

THE COMMUTER

Wednesday
January 28, 2009

Linn-Benton Community College, Albany, Oregon

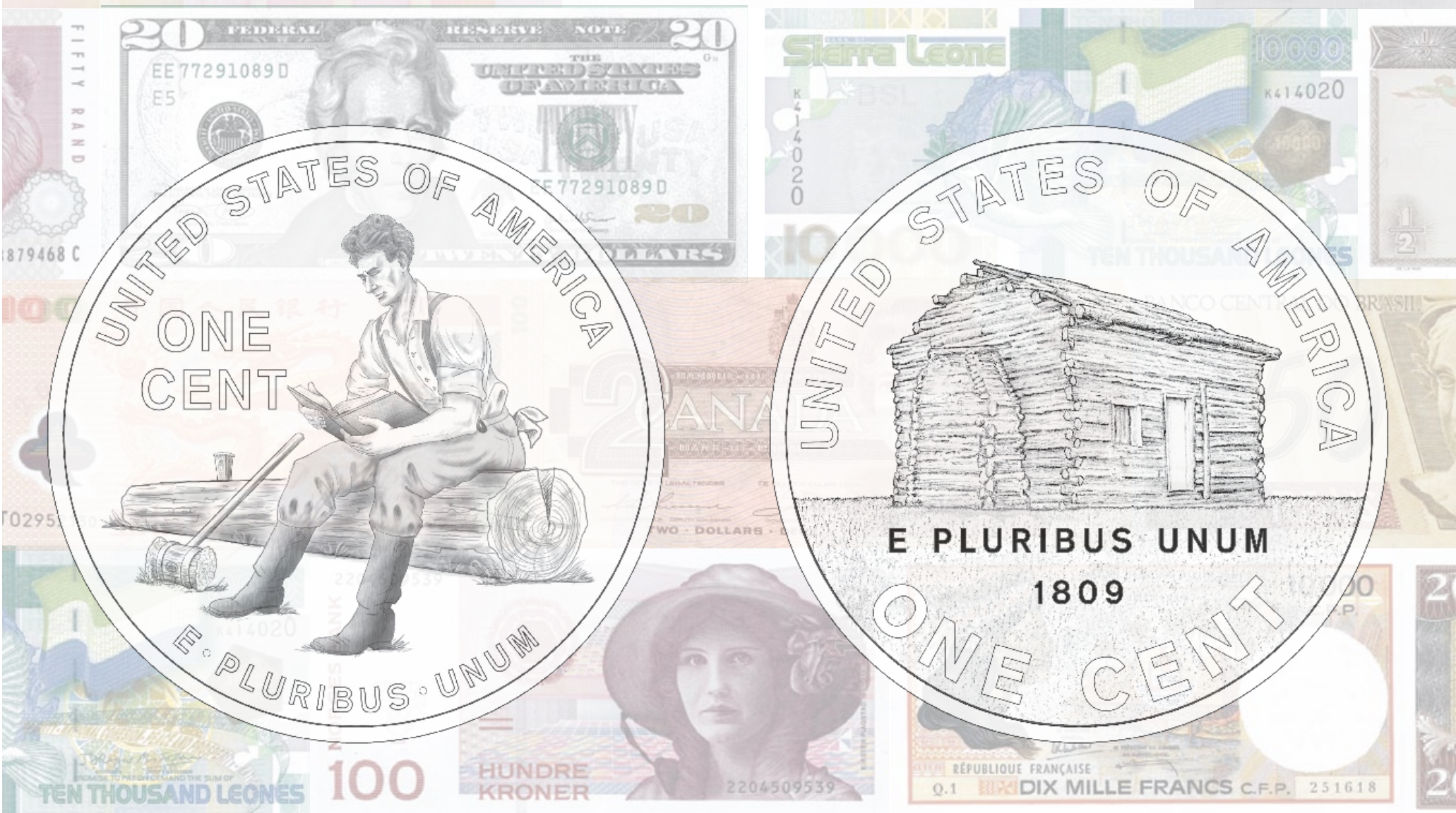
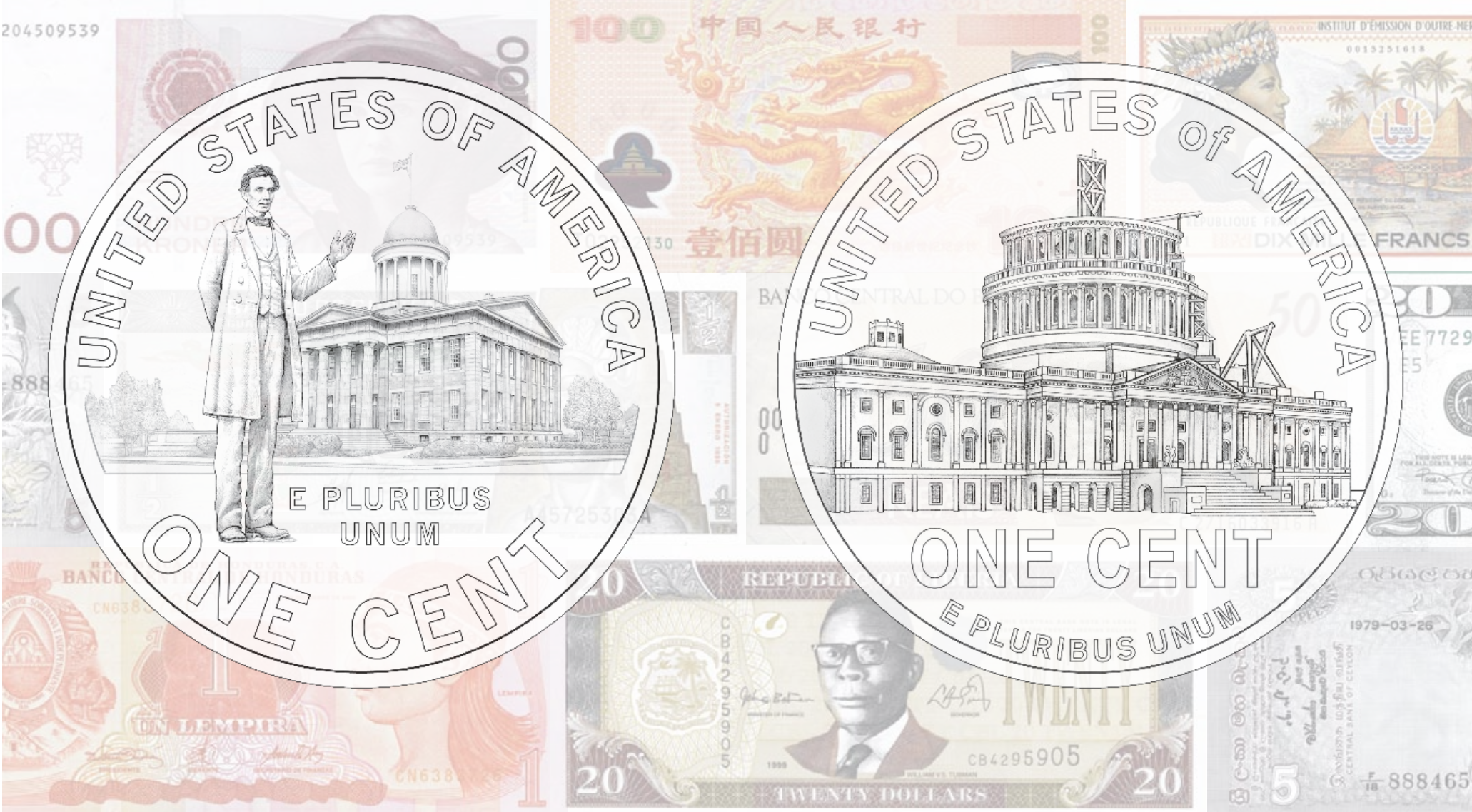
Volume 40 No. 14



Money makes the world go round

Photos of Canadian currency courtesy Becca Martino. Other currency courtesy MCT Campus. World photo courtesy of NASA.

Layout by Lydia Elliott and Kristin Horst



The Commuter
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LOCAL NEWS

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

State of the College Address



Rita Cavin delivers her annual "State of the College address."

Photo by James Scales

James Scales
 The Commuter

The president of the college, Rita Cavin, held her annual State of the College Address last Monday, Jan. 26. If you couldn't make it, the PowerPoint presentation is available online at <http://po.linnbenton.edu> under "State of the College (Jan. 09)". Also available are some handouts that are very much worth your time to look over and the video of her speech. The address usually covers where the college is at currently and how things are going. This year, most of the time was taken up by talks about how we, as a college, are doing financially. One of the biggest points Rita was trying to convey is that the college is not short of money because it made mistakes and bad judgment calls with how money was allocated and spent, but that it was all due to factors outside of LBCC's control. In June 2008, the

expectations were high; supposedly everything was going well and the governor's budget was sitting at \$550 million for the community college's of the state. Coupled with a very modest tuition hike, about \$2 a credit, the budget was all set to do everything LBCC wanted to.

