

The

Vol. 41 No. 11

A Weekly Student Publication

January 6, 2010

Commuter



FIVE NEW YEAR'S
RESOLUTIONS
YOU WON'T KEEP
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INSIDE:

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The Commuter
Editor-In-Chief: Ryan Henson
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Campus News

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



“Twist”, an art exhibit featuring the drawings of Jim Adams and photography of Robin Bachtler Cushman opened on Monday and can be viewed on both floors of the North Santiam Hall Gallery through Feb. 26.

The Winter Coat and Blanket Drive will begin Jan. 11 and will continue through the end of the month. Drop off any new or used coats, jackets, scarves, gloves, and/or blankets in the Student Life & Leadership office to supply local outreach centers in need during school hours.

A scholarship workshop will be held in the Diversity Achievement Center from 12 p.m. to 1 p.m. on Jan. 13 and 14. Join a Financial Aid representative to learn more about the available scholarships and application process.

Deadlines for Spring graduation applications are due by Jan. 15 to the Admissions Office in Takena Hall.

The deadline to add/drop winter classes and pay tuition in person is Jan. 15. Via SIS the deadline is Jan. 17.

The last day to return winter books is Jan. 19.

LBCC scholarship applications for winter term are due by 5 p.m. on Jan. 29 to the Admissions Office in Takena Hall.

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

Office Hours: Q&A with Dr. Robert Harrison

Justin Bolger
 The Commuter

C: What do you teach here at LBCC?

RH: I teach history, humanities and political science.

C: What is your favorite time period to teach about?

RH: That's a hard question because I like all the time periods that I teach, but I think I'd have to say ancient history: the time of the Mesopotamians, Egyptians and Greeks. Along with that I love the Civil War and the American Civil War period, but everything else is interesting too.

C: Why those ones specifically?

RH: I think the American Civil War because I grew up in the south and I had an ancestor that fought in the war. It's just such an important part of our history. It's when so many different directions came together. It's a very sad, tragic part of the history of the country, but also very important. So I think the personal connection I've got, and just the fact that I see it as so crucial four-year period is the reason I find it a little more fascinating than other periods.

C: What sparked your passion for history?

RH: My parents were both into reading a lot. They both loved history, but they loved literature. My father taught geography at the college level for a long time, but he was interested in everything and so was my mom. So I think that was a major influence. They got me reading. They got me curious about everything including the past. I was gonna major in journalism in college, but that didn't work out. I had a history professor who sparked a fascination in me about history. He was the one instructor I had who didn't stand up and lecture the entire class. He sat on the table and he talked to us, and we were able to explore different ideas. At the end of the class, I'd have maybe three or four lines of notes, but who cares? It was interesting. He took us on field trips. He showed us connections that a lot of the other instructors didn't. His name was Victor Peters, and he got me interested in switching my major to history, and it's just remained fascinating ever since then.

C: What would you be doing if you weren't teaching?

RH: I love politics and part of the reason I teach is to help prepare students to be better citizens. So I might be doing something politically. I don't really have time to do too much of that, but with the Democracy Club that we have I try to help prepare students to be politically involved and educated. I've often thought I'd like to be a full time tour guide for these tour groups. We're going to Greece in March with students, then to Italy. We're going to Egypt next year. If it would pay me enough, I could see myself being a full-time tour guide, but I think it's a part-time thing. So maybe I would like to write, but I've never gotten around to doing it. I'd like to write a historical novel. These are things I've thought about maybe for when I'm older and not teaching as much or not at all, that I might get into, but this is what I like to do. I still enjoy it. It's fascinating so it consumes just about all of my attention.

C: So there's no time outside of teaching?

RH: There's a little. I mean, I have some hobbies, but you guys and your work is more than full-time. So it's hard, you know. It's hard for me to be as prepared as I want to be in class. To get you engaged in the class requires time.



Dr. Robert Harrison

Photo by Max Brown

It requires reading what you write and working with you on things like this “Meeting of the Minds” [assignment]. If I were just gonna lecture and give multiple choice tests, I'd have more time to do other pursuits, but I wouldn't get much out of it. I don't think students would get what I want them to get out of it. It's what I talk about. My wife teaches too. So what do we talk about? Teaching, students and politics. It's not just a job. I like to do it. I like to come up here. I don't ever feel like, “Oh my god, I gotta go teach today.” So I'm lucky. I feel very lucky that I enjoy it.

C: What's your favorite music?

RH: I'm mostly into folk music and traditional music like Irish, music of the Civil War era, music of the Great Depression, but especially the folk music of the 50's and 60's. I like some rock, but it's folk rock. I like songs that have a political or social message. I have pretty strong political views, and that kinda bleeds over into everything I do. I've listened to bits of country and bits of alternative, but if I had my ideal CD it would mostly be the great folk musicians. People like “Peter, Paul, and Mary,” “The Kingston Trio,” “Pete Seeger,” and those legends.

Where to find Dr. Robert Harrison

Office: SSH - 203

Phone: 541-917-4571

E-mail: harriso@linnbenton.edu

Office Hours: Monday/ Wednesday/ Friday
 10-10:50 am & 1-1:50 pm and Tuesday/
 Thursday 12-12:50 & 2:30-3 pm

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and Benton Centers.



Book-buying blues
Students wait in long lines (again) to buy books.

Photos by
Alx George



Brrrrr... it's cold outside

During finals week temperatures reached freezing levels. Skating was discouraged.

Photo by
Gary Brittsan

Roadrunners' home basketball schedule

Men's Basketball

January 9
6:00 pm
vs. Lane CC

January 13
7:30 pm
vs. SWOCC

January 23
6:00 pm
vs. Chemeketa CC

January 27
7:30 pm
vs. Portland CC

February 13
6:00 pm
vs. Umpqua CC

February 17
7:30 pm
vs. Clackamas CC

February 27
6:00 pm
vs. Mt. Hood CC

Women's Basketball

January 9
4:00 pm
vs. Lane CC

January 13
5:30 pm
vs. SWOCC

January 23
4:00 pm
vs. Chemeketa CC

January 27
5:30 pm
vs. Portland CC

February 13
4:00 pm
vs. Umpqua CC

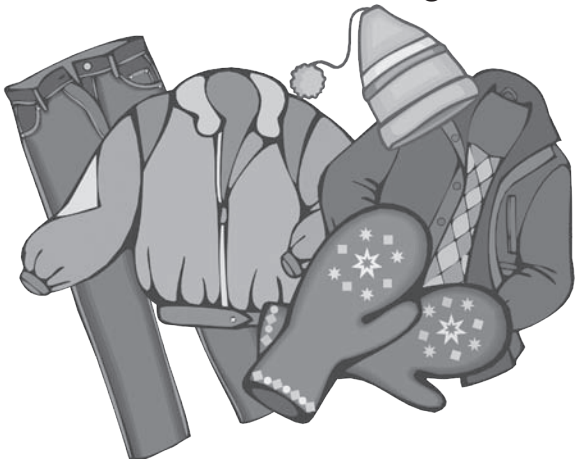
February 17
5:30 pm
vs. Clackamas CC

February 27
4:00 pm
vs. Mt. Hood CC

Clothing Drive

Help your community stay warm this winter!

Clean out your closets and donate like-new winter clothes to a good cause.



January 11 - 29

Collection bins are all around campus.

Questions?
Call Abel Soriano
at Student Life &
Leadership, 917-4463



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- SPB Specialist (6 positions)

APPLY BY
NOON ON
JAN. 29

Applications will be available at the Student Life & Leadership office starting at noon on Jan. 8. They must be returned by noon on Jan. 29. For job descriptions, go to www.linnbenton.edu/gol/spb

Questions?
Call Allison at
917-4963.

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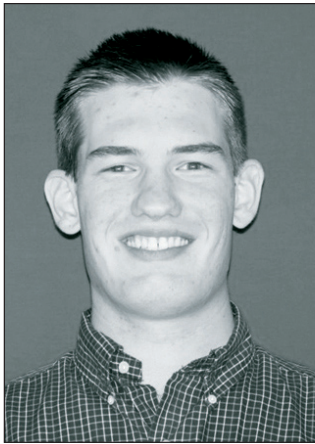
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Drop-in: Forum 222

A word from your local ASG

One of the things that I like most about Linn-Benton Community College is the culture of focusing on student success. Since I started here in the fall of 2007, I have really appreciated the fact that the faculty and staff don't see working here as just a job, but rather as a calling. A mission. Students are not seen as numbers, but rather as people with hopes and dreams - people who come here with nothing more than an aspiration and leave with a career.



