

# The Commuter

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Linn-Benton Community College, Albany, Oregon

www.linnbenton.edu/commuter

## Earth Day 2008

# Parade marks annual celebration

Colin Walsh  
The Commuter

The Earth Day celebration in Corvallis kicked off at 10 a.m. at the Willamette River Waterfront on First Street. The annual event had a larger crowd turn out due to the fact that both the Corvallis Farmers Market and the Earth Faire shared First Street on Saturday. There were about 15 booths set up offering food, political flyers and a few local businesses advertising and selling merchandise.

"The farmers market really helped out with bringing people downtown to get together and celebrate Earth Day," reflects Liz Sonstegaard, an employee of the Parks and Recreation in Corvallis. The Parks and Recreation organized all the traffic rules, parade info, and detour signs around the event. Sonstegaard was in charge of contacting all the volunteers that were operating traffic and organizing the roadblocks to make sure the parade went on safely. The booths surrounding the roads were flustered with people all throughout the day, but

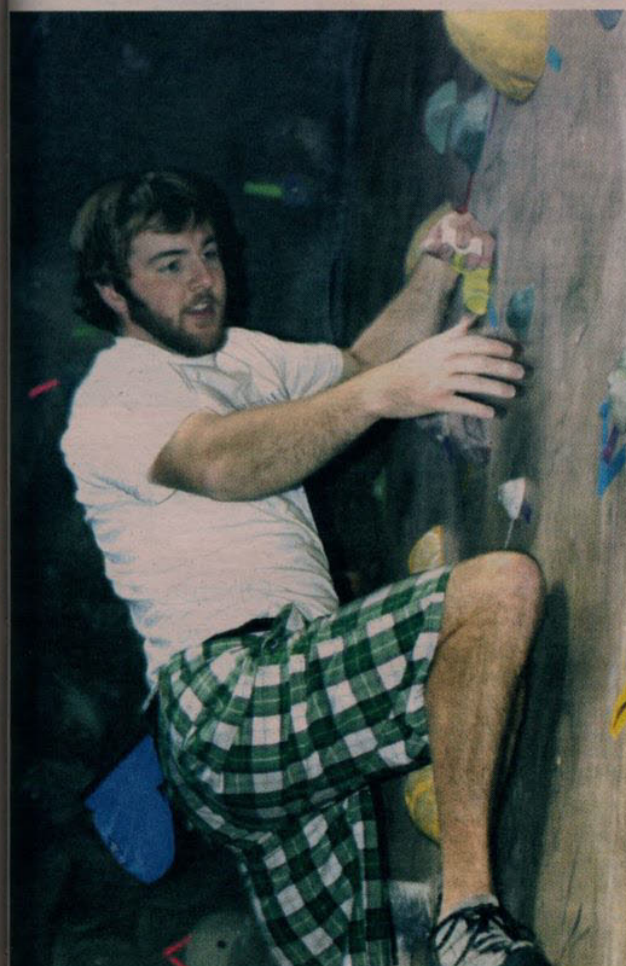
that would all change when the parade started up.

The parade began at 12:30 p.m. walking through First and Second streets and ending back at First and Jackson. The costumes in the parade represented three animal categories and an elements category with land, air, and water, meaning there were people dressed as Mother Earth, fairies, fish, birds, and even a huge wooden cart from Da Vinci Days made an appearance.

Despite the on and off rain the event went on very successful with many pleased people. The parade consisted of about 150 people with anywhere from 300 to 500 bystanders at times. One of the most popular events was a guided art walk that took place after the parade. The Earth Day celebration wrapped up at 2 p.m. just as some hail started falling from the sky. The next celebration will be held next year at the same place. If anyone is interested in donating to the next Earth Day or have any questions, contact Corvallis Parks and Recreation at (541) 766-6918.



A Da Vinci Days cart cruises through Corvallis during the Earth Day celebration. photo by Colin Walsh



Patrick Leavitt playing the rock climbing version of "horse" at OSU's Dixon Recreation Center. photo by Loren Newman

## Class offers lessons in courage

Loren Newman  
The Commuter

Burning forearms? Unbelievably horrid wedgie of doom? The ground dangling 50 feet below you? And yet you still have a smile on your face?

If you answered yes to these then more than likely you are rock climbing; either that or your older brother is holding you by your underwear over a cliff right after your mom warned you not to get so close to the edge.

Each term LBCC offers an introduction to rock climbing class through OSU's Dixon Recreation Center. The class is a crash course on how to properly and safely rock climb. When many people think about rock climbing they think about how much they hate heights and how they never think that they can do it. But the fact is rock climbing can be really safe and a whole lot of fun, and much easier than you think.

During the first day of class, instructor Charlie Bloedon explained, "Rock climbing is a matter of perceived risk versus actual risk. Driving here was more dangerous than climbing up these walls. You drive every day, you're used to it but it's not often you dangle 50 feet in

the air."

When Bloedon was asked about the strength of the gear his response startled and slightly disturbed the class while at the very same time reassured them. "The gear is designed to take a lot of force, beyond what is needed to safely climb; the force required for any of the gear to break would dismember you before it ever

failed...So the good news is that you would already be dead before there was enough force for any of the gear to break."

The actual process of climbing is simple, and once you let yourself calm down and adjust, it's a lot of fun.

During the class you do two main types of climbing. The first,

bouldering, simply put is climbing without ropes. This is done at lower heights and usually with a crash pad (AKA futon on steroids) to cushion you if you fall. The second, top roping, is done in a two-man system with ropes threaded through the top of the wall and usually includes much higher climbs.

The biggest challenge to overcome in rock climbing is not physical, but one's mental state. The class helps teach students how to deal with both.

**"...So the good news is that you would already be dead before there was enough force for any of the gear to break."**

Charlie Bloedon

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Contents

Opinion . . . . . Pg. 2, 3  
Campus News . . . . . Pg. 4, 9  
Local News . . . . . Pg. 5, 8  
Sports . . . . . Pg. 11  
Arts & Entertainment . . . . . Pg. 6, 7  
Funny Bones . . . . . Pg. 10

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# OPINION

Send letters to The Commuter  
commuter@linnbenton.edu (F-222)  
Please sign and keep to 300 words or less

## Can't we all just get along?

Gregory Dewar  
The Commuter

Those of you who follow the paper may have noticed a dram of a flyf floating back and forth between the Associate Student Government (ASG) and our dear, beloved, Commuter. I won't reveal specifics or gouge anyone's eyes out; well, at least not outside of my imagination. Suffice it to say, the true adult solution to this entire inter-office debacle has never exactly been attempted. We write e-mails, send minutes, opinion pieces, and all kinds of non-personal communication back and forth. But has anyone actually just gone and talked to anyone else, face-to-face? No. The Commuter's attempts have all been rebuked.



"Where are all the student-run campus activities? Where are all the student-run campus clubs?"

The Commuter's offices lie in F-111 with the ASG's offices lying directly below. If I were to jump around on the floor, or go bowling, they would hear every thud, and conversely, if they were to build model rockets and fire them erratically at the ceiling, we would be counting down for them. So then, if our proximities are so close, how come we never resolve any of this like adults? I don't believe age is a factor, at least not for us, as most of us are well into our 20s.

It really got me thinking, where are all the student-run campus activities? Where are all the student-run campus clubs? Where are all the student-run campus anything's? How many student-run organizations can you name off the top of your head? If you had to get in touch with them, how exactly would you? I can't say off the top of my head. But that's not what this article is about.

Our college is disparate and separated. Being so small, you would figure it would be very tight-knit! I believe this stems from the average community college

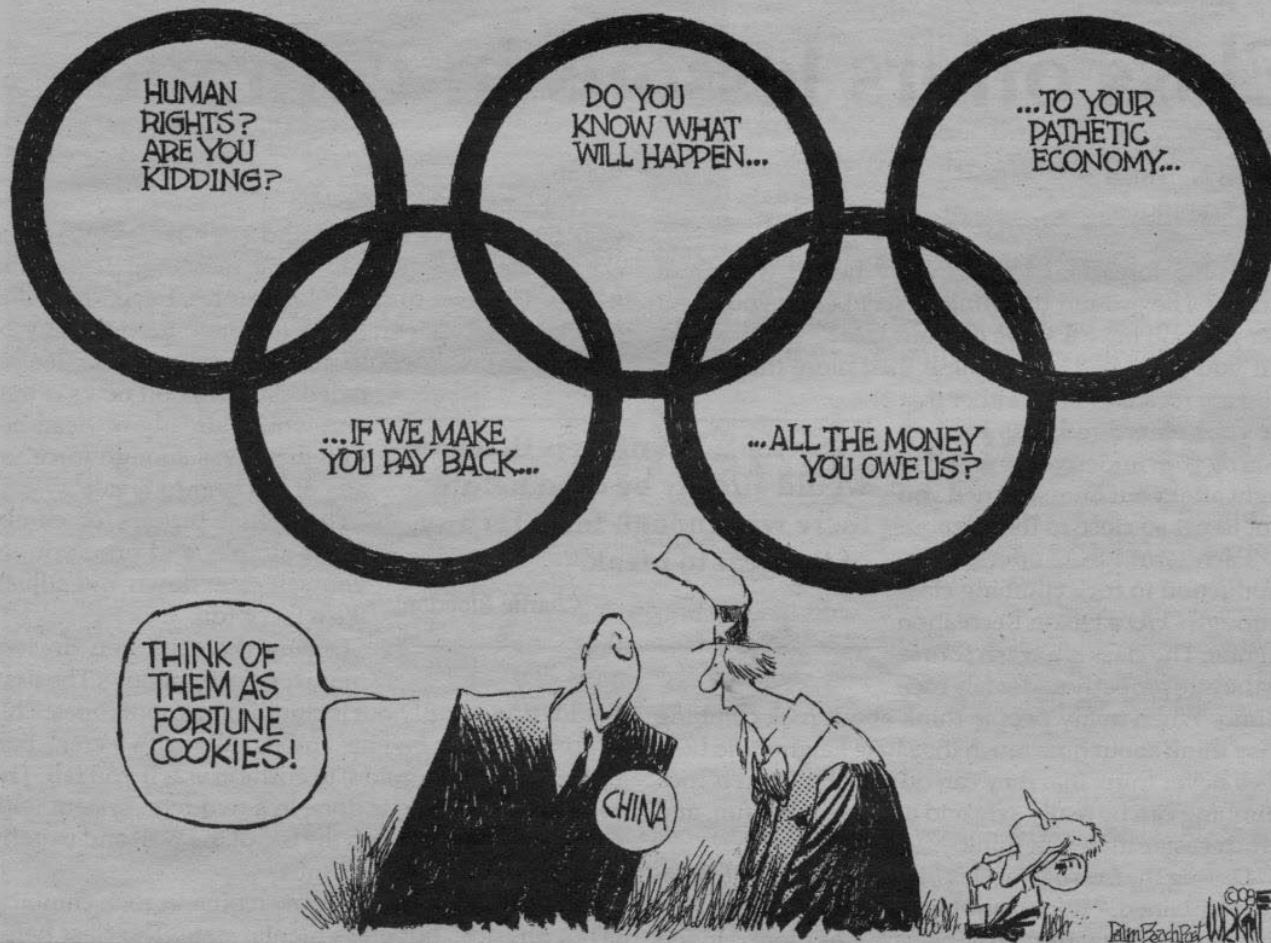
student having to work to put themselves through school, compared to many students in universities. It feels like living in the big city; everyone's a stranger and you're all so disconnected because you're in your own bubble, living your own life, navigating past the other people in the wind-whipped, barren passages between buildings. I don't know how many times I've gone down to

one of the smoke pits, lit up, and made small talk, only to be stared at. Even simple comments like "Terrible weather for April, isn't?" are somehow foreign and mischievous. Maybe it's just because I'm

so funny looking. Or maybe it's that we're living in a society that frowns on such broad friendship-making gestures. Many students fall into small cliques, with a few other classmates, club-mates, or people they knew from high school and almost never socialize outside of these. Unlike high school, we aren't all trapped in the same building throughout the tenure of the day, forcing us to socialize.

