live in a nation where we don't have to endure things like that, and second, how brave and heroic the average Iraqi citizen is. I wish them the best of luck, and truly hope they are able to keep their fledgling democracy going.



Letter to the editor

Re: Real men swing swords

I couldn't agree more with Adam LaMascus' article on historical re-enactment. The fact that our society finds it nerdy to be a re-enactor is very despicable. While I am not of the same brand of re-enactor as LaMascus, I love to make my own gowns and dance duple minors and quadrilles. I belong to the Oregon Regency Society, a group of English Regency era costumers and re-enactors. I am also a History major. I love to wear gowns, English country dance, have dignified conversations, drink

tea, and picnic. As LaMascus points out, many people do not know the general time periods re-enacted and admired, nonetheless the specific events. When I tell people that I am an English Regency costumer, they often look at me cluelessly. Then when I ask them if they have ever heard of Jane Austen, I get a few positive nods. "Pride and Prejudice" is the only relating factor to most people. This is unfortunate because the English Regency has everything to do with King

George III, and Americans should know who he is because he is the one that we fought for independence from with our own Revolutionary War. People assume that re-enactors are just big kids that want to play dress-up, but that is certainly not the case. In my eyes, title and chivalry mean so much more than the sports world.

Ann Helms
 LBCC student and Oregon Regency Society coordinator

Back in the day

Adam LaMascus
 The Commuter

This day in history ...

March 10, 1945: Ends justify the means?

During WWII, the U.S. Army Air Corps firebombs Tokyo, which is mostly made out of wooden buildings. The massive firestorm that ensues kills over 100,000 people, most of whom were civilians. We still argue about nuking Japan, but we don't mention the numerous occasions where we did things like this.

March 11, 1931: Ready for action!

The Soviet Union begins a nation-wide, mandatory, physical fitness and cultural training program, known as "Ready for Labour and Defense of the U.S.S.R." The U.S. could probably use a national fitness program.

March 12, 1940: David and Goliath ...

The Finns sign the Moscow Peace Treaty, ending the Winter War. The Finns, even though they lose the war, put up an excellent fight. Despite being outnumbered more than 3 to 1, they kill almost 127,000 Russians while only losing about 26,000 men. Ironically, the war helps convince Hitler to invade Russia a little over a year later. He figures if the Finns can do that well, surely the Germans can do better. He was almost right.

March 13, 1954: We should have paid attention ...

The Battle of Dien Bien Phu begins as Viet Minh communist revolutionaries besiege the French garrison at the city. The battle lasts for over a month, and after vicious fighting, the French surrender. Shortly after, the French leave, and then a little while later, we decide we should go sticking our noses into Vietnam's business.

March 14, 1794: Unstoppable progress ...

Eli Whitney is granted the patent for the cotton gin. He invents the machine with the intention of charging Southerners to separate their cotton for them. Instead, somebody steals his plans and spreads them around. A direct result of this is that slavery, which had been dying off due to high expenses, suddenly became profitable again, and the U.S. saw a huge spike in slave imports. Sorry Eli.

March 15, 44 BCE: Beware the Ides of March ...

After a struggle, Julius Caesar is stabbed 23 times on the steps of the Forum by numerous senators. His last words are highly controversial, as there are multiple sources which give conflicting accounts, though it is generally agreed that he pretty much gave up resisting when he realized his close friend Brutus was amongst the conspirators. Arguably the most famous account of his last words are: "Et tu, Brute?" (You too, Brutus?)

March 16, 1968: Simply unbelievable ...

A unit of the U.S. Army massacres between 347-504 civilians (predominantly women and children) in the Vietnamese hamlets of My Lai and My Khe. The attack is covered up by the military. A year later, a letter describing the event is sent to Nixon and Congress. Everybody ignores the letter except for Morris Udall (D-Arizona). Eventually there is an investigation. Only one soldier is convicted, William Calley, receiving a life-long prison sentence. Nixon reduced it to a house-arrest sentence, and he only served 3.5 years before being paroled. I am truly mind boggled by this atrocity, and dislike Nixon even more than I did before.

Thought for the week:

"I think all the great religions of the world - Buddhism, Hinduism, Christianity, Islam and Communism - both untrue and harmful."

-*Bertrand Russel, 3rd Earl of Russel*

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Campus News

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



Mar. 10 – 12 (Wed – Fri) Smoking Survey

Student Life and Leadership
 The ASG is holding a survey about smoking on campus. Will LBCC become a nonsmoking campus? Help decide. And be entered in a drawing!

Mar. 10 (Wed) Images of Women in the Media

Noon • Diversity Achievement Center
 Come to the DAC for soup and rolls while Jessica Uhlman discusses her research paper focused on Dr. Jean Kilbourne's documentary, "Killing Us Softly."

Mar. 11 (Thu) Flag Retirement Ceremony

Noon • Takena Hall
 The US flag that has been flying in front of Takena has become faded and tattered. The Veterans

Club will perform a proper retirement ceremony and a new flag will be erected. Please join the Veterans Club in honoring our US flag.

Mar. 11 (Thu) "Heaven is Music" Choir Concert

7:30 p.m. • Russell Tripp Performance Center
 Listen to performances by the award winning LBCC choirs including the LBCC Concert Choir, Men's Choir, Women's Ensemble, The Blue Light Specials, and the Re-Choired Element Chamber Choir.

Additional performances will highlight several students in solos and duets. Tickets are \$6 non-reserved seating, and can be purchased at the Russell Tripp Performance Center Box Office, or by phone at 541-917-4531. Box office business hours are Tuesday through Friday, 9 a.m. to noon and 1 to 2 p.m.

Mar. 12 (Fri) Dance Showcase

4 p.m. • Russell Tripp Performing Arts Center
 Join us for a fun and informal show. Includes a sampling of dances from LBCC dance

classes and "works in progress" from the dance club's Spring Dance Concert. Free.

Mar. 13 (Sat) Traffic Control Flagger Certification Course

8 a.m. – 12:30 p.m. • Fireside Room
 Upon completion of this non-credit training course and after meeting all requirements, students will be certified to flag traffic in Oregon, Idaho, Montana and Washington. Job finding information will be provided in class. Cost for the course is \$80 and includes all materials, certification test and card. Minimum qualifications: must be at least 18 years of age and possess a valid driver's license. For more information or to register, call 541-917-4923.

Mar. 13 – 14 (Sat – Sun) Study Jam!

9 a.m. – 9 p.m. • Learning Center
 Do you need a place to study by yourself or with a group? Come to Study Jam! There will also be help for math, writing, and study skills as well as textbooks for rent! Free food will be available to keep you going! Brought to you by the Associated Student Government.

Mar. 13 (Sat) Benton Center Study Jam!

10 a.m. – 4 p.m. • Benton Center Learning and Career Center
 Do you need a place to study by yourself or with a group? Come to Study Jam! There will also be help for math, writing, and study skills as well as textbooks for rent! Free food will be available to keep you going! Brought to you by the Associated Student Government.

Mar. 15 – 19 (Mon – Fri) Book Buyback

LBCC Bookstore
 This is your chance to get money back for your used textbooks.

Mar. 15 - 17 (Mon - Wed) Text Book Swap

9 a.m. – 3 p.m. • Calapooia Center
 Would you like to magically change your current textbooks into books you'll need next term? Come to the St. Patty's BookSwap Extravaganza! We will be located near the book buyback window during Finals week. We'll take down your information and help facilitate a book exchange. Brought to you by the Student Programming Board.

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

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Couple shares "Passion for glass"

Alethea Skinner
 The Commuter

Silica plus heat equals glass. Simple. Take your bucket and shovel to the beach, pick up a bucket of sand, heat it and voila! Glass.

It would be wonderful if it were that simple!

It isn't, and Bill and Jane Siebler will tell you so. They have a true passion for glass work that shows in the number of pieces displayed in their Corvallis home, which they have shared with LBCC over the last several weeks.

As a result of their collecting, both Sieblers have tried their hand at glass making; however, Bill has a love for the art of glass making at the experiential level. He has mastered flameworking, producing marbles and small sculptures.

Jane says glass working "is more difficult than you expect it would be," and prefers to just enjoy the collection.

In their presentation, he explained that while it is technically true that sand plus heat equals glass, glass making is quite a science.

"Temperatures over 3,000 degrees will melt sand," he said. However, glassmaking today includes "additives that lower the melting point to 2,000 degrees, and one or two additives to stabilize it."

The items in the collection shared by the Sieblers, however, are more than just melted sand, as Analee Fuentes' Art Design class, members of the faculty, staff and other students



One of the pieces in the Siebler collection.

