

**MONEY MANAGEMENT**

The increasing burden of student loans leads LB to team up with local credit union on finance seminars ▶ Pg. 3

**COMMUNITY CARE**

Organizations and individuals give back as the holiday season sets in ▶ Pg. 6 & 7



a weekly student publication  
**The Commuter**

Wednesday, November 5, 2003

Linn-Benton Community College, Albany, Oregon

www.linnbenton.edu/commuter  
Volume 35 No. 5

**Remodel project brushes up LB Dental Clinic**

**Josey Bunnell**  
The Commuter

LBCC's Dental Clinic received a face lift this fall with a newly remodeled and enlarged clinic in the Health Occupations Building.

Before the remodeling, the clinic's two dental chairs were spread out between two classrooms due to limited space. The remodeling project removed a wall to open up the space into one large room where six new chair stations were installed. Among other improvements, the electrical outlets were upgraded for safety purposes and the floors were replaced to conform with health codes.

According to Sheri Billetter, head of the Dental Assisting Program, the total cost of construction, equipment and labor came to \$32,807, which was paid for with \$17,200 in bond money and

\$15,607 from the Dental Assisting Fund at the LB Foundation.

The Dental Assisting Fund is made up of donations from dentists, proceeds from the community dental clinic and Billetter's own donations from her monthly paychecks over the past seven years.

Billetter said she is pleased with the upgrades, but has more improvements in mind. She would like to make her lab-style classroom more student-friendly by adding desks, remodeling the reception area and adding more chairs to the clinic.

The students use the clinic for training, and the Friday afternoon clinic, where locals can get low-cost dental work while students have the chance to practice on actual patients. Having all the chairs in the same location gives students the opportunity for more practice.

**FUND FACTS**

Here's how the Dental Assisting Program financed the upgrade to its dental clinic training facility.

<b>Bond Money</b>	<b>\$17,200</b>
<b>Donations</b>	<b>\$15,607</b>
<b>Total Cost</b>	<b>\$32,807</b>



photo by Bonnie Quinones

Students in the Dental Assisting Program now have a larger and better equipped facility in the Health Occupations Building thanks to a remodeling project made possible by donations and the bond levy. The larger clinic has six dental chair stations instead of the previous two, plus other improvements.



photos by Jeremy Hennig

**New Golden Z Club hopes to provide opportunities for women in business**

**Erica Hennig**  
The Commuter

Zonta International, a service organization for the advancement of women, is seeking students to start a new chapter on campus. The focus of the group will be to help students learn about their field of interest by meeting with business professionals. Members are mainly women, but men are welcome to apply, also. The organization is seeking a minimum of eight students who plan to go into a career that supports the increased status of women or assisting children.

Barbara Ross, chair of the status of women committee for the Corvallis chapter, is working toward finding members for the new club at LBCC. Ross has been a member of Zonta International since 1976 and is a former state representative. She explains, "The goal is to put women in contact with business and professional women and men within the community, to help them get a glimpse of the work world and to see some women who have been successful."

The Golden Z club will meet once a month, beginning in January. Members will choose each month's

activity. Some possibilities may include attending a job shadow with a businesswoman in the community or listening to a speaker. The group will be supported by a member of Zonta International and a member of faculty, who have not yet been selected. Meeting times and places will be up to members to decide. Ross emphasizes, "We would like to do this in such a way that respects the fact that students at LB are very busy."

"It's really relationship building and a chance to look at the professional world and the steps it takes to be successful as a business person," explains Ross. "Many of these women, just like a lot of LBCC students, started with some tough times and financial challenges and they've made it. We want to give students the chance to look

*"It's really relationship building and a chance to look at the professional world and the steps it takes to be successful as a business person."*

▶ Barbara Ross

ahead and see what that would be like."

Other benefits of membership include the chance to apply for scholarships, which are divided equally among LBCC and OSU students. Ten students were each provided a \$1,500 scholarship last year by the Corvallis chapter. Scholarships are available to non-traditional students, who must have attended either LBCC or OSU

▼ Turn to "Zonta" on Pg. 4

Former state representative Barbara Ross and LBCC administrator Pete Bober plan to establish a student chapter on campus for Zonta International, a service organization that works for the advancement of women worldwide.



**WEATHER THROUGH THE WEEKEND**

SOURCE: WWW.WEATHER.COM

high: 50 low: 30  
**WEDNESDAY**

high: 54 low: 37  
**THURSDAY**

high: 54 low: 41  
**FRIDAY**

high: 55 low: 40  
**SATURDAY**

high: 55 low: 36  
**SUNDAY**

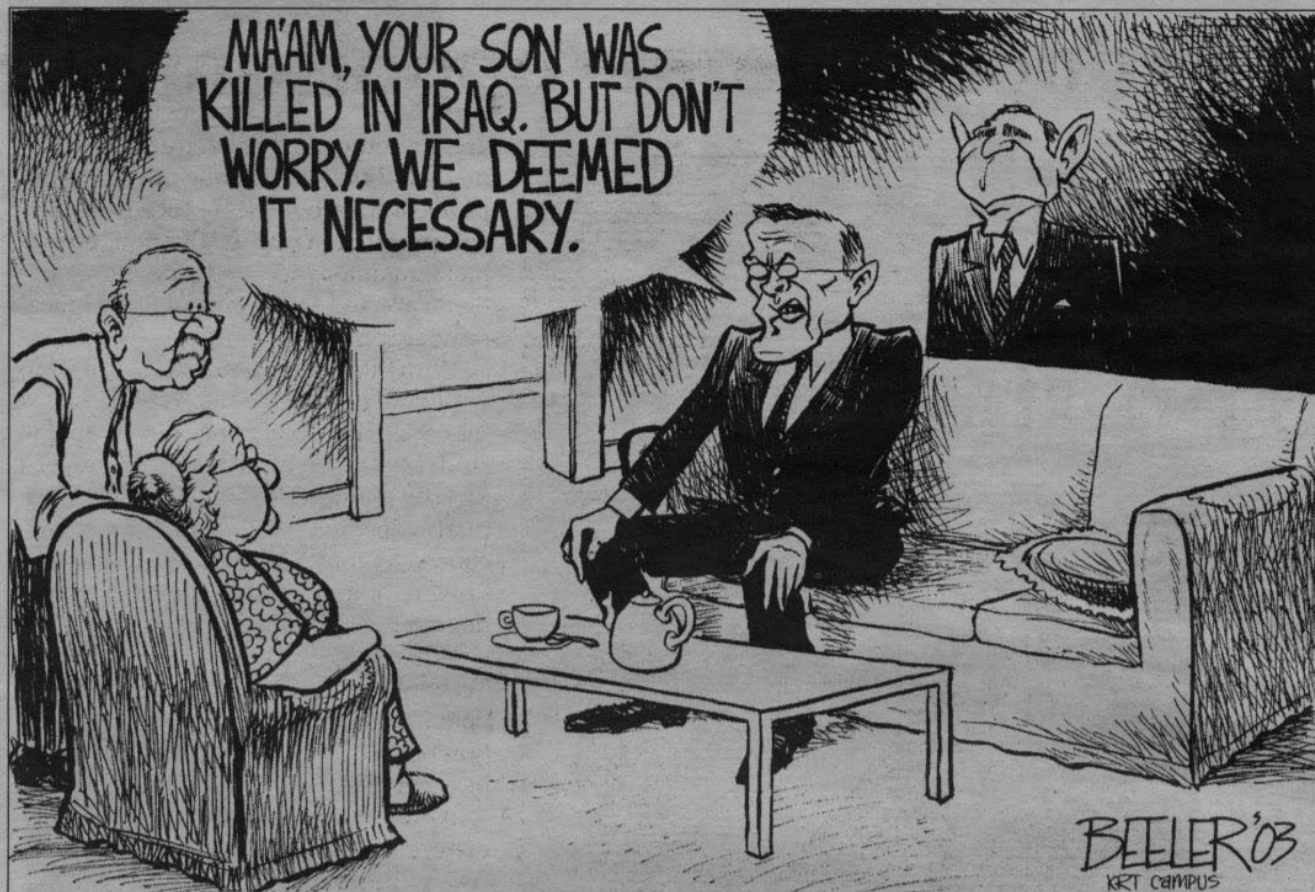
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The  
  
Commuter

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# OPINION

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



## COMMENTARY

# U.S. health care needs treatment

**Laurent L.N. Bonczijk**  
 The Commuter

I took a five-week vacation between summer and fall term in my home country of Belgium. I wanted to visit my parents, who I hadn't seen in a little over a year due to an extended "spring break vacation" in a certain Middle-Eastern country.

Unfortunately, I got sick. My right elbow swelled up to a considerable size one day so that I was forced to go see a doctor. Since I have lived in Oregon for over three years now, I understandably did not have medical coverage in Belgium. So you can imagine how I was sweating the idea of having to go see a doctor. I decided to go see my former family doctor. He rapidly diagnosed the problem as being arthritic gout, due to what he suspected were high levels of uric acids in my blood, levels caused by the large quantities of MREs I had to eat during "spring break," he said. By the time he had drawn blood and written a couple of prescriptions I was heavily sweating the coming bill.

"That will be 20 Euros Laurent," he said. I was flabbergasted. When later on that day I went to the pharmacy to buy the prescription drugs, they cost less than 8 euros. That's 28 euros for a full physical with a complete blood analysis and over three weeks of anti-inflammatory medication.

My experience with medical care in Oregon is not as extensive as Europe, but both times I have needed it I had to go to a "free clinic" to have a nurse examine me, and I still paid about twice as much.

How is it possible that the richest country in the world cannot provide its citizens (and permanent resident aliens) with an affordable healthcare system?

I already know the answer from the conservatives: Americans do not like to pay high taxes and having a public health care system would raise taxes substantially. So I went to the IRS website and compared the individual tax rates ([www.irs.gov/pub/irs-pdf/p15t.pdf](http://www.irs.gov/pub/irs-pdf/p15t.pdf)) of single U.S. citizens with the British tax rates ([www.inlandrevenue.gov.uk/rates/index.htm](http://www.inlandrevenue.gov.uk/rates/index.htm)). I chose the British because their tax rates are similar, if not lower, than the ones paid here. Surely if their government cannot afford to have a public healthcare system, it must be very expensive and completely privatized. Actually it is entirely free for U.K. citizens and residents (<http://www.workgateways.com/uk-essentials-health.html>). I am sorry to have just ruined the decades old Republican lies (oops, I meant arguments) that America can't afford public healthcare.

Public health care is a political choice. America has the largest economy in the world, yet it is the only first world country not to provide comprehensive health care coverage to its residents.

Traditionally, Americans have been receiving health coverage from their employers, but this coverage has been in sharp decline. In the 1960s about 80 percent of working Americans had coverage, to compare with about 62 percent today (CSM 031028). Corporate greed and ever-higher medical costs are at the root of the problem. CEOs' pay increases have been outpacing workers' over the last decade, yet companies claim that in order to cut costs and remain competitive they have to severely reduce or completely do away with employee's benefits.

The growing need for a change in the way Americans receive benefits is clear. The private insurance isn't cutting it anymore, it's time politicians pull their heads out of the sand and fix the problem.