Breaking into these cliques can be a daunting and questionable endeavor at best. I think it's our cell-phone society that sort of retracts the humanity out of everyday life, sucking the very marrow from the bones, and causing people to never need to make new friends because you've always got the ones you already have at a text message's distance, provided you bought unlimited messaging.

The solution? Wear a smile on your face, talk to a stranger, sit by someone you don't know in the Commons, say hi to a classmate you've never talked to before. Reach out, branch out and network! Most of the time, people feel exactly the same as you do. And on-campus friends always make for interesting lunch breaks. Put some humanity back into the "community" college. Honestly, in today's cutthroat world, can you have too many friends?



The Commuter encourages readers to use its "Opinion" pages to express their views on campus, community, regional and national issues.

Both letters to the editor and guest columns are welcome. Letters should be limited to 300 words, but columns can be longer. Contributors who wish to submit columns are asked to first contact the editor to arrange for space in the next issues.

The Commuter attempts to print all letters received, although we reserve the right to edit for grammar and length. Letters that raise libel, poor taste or privacy concerns will not be printed.

Opinions expressed by columnists and letter writers do not necessarily represent the views of the Commuter Staff or Linn-Benton Community College.

Drop letters off at The Commuter Office, Forum 222 or email us at commuter@ml.linnbenton.edu.

## PERSPECTIVES

Q: Who is your presidential candidate?



"Obama. I respect him. I agree with his decision for change."

• Mark Selby •  
Sports Science

"McCain, because I'm a republican."

• Bess Nichols •  
Gerontology

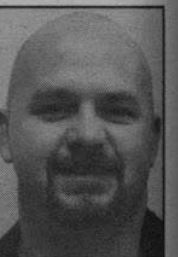


"Undecided. I don't like any of them. I think they're all unqualified."

• Liz Oare •  
Business Admin.

"McCain. I'm in the military and a Christian man."

• Ray DeFrance •  
Sonography



"Obama. I like his views on pretty much everything."

• Chris Nordstrand •  
Education

"Obama because it freaks me out to have another Clinton in office."

• Liz Arjavac •  
Fine Arts



Compiled by MaryAnne Turner and Chris Kelley

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# OPINION

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## Somebody call Maytag: ASG stuck on spin cycle



Will Parker  
 The Commuter

Botched elections, attack ads, half-truths and rumor mongering are things I think most people have come to expect as part of the U.S. political process.

In a community college election though?

This year's Associated Student Government election has had all the above and more. And just to everyone's on the same page, here's what's happened so far:

The ASG inadequately advertised the election the week of March 1, resulting in only three people registering to run and 61 people casting votes (down more than 60 percent from last year).

On a letter dated March 11, ASG put out a letter regarding a story that ran in The Commuter on March 12. (Yes, they apparently have a time machine) apologizing for the botched election, listing Hannah Gzik as the write-in winner, and in the letter they talk about fixing the election next year. I suppose by fixing they mean fix like repair, not fix like arrange for their friends to win, but I don't know.

Following the announcement that Gzik won the write-in presidential election, April 1, flyers go up around campus advertising that the president's position is open and that interviews will be done on April 16.

I write a couple of e-mails to the ASG advisor, and I'm informed that Gzik was not eligible. Why ASG would publish a letter listing an ineligible candidate as the winner of a given election is unknown. I assume either stupidity or negligence.

## Impatiently trading kindness for aggression

Eric L. Keister  
 The Commuter

I can tell he is pissed. Unfortunately for him, I don't give a crap. He rides my bumper for about half a mile until he passes my '84 Nissan pickup truck on the left. As he passes, he gives me a look like he wants to ram me off the road into the recently plowed field on my right. I think to myself, whatever dude, as I turn up the music and scan my speedometer. I am already going 10 over the speed limit.

Then I glance in my rearview mirror and notice another jerk with an impatient look on her face. I think to myself again, give me a break! Get off my ass! This old truck ain't gonna die for you! I can guarantee this! I observe her as she passes bearing that pissed off look I've seen too many times already. Where's the fire? Maybe she's late, or maybe she is just impatient like most Americans.

Society today is so rushed all of the time that we all forgot what we are rushed about. It makes me sick, and ever since I have noticed this, I have been slowing down my role. I am no longer one of those people in the grocery store line that stands there with their hands in the air wondering why the worker at the checkout

I then write my editorial criticizing the ASG for their failures and question their actions and motives.

On April 9, ASG holds their weekly meeting where they decide the best answer to the criticism over the election is spin control including a rebuttal and letting next year's ASG deal with the issue. One proposed idea was a "mediated meeting" with The Commuter staff.

Gzik writes a letter to the editor, published April



**"I don't think anyone should tolerate someone with such blatant disregard for the truth as their elected leader."**

Will Parker

16, focusing on my accusation that the requirements for the ASG president are not meager. She also points out that she was not ineligible due to her grades.

On the 16th, the ASG holds their weekly meeting. At the meeting they nominate Gzik as the new president, even though she was unqualified three weeks ago. I would assume there would be a lot of discussion, as each member would want to weigh the decision over whom to lead next year's student body very heavily. But, in record time, ASG completed their weekly meeting in ONE MINUTE.

On the 18th, I'm informed that Gzik has been spreading a rumor about me stalking another student and having the police called on me. I call the police (as I knew nothing about the allegations of stalking someone) and they tell me that there are no reports filed against me for stalking.

hasn't bagged their can of tuna and corn faster. I see the anger in people's faces when they are forced to wait.

I would sit in the passenger seat of my ex-girlfriend's red Bronco and listen to her yell at other people on the road. At a four way stop, she would yell at the person turning across for us, "Go you idiot!" As if it would make that person speed up any faster.

I recently watched a young girl at Starbucks trying to get a grip on everyone's order as they hovered around the counters with sighs and grunts waiting for their caffeine fix. I felt sorry for her as I empathized the anxiety she must have been feeling. The negative energy radiated off the impatient people, and as for the new girl, I would have loved to do her a favor and tell these hasty people to sit their butts down and wait.

After these rushed people received their drinks, I walked up to the new girl and asked her, "Don't you hate those kind of people?" She responded, "Oh my God I know!" She explained how nerve racking it could be dealing with impatient people all day.

Humans don't deserve this treatment and one must be strong to overcome this negativity. Impatience is like a disease that latches onto others making them quick-tempered, where everything needs to be done as fast as possible. I have learned this is not a good way to

Monday, I decide to post a little poster I made with an anti-ASG message on the public bulletin board outside the ASG office. I even got it stamped, as per the rules, and it gets taken down in under an hour. I post another during lunch, and it's gone by 3 p.m. I question the Student Life & Leadership office, and they tell me to use their "pass the buck" system.

Tuesday, I posted more posters.

To say that ASG continues to be vague, evasive, and just plain redonk is an understatement.

But the real issue I want to drive home is the rumor-mongering committed by President-elect Gzik. As I wrote previously, she said that not only was I stalking another student, but that the police were called on me for it. All of which is totally false: I was way too busy playing "World of Warcraft."

I think everyone would agree — students, staff, faculty, and community members — that there's a point where personality conflicts go too far. And I would say that point is well before the commission of a crime. And I don't think that anyone should tolerate someone with such blatant disregard for truth as their elected leader.

I also don't think that we should stand by while the student government censors those things that are critical to them. While I have no definitive proof they tore down my posters, I am pretty sure. And their evasive nature certainly doesn't make me trust them.

The bottom line is: ASG botched the election; they failed at dealing with the aftermath, and continue to make really bad decisions. And when they elect their friends to positions of power in one-minute meetings, we can see they only have their own interests in mind.

live life.

I wait at a cross walk with my skateboard as traffic drives by. The people in the cars that drive by seem to have no emotion. I know they see me standing there, but are not willing to let me cross. So I wait.

Finally, when the road clears, I cross to see an older man with a sweatshirt, black pants and white shoes sitting at the bus stop. His shoes looked worn, it was evident he had put them to good use. He smiled up at me with a smirk and said, "I thought it was illegal to not stop for pedestrians at cross walks?" I smiled back, and then asked if he thought this country was getting more and more impatient as the years go by. He told me that he has watched this country become so fast paced that there is no time for kindness. He said he enjoys walking and taking the bus, for it gives him time to think. "People never stop and look at the world anymore. Everyone is so damn hurried that they don't even notice how beautiful a maple tree is in the spring." I agreed. I skated home feelings curious about the future.

I am afraid to see how our children will act as they grow up, for they are naive to the world. Patience. This is just one trait that Americans lack that causes other countries to hate us.

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# CAMPUS NEWS

News about Linn-Benton Community College campus events

## T-shirt sale set for MAW

For The Commuter

The Math Department selected the design submitted by Vikki Maurer for the 2008 Math Awareness Week T-shirt. Maurer's design was chosen from a pool of 13 designs submitted by students and staff of LBCC. The Math Department would like to thank all the participants for their great ideas; we wish we could have selected them all. During Math Awareness Week, held May 5 through May 9, Vikki will receive a \$50 check and two free T-shirts.