Photo by Max Brown

learned.

They all watched and listened in rapt silence as Bill showed examples of several techniques used in creating items that included vases, plates, bowls, masks, paperweights and even marbles.

He showed furnace work, which we know as "glass blowing." It is the most general type in which "molten glass is taken directly from the furnace and manipulated by blowing through a tube or being worked with a variety of hand tools," Bill says.

He also shared information about other common general techniques such as flameworking, casting, fusing and cold assembly.

The Sieblers have made plans for part of their collection (which includes the work of artists such as Dale Chihuly, Ruth Brockman, Lino Tagliapietra and Rudi Gritsch) to have a permanent home at LBCC.

Librarian Brian Miyagashima made a surprise presentation in honor of these former LBCC faculty and staff members (Jane was also an LBCC student), announcing that the library has purchased two books to add to its collection in honor of their contributions.

The Siebler collection will remain on display in North Santiam Hall and the library until March 19. If you haven't taken the time to stop and enjoy it, you should.

And think about the beauty of the converted product the next time you are at the beach with your bucket and shovel.

THE COMMONS FARE

3/10-3/16

Wednesday
 Dishes: Beef Stew, Fish-n-Chips and Macaroni & Cheese
 Soup: Creamy Chicken Mushroom and Tomato Florentine

Thursday
 Dishes: Fettuccine Bolognese, Buttermilk Baked Chicken and Spicy Vegetarian Singapore Noodles
 Soup: Tom Kha Gai and Split Pea

Friday
 Chef's Choice

Monday
 Chef's Choice

Tuesday
 Chef's Choice

When: Friday evening, March 12 through Sunday, March 14.

Where: Screenings are at the Darkside Cinema, 215 SW 4th Street, Corvallis, OR 97333 and at the LaSells Stewart Center, 875 SW 26th Street, Corvallis, Oregon 97331.

How: Tickets can be purchased at the First Alternative Co-op, Footwise, Grass Roots Books and Music and the Book Bin, all in Corvallis.

Cost: \$20 for an adult weekend pass, \$12 for a student weekend pass.

Information, movie schedules and tickets are also available online at www.davincifilmfest.org

Da Vinci movie festival offers films for thought

Krista Goeke
 The Commuter

These are no everyday "pop it in the player" movies. These movies will be watched by a few special individuals – so go, and count yourself as one of those people.

The da Vinci Film Festival, a program in connection with the summer celebration, "da Vinci Days," has invited guests to come and check out the entertainment this Friday through Sunday. Film entries are previously screened and evaluated by a team of reviewers, who select

the unique films they consider worthy of awards. These films will be shown at the festival and judged by a panel of professionals in either the film industry or academics.

This festival started 11 years ago and has grown to include filmmakers such as Richard Hymes, Academy Award-winning sound editor. Hymes has worked on "Charlotte's Web," "Munich," "Rent" and "Minority Report," among others. Films shown at the da Vinci Film Festival are often made by local or regional filmmakers, and young

filmmakers submit about 10 to 15 percent of the films.

This is a great opportunity for film students to practice their art and for the community to enjoy the talent and time artists have invested into this craft.

The festival will begin on Friday evening and continue through Sunday. Passes can be purchased online at www.davincifilmfest.org or the First Alternative Co-op, Footwise, Grass Roots Books and Music, and the Corvallis Book Bin. Students can receive a discount.

Screenings take place

at the LaSells Stewart Center and the Darkside Cinema in Corvallis.

The theme of the festival has always been "independent films for the independent mind," in connection with the way Leonardo da Vinci stretched his mind in all areas: art, science and technology.

An exciting event at this year's festival will be the "Fast Film Project." In this event, filmmakers will have submitted a film they wrote, shot, and edited in just 48 hours. At the registration for

this event, teams were given a prop and a line of dialogue. Both had to be used in the movie.

Last year the prop was a balloon and the line was "simplicity is the ultimate sophistication." This year, audiences will be delighted by a new requirement, resulting in some creative and interesting films.

Films will include all genres and come in various lengths. The best seats will be given to those who line up at least 15 minutes before show times.

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It's a fund day for families

Max Brown
 The Commuter

LBCC's 33rd annual Family Fun Day will be held on Saturday, March 13 from 10 a.m. – 2 p.m. The event takes place in the Activities Center on LBCC's Albany Campus. This year the whole gym will be devoted to the event.

The event offers fun activities for children. Jerri Wolfe, the chair of parenting education, says all the activities are meant to be developmentally appropriate. Tickets for activities are 25 cents each, but some require more than one ticket. Kids will enjoy playing with toy trucks, potting soil and Play-doh, running through jungle gyms, face painting and much more.

There will also be a used toy and book sale throughout the day. They previously had a silent auction as well, but they have canceled that in the recent years. Wolfe says that instead of the auction they have expanded the toy and book sale to include more items.

Food and drinks will be available at the event. These can be purchased with tickets just like the activities.

The money raised from this event is put into a tuition grant fund which is used for those who want to take the parent/child classes but could not afford them. According to a flier, of the 212 parents took Live and Learn Parenting class with their child during fall term of 2009, 23 of them received a tuition grant.

"We don't want to turn people away. When someone is saying they really want to come and be a part of this class, you can't say no," Wolfe said.

Wolf says LBCC's parent/child classes put on the Family Fun Day. These are classes that both parents and their children attend. They teach the parents techniques for good parenting and offer fun activities for the children. It also helps to build connections with other parents in the class.

The majority of these classes are not held on the main campuses, but instead held in communities around Linn and Benton counties. This is so they can serve parents of the community best. She believes parents should be included as part of the college community.

"People take the class because they wanna be the best parents they can be," says Wolfe.

If someone wishes to donate money to the fund they can come to the event or contact Jerri Wolfe at jerri.wolfe@linnbenton.edu. Checks should be made out to the LBCC Foundation – Parent Education Tuition Fund. For more information about the event or how to give call 541-917-4897.

LBCC's 33rd Annual Family Fun Day!

March 13 • 10 AM – 2 PM

- Food & drinks
- Used book & toy sale
- Activities for kids ages 1-6
- Activity tickets \$.25 cents each

Call 541-917-4897
for information.



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Benton Center Study Jam

Max Brown
 The Commuter

Once again, Study Jam will not only be held at LBCC's main Albany Campus, but also at the Benton Center.

The event at the Benton Center will not be two days like the main campus event, but will offer help on Saturday March 13 from 10 a.m. - 4 p.m. It will take place in the Benton Center Learning and Career Center and the Learning Annex.

The event will offer students in Corvallis help with finals without requiring them to head out to Albany. Study Jam was started last year, but only at the Albany main campus. During fall term ASG decided to expand the event to include the Benton Center, and they wanted to continue that this term.

"It is important that students know they do not have to drive to the Albany campus in order to participate in this great event,"

Benton Center Marketing

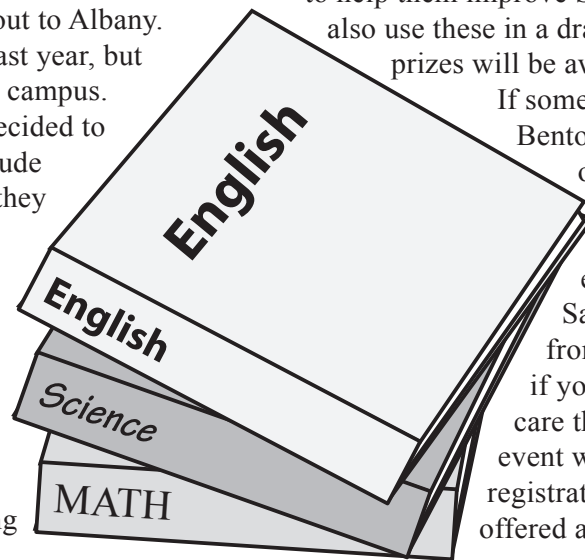
Coordinator Lin Olson said.

The Benton Center Study Jam offers snacks and drinks throughout the day so students can be well fed while working on their finals. They will also bring pizza during lunch time.

Computers and printing services will be made available to students, as well as textbooks, WiFi and a quiet study area. There will also be help on hand to assist with math, reading, writing, study skills and biology.

At the event, ASG will have a survey that they request students fill out. These are to help them improve Study Jam. They will also use these in a drawing and a number of prizes will be awarded.

If someone cannot attend the Benton Center Study Jam on Saturday but still wishes to get help, the Albany Campus event will happen on Saturday and Sunday from 10 a.m. - 4 p.m. Also if you are in search of child care there is the Kids Jam event which requires advance registration. Kids Jam is only offered at the Albany campus.