In September, at the president's retreat, everything still looked fine. Fifteen good ideas were born from the people at the retreat; things like student retention, wellness programs for a healthy community, and reduced childcare services.

Then, on Nov. 19 and 20, the State Review Forecast was issued. The state has less money than anticipated, and LBCC owes the state \$445,000.

A new governor's budget was released Dec. 1. This time, the forecast is sitting at \$485 million. LBCC started changing its plan from the June idea of what the budget was going to be, starting with less pay

increases for staff/faculty if they had control over them, less money budgeted for materials and supplies, and a realignment for the next year's budget.

By Jan. 16, the budget projections were changed again. The governor's proposed budget came all the way down to \$445 million. LBCC is short almost 12% for the 2008/2009 school year, and the budget adjustments aren't even finished. Community colleges are sharing an unfair burden of budget reductions from the state in the education department. Everything is going horribly downhill.

But, for the good news, LBCC is still dedicated to helping out its students and their community. Though the budget is tight, there are people working towards a better and more acceptable budget. As uncertain as we may stand in our current situation, take solace in knowing that we'll get through it, and all will be well once again.

Nurses in Oregon stay optimistic

Becca Martino
 The Commuter

Nursing is one of the many jobs being constantly cut back because of the economy crisis here in Oregon.

What's causing this is one of the many important questions being asked right now. For hospital cutbacks, one of the main reasons is that fewer elective surgeries are being done. "Because of the economy, people are not having elective surgeries done. You know, if you don't have health insurance you're not going to elect to have that knee replaced." says Virginia Brittsan, Nursing Instructor here at LBCC. Lack of health care may cause patients to refrain from trips to the emergency room if they feel their injury is minor enough that they can wait the healing process out. Nurses,

however can stay optimistic, regardless of job cuts.

Salem Hospital, for example, seems to be on a hiring spree for nurses, saying the general feeling is a shortage of nurses, not an overflow. This week, Salem Hospital listed 39 openings for nurses, saying that if there is a good job applicant, a firm offer will be made in less than 12 hours, according to a report in the Statesman Journal. While nursing is a very competitive program, there is a wide variety of job opportunities for nurses. Nurses can choose from a specialized job in a hospital, to work in a care home, forensic nursing, military nursing or a private practice, like mid-wifery. Unlike with many other fields, in nursing when one door closes, another can easily open.

Here at Linn-Benton, we help combat a nursing shortage, one graduating class at a time. "Out of a class of 54 students, we have 48 graduating this year," says Brittsan. "Our graduates will have skills to allow them work in a variety of settings". She remains extremely optimistic about the job prospects for her students. If nurses cannot find work in Oregon, their licenses will be valid in other states, but many prefer to stay in the Willamette Valley.



"Stan" the practice dummy waits in pain for the soothing knowledge of the nursing program.

Photo by Eve Bruntlett

THE COMMUTER'S STAFF

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

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

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Health Care AWARENESS WEEK

Feb. 10 - 13 • 12 - 1 p.m.



Learn about solutions to our health care crisis.

Tuesday, Feb. 10 • Siletz Room • Dr. Paul Hochfeld

Suggestions for local and national health care reform

Wednesday, Feb. 11 • Fireside Room • Dr. Norman Castillo

How doctors are trained in the U.S. vs. Cuba

Thursday, Feb. 12 • Siletz Room • Sherilyn Dahl

Services available to the local community

Friday, Feb. 13 • Siletz Room • Dr. Mike Huntington

The Oregon Health Fund Board & National Health Care Bill HR676

Linn-Benton
 COMMUNITY COLLEGE
 LBCC is an equal opportunity institution.

**Free &
 open to all**

Sponsored by
 LBCC Student Life
 & Leadership

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NEWS

Local news, and news
 from around the world.

Visions of trauma: seatbelts save lives

Ryan Henson
 For The Commuter

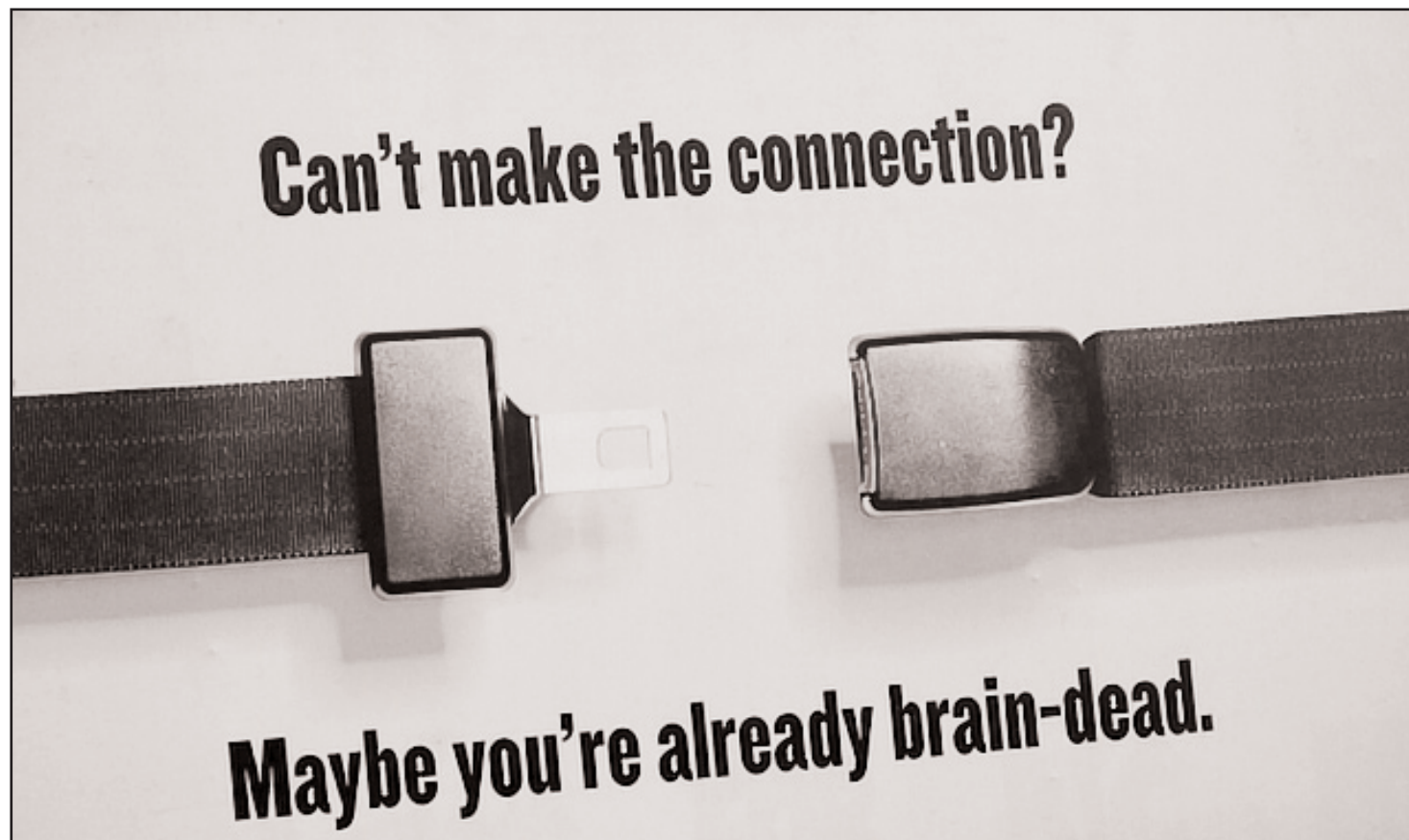
For two days, a man lies on the stiff, white sheets of a hospital bed. His face is dotted with bandages, abrasions and ruby-red cuts. His neck is wrapped in a large white brace. A respirator does his breathing. Until he regains consciousness, the doctors and nurses do not know the full extent of his injuries.

Cindy Roler, a trauma nurse in the emergency room at Good Samaritan Hospital in Corvallis, pushes a button, removing this image from the projection screen. She explains that the man depicted was not wearing his seatbelt and was thrown into the windshield of his vehicle.

Roler is giving a presentation of Trauma Nurses Talk Tough (about saving your life), a "diversional" seatbelt safety course. She explains to the small crowd of participants, who are attending the class to remove seatbelt citations from their record, that car crashes are the leading cause of death in the US for people ages 1-25, and that a majority of the fatalities are the result of head, neck, and spine injuries, which could have been avoided with the use of a seatbelt.