Students and staff have the opportunity to buy Math Awareness

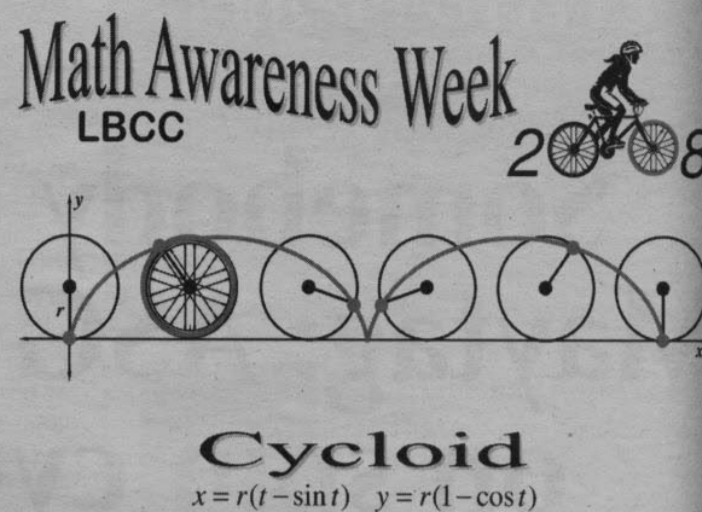
Week T-shirts at the Learning Center testing counter. The shirts are available in a variety of colors and sizes (including junior), and they cost \$8 each.

The sale of the T-shirts is expected to start on April 29 and continue through the end of the Math Awareness Week activities, taking place from 11 a.m. to 1 p.m. the week of May 5-9 in the Courtyard of the Albany Campus, and on Wednesday, May 7 at the Benton Center in Corvallis.

Math Awareness Week is an annual activity put on by the math faculty for the students and staff of LBCC. Faculty sponsor

games and activities relating to the theme, including daily estimation contests, puzzles, and a team contest on Friday. Instructors also grill hot dogs, serve chips, soda, ice cream, and root beer floats all week. We are all there to have a lot of fun discovering "Math in Motion."

This year the math department will collaborate with Mercedes Gutierrez from LBCC's Latino Outreach Program during the Latino Day for Calapooia and Memorial middle school students. We will include some Math Awareness Activities for the students visiting the Albany Campus on Tuesday, May 6.



Contributed photo

This year's winning design for the Math Awareness Week T-shirt contest was created by Vikki Maurer. The theme is "Math in Motion."

## OSU remembers Holocaust

MaryAnne Turner  
The Commuter

During the week of April 28 through May 2, OSU will observe Holocaust Memorial Week in association with the City of Corvallis and the Corvallis school district.

These three parties have taken on the obligation to such event in the belief that educational institutions can do a lot to combat bigotry of all kinds and create respect for diversity by promoting an awareness of the Holocaust, which was one of the most horrifying historical markers of the high cost of prejudice.

The event will focus mainly on the Holocaust, and will also include an event that is devoted to a different episode of genocide or mass murder on Thursday, May 1, at 7:30 p.m. in the C&E Auditorium at the LaSells Stewart Center. Taner Akcam will be covering "The Armenian Genocide and the Reasons for Turkish Denial." He is a Turkish historian that has done ground breaking research on Armenian minority of the Ottoman empire in 1915 and 1916, and a recent highly acclaimed study, "A Shameful Act: The Armenian Genocide and the Question of Turkish Responsibility."

Monday, April 28, at 7:30 p.m. in the Austin Auditorium at the LaSells Stewart Center speaker Pearl Oliner will cover "Very Religious and Irreligious Rescuers of Jews in Nazi Europe: What was the Difference and What Difference Does it

*"...one of the most horrifying historical markers of the high cost of prejudice."*

Make?" She is known for a few of her major works such as "The Altruistic Personality," "Saving the Forsaken: Religious Culture" and "The Rescue of Jews in Nazi Europe."

Tuesday's event will be held at 7 p.m. at the Crescent Valley High School Theater. "The Diary of Anne Frank" is the version of the famous play as revised by Wendy Kesselman, a multiple award winning production on Broadway since 1997. The CVHS performance is produced by the Albany Civic Theater and is co-sponsored by the OSU Holocaust Program. Admission is \$10, and \$7 for students and seniors. There will be more performances at the Albany Civic Theater.

On Wednesday, Austin Auditorium will hold another dis-

cussion titled "Genocide and Resistance in the Holocaust." Thomas "Toivi" Blatt will share his participation in the uprising and escape from Sobibor, an extermination camp that left 250,000 Jews gassed, in Oct. 1943. Blatt is only one of a few remaining survivors, and has published two books, "Sobibor: The Forgotten Revolt" and "From the Ashes of Sobibor."

All events are open to the public and free unless otherwise stated. For additional information please call (541) 737-3421, or go to <http://oregonstate.edu/dept/holocaust>.

## Campus holds blood drive

Chris Kelley  
The Commuter

A successful blood drive Wednesday April 9 on campus finished with 56 donors, one over the school's goal. Each donation is one pint of blood and has the potential to save up to three peoples' lives.

"It was a good day," said Janice Hardy, Red Cross Donor resources representative for the Pacific Northwest. "It was my third drive at Linn-Benton and it is one of my favorite places to come to."

The Red Cross has been holding blood drives at LBCC since the '80s and for the past three years there has been one in the fall and spring, as well as a drive in the summer.

Laura Stokes, health and recreation specialist on the Student

Programming Board, was in charge of planning the event.

"It only took three months advance to plan," said Stokes. "Most of the planning took place in the last couple weeks by calling past donors."

In all, it took the Red Cross 10 staff members and three volunteers to complete the drive. Fourteen of the 56 donors were first timers.

"I do it to save lives," said donor Taylor Cook. "I might potentially need this blood someday, too."

"Our blood drives are growing in popularity as well as having the loyal donors," said Hardy. "Our next time here will hopefully surpass an even bigger goal."

For information on where to go for the next blood drive in your area, go to [www.redcross.org](http://www.redcross.org) or [www.givelife.org](http://www.givelife.org).

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Mom's weekend wine tastings

Friday, May 2nd  
4-6pm  
at the Co-op's South Store  
Saturday, May 3rd  
4-6pm  
at the Co-op's North Store



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# LOCAL NEWS

News about our local community, including Albany, Corvallis, Lebanon, Sweet Home and Philomath.

## Local skaters seek new park

Colin Walsh  
 The Commuter

"I'll do whatever it takes to skate, even if it means emptying out a pool that's filled with dead animals and needles," proclaims Marlin Mendoza, a local skater and Benton County Skate Alliance (BCSA) supporter.

The BCSA is a non-profit organization that is raising money for a more challenging skate park in Corvallis. The Corvallis park has been around since 2000 and offers little to no challenges for an experienced skater. The Corvallis park has a less than par layout that is set up for collisions. The most popular skate parks are designed by skateboarders, for skateboarders, the Corvallis park was designed by a general contractor who also installs skate stoppers. Skate stoppers are placed on hand rails

or curbs to stop skateboarders. "Well, if I really want to skate something fun I am usually filling my car with gas and driving to Portland or Lincoln City to skate," said Kevin Solomon, vice president of the BCSA.

Some of the most popular skate parks in Oregon are only a couple of hours away, but with the rising gas prices skate trips are getting fewer and far between.

"I don't want to drive to Portland or Aumsville to skate; I mean, I will, but I would rather have a sweet park right here in Corvallis," said LBCC and OSU student Dane DePino.

The BCSA has a goal of raising \$10,000 to donate to a new pool-style bowl to be placed next to the existing Corvallis park. The BCSA consists of five members: Chris Trotchie, Doug Glavich, Corby Deglow, Kevin

Solomon and Vaughn Balzer, all of whom are avid skateboarders. The older members Glavich and Balzer have grown up skating challenging terrain, such as the Nude Bowl in southern California or the old Avery Park vert ramp in Corvallis.

"I miss the huge walls of concrete and gnarly steep roll-ins," claims Corvallis Skate Park local Kyle Kris. Kris is not alone, many skateboarders in Corvallis seem to be either building their own skate ramps, skating pools in nearby towns, or driving to nearby skate parks to fulfill the needs of an experienced skater.

The BCSA has a Web site, www.bcskateboardingalliance.org, that has a Paypal account set up for anyone who wants to donate to the new Corvallis skate park. There is also a message board to post comments



photo by Colin Walsh

**BCSA Vice President Kevin Solomon locks in to a grind at an abandoned pool in Corvallis as BCSA member Chris Trotchie awaits his turn.**

and ask questions pertaining to the BCSA or anything about the Corvallis skate community.

For skaters or those interested in the new park, check out their Web site or go to Peak Sports in Corvallis and pick up a BCSA

sweatshirt or T-shirt (all proceeds from the BCSA clothing go toward the new park). Peak Sports Skate Manager and BCSA member Solomon will be happy to answer any skate or BCSA questions, just ask for K-Dog.

## Downtown Beanery welcomes people from all walks of life

Carolyn Quibrera  
 The Commuter

In downtown Corvallis sits a well known, well used building. After people walk through the door at the Beanery coffee shop, a look of familiarity washes over their face. They've been here before, and they're here again, peeking into the glass fridge, which contains all the cooked and baked pastries for the day. Smells of coffee linger in the air; every cup of coffee seems to be prepared quickly and with

care. The windows are decorated with clear Christmas lights all year long. Local art hangs on a light mocha-colored wall, offering a sense of eclectic flare and originality. Chattering and noise consume the Beanery. Discussions of life, students in front of their laptops, couples holding hands across the table, and on certain nights live music can be heard.

The baristas' hands are moving and shaking nonstop, serving, mixing and adding

whip cream to fantastically tasty concoctions, and making all who enter feel welcome, as if they belong there.

A cork bulletin board features an array of announcements, from local guitar teachers offering lessons, to swing dancing events in town, and political opinions. While this board is messy and unorganized, somehow, it just fits the atmosphere; it's as if the wall would be lonely without the clutter.

"I like the laid back environ-

ment, and my co-workers," says Lindsey Cronn, a barista at the Beanery. "If it wasn't for the awesome staff, and some of the great customers, I wouldn't be here."

Taking a gander at the shop, it's hard not to notice a dark-haired girl, sitting with a young longhaired guy. It's hard not to notice them, because they're in the middle of an arm wrestling match, their shoulders are scrunched up and their game is all they seem to be involved

in, in addition to one another. It's as if they've forgotten that they're even in public. They feel at home here, uninhibited, the way people crave to be.

A small town feeling, along with a diverse assortment of people is what you'll experience at this coffee shop. Tasteful coffee, good conversation if you're lucky, and a second home is what you'll gain from a visit to the Beanery, and perhaps, a viewing of an arm wrestling match between lovers.