Caleb Doner

I joined the LBCC Associated Student Government so that I could have the opportunity to take an active role in furthering the cause of student success at this institution. The primary goal of the student government is to advocate for student concerns and needs in the administration of the college. So what does your student government actually do to facilitate student success? Among other things we sponsor a "Study Jam" every term. The Study Jam for fall 2009 was a big hit at both the Main Campus and at the Benton Center. We kept the Learning Center at the main campus open for 12 hours on both Saturday and Sunday before finals week and we kept the Learning Center at the Benton Center open for six hours on the Saturday before finals. Lots of food and instructor assistance was available at both locations so students could get that essential last-minute studying done efficiently.

In case you didn't already know, the instructors and staff here at LBCC are absolutely amazing. We could not have done nearly so much for students without their help. Specifically, I would like to thank Vikki Maurer, Chareane Wimbley-Gouveia, and Sandy Heath for going out of their way to work with the student government to provide the facilities and staffing for Study Jam. I would also like to thank the instructors who volunteered their time over the weekend to help students. Greg Mulder, Bridgid Backus, Steve Skarda, Marci Bayley, Lynn Trimpe, and other instructors as well should be applauded for going far beyond the call of duty to make sure students got the help they needed. Even with pay cuts, these instructors have given extra time just because they were concerned for the success of their students. In all, over 200 students each day were able to come in and benefit from the services provided at Study Jam.

As your elected representatives, the student government is constantly looking for ways to benefit the student body. To further our understanding of what students need, we collected comment cards in exchange for an entry in a drawing to win some cool prizes. To all of the more than 100 students who commented on Study Jam, thank you. One of the biggest challenges for the student government is finding out what our fellow students need and want. If anyone has a general student concern or issue that needs to be addressed please let us know. Our meeting times and locations are listed on the student activities calendar and is available in the Student Life and Leadership Office. Meetings are open to all students and are usually held every Wednesday at 3:30 p.m.

Caleb Doner
 Science and Industry Representative
 LBCC Associated Student Government

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

Ignorance is bliss

Adam LaMascus
 The Commuter

"Kourtney Kardashian asks 'Will breast implants mess with my breast feeding?'" shouts the cover of "US Weekly." "Tiger and Elin have their worst fight yet!" screams "People." "We have pictures of all the hottest stars... WITHOUT MAKEUP!!!" "Star" proudly proclaims.

Who cares?

Honestly, just because some people have a talent (or have siblings who made a porn video) does not mean that we need to follow them like stalkers and know every last detail of their lives. These magazines, Internet sites and television shows, which spawn an endless circulation of gossip, are blatant violations of personal privacy. Would you like millions of people to read, in detail and accompanied by photographs, about every argument, outfit, and possible sexual encounter you have? Or have to deal with the paparazzi suggesting that other private things may be happening, meanwhile trying to photograph you nearly naked in order to insinuate that you're packing on the pounds? I didn't think so.

Besides this invasion of privacy, there is also the issue of merit. This junk is absolutely useless! Whether or not Brad decides to stay with Angelina or go back to Jen makes no difference in your life. So many of the things that actually affect you now, or will affect you in the future, do not seem to be part of America's news priorities. CNN reports that a recent study showed that 60% of Americans (that's about 185 million people, according to the US Census Bureau) couldn't find Iraq on a map of the Middle East; 44% of Americans (about 136 million people) couldn't find Iraq, Iran, Saudi Arabia, or Israel on a map of the Middle East; and 47% (almost 145 million) couldn't find India on a map of Asia. All of these places have a huge effect on our way of life by producing oil, cheap labor, terrorists, and possible nuclear weapons. However, we know almost nothing about them.

We're not just clueless about foreign affairs and geography, either. Only 50% of the men surveyed, and 43% of the women, could find Ohio or New York on a map of the U.S. A report by "USA Today" states that 60% of Americans can't name five of the Ten Commandments. Considering how important religion is politically (I'm not arguing spirituality here) it is literally dangerous to be so ignorant of religion.

We are engaged in a war with people

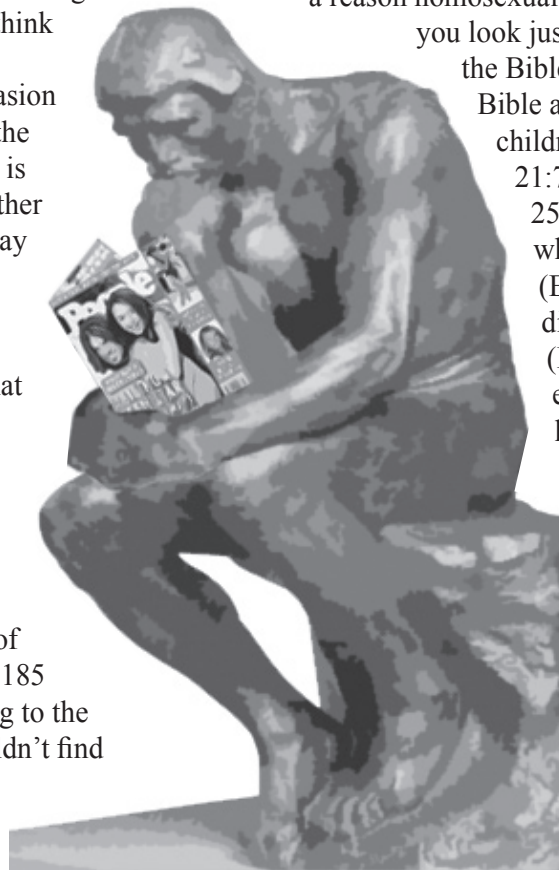
who feel that "Separation of Church and State" is blasphemous. Also, the Middle East has been a theocracy for about a thousand years, and yet many of us are surprised that we didn't just waltz in and bless these poor people with enlightenment, Western culture and democracy. In this conflict, there are really only three solutions: Find a way to make peace, kill them all, or die. Now, the second is not only horrific beyond words, but tactically almost impossible shy of all-out nuclear warfare. We sure as hell don't want the third option either, so unless we want to be stuck in a victory-less quagmire for all time, we need to find a way to work out some sort of mutually beneficial arrangement. How is this possible if we don't know anything about their core belief system?

Bringing it back home, religious rhetoric is used here all the time. Bush made numerous references to the Good Samaritan in his opening speech, and many of our laws regarding homosexuality, birth control and sexual education are based on religion. For example, people like to cite Leviticus 18:22 (which calls homosexuality an abomination) as a reason homosexuality should be illegal. But if you look just a little deeper, and knew the Bible better, you'd see the

Bible also says you can: sell your children into slavery (Exodus 21:7), own slaves (Leviticus 25:44), execute people who work on the Sabbath (Exodus 35:2), execute disobedient children (Deuteronomy 21:18), execute farmers who have more than one kind of crop planted side by side (Leviticus 19:19), punish people who trim their sideburns (Leviticus 19:27), and punish people who wear clothes made from more than one kind of thread (also Leviticus 19:19). Hope you don't have a polyester/cotton blend t-shirt on!

Instead of wasting time and tons of money ("People" claims to make over \$1.5 billion annually) on these gossip rags, how about we pick up "Time Magazine," "National Geographic," and other more relevant and enlightening publications? I don't blame magazines like "People," "US Weekly," and "Star" for our issues (although they aren't helping). Unfortunately, their stunning success is a symptom of a deeper problem: ignorance. Historically speaking, the ignorant never survive, they are always destroyed by some problem they could have foreseen and avoided. So unless we want to join the history books as another failed nation, let's get a little smarter and a lot more aware of what important things are going on in our world.

Knowledge is power, and we are sorely lacking.



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Back in the day

Adam LaMascus
 The Commuter

This day in history...