"Without a malfunction, a seatbelt, worn properly, will keep you from hitting your head on the windshield," Roler explains. "If you're not wearing your seatbelt and you're in the front, you're going to fly into the dash or the windshield. If you're in the back, you're going to get bounced around like the popcorn in an air-popper."

According to co-founder Joanne Fairchild, a flight nurse, Trauma Nurses Talk Tough was developed by trauma coordinator Michelle Haun-Hood, operating room coordinator Andy Burnett, and Fairchild, at Legacy-Eman-



Sirwiseowl-Flickr

uel Hospital in Portland in response to a car crash that cost three teenagers their lives in 1986. The nurses decided that people needed to be informed about the consequences of risk-taking behavior. "I wondered why we were letting this happen. The reality is that the human body is fragile and people don't account for that when they are making choices," said Fairchild.

According to Legacy-Emanuel's Web site, there are 10 safety seat-belt classes throughout Oregon, and the class, combined with

Oregon law 811.210, which requires the mandatory use of seatbelts, has had effective results. The Web site states that, after initiating a safety belt class, Clackamas county in Oregon showed an increase of safety belt use from 17 to 94 percent in six months.

The class at Good Samaritan Hospital, which has been around for five years, also appears to have made an impact.

"At the beginning, there was about 40-80 people in each of the classes. Now, it's more like 15-20 per class. This seems like a good

sign to me," Roler says.

Throughout the presentation, as Roler brings the images onto the screen, participants turn their heads. They cover their eyes. They groan in dismay. The horrors of the trauma unit are displayed for them to see - a woman with a broken neck, a man's head sliced open, the lifeless body of a female driver.

"It's all about choices and you are in charge," Roler says.

THE COMMONS FARE 1/28 - 2/3

Wednesday

Dishes: Pot Roast, Paella*and 3 Cheese Stuffed Shells.

Soups: French Onion* and Corn Chowder

Thursday

Dishes: Liver with Bacon and Onions*, Chicken Cordon Bleu and Vegetables in Green Curry with Steamed Rice.

Soups: Ginger Chicken & Coconut (tom Kha Gai)* and Wild Rice

Friday

Chef's Choice

Monday

Dishes: Glazed Ham (Carved on Display)*, Beef Goulash with Spaetzle and Vegetable Calzone
 Soups: Split Pea* and Manhattan Clam Chowder

Tuesday

Dishes: Chicken and Biscuit, Jambalaya* and Vegetable Strudel
 Soups: Cheddar Cheese and Chicken Soup with Matzo Balls

*Gluten-free

Instability in Mexico threatens U.S.

Rick Casillas
 The Commuter

While conflicts arise overseas, the United States has begun to turn its attention closer to home as reports filter out from Mexico about the rise in crime and bloody war being waged between the standing government and drug cartels. The streets of Juarez, Tijuana, and Nuevo Laredo have run red with blood over the last year, accounting for a sizable chunk of the 6,616 people who have died in drug-trafficking violence, according to Mexico's attorney general. The brutality of the killings has escalated to targeting Mexican officials and soldiers. An article posted by the Wall Street Journal just last week reports Police Commander Martin Castro's severed head was found in an ice cooler outside the police station in the town of Praxedis. It was left with the calling card of the Sinoloa drug cartel, one of many examples of the mafia style intimidation tactics employed by provincial drug lords as a response to Mexico's president Felipe Calderon's aggressive 2 year campaign against organized crime. According to the Los Angeles Times, since his induction into office, Calderon has deployed 45,000 troops and 5,000 federal police officers around the country as part of the anti-drug offensive, putting pressure on the frequent trafficking of narcotics across the shared border with the U.S.

The instability of Mexico does not bode well for Calderon as he seeks to establish a relationship with the new administration, though it remains to be seen whether any direct intervening by the United States

government will take place, concerns have been raised whether Mexico's violent upheaval will bleed over the border. In a report by the U.S. Joint Forces Command, Mexico was grouped with Pakistan as being a potentially failing state that warrants monitoring as their collapse would directly threaten the security of the United States. Currently \$400 million of the \$1.4 billion Merida initiative has already been approved by Congress, allocated towards supplying Mexico with the technology and hardware to combat the swell of drug-trade which threatens to tear the country apart. The security-aid package is justified by advocates who cite the over \$10-15 billion profits a year being supplied to cartels by American citizens who purchase narcotics, stating simply that this drug war affects us all. In a report sent at the end of last year, retired Gen. Barry McCaffrey, known as the drug czar under the Clinton administration, warns that "Mexico is on the edge of the abyss-- it could become a narco-state in the coming decade." McCaffrey further points out that Mexico is vital to the American economy, supplying a third of our imported oil and housing 18,000 companies with ties to American industry. Obama met with Calderon on January 19th and pledged the continued support of the U.S. in resolving their internal conflict through the Merida initiative, though had little else to add beyond praising the "extraordinary relationship" their two countries share and stating that, "my message today is that my administration is going to be ready on day one to build a stronger relationship with Mexico."

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CAMPUS NEWS

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

Campus Shorts...

LBCC to hold Healthcare Awareness Week Events

LBCC will host a series of lectures around Healthcare Awareness Week from noon to 1 p.m. each day starting Feb. 10 in the LBCC College Center building. All lectures are free and open to the public and sponsored by LBCC Student Life and Leadership. For more information, call (541) 917-4457

SSH Art Show of Kathleen Murney's Photographs

Instructor in Photography Kathleen Murney is having a brief, one week display of her photographs in the

SSH Gallery. Her work is on display until this Friday, Jan. 30.

Upcoming Valley Writers Events

Eric A. Kimmel, a Caldecott award-winning children's book author, is coming to campus Wednesday, Feb. 11th, at 2:00 p.m. in the Fire-side room (CC-211)

Teaching and Learning Experience brown bag lunch

Alice Spearling, coordinator of the Center for Teaching and Learning Excellence, will host a brown-bag session to revisit Conversational Skills and what others may have

noticed. Join us for a good conversation and bring your lunch! We will provide the cookies. Everyone is welcome.

LBCC Lebanon Center Chronic Illness Management Class

A free workshop on living with chronic health conditions will be offered through Samaritan Health Services starting Feb. 17. For more information, contact Carole Kment at (541) 451-6466 or e-mail ckment@samhealth.org, or contact the LBCC Lebanon Center at 259-5801

Linn-Benton Opera Guild Preview: The Turn of the Screw

The Linn-Benton Opera Guild preview of the opera, The Turn of the Screw, by Benjamin Britten, on Tuesday, Feb. 3, at 7:30 p.m. at 303 Benton Hall, Oregon State University campus, Corvallis. For more information call Betty Miner, Opera Guild coordinator, at (541) 757-8949

"Adventures in Advising Part 2" the workshop!

Join us in the adventure "Adventures in Advising 2: the Sequel to

Filling your Advising Toolbox." The event is on Thursday, Feb. 12, from 3-5 p.m. This is for faculty and staff of LBCC only. For more information, contact the Career Center at (541) 917-4782 to reserve a spot.

How People Change

Have you ever wondered why people do the things they do? This three-part series will cover current research about how people change. To pre-register, contact Vickie Keith (541) 917-4999 x4968 or email: Vickie.keith@linnbenton.edu

CANCELED EVENTS:

Strategies for Students: What is my role if I have a student in distress or acting out in class or work area?

The Rockin' Worship Band

On Saturday from 7-9 p.m., Jan. 31, 2009 at the Venetian Theater

in Albany, there will be an evening of Christian rock and classic rock to benefit Phil Bauer and family.

Using Your Instructor Website Today, Jan. 28, 2009 from 11:30 a.m. to 12:30 p.m. at WH110.

Linn County Democrats- February meeting announcement Social hour starts at 5:30 p.m., meeting starts at 6:30 p.m. New location: Linn County Party Headquarters, Two Rivers Market, 250 Broadalbin SW, Suite 108, Albany. For more information, contact Loyd Henion, (541) 926-4061

Extra Credit opportunity and great help for students

Today students will have a chance to attend a great workshop that focuses on "Better Notes + Better Tests = Better Grades. Jan. 28, 2009 in Takena Hall 215 at 3 p.m.

Classifieds

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

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

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

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

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

Help Wanted:

Insurance and Financial Services Agents (#7086, Albany, Corvallis, Lebanon) Seeking new agents with desire for networking, marketing and sales. Good earning potential for go-getter people.

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

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

Certified Pharmacy Technician (#7085, Corvallis) Relief technician needed to work at various locations in Willamette valley. Must have National Technician certification and transportation.

Other Stuff:

Pregnant? Free pregnancy test. Information on options. Non-pressured. Confidential. Options Pregnancy Resource Center. Corvallis 757-9645. Albany 924-0166.

www.possiblypregnant.org

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

First Alternative NATURAL FOODS CO-OP

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753-3115
Open 9-9 Daily

North Corvallis:
NW 29th & Grant
452-3115
7-9 Daily

Save money, eat well & reduce waste...
START SHOPPING IN BULK!