## Poetry Corner

Sand Song

The whicker-snap of laminate on the table with  
 Whirring of the sand-laden wind  
 Made a song, a song of desert games played  
 By men of valor, men of boredom, men of confusion  
 Men of Disillusion

Hot rushes of jet exhaust blowing, flowing over a boy  
 Makes him a man in time  
 To the song, the song of desert heroes made  
 From boys of freedom, boys of summer, boys of football  
 Boys of BeLIEving

Crumpp of shells, whistle of mortars, screams of  
 Horror gutting a human being, being  
 It's a song, a song of desert dealing trade  
 In death of invincibility, death of civility, death of sleep  
 Death of Immortality

The snores of soldiers outperform the guns  
 Sleeping away the gritty, sandy reality  
 Makes a song, a song of desert dreams faded  
 To the land of Mab, of Morpheus, of sun-dressed sweethearts  
 Sweethearts of Denial

Creaking of the bones of Earth as sun warms sand  
 Waking these virtuosos from their caesura  
 Heralds a song, a song of deserted hearts raided  
 Raided from the chests of 90,305 men, women, and children  
 Raided for Revenge

This is the song of the desert  
 Of games played, heroes made  
 Dealing trade in the dreams faded of those  
 Heartless raids  
 With a wave of the baton

Michael Mehringer

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A&E Editor: Aaron Broich  
 Newsroom Desk: 917-4453  
 commuter@linnbenton.edu

# ARTS & ENTERTAINMENT

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

## Black metal: Aggressive sound bombards senses

Tyler Farmer  
 The Commuter

Imagine inhuman shrieks piercing your eardrums. Imagine the belligerent sound of aggressive guitars as they cause further irreparable damage. Envision the malevolent majesty in a style of music that creeps in through the ear canal to desecrate the mind within.

This is black metal.

"It's an aural assault," said Ryan Bradley, Albany fan and collector of black metal, "bleak, cold and dark."

Not to mention blasphemous, at the very least; in its extremes anti-Christian and, in some cases, Satanic. However, in the past decade or so, there has been

a rise of black metal/ambient artists, especially in the States.

While such bands as Xasthur, Leviathan and Striborg (this artist is actually from Tasmania) are not overtly Satanic or anti-Christian, their coupling of dark ambient with experimental black metal doesn't fail to give their sound an evil aura. With lyrics expressing disgust for man growled along with the tunes, the sinister music is made even more unsettling to the mind of the listener.

Many people agree that Bathory gave black metal its grotesque yet beautiful birth with "Under the Sign of the Black Mark," their third album, which was released on May 11, 1987. Bands playing in the traditional form of this genre,

such as Darkthrone, soon emerged.

Fast and heavy, with the roars that would become common in this form of metal, the black candle acquired its flame in Scandinavia (Bathory was from Sweden and Darkthrone are from Norway). Another artist from Norway known as Burzum, which is operated by Varg Vikernes AKA Count Grishnackh, initiated black metal/ambient in the early '90s and opened the gateway for the black metal/ambient artists yet to appear.

In the wretched years to come, black metal promises to continue to defile the minds of the pure through whatever form it may wish to take.

Note: A large amount of black metal can



Album cover of black metal band Leviathan.

be found online at [www.moribundcult.com](http://www.moribundcult.com).

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## CLASSIFIEDS

### Help Wanted

You can sign up at [www.linnbenton.edu/StudentEmployment](http://www.linnbenton.edu/StudentEmployment) to look at student & graduate jobs. For more information about the opportunities listed below, please see Carla in Student Employment in the Career Center in Takena Hall. (541) 917-4788

**CWE positions** (several openings, Albany) If you have 2 terms in your major which is related to engineering and want a job that will give you experience in your field working for a big name company, these jobs are for you! You'll get CWE (Cooperative Work Experience) and have a job through graduation at OSU—usually part-time flexible and full-time in the summer. And they pay better than most local employers!

**Part-time Teller** (#6307, Albany) Do you have a skill in handling money and an aptitude for detailed work? This teller position needs someone Mon & Fri 8:50-5:50 and every Sat 8:45am-1:15pm.

**Engineering & Surveying Student Interns** (#6251, Corvallis) This part-time (12-24 hrs/week) during school and full-time in the summer jobs are wonderful experience for Civil Engr or Construction Engr Management students.

**Summer Program Staff** (#6317, Albany) Work with youth this summer in Albany. Part-time job encouraging positive behavior and fun in kids.

**Education, Travel & Culture**, a HS non-profit exchange student organization, needs Community Coordinators to contact public high schools and place students in quality homes. Stipends and travel opportunity available. If you enjoy people and detailed work, please visit [www.edutrav.org](http://www.edutrav.org) and e-mail [ssmith@edutrav.org](mailto:ssmith@edutrav.org) for more info.

### Misc. Info.

**Need writing help?** Have a major essay due? Need to discuss some of your ideas before you start writing? Need help brainstorming topics? Focusing? Organizing? The **Writing Center** invites you to stop by for help with these and any other writing questions. The Writing Center is in the Learning Center. Drop in Monday, Wednesday and Friday, 10 a.m. to 3 p.m. Tuesday and Thursday 10 a.m. to 2:30p.m. Can't stop by? Then visit our online service: [bcc.writingcenteronline.net](http://bcc.writingcenteronline.net).

**BUY. SELL. INFORM.**

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# ARTS & ENTERTAINMENT

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

## Artist fools the eye with pencil and pen

London Goldner  
 The Commuter

Amazing. Unbelievable. Impossible. How can you describe the work of Washington artist Chuck Bowden? What is there to say, really, about a man whose work has been taken by professionals for photography? His work, which stretches through the early part of May at Corvallis' Pegasus Gallery, is almost beyond description. Early in his career, Bowden learned not just to replicate something substantial, but to create distance itself. In his own words, "My goal and intent was never to imitate the photo...my intent was and is to surpass the photo, the photo is just an imitation of the reality upon which it is based." He succeeds. Bowden not only produces work that is both realistic and surreal, but it conveys a complex and original observation of the world and its beauty and complexities. His earlier work, taken directly from existing pictures, had to be examined closely before

one is convinced that a ballpoint pen was responsible for these masterpieces.

How? Every one of his works, the originals of which are not for sale, takes between 30 and 1000 hours to complete. That's one to 40 days of dedicated persistence, weeks of putting pen to paper over and over. And over. And over again.

Despite the ethereal quality of his art and the ferocity of their messages, Bowden himself remains humble, even unimpressed.

"I use the simplest of tools... pencil, ballpoint pen and paper, so there would be no questions or mystery involved in understanding the artwork...sometimes people are rather perplexed about the process of art, but in my case, everyone has put pencil to paper and there should be no mystery."

Some of Bowden's work is of late 19th or early 20th century photographs, some are of more contemporary scenes, and much of his recent work serves as incredibly complex and disturbing political commentary.

Other pieces defy all aspects of what is possible to create with his chosen medium. An exquisite

Maxfield Parrish homage, a scene of rolling hills, clouds, and trees, is barely larger than the face of a penny. An incredibly detailed scene of a couple holding hands, drawn on...wait for it...an ostrich egg.

When asked what he hopes viewers will gain having experienced his work, Bowden says "It would be an insight into an awareness of a reality previously unconsidered, that maybe there is something more to this world than we have been told."

There truly is no way to give justice to Bowden's masterful manipulation of such ordinary tools, nor the scenes which seem frozen, etched upon the face of time itself. The closest one may come is to experience the art in person, facing the horrible, well-crafted truth as well as bathing in the sunlight of century-old scenes brought to life.

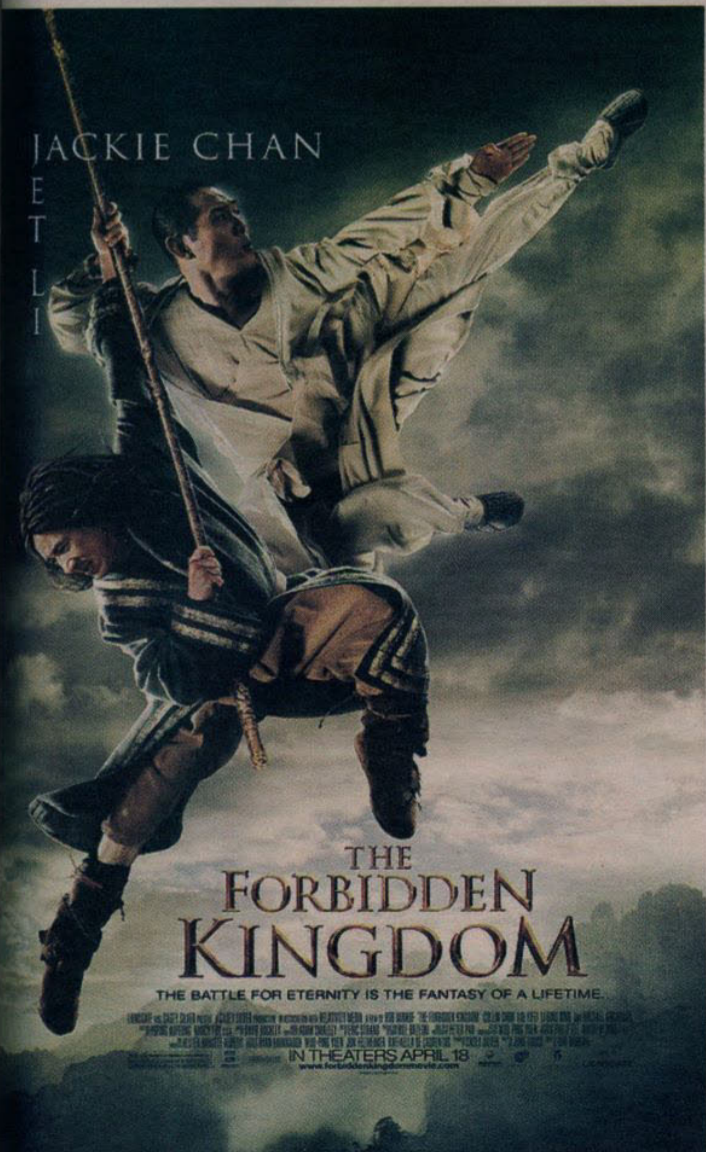
All with a ballpoint pen and pencil. Impossible.

\* More information about the artist can be found at [www.bowden.visualcoma.com](http://www.bowden.visualcoma.com) or [www.pegasusartgallery.com](http://www.pegasusartgallery.com)



photo courtesy of Chuck Bowden  
 This and other works by Chuck Bowden are now on display at the Pegasus Gallery in Corvallis.

## Jackie Chan, Jet Li team up too late in "Kingdom"



Jackie Chan and Jet Li star in "The Forbidden Kingdom," a kung fu adventure.

Aaron Broich  
 The Commuter

Is there anything as creepy as being harried by the bleached follicles of a white-haired witch whose CGI wig comes alive like squid tentacles, and even throttles you one last time before being cast into the abyss?