Jan. 6, 1838: ••••••••

Samuel Morse (yes, the guy who invented Morse code) tests the electric telegraph. This invention revolutionizes global communication. Western Union, the last company to still offer telegraph services, stops offering them in 2006.

Jan. 7, 1945: Leave it to Monty...

British General Bernard Montgomery holds a press conference and claims credit for winning the Battle of the Bulge (WWII). Many Americans respond with comments unfit for print. Monty is known for being a very capable and extremely arrogant commander.

Jan. 8, 1835: 8 trillion and counting...

The only time in history when the U.S. has a national debt of \$0. The national debt spiked hugely during the Civil War, WWI, and WWII, and has been steadily growing since then. Currently, our debt is almost 100% of our GDP.

Jan. 9, 1349: What did the Jews ever do to you?

The Jewish population of Basel, Switzerland, is rounded up and burned to death. Local Christian leaders claim the Jews were causing the Black Plague by poisoning wells. The Vatican has an official policy encouraging "good" anti-Semitism until around WWII. "Good" anti-Semitism included preventing Jews from getting jobs so they wouldn't conspire to take over the world.

Jan. 10, 1984: Only took 117 years...

The U.S. and Vatican City finally establish full diplomatic relations. Surprising, seeing how many powerful Catholics the U.S. has. In their defense, it did take the Vatican almost 400 years to admit that Galileo was right.

Jan. 11, 1879: For King and Country...

The Anglo-Zulu War begins. Despite the fact that the Zulus predominantly use spears and bows, while the British use modern firearms, cannons, rocket batteries, and a Gatling gun, the Zulus repel the first British invasion, hold out for almost six months and kill over 1,700 British soldiers.

Jan. 12, 1915: You don't have enough testosterone to vote...

The U.S. House of Representatives rejects a bill giving women the right to vote. Women are not given suffrage until 1920.

Thought for the week:

"History doesn't repeat itself, but it does rhyme."
 -Mark Twain

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Portland blows with snow

Ryan Henson
 The Commuter

Even before the plane's wheels smacked down on the runway, I could see that there had been a snowstorm in Portland, and I knew I needed to call my ride and get his new ETA.

"It'll be an hour plus," he said, explaining that he was gridlocked on Burnside somewhere and that the entire highway system – going into and out of Portland – was completely paralyzed.

"How much did it snow?" I asked.

"About four inches," he said.

On that night, Dec. 29, it took three hours for my friend to get to the airport. It took another six to get home to Corvallis. The Portland bus system and the MAX were brought to a near halt.

Jack-knifed tractor-trailer trucks dotted the highways, over 1,000 vehicles were abandoned in the snow and KPTV Portland reported that dispatchers received 291 reports of car crashes statewide. Those motorists who didn't stall, wreck or run out of gas moved along at a snail's pace – stuck in their cars for hours and hours.

My trip home wasn't bad at all; actually, it was kind of humorous. I dozed in the backseat of my friend's car. I ate a maple bar from Voodoo Doughnut (it had bacon!) and I remedied my boredom by laughing maniacally and creating finger paintings in the fogged-up window.

Other motorists didn't have such a whimsical experience, however, and called KEX 1190 to share their tales of woe. Callers spoke of being stuck in traffic for hours with hungry, crying infants. Others called to recount sliding accidents and close collisions.

Jeepers.

All of this because of four inches of snow? Didn't almost this exact same thing happen last year? Why does this kind of chaos ensue when it snows in Portland? Is there a single person or government entity we can blame for this? Or is it the collective winter-weather incompetence of thousands of motorists? City officials blame motorists for panicking. Motorists blame city officials for not being prepared.

"Everybody wants to blame government for not doing something. I don't know how we could have done something different," Oregon Department of Transportation spokesman Dave Thompson told The Oregonian.

In one respect Thompson is correct. People shouldn't put all the blame on government. If motorists were prepared and had some tire chains in their car somewhere, maybe they wouldn't go to pieces at the sight of snow. Maybe they all wouldn't jump into their vehicles at the same time trying to beat the icy conditions. It's everyone's fault.

But it's still the government's job to somehow remedy the situation. Here are some suggestions.

- Provide more information faster:
 After last year's storm, according to The Oregonian, Mayor Sam Adams began working on this idea: The web site Publicalerts.org, when finished, will provide users with information from different weather agencies. Adams also has "requested the technology" to Tweet motorists' cell phones and e-mail accounts. When these things are fully operational and people are notified early and frequently about hazardous conditions, they will be less likely to panic. This would partially solve the problem.

- Salt the roads:
 If people knew the roads would be salted, they might wait around for the snow and ice to be cleared before they headed out.



Snow day traffic

Robbie1@
 Flickr.com

I know the arguments against salting: Rock salt is questionable for the environment (mostly to bodies of water) and messes up the paint on your car. Let me say this: How good for the environment is the exhaust of thousands of trapped automobiles? How good for your car is it to slide into another car?

Besides, in the The Seattle Times, Diane Spector, a water-resources planner for Wenck Associates, which studied snow clearance for some cities in the Midwest, said "The occasional

application of salt is probably not going to have a lasting effect (on the environment)."

- Get more plows:
 I know the argument against obtaining more plows: In the wake of the storm that struck Portland in 2008, Cheryl Kuck, City Office of Transportation spokeswoman, in another article in The Oregonian, questioned whether Portlanders would want the city to spend funds on more snowplows that in most winters would just sit there. I say this: How much does it cost to remove thousands of abandoned cars from the highways? How much does the city lose in revenue when it is nearly shut down? How can we put a price on safety?

- Offer more roadside assistance:
 My friends and I sat on I-205 south for five hours. This wasn't because of an accident. This was because a lane was closed for construction and traffic was bottlenecked. In frustration, motorists drove down the shoulder and made the whole situation worse. If someone had been there to direct traffic, telling motorists when to stop or go, I'm certain the process would have been sped up significantly. The whole thing seemed to have a martial law feel to it and more assistance was definitely needed.

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High-tech hall hugs trees

To Madrone Hall

by Amy Earls

Boom! Eech! Rrr!
 Construction. Building concepts and formulas used to create the scientists of our future.
 Boom! Eech! Rrr!
 Construction. Started with ideas of how it could look, the future students it will hold who will start their own...
 (Boom! Eech! Rrr!)
 construction. Their own dreams and possibilities in the foundation, walls, design.
 Boom! Eech! Rrr!
 Construction. Builders building futures.

Max Brown
 The Commuter

Students rang in the new year with a brand new high-tech science and mathematics building, Madrone Hall.

On Monday, Jan. 4, classes began in Madrone Hall. The new building hosted a “green” ribbon cutting ceremony on Dec. 16. While the building is open for classes, construction is still taking place throughout.

According to an e-mail from Dan Lara, dean of science, engineering and technology division, contractors will be working throughout the day, but will try to stay out of the way of classes and students. Additional construction will mostly take place over the weekends, as so not interfere with classes.

Deron Carter, a physical science instructor, said “I taught two classes today (Monday) and they went well. There is still a lot of work that needs to be done, but the classrooms are certainly functional.”

The new building is 27,000 square feet and has earned a silver certification from Leadership in Energy and Environmental Design (LEED) and the U.S. Green Building Council.

“It’s an amazing building, and I think once it’s done it’s going to be one of the gems of campus,” Carter said.

Some of the attributes that earned the building LEED certification are the floor-to-ceiling windows which have solar panels embedded. Described in a program handed out during the ceremony, the building is designed to use “19 percent less energy than current requirements established by the Oregon Energy Code.”

“LBCC is able to present to its communities with a science and mathematics building that will inspire and motivate our students,” Lara said at the ribbon cutting ceremony.



Marci Bailey teaches her Chem for Health Occupations in a new Madrone Hall classroom.

Photo by Alx George

The landscaping around the building will also be sustainable, utilizing features like native plants that use less water and require less maintenance. This area will be the Bob Ross Learning Garden which will be a teaching tool for students in biology or horticulture classes.

Madrone Hall is part of a two phase project. Phase one was the building of Madrone Hall and the Bob Ross Learning Garden, and phase two is the remodel of White Oak Hall, formerly known as the Science Technology building.

Lara also says that once both phases are complete, LBCC will be able to serve an additional 3000 students in the math and sciences.