# Awards handed out for crazy driving, worst parking lots

**Erica Hennig**  
 The Commuter

It is my theory that when many people get into a car to drive, a magical transformation takes place. Whether male or female, two huge spherical objects appear, hanging between their legs. These magical objects provide a feeling of confidence and power, but they also lead the driver to believe that there are no consequences for his actions. Alas, these feelings are deceptive, for the driver must get out of his car at some point, and when he does, the magical feeling dissipates.

Due to the presence of these magical spheres, from the moment drivers get in their cars, they may obtain the mind set that they are a superhero, indestructible and all-powerful. Though, they mistakenly try to hit me in their gallant effort, I have created a few awards in recognition of the places where drivers act crazy and these everyday men and women, who take it upon themselves to try to kill off the other stupid people in the world. It is, of course, only a token of acknowledgement and will never come close to the countless hours they must spend on their mission to overcome the dark force in our world, which is stupidity.

Case in point, when I get out of my car to walk to the mall, I always have to start looking for cars from the moment I lock the door and walk away. My past experience tells me that even when I'm in a parking lot or a crosswalk, there is a major possibility that someone in a car is going to try to run me out of their way, or even straight over. The number of times that a person (usually in an SUV that is only used to take their kids to Toys R Us) has tried to get me to run out of the way is innumerable.

Fred Meyer's gets the award for "Worst Place for Driving Insanity in a Parking Lot," where lot design lends itself to the parking obsessive. The two oval areas near the can machines and the ATM at the corners of the Albany Fred Meyer's attract parking obsession and the resulting congestion. Adding to the fun, once you become a pedestrian, you have to watch out for all the drivers, crazed and angry that they didn't get the closest spot to the door. People use the covered driveway by the can machine to park or wait for their spouse/friend/kid and in the meantime, other drivers can't get through to drop people off or just drive by in their quest for the perfect spot. My answer to this is to park away from the obsessive drivers, somewhere in the middle of the lot or even at the very edge and walk an extra 30-45 seconds. That way I get my exercise plus a bonus: getting to watch the boneheads who are still circling around as I enter the door.

The Heritage Mall and Safeway are tied for "Parking Lots Where the Ordinary Guy/Girl Turns Into a NASCAR Driver." If you're looking for a good time, the Heritage Mall is your place. Just drive in, carefully, then observe as drivers of all ages try to scare you into running out of their way. This is just the place for a game of "chicken." The Albany Safeway has it all, from parking-obsessed drivers to housewives on a mission to get from one side of the lot to the other in 10 seconds flat. Come after dark for a real show.

Downtown Corvallis gets the award for "Highest Number of Attempts to Take Out Pedestrians." Prepare to have your heart stopped if you become a pedestrian here. Superhero drivers, in their frenzy to get a bikini wax or greasy French fries will try to intimidate you by attempting to make that left turn directly toward your body.

Despite the fact that so many people try to run me over on a daily basis, I can actually enjoy this madness at times. When I'm not tweaked at someone for trying to squish me, sometimes I watch the cars almost crashing into each other and the drivers fighting over who will get the closest space and laugh at the stupidity of it all.



## The Commuter

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[www.linnbenton.edu/commuter](http://www.linnbenton.edu/commuter)

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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# CAMPUS NEWS

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

## Radiology class opens door for career opportunities

**Carissa Marshall**  
 The Commuter

Students interested in the radiology medical field now can take a new 18-month program started here at LBCC.

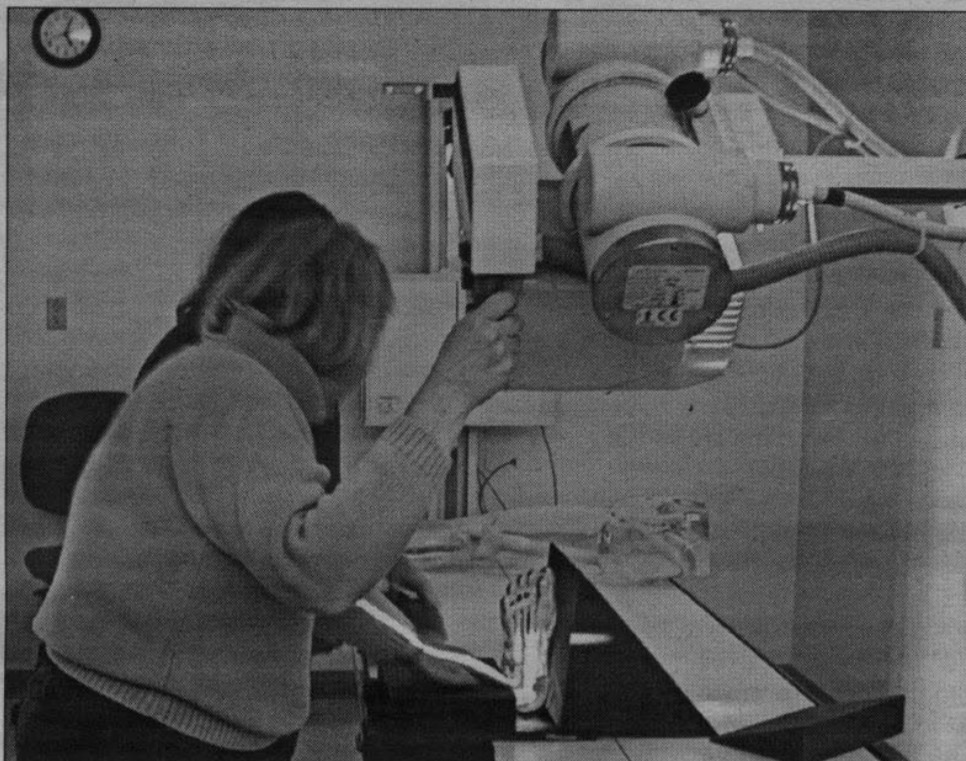
The class accepts 25 students and consists of two weekday classes held either on the main campus or the East Linn campus and lab training at a variety of health care facilities in the area.

A deposit of \$1,500 will be held at the beginning of the program and the whole program will consist of \$6,800 (payment plans are available).

Program Coordinator Stacy Mallory said the price may sound high, it's worth it because the program opens the door to career opportunities.

According to the American Society of Radiological Technologists, there has been a large problem with lack of radiation technicians in the medical field. The 15.3 percent vacancy rate is the highest for all health care personnel and will be a 33.3 percent increase in the next five years, according to the Oregon Employment Department.

With this inspiration, Mallory along with a team from LBCC and Samaritan Hospital configured a program to encourage interest in radiology.



Michele Horton, an LBCC Radiology student, practices taking x-rays on a skeleton at Lebanon Community Hospital.

The program's purpose is to prepare students to practice as proficient, multi-skilled professionals in culturally diverse health care settings, to demonstrate outcomes required by the American Regis-

try of Radiologic Technologists and a program guideline and to successfully complete ARRT certification examinations.

Students will prepare through a pro-

gressive outcome-based educational format. Modules of study include radiation protection, radiological procedures, image production and evaluation, equipment maintenance and operation, patient care and management and clinical radiography.

With this foundation, there are a wide variety of career options. Mallory states that with the experience given to the students, they should be able to find jobs directly after the program in clinics, hospitals, doctor's offices, and some may choose to continue their education at a university and receive their bachelor's degree.

When applying for the Radiologic Technology Program, prospective students must submit a complete application packet. Incomplete packets will not be accepted.

Applications and forms can be found online at the LBCC web site ([www.linnbenton.edu/admissions/form\\_index.html](http://www.linnbenton.edu/admissions/form_index.html)) Immunization information must also be presented when turning in the application.

With the first year of the program already in progress, students are pleased with the program and are excited with the day to day routines, Mallory says. The next opportunity to be a part of the program will be Sept. 2004.

## Credit union, college team up to help students budget

**Michelle Bertalot**  
 The Commuter

In an effort to help students manage their finances, LBCC has teamed up with Claudine Oriani, director of community education for the OSU Federal Credit Union, to offer seminars on financial issues such as loans, budgeting and debt control.

"Our goal is to develop a partnership for financial education through LBCC to educate students and faculty," said Oriani.

Last year, students took out \$3.9 million in student loans, exceeding the \$2.3 million from 2001-02 by nearly 70 percent.

"We're seeing that when the tuition goes up, the loans seem to be increasing," said Dean of Students Diane Watson. "When students are taking out lots of loans we think it's really important to make sure that they are aware of the consequences."

For example, if a person takes out a \$5,000 loan with 24 percent interest making minimum payments, it will take over 17 years to pay back.

Tentatively set up for winter term, Oriani is coordinating with LB personnel to work with survival seminars and possibly working with the youth job fair this year. She may also be working with the GED program doing "I hate to budget" seminars, which will discuss the value of saving money along with credit and money management.

More recently, she has done presentations for LB regarding I.D. theft and other topics on campus. Oriani's goals are to help educate students on all aspects of finances.

"My position exists because financial illiteracy has reached epidemic proportions," she stated.

The OSU Credit Union serves those who work, go to school, or reside in Benton, Lincoln, Linn and Polk

counties. While it does not offer student loans, they do offer consumer loans.

Depending on individual student financial status (and for those under 24, parent's financial status) there are alternatives for loans. Last year, according to U.S. Department of Education, federal student aid programs provided over \$60 billion a year in grants, loans and work-study assistance.

There are also various private scholarships that can be researched on campus or through many different websites, like fastweb.com.

Last year, LBCC's Foundation provided, "over \$300,000 in foundation funds to help students this year," said Financial Aid Director Lance Popoff.

For students living with debt, the seminars can be very helpful. "We want people to know that they can manage their credit before it manages their lives," said Oriani.

## Civil rights leader offers workshop talk

**Peggy Isaacs**  
 The Commuter

Long-time civil rights leader Jane Elliott will be conducting her Anatomy of Prejudice workshop from 8:30 a.m. until 11 a.m. at Hewlett Packard today.

Student Life & Leadership reserved 50 spaces for LBCC staff and students who signed up in advance to attend the workshop sessions.

Elliott will also present a free lecture at the LaSells Stewart Center in Corvallis today from 7:30-9:30 p.m. Her talk will address practicing acceptance rather than discrimination. Autographed copies of her books will be available for sale after the talk.

A leader in civil rights during the movement of the 1960s, Elliott began a sensitizing exercise in her grade school class-

room to help her all-white students understand the repercussions and pain of discrimination after the assassination of Dr. Martin Luther King Jr. The exercise has been repeated again and again with children and adults throughout the country. There are always dramatic, emotionally significant and sometimes, life-changing results.

In 1992, Elliott carried out her brown eyes/blue eyes exercise on the Oprah Winfrey show. The experience is a behavior training that lets white people experience what prejudice and oppression does to you just because you have blue eyes.

She told people in this exercise, and in her workshops, that brown-eyed people form the majority and they have all the power and that blue-eyed people are dumb, inferior, steal and are lazy. To emphasize their

inferiority they have to wear a collar. For blue-eyes the rules are always changing, at the mercy of the brown eyes.

One participant of Elliott's workshop walked out after one hour, another never returned from a quick trip to the bathroom. Their blue eyes did them in. A blue-eyed participant who walked out during one workshop, attempted to get back in later. Elliott was unrelenting, however. In the real world, people of color can't just "step out." They don't have a choice. They can't take off their color.