Check out the Co-op's great prices on bulk salsa, hummus, spices, grains, pasta, instant soup and much more!

The Student Programming Board Needs YOU!



Eight Board Positions Are Open:

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

Apply at Student Life & Leadership Office.

See job descriptions at: www.linnbenton.edu/go/spb

Tuition grants for all positions.

Questions? Contact Alisia Ball, 917-4963.

Apply by Feb. 20

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SURREAL LIVING

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

Crossword

- ACROSS**
- Church table
 - Derek and Jackson
 - Actor's platform
 - Drench
 - Pacer maker, briefly
 - Large villages
 - Uneasy feeling
 - Australian joey
 - Opera songs
 - Penny pincher
 - Pull behind
 - Present, e.g.
 - Daytona 500 or Indy, e.g.
 - Sleds
 - Subway stops
 - Motel
 - Old card game
 - Absolutely not!
 - Roosevelt follower
 - Bancroft and Baxter
 - New Haven student
 - WWII riveter
 - Young adult
 - Former Spanish dictator
 - Printer's spaces
 - TV guide abbr.
 - Belgrade populace
 - "Waltzing ___"
 - Earth orbiter
 - Privileged few
 - Youth grp.
 - Gas containers
 - Log structure
 - Mare's morsel
 - Shiraz resident
 - Wept
 - Cycle starter?
 - More adorable
 - Stock up on
 - Shamus
 - Tucks away

- DOWN**
- Sandler of "Little Nicky"
 - Anderson of "WKRP..."
 - Harbor vessels
 - Declare to be true

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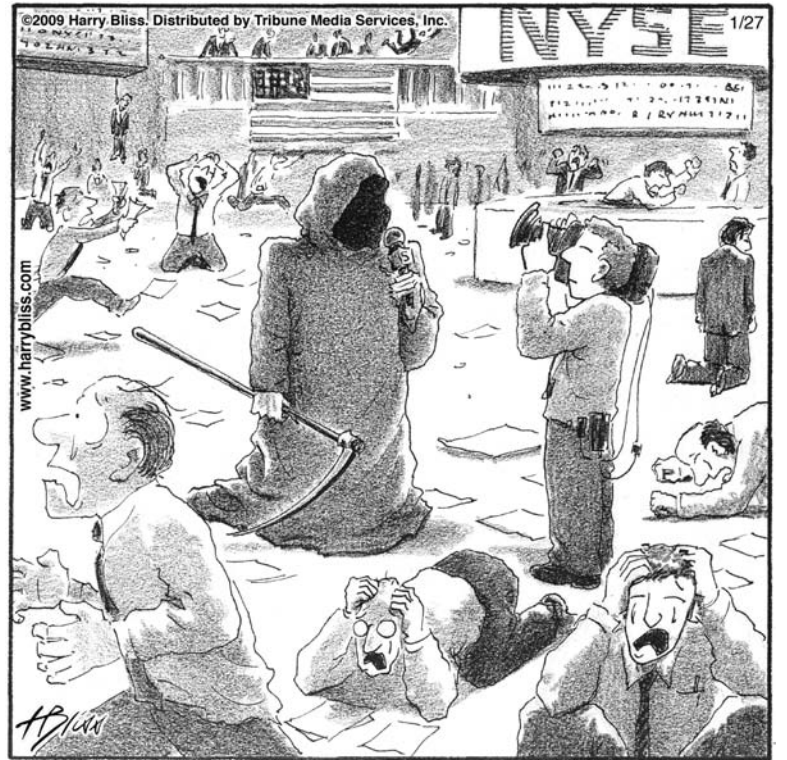
1/28/09

- Gets back into shape
- Mixologist
- Herman Melville novel
- Flat boats
- ___ Island, NY
- Ripped open
- Inspiring reverence
- Grind together
- Slalom curves
- Pigeon call
- Prevarication
- Blind strip
- Verbal subtlety
- Top-drawer
- Manner of fiction
- Of films
- Going by yacht
- Mark Twain's Huckleberry
- 1979 Polanski film
- Beings
- Branch of automation

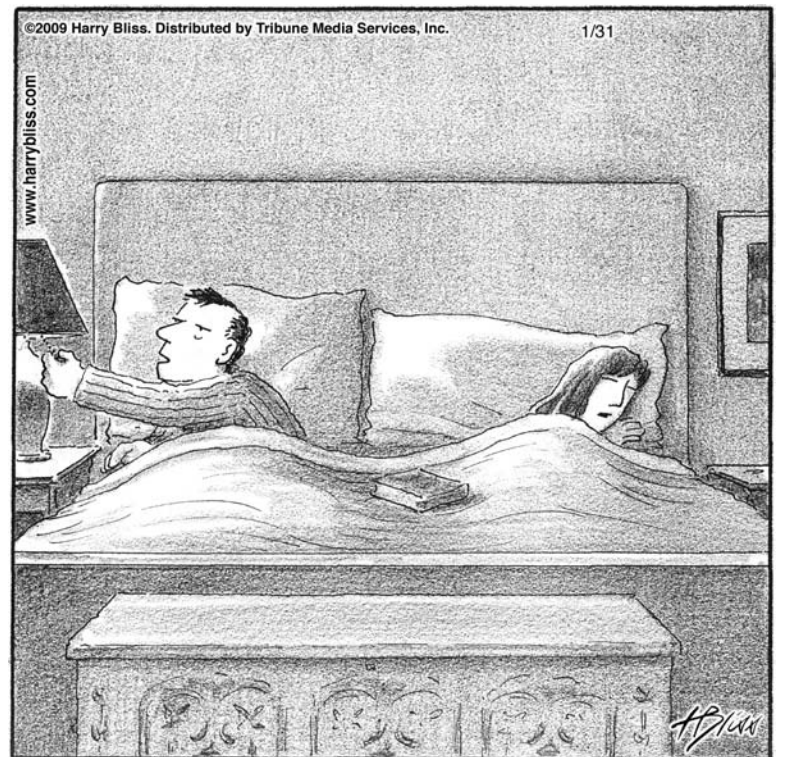
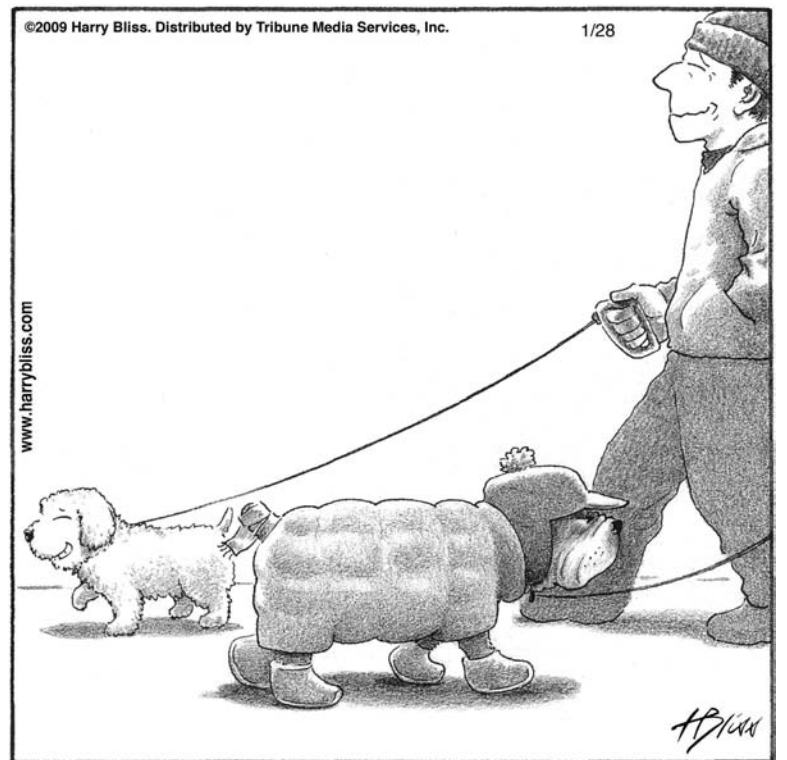
Solutions

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- Passing fascination
- Red light
- ___-Magnon
- Shinbone
- Combines
- Circa
- Doing the same old same old
- Rational
- Islamic holy city
- Allied org.
- Recognized
- Knights



"... And that's the story from the floor of the stock exchange — back to you, Tom."



"Hate you." "Hate you, too."