The renovation of White Oak Hall will update the building to fit technology of today. It will also add a number of sustainable features to the building, such as a solar panel gazebo to generate energy for the building and a green roof garden.

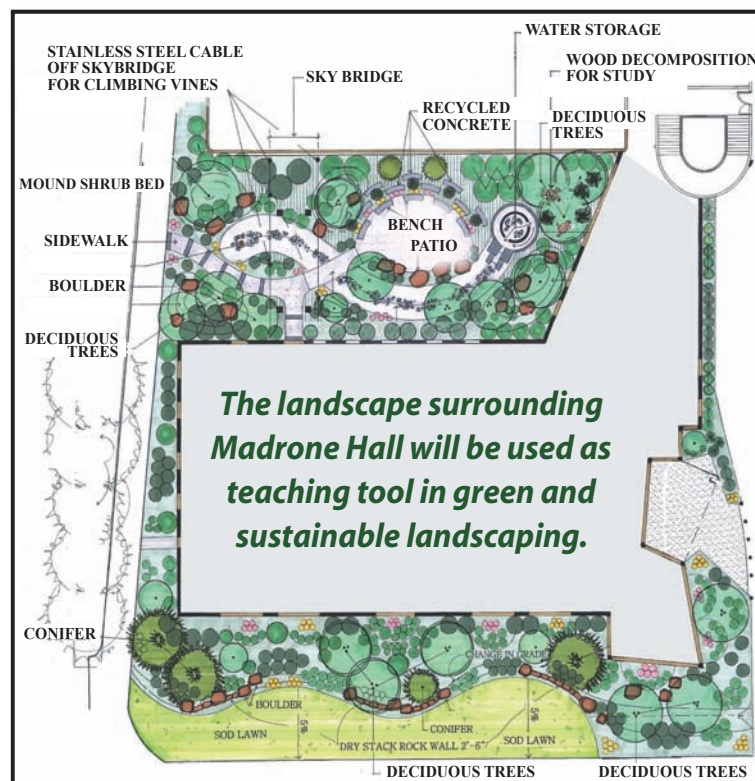
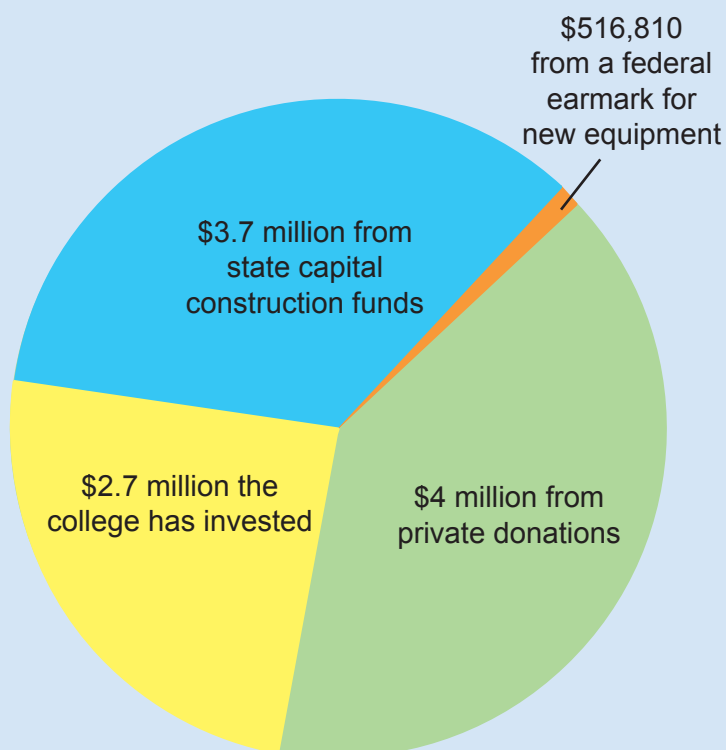
Renovation of this building is scheduled to be completed in May of 2011.

What is LEED?

LEED is an internationally recognized green building certification system, providing third-party verification that a building or community was designed and built using strategies aimed at improving performance across all the metrics that matter most: energy savings, water efficiency, carbon dioxide emissions reduction, improved indoor environmental quality and stewardship of resources and sensitivity to their impacts.

Source: Madrone Hall Grand Opening pamphlet

Total project costs including White Oak Hall



The landscape surrounding Madrone Hall includes the use of native plants, a water storage cistern, decomposing stumps for study, recycled concrete, and boulders and dry stack walls that promote habitat diversity. The design helped the project achieve LEED silver certification.

Madrone Hall: green & sustainable landscape

Photo provided by Madrone Hall Grand Opening pamphlet

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Feature

Something a little different.

Five New Year's resolutions you won't keep (and why)

Maya Lazaro
 The Commuter

Every Jan. 1, millions of Americans try to make amends for all their fatty food, overspending, and dull nights wasted in front of the television. Gym memberships boom, Alcoholics Anonymous fills up, and suddenly everyone's talking about reading as though it were a recent discovery. Unfortunately, like most things in life, resolutions are doomed to fail because change is hard and humans are by nature very impatient. Although the list is truly endless, below are five resolutions that will never come to fruition. Mission unaccomplished.

Lose weight. Rome wasn't built in a day, and neither was that mound of flesh that represents your abdomen. That means it's going to take more than getting up to change the channels instead of using the remote if you want to melt away those extra inches. The last time you got physical exercise was when you ran to Burger King instead of taking your car. Any weight you lose will be regained during the last three months of the year, the holidays being a natural enemy of any weight-loss plan, so save yourself the sweat and learn to accept your flabby, saggy, dimpled body the way it is.

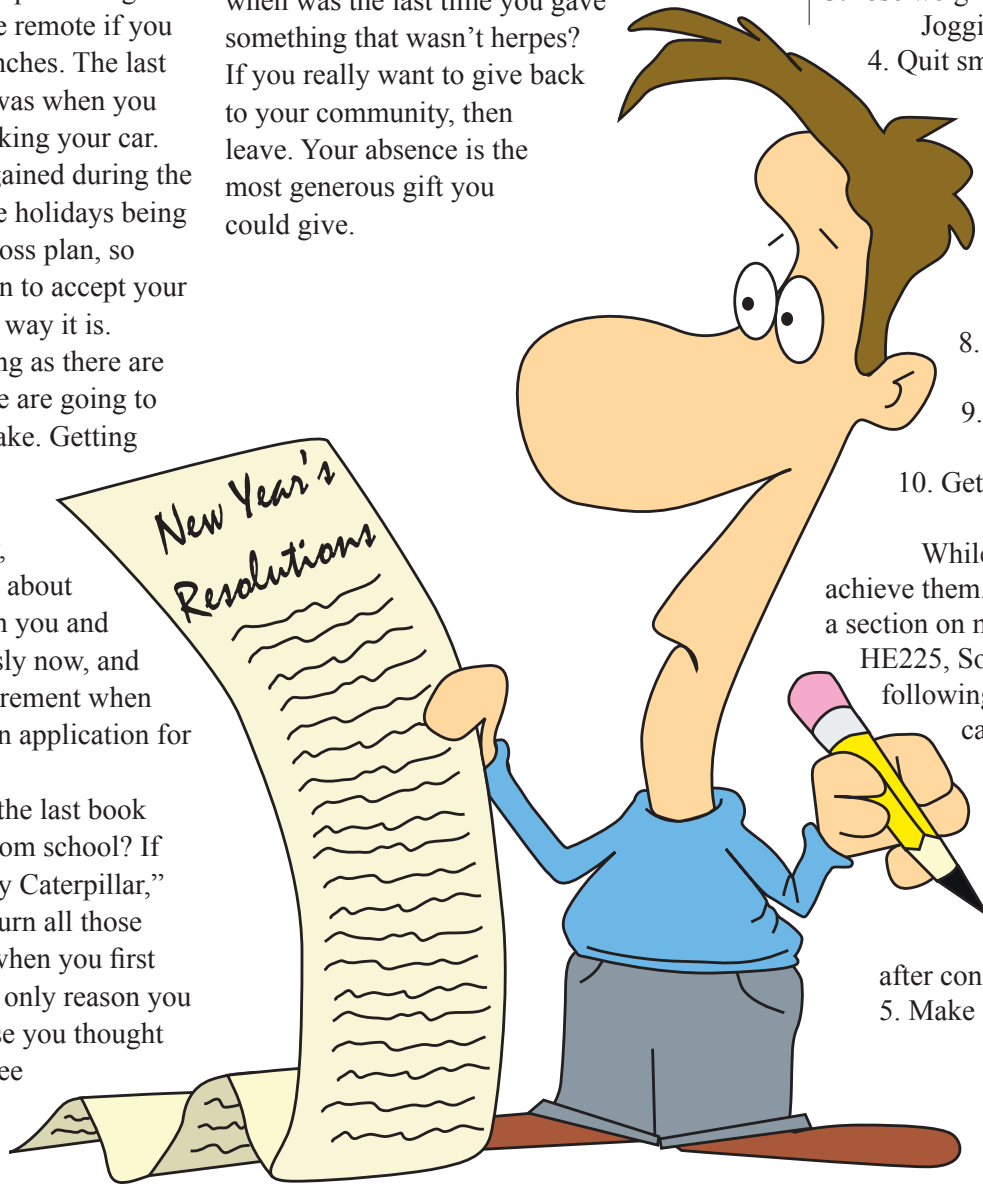
Get out of debt. As long as there are shiny things in the world, people are going to spend more money than they make. Getting your spending under control would deprive you of the latest version of the iPhone. Seriously, the only debt you need to worry about is the one accumulating between you and your drug dealer. Live luxuriously now, and work it off later. Who needs retirement when you can have a phone that has an application for fart noises?