Classifieds

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

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

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

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

Help Wanted

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

Sales Clerk Intern (paid)

(#7850, Albany) This is a great 6-month internship to get experience and credit (could be a CWE job?). Pays \$10/hr and is part-time during school and full-time this summer.

Recovery Act Team Leader

(#7837 & 7838, Oregon) These summer jobs will take you to the forest to work on a variety of environmental projects. You will be camping and blazing trails among other activities. These AmeriCorps positions pay a stipend plus

at end of the job, you get an education award.

Marketing Administrative

Assistant (#7848, Corvallis) Are you looking for a full-time office job and are you proficient in MS applications? Check this out!

Volunteer & Event

Coordinator (#7845, Albany) Want to help the soldiers coming back home and get experience managing volunteers and coordinating events? You could get cooperative work experience (CWE) also? What a deal!

Online Bookkeepers or

Account Rep needed asap ,to earn \$200 per duty, registration free, contact: fbenneth@gmail.com

Marketplace

4 Bedroom/1Bath House for rent on Fillmore Ave in Corvallis. Remodeled inside with washer & dryer. No Pets. \$995/ month. Call 541-745-4432 for more info.

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The Commuter
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Campus News

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



Greg Jones Photo by Justin Bolger

Office Hours: Q&A with Greg Jones

Justin Bolger
 The Commuter

The Commuter: What sort of stories do you have from being a psychologist?

Gregory Jones: Yeah, many stories. I try to work them into the lectures in class. I have two quick stories:

I had Brad Pitt as a student many years ago. He was not a good student; at least not in my class. He left academia right after my class. I think he owes me some kind of remittance for launching his career in Hollywood, otherwise he'd still be in Missouri.

I served as a forensic psychologist. The post I took came open because the psychologist in front of me was killed in that position. I had it for two years, and the psychologist after me was killed in that position. It had to do with where the office was located in the prison. It was a blind spot. I think after the second psychologist was killed, they changed that. If you want to learn how I survived, you'll have to take my Psychology 219 class.

C: Do you have any favorite disciplines in psychology?

GJ: Personally, I really like the humanistic psychologists. I'm

very impressed by Carl Rogers. Currently, I like the positive psychologists, particularly their work around forgiveness. They're doing a lot of work around how is it that people reach a state of forgiveness because we know that anger is one of the things that kills people in terms of it being a major health hazard. So finding ways to get people out of being perpetually angry and reaching a place of forgiveness is really important.

C: Could you describe what it means to be a humanist psychologist?

GJ: It's a reaction against behaviorism and against psychoanalysis, which they viewed as being too dark of a view of humankind. Humanist psychologists emphasize the positive side of human beings. The idea that they have a choice, that they're not just determined by their history. It emphasizes things like resilience, the idea that you may have had a bad childhood, but you can still bounce back from that and be okay.

C: Tell us about your family.

GJ: I have my wife, Scottie; two daughters, Caitlin and Emery; and a grandson now. My grandson is the center of my life actually. My

wife also works at LB in the small business development section. She's very active in finding ways for small farms to be profitable.

C: What sort of hobbies do you have?

GJ: I'm a farmer in Alesia. I raise sheep and raise turkeys. I also have a degree in film studies, so films are a big interest of mine. I try to stay current with that. I have a ton of favorites. Recently, I really liked the visuals in "Avatar." It was fabulous, that movie.

C: How would you describe your teaching philosophy?

GJ: Through most of my coursework, what I'm trying to get across is critical reading, more so than critical thinking. I think critical thinking flows from doing critical reading. Mostly I want students to be able to read material and think about it critically as they're reading it. I see that as kind of the course. Much of my courses are designed to really facilitate core critical reading abilities. I have a very linear style. Students either love it or hate it! It's a good style if you haven't had much prep or background in college kind of courses. It's a good style to get you going and develop some good study habits. I use lots of outlines and guides – stuff like that.

Where to find

Greg Jones

Office: SSH - 205

Phone: 541-917-4549

E-mail: jonesg@linnbenton.edu

Office Hours:

Monday/ Wednesday 1-1:50 p.m.

Tuesday/ Thursday 10-10:50 a.m.

At a glance

Time at LBCC: Six years

Classes taught:

The introductory sequence to psychology, developmental psychology and abnormal psychology

Previous experience:

Teaching at the University of Missouri and 30 years in Arizona in a private practice.

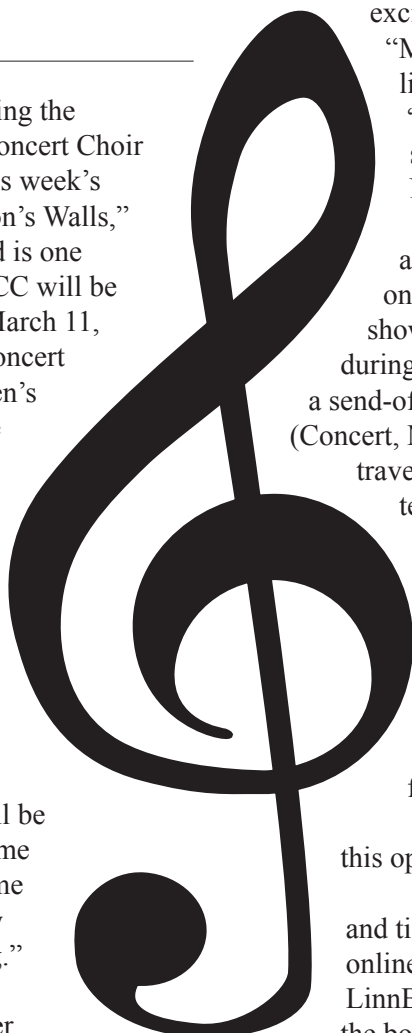
See the light in music

Matt Deboodt
 The Commuter

"Come join us in singing the praises of Zion!" the LBCC Concert Choir sings during a rehearsal for this week's performance. The song is "Zion's Walls," written by Aaron Copland, and is one of many that the choirs of LBCC will be performing tomorrow night, March 11, at 7:30 p.m. Along with the Concert Choir, the Men's Choir, Women's Choir, the men's quintet "Blue Light Special" and the "Re-Choired Element" chamber choir will all be performing in the Russell Tripp Performance Center located in Takena Hall.

"Heaven is Music" is the theme of the concert," said James Reddan, music faculty and director of choral activities at LBCC. "There will be about 21 songs performed. Some representing the good, and some the bad," he continued, "pretty much something of everything."

Cameron Graham, a student at LBCC and a member of all but the women's choir, is very



excited for tomorrow's performance.

"Music and singing have been a life-long passion of mine," he said. "This concert is a chance for us to show our stuff before we head to New York City," he added.

The choirs always hold an end-of-term concert, but this one is special. As well as being a showcase for the hard work put in during winter term, the concert is also a send-off of sorts for the three choirs (Concert, Men's, and Chamber) who are traveling to New York City early next term, where they will perform at St. Bartholomew's Church as part of the invitation-only Heritage Festival of Gold. The choirs leave April 6 and will return on April 12. Twelve members of the group going will be participating in the festival's honor choir.

"The students are excited for this opportunity," said Reddan.

The cost of the concert is \$6, and tickets can either be purchased online at secure.boxofficeavenue.com/LinnBenton, or you can buy them at the box office in Takena Hall.

Heaven is Music

Thursday, March 11, 7:30 p.m.

The Russell Tripp Performance Center

LBCC Concert Choir

Men's Ensemble • Women's Ensemble

The Blue Light Specials

Re-Choired Element Chamber Singers

James Reddan, conductor

Diana Hancock, accompanist

\$6 Tickets available online at www.linnbenton.edu/go/tickets, at the box office during regular box office hours, over the phone by calling 541-917-4531, or at the door beginning 2 hours prior to performance.

For disability accommodations, call 917-4789. Submit requests four to six weeks before the event. LBCC is an equal opportunity educator and employer.

Linn-Benton
 COMMUNITY COLLEGE

For a video preview of the Concert Choir singing "Zion's Walls," check out the A&E section online at:

<http://commuter.linnbenton.edu>

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What rhymes with Women's History Month?

Matt DeBoodt
 The Commuter

Part of being a woman is the strength and experiences shared by women throughout history. This was the topic of the poetry reading last week.

March is National Women's History Month. On Tuesday, March 2, the LBCC Diversity Center, along with the LBCC Poetry Club, held a poetry reading in honor of the occasion. Students and faculty alike joined together to share poetry centered around women's issues. The adviser of the poetry club, Robin Havenick, opened the event by welcoming everyone and then reading a poem from the book "American Sublime" by Elizabeth Alexander.