Something old, something new

Becca Martino
 The Commuter

Let's start with a bible. Not just any old bible, but Abraham Lincoln's inaugural bible on which Obama placed his right hand to take his presidential oath. In keeping with the Abe Lincoln theme, Obama borrowed recipes for the inaugural lunch, inspired by the bearded president, served on replica china that First Lady Mary Todd Lincoln picked out for Abe's first term in office. Something blue is the color that characterizes Obama as a democrat who advertises hope, change and a potential puppy for Malia and Sasha Obama. Obama hopes to follow in the footsteps of fellow democratic presidents like John F. Kennedy and Franklin D. Roosevelt, who remain as icons of progress in tumultuous situations.

What's new, you ask, about a president being inaugurated? Well, let's skip past the obvious that he's the first black president of the United States.

News reports say that this inauguration broke some records for being the most costly (\$150 million), most watched and most security-conscious in U.S. history (Radio Free Europe). Also for the first time in our nation's history, the National Mall, where famous monuments like the Lincoln Memorial and the Washington Monument are located, was available for people to occupy during the inauguration, hoping to accommodate the some 2 million people that are expected. It looks like Obama has it made; as for me, the only thing old and blue I have is my grandfather's old mattress given to me almost 20 years ago after he died.

If you want to eat like Abe Lincoln and President Obama, your menu may read something like the one we have posed at <http://www.lbcommuter.com>

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SPORTS FEATURE

News about local and national sports and activities.

Brandon Goldner
The Commuter

On Saturday, Jan. 24, my dad and I drove up to Portland to watch the visiting Washington (D.C.) Wizards play the Portland Trailblazers, the only professional basketball team left in the northwest after the Seattle Supersonics were uprooted and moved to Oklahoma City.

I had originally hoped that my press pass from the Commuter would be enough to gain the same courtside access afforded to professional photographers from other, much larger publications, but while talking about it with a co-worker, I realized I was being horribly naïve. Luckily, one of the resident photographers was able to use his password-required database of connections to get me the contact information for the communications staff of the Rose Garden, the venue in which the Blazers play.

Unfortunately, this was the night before the game.

Without a reply, I was forced to adhere to the Rose Garden's rules concerning the general public and image capturing devices, which includes no flashes, no video-taking ability, and no cameras with removable lenses, or SLR cameras. Bummed since I had rented a nice SLR camera from the photo department here at LB (thanks!), I was forced to bring my point-and-shoot, which actually turned out to be a benefit rather than a burden.

For one, it didn't require a pouch to be searched at the gate - I just tucked it into my jacket. Second, the built-in vibration reduction for my camera, absent from the lens on the SLR from school, allowed me to get crisper photos than I would have been able to otherwise.

Before the game, my dad, uncle and I wandered down all the way to the last few rows before being courtside, and we weren't hassled by the staff as the players had yet to come to the floor. When the players ran from the tunnels, I starting clicking away in hopes of getting some tight shots, but alas! They were too fast for me, and soon they started warming up... at the opposite end of the court. I couldn't get as close of shots as I wanted! Now what?



The Rose Garden in Portland, Ore. during pregame.

Photo by Brandon Goldner



Greg Oden

Photo by Brandon Goldner



"Before the game, my dad, uncle and I wandered down all the way to the last few rows before being courtside..."

Brandon Goldner

Quick-wittedly, my dad and I broke for the lobby, looped around, and came back down the aisle on the side of the court where the Blazers were practicing. This time, with the players on the court, the usher was checking tickets. Oh dear! But we didn't panic. Instead of trying to just sneak by, my dad cut in front of me with the game program, held it up to the usher's face, and asked, "Hey, so who are the stars of the Wizards?" with an innocent tone. While the usher was busy trying to explain that Gilbert Arenas was injured, I tiptoed around them and got the close warm-up shots you now are enjoying. More pictures are available at <http://www.lbcommuter.com>.

The shots from further away are from our seats that were, no joke, all the way at the very last row of

the entire arena. But I was shocked as, after having attended a few

Blazers games, I had NEVER had a better view. I now know what tickets to buy: All the way back (so nobody is behind you), dead center, facing the bench. Luckily, the little point-and-shoot camera has a hefty zoom and some very decent image stabilization, and I was able to pull off these shots. The most visible thing that's wrong is... you guessed it... too high of "film" sensitivity, or ISO. A high ISO lets you take shots in darker light or with faster shutter speeds than with a lower ISO, but you get the "noise", seen as speckles and flecks, you see in these pictures. But that's okay, because I was able to freeze the action and get some sweet shots!

The Blazers ended up winning, so it was a great game and a great learning experience. How many people can say that they've eluded security and gotten within an arm's length of professional athletes? And how many people can boast that they were able to zoom in from hundreds of feet away to get tight action shots of people moving at full speed? Very many, you say? You're probably right. But at least I now know which people to talk to in order to get courtside access when I get a chance to go back, and it really doesn't get any better than that.



LaMarcus Aldridge drunks over Caron Butler.

Photo by Brandon Goldner



Brandon Roy scores over Javaris Crittenton.

Photo by Brandon Goldner



Brandon Roy

Photo by Brandon Goldner

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

IN LOVING MEMORY

A dedication in loving memory of those who have passed on but are not forgotten.

Photos contributed by Twila Lehman

Rosemarie Hubley

Organized

Fun

Spunky

Daring

Non-Judgemental

EFFICIENT

Compassionate



"She had a way of making everyone feel special and important to her. She inspired her students to exceed their expectations. She was a close personal friend to many and she will be greatly missed."

~ Twila Lehman

COURAGEOUS

"She was an excellent teacher, both loved by her students and respected by her peers. She brought energy and enthusiasm to the department. She will be missed both as a friend and colleague."

~ Mary Ann Lammers

Open-Minded



Janet Jackson, Sally Stouder, Rosemarie Hubley, Twila Lehman, NBEA Texas 2008

Caring



Tim and Rosemarie Hubley

Loved Life



"On the riverwalk, San Antonio, Texas at the NBEA convention April 2008." Twila Lehman, Sally Stouder, Rosemarie Hubley, Michael Morrell, Nancy Noe, Janet Jackson, Janet Lodge, Mary Ann Lammers NBEA 08

Creative

In Memoriam

Lee Archibald, age 74, died last Friday, Jan. 23, 2009. He was one of LBCC's early employees, and he worked as the first dean of student services until the mid '80s. He was highly involved in the earlier construction of campus and Takena Hall. A memorial service will be held at 2 p.m. Saturday, at the First United Methodist Church in Albany.

Dorothy A Skwark, age 82, died last Tuesday, Jan. 20, 2009. She taught business courses at Oregon State University and LBCC. She was also an early business faculty member.

Rosemarie Hubley was born on the morning of March 23, 1956 at the Good Samaritan hospital, and passed away on Jan. 11, 2009. She was married to Timothy Hubley, and had a daughter Nickelle, and a son Marco, who preceded her in death in 2006. She also had two brothers, Tom and Andrew Lerra. She came to work at LBCC as a business tech. lab assistant at the Benton Center, and became full time at LBCC in 2004. In 2007 she became the program coordinator in the LBCC business tech. lab at the Lebanon Center, until health issues failed her. She was a great asset to LBCC, and her presence is missed by many.

~ MaryAnne Turner

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ARTS & ENTERTAINMENT

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

Double Double Bacon Bacon

James Scales
The Commuter

So, we have a rule in the kitchen. I would like you to follow it as well. It shows just how treasured bacon is! When you cook bacon, you do two things. Firstly, when it's in the oven it goes on the lowest rack so short people can see that there is liquid, hot grease in the pan and not spill it on themselves – safety first! Secondly, when you take your bacon out of the oven, you guard it with your life. Pull it off the pan, stick it with some paper towels, and then cover it with something that doesn't say, "I've got bacon under here!"

Hopefully, that illustrates how much we love bacon. Another rule: no pork mistreatment. So, one of my favorite things to do is have a nice bacony meaty burger!

Double Double Bacon Bacon
Makes two giant burgers.

Ingredients:

- About 1 pound of thick-sliced bacon.
- 1 pound of ground beef, substitute if you would like something else, but beef is amazing.
- 2 cloves garlic. Not the entire bulb, but the

individual cloves.