Read more. What was the last book you read that wasn't assigned from school? If you answered "The Very Hungry Caterpillar," then you'll probably want to return all those library books you checked out when you first decided you were illiterate. The only reason you picked up this paper was because you thought you saw an advertisement for free food, so the chances of you reading an actual book are slim.

Be more adventurous. Let's face it.

You're boring. If you weren't, you wouldn't be reading this article while getting your degree in accounting, you'd be on a plane halfway across the world in search of an ancient cure for cancer or the fountain of youth, the only things in your backpack a revolver and a couple of gummy bears. You know, just in case. The closest you ever came to danger was that evening you spent watching "Survivor." If you insist on pretending you find life exciting, then go into the kitchen and spend time "exploring" the refrigerator for an exotic meal, like a ham sandwich. Oh look, you just "discovered" the brownies your roommate's mom brought over this morning!

Give back more. You're so stingy, you gave your own mother a I.O.U. card for Christmas that read "I owe you nothing." Think: when was the last time you gave something that wasn't herpes? If you really want to give back to your community, then leave. Your absence is the most generous gift you could give.



Ancient traditions for the future

Alx George
 The Commuter

New Year's resolutions are nothing new. The tradition of making goals for self-improvement started around Babylonian times (as far as we can tell) to bring about favor from the gods. During the time of Julius Caesar, the Romans would give each other gifts of sacred branches that would bring them good fortune. And like the Babylonians, they would also make promises of good conduct to their gods.

Today, Americans make similar promises of improved behavior to themselves, their friends and family, and even God. Albrecht Powell of About.com provides us with a compiled list of the Top 10 New Year's Resolutions (if your resolution is one or several of these, some classes/activities that would help are listed):

1. Spend more time with family and friends
Social and Individual Health Determinants (HE 225)
2. Get fit
Body Conditioning (PE 185G)
3. Lose weight
Jogging (PE 185P)
4. Quit smoking
Lifetime Health and Fitness (PE 231)
5. Enjoy life more
Turning Point Transitions (9.983A)
6. Quit drinking
Lifetime Health and Fitness (PE 231)
7. Get out of debt
Financial Future (0.667)
8. Learn something new
Any class you've never taken before
9. Help others
Pick up trash around campus
10. Get organized
Get Organized (0.446A)

While these goals are great, very few people actually achieve them. With this in mind, professor Cindy Falk includes a section on making and obtaining achievable goals in course HE225, Social & Individual Determinants of Health. The following suggestions will help you be more successful carrying out your New Year's Resolutions:

1. Keep a diary of what you are doing and the progress you are making
2. Choose a buddy you can "report to"
3. Make a plan with achievable little goals that will help you accomplish the "big one"
4. Reward yourself at significant intervals (i.e., after conquering a little goal)
5. Make constant, continual, and conscious effort

Perspectives: What is your New Year's resolution?



Chelsea Ross
 Pre-nursing

"Get into nursing school."



Patrick Giles
 Speech & Communication

"Read my student bible each day."



Megan McCord
 Administrative Medical Assistant

"Get a divorce."



Andrew Decker
 Legal Administrative Assistant

"I want to stay a non-smoker & take time to relax."



Brittany Marcelo
 Pre-nursing

"I want to drink less coffee."

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Opinion

Submissions to The Commuter:
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Winter 2010

ACADEMIC SUCCESS SEMINARS

Boost your college knowledge!

ALWAYS FREE!
 Always helpful
 Always 50 minutes!
 Always worth your time!

So Much Math, So Little Time

Math faculty member Vikki Maurer will share tips to help you master math requirements confidently! Topics include: getting ready before your class, expectations in a college math class, how to think like a math instructor, math study tips for your learning style, how to read a math textbook and how to prepare for math tests. Sign up on SIS under "Study Skills," or just drop in!

Day	Date	Location	Room	Time
Monday	January 11	Lebanon	LC-153	4:30 - 5:20pm
Tuesday	January 12	Benton Center	BC-232	5:00 - 5:50pm
Wednesday	January 13	Albany	CC-210	2:00 - 2:50pm
Wednesday	January 13	Sweet Home	SHC-102	4:30 - 5:20pm

LBCC is an equal opportunity institution. For disability accommodations, call 917-4789. Submit requests 4 to 6 weeks before the event when possible. To call by TDD, call the Oregon Telecommunications Relay Service 1 (800) 735-2986 and provide OTIS the number you wish to reach.

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.

Advice from Weiss

Mark Weiss
 for The Commuter

College Success: Part 4

Last quarter, in response to a student question, I began writing a multiple column series on how to be a success in college. I've covered several different aspects of success, and will cover one or two more before ending this series. Today I want to focus on the importance of dreams. Let me begin with a true story (at least the person who told it to me said it was true).

One June, not too long ago, a friend of mine was asked to give the commencement speech for graduation at a local university. It was a very hot day. Stiflingly hot. The students, their families and friends, and the dignitaries and officials on stage were all very uncomfortable. On top of that, the ceremony ran long. The president of the university and all of the other preliminary speakers had all taken way too much time. By the time my friend was to give the big inspirational speech, the talk that was to send students off from their college experience with confidence in their futures, it was actually the time his speech was supposed to end. His choice was to either make the ceremony run long, or edit his speech.

My friend was introduced, walked to the podium, looked out on the sweaty, suffering crowd and immediately edited his talk. In fact he cut out all but one sentence, which he repeated three times. Speaking with all the emotional force he could muster, my friend said, "Make no small plans for your life. Make no small plans for your life. Make no small plans for your life." And then he sat down.

As a long time career counselor, I've really never heard better advice. What I've learned in my 21 years at LBCC, and from my personal life as well, is that most of us think too small. Most of us think too

little of ourselves. Most of us do not dream big enough, because we don't believe in ourselves as much as we should. In all these years I have probably talked to four or five

students who have set their goals too high, and weren't capable of reaching them. In contrast, I've talked to hundreds who have not set their goals high enough. It turns out that most of us are competent. Most of us are smart. Most of us have strengths we don't even know about. Most of us are capable of creating and completing large plans, and don't have to make small plans and live out small dreams.

When I examine the issues and hurdles I've had to face, in both my professional life and my personal life, almost every one of them occurred because I made small plans, dreamed small dreams, instead of big ones. The funny thing is, most of the time small dreams take just as much effort as big ones.

So, my friends, I encourage you, make no small plans for your life. You are capable, you are smart, you are stronger than you think - and you only have one life with which to dream big! If my column doesn't convince you, or dreaming just doesn't come easily to you, then come see a counselor in Takena Hall or any of our centers. We'll be glad to talk with you. We'll help you find (and appreciate) your special talents. Just remember, jobs and careers often progress better when kick started with a dream.