About 20 people attended the event. Most read works by women poets, while some read works of their own. One notable attendee was Coquille Rex, who read her poem "I too," which was inspired by a Langston Hughes poem by the same title. It was Coquille's poem that won a recent competition "Poetry for the Mind's Joy" at LBCC. Her poem will compete with others from across the nation for a chance to be published in the Library of Congress.

"We are extremely proud of Coquille and her poem," said Havenick. "We wish her all the luck at the next level."

The poetry reading lasted just under an hour, and Havenick concluded the event with a final reading of the poem "Ode" by Elizabeth Alexander.



Ruy Lopez listens as Karelia Stetz-Waters reads a poem.

Photo by Matt DeBoodt

Maya Lazaro
 The Commuter

Upon first meeting her, Rachelle Last seems like any other student at LBCC. She commutes from her home in Albany to take classes as an office specialist during the day, and spends her lunchtimes chatting in the Commons with her friends and fiancé, Alan.

But, unlike her friends and classmates, Rachelle doesn't know if she'll be spending the night at home in the comfort of her own bed or in the cot of an emergency room.

Rachelle has stage four Primary Biliary Cirrhosis, a life-threatening form of progressive liver disease that causes irritation and swelling in the bile ducts of the liver, damaging liver cells. Untreated, the disease can cause internal bleeding, brain damage, kidney failure, malnutrition, softening of bone tissue, liver failure and, in some cases, death.

Rachelle, now 24, was diagnosed with PBC a little over three years ago when veins in her esophagus burst and she was rushed to the hospital for internal bleeding. After receiving two units of blood and undergoing a series of medical tests, she was told that her liver was beginning to fail and that she would eventually need an organ transplant if she wanted to live.

The sudden news devastated Last and she fell into a deep depression. She and her family had just lost her mother to a brain tumor the year before, and the diagnosis of PBC stirred up painful memories.

"I felt, 'This isn't fair, I didn't drink myself this way.' I felt like the world was out to get me," Rachelle said.

Her family was also hit hard by the news.

"I was very scared at first because she's my sister and we already had one major loss in the family," said Rachelle's younger sister Randi.

Rachelle was one of many transplant patients stuck in donor limbo; she wasn't sick enough to need immediate surgery, but she was sick enough that medication wouldn't be able to reverse the damage done to her liver. Her liver was a ticking time bomb, and without an available donor, she would have to wait for the bomb to go off before getting her surgery.

Fortunately, Randi bravely volunteered to be her sister's live donor when she found out her blood type was a match. For Randi, the decision to be her sister's donor was immediate.

"I'm her family. ... If I can get



Rachelle Last

Photo by Maya Lazaro

tested for it, I'll do it."

After discussing her options with her doctors, Rachelle decided to have the surgery a full four and a half years after her initial diagnosis, during the summer of 2011 at the University of San Francisco in California. She wanted to plan the surgery far in advance to give both herself and her family enough time to prepare.

"I don't want to be an inconvenience. I don't want people to drop their lives," said Rachelle.

In the meantime, Rachelle was prescribed various medications, including immunosuppressants, betablockers, and prescription-strength antihistamines for her symptoms. She was also sent to the Oregon Health and Science University digestive center to help reduce the amount of bile that had accumulated in her liver.

After suffering from depression for two years, Rachelle began seeing a counselor. She slowly started to become more confident and hopeful about her future, making a vow to "get through this and live a normal life again."

At the moment, however, living a normal life is a challenge. Rachelle suffers from a number of uncomfortable side effects of PBC, including intense itching, yellowing of the skin, internal bleeding, and something she calls "brain dumb," which occurs when the liver can't process toxins found in protein. The toxins can travel to the brain, causing confusion and slowed thinking.

Another aspect of her life affected by her illness is school. Because Rachelle is on disability, she is only able to take a limited number of credits each quarter. She was also forced to change her major from phlebotomy to office specialist because LBCC's medical program only offered accelerated courses and would not accommodate her disability status. At one

point the school considered rescinding her financial aid after frequent hospital stays were affecting her grades.

"It seems off that the college doesn't have [help] available to students in [medical] need," Rachelle said.

Socially, it's been difficult. Rachelle becomes fatigued very easily, making it hard to spend time with her friends.

"Unless it's local, I don't really hang out with my friends. I don't want to drag them down."

Her sister Randi, who lives in Indiana, keeps in touch with Rachelle by phone and makes an effort not to treat her like a "sick person."

"She's still my older sister. I try to keep that in mind instead of that she's sick," Randi said.

Besides trying to live a normal life, Rachelle has been preparing for her surgery. Both Randi and Rachelle are on weight-loss diets so that the surgery will have fewer complications and lower risk of infection. Rachelle also has to go to the hospital every six months for a check-up and an endoscopy, a procedure in which doctors pass a small camera-type device down her throat in order to examine her internal organs.

Paying for the surgery also has presented a problem. Although Medicare will cover the actual cost of the transplant, there are still inpatient hospital bills and medication expenses, as well as money needed to fly her sister to California for

the surgery. Rachelle currently estimates the total cost to be about \$20,000. She has been working with the National Transplant Fund Association, an organization that helps donor patients and victims of catastrophic injury raise money for their surgeries.

Through fund-raising at participating locations, Rachelle hopes not just to raise enough money for her surgery, but also to raise awareness for the National Transplant Fund Association, which made her feel like there was someone looking out for her during her darkest hour. She wants students with serious or debilitating illness to know that they're not alone and that help is available to them.

"I don't want people to give up hope."

Rachelle hasn't.

How to help Rachelle

Rachelle will be holding fund-raisers at Applebee's March 29 from 4 to 9 p.m. and Carino's restaurant in Albany April 12 from 4 to 9 p.m. Twenty percent of each food order will go to Rachelle's transplant fund. Students must produce a flier when they order. Fliers will be available in the Commuter office and Student Life and Leadership office, as well as at fund-raiser locations.

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Feature

Something a little different.



Maya Lazaro
 The Commuter

Crawfordsville is a quiet, scenic little town nestled between Brownsville and Sweet Home. Its population boasts slightly more than 2,000 people, and many, if not most, live rural, peaceful lives beneath the hills of the Willamette Valley. But last Saturday morning, when most of Oregon was still in bed, the small village of Crawfordsville experienced something huge. Something loud.

Something brown.

Mud Fest: it's an event that can only be described as organized chaos. Imagine vehicles with wheels higher than a grown man navigating in a free-for-all through an ocean of mud, barely avoiding collisions as they swerve through obstacle courses, compete in drag races, escape sink holes and climb rock crawls, all at ridiculously unsafe speeds. Spectators take refuge where they can, absorbing the madness and getting filthy from head to toe as tires fling mud in all directions. The entire event is proof that mud doesn't lose its appeal after childhood.

Mud Fest was started 35 years ago by the Santiam Four Wheel Drive Association as a way to involve the community in four-wheel drive events. The first Mud Fest, then known as the Foster Mud Flat Races, was held at the Foster Reservoir near Sweet Home after the lake had been drained for the winter. The slick, soupy bottom was ideal for drag racing, and the event soon became immensely popular with off-road aficionados. Despite its success, the event was forced to move locations in 2001 by the U.S. Army Corps of Engineers, who refused to allow the event be held on Corp property over environmental concerns.

After getting into some trouble with county officials for blocking highway 228, event organizers finally settled on holding the event at the farm of Ron Northern, whose



Above: Two trucks spray mud into the air as they race through the field.

Left: An audience watches as a truck gets stuck in the mud.

Bottom left: A backhoe rescues Larry Propper's dead truck from a mud pit.

Below: Mud Fest veteran Larry Propper loves getting dirty.

Photos by Max Brown



son encouraged him to open up his spacious Crawfordsville property for mud racing. Although Saturday's event only had enough room for 1700 participants, Mud Fest has served upwards of 4,000 people when it was held at larger venues.

Many attendees go all out with customizing their off-road vehicles. Some spend thousands of dollars on their cars, outfitting them with specialized tires, colorful

designs, and plenty of attitude. Jeeps, trucks, tractors and everything in-between are invited to ride, as long as they sported a four-wheel drive.

"It's an expensive hobby," said Steven Montpas, who drove a neon green '49 Willy's Pickup that he built himself. Despite the time and money spent on his vehicle, Montpas thinks most participants understand the risk of vehicle damage in off-road racing.

"Usually everybody that comes here doesn't care about getting a ding," Montpas said.

Larry Propper, a Mud Fest veteran and member of the pit crew "Absolute Mud Crew: Mud Happens," enjoyed seeing how long his vehicles could last in the ring.