Don't answer that. Scarcely has there ever been anything as cheesy. The new kung fu epic, "Forbidden Kingdom" just makes you want to shake your head and hide your face in embarrassment.

I wish I could say something to dissuade kung fu fans from going to this disaster of a tween movie, but if you really must, wait until it comes out on DVD.

"Forbidden Kingdom" is like "The Never-Ending Story" meets "Karate Kid" meets "Once upon a Time in China." Hong Kong movie stars Jackie Chan and Jet Li pair up on the silver-screen for the first time, and are finally given a chance to duke it out—who will prove the better?

The token 'white guy,' a teenage kid named Jason Tripitakas (Michael Angarano) is obsessed with Chinese kung fu movies and discovers an ancient staff in a local DVD store, run by an old drunk (Jackie Chan). Some bullies (who look like they're straight from the 80s) coerce the spineless Jason into helping them rob the place, but then Jason is magically transported back in time by the staff to ancient mythic China so he can return it to its owner.

This movie is full of the usual assortment of kung fu archetypes: An elixir of immortality, the wandering rogue, Lu Yan (also Chan), who is a master of drunken kung fu—the beautiful young girl who's out for revenge, Golden Sparrow (Liu Yifei)—the stoic monk (Jet Li)—the 'Jade' Warlord (Collin Chou), and his whip-wielding witch of a mercenary, Ni Chang (Li Bing Bing), who also wields the scary white hair mentioned above.

Jason is a sort of "chosen one" who must

fulfill the prophecy of the immortals and walk through 'the gate of no gate' to return the magic staff to the Monkey King (also Jet Li), who was turned to stone 500 years earlier by the wicked Jade Warlord, who's now making everybody's life miserable. Unfortunately, he doesn't know kung fu yet, but he will.

Although we never hear him utter such choice lines as "I know kung fu" as Neo did in "The Matrix," we do see him go head-to-head with Ni Chang in a ridiculous battle scene. White men can't jump but he sure can learn a flightless jump kick.

The fight scenes are somewhat interesting, as well they should be considering they were choreographed by martial arts expert Yuen Wo Ping ("The Matrix" and "Crouching Tiger, Hidden Dragon") and shot by cameraman, Peter Pau, who worked on the latter. David Buckley also did an excellent job on the music.

However, the characters are flimsy cardboard (except for Chan's), the storyline is paper thin, and Jet Li's acting is terrible whenever he opens his mouth, although he is somewhat brilliant as the mischievous Monkey King, who doesn't really speak.

You might expect something as childish as "Forbidden Kingdom" from the guys that brought you "The Lion King" and "Stuart Little"—kung fu enthusiasts, director Ron Minkoff, and screenwriter John Fusco. They give a salute to the kung fu genre with this movie, but make a mockery of Chinese culture. It's funny that the Chinese government would even let a movie like this be filmed in China. They're more concerned about increasingly brutalizing Tibetans and Christians, as well as many other religious groups in preparation for the Summer Olympics.

Was I glad I went to "Forbidden Kingdom"? Yes—only because I got to write a scathing movie review, and tell my friends how bad it was. If you go, you'll probably be entertained at least a little. Is it so bad it's good?

"The characters are flimsy cardboard (except for Chan's), the storyline is paper thin, and Jet Li's acting is terrible whenever he opens his mouth..."

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# LOCAL NEWS

News about our local community  
 including Albany, Corvallis, Lebanon,  
 Sweet Home and Philomath

## Suicide: LBCC student shares her story

Aaron Broich  
 The Commuter

Suicide remains a huge problem among American teens.

Here are a few suicide statistics from the Oregon Healthy Teens 2007 State Summary Report ([www.oregon.gov](http://www.oregon.gov)).

When 11th-graders were asked: during the past 12 months, have you ever seriously considered attempting suicide? 16.1 percent of females said yes and 11.1 percent of males said yes.

The percentage is even higher for eighth-grade girls – 20.4 percent, but slightly lower for guys – 10.7 percent.

When 11th-graders were asked: during the past 12 months, how many times did you actually attempt suicide? Seven percent of females have one or more times and 5.2 percent of males have.

Sarina Winn is a 20-year-old psychology major attending classes at LBCC this term. About four years ago she attempted suicide twice. A short while later she was diagnosed with major depressive disorder.

**Q: Was there a dramatic event that led to despairing feelings?**

A: Yeah, well what happened was – my parents had gotten divorced. My dad had recently announced an engagement to a new woman, and I hadn't had time to deal with the divorce. It was a lot of new things – high school stresses and everything just led into one big explosion. I felt like my world was going nowhere – that I was just done. I just wanted it all to end.

**Q: Before you attempted did you stop hanging out with your friends?**

A: No. I had tons of friends. I got into drinking a lot, smoking a lot of weed and stuff. And just hanging out with non-supportive people. I had about three really close friends who stuck through everything with me.

**Q: Did you tell them you were thinking about it beforehand?**

A: No. Nobody knew. It was a sudden thing.

**Q: Were you really serious about it?**

A: Well, what happened was halfway through I decided I didn't want to go through with it anymore. I had taken a large amount of Tylenol. And so I was planning on overdosing. I took about 24 of them and decided it wasn't what I wanted to do anymore.

**Q: Did you get scared?**

A: I was terrified. I was terrified of letting my family down and people finding out about it, and maybe going to the hospital and admitting that I had a problem. I mean, most people associate that with being crazy. So that was difficult for me.

**Q: What did you do after you took the Tylenol? Did you tell anyone? Did you go to the hospital?**

The LBCC Counseling Center offers support for times of crisis.

Monday-Friday, from 9-5, there is a trained counselor on hand to help. Call the LBCC Main Campus at (541) 917-4782

Also you can contact:

- Linn County Mental Health at 541-967-3866
- Benton County Mental Health at 541-766-6844
- Telephone Help Line: 1-800-Talk (8255)

Online help is available at [www.metanoia.org/suicide](http://www.metanoia.org/suicide)

A: I did go to the hospital, but I didn't go until the next day. I was at my mom's house and I was alone.

**Q: Did you think you were going to die?**

A: I don't really know what I thought at the time. I was scared and I knew I was very sick and I knew I needed to go to the hospital, but I didn't want to tell anybody. So I had to go to my dad's house that night, and I ended up telling my sister. I told her to tell him. The next day he found out and I was rushed to the hospital. My mom was out of town, and when she found out she came back.

**Q: Were they supportive?**

A: My family was great. They were very supportive. My brother was the one who really shook me the most.

**Q: What did he say?**

A: He yelled at me and called me names, then gave me the biggest hug he's ever given me in my life, and well, broke into tears.

**Q: Does he have any of the same close friends that you have?**

A: No. Well, we have mutual friends and that kind of thing and we'll hang out with each other, but we're not close like that.

**Q: So did they tell you that you needed to take a psych evaluation or anything?**

A: Yes, I did have a psych evaluation and I was announced as being normal and nothing was wrong with me.

**Q: So they didn't see you as a danger to yourself?**

A: No they didn't. And then I relapsed and had to go back to the hospital. I made another attempt – well another psychological attempt, but I didn't go through with it. But I felt like I was going to, so they put me back in hospital, but I was released that day.

**Q: Did they put you in the psych ward?**

A: No. I was never admitted. I probably should've been but I wasn't. There was talk about putting me in a hospital for a while until I was better because I was so suicidal at the time, but I was just babysat by a lot by relatives.

I couldn't be left alone.

**Q: How did you feel about that?**

A: It drove me crazy, but I knew at the same time I really needed them there, and I couldn't be left alone. I was cooperative most of the time, until I went to counseling where I wasn't so cooperative. I didn't like being there. I wanted out, so I just said what I needed to say to get out as soon as possible. I saw a counselor. I didn't like her, and ended up not going back. I had to find another counselor, but it's very hard to find someone who is good [and who is covered by insurance]. I'm doing great. It took me a little while, but I'm fine. I stopped taking a medication after about a year.

**Q: What medication did they put you on?**

A: I was on Zoloft (an antidepressant). And I went on and off of it a few times.

**Q: Did it cause any symptoms?**

A: I was completely fine. It helped me so much.

**Q: Why did you decide to stop taking it?**

A: Well, the first time I really just wanted to be better and not be "crazy." So I stopped taking it

but that was not a good choice. I needed to be on it still, so I went back on it. When I stopped taking it, I just slowly stopped because I felt like maybe I could do it on my own. I've had times that I think "maybe I should be on it," but I'm doing fine.

**Q: You mentioned the drinking and the marijuana - have you decided to give that up?**

A: That was something that was hard to give up at the time but I did it. I'm not going back down that road. You don't realize at the time that it's not helping you. It can actually be very bad for you – it can interact with your drugs and everything – it's not good.

**Q: Are you open to going back on the medication in the future?**

A: If I need to take it I will. I know when I'm starting to feel it coming back. I can stop it now, but at the time I didn't really realize when the symptoms were going on. I don't feel at the moment like I'll need to be on medication anytime soon, but I don't know what the future holds for me.

**Q: Do you think people understand that mentality of "it's OK to take a medication" if a person feels like they need to?**

A: I think that some people do.

I think a lot of people are not and think that medications are bad, that they don't help. The negative aspects of medications are always looked at the positive ones aren't. People don't understand exactly how they're going to help.

**Q: What is it you think will connect with people regarding the struggle of deciding whether to live or not?**

A: I really want people to see that everybody around them has gone through something sometime in their life, and the things that you say affect that person more than you know. The judgments you put on people can change their lives. People should have more compassion. People who look at it negatively really need someone to explain to them what has happened.

**Q: If you knew someone who was struggling with suicidal thoughts what would you do to help them?**

A: Encourage them to talk. Let them know that you are there. If they are very suicidal I would let somebody know immediately. Don't wait. Don't think that you're going to change their mind. You need to get the help immediately.