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



Counselor Mark Weiss

The

COMMUTER

is looking for motivated students to join the 2010 staff

Don't be afraid to get involved and share your voice with the college community.

We're looking for:
 Photographers, Cartoonists,
 Copy Editors, Bloggers,
 Graphics Editors, Online Editors,
 Online Assistants,
 Writers & Columnists

Applications available in
 The Commuter office (F-222)
 For additional info
 call 541-917-4451

Will you be our friend?

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Tell us what you're thinking and keep up-to-date on the latest news. Plus, check our website for more stories, pictures, videos, and blogs at commuter.linnbenton.edu.



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Poetry

Letters to the editor. These do not reflect the views of the Commuter staff.

From the poet laureate:

Dear Students and Staff:

We once again are at a point of new beginnings: a new term, a new year, a new chance to be involved in poetry and to write new poems. I am excited to be continuing as campus poet laureate for this next term, and I'm expecting new events to take place and new poems to be written and shared with passion. I am also expecting the continuation of the Poem of the Week and Poetry Club to be full of living, thriving words! That's what poetry is all about. The sharing and continuing of what we sometimes want to communicate through a deep expression from our souls. Nikos Kazantzakis, a Greek writer, says "my entire soul is a cry, and all my work is a commentary on that cry." I hope that my work as this year's poet laureate is, if nothing else, a commentary on the cry of our souls.

I wish to express poetry through the souls of many past and present poets in my Poem of the Week. Once again, I will be handing out a poem on just about every table in just about every building on campus. Please take one, share with others, and notice that at the bottom of the poem will be the times for the Poetry Club, which is tentatively going to be Tuesdays from 2:30-3:30 in the Library Reading Room. The Poetry Club is an incredible time of reading our own poems or our favorite poems written by someone else. We then talk about the poems and reflect on them. You don't have to write poetry to come.

You're welcome to just listen and soak it all in.

This term, we will be starting a Poetry Project. The idea originates from Robert Pinsky, the U.S. poet laureate from 1997-2000. The Poetry Project is a bundle of poems that you will have the chance to submit for display on the LBCC Commuter web site as well as possibly in the Commuter paper. You can submit your favorite poem with a brief explanation of why it is your favorite. Anyone is welcome to be a part of this exciting way to share and comment on poetry and the way it has affected our lives. I'll be giving an example of a poetry project in The Commuter very soon, so that you have an idea of what the project can look like. If you would like to submit your poetry project, you can email me: amyearls14@gmail.com.

Be watching for more poetry happenings that will be taking place on campus this term, such as the Library of Congress poetry competition that the U.S. Poet Laureate Kay Ryan invites us to join and the combination of poetry and calligraphy that will be displayed in the NSH gallery.

I would like to extend an invitation for you to join me this term in experiencing refreshment and joy that is always found in poetry. And may you discover that the secret to poems lies in you!

Your Poet Laureate,
 Amy Earls

Blindly Walking

by Amy Earls

head back	head straight	mirror mirror
eyes on sun	eyes on mirror	sun so bright
stare stare	stare stare	stare stare
colors blur	vision burns	can't see
blink out reason	shaded reality	who is staring
blind focus	see nothing	back at me
blind image	see darkness	mirror knows me
where am I lost?	can I find me?	do I know me?

THE COMMONS FARE

1/6 - 1/12

Wednesday
 Dishes: Chicken Fried Steak w/ Country Gravy, Chicken Massaman Curry & Steamed Rice and Lasagna
 Soups: Tortilla and Navy Bean

Thursday
 Dishes: Pulled Pork Sandwich, Grilled Chicken Breast w/ Pear & Mango Chutney and Falafel
 Soups: Beef Barley and Tomato Florentine

Friday
 Chef's Choice

Monday
 Dishes: Swiss Steak, Sweet & Sour Tempura Chicken w/ Steamed Rice and Eggs Benton
 Soups: Creamy Chicken Mushroom and Minestrone

Tuesday
 Dishes: Roast Turkey w/ Dressing & Pan Gravy, Poached Salmon over Mushroom Rice Pilaf w/ Bearnaise and Eggplant Parmesan
 Soups: Seafood Chowder and Tomato Basil

Classifieds

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

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

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

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

Help Wanted

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

Apprenticeship Opportunities

(LBCC) Establishes a pool of eligible people in the Willamette Valley for limited energy technicians (Class A & B). Apply

in person to: Room IA202 at LBCC by appointment only- call 541-917-4636 for appointment.

Drug Free Communities Intern

(#7678, Corvallis area) Assist with the management of our Youth Commission working directly with high school age youth developing leadership skills.

CWE AST/TiWW Wastewater & Compliance Tech

(#7682, Albany) Are you an LBCC student in engineering or science

field? Work with collecting environmental samples and monitoring the environment. \$10.45/hr to start. Great CWE experience!

CWE Student Lab Technician

(#7718, Albany) Are you sophomore or more senior standing and have one year of high school or college chemistry? This job is for an entry-level technician doing routine chemical laboratory analysis. Part-time during school & full-time in the summer.

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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Letters Welcome

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

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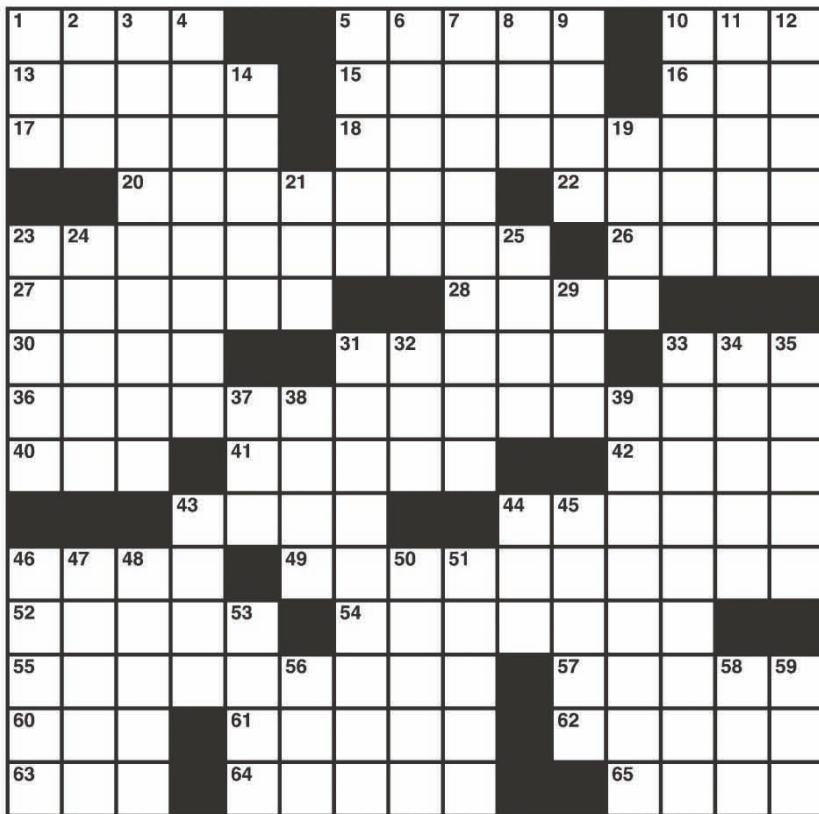
Surreal Living

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

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

- ACROSS
1 Seawater component, to a chemist
5 Egypt's Mubarak
10 Adriatic Sea country: Abbr.
13 "In other words ..."
15 Decide to participate
16 "You stink!"
17 Oktoberfest dance
18 Seat for eating scaloppine?
20 Speaker's stand
22 Blue Cross competitor
23 Tool for a dueling snake?
26 Home of the witch who melted
27 Earth tones
28 Newspaper ad meas.
30 Sainted fifth-century pope
31 Playfully
33 Org. once headed by Heston
36 What Tarzan became after years of swinging?
40 Half and half
41 Madison's neat roomie
42 Bottom-line negative
43 Sykora of the NHL
44 "The Tempest" king
46 Facts and figures
49 Egotistical describer of laws of motion?
52 Month for fools?
54 Uranium-238, e.g.
55 Paleontologist's ski resort discoveries?
57 "Au contraire!"
60 Nest egg item, briefly
61 Cheri of "SNL"
62 Firestone Country Club city
63 Arch site: Abbr.
64 Passover meal
65 Home of the witch buried under a fallen house