The event is sponsored by the People of Color Network, the Community Alliance for Diversity, the Corvallis Martin Luther King Jr. Commission, Corvallis Oddfellows, the city of Corvallis, CH2MHill, Benton County, Corvallis Safeway store and Oregon State University.

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# CAMPUS NEWS

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

## ASG looks at improving services from Bookstore

**Rebecca Kendall**  
 The Commuter

LBCB students may get advanced warning concerning textbooks they need to buy if an ASG proposal is enacted.

During last Wednesday's meeting of the Associated Student Government, President Oren Hawksford invited Brenda Page, manager of the LBCB bookstore, to attend the meeting and respond to questions and concerns that the ASG feels are affecting the student body.

Among the problems listed by the ASG regarding the bookstore, the most prominent was the fact that the list of books needed for each class comes out too late in the term.

The ASG is worried that the bookstore is not leaving students enough time to shop around for the best possible book price or sell back the books that they will not need.

Unfortunately, the time frame is not easily changed, as it takes almost an entire term to get the books needed in stock and then uploaded into the computer system, according to Page.

Hawksford suggested that as soon as the bookstore has the list ready to enter into the computer that they share the information with the ASG so they can create a bulletin board for the students,

containing a basic list of books that may be needed. Page did not oppose the suggestion.

Another issue addressed by the ASG was the number of book reservations the bookstore allows. Currently, the bookstore takes 500 book reservations, a seemingly low number considering the growing student population at LBCB. "We have no storage space for more books, we are completely maxed out," Page explained.

In other issues discussed, Science and Industry Representative, David Villeneuve contacted Comcast to find out how much it will cost to install cable TV in the lounge. It will cost \$90 for installation and \$65 per month for the same basic package that the surrounding community colleges use. It was not decided whether the cable will be installed or not.

There are three new additions to the ASG team, Priscilla O'Laery, business/health occupations representative, Sara Haines, public relations secretary, and Ryan Kirchner, at large representative.

The openings were created when three members resigned earlier this term. O'Laery and Haines were sworn into office amid applause from their fellow ASG members. Kirchner was not present for the ceremony.

## Zonta: Exchange program available for members

▲ From Pg. 1

for the term prior to applying for the scholarship. A few examples of non-traditional students are women going into a non-traditional career, a single parent, a student who has been out of school for a while or a displaced homemaker.

Zonta International also has an exchange program, which allows members to work with women in a sister city in another country. The Corvallis chapter's sister city is Uzhgorod, Ukraine.

Pete Bober, first vice president for the Corvallis chapter and member since 1992, went on a trip to the sister city shortly after Sept. 11. As part of a leadership-training group, he worked with girls in a Ukraine orphanage, with the goal of providing the girls private space and "helping them develop as girls," according to Ross.

"The first time I went, you couldn't tell any difference between the boys and girls," says Bober. "They all had shaved

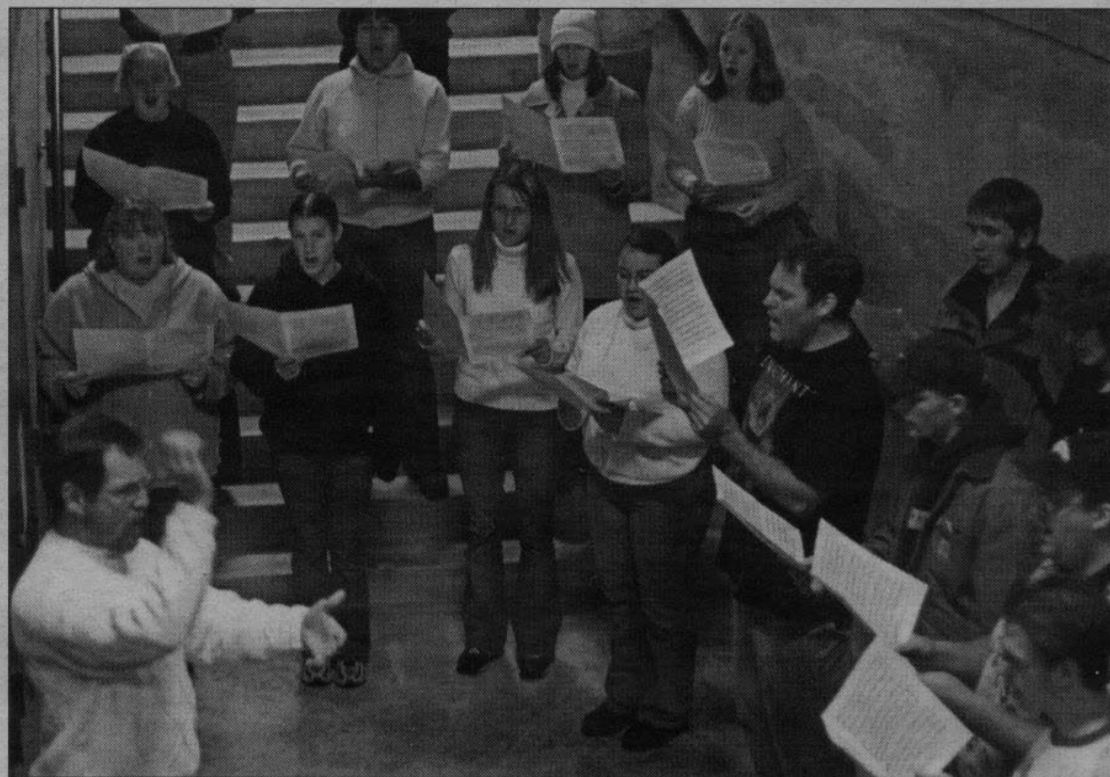
heads, because once a month they would shave their heads for lice. Everybody had a pair of pants and a shirt; you couldn't tell the boys from the girls. The third time I went, in April, I saw some girls with longer hair and some were wearing dresses. We took them in to the hairdresser and they went shopping."

Bober explains, "One of our most famous members was Amelia Earhart." There is a national scholarship named in honor of Earhart for women in

aviation and an international scholarship, which has been won by two Corvallis members.

"We're very aggressive about helping people in our area get scholarships and we're aggressive about our fundraising, for the same reason," says Ross.

To apply for membership, call Barbara Ross at (541) 752-3605 or Pete Bober at (541) 753-5414. Zonta International's website is [www.zonta.org](http://www.zonta.org). The Corvallis chapter's website is [www.zontacorvallis.org](http://www.zontacorvallis.org).



### Belting It Out

Hal Eastburn conducts his choir class Monday at noon in the stairwell at the west end of the Forum. Choirs occasionally use the area to practice for its acoustics and reverb.

photo by Jeremy Hennig

## Instructors attend Kellogg Institute

From the LBCB News Service

Chareane Wimbley-Gouveia and Virgil Agnew recently attended the Kellogg Institute for the Training and Certification of Developmental Educators at Appalachian State University in Boone, North Carolina.

The Kellogg Institute is the nation's oldest leading training and certification program for professionals in the fields of developmental education and learning assistance. The Institute

provides an intensive four-week summer training program in the areas of 1) assessment and placement of developmental students; 2) designing learning environments; 3) student support systems and leadership; and 4) outcomes assessment and program evaluation.

Following completion of the Institute summer residency, participants are expected to return to their home campuses and implement a program development project based on knowl-

edge and information obtained during the Institute.

Agnew is investigating the state of online learning for developmental writing students in an attempt to discover what instructors have found are the best practices for online learning.

Wimbley-Gouveia is evaluating whether a redesigned foundation skills reading course that emphasizes metacognition strategies improves student reading confidence, competence and success.

## COMMONS

Put it on your plate!  
 Nov. 5th - Nov. 11th

### Wednesday

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

### Thursday

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

### Friday

Chef's Choice!



### Monday

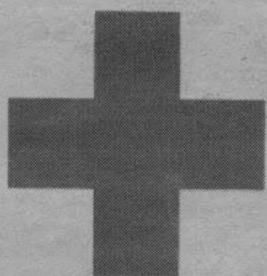
Baked Ham w/ Coca Cola Glaze  
 Beef Goulash  
 Vegetarian Chili over Polenta  
 Lyonnaise Potatoes  
 Broccoli Hollandaise  
 Cheddar Cheese  
 Manhattan Clam Chowder

### Tuesday

Veteran's Day  
 No Services

LINN-BENTON COMMUNITY COLLEGE FIRESIDE ROOM  
 WEDNESDAY NOVEMBER 19, 2003

**American  
 Red Cross**



**BLOOD DRIVE**

**9:00 AM - 3:00 PM**

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# CAMPUS NEWS

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

## Speaker says Mexico's small farmers hurting under NAFTA rules

**Laurent L.N. Bonczijk**  
 Of The Commuter

Jaime Castillo Ulloa is a member of the executive board of UNORCA (National Union of Regional Autonomous Campesino Organizations), a Mexican farming union that represents small farmers.

He has been touring the Northwest for the last two weeks, giving speeches with the help of translator Rebecca Watson about the effects of the 1993 North American Free Trade agreement on Mexican farmers.

On Wednesday he was in Tadena Hall, where 20 people listened to him explain the problems NAFTA has created for Mexican farmers. The reason for Castillo's tour is that this month, the trade ministers of 34 American countries are meeting in Miami to try to create a Free Trade Zone that would cover the Americas.

Castillo said that in the 10 years since NAFTA was enacted, small farmers have not seen the benefits of the agreement. In 1993, the Mexican government promised that they would become part of the first world, and that it would improve the economic situation of small producers. None of this has happened because the treaty never considered the asymmetries between the economies of the three countries involved, said Castillo.

He went on to say that the prices of foodstuffs did decrease in Mexico, but the price changes were never passed on to the consumers, so that in Mexico the price of a basic basket of food has actually increased by 257 percents between 1994 and 2002. At the same time the wages of the working class have been lowered, companies importing goods in Mexico pay their workers between \$25 and \$40 a week. Another side effect, Castillo pointed out, is that Mexicans are now dependent on import for about 40 percent of their foodstuffs.

One of the requirements for Mexico to enter NAFTA was to stop community ownership of the land. The result is that land that used to be tended by small communities is now rented or sold for profit. In Sonora, 80 percent of the land is rented.

Part of the reason small quantity producers cannot compete with the U.S. imports is that wheat producers in the U.S., for example, receive 78.8 times the amount of subsidies Mexican farmers are allocated each year. Those subsidies are given even though the U.S., jointly with the E.U., has been pressuring the World Trade Organization to get rid of them. Castillo said organizations of American and Canadian small farmers are now try-

ing the raise the public's awareness of the fact that they don't get them either. A handful of large agricultural corporations reap the majority of it.

He explains that genetically modified corn imported from the U.S. has already contaminated two Mexican states and now producers in those states face the possibility of lawsuits by the companies who hold the patents, even though those companies were responsible for the contamination in the first place.

But the problems for Mexican farmers do not stop there, Castillo said. Sanitary inspections of the imported products and nearly non-existent. Trucks bringing food in Mexico do not have any documents to permit finding the origin of the food items they are transporting. Some of the meat sold to the consumers has already been frozen for two years.

He is sponsored in his endeavor by "Witness for Peace," a non-profit organization based in Washington, D.C., created 20 years ago to report on the dealings of the U.S. government with the Nicaraguans Contras. When Violeta Barrios de Chamorro was elected in 1990 with the backing of the U.S., the organization decided to expand to other countries of the region affected by U.S. foreign policy.



photo by Scott McClure

### El Dia de los Muertos

Students in Margarita Casas' Spanish classes erect an offrenda, an altar honoring the dead, in the Gallery of the Arts and Communications Building last Thursday. Several altars were erected around the campus to commemorate the Day of the Dead holiday.