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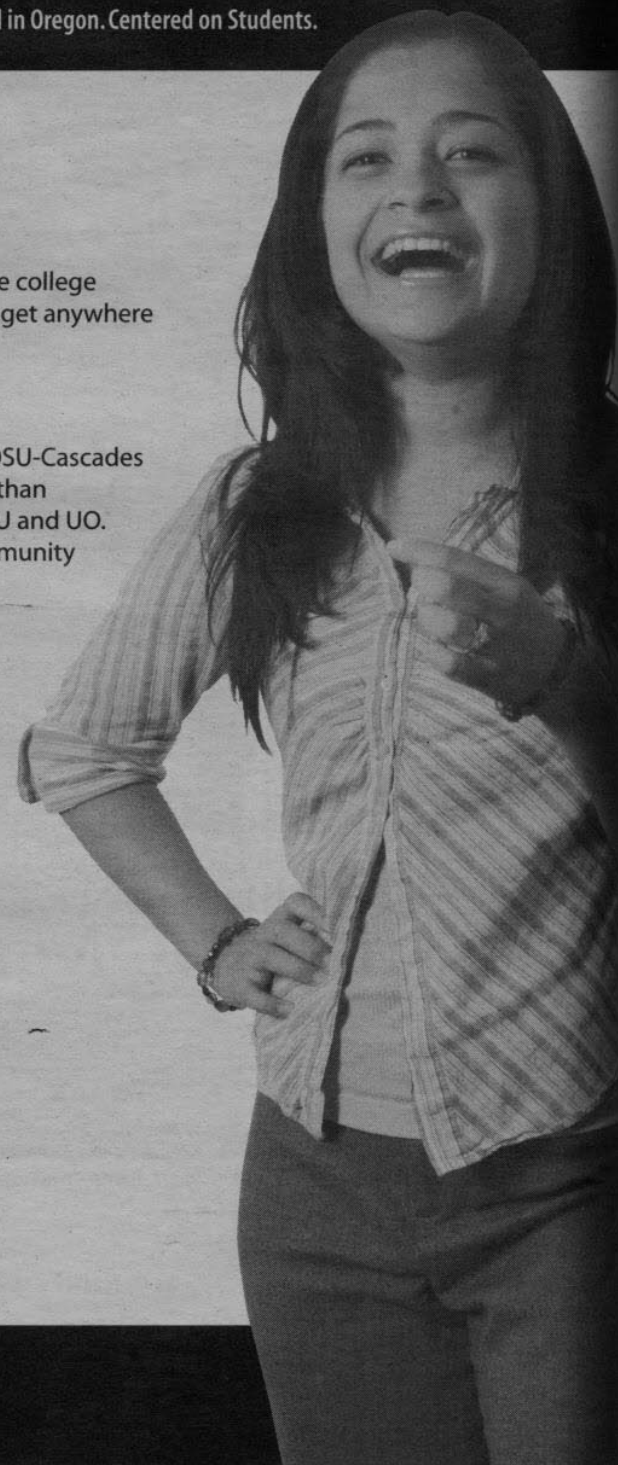
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# CAMPUS NEWS

News about Linn-Benton Community College campus events.

Editor: Davis LaMuerta  
 Phone: 917-4451  
 Email: commuter@linnbenton.edu

## Campus Shorts

### LBCC Holds 4th Annual Powwow

The 4th Annual Powwow at LBCC will be held on Saturday, April 26 in the Activities Center gym.

Native American dancing and drumming will showcase dancers from the Pacific Northwest and dancers from as far away as Oklahoma. New to the year's event is the addition of three dance competitions.

The annual Powwow at LBCC provides a great opportunity for those who have never experienced Native American dancing or for those who are already a part of it.

Tickets can be purchased for entry into a drawing for exquisite metal donated by the LBCC welding students. Fry bread

and other food will be available for purchase.

The Powwow is free and open to the public. Grand entries are at 1 p.m. and 6:30 p.m. Nick Sixkiller, education coordinator for the Siletz tribe, will be the emcee. This event is co-sponsored by LBCC Student Life and Leadership and the Native American Student Union.

For more information, contact the LBCC Student Life and Leadership at 917-4457. For disability accommodations, call 917-4789.

### A.D.V.A.N.C.E.

Today from noon to 12:50 p.m. students will have the opportunity to learn from peers how to become more successful in math. LBCC math tutors witness the common mistakes

and thinking errors made by students who struggle in math, so they've distilled their math learning strategies into "A.D.V.A.N.C.E tips" that they are eager to share.

The workshop will cover the strategies they have used to get through math courses. These are students just like you who have succeeded (and are still succeeding) in the study of mathematics. A special section on solving word problems will be included.

The event is free and will be held in the Learning Center's college skills zone, WH 225.

### LBCC Hosts Peter Carlin and Linda Hornbuckle

Peter Carlin, feature writer for the Oregonian, will present "Television and the Nation's Collective Subconscious" on Wednesday, April 23 from noon to 1 p.m. as part of the Festival

of American Popular Culture held at the college.

Carlin has also been a senior writer for People Magazine, freelance writer for the New York Times Magazine and the Los Angeles Times Magazine. He will lead the audience on a journey through the impact of television on our collective culture and sub-consciousness.

Legendary blues singer Linda Hornbuckle will perform a free concert on Friday, April 25 from 8 to 10 p.m. at the Russell Tripp Performance Center.

Born and raised in Portland, Hornbuckle has been singing since the age of 6. Her music is described as a soul-tinged hybrid that incorporates elements of her Gospel background with full-bodied funk.

The Festival of American Popular Culture will be held at Linn-Benton Community College through April 25. All events are free of charge and will be held in the LBCC Russell Tripp Performance Center. For more information, contact the LBCC Theater Box Office at (541) 917-4531. Access the American Popular Culture Festival schedule of events online at [www.linnbenton.edu/go/festival](http://www.linnbenton.edu/go/festival).

### Free MammaCare Class

MammaCare is a method of breast self-examination and early detection developed by a team of scientists with the intention of saving the lives of as many of the 180,000 American women each year that develop breast cancer as possible.

The LBCC chapter of AAWCC (American Assoc. of Women in Comm. Colleges) is pleased to host a breast health training for staff and students. Two MammaCare specialists, Susan Merrill (BS, RN, CCM) and Joann Stutzman (RN, BSN, OCN) from the Corvallis Clinic will present a new approach to

self-examination.

Participants will learn the proven and most effective techniques to determine breast tumors. There is normally a charge for this training, but this event is free due to grant funding received.

Space is limited to 20 participants-10 staff and 10 students. Pre-registration is required by calling Vickie Keith at (541) 917-4968 or e-mail [vickie.keith@linnbenton.edu](mailto:vickie.keith@linnbenton.edu).

For more training opportunity, visit <http://po.linnbenton.edu/profdev/TLC.pdf>.

Event: MammaCare: Women's Breast Health workshop  
 Date: Thursday, April 24  
 Time: 3:30 p.m. - 5:00 p.m.  
 Location: Calapooia Room

### Oregon Campus Compact

Three LBCC students were honored last week by the Oregon Campus Compact, which is comprised of 22 colleges and universities in the state. Heather Boldt and McLean Eames received the ORCC Community Caring Awards. Naomi Anderson received the ORCC Leadership Through Service Award and the prestigious National Campus Compact Swearer Student Humanitarian Award.

### Spring Fun Run

The LBCC annual Spring Fun Run is scheduled for Wednesday, April 30 at noon in the Courtyard. The run is open to all students, staff and faculty members. Walk five laps for a chance to win a door prize.

The Spring Fun Run is part of National Walk @ Lunch Day, where people around the country are encouraged to walk during their lunch break to incorporate physical activity into their day.



Learn what it's like to be an Army Aviator

Date: April 30, 2008 from 8:30 am – 4:00 pm  
 Location: In front of the Activities Center Building on the Linn-Benton Community College Campus  
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 Interviews will be conducted in Takena Hall (main building)  
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# FUNNY BONES

Crossword, cartoons, LBCC Comm menu and some fun facts to bring your

## Crossword

- ACROSS**  
 1 Entire  
 6 Alphabet start  
 9 Test, as ore  
 14 Part of a spur  
 15 McCartney title  
 16 Physics unit  
 17 Streisand film  
 18 Formality  
 20 Big success  
 22 Scary word?  
 23 Chicago gangster  
 28 Selenite  
 33 Steep spiral uncontrolled descent  
 34 "\_\_\_ by Starlight"  
 35 \_\_\_ Gatos, CA  
 36 Alps peak  
 38 \_\_\_ de force  
 39 Part of a play  
 40 Astronaut Harrison  
 43 QB Manning  
 44 December refrain  
 46 Crownlet  
 47 Guy's honey  
 48 Matador  
 51 Forever and a day  
 53 Temper, as metal  
 54 Finnish-American architect  
 55 One heart, e.g.  
 57 Part of a wd.  
 58 Thoroughbred registry  
 64 Arctic shelter  
 68 Marisa of "My Cousin Vinny"  
 69 Victory gesture  
 70 Manicurist's concern  
 71 Bakery supply  
 72 Hurricane heart  
 73 Matches up

1	2	3	4	5	6	7	8	9	10	11	12	13	
14					15			16					
17					18			19					
		20		21			22						
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53							54						
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68						69			70				
71						72			73				