By Dan Naddor

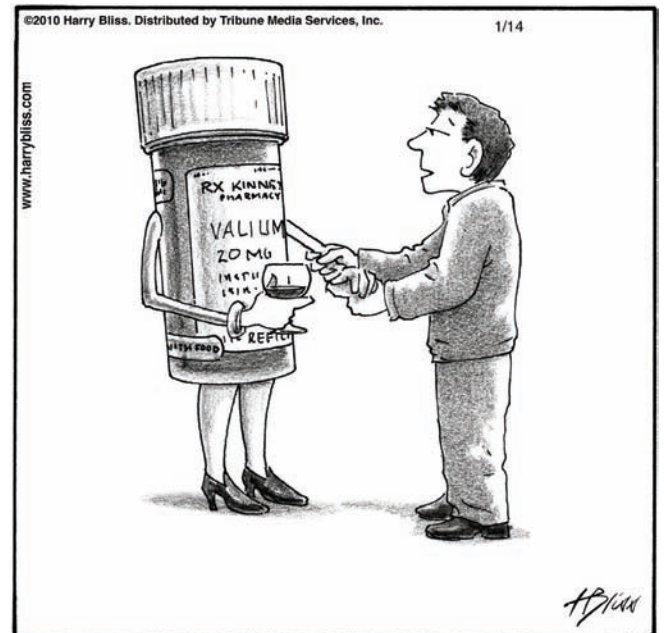
- DOWN
1 Chill in the air
2 Latin 101 verb
3 Texting device
4 View from Cleveland
5 Shack
6 "The Barber of Seville," e.g.
7 Represents
8 Zilch
9 Peruvian ancestor
10 Taper off
11 Tender beef cuts
12 Sacha Baron Cohen title character
14 Mother-of-pearl
19 Axed
21 Atlanta-based sta.
23 Saab competitor
24 Trap during a winter storm, maybe
25 Prefix with distant
29 22-Acr. business
31 Deep-rooted
32 Miami-to-N.Y. dir.
33 Aquarium fish with an iridescent stripe

Wednesday's Puzzle Solved



(c)2009 Tribune Media Services, Inc.

- 34 Rene of "Ransom"
35 Burning desire?
37 Stick in a parlor
38 Airing in prime time, say
39 Hardly a speed demon
43 Tot's beach toy
44 Bad picnic omen
45 Hotelier Helmsley
46 Lincoln's Confederate counterpart
47 Separately
48 Court case
50 Grenoble's river
51 Boot camp negative
53 Debt-laden corp. takeovers
56 Suffix with Capri
58 Mariner's "Help!"
59 Que. neighbor



"I feel so calm and relaxed when we're together."



"What the heck did I do with that leftover turkey?!"

Did you know?

- The Blackwater Worldwide private military contracting company has changed its name to Xe Services LLE.
The day that scientists announced a plan to clone 200 people, "Star Wars Episode II: Attack of the Clones" was announced.
The video game "Fallout 3" was temporarily banned in Australia for "accurate depiction of drug use."
Komodo dragons are unusual amongst lizards in that they are monogamous and form life partnerships.

Add/Drop

An LBCC student generated comic.

By Maggie O'Reilly



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ARTS & ENTERTAINMENT

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

Coming attractions

Youth in Revolt

Michael Cera is sexually minded 18-year-old Nick Twisp, whose parents' divorce has become the motivation for his plan to lose his virginity to the girl of his dreams (Portia Doubleday). This comedic teen flick is based on the C.D. Payne novel of the same title.

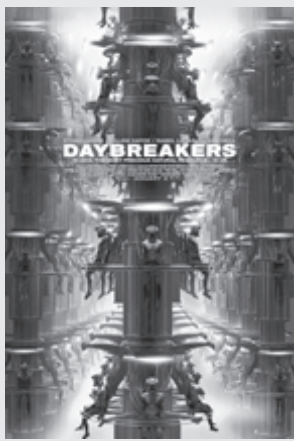
Runtime: 90 minutes
 Rating: R



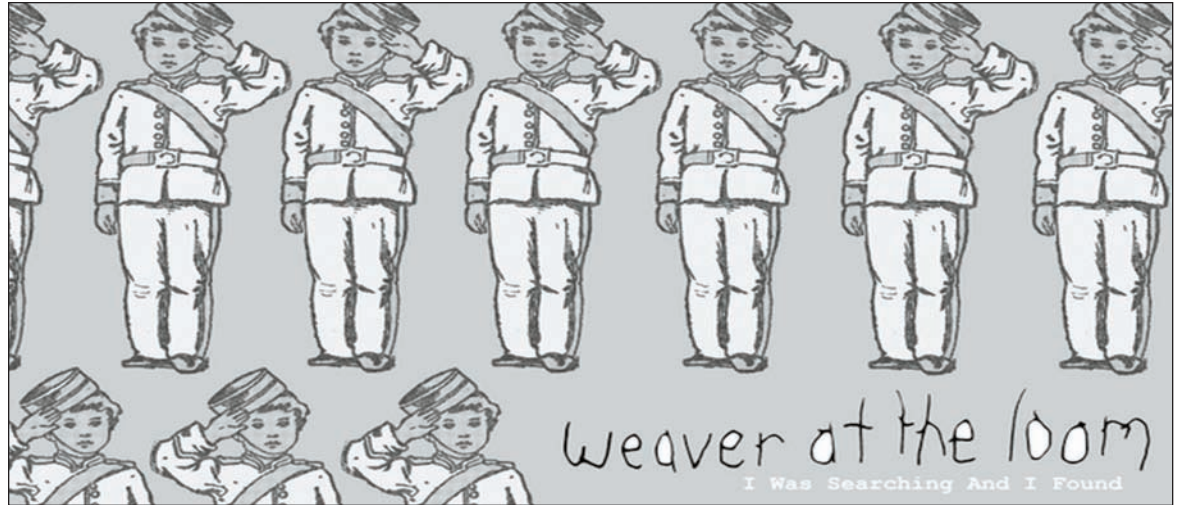
Daybreakers

A vampire flick with a zombie-esque plot, Daybreakers is set in the not-so-distant future, when most of the people on earth have become vampires. A team of vampires seeks to capture the remaining humans and farm them for blood, while a researcher (Ethan Hawke) searches for a way to save the human race.

Runtime: 98 minutes
 Rating: R



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



Weaving a win

Joel DeVylidere
 The Commuter

With the grace of what seems at first to be an effortless endeavor into the scene, Weaver at the Loom is crafting some of the most brilliant music to grace the Internet in years. Lyrics that shake with honesty, and melodies that gently tear-jerk the listener into attention make their first release "I Was Searching and I Found" a rare gem.

The lyricism is unconventional in that it feels less important than the music, but at once inseparable - the rise and fall of the writer's emotions correspond flawlessly with the volume and tempo changes that so avidly capture the listener's primary focus. They feel more honest than proud, at once relatable to the part of the listener that is looking for an expression of inner turmoil.

Releasing a concept EP as their first major recording is a tactic that seems to be telling the world that they know what

they're doing and where they're going musically. Also, on the plus side, throughout complicated melodies, they don't miss a note. None of the songs sound forced - they really seem to have it together.

Track 2, "You Can't Escape Them," laments: "Call me a coward, it's so fitting./ I flee from open doors. They are/ creaking, cracking open, and I/ know I will never escape them all ... I said I would sail the/ roughest of seas to find some/ peace, but I'm backing out again. 'Cause I want my oceans in a spoon where/ they're short and shallow; something that I can swallow."

So we have soaring guitar melodies and a very studied drummer (sounds a bit like Explosions in the Sky), with lyrics reminiscent of the screamo act Dead Poetic, topped off with vocals that resemble those of progressive rockerband Emery - calm and focused. Overall, I appreciate this album. They'll be big for sure.