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INFO

# Care in the Community

**Organizations and individuals come together to better their community through volunteer program and donations.**

1<sup>st</sup>  
 IN A TWO-PART SERIES ON  
 VOLUNTEER SERVICES

## LBCC coat drive provides warmth for low income individuals

Adam Peoples  
 The Commuter

Through Nov. 7, Student Life and Leadership will continue to collect coats for individuals in need of warm clothing. Jocelyn Haas, student ambassador and coat drive organizer, explains, "It started off small," of the project which has grown tremendously since its conception.

The coat drive now spans the LBCC campus, with drop boxes at the Lebanon and Benton Centers. "We wanted to get the entire campus involved," added Haas. The main campus has a donation center in Takena Hall. Students can also take coats to the Student Life and Leadership office in the Student Union building.

Along with members of the Student Programming Board, the Associated Student Government and other student ambassadors, Haas helped with a recent coat drive put on by the Oregon Education Association. "That gave me ideas for this coat drive," she said. The OEA also donated left over coats to the LBCC coat drive.

Haas is pleased with the results the program. "We've got a wonderful response," said Haas. As of Nov. 3, the Student Life and Leadership office estimates the number of donated coats at 185. "It's really inspiring," added Haas.

The donations have struck Haas with not just their quantity, but also their quality. "(Some coats) looked new," commented Haas.

While the project was started by Haas, several other individuals and organizations have gotten involved.

ASG, SPB, and other student ambassadors have been collecting the coats and helping with the mechanics of the operation. "I've had a lot of help from the college," said Haas. Also, U-Haul donated special boxes to store and transport the coats.

Once the coats have been collected, they will need to be cleaned. The current breakdown of coats makes for 37 full-sized loads to be washed. Student Life and Leadership is looking for LBCC staff and faculty as well as students and community members who are interested in helping with this phase. Haas can be reached at the Student Life and Leadership office, 917-4466.

After the coats are cleaned and prepared, they will be given to several different social services in



Jocelyn Haas sorts some of the estimated 185 coats in boxes from U-Haul.

photo by Scott McClure

the community. Albany Helping Hands, Virgil Moses of Corvallis, and The Community Outreach program, also of Corvallis, will be receiving coats to distribute. Haas hopes to see warm and wearable coats be allocated to those in need before the harsh winter sets in.

## 8 Tips for Volunteering

☑ Do be flexible. It is rare to find the "perfect" fit right away. Keep an open mind—you might discover something new that interests you.

☑ Do be persistent. Volunteer coordinators are often busy, so don't assume they're not interested in you if they don't call you right away.

☑ Do attend orientation meetings. Keep in mind that informed volunteers are the best volunteers. These meetings will help you do the best job possible.

☑ Do take necessary training classes. Ask about them before you decide to get involved and be prepared to learn what will be needed.

☑ Do be responsible. Show up on time and follow through with your commitments. People will be depending on you.

☑ Do expect to get plenty of personal enjoyment and satisfaction from your volunteer experiences.

☐ Don't expect to start at the top. You have to work hard and prove your worth before you are given more responsibility.

☐ Don't think that volunteering has to be a group effort. You can start your own volunteer program and do it on your own time.

Taken from www.prudential.com

## United Way connects donations, volunteers with those in need

Mike Johnston  
 The Commuter

When a social organization that deals with health or human services needs financial support, they may not be able to raise their own funds. Sometimes these organizations need support from outside sources. For this support they will often turn to United Way.

United Way acts like a hub between financial donors and social organizations that need such aid. Debbie Parsons, business manager for the United Way of Benton County reveals, "We deal with about 700,000 to about 1,000,000 dollars every year from our campaign fund." It is estimated that nation-wide United Way

generates about five billion dollars yearly.

Among the 2,500 donors to United Way in Benton County are Hewlett Packard, CH2M Hill and OSU, three of their major contributors. The money donated from these companies goes to such programs as Old Mill-Center for Children and Families, the Boys and Girls club and the Center Against Rape and Domestic Violence.

United Way is volunteer governed. Parsons says, "The nominating committee appoints the heads of our organization." Volunteers help by donating money or time.

To contact United Way, call (541) 740-0321. There is a wide variety of different projects and they all require community support.

## Community service helps both volunteer and dependent

**Mike Johnston**  
The Commuter

Volunteer work does not have to be through any particular group, affiliation or program. Some of the most rewarding volunteer work is done by neighbors for neighbors. Helping those in ones community may not win any volunteer awards, but it can do an equal amount of good. Pam Gray is someone who has found that volunteer work starts in her own backyard. She helped out a disabled woman on her street and works with the disabled members of her church.

Pam Gray's mother was institutionalized for a mental disorder and her brother is out of contact with her and lives on the street, due to his mental illness. "I grew up with mental disorders in my family. It shaped my thinking of people to this day," explains Gray.

Due to her background, she became an educator at the Willamette

Education Service District in Salem and began volunteering about ten years ago with the Friendship House in Albany. The Friendship House was a local facility for mentally disabled people to go to find friends, organize events or just find someone to talk to. Gray was a social host who gave attention to the members of the house.

Volunteers at the house were there mostly just to be friends. Gray comments, "I was there for about four weeks when a client came up and asked me if I was a client or a host. It made me realize that there was no difference in the way the hosts acted than the way clients did, we were all equals."

The Friendship House's funds eventually ran out and they were forced to close their doors. The clos-

ing of the house didn't deter Gray from continuing to help those with disabilities. She discovered that a woman in her neighborhood had a mental disability that made it complicated for her to

write letters. "I would go on weekly visits to help her write to friends and sometimes wrestling stars," she remarked.

Gray made sure not to tell her friend what to do, but made it a point to treat her like she would treat any other friend because in her eyes, they were like any other friends.

The two would also just talk and have coffee every week until Gray's friend became too ill to live alone and had to move to Washington.

She currently works as an advocate for the disabled members of her church, First Christian Church

Disciples of Christ in Albany. "I work with a lady who has cerebral palsy as a speech interpreter because I can usually tell what she is saying. I used to do speech therapy with people who had cerebral palsy. Over a period of time you can understand what they are saying," she said.

She not only helps this person in church, but also provides her with help interpreting with doctors and other professionals who need help understanding her. At the church, she is also responsible for conveying the needs of the disabled to the ministers.

Gray observes, "I assist people in their lives, not in scheduled hours. I don't know of any organization that would be willing to help someone translate their thoughts to a hospital at 2:00 in the morning."

Pam Gray shows that people can help in a profound way, without having to look outside of her community.

**"I grew up with mental disorders in my family. It shaped my thinking of people to this day."**

**Pam Gray**

## Albany Helping Hands plans to up-scale aid to those in need

**Tim Woodruff**  
The Commuter

This fall, Albany Helping Hands Homeless Shelter and local churches devote their focus to the needs of the homeless. Plans to renovate a building at 615 9th Ave. S.E. Albany is at the top of their agenda. "The churches are usually the first ones to be contacted from people in trouble," states John Donovan, who has worked for the Albany Helping Hands Homeless Shelter for the past four years. "The new buildings will allow us to more than double our capacity for sheltering, feeding, bedding and clothing those who do need our help."

For 16 years, Albany Helping Hands has been a nonprofit provider of food and shelter for the homeless in Linn County. This fall, the shelter would like to be able to help more people. They are

beginning a campaign and although it hasn't started, the donations have reached \$77,000. According to Donovan the goal is to gather \$125,000, both from the churches and the community. They also hope to have professionals volunteer to help with construction. "You wouldn't believe how much it helps to have professionals give us free labor, saving money for the more direct needs of the homeless," Donovan claims.

The total cost of the project is \$1 million to complete the purchase and rehabilitations of the shelter building. The new building will house 80 homeless people from Linn county every evening.

"When someone is in trouble and would like help, all they must do is simply go to the shelter," states Donovan. "There we will sit down with each person and if they plan to stay for a couple of days, they will be

asked to set up some goals and plans."

The guests at the shelter can also use the showers, do their laundry, eat food, have a warm place to sleep, and even get some clothing. They will also provide assistance for those dealing with drug and alcohol dependencies. "Our main goal is to help them and get them back into the real world," states Donovan.

The Assembly of God church will be hosting the first annual "Home For The Holidays" community wide celebration, put on by the Helping Hands Shelter. The church is located at 2817 Santiam Hwy. in Albany. The doors open at 7:30 p.m. on Nov. 26. Churches and the public will join in celebration of the donations they have

gathered. Church choirs will be performing and the church will hold a few meditations. The Assembly of God church wants the public to know that anyone and everyone is welcome and that their doors are always open.

For more information on donations please contact Albany Helping Hands Homeless Shelter at (541) 926-4036.

**"The new buildings will allow us to more than double our capacity for sheltering, feeding, bedding and clothing those who need our help."**

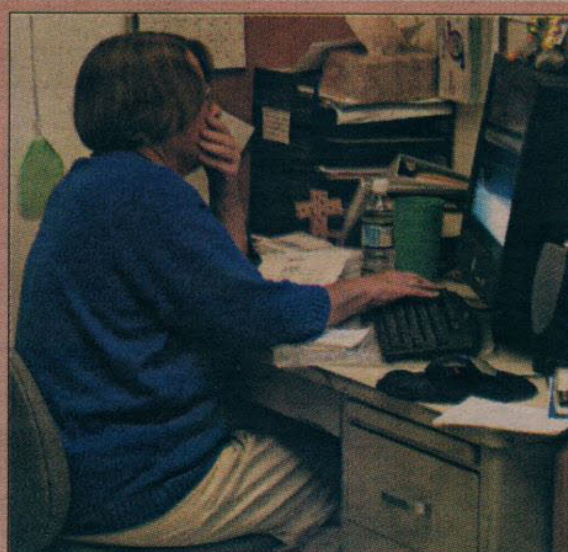
**John Donovan**



Arizona stocks the pantry shelves during his volunteer duties at the shelter. photo by Jeremy Hennig



At left, Brent Riter and Arizona prepare meals. Riter himself is a guest of the homeless shelter, and now works there. He helps the volunteer staff enforce rules and other duties. Riter and Arizona wake up daily at 5 a.m. to prepare a warm breakfast for other guests. At right, Jane Wilson works on a computer in the office of the Albany Helping Hands shelter. Wilson has been volunteering for almost six months.



photos by Jeremy Hennig

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# SPORTS

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

## PLAYERS DIARY

### Runner's World: Basketball starting up

Ryan Schmidt  
 The Commuter

What's up everyone? Well now that conditioning is over with and we are officially practicing, I'm getting even more excited for our opening game against Northwest Christian College on Nov. 22.

I think we are improving every practice, but we still have some things we need to improve before the 22nd. But as of now, I'm enjoying this season a lot more than last year already.

Everyone on this year's team gets along very well and it makes going to practice something to look forward to.

Also, this year we have a new assistant coach, Everett Hartman. He was the head coach over at West Albany High School, but decided to take the opening we had here as an assistant coach. Personally, I think he has been a tremendous help for us and I am extremely happy that he decided to coach here this year.