"It's the thrill. It's to build your own truck and see what it can do."

One of Propper's trucks stopped working after it

got stuck down deep in a bog pit. It was eventually rescued by a backhoe construction vehicle.

Despite the inherent danger in driving a vehicle in slick terrain with no lanes and limited visibility, there have been surprisingly few major accidents, partly because rule changes have prohibited alcohol from being served or consumed during the event.

"People have been awesome about obeying the rules," said event organizer Nancy Frick, who was pleased to have paramedics and police security there to keep people safe and on their best behavior.

Many drivers also felt safer in their vehicles with the new rules in place.

"I've never seen any accidents since I've been here. There's no drunks out there doing stupid stuff," said Ben Shartner, who came to the race with a Toyota pickup. Shartner has been coming to Mud Fest for five years now, and doesn't see the trend ending anytime soon.

By the end of the event, everyone – whether they're a driver, organizer, police officer or spectator – is covered in gooey brown mud. To participants, getting dirty is part of what makes the event so rewarding.

"It's always fun going home and spending two weeks cleaning everything. It's fun playing in mud," Shartner said.

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SPORTS

News about local and national sports and activities.

Warriors slay Roadrunners, 86-74 in playoff opener

Erik Bender
The Commuter

LB played its first playoff game Saturday against Walla Walla. Unfortunately the Roadrunners came away with a loss, 87-74.

Three of LB's players scored over 15 points. Taylor Roos scored 23 points and was 8 of 10 on free throws. Xavier Watson scored 19 points, and Jordan Highland landed 100 percent of his free throws with 10 and added 22 points.

There was one player from Walla Walla, who according to Andrew Carter "was shooting the lights out." That was the Warriors' Jason Smith who scored 32 points,



Starting forward Jordan Highland plays keep away in a previous game against Umqua.

Photos by Erik Bender

30 of which were from 3-point range.

"We played hard physically but didn't come

out with the heart and desire," said Carter, who played 32 minutes and led the team with 13 rebounds.

Bulldogs chew up LB; 85-57 loss ends season

Erik Bender
The Commuter

The Roadrunners played their final game Sunday against the Bellevue Bulldogs (19-8) but could not muster up the strength to win, losing 85-57.

The first half was disappointing for LB as Bellevue pulled out to a 20-point lead and maintained at least a 15-point margin till the end.

Taylor Roos led the team with 15 points followed by Jordan Highland with 13 points. Andrew Carter led the Roadrunners in rebounding, seizing 12.

Top Bellevue players included Matt Lapasin, who set the bar with 22 points, along with teammate Jordan Starr, who added 21.



Starting center Andrew Carter follows through for three points at a home game earlier this season.

The Roadrunners finished their season with a record of 12-15 overall, and 7-7 in the South Division of the NWAACC.

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Letters Welcome

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

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ARTS & ENTERTAINMENT

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

Upcoming music events

Wednesday 3/10

Cameron Rafati & Archery
 The Space
 1132 NE Broadway, Salem
 8 p.m. • 21 and over
 thespaceistheplace.com

Friday 3/12

Rootdown (feat. Paul Wright) & Mark Wade
 IKE Box
 299 Cottage St. NE, Salem
 7 p.m. • All ages
 \$6 advance, \$8 at the door
 myspace.com/ikeboxmusic

Vickie Stevens Band
 Calapooia Brewing
 140 Southeast Hill, Albany
 8 p.m. • 21 and over
 \$3 cover
 calapooiabrewing.com

Saturday 3/13

Symmetry/Symmetry, Bluemax, Phantom!, Restar & More
 IKE Box
 299 Cottage St. NE, Salem
 2 p.m.-Midnight • All ages
 \$5 (Benefit for a YWAM DTS)
 myspace.com/ikeboxmusic

Tuesday 3/16

Alameda & The Nautics
 The Space
 1132 NE Broadway, Salem
 8 p.m.
 thespaceistheplace.com

Thursday 3/18

Curtis
 Bombs Away Cafe
 2527 NW Monroe, Corvallis
 8 p.m.
 Free
 bombsawaycafe.com

Friday 3/19

Lavinia & Greg Ross
 The Downtown Beanery
 500 SW 2nd Ave., Corvallis
 8 p.m. • All Ages
 allannbroscOFFEE.com

Shoobox Letters
 Boon's Treasury
 (McMenamin's)
 888 Liberty St. NE, Salem
 9 p.m. • 21 and over
 Free
 mcmenamins.com

Saturday 3/20

Larry Wilder
 Hotel Oregon
 310 NE Evans St., McMinnville
 7 p.m. • 21 and over
 Free
 mcmenamins.com

Saturday 3/27

The Flailing Inhalers, Quivah
 Bombs Away Cafe
 2527 NW Monroe, Corvallis
 10 p.m.
 \$5
 bombsawaycafe.com

Flat Tail Brewery opens for business

Jordan Johnson
 for The Commuter

Restaurant connoisseur Ian Duncan has now accomplished bringing a wide variety of restaurants to the Corvallis downtown waterfront. While Duncan's other restaurants Terzo, Aqua and Le Bistro are more upper-class venues, his fourth restaurant is a more laid-back, pub-style establishment called Flat Tail Brewery.

Flat Tail's menu consists mainly of burgers, appetizers, salads and meat entrees. There are also a few surprises on the menu that people wouldn't expect from a pub, like fried okra, tempeh and hummus. There are choices on the menu for every type of appetite in Corvallis.

The main focus of the brewpub and their hopeful claim to fame is their beer. Since their brewery isn't producing quite yet, they are contracting through Calapooia Brew Co. "All of the beers that are being produced for them are original recipes made specifically for Flat Tail," said Mark Martin, co-owner of Calapooia Brew Co.

Flat Tail is located in the old Fox and Firkin location, and there was a huge renovation that went along with opening the new restaurant. The building was also used as the town's creamery back in the 1930s. The restaurant part of the 10,000 sq. foot building opened on Feb. 23, but the renovations are nowhere near being over.

There are two phases left in the future plans of the building. "Phase two is getting the brewery section of the building up and running



in the next two to three months," Duncan said.

After getting the brewery going, they will incorporate a brew club and VIP room in the upstairs sections. They will also be adding a billiard table and shuffleboard to the two dart boards that are already there.

Phase three will be setting up the rest of the building for the space needed to keep the products that will be being produced out of the brewery. They want to start distributing Flat Tail beers throughout Oregon.

"We are excited to come to the opening day of the brewery and try all the new styles we are sure to see out of this place," said restaurant diner Eric Malrooney.

After being open for two weeks, the new addition to Corvallis' restaurant scene is getting an explosive reaction from the city. Flat Tail Brewery will be sure to bring surprises in the future.

"MC Chris is Dead" (in a cute zombie kind of way)

Joel DeVylde
 The Commuter

Have you ever met a girl, and you thought she was dope, so you want to buy her popcorn and a medium coke? If yes, then "MC Chris is Dead," the latest all-original LP from underground rap artist MC Chris is most definitely for you. Chris starts off "Falynn," a song about having an intense crush-at-first-sight experience, with the unimposing question above.

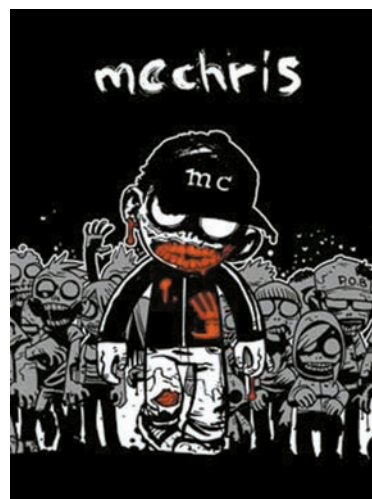
"I'm a rap superstar/ with a mic in my hand," offers Chris later on in that "Falynn" song. No, he isn't. But he is funny and has a unique voice. And one of his on-record skits isn't bad (the one with him as a zombie trying to get a record deal). Also, the part of his album where he paraphrases Beck

and call himself a loser? Catchy. A lot of people will relate.

There are problems, though, like the graphic descriptions of sex using imagery of a car crash. That seems a gutsy comparison and it comes off kind of amusing, but crass and not altogether worthwhile.

When the artist chooses to, creative rhymes take over, and these are often unpretentiously amazing. "Nrrrd Grrrl" is a track that demonstrates this beautifully. "I love your Lipsmackers and your lack of perfume/ I hope to have you home by curfew," Chris asserts, as he serenades an out-of fashion beauty he's taking on a date.