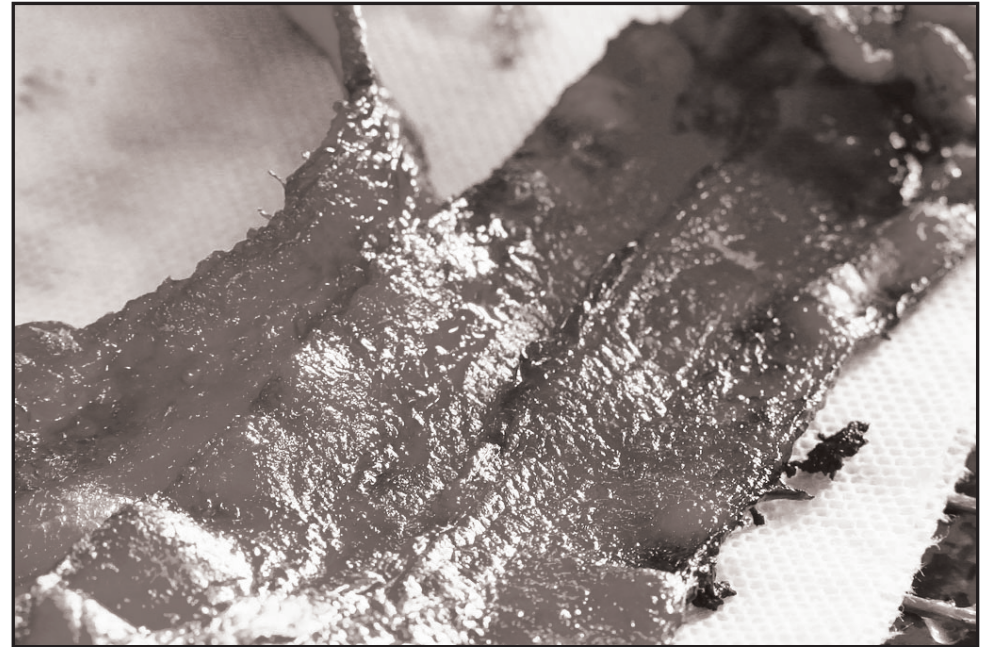
- OR about a tablespoon of garlic powder.
- 6 slices of smoked cheddar. Regular will work but smokey is smoke-tastic!
- 1/2 of a yellow onion.
- 1/2 cup of French Fried Onions.
- 2 wheat buns

Equipment:

- I really love doing this burger in a cast iron pan, and I would very much recommend picking up some skillets as they are very inexpensive, and when properly cared for, last forever. A set of three can range from \$20–\$60 and a good 12-inch can be anywhere from \$9–\$25.
- A really sharp knife, and I mean sharp. About how sharp you would make your knife before trying to take down a small bamboo forest.
- Plastic or other non-porous cutting board.

Procedure:

Preheat your cast iron skillet over medium-high heat. If it is dry, just take about a tablespoon of oil and swish it around with a paper towel. Pour off any excess oil. Take about a third of your bacon and put it on your plastic, non-porous, cutting board (I try to keep 4–8 pieces of bacon reserved whole). With a very



Sweet, delicious bacon.

Dave77459-Flickr

sharp knife, slice and dice it so that you have thin slices, about a half inch long, of bacon and bacon-fat.

Alternatively, cook the bacon in your cast iron skillet until it's almost crispy, then pull it out and let it stand for a minute. It should be crumbly, but not overdone. While you wait for your bacon to cool, mince that garlic if you decided to go the fresh route. Then crumble your bacon; start cooking the remaining whole, reserved strips of bacon.

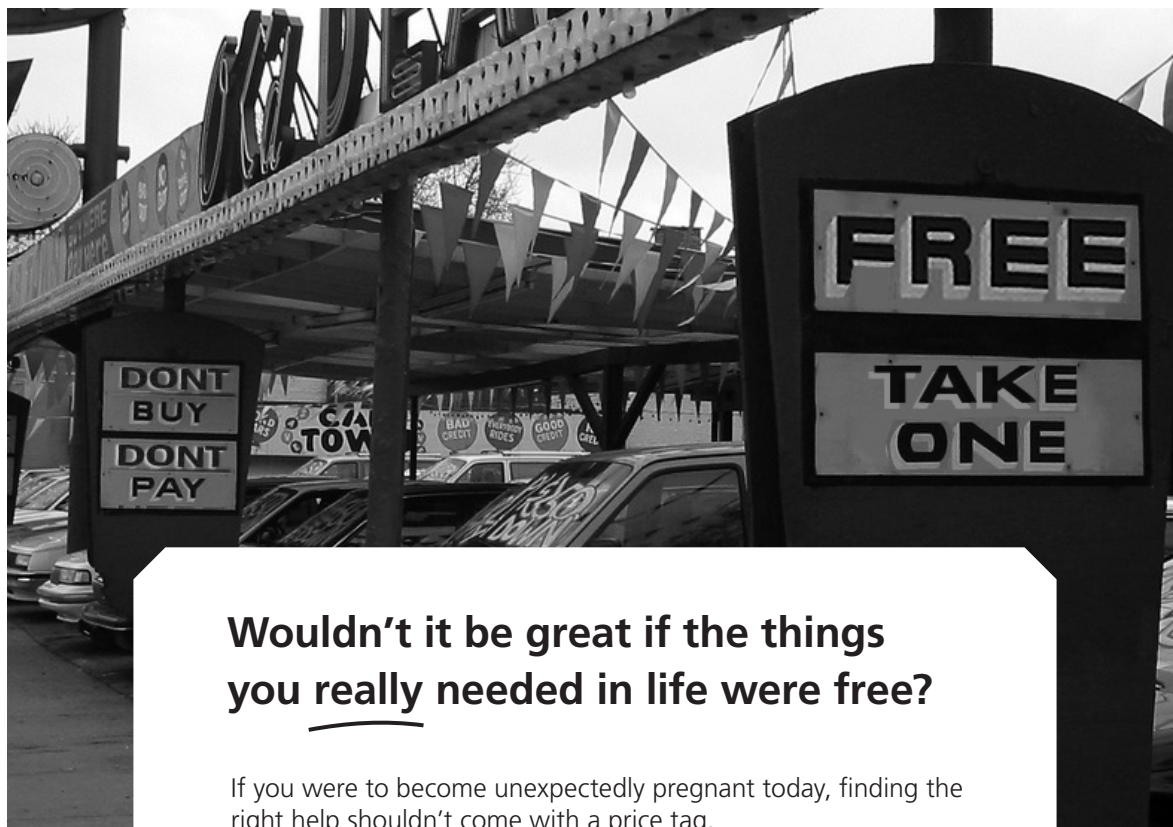
Put your ground meat back into a metal bowl, and mix in the crumbled bacon. Add some black pepper and garlic or garlic powder. Mix thoroughly until you think that the bacon will be in every bite of patty. Take out your strips of bacon, if they are done; if not, let

them finish up and get ready to cook the patties. Separate your burgers-in-training into four equal-sized patties. Lay them in the same skillet and let them sizzle. Start cutting your onion. Cut off the top and bottom, then in half and then just cut it lengthwise; hold those onions till the patties are done. Cook for about 3–4 minutes per side. About halfway through from being done on the second side, lay a slice of cheese over each patty.

Assembly:

- Stack and enjoy the Double Double Bacon Bacon.
- Bottom bun.
- BBQ sauce or ketchup.
- 1/2 your french fried onions – Patty with cheese.
- 1 or 2 bacon slices.
- Second patty with cheese.
- 1 or 2 bacon slices.
- More tasty onions.
- Top bun with sauce spread on it.

Enjoy your delicious, bacony, and very hefty burger.



Wouldn't it be great if the things you really needed in life were free?

If you were to become unexpectedly pregnant today, finding the right help shouldn't come with a price tag.

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Must present STUDENT ID at event



Sign up in the Student Life & Leadership office located in the Student Union Building.

Sponsored by: Student Programming Board

Linn-Benton
COMMUNITY COLLEGE

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opinion

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Please sign and keep to 300 words or less.

Smoking is life

Gregory Dewar
The Commuter

Smoking, ah, smoking. One of life's little pleasures. It serves many functions in my life, from a social icebreaker (hey, we already have something in common, we love committing suicide) to a calming solution for my brain. I began smoking when I was 18 and in the United States Air Force on a lark. It was the long weekend over the 4th of July, and I had three days off base with a 3 a.m. curfew to my name. My family was down to visit, and I was hanging out with a fellow one rank above me who was also in the Blue Knights marching band.



Gregory Dewar
Editor-in-Chief

He smoked, and I decided that since I was both 18 and serving my country, I deserved a little smoky pleasure as well, considering that deployment to Iraq was imminent, and since I was fairly certain I was going to die anyway, what was the harm?

And thus it began with a pack of "Sport Lights," a brand I've never even seen on the West coast. It was an awful and terrible experience, but I was hooked. Because after I started hanging out at the smoke pits on the Air Force base, the number of friends I began to make was staggering. Suddenly, this socially awkward teenager that was bravely going off to do whatever had some semblance of popularity. It was a red headed girl that eventually got me turned onto Pall Mall

Red 100s, my brand of choice. There's just something I love about the taste of myrrh and cancer in the morning. (sniffs the air brazenly). It smells like victory.

Smoking also provides a semblance of sanity in my life. I'm an unmedicated bipolar, though you would never guess it. I have a large amount of self-control and I care too much about making progress in my life and the people around me to let it affect either. This is where smoking comes in. It's the only mood stabilizer I've ever found that works. The only thing that puts me right back to my center. It can turn even the worst day into an "OK" day.