On Saturday we had our first unofficial test of the season during a jamboree up at Clackamas Community College. We played in four different 20-minute games, and for the most part I felt pretty good with our progress.

We ended the day by splitting the games with two wins and two losses. I was a little unhappy about the way I played, but it was only an exhibition game, so I'm not too worried about it. After the game teammates Kyler Shinn, Jake Espinoza and I went to the Blazer game against the Cleveland Cavaliers to watch LeBron James.

When we first got to the game we went and watched Cleveland do some shooting drills and saw LeBron James for the first time. To be honest



Brian Schmidt

it was kind of a trip to see him after always seeing and hearing about him on TV. It was unbelievable to see how many people showed up an hour and a half before the game to get a sneak peak of this 18 year old basketball star.

The game itself was a lot of fun and the Blazers ended up winning 104 to 85.

Other than basketball I've been really busy with school work and midterms. During my free time I usually just chill at my apartment with my roommate Brad

and watch basketball games.

Also, my friend Grayson has come down a couple of times to hang out with me in Corvallis. Most of you probably know him as the "Professor" from the And 1 street ball tour this past summer. It's been kind of crazy, and also funny to see everyone come up to him asking him about the tour and wanting an autograph.

As far as recruiting goes, nothing has really changed. I'm just waiting for the early signing period to come and go.

The early signing period occurs during the middle of this month and that is when the majority of the high school kids sign with schools for next season. When that is over, schools spend more time recruiting junior college players and that is when I will find out who is really interested.

Well that's it for now. By next month we will have started our season and hopefully when I write my next entry we will be off to a good start. I want to say what's up to my teammates, coaches, friends and family.

Catch you guys next month.

### Pricy food and weary rookie highlight visit to Blazers game

Saturday, Nov. 1, 2003, was the date that LeBron James made his professional debut in Portland, the city that is home to the company that paid him \$90 million to wear its shoes when he entered the league.

LeBron was also named as this week's Nike Athlete of the Week. Think this is a coincidence?

When the show came to town, and I just had to get tickets.

Although the prices for Blazer tickets are no joke, you can get seats for a reasonable price. Baseline seats on top run under \$20 (before service charges at least). Sideline seats up top are about \$50. I went the college bank account route and got tickets for the baseline seats. Parking is over \$10 inside the Rose Garden garage, so we found a spot on the street for free.

Walking through the ticket gates, we were handed a free Blazers cap and made our way court side.

There he was—LeBron, shooting, hitting, talking to Isiah Thomas, and being watched by 20 layers of kids hoping to get his autograph. Though everyone had come to see the \$100 million man, the real highlight of the warm up session was watching last year's UCLA star Jason Kapono warm up. His shot is ridiculous. He went 20 for 20, —minutes not shots—and never even hit the rim.

As the game was about to begin, we made our way up to the top of the stadium, stopping for snacks. I got a pizza and an apple juice for \$6.25 total—\$3 for the 12-ounce juice, a ridiculous price.

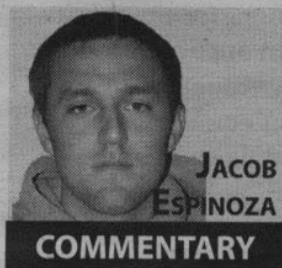
As the starting line-ups were announced the crowd went crazy as they heard the name of the LeBron James, and booed the home

town bad boy Rasheed Wallace. The first half came and went with Jason Kapono, Mr. Automatic in Warm-ups, entering the game only to brick a baseline jumper and Portland ahead by double figures.

Half time meant time for more snacks—ice cream for \$3.50.

The second half was as uneventful as the first. Cleveland stars Darius Miles and Ricky Davis both had a couple of nice dunks, and LeBron had a few nice dishes, but Portland's zone defense did a good job of slowing down the game's excitement. Portland scored 104 points, which meant free Taco Bell chalupas for all.

Overall the game cost a little under \$30, not including gas, which isn't bad for dinner and a live professional basketball game. Included in the price was a less than spectacular game, a Blazer hat, a stellar warm up session by Kapono, and a chance to see LeBron play before he develops a consistent jump shot.



JACOB ESPINOZA  
 COMMENTARY

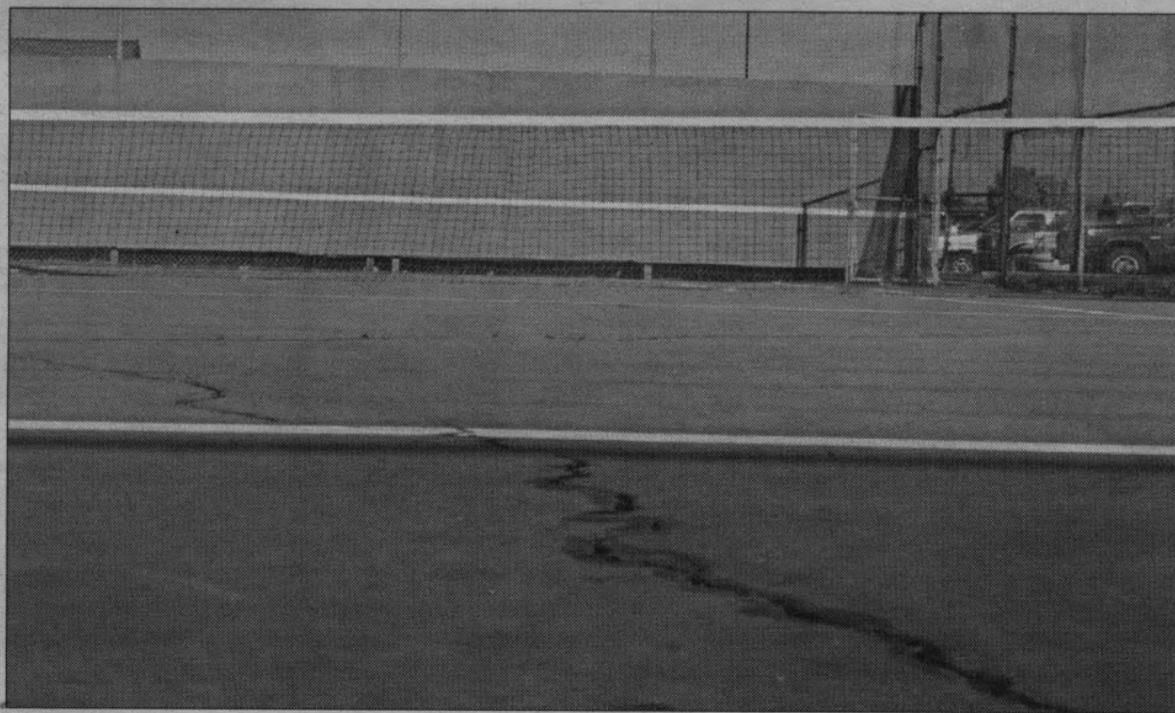
## Cracked courts fail to deter instructor, students

Brent VonCannon  
 The Commuter

The LBCC tennis courts lie dormant under the crisp October sunshine. The scene changes for brief intervals twice a week when tennis classes get underway. But for the moment, silence dominates and one can more easily observe the condition of the courts. Cracks, dents and pockmarks run across all four courts.

Jim Bell, director of health occupations and human performance, noted that while deterioration is evident, there is no immediate cause for alarm. He mentioned that every few years, preventive maintenance for the courts are planned and carried out by recommendation of Adrienne Burger, tennis instructor. Recently, the courts have been re-netted, the backboards repainted and the bigger cracks patched up.

According to Bell, LBCC's tennis courts, located next to the Family Resource Center, are in better shape than at OSU and are good by community college standards. Right now, the school is investing money elsewhere such as upgrading the track.



An eight-week tennis class, that is filled to capacity, uses the courts twice a week despite the obvious cracks. The tennis court is located on the west end of campus and is repaired every few years. The courts are open to general public use.

The school facilities are constructed and renovated through taxpayers' money, and are thus intended for educational purposes. "Education is the priority; recreation is secondary," emphasized Bell, referring to court usage. "Whereas parks are for recreation and education is secondary."

The main educational purpose of the courts at this time are the tennis classes being offered by Burger. Lessons are Tuesdays and Thursdays from 11 a.m. to 12:50 p.m. The class started on the second day of the term, runs for eight weeks, and will start up again during spring and summer terms. Heavy interest has

filled this fall's class to capacity.

Burger, a former high school English and Social Studies teacher, has coached tennis at Crescent Valley High for the past 10 years and is now in her fourth year teaching the sport at LBCC and her third year at OSU.

The current tennis class has about an even distribution of

men and women and represents a diverse age group, from students right out of high school to those beyond middle age.

The mixture of skill levels is just as diverse, from those who had never picked up a racket in their lives to those who were on high school championship teams.

"My hope is for my players to get passion for the game and catch the tennis bug," said Burger. "My goal is to introduce them to the joy of tennis, teach them to do it safely, and incorporate it into their lives."

Burger maintains that she has heard few complaints about the condition of the tennis courts on campus, and that the school and Bell in particular, have been tremendously supportive of the program and have "mended" the courts when needed. Burger says she sees no threat from prevailing court conditions to the performance of her players.

Tennis classes are open to everyone and the courts are open for general public use. Those interested in joining the class are invited to stop by the front desk in the Activities Center for more information. All necessary playing equipment is provided.



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# SPORTS

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

## Basketball teams get early workout

by Jacob Espinoza  
 The Commuter

Both the women's and men's basketball teams participated in preseason competition last week.

The women's basketball team played Western Baptist in a scrimmage last Wednesday.

"Overall I was impressed," said Coach A.J. Dionne. "Western Baptist is a D-3 school and we ended up getting a victory."

She was pleased with the team's shooting performance. "We were on fire. We had five or six people hitting threes." This shooting depth should bring problems to any opposing defense throughout the season, especially considering the inside presence of Priscilla Hendrix, who is still recovering from last year's season ending knee injury.

"Priscilla was moving up the floor well," said Dionne. "She was doing some things with more aggression than she had been."

The men's team played in a jamboree at Clackamas CC over the weekend. They played four halves against four different teams, winning two and losing two.

"It's a terrific transition experience for our freshman," said Randy Falk, head coach. "Our shooting percentage was pretty good, which indicates that we are making good decisions on the offensive end."

Defensively he said the team could use improvement especially in transition.

The women's basketball team will have their first home game on Nov. 21 and the men play their first home game on Nov. 24.

## Volleyball team struggles against Mt. Hood

Jacob Espinoza  
 The Commuter

Linn-Benton's volleyball team suffered a tough five-game loss at home last Wednesday. The visiting Mt. Hood team, currently second in the Southern region, opened the match with a kill down the middle of Linn-Benton's defensive set, laying the path for a swift 5-0 lead in the first game.

Linn-Benton refused to lie down however, and got their first point on a kill from LB's Amber Opoien. After consecutive kills by Angela Burright and Megan Drake, the Roadrunners still saw themselves facing a 21-11 deficit. The two kills proved to be a temporary momentum shift in favor of the Roadrunners, but was not enough, as the Roadrunners saw their comeback was cut short in a 26-30 loss.

Losing their first game by four points, after allowing Mt. Hood to jump out to a 5-0 lead, the Roadrunners came into Game 2 prepared for battle and jumped out to a 3-0 lead. However, Mt. Hood was able to answer tying the game at 3-3.