Also a plus, this record falls squarely in the zombies-not-vampires genre. MC Chris clearly distinguishes himself from



indie giants Death Cab for Cutie and all other similar groups with his assertion that he, in fact, is a zombie. Not in a creepy way, though. He'll just "wait for the day's end when the moon is high/ and then ... rise like the tide with a lust for life ..."

"Can I convey the basement without wasting my words/ Fossilization's what I'm facin' unless defacement occurs/ So I

rise to the occasion, there's no waitin' for worms/ And please no zombie player haters/ Man, what have we learned?" Chris pleads in the title track.

The fact that he's writing raps about peanut butter candy and light-hearted crushes might land MC Chris in the category of nerd-core rap, but it's also one of things that I find most appealing about his music. "MC Chris is Dead" features no guest rappers, few drug references and very little obsession with being the worst. Chris only occasionally comes off as conceited, but most of the time he seems to level with the audience.

"I'm a ninja, I'm a hoodie ninja!" he exclaims before elaborating on the ninja missions that he's planning in "Hoodie Ninja,"

one of which involves leaving a bag of crap on his gym teacher's porch. It's super immature and occasionally perverted (Chris admits to watching a girl undress from a nearby tree) but not big and bad, in-your-face, or egotistical, for the most part.

To conclude, I feel like mentioning that MC Chris is a great talent and he has some superbly creative (if often juvenile) ideas. Most of the songs are worth buying and tossing onto your party mix, but skip through the songs with grotesquely graphic sexual and anatomical description. As an album, "MC Chris is Dead" suffers from an immaturity that makes some of the tracks not worth the listen.



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ARTS & ENTERTAINMENT

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

A burger “King”

Justin Bolger
 The Commuter

If King Kong ate burgers, he would eat here.

King Kone is a tasty little ice cream and burger place located in one of the seedier parts of Albany. The portions are massive and the food is cheap, but it suffers from an awful location, an ugly building and sub par service.

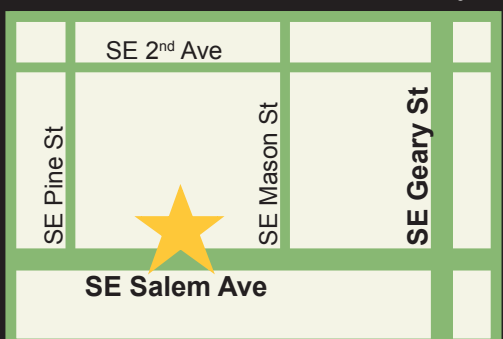
Their menu offers a variety of burger and fry deals ranging from about \$3 for some generic thing to \$6.50 for the signature King Kong Burger. This burger is no joke. It is constructed with two quarter pound meat patties, a few strips of bacon, an egg, and all that vegetable stuff that some people enjoy. For a mere \$1.50, I got a 40oz. soda as well.

The ingredients weren't fresh, the meat was greasy, and the fries were stale. How I loved every bite of it! Heaven.

Due to the namesake, I couldn't pass on the ice cream. It too is very cheap. Prices range from \$1.10 to \$1.60 in both the soft and hard varieties. There's not too much to say on the soft ice cream. Does any place do it differently? The hard ice cream, however, is a terrible idea. It looked so good, but my chocolate peanut butter also tasted like bubblegum, mint, freezer burn, and a variety of other flavors. Could it really have been sitting in their freezer for so long?

Service was rough as well. The woman helping me kept her face in a perpetual scowl. She seemed angry when I asked if debit was okay (you definitely need cash at this

King Kone
 1515 Salem Ave SE; Albany

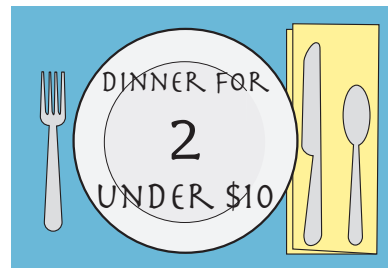


King Kone stats
Prices: Really cheap
Serving size: Huge
Food quality: Hit or miss
Service: Unpleasant
Signature items: King Kong Burger and soft serve ice cream

place). When my thank-yous were responded to, it was only with a sort of grunting noise.

In all fairness, the service just fits in with the whole ambiance. King Kone looks like it's falling apart from the outside, or like it should be condemned. Inside you'll find just four tables. During my visit, three of these had a decent layer of crumbs.

Despite being rough around the edges, I do really like this place. It's great for a quick, gigantic burger or some cheap soft serve ice cream. To avoid all of the less than quality aspects, just use the drive through.



Meaty lasagna

Jana West
 The Commuter

I've had a few requests for an affordable lasagna recipe; I have several lasagnas I make, but I've never limited myself to such a small budget. Mozzarella, ricotta and other cheese can be expensive so I chose cottage cheese and since string cheese is mozzarella and pretty affordable at three for one dollar, I decided to try those. Here is an easy recipe for \$10 that has enough for extra large portions or for leftovers the next day.

Grocery list:

1/2 lb. lean ground beef	\$1.71
1/4 lb. Italian sausage	\$1.00
1 small white onion, chopped	\$.32
1 head garlic	\$.50
1 carrot, grated	\$.20
1 can Italian stewed tomatoes	\$.79
1 8 oz. can tomato sauce	\$.40
1 package fresh basil	\$1.99
6-8 lasagna noodles	\$.75
1 16 oz. container cottage cheese	\$1.49
2 string cheese	\$.66
GRAND TOTAL:	\$9.81

Start by browning the beef and Italian sausage and when cooked thoroughly, drain off any excess oil and set aside. In the same pan add 1/2 tablespoon of olive oil and onions and sauté on medium heat until translucent, then add sliced garlic (I use about nine cloves) and grated carrot and continue to cook for two or three more minutes. Add tomato sauce and stewed tomatoes and bring to a simmer. Add chopped basil and salt to taste. With a hand blender puree sauce until almost smooth.

A package of noodles cost about \$1.60, and you won't even need half the package. Cook noodles until pliable but do not cook all the way, they will finish cooking during baking. I cut my noodles in half and used a 1-quart square casserole dish.

Start by covering the bottom of the pan with a thin layer of sauce, then one layer of noodles, spread half the cottage cheese over the noodles and top with half of the meat then top with enough sauce to just cover. Add another layer of noodles, the rest of the cottage cheese, meat and more sauce. Finish with a layer of noodles and top with remaining sauce and shredded string cheese.

Cover and bake at 375 for about an hour. I take the cover off for the last 10 - 15 minutes of baking to get the edges a little crispy. Let the lasagna set for about 15 minutes before cutting into it.

**Ground turkey is a great substitute for the beef. For a vegetarian option replace meat with vegetables like spinach, zucchini and eggplant.*



Cheesy meaty goodness.

Photo by Jana West

Brooklyn's not so “Finest”

Alx George
 The Commuter

We're immediately thrown into a world of black and white, right and wrong, in “Brooklyn's Finest,” directed by Antoine Fuqua. Three cops, each with a different agenda, provide three distinct plots in the movie, finally coming together at the very end for the last chase scene.

Sal (Ethan Hawke) is underpaid and trying to meet his family's needs. “Tango” (Don Cheadle) is torn between serving as an undercover cop and being a “brother” to his fellow African-Americans. Eddie (Richard Gere) is looking for resolution in all the wrong places.

With three subplots alternating throughout the movie, it's a challenge to become familiar with the



characters, let alone grasp “the moral of the story.” The little character development we do see for each of these cops, is that the sparkle of being a police officer has worn off. Two are tempted to resort to the very crimes they work to keep off the streets. One just keeps looking down the barrel of his own gun, again and again.

As the cops race

through the slums of New York, we are surprised by bullets screaming, fists flying and sirens blaring. The action makes you jump right up until the last gunshot.

The music heightens the suspense with every plot twist. The bright lights will make you dizzy. The actors flip from mellow to hostile in the blink of an eye as they hastily decide what is right and what is wrong.

If you like loud noises and action with little organization, this movie is for you (best seen in theaters). If you're more of a deep thinker and love watching character development and thought processes, then you should go see something else.

rating: R
runtime: 133 min.