Natalia & Christoforo's beats out the Big Mac

Maggie O'Reilly
 The Commuter

Being in college can be difficult. For one thing, we're broke all the time. And as a consequence we usually find ourselves eating food we're not proud of. The one dollar Big Mac, the Wendy's value menu, the 7-Eleven hot dogs, oh yes, we have all been there. One look at our greasy, calorie-laden breakfast, lunch or dinner and we sigh in defeat. Faces pressed against the glass windows of chic up-scale eateries, we shrug off the pangs of hunger and accept our fate. But where can a student go for real food when you've got five bucks? The answer is Natalia & Christoforo's.

A family-owned deli for over 20 years, Natalia & Christoforo's sandwiches are out of this world. Recently voted Best Sandwich Shop by The Alchemist, Subway better beware, because once you try a traditional Italian sub, you're never going back. It's tucked away, almost hidden, on Jackson Avenue across from the Greyhound bus stop. It's also conveniently a short distance from where most LBCC students get dropped off from the Linn-Benton Loop.

The meats and cheeses are all hand

sliced from huge deli portions and topped with a wide variety of vegetables and sauces. If you need another reason to try this place, a generous half a sandwich is about \$4.10. Add a 75 cent drink and you've got yourself a meal for \$4.85. Vegetarian? No problem. Natalia & Christoforo's offers several vegetarian originals like the "Harry"- dark rye, mascarpone cheese, Havarti, avocado, tomato, lettuce and mustard. Kids under 12 can eat for less than \$2.75- that beats out most fast food prices, and it's healthier.

On top of everything else, this place has a great atmosphere, the kind of vibe you can only get from a business deep rooted in a town's history. A flag of Italy is mounted with pride, along with a full map of Corvallis. The walls are full of family photos and memorabilia. Overall there is a sense of familial love and a strong sense of pride in what they do.

It's difficult to reconcile sustaining oneself on ramen, TV dinners, and the traditional deep-fried cuisine of student life, but not with such a fresh, local vendor so close and so affordable. As long as places like Natalia & Christoforo's will let me in the door, I'll be happy to eat there, and I highly recommend you follow suit.



Mmm ... Traditional sandwich with mortadella, Italian salami, cotto salami, veggies, olive oil, oregano, salt & pepper, pepperoncini, red onion, jalapeno, cucumber, kalamata olive, roasted red pepper, dill pickle, romaine lettuce and tomato.

picture provided by Natalia & Christoforo's



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ARTS & ENTERTAINMENT

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Holiday Movie Review Round-up



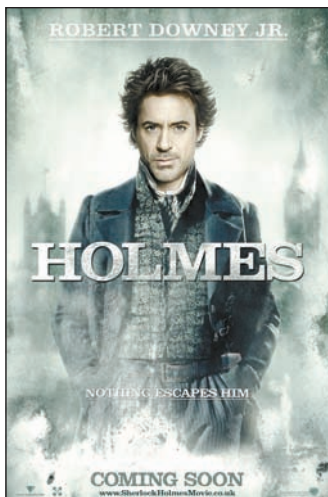
It's Complicated
(114 min, rated R)

Ashley Christie
The Commuter

Meryl Streep and Alec Baldwin star as Jane and Jake Adler, a happily divorced couple who rekindle their romance one night at their son's college graduation. The film follows these two as they continue their affair and try to hide it from his wife, her potential new beau (Steve Martin) and their three kids.

"It's Complicated" is written and directed by Nancy Meyers. If you have seen any of her other films, "The Holiday" or "Something's Gotta Give" for example, you pretty much know where this standard "rom-com" is going to go before you buy the tickets. It's not so much complicated as it is predictable.

That being said, "It's Complicated" is a sweet, good-hearted movie with some genuine laughs that your mom will love. Streep and Baldwin are fantastic, as always, and do their best with a mediocre story.



Sherlock Holmes
(134 min, rated PG-13)

Maya Lazaro
The Commuter

Fists fly in this glamorized look at one of literature's most memorable detectives. First-time viewers might mistake this movie for "Fight Club" when they see Holmes (Robert Downey Jr.) throwing punches and surviving explosions alongside his long-suffering companion Dr. Watson (Jude Law), in an effort to save London from the ambitiously malevolent Lord Blackwood (Mark Strong). Lovers of the original novels need not dissolve in total despair, however, as Holmes retains his characteristic fussiness and obsessive detail-oriented behavior. The only difference is that now, in order to relate to young male audiences who worship at the altar of Chuck Norris, he's been graced with a six pack, a five-o'clock shadow, and an interest in women. Rachel McAdams' attempt to play cunning career criminal and Holmes' love-interest, Irene Adler, is wince-worthy, and the mystery itself is far more bland than it is, well, mysterious. However, if you're tired of all the "Avatar" hype and want to get a feel for what Robert Downey Jr.'s acting is like when he isn't strung out on coke, then this film is a winner.



The Princess and the Frog
(95 min, rated G)

Justin Bolger
The Commuter

"The Princess and the Frog" is essentially Disney's attempt to relive its glory days of 2D animation. There's the jazz music, the age-old story with a twist, the eccentric characters and the love factor. Pleasant and touching though it was, the animation wasn't the only aspect of this story that was two-dimensional. It's nice to look at and the characters are likeable enough, but this is definitely a story for the kiddies.

There is one character, however, that crosses the generation border: Dr. Facilier, the bad guy. Voiced by Keith David, he completely nails all that is great about villainy. In the song "I've Got Friends on the Other Side," the charismatic Facilier puts on a dazzling display rivaling the entrance of the Genie from "Aladdin," but with the sinister flare of Shadowman voodoo. If only he had more screen time.

All in all, "The Princess and the Frog" doesn't capture enough classic Disney to cater to nostalgia, but at the same time it's not quite fresh enough to woo a viewer by any other means.



Avatar
(160 min, rated PG-13)

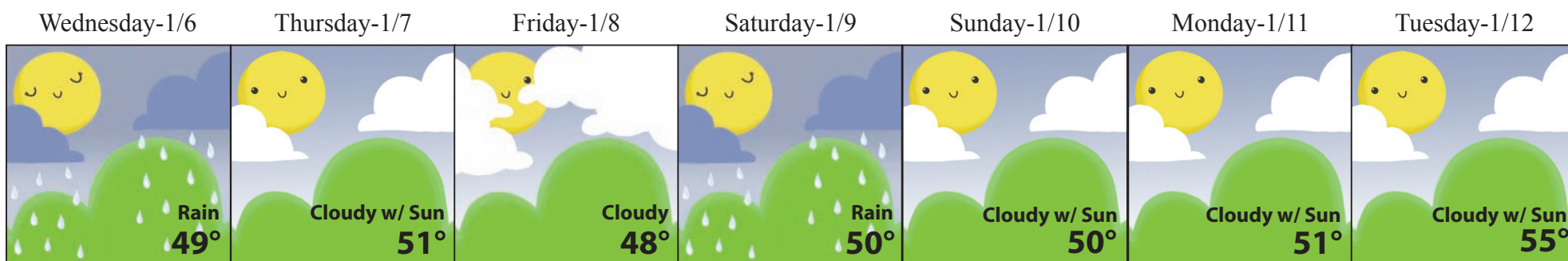
Justin Bolger
The Commuter

The ingredients for "Avatar" are as follows: the bread and butter of "Dances With Wolves," the greenery of "Fern Gully," and just a dash of "Halo" for flavor. James Cameron, the movie's director and writer, created the kind of gourmet film that comes around just once every couple of decades.

While a bit predictable in story and script, these are driven by a cast of evolving characters and the sensory overload of an entirely new world to experience. Audience members explore the beautiful sights of Pandora's rich ecosystem and live through the traditions of the Na'vi people right alongside the leading man, Jake Sully (Sam Worthington). The technology used to create the caliber of visuals used in "Avatar" is completely cutting-edge and is sure to push Hollywood toward the next level. My palms would sweat every time the camera would look cliff-side, and I noticed other viewers try to wipe ash from their 3D glasses as the trees burned. Maybe those were tears. Either way, it was awesome.

"Avatar" is the absolute best 3D movie I've ever seen. Every human alive should see this movie.

Weekly Weather Predictions



Warning: These are only predictions. For up-to-date forecasts, please look out your window. source: accuweather.com