The scoring in Game 2 was back and forth with neither team able to maintain possession on extended scoring sprees. Although Linn-Benton fought valiantly, Mt. Hood once again pulled away at the end for a 30-26 victory.

Despite being down two games to none, the ladies got back into the match by winning Game 3.

Behind the serving of Beka Buhl, the Runners gained an early 6-0 advantage. Mt. Hood made several comeback attempts, but Linn-Benton's early scoring binge was too much for Mt. Hood to overcome, as Linn-Benton won Game 3 with a score of 30-26.

The Roadrunners were able to carry the momentum from

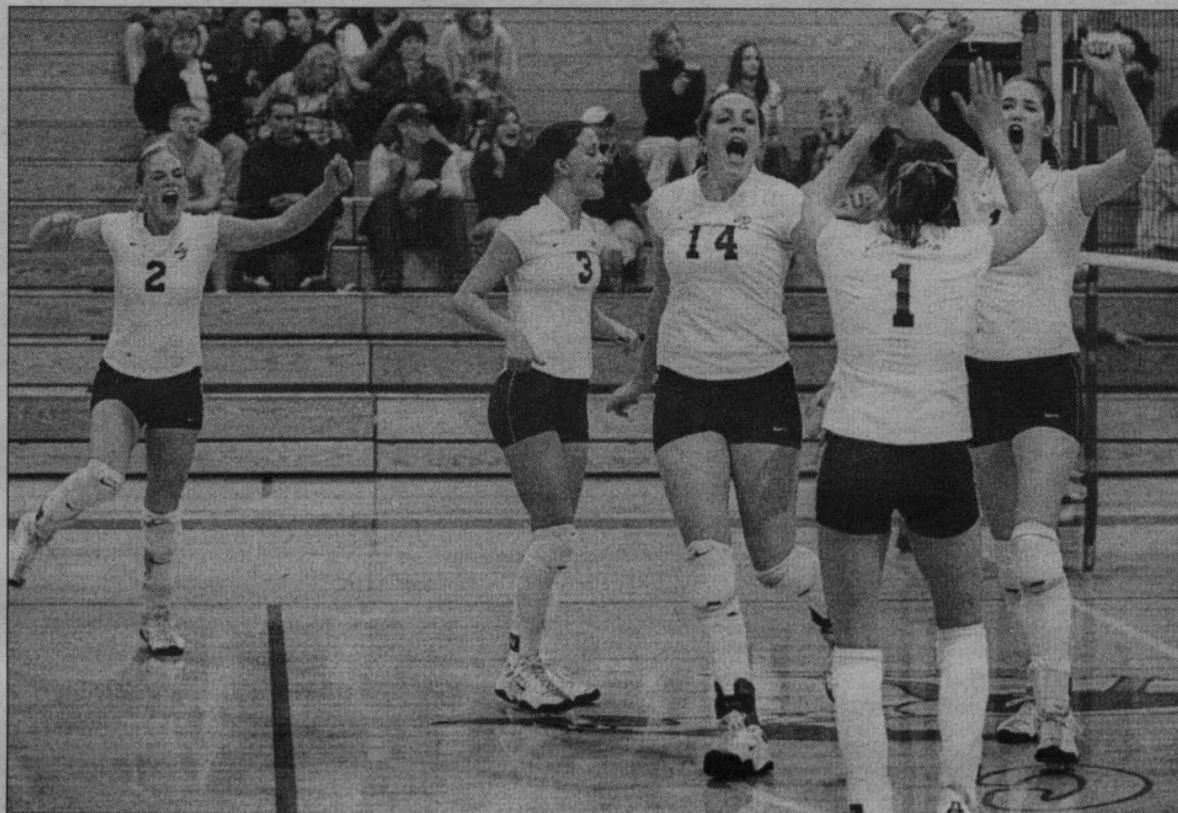


photo by Lewis Forquer

**The Lady Roadrunners celebrate after coming back to tie their match against Mt. Hood last Wednesday and force a fifth game. Unfortunately, the Saints prevailed in Game 5 to win the match. Their next game is home this Friday against Lane CC at 7 p.m.**

Game 3 into Game 4, opening the game up with a kill, courtesy of Burright.

The Roadrunner's gained another quick lead and were up 21-12 after Opoien scored on a kill and a block, consecutively. Going into the game's final stretch, LB had put themselves in a healthy position to send the match into a fifth game.

But Mt. Hood refused to be put away and managed a terrific comeback, pulling within one at 29-28. But sophomore sensation Opoien let her actions shout "No!" and ended the comeback attempt with a game-winning kill.

"We had a slow start, but showed the will to win," said Coach Jayme Frazier. "It says a lot about our players, not giving up and believing they can win."

In the final game, both teams went to battle. Buhl tied the game at 9-9 with an ace, and Opoien

tied the game at 10-10 with a kill, but Mt. Hood made the plays down the stretch and earned the final victory.

"Statistically, we were better than Mt. Hood," said Frazier, "but (we) couldn't pull it out in the end."

The Roadrunner's sophomores played phenomenally. Mariah Zook led the team with 23 digs. Holly Prinslow led with 50 assists and added 11 digs of her own. Opoien had a game high of 20 kills along with 17 digs. Buhl was solid with 12 kills and 15 digs, and Burright had 17 kills and led the team in blocks, along with freshman Meredith, with five.

"We're trying to find a way to have fun on the court," said Frazier. "Having fun and playing to potential are our two goals, maybe not in that order."

Over the weekend the girls played in a tournament at Lower

Columbia College. The girls opened the tournament defeating both Pierce and Olympic in three game matches.

In the semi-finals, the women were matched up against Whatcom. Whatcom defeated the Roadrunners when the two met earlier this season, but this time Linn-Benton managed to prevail in the tough five-game match.

"We played outstanding against Whatcom," said Frazier. "It was a big mental win for us because we've lost so many five game matches."

The tournament final was a rematch of last Wednesday's game, as the Roadrunners played Mt. Hood CC.

The Roadrunners unfortunately came out flat in the final game and lost in three games.

Both Prinslow and Opoien were named as tournament All-Stars.

## Oregon's top ski resorts gearing up for new season

Sean K. McNeal  
 The Commuter

It's that time of the year. In just a couple of weeks, many ski resorts will be opening up for the 2003-04 season. Yes, it's time to wax those skis and snowboards. Whether you are a beginner looking to take up skiing or snowboarding or are a seasoned pro, Oregon's resorts have what you are looking for.

**The Oregon Ski/Ride 1-2-3 program,** is offered at almost every ski resort, ensures an easy introduction to skiing and snowboarding. They show you what to wear, when to arrive, where to park, etc. The specially-priced ticket also includes rentals and lessons. Contact the specific resort you are interested in for further information and prices or go to [oregonski.org](http://oregonski.org). Here are a few of the most popular resorts:

**Mt. Hood Meadows** (Mt. Hood) is the premier ski resort on Mt. Hood. It has 10

chairlifts and snowcat access to the most diverse terrain in Oregon. It is scheduled to open on Nov. 21. Lift tickets start at \$44. Go to [skihood.com](http://skihood.com), or call 1-800-SKI-HOOD for more information.

**Mt. Hood Ski Bowl** (Mt. Hood) is America's largest night ski area with 34 lighted runs. It is scheduled to open Nov. 28. Lift tickets start at \$28. For more information, log on to [skibowl.com](http://skibowl.com) or call 1-800-SKI-BOWL

**Mt. Bachelor** (Bend), serves up the lightest, driest snow on the west coast. The lifts were rated as the best by readers of Ski Magazine. It is scheduled to open Nov. 14. Lift tickets start at \$44. Go to [mtbachelor.com](http://mtbachelor.com), or call 1-800-829-2442 for more information.

**St. Anthony's Lakes** (North Powder, Eastern Oregon) has the highest base elevation in Oregon (7100 feet). It offers one of the best powder experiences in the Northwest. It is scheduled to open on

Nov. 23. Lift tickets start at \$28. Log on to [anthonylakes.com](http://anthonylakes.com) or call (541) 856-3277 for more information.

**Cooper Spur Ski Area** (Mt. Hood) offers a skiing experience for the entire family. They specialize in introducing families to the sports of skiing and snowboarding. Lift tickets start at \$15. Visit their website at [cooperspur.com](http://cooperspur.com) or call 541-352-7803 for more information.

**Timberline** (Mt. Hood) offers a little of something for everyone; gentle slopes for beginners, wide open cruisers for the intermediate and cat skiing for the advanced. For the snowboarders, they have a terrain route and super pipe that were built by the same people who designed them for the X-games. Timberline is open year round and it has various other amenities such as 70 rooms, sauna, pool and a hot tub. Lift ticket prices start at \$39. Go to [timberlinelodge.com](http://timberlinelodge.com) or call (877) 754-6734 for more information about specials and group rates.

**Hoodoo** (Hwy. 20, 42 miles west of Bend), is going to introduce it's new \$6 million, 60,000 sq. ft. day lodge, this season. Peak Sports (2nd St, Corvallis) will be running shuttles starting in December. Call (541) 822-3337 or visit their website at [hoodoo.com](http://hoodoo.com).

There are also many resorts outside of Oregon. Some of these include The Summit located in Snoqualmie in Washington ([summitatsnoqualmie.com](http://summitatsnoqualmie.com)); Sun Valley ([sunvalley.com](http://sunvalley.com)) in Idaho; and two in British Columbia, Whistler ([visitwhistler.com](http://visitwhistler.com)) and Sun Peaks ([sunpeaksresort.com](http://sunpeaksresort.com)). Those who don't have computer access can find more information at G.I. Joe's in Albany.

For current weather information, log on to your favorite TV station website ([KPTV.com](http://KPTV.com), [KGW.com](http://KGW.com), or [KATU.com](http://KATU.com)), and follow the links. Whether you are a beginner, a pro or somewhere in between there are places to go and have some fun. From time to time, resorts will offer specials. To find out more go to the resort's website.

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

# LOCAL NEWS

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

## CLASSIFIED ADS

### SCHOLARSHIPS

New "outside" scholarships are posted in the self-service kiosk in the Multicultural Center. Awards of up to \$30,000. GOTAKE A LOOK! Applying for scholarships is FREE!

Willamette Chapter of IAAP (International Association of Administrative Professionals) is offering a scholarship for two students in any Business Technology program at LBCC winter and spring terms. Deadline is November 10, 2003. Please see Carol Raymundo in the Career Center, T 101, for an application or visit [www.orgsites.com/or/iaapwillamette/index.html](http://www.orgsites.com/or/iaapwillamette/index.html) to obtain an application

### WANTED

Do you knit, sew, crochet or do woodworking? Do you have a heart for babies? We make items for NICU's and at-risk pregnancy centers. If you are interested in volunteering please contact Heavenly Angels in Need (HAIN), email [marymgl@hotmail.com](mailto:marymgl@hotmail.com) or see [www.heavenlyAngelsinNeed.com](http://www.heavenlyAngelsinNeed.com) for more information.

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Classified ads in The Commuter: Our classified ads are free for students! Contact the Ad Dept. at (541) 917-4452 today.

### HELP WANTED

**Teller** (#2158, Albany) Do you love people and have 6 months previous cash-handling/customer service experience? This part-time teller position could be just right for you! Pays \$8.50/hr for up to 19 hours/week. See Student Employment in T101 before this is filled!