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Surreal Living

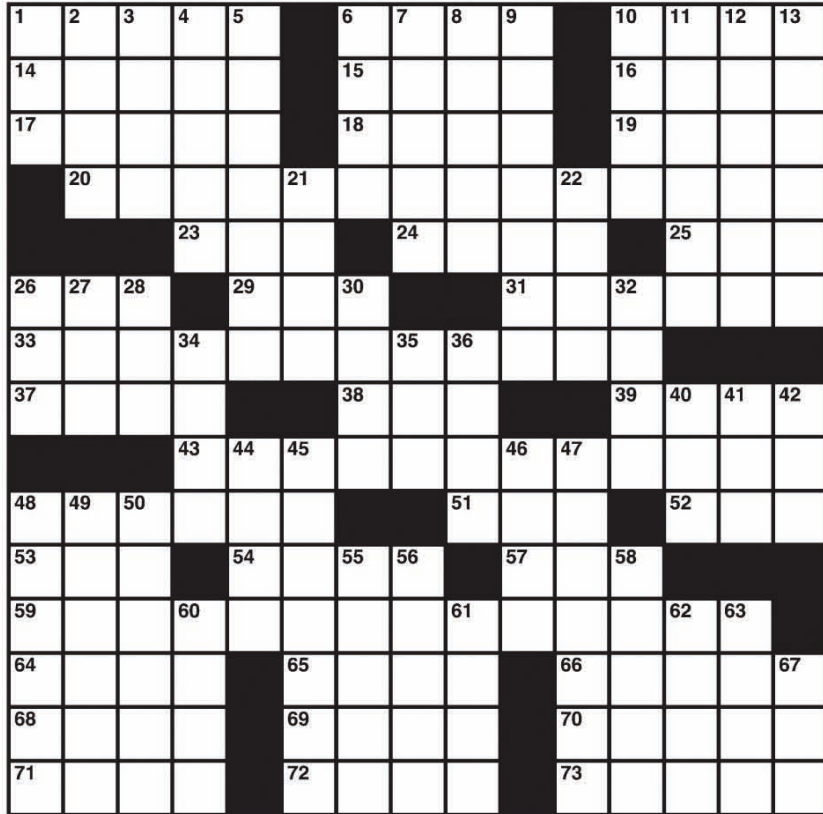
Crosswords, cartoons and some fun facts to brighten your day.

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

ACROSS

- 1 One-person boat
- 6 College athlete
- 10 Mouse catcher
- 14 China's Zhou ___
- 15 Clickable symbol
- 16 Compete in a meet
- 17 Ghostly noises
- 18 "Let It ___": Everly Brothers hit
- 19 Peruvian empire builder
- 20 Furthermore
- 23 Barbary ape's cont.
- 24 Necklace clasp resting place
- 25 Baton Rouge sch.
- 26 Implore
- 29 Coastal inlet
- 31 Take to the clink
- 33 1961 Tony-winning musical inspired by Elvis being drafted
- 37 Rig on the road
- 38 John, to Ringo?
- 39 Trivial, as chatter
- 43 7/4/1976 celebration
- 48 Debonair
- 51 Dr.'s group, maybe
- 52 Adobe file format
- 53 Cockney's main Web page?
- 54 Bears or Cubs
- 57 Suffix with Israel
- 59 Retail store financing come-on
- 64 Rick's love in "Casablanca"
- 65 Mayberry moppet
- 66 Con game
- 68 Nuremberg no
- 69 Elbow-joint bone
- 70 Embodiment of perfection
- 71 RR stops
- 72 Ball-bearing gadgets?
- 73 Short-winded



By Fred Jackson III

- 3 "Now ___ me down ..."
- 4 Classic orange soda
- 5 Seafood cookout
- 6 Triangular sails
- 7 Blue part of a map
- 8 Cause for a pause
- 9 Patella protector
- 10 The Dixie Chicks, e.g.
- 11 Fester in one's mind
- 12 Way to get in
- 13 Planters logo Mr. ___
- 21 Buffalo-to-Albany canal
- 22 Actress Garr
- 26 Air rifle ammo
- 27 Needle feature
- 28 Precious stone
- 30 Proficient
- 32 Coachman's control
- 34 Netanyahu of Israel, familiarly
- 35 Particle with a charge
- 36 Philip who wrote the Zuckerman novels

Wednesday's Puzzle Solved

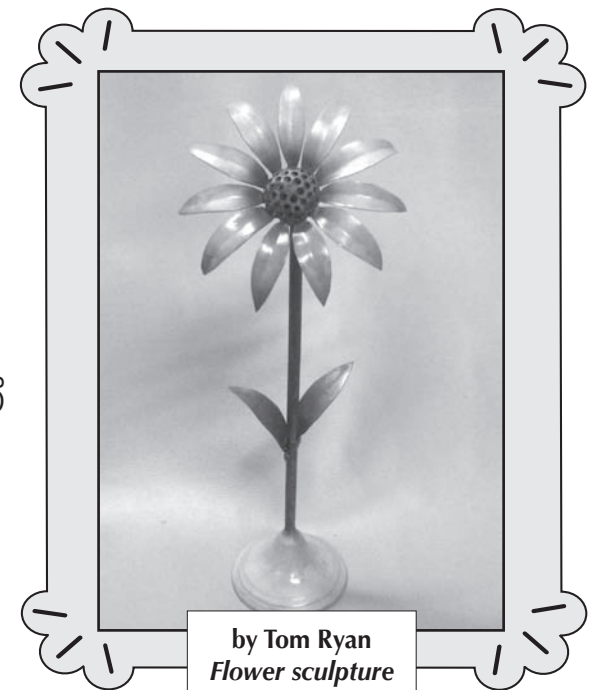


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- 40 Chip go-with
- 41 Young man
- 42 Christmas helper
- 44 Analogy words
- 45 Give a tongue-lashing
- 46 Runner Zatopek
- 47 Cooperative response to "Do you mind?"
- 48 Spring chirpers
- 49 Lucky charm
- 50 Enters, as data
- 55 William Tell's target
- 56 Largest New England state
- 58 Piano exercise
- 60 Indian breads
- 61 Supporting votes
- 62 Cabinet dept. with a lightning bolt on its seal
- 63 Some HDTVs
- 67 Corrida shout

Student-submitted art

e-mail your own artwork to commuter.submissions@gmail.com



by Tom Ryan
Flower sculpture

Poetry spotlight

Not Invited

Reflections of the Middle Passage

by Jeromy Pilon

Thoughts of new, worries and dread
 Taken by force with back straps all red
 Thrown in a hull with hard work ahead
 No food for supper, not even a bed
 Hard work all day and hard work all night
 Under constant torture with no strength to fight
 Sea sprays blow and waves crash aboard
 The crack of the leather is pain not ignored
 Confused and beaten are all of my kin
 We have done nothing wrong, for it's the color of our skin
 Tireless days and tireless nights
 The seas are unforgiving with no land in sight
Hear our cries....Hear our cries O Lord
 But no answers come except swells from a board
 "Land ahoy land in sight," a deck hand he yells
 AT LAST no more chains, no more whips, and no more swells
 How farfetched we were to an ignorant thought
 We are to become property, we've already been bought.

Years and years go by as they tend to do
 But still it's "by your leave ma'am" and "that's Mr. to you"
 Generations come and generations go
 Nothing will change - we are looked at as foe
 For we were not invited we did not ask to come
 We were brought here by force by white men with guns



Add/Drop

An LBCC student generated comic.

By Maggie O'Reilly



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SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level: 1 2 3 4

1		3		8				2
	9							
5				2	7			3
3							1	6
	5	2		6			9	
9	7							
			3	7				1
							2	
6				9		3		5

SOLUTION TO LAST WEEK'S PUZZLE

2	5	7	1	9	3	6	4	8
8	6	1	4	7	5	9	2	3
4	9	3	6	8	2	7	5	1
6	4	5	7	2	1	8	3	9
1	3	2	8	6	9	4	7	5
9	7	8	3	5	4	2	1	6
3	1	6	9	4	7	5	8	2
5	8	4	2	1	6	3	9	7
7	2	9	5	3	8	1	6	4

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk

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Did you know?

Last weekend Corvallis High School won first place in the Oregon division of the NASA sponsored FIRST Robotics Competition.

Scientists are concerned that global climate change is responsible for the decreased levels of oxygen in the ocean, which is killing sea life off the Oregon and Washington coasts.

Britain, Spain, Denmark, Sweden and Norway are all still kingdoms.

The Macau Special Administrative Region in China has the longest life expectancy in the world. The USA is 49th on the global list of life expectancy.