And yeah, I may die sooner. But it picks me up when I'm low, and slows me down when I'm high.

It fills in the free time of my life, ensuring that I'm never bored. And somewhere deep down, I still feel like a cowboy.

Yes, it may be cold and miserable out there (rarely too hot), but for most of us, we couldn't be happier. It's a much-needed social break in a society that seems to frown on socialization. The sort of conversations I've struck up and the people I've met. Even just being at a smoke pit makes me feel social enough to say "hi." I can't imagine a life without smoking. And while it may kill me, I would argue that breathing the air in Albany will kill you. At least this gives me two distinct benefits in my life.

Smoking kills you

Lori Tinguo
For The Commuter

I am a non-smoker. On campus, I have noticed that there seems to be a smoking section at every entrance. The smokers are usually huddled together on a bench surrounded by a thick cloud of smoke. Desperate for a nicotine fix, they battle the elements, the pouring rain, the freezing cold, the blistering heat, and every smoker's nightmare, extreme winds, to join together and light up. You will find a variety of ages in the smoking section. You see the young rebels, women trying to be sexy, and the old seasoned veteran smokers, who hang the cig from their bottom lip, hands-free.

What really irritates me are the young smokers. On average, 25.7 % of college students smoke cigarettes. The majority of young smokers are 18- to 25-year-old white males, with white females traveling very close behind. Why, in a day and age when we know the horrible effects of cigarette smoking, would any kid start up? Now we all know that smoking causes cancer, and not just lung cancer but various other types of cancers like throat cancer, pancreatic cancer, and mouth cancer. In addition to that, smoking gives you wrinkles, makes your fingers and nails yellow, and it stinks and harms the people around you. It is also very expensive. While in the Army, my husband was a non-smoker in a smoker's world. After their daily workout, soldiers would gather around to smoke while hacking up their lungs; all this after a five-mile run. After visiting Walter Reed Hospital in Washington, D.C. one day, we were surprised that injured soldiers with missing limbs and IV bags would roll themselves outside, desperate to get a puff.

Smokers all have a story about how they started. The American Lung Association reports ninety percent of adults who smoke started by age 21, and half of them had become regular smokers by their eighteenth birthday. I asked my mother (who has smoked since she was fifteen, and since then her average has been a half a pack a day) why she started. She came from a middle-class family, grew up in the sixties during the Vietnam era, was sort of a feminist hippie, and experimented with drugs. She, like many people, started smoking to look cool, another victim of the deceptive advertisements of their era. Everyone smoked back then. You could smoke at work, in restaurants, in schools, even in hospitals. Many women smoked while they were pregnant.

According to the American Lung Association, in 1900,

cigarette consumption was at about 2.5 billion a year. In 1963, those rates peaked to 640 billion. Cigarette commercials on TV made smoking a cigarette look like an after-dinner mint. Smooth, satisfying nicotine. The government put a stop to these ads in the '80s and early '90s. Most of us still remember seeing billboards and magazine advertisements for Joe the Camel and the Marlboro Man. There are a variety of brands: KOOLS, Marlboro, Camel, Newport. Your brand apparently says something about you.

I remember my first attempt at smoking. I was 4. My mom left the room for just a minute and left her lit cigarette in the ashtray. She made it look so good. The smoke above it was warm and soft. I decided that I was going to go for it, so I picked it up and sucked in the smoke, expecting it to be tasty and sweet. My cheeks were big and round, holding in the fireball of smoke. I started to inhale but my throat wouldn't allow the smoke any further. My eyes, throat and nostrils started to burn. I started to choke, my eyes widened and started to water. The smoke burned through my sinuses as it exited my body. My nose started to run and I started crying. I ran and hid because I knew if my mom saw me she would know what I did. My mother has always hated her cigarette addiction. Although she has tried to quit several times, she still smokes today, even smoking through pneumonia. She has told me all my life how stupid smoking is and how much she regrets it every time she lights up. I don't understand why young kids start. Why would anyone want to light a rolled-up stick and inhale burning fire? When I went to school, kids would make fun of me for smelling like cigarette smoke. It burns me when I see the same kids that made fun of me light up.

Smoking is responsible for approximately one in five deaths in the United States. In 2006, over 5 million people around the world died from tobacco products. So obviously, cigarettes are horrible. They are dangerous for your health and have a variety of side effects, yet the tobacco industry still continues to rake in the dough. According to <http://www.thetruth.com>, the tobacco industry spent \$13.11 billion in 2005 on advertising and promotions, and every day the tobacco industry spends nearly \$36 million on advertising and promotions. I hope smoking in general is seeing the last of its days; it is slowly on the decline with bars, restaurants and many businesses going smoke-free. Although when I see smokers run outside, desperate for a puff, I realize we are nowhere near the end.

How the Playstation 3 changed my life

Blair McMackin
The Commuter

About three days ago, I was at the end of my rope. Burnt out on the scene, lying drunk, naked in the gutter. The pressure of school and life had been building up, and just when I thought I couldn't take it any more, a sign of hope flew down from the sky

like the stork delivering a long-awaited baby to the parent.

The Playstation 3 had come into my life. It had been a tremendous three-year wait, which in my eyes had seemed like an eternity. This wasn't just any normal Playstation 3. It was a highly uncommon backwards-compatible unit that I had scored off craigslist over the weekend.

"Backwards-compatible" means that the unit will play both Playstation 1 and Playstation 2 games, as well as those intended for the Playstation 3. In my opinion, Sony has made a huge mistake and disgraced its customers by doing away with the backwards-compatibility feature on the new Playstation

3s. It's sad to see a good thing go, but if you're determined, you can still find one on eBay or craigslist. They are out there.



Sony's Playstation 3 (MCT)

The irony of the story is that after spending more

money than anyone ever should on a gaming system, I've found myself to have put in about 15 minutes on actual Playstation 3 games, and about four hours on an original Playstation classic known as Final Fantasy 7. I've got one Playstation 3 game lined up to play and about five original Playstation games that I can't wait to get to.

I know it seems odd to push aside the technology and advances in modern video games to play the classics, but I couldn't be happier doing so.

PERSPECTIVES:

What have you had to give up since the economic upheaval?



Jaci Koziel

"It really hasn't affected me."



Edwin Eby

"A lot. I was a logger and it shut the company down."



Amanda Masog

"My family and I haven't been affected by the crisis. We own a ranch and so it's seasonal."



Michael Visser

"I've had to cut down on coffee and eating at the cafeteria."



Bethany Vogeny

"I have had to cut back on gas for my car."

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opinion

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Please sign and keep to 300 words or less.

The most technologically advanced age I have ever seen

Chris Brotherton
The Commuter

Yes, the title is meant as rhetoric; a little something to stop and think about. We are living in a society that is dominated by the technology surrounding us, and it is getting worse. I am just as guilty as anyone else as I sit on my couch, typing this on a laptop, watching my big screen TV. Not being able to decide which movie to watch, I keep switching back and forth between "The Running Man" and "Big Trouble in Little China." If I get hungry, I know that I can take a break from typing, go to the Pizza Hut website and have a pizza at my house in less than an hour. I don't even have to pick up a phone.

It is amazing to me how quickly the technology has evolved. Home video game consoles became a little more advanced in game complexity and the graphics got sharper. The Nintendo Entertainment System came out

in the middle of the '80s and became the most popular game system. A mere 20 years later, there are game systems out that have graphics so good, the games almost look like movies.

Computers went from the office to the home, with more user friendly programs and games, eventually evolving into a three pound wonder of plastic that can literally sit on my lap, play a movie, surf the internet and order me a pizza. If I am watching a movie and there is an actor that I know looks familiar, but can't place where I had seen them before, all I have to do is hit the 'net while watching the movie. Usually within three clicks, I can find the actor's name. To me, this is absolutely amazing. It really is the most technologically advanced age I have ever seen.

For most of you that read this, you may not remember the Motorola "brick." That was the original cell phone. There was no monthly plan to go with that

one; they charged you somewhere close to five dollars per minute. The phone itself was about the size and shape of a brick, thus the nickname, and could do nothing more than call a phone number. There was no such thing as text messaging, or sending pictures, or checking your email from your phone.

Now I look at my kids and realize that this is the age that they are growing up in: the technology age. My six-year-old can navigate his way through video games that I wouldn't be able to figure out in a year. He can navigate through the internet (under close supervision) to the sites that are geared towards kids (Disney, Nickelodeon and such). My two year-old daughter knows that I can take a picture of her with my phone and send it to Mommy. For these two, there has never been a time that there wasn't instant information, and I wonder what the future of technology is going to hold for them.