**Sales Managers** (#2159, Lebanon) Do you have sales/business/marketing/computer skills? This would be a perfect opportunity for you! This is a hot, growing company seeking go-getters. Please see Carla in Student Employment in T101 for more info!

**Pharmacy Technician** (#2156, Salem) If you have your Oregon Board of Pharmacy registration or are about to get it, check with Student Employment in T 101 for further information!

**Diesel Mechanic** (#2152) This full-time job in Salem seeks someone with diesel truck mechanical experience. See Carla in LBCC's Student Employment, T 101 for the scoop!

# Heart Thais into high quality cuisine

**Brent VonCannon**  
The Commuter

"If life has no challenges, it's not worth living," Toy Hinderlie declared.

Life has presented many challenges for her, but also many opportunities. Born in Bangkok, the capital of Thailand, Hinderlie moved to the Philippines at age 17.

Hinderlie, along with her husband Stan Hinderlie, own Little Bangkok, a Thai restaurant in downtown Albany. She takes a major role in running the business and can be seen on a regular basis greeting customers, hosting, serving and coordinating things around the restaurant.

She moved to Philippines for higher education and received a bachelor's degree after five years there. She noted that this is where she "grew up," being on her own and far away from home. She later traveled to Oregon and earned her Master's degree in Horticulture from Oregon State University in 1971.

After OSU, Hinderlie returned to Thailand for seven and a half years, working for the royal government's Department of Agriculture, fulfilling duties on the king's project for crop enhancement. In this capacity, she taught many farmers improved farming techniques, promoting soil conservation and moving away from the destructive slash-and-burn agriculture of the past. Though her work in Thailand was successful, Hinderlie had other plans. She decided on a career change in the culinary arts and moved back to America to realize this

dream, ultimately settling in Oregon in 1979. She currently resides in Lebanon.

Hinderlie learned the value of fresh and quality food, as well as that of self-sufficiency, over the course of her upbringing in Thailand and elsewhere. In her homeland, she recounts how she didn't

have electricity and learned to do everything, including all food preparation, by hand. Now with electricity and American time-saving devices, the tasks are a less arduous. However, much time still goes into food preparation. The curry, for instance, is prepared exactly the way it would be in Thailand.

"You have to put your heart into Thai cooking," exclaimed Hinderlie.

Hinderlie has learned more about food processes in the meantime. Taking from what she learned growing up, Hinderlie got a job as a cook at an American and Chinese restaurant. "The process fascinated me," remarked Hinderlie, "and I love learning." She learned the different aspects of running a restaurant and came to the realization that "to own your own business is prosperity." She was thus inspired to start up her own restaurant and that dream became a reality when Little Bangkok was born in 1997.

The restaurant boomed for a number of years and then, like many small businesses, took a hit with the economic downturn of the last few years. Still, Hinderlie remains optimistic and proud of her business.

She considers herself lucky to be in America and to learn more about other cultures, while being able to retain her culture, much of which is exemplified and adorned inside the restaurant. "It's the best of both worlds, good and bad," she added, referring to Thai and American-style cultures, which mesh at her establishment.

While proud of the restaurant's accomplishments overall, Hinderlie wishes more people would come out and see what she and other business owners in downtown Albany have to offer. "Word of mouth is the best way," she explained. "Customers bring friends, who then pass the word to other friends. I think they find this to be a very people-oriented atmosphere."

To help get the word out and serve customers, Little Bangkok is currently promoting a "bucks giveaway" program, aimed at promoting the restaurant and other downtown businesses. A "Little Bangkok Bucks" card can be picked up at the restaurant and used for a one dollar reduction in the price of a dinner meal, good for up to five visits. The card is then put into a drawing, where customers have a chance at winning various prizes, including gift certificates for other businesses. The current drawing is good up till Dec. 31.

The menu boasts a wide selection of dishes, from soups to seafood, sweet and sour pork to vegetarian, and curry to Thai noodles. Some traditional Chi-

nese cuisine is included as well. You can even choose the "spiciness" of the meal, which ranges from non-spicy to thermonuclear.

According to Hinderlie, everything on the menu is served fresh and the meals are cooked order by order. "Good quality is important to us," she stated. "We make the food look, smell, and taste good for our customers. We take pride in our food."

Hinderlie plans to continue running the restaurant as she has done in the past. She's counting on the new card program to perhaps bring in a little more business. Unshaken by past experiences, Hinderlie will continue working hard to make Little Bangkok an acknowledged addition to downtown Albany.

Little Bangkok is located at 222 First Ave. S.W., between Old Towne Café and DayDreamz wedding gift shop in the historic Flinn district. It can also be reached at (541) 924-0370.

**"You have to put your heart into Thai cooking."**

▶ Toy Hinderlie

## CLASSIFIED AD POLICY

**Deadline:** Ads accepted by 5 p.m. Friday will appear in the following Wednesday issue.

**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.

**Personals:** Personal Ads are limited to one ad per advertiser per week. Limited to 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.

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# ARTS & ENTERTAINMENT

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

## Majestic's 'Seven Keys' displays wit in tribute to Cohan

**Peggy Isaacs**  
 The Commuter

The Corvallis Community Theatre opened their 2003-2004 season with "Seven Keys to Baldpate" at the Majestic Theatre in downtown Corvallis.

This season opened not only with a sensationally directed play, but it was the 90th year of when George M. Cohan's Broadway comedy hit the stage on Sept. 22, 1913. Also in that same year, Samuel Whiteside and Charles Small opened the Majestic Theatre on August 5.

To make the evening more special

Helen, mother of director Robert Leff was celebrating her 90th birthday. The evening was filled with lots of gaiety, starting with a performance at 8 p.m. by an excellent cast of characters. Each thespian portrayed their character to be believable and authentic for the era of time, the 1930s. The well-designed costumes played an important role in the concept. Even "Cop I" and "Cop II" looked their parts in "Keystone Cop" outfits.

The play's concept has William Hollowell Magee, played by Jonathan Pedersen going to "the most lonesome spot on earth," on a bet to write a

novel in 24 hours. He was to finish the novel and turn it over to the proprietors of the inn, whereupon they are to call Mr. Bentley, whom the wager was placed with, and let him know.

In the meantime, Magee, thinking he was with the only key to the inn, locked himself in and settled into his room to type his manuscript.

What followed is a humorous, witty, entertaining, well-done tribute to George M. Cohan.

After this, "mysterious, melodramatic" comedy, there was a reception with birthday cake enjoyed by everyone.

The cast for the production, in order of appearance, was as follows: Billy Magee, played by Jonathan Pedersen; Elijah Quimby, played by Bill Maier; Mrs. Quimby, played by Anne White, John Bland, played by Ray Blank; Mary Norton, played by Rachel Hellesto; Mrs. Rhodes, played by Jillian Bower; Peters, played by Emmet Jones; Myra Thornhill, played by Melody Dingman; Jim Cargan, played by Brian Watkins; Lou Max, played by Michael Thornton; Thomas Hayden, played by Paul Ahrens; Jiggs Kennedy, played by Jack Wirz; Hal Bentley, played by Mike Williams.

## Popular Corvallis club reopening with new look

**Skyler Reed Corbett**  
 The Commuter

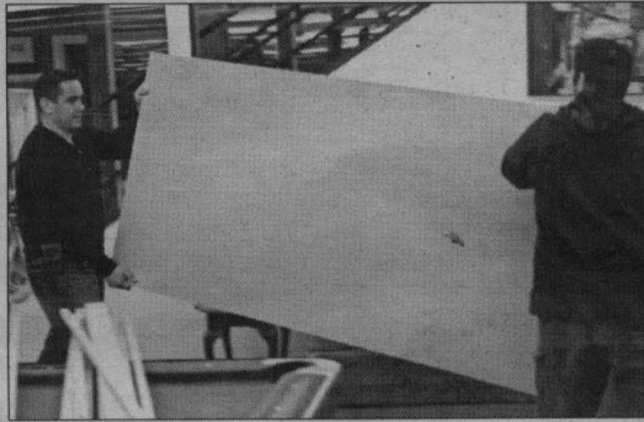
Platinum, a popular club in Corvallis, is going through some changes. Earlier last year the 18-and-over club obtained a limited beer and wine license from the Oregon Liquor Control Commission to attract a more mature 21-and-over audience.

Targeting employees at HP and the Corvallis bar scene was not an easy task for the young establishment. However, after a year of promotion including sold-out shows and performances by Thriving Theater, the house theater company it seems that the business end is right on target. Now Platinum is re-opening after the current changes with a new co-owner and manager, adding a full liquor license and a restaurant into the mix.

However, applying for a full liquor license is time consuming, as the OLCC requires individual histories of all establishment managers, statements of funding, lease and business information and a detailed sketch of the floor plan. The process requires full cooperation and approval by OLCC inspectors.

For all clubs open during the evening, the Oregon Liquor Control Commission requires a restaurant to be on-site, serving five different meals a day for a full license to be obtained.

Regulations also require there to be more than 30 designated dining seats in an establishment. Instead of building a restaurant from the ground up, Platinum is bringing in the local restaurant Full Belly Deli to fill the



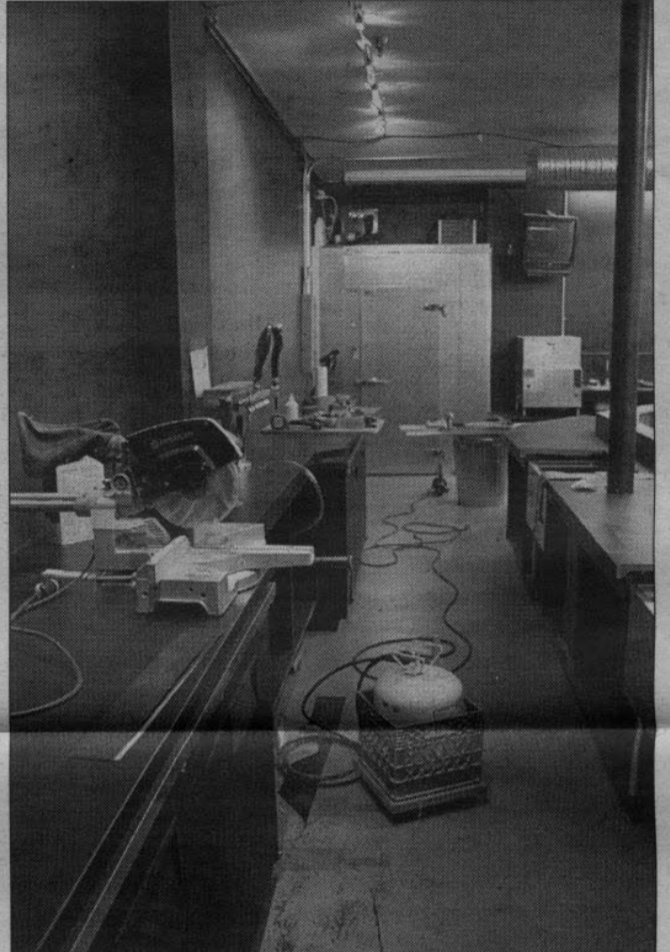
**Co-Owner Eric Beachy, left, of Corvallis club Platinum readies the facility for its reopening. The club will reopen with a new larger bar with an updated sound and light system. Platinum is located at 126 SW Fourth Street in the basement of the old Closet Clothing store near Starbucks.**

requirement.