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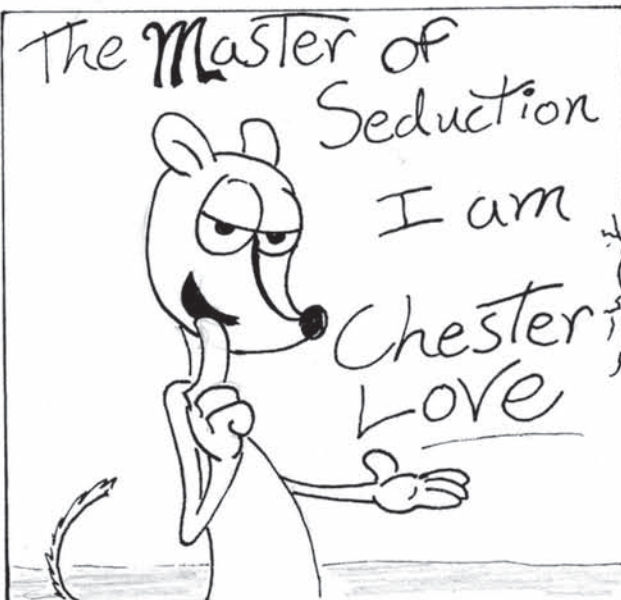
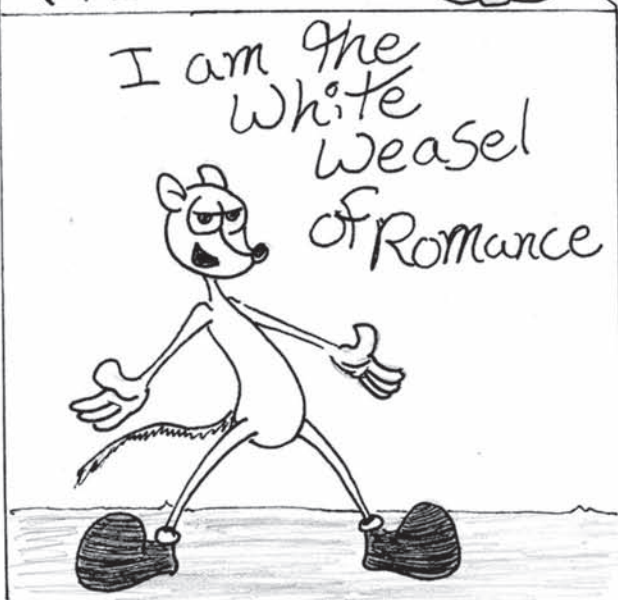
United States
Census 2010
www.2010census.gov

Linn-Benton is an equal opportunity institution

Fried Bananas

An LBCC student generated comic.

By Mason Britton



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ARTS & ENTERTAINMENT

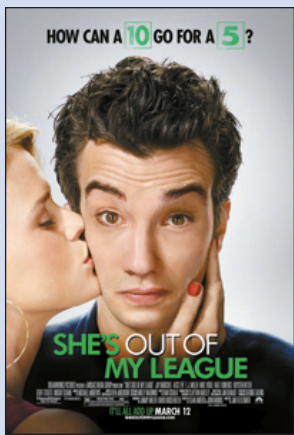
Reviews, upcoming events, and the cure for weekend boredom.

Coming attractions

Green Zone

Matt Damon plays Miller, a chief warrant officer looking for weapons of mass destruction in Iraq. Site after site, no weapons are found and faulty intelligence makes Miller go rogue in search of the truth about the potential locations of chemical weapons and weapons of mass destruction.

Runtime: 115 minutes
Rating: R



She's Out of My League

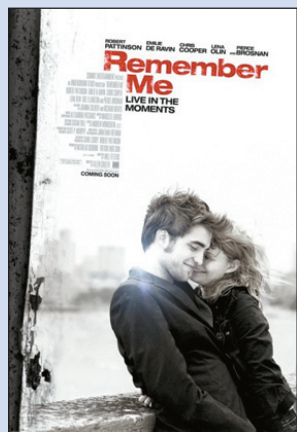
Kirk (Jay Baruchel) is an airport security guard with insecurity issues who happens upon a good-looking and successful girl (Alice Eve) who's too good for him. Though everyone, including Kirk, can't understand what she sees in him, Kirk is determined to do whatever it takes to keep her in his life.

Runtime: 104 minutes
Rating: R

Remember Me

Tyler (Robert Pattinson) is a New Yorker with a pain-filled past and a troubled relationship with his father (Pierce Brosnan). He has no hope that anyone will be empathetic when he meets Ally (Emilie De Ravin) who is truly able to relate to him. He begins to fall for her, but soon circumstances begin to tear them apart.

Runtime: 113 minutes
Rating: PG-13



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



Burton loses his way in "Wonderland"

Ashley Christie
The Commuter

How is a raven like a writing desk?

This is one of the many questions I have after seeing Tim Burton and Johnny Depp's seventh collaboration, "Alice in Wonderland."

Lewis Carroll's classic stories "Alice's Adventures in Wonderland" and "Through the Looking Glass" are combined in Burton's latest box-office smash. This version is about a 19-year-old Alice Kingsleigh (Mia Wasikowska) in Victorian London. She is about to be married off to an English lord, but wants to make her own decisions and dreams of being more than someone's wife. On the day of her engagement party, she spies the White Rabbit, who was sent to find Alice and bring her back to Wonderland to fight the Red Queen (Helena Bonham Carter).

Alice once again follows him down a rabbit hole and finds herself encountering all of Wonderland's zany characters for the second time. She's convinced that this is all a dream, but the Wonderland inhabitants know better and have to convince her that she is "the" Alice, not simply "an" Alice. They know that only she can defeat the evil Red Queen

and her pet Jabberwocky and restore the crown to the White Queen (Anne Hathaway).

This film had all the pieces to make an amazing movie. Burton's twisted mind with Carroll's fantastical story should have been a no-brainer, right? Cast an unknown as the title character and surround her with a cast of talented actors: Alan Rickman, Crispin Glover, Hathaway, Bonham Carter, and Johnny Depp should have been a recipe for success, right? Then why didn't this movie work?

Maybe it's because the movie is called "Alice in Wonderland" and stars Johnny Depp. Or perhaps it's because Burton overuses the CGI like a 5-year-old with a shiny new toy that he can't put down. It could be because Depp can't remember what movie he's in or decide whether he's the Mad Hatter, Jack Sparrow, or some random Scotsman seeking revenge for his clan. Possibly, it's because Burton and Depp knew that no matter what they did, it would make millions and decided to just phone this one in so they could spend more time counting their money.

Faults aside (and there are many), "Alice" does have some redeeming qualities. The Cheshire Cat is brilliant and, although the CGI is

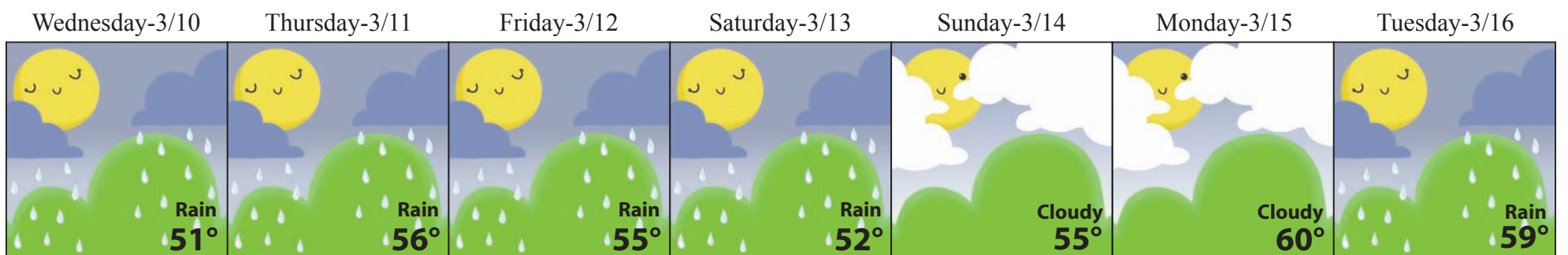
overused, the vanishing effects only enhance the character. Cheshire, voiced by Stephen Fry, is funny, interesting, and steals every scene he's in (which is hard to do when you're an invisible cat). Crispin Glover's performance as the Knave of Hearts is also unexpectedly great. He didn't seem to get the same memo about over-acting that the rest of the cast did; he was under the impression that this movie was going to be good.

And if Burton knows anything, it's how to create a distinctive aesthetic look and feel for a movie. His Wonderland is visually stunning. The man knows how to create completely unbelievable worlds that you think might exist somewhere in reality.

All in all, the movie wasn't horrible, just unimpressive. If you enjoy Burton films you're going to go see "Alice in Wonderland" no matter what. I would only caution you to refrain from expecting too much. In the Tim Burton canon, I'd rank this somewhere between "Mars Attacks!" and "Big Fish."

Oh, and if anyone knows how a raven is like a writing desk, could you please let me know?! It's driving me mad.

Weekly Weather Predictions



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