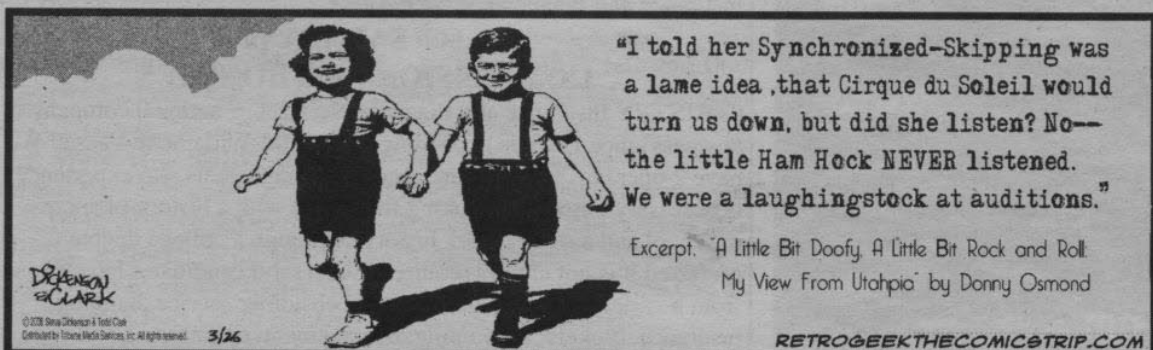
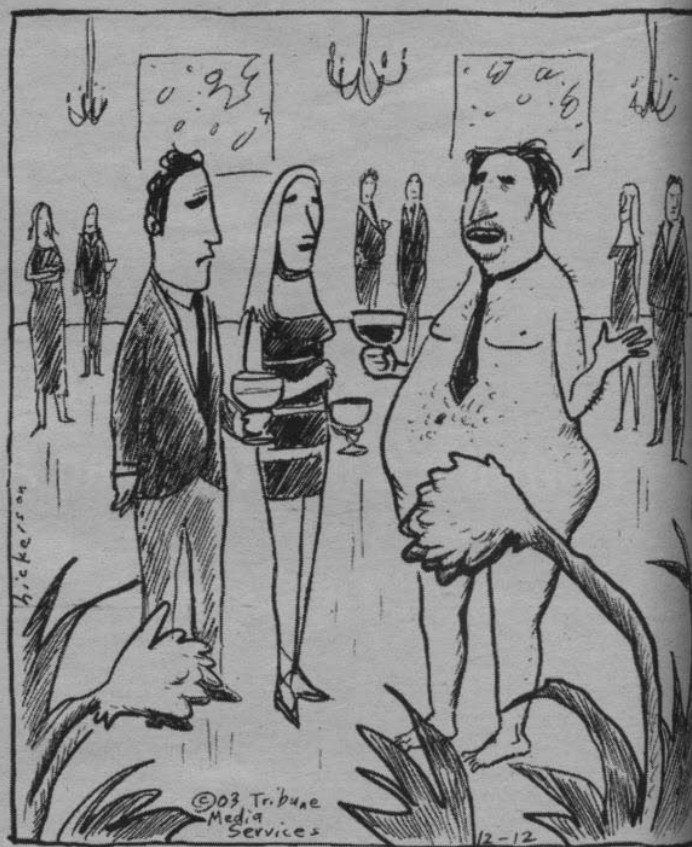
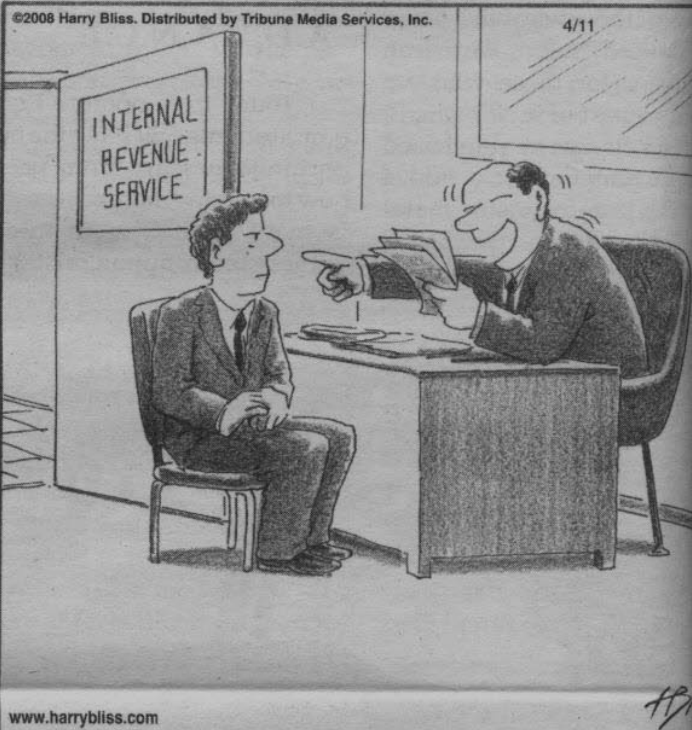
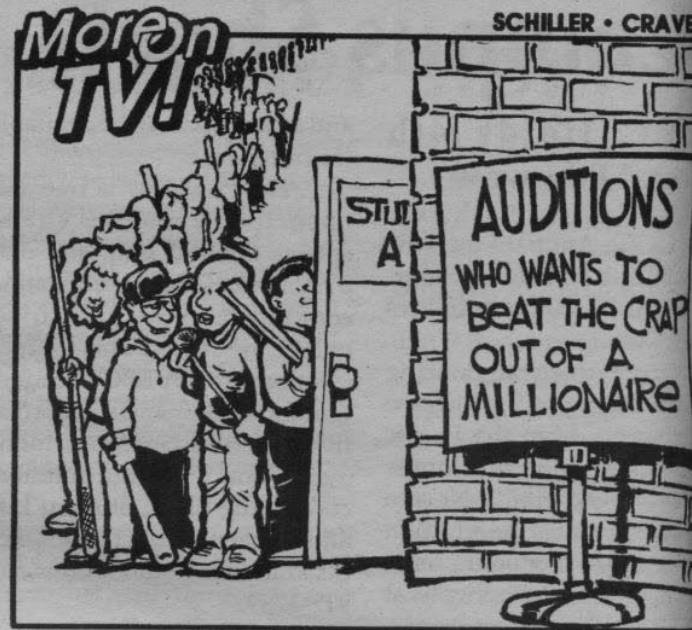
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4/26/08

- DOWN**  
 1 Dryly funny  
 2 Weeder's tool  
 3 Part of MYOB  
 4 "\_\_\_ Weapon"  
 5 Some circles  
 6 Long-eared beast  
 7 Bridle part  
 8 Baby's bed  
 9 Noted auto racer  
 10 Abel to Adam  
 11 Author Grafton  
 12 Molinaro and Michaels  
 13 Affirmative  
 19 Obscuring hazes  
 21 Something to talk about  
 23 Southern metropolis  
 24 Trojan Horse whistle-blower  
 25 Tank  
 26 Dusk to dawn  
 27 Foes  
 29 Touch tenderly  
 30 Sweet liqueur  
 31 Cry like a mourner  
 32 Monroe of Hollywood  
 37 Calf catcher  
 41 \$ dept.  
 42 Hanging back  
 45 Spike or Peggy  
 49 Cottontail  
 50 Spicy stew  
 52 Indian antelope  
 56 Bird of peace  
 58 Porker's pad  
 59 Sock end  
 60 Ms. Thurman  
 61 \_\_\_ Moines, IA  
 62 Vocal pitch  
 63 Bishop's purview  
 65 Women's \_\_\_  
 66 Bullring call  
 67 Forerunner of the CIA

### Solutions

S	E	B	I	G	E	L	E	T	S	V	A	S	T	L
S	T	I	N	A	L	E	V	E	I	M	E	T	O	M
O	O	L	O	I	G	L	S	K	O	O	B	D	S	T
N	E	N	A	V	A	S	A	T	V	E	N	N	V	A
L	N	E	R	N	E	T	E	R	O	R	E	R	O	L
L	G	A	L	V	A	R	I	T	L	E	O	N	L	A
L	E	L	I	T	I	M	H	S	C	H	O	L	A	C
H	O	T	T	E	R	E	R	I	G	E	S	O	L	O
L	A	T	E	L	L	A	S	T	E	L	L	A	S	T
M	A	L	C	A	P	O	N	E	G	A	P	O	N	E
S	S	E	N	S	E	N	S	S	T	I	F	F	E	N
L	E	J	O	L	E	S	I	R	J	O	L	E	L	E
A	S	S	A	L	A	B	C	A	B	C	L	E	M	H



whtwilson@gmail.com

by William Wilson

RETRO&EEKTHECOMIC&TRIP.COM

# SPORTS

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

## OSU wins third straight West Regional

Editor: Chris Kelley  
Room Desk: 917-4451  
Commuter@linnbenton.edu

Chris Kelley  
Commuter

After the crushing second place finish to Stanford at the 2007 West Regional Championships on March 29, the No. 8 Oregon State Gymnastics team had their minds set on one thing, improving their performance. On Saturday, April 13 in Gill Coliseum, OSU won the West Regional Gymnastics Championships with a score of 197.100, earning a trip to nationals for the third straight year. The 2007 champions No. 5 Michigan placed second with a 196.375 score, followed by Michigan State in third with 195.125, Washington

in fourth with 194.075, San Jose State in fifth with 193.850 and Sacramento State in sixth with 193.575.

"We went into Regional not just trying to just qualify for nationals," said Mandi Rodriguez. "We were going for the win!"

Jami Lanz took All-Around honors for the sixth time this year with her 39.575 score, including winning Beam with a 9.950, and second place in the uneven bars and vault with scores of 9.900 and 9.875 respectively.

"It felt incredible tonight," said Lanz. "To be able to compete for nationals at home really helped us get pumped. We love competing here."

Jen Kessler won the Bars for the fifth time this year with a score of 9.950. Yuki Lamb came back strong in the vault with a first place finish scoring a 9.925 after losing her balance on beam and scoring a 9.075.

"I owed a big score to my team after letting them down on the beam," Lamb said. "It felt great to finish strong."

The Beavers had top scores in vault, beam and bars, only taking second to Michigan on the floor.

It was the fourth time Oregon State hosted a Regional qualifier, the last time being in 2004. No. 5 Michigan, No. 17 Michigan State, No. 31 Washington, No. 32 San Jose State and No. 35 Sacramento State as well as individual competitors from California, Cal State Fullerton and UC Davis were on hand to compete for an invitation to the 2008 Nationals in Athens, Ga. March 24-26. The top two teams from each regional are automatically invited and at-large invites for individual competitors given for the best qualifying scores.

Oregon State brings experience to nationals with Lanz, Smith and Rodriguez all returning All-Americans. They all agreed that the scene can be intimidating, but in the next week and a half these leaders



photos by Chris Kelley

(Above) Kera Bolen dismounts from the Uneven Bars scoring a 9.675. (Left) Jami Lanz hugs Assistant Coach Michael Chaplin after her top score 9.950 performance on the beam.



will help to ease the minds of their teammates.

Oregon State, now ranked seventh, will have a tough preliminary round on Thursday, April 24 with No. 3 Florida, No. 5 LSU, No. 6 Alabama, No. 9 Oklahoma and No. 15 Arkansas in the first session. The second session will include No. 1 Georgia, No. 2 Utah, No. 4 Michigan, No. 8 UCLA, No. 10 Stanford, and No. 12 Denver.

The top three teams from the two preliminary sessions will go to the Super Six round on Friday, April 25. Saturday, April 26 will include the top four individuals from each event in each session from the preliminary rounds to compete in the individual-event competition.

## Runners win 8 of last 10, earning first place spot

Chris Dahlgren  
Commuter

The Runners' baseball was back in action Friday, April 11 hosting a doubleheader against LCC.

After a few days of extra rest, thanks to Tuesday's rainout at Chemeketa, the Men looked just as rested.

Scott Allred continued The Runners' affective hitting, hitting the double figure mark in strikeouts with 10, giving up only six runs in a winning effort. Trevor Smith picked up the save, winning 3-2.

Adam Baron pitched a gem in the second game, dominating the Lane hitters, allowing just four runs in nine innings and earning himself his fifth win of the season, beating Lane 5-3.

Baron's ERA as well as Allred's is below 3.0, continuing the dominant defensive effort the Runners are exemplifying this season.

Two days later the team visited last place Clackamas in Clackamas, Oregon. The Runners' won both games with ease, 9-0 and 14-4.

In the first, pitcher Shane Marx pitched a complete game, two hit shutout, striking out seven batters.

Freshmen Nick Staller gave up just seven runs in a nine-inning performance in the second

game of the doubleheader, while offensively the Runners exploded for 14 runs aided by a Jake Rasmussen home run that proved to be far too much for the struggling, Southwestern offense.

Next up for the Runners was rival LCC and the men had no problem handling them two losses in a row, winning 7-1 and 5-3. Linn Benton's two aces, Allred and Baron were once again impressive as the two collected consecutive wins.