Re: The Home Despot

Joel Perry
To The Editor:

I have just finished reading "Illness in the Home Despot" by Lydia Elliott, and found myself once again disappointed and frustrated about the state of health care in this country. I get so incensed by the fact that we are the only major country in the world that does not have some form of nationalized health care. I can identify very strongly with Mrs. Elliott in that my employer's health care plan is virtually non-existent. The greatest crime in this case is that I work at an assisted living care facility. But no matter who the employer might be, there are millions of people like the Elliots who have no health care coverage or are underinsured. As the old saying goes, "the first wealth is health." So why don't we, as a nation, care for our national health?

In fact, we do pay for it now, either through taxes for Medicaid and Medicare, or increased

premiums on private insurance so that hospitals cover their expenses. Often though, the level of care received by those without good insurance is insufficient. Each of us, within ourselves, has the understanding that every other person is just that: a person. Someone who needs to be treated with the same dignity and humanity that we want for ourselves. It is disappointing that this concept is so difficult for corporations and us as a nation to realize. I find it appalling that, in this great country, we refuse to look around and see that we need to take care of each other. It is my sincere hope that shortly after the January 20th inauguration, our new president will indeed usher in an era of compassion. It is my responsibility, and yours, to make sure we are heard when we tell Washington, D.C. that we want national health care.

Sincerely,
Joel Perry

LBCC's Pacific Islanders Club Presents:


A Winter Luau

Feb. 7, 2009

5:00 – 8:30 p.m. • LBCC Commons

DANCERS • MUSIC • ISLAND FOOD

TICKETS:
LBCC students ~ \$3.
All others ~ \$12.
Available at the SL&L Office, the LBCC Diversity Achievement Center, and at Sid Stevens Jewelers.



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

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

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Winter 2009 Academic Success Seminars

FREE

Sign up on SIS or drop in!

Help Me Remember This Stuff!

You can harness your brain to remember more, better, faster! Active learning strategies are the secret power. Topics include: How memory works, why we forget, and what's learning style got to do with it? Learn strategies to help you remember what you read, how to prepare for tests, and campus resources that can help you succeed.

Jan. 28, Sweet Home Center, SHC 102, 4 – 4:50 p.m.

My Friend is Hurting- How Can I Help?

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

Feb. 2, Albany Campus, T-215 12 - 12:50 p.m.
Feb. 10, Lebanon Center, LC-218 5 - 5:50 p.m.

Better Notes + Better Tests = Better Grades

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

Jan. 28, Albany Campus, T 215, 3 – 4:15 p.m.
Feb. 2, Lebanon, LC 205, 4:30 – 5:20 p.m.
Feb. 4, Sweet Home Center, SHC 102, 4 – 4:50 p.m.

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

No Stressin' From Testin'

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

Feb. 3, Benton Center, BC 120, 5 – 5:50 p.m.
Feb. 4, Albany Campus, WH 225, 12 – 12:50 p.m.
Feb. 9, Lebanon Center, LC 205, 4:30 – 5:20 p.m.
Feb. 11, Sweet Home Center, SHC 102, 4 – 4:50 p.m.

Tips to Overcome Procrastination

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

Feb. 10, Benton Center, BC 120, 5 – 5:50 p.m.
Feb. 11, Albany Campus, WH 225, 12 – 12:50 p.m.
Feb. 23, Lebanon Center, LC 205, 4:30 – 5:20 p.m.
Feb. 25, Sweet Home Center, SHC 102, 4 – 4:50 p.m.

Prepare for Finals Without Cramming

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

Feb. 17, Benton Center, BC 120, 5 – 5:50 p.m.
Feb. 18, Albany Campus, WH 225, 12 – 12:50 p.m.
March 2, Lebanon Center, LC 207, 4:30 – 5:20 p.m.

Valentine's Day Flower Sale

Show people your appreciation & affection!

Flowers will be delivered on campus February 12 between 8 a.m. & 2 p.m.



Who: YOU!

What: Buying flowers for your loved ones or co-workers

When: Jan. 29 - Feb. 11, 9 a.m. to 3 p.m.

Where: Student Life & Leadership Office (1st floor, Student Union)

How much: \$2 for one flower or \$10 for six flowers

Tuxedos provided by Mr. Formal

Sponsored by the LBCC Student Programming Board.

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The bad news lesson

Brandon Goldner
 The Commuter

You know what sucks? When a friend, teacher, mentor, and guru tells you something horrible.

It doesn't even matter what it is. Your respect for them is such that you take whatever they say at face value. They could tell you that the economy is going to hit the community harder than it first seemed, and you would agree. You could hear that the new president isn't all he was cracked up to be, or that he is going on vacation and would be back to lead the country sometime next month. It would sting, but you wouldn't question it for a second, because the person telling you is a leader, a wise person, an elder.

Or they could tell you they have cancer.

Then the wind gets knocked out of you. Your brain does that swoopy thing where you lose

your mental balance. Then you start asking questions. "You're telling me this, but you're so casual about it," you think. "Wait, what did you just say? That the doctor initially said that it was something that could be an indicator of a bunch of different types of cancers? Are we talking about death here? Or is it just



"The worst part was going to bed. Lying there, beneath the safety of my down comforter... my mind would race."

Brandon Goldner

me, because you sure aren't acting like it's a big deal."

But it is a big deal. It's a big fucking deal.

Or, at least, that's how it felt when someone close to me told me what he had gone through in the last week and a half. I don't think they'd appreciate their situation being published, so I'll

leave their name out of it. But wow... the feelings they must have. Especially when one of them is being scared and helpless and trying not to think about it while you're busy trying to live your life. Having it be the last thing you want to focus on when you're falling asleep, but ridiculously it's the first thing you

at least relate to the first part.

A few months ago, I felt a discomfort I hadn't noticed before. It wasn't a big deal. But soon, after a few days passed, it got to where I started thinking about it when I went on a run, when I sat down, when I was eating, and even when I took a shit. I thought about it more and more, and soon it started to hurt. My first thought was cancer, and BOOM, it was decided, diagnosed by my own mind's will, and... hold on a second. Maybe it will go away. Maybe it's nothing. But then I had trouble doing much of anything without feeling a pinch or a twist, and even when I didn't, my mind was anywhere but on what I was supposed to be paying attention to.

The worst part was going to bed. Lying there, beneath the safety of the down comforter, wrapped in the arms of my partner and being warmed, my thoughts would race. I couldn't afford it. My health insurance sucked. What's the survival rate, anyway? 83 percent? That's pretty good. But what about five years down the road? Ten? Am I going to die?

And then I'd fall asleep. Hell of a way to drift off, thinking about something eating away at your otherwise healthy body with few treatments that don't ruin the rest of you in the process. And waking up. Yeah, you get those five seconds of human loading time. When you open your eyes and you're an infant again. You experience the light, the warmth, and the sound of the sheets rustling. But when that moment passes, whatever was at the front of your thoughts the days and weeks before rushes forward, and everything else with it. Oh shit. Really? Goddamn it.

I dealt with this for a week. I remember counting the days. 1-2-3. Four. Five, six. Seven.

When the pain didn't go away, I told my girlfriend not to freak out, but I thought I should probably get myself to the hospital. I remember it was a Saturday, and all that was open was the Immediate Care center. There would probably be a hefty co-pay. But to hell with it. I couldn't wait any

longer. I had to know, because without knowing what you're facing, you'll never be able to deal with it.

As it turned out, I didn't have cancer. It was an infection of the epididymis, and according to the doctor's scale of one to ten, my case was about a two.

A two, huh? Sure don't want to find out what having a seven or eight would be like.

Which leaves my teacher in a place different from one I have ever been, or, with any luck, will ever be. I couldn't fully understand no matter how much empathized, because I left the doctor's office feeling light, free, and with the knowledge that those five seconds of wake-up time would probably last a lot longer. He left the doctor feeling something I've never felt, but maybe some of you have, and you're probably right there with him.

So back to the moment he's telling me about it. I'm there for a lesson, but I can tell he has someone else inside already. I had knocked on the door, but not loudly enough to disturb, because I could hear him talking over the fluttery syncopations of jazz music. I waited for him to come outside. When he did, he dropped the bomb like it was nothing, and immediately acted like he's trying to be on his way, telling me for this week to just go ahead and go through the drills by myself. Stay focused. Keep to the script.

And so no more questions were asked. There was a job to do, and he had to be getting back to it. Phew. You're strong, dude. But as much as his reaction surprised me, and as much as I wouldn't expect a person to act that way given what had happened, he did get it right. Of course he's going to just say what's up, check in, and then get back to doing whatever he was doing before I got there, because why not? When the shit hits the fan, and it's as easy to lose control as it is to keep it, the best thing is to go about your business, live your life, and know that whatever you're doing is being done for good reason. We can only hope to be so brave.

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