The 8,100 square feet that Platinum occupies was formerly a basement below The Closet, a department store which closed over four years ago, spearheading the first round of renovations to the building. The renovations from the first project included a stairwell, elevator access for the disabled, and the installation of lighting for the club. The Full Belly Deli will be moving into a section that used to be a booth for DJs in Platinum's former incarnation as the 18-and-over club ReMx.

The new Platinum, apart from having food on site, will feature a full lighting and effects system with industrial ceiling mounts, sound reinforcement installed by Corvallis audio pro Moody, two expanded bars and a 16-keg capacity Glycol system. Also slated for the project are modified smoke detectors that will not fault when Platinum's fog machines are in use.

Platinum originally opened with owner Jason Obliana and DJ Brad Thomson, competing with Corvallis' bar



photos by Jeremy Hennig

scene. Since Obliana's departure to graduate school earlier this year, the management team shifted and now includes OSU alumni Eric Beachy and former LBCC student Dana Harrington. Both are in their 20s and enthusiastic about being a part of the project. Beachy recently joined Platinum as a co-owner and personally has invested money in this round of renovations.

## Punk rock group Tirade endures in Corvallis music scene

**Mariah Thompson**  
 The Commuter

"A shotgun blast to the face that you can hum to."

That's how 24-year-old

Callan Sullivan describes Tirade, one of Corvallis' oldest local bands.

Tirade was started by Sullivan when he was

in high school seven years ago.

With most of the rock/punk groups in town lasting only several months on average, a year at most, Tirade's age alone sets them apart.

Many bands break up when a member leaves the group, then move on to join or create new bands that often play the same type of music. This idea has

never appealed to Sullivan, who still plays several songs written when the band first began.

"My music changes and evolves," Sullivan says, "but it is basically the same musical path, which is why I call it by the same name. You don't call a river by a different name just because you get hundreds of

► Callan Sullivan

miles down it."

Tirade has been through a lot of musicians.

It's almost like a legacy in the "HardCorvallis" scene—if a musician hasn't been in Tirade personally, at least three of his or her friends probably have been.

The lineup currently features Sullivan on lead guitar and

vocals (as always), Randy Knight, 24, on drums and Nate Pope, 16, on bass guitar.

Pope's drastic age difference from the other members can only be seen, not heard.

He is well known for being very talented and Sullivan describes him as, "a total prodigy, both intellectually and musically." Most music is written by Sullivan, but each of the other band members have written for the group as well.

And exactly what type of music is it? Sullivan had a hard time categorizing the tunes, but ended up calling the band, "very punk and grunge influenced," He listed Fugazi, Unwound, The Pixies, Nirvana and The Cure as the main influencing forces.

The band is currently working on a new album and hopes to release it by early next year.

As for future shows, Sullivan laughs, saying: "Randy broke his ankle doing some recre-

ational climbing so we haven't played much recently, but in the next few months we should be playing some, so keep your eyes open.

"[At a show] you can expect a small crowd of devoted HardCorvallis followers, flailing and screaming, and me granting sonic boons left and right. Not sonic booms, sonic boons. Also, unprecedented hearing loss and a new outlook on the world."

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# ARTS & ENTERTAINMENT

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"Monteith: High Water" by LBCC photo instructor Kurt Norlin is one of about 60 photographs in the "Light on the Water" exhibit now at the Guistina Gallery in OSU's LaSells Stewart Center. Also exhibited are about 15 poems by local writers, including Sara Backer (below). The photos and poetry celebrate the Willamette Watershed.

## I like Coffee

The flooded river,  
 same color as my cappuccino,  
 but loud and fast,  
 takes crates 'n branches  
 and . . . green basketballs? . . .  
 no, pumpkins! vines 'n all,  
 uprooted, on the field trip  
 of their life!

It all goes down today!

People who own  
 basements and antiques  
 are wet 'n upset,  
 but not me! I like the way  
 water spins  
 around tree trunks. I like  
 change!

▶ Sara Backer

## Photographers, poets focus on water

from the LBCC News Service

"Light on the Water," an exhibit of photography and poetry celebrating the Willamette Watershed, is on view at the Guistina Gallery in the Oregon State University LaSells Stewart Center through Dec. 31.

A reception and poetry reading will be held Friday, Nov. 7, from 6:30 to 8:30 p.m. at the cen-

ter, located at Western Avenue and 26th Street. The reception is free and open to the public.

Organized by the Willamette PhotoArts Guild, the show is the second installment in a biennial project designed to inspire the community with artistic interpretations of the region's visual heritage. The first exhibit in 2001 focused on Mary's Peak.

In this year's show, local pho-

tographers and poets were asked to explore water themes within the Willamette Basin.

The result is a wide range of images, from traditional prints in black-and-white and color to photographs that involve digital imaging and historical processes, such as platinum.

Included in the show are photos by LBCC instructors Rich Bergeman, Kurt Norlin and Bob

Ross.

Exhibit posters featuring a reproduction of a hand-colored image by Corvallis photographer Denise Ross are available for \$10 at the reception. Sale of the posters helps defray the cost of the exhibit.

The gallery is open 8 a.m. to 5 p.m. Monday through Friday and during events on weekends and evenings.

### ARTS & ENTERTAINMENT

## ART HAPPENINGS

<b>AHSS Gallery</b> LBCC Campus 6500 Pacific Blvd. Albany, Ore. 917-4540	<b>November</b> Carmen Borrasc Oil Paintings: First in a series of guest artist exhibits and presentations - Free
<b>OSU</b> 303 Benton Hall Corvallis, Ore. 757-8949	<b>Nov. 6</b> — Turandot by Giacomo Puccini The Linn-Benton Opera Guild will preview the opera 7:30 p.m. Students - Free Public - \$4 wheelchair accessible
<b>Orchard Cafe</b> 3rd and Lyon St. in the entrance to White Rose 924-1661	<b>Nov. 7</b> — Open Mike Poetry Night 7:30 to midnight Gourmet Espresso
<b>John Henry's</b> 77 W Broadway Eugene, Ore. (541) 342-3358	<b>Nov. 6</b> — Pablo Moses & the Revolution Dream Band Reggae 6 - 9:30 p.m. \$10
<b>Chinook Winds</b> Casino & Convention Center Lincoln City, Ore. 1-888-CHINOOK	<b>Nov. 9</b> — Battle at the Beach - Amateur Boxing
<b>W.O.W. Hall</b> 291 W. 8th St. Eugene, Ore. (541) 687-2746	<b>Nov. 7</b> — Gypsy Flamenco - Dance Performance 8:00 p.m. \$12 Advance \$14 Door
	<b>Nov. 8</b> — North Mississippi All Stars Blues Rock 8:00 p.m. \$13 Advance or \$15 Door

## Santiam Room: Out-of-the-way restaurant is LB's best kept secret

Peggy Isaacs  
 The Commuter

Last week, my colleague Mike Johnston and I discovered that we have our very own four-star restaurant here on the LBCC campus—the Santiam Room.

As soon as we entered the little room on the second floor of the College Center, we could tell this was no ordinary campus lunch room. There were table cloths, folded napkins, and a maitre d', Don Gose, who greeted us with a welcoming smile on his face.

As soon as we were seated, our waiter Michael Cabe came to our table to take our order.

The menu is printed up daily according to the preparations in the Culinary Arts program for that week. With 11 entrees on the menu, we were sure to find a taste tempting treat for our senses.

After some time deciding on what to order from a list that included such gourmet treats as Beef Bourguignon (red wine stew), Pan Seared Pork Loin with Pear-Quince Sauce, and Grilled LaPine Du Brasseur (rabbit marinated in lambic beer), we decided on Hoisin Crispy Chicken with Bao and Provencale Poached Salmon. The meals were delivered to us in only 22 minutes.

Johnston, who ordered the Hoisin Crispy Chicken with Bao, had this to say:

"It came to the table looking like art with orange dipping sauce and Asian slaw. The food was placed on the plate so well, it looked almost too good to eat. The first bit of slaw was like a lemon explosion in my mouth. The flavor was so condensed, there was no way to block it out. The chicken was served inside of an oddly textured bun. Adding orange sauce accented the flavor, adding a richness that is to be desired. I have never tasted food like this or have been treated with so much respect in a restaurant. The best part was how inexpensive it was for the food quality. It is a great place to take someone on a lunch date."

The provencale salmon, which I had, was flaky, moist, and cooked to perfection. On the side were

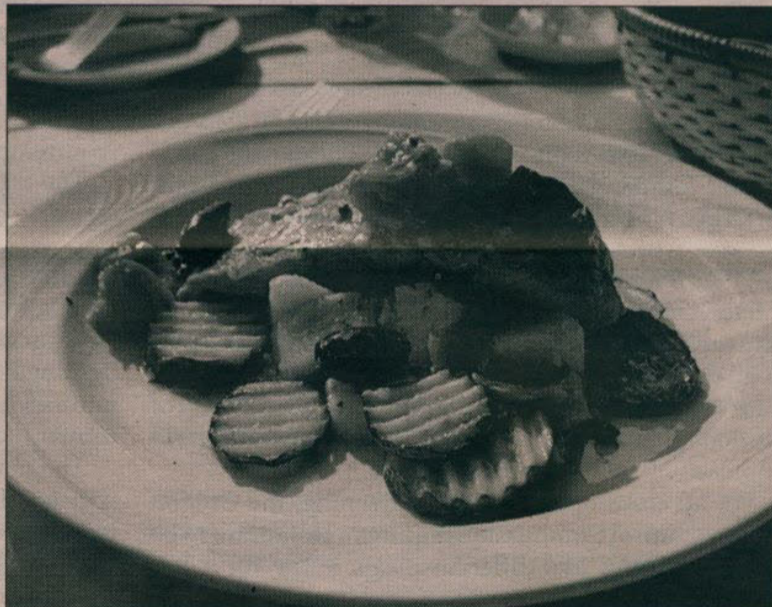


photo by Scott McClure

Provencale poached salmon with fish potatoes is one of several tasty and attractive dishes on the lunch menu at the student-operated Santiam Room, located on the second floor of the College Center.



PEGGY  
 ISAACS

### REVIEW

potatoes with a fish sauce and grilled squash with onions. The flavors blended together to form a perfect union even for the most discriminating palate.

We were both impressed not only with the food but also with how much attention the wait staff lavished on us, almost as if we were the only ones in the restaurant. We even joked about

how fast we could get the waiter over to us, by dropping a spoon and seeing how quick it was replaced, but we didn't have the nerve.

The Santiam Room is one of the best kept secrets on the LBCC Campus. It is all the more remarkable when you consider that it is a training facility for students in the college's Culinary Arts Program, who operate all facets of the facility, from menu planning and cooking to waiting the tables.

The Santiam Room is open for coffee and pastries at 9:30 a.m. and for lunch between 11 a.m. to 12:30 p.m., Monday through Thursday. Reservations are recommended.

### FAST FACTS

- WHAT:** Santiam Room  
**WHEN:** 9:30 a.m. for coffee & pastries and 11-12:30 p.m. for lunch  
**WHERE:** Second floor College Center (behind the cafeteria)  
**HOW:** Phone 917-4391 for reservations