Craig Dolmage added a solo shot, his first of the season.

The Runners visited second place Clackamas Thursday, April 17 in hopes of leaving with an outright first place standing in the NWAACC South.

Sophomore pitcher, Derek Grieve showed promise, pitching a complete game shutout and holding Clackamas scoreless, despite only four hits from the offense and three Linn Benton errors as the Runners won the first game, 2-0.

The second game was a different story. Unable to capitalize off four Clackamas errors, Linn Benton was held to three runs on four hits.

Clackamas however was able to capitalize off of 16 hits racking up 9 runs against the potent Linn Benton defense, winning 9-3.

Linn Benton's second game defeat gives them

just two losses in their last ten games, a statistic that has catapulted them to the top of the league, earning them an outright first place spot at 9-3, followed close by Clackamas at 10-4.

Linn Benton is currently battling around the high .200's, a mark that is a little below their goal of .300. By increasing their

team average by a few more points their offensive threat will coincide nicely with their already proven defense.

Weather permitting, the Runners will face off against Chemeketa this Thursday, April 24<sup>th</sup> at 1 p.m. and again this Saturday, April 26<sup>th</sup> at Chemeketa, in Salem, at 1 p.m.

Sophomore outfielder...  
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...odwin...  
...es for a...  
...ply hit...  
...ll earlier...  
...s season.



Photo by Chris Kelley

**LBCC MAIN CAMPUS**

## Commons

**APRIL 23<sup>RD</sup> - APRIL 29<sup>TH</sup>**


**Wednesday:**  
ENTREES: Pot Roast and Paella  
VEGETARIAN: 3 Cheese Stuffed Shells  
SOUPS: French Onion and Corn Chowder

**Thursday:**  
ENTREES: Liver w/ Bacon & Onions and Chicken Cordon Bleu  
VEGETARIAN: Thai Vegetable Curry w/ Steamed Rice  
SOUPS: Ginger Chicken & Coconut and Wild Rice

**Friday:**  
Chef's Choice

**Monday:**  
ENTREES: Glazed Ham and Beef Goulash w/ Spaetzle  
VEGETARIAN: Vegetable Clazone  
SOUPS: Split Pea and Manhattan Clam Chowder

**Tuesday:**  
ENTREES: Chicken & Biscuit and Jambalaya  
VEGETARIAN: Vegetable Strudel  
SOUPS: Cheddar Cheese and Chicken Soup w/ Matzo Balls



# THE BACK PAGE

## Novice gardener searches for green thumb

Monique Cohen  
The Commuter

After hauling my fourth stinky wheelbarrow full of manure in the hot sun, I wondered, "What have I gotten myself into?"

Living in a downtown apartment, growing my own food seemed out of the question. But a few years ago, I heard about an organic community garden in Corvallis. My 10-by-10 foot plot of land came with a small fee and a reminder to use organic fertilizers and no pesticides.

What was once a green grassy hillside became my new garden site. The soil needed a lot of work to make it plant-friendly. The shovel and wheelbarrow became my new best friends.

Most of my gardening know-how came from books, so one of the benefits of a community garden is the great advice available from veteran gardeners: "Put crushed egg shells on the ground around your tomatoes...sprinkle used

coffee grounds in the soil to add nitrogen ..."

Many of the members have gardens at home but want more space to grow vegetables. And some people enjoy the friendly camaraderie of the community setting.

Gardening for me has become a sort of mini-retreat. I can escape from e-mail, cell phones and TV to a quiet place.

The first year I planted bright orange and sunny yellow marigolds around the border of my garden to keep deer away. I think it worked. That or they just didn't like what I planted.

My boyfriend Larry joined me in this new adventure. He planted sweet yellow corn, radishes and potatoes in the plot next to mine.

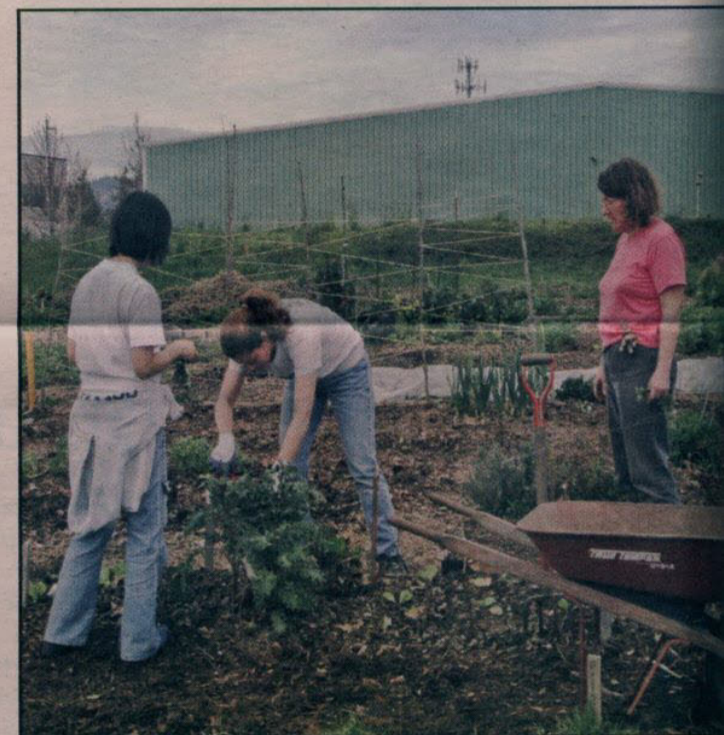
Yellow pear tomatoes, rows of lettuce, lemon cucumber and zucchini were my first success stories. Of course, the zucchini thrived. Luckily, most of my friends and family enjoy zucchini as much as I do.

The taste of homegrown

vegetables is amazing. Having grown accustomed to the mushy bland-tasting tomatoes in the grocery store, it's a treat to taste a freshly picked one. We marveled at how we could be working in the garden during the day and that evening be home eating a salad we grew.

One of the big payoffs of organic gardening is that I know I'm eating vegetables that weren't grown with any pesticides. Prior to gardening, I never gave much thought about how many chemicals are used in the growth and production of vegetables. Also, less fuel is used by growing my own food and eating local produce. It's a small step in the right direction to fight against global warming.

Planting season is almost here and on a recent stop by the garden, I noticed a new delivery of a big pile of manure. This year I know the reward for all my hard work will be green leafy lettuce, sweet red cherry tomatoes and an endless supply of zucchini.



Photos by Monique Cohen

Members of Dunawi Creek Community garden in Corvallis gear up for spring.

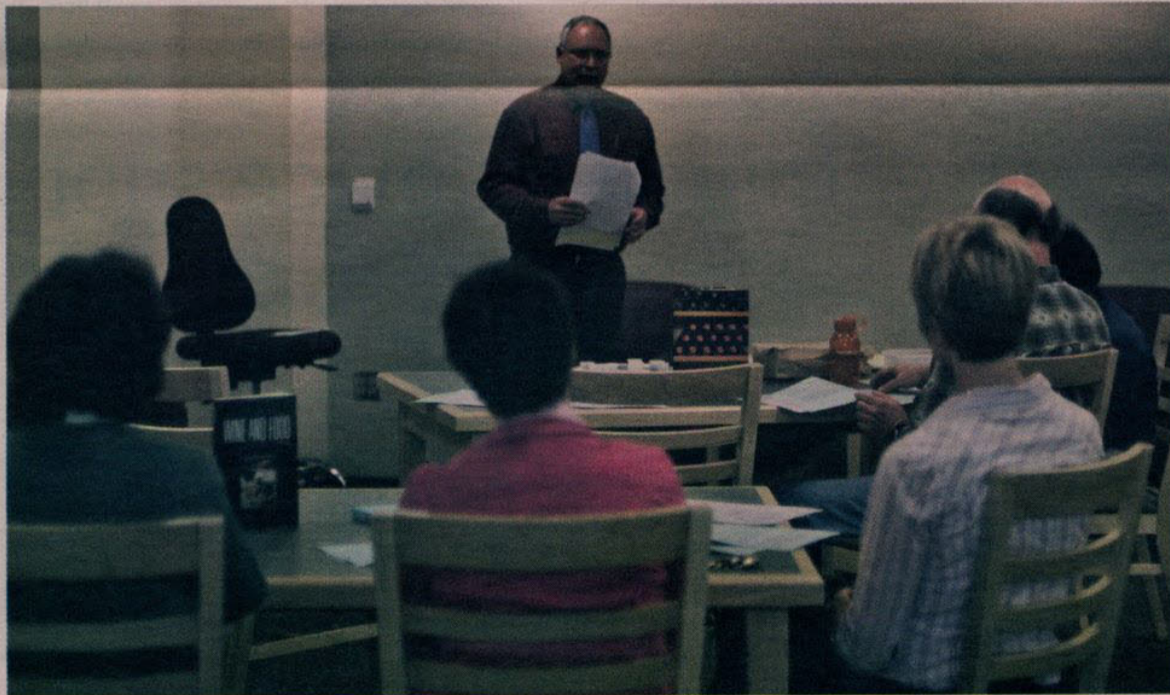


Photo by Lydia Elliott

Lbcc instructor Jon Jarshke instructs listeners on the finer points of food and wine pairings. The event was part of the library's grand opening week.

## Food pairing event tantalizes palate

Lydia Elliott  
The Commuter

Potato chips and sparkling wine? How about French fries and champagne?

Food and wine pairings go much further than just cheese, as anyone who attended the April 12th event in the library discovered.

Making listener's mouths water and tantalizing their olfactorys with a tray of sweetly scented fruits and tangy herbs, Lbcc instructor Jon Jarschke shed light on the mystery of wine ingredients and their importance in what food you pair them with.

According to Jarshke, knowing the wine you are serving has overtones of melon, pear, oak, cloves, or even mushroom helps ensure your meal has similar flavors, or "bridge" ingredients. You want your beverage and meal to be complimentary, after all.

For white wines, citrus, roasted fennel, and

squash are just some of the ingredients that enhance their flavors. For reds those ingredients are lentils, onions, olives or berries.

The choice of a particular wine and meal is not only important to your palate, but is good in social situations and business dinners.

Knowing what wine goes well with a meal will make you look classy, even epicurean. It might even help you impress your date.

So the next time you're serving up some potato chips, don't forget the champagne.

**The choice of a particular wine and meal is not only important to your palate, but is good in social situations and business dinners.**

**2 BIG Shows**

April 23  
Benton Center  
Student Lounge  
8C-120  
5-7 PM

April 30  
Albany Campus  
SSN 213  
3:30-5:30 PM

Performances By:  
• Drama Department  
• Poetry Club  
• Music Department

Sponsored By:  
Student Programming Board

Call 4417  
For more Information

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