

**UMBRELLA OPENS**

The 2003 edition of LB's student-edited creative arts journal, hits the bookstores this week **▶ Pg. 5**

**SO CLOSE**

After sweeping Mt. Hood to earn a shot at the playoffs, Runners run out of gas. **▶ Pg. 11**



www.linnbenton.edu/commuter

Volume 34 No. 24

# THE COMMUTER

A WEEKLY STUDENT PUBLICATION

Wednesday, May 21, 2003

Linn-Benton Community College, Albany, Oregon



Photos by Thomas Lin

**Sumartini 'Tini' Krisman and Darrell McGie were named Outstanding Student Scholars for 2003 by the state community college association.**

## Two student scholars honored by community college group

by Thomas Lin  
of The Commuter

Two students known for campus involvement and leadership will each receive a \$1,000 scholarship for winning the 2003 Outstanding Student Scholar Award sponsored by the Oregon Community College Association (OCCA).

Sumartini Krisman and Darrell McGie, both active in Student Life and Leadership, were se-

lected for the honor earlier this spring. The April 25 awards ceremony included a brunch in Salem where Gov. Ted Kulongoski personally congratulated each scholarship recipient.

"I was so happy," Krisman said. She explained that she had to write ten pages of essays while applying for the scholarship last fall through Linn-Benton's Phi Theta Kappa honor society.

Besides acting as the public relations officer

▼ Turn to "Scholars" on Pg. 4

## Budget dilemma expected to cost students more next year

by Wendy Geist  
of The Commuter

The budget shortfall continues to rain down on LBCC as the Budget Committee looks for new ways to increase the amount of money coming in so that it doesn't have to cut any more programs, having already cut 379 class sections this year.

The committee will meet tonight, May 21, in the Boardrooms at 5:30 p.m. to approve a list of revenue enhancements. The meeting is open to the public. Fol-

lowing the meeting, LB's Board of Education will convene at 7:30 p.m. in the same room to vote on probable tuition and fee increases.

The Budget Committee is considering a tuition increase of \$6 per credit hour. Tuition was raised by \$4 per credit at the start of the 2002-03 academic year. The proposed increase would bring tuition from \$43 to \$49 per credit hour. People who enroll in non-credit classes could also see an increase in their tuition.

Another change the Budget Committee is considering is to shorten the time period students have to pay

their tuition. Current policy is to give students two weeks after the start of classes to pay; under consideration is a policy to give students less time, but how much has not been decided. Also being considered is shifting the college's default risk for payment plans to an outside vendor, which would save LB around \$70,000 a year because of a decrease in billing costs and bad debts.

The committee is also contemplating charging additional tuition for classes that require more contact hours

▼ Turn to "Budget" on Pg. 4

## Learning Center hours will depend on student use this summer term

by Phillip Ruzek  
of The Commuter

The sun is finally out, spreading heat over students relaxing on campus. However, too much summer relaxation may force the LB Learning Center to cut hours intended to help students.

The summer term is eight weeks long compared to the ten weeks that students are used to. Due to budget cuts the main campus will be closed on Fridays and Saturdays and the Learning Center will only be open four days during the week.

The hours for the Learning Center are Monday and Wednesday 8 a.m. to 8 p.m., and Tuesday and Thursday 8 a.m. to 5 p.m. Learning Center Coordinator Charene Wimbley-Gouveia said that the Learning Center decided to add two long days in the center during the

*"Our feeling is that we (the Learning Center) are needed."*

▶ Sharon Rodecap

week to help students with the cramped term.

"Campus administration will monitor student use for the first few weeks," Wimbley-Gouveia said. If the administration finds that the center is not being used enough, they are going to cut back the 12-hour-days on Monday and Wednesday, to the same hours as Tuesday and Thursday.

Wimbley-Gouveia mentioned that if student use is significantly lower, cutting hours will save money for the coming academic year. To save money by reducing staff hours the writ-

▼ Turn to "LRC" on Pg. 4



Photo courtesy of Lin Olson

### Demolition Marks New Beginning

The Benton Center said good-bye to the last standing pieces of the old gym last Friday. The remodeling project now underway will mean new offices for instructors, a career center for students, a new ceramic studio, a student lounge and more classrooms. The project is expected to be completed in the spring of 2004.

WEATHER THROUGH THE WEEKEND

SOURCE: WWW.WEATHER.COM

High: 73° Low: 49°  
**WEDNESDAY**

High: 77° Low: 46°  
**THURSDAY**

High: 76° Low: 48°  
**FRIDAY**

High: 72° Low: 48°  
**SATURDAY**

High: 63° Low: 44°  
**SUNDAY**

Opinion.....2-3  
Campus News.....4-5, 9  
A & E.....6-7  
Funny Page.....8  
Sports.....11  
On The Road.....12

**INDEX**

**THE COMMUTER**



Opinion Editor: Adele Kubein  
 Editor-In-Chief: Wendy Geist  
 Telephone: 917-4451

# OPINION

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

## Buy organic to keep harmful chemicals out of our food

According to an October 15, 2002 article in the Public Health Reporter, 20 percent of the food we eat is contaminated with pesticides, even though most of them have been banned for decades. A typical diet features between 60 to 70 hits daily of toxic chemicals.

The San Francisco based Pesticide Action Network, says that adults who eat a well-rounded diet may be ingesting up to 90 times the acceptable limit for exposure to a group of chemicals known as persistent organic pollutants. POPs are described as a class of chemicals that are among the most insidiously dangerous compounds ever produced because they persist in the environment for years and can build up in the body's fatty tissues.

We tend to think of vegetables and fruit such as squash, cantaloupe, cucumbers, spinach and radishes as healthy food. In reality, these vegetables rank among the top 10 foods contaminated with POPs. Children are at a greater risk from pesticide exposure. Some preliminary research indicates that the hormone mimicking properties of pesticides and herbicides may be responsible for early maturity in females and possible reproductive cancer and infertility later in life. Plasticizers, which are used to stabilize materials in the manufacture of plastic containers, have also implicated the same problems.

Children's bodies are far more sensitive to chemicals than adults'. The effects on children have been the subject of numerous studies. Among them is a 2003 paper presented by Cynthia Curl et al. of Seattle, which reports that school children eating conventionally grown fruits and vegetables are nine times more likely to exceed EPA safety standards for exposure to organophosphate pesticides than children eating organic produce. Organophosphates are one of the most common causes of poisoning in farm workers. By buying organic foods we not only protect our children, we also protect all of the people who are exposed to the chemicals used to grow non-organically—from the farmers to the farm workers and even the produce handlers at the canneries and produce markets.

Atrazine, a weed killer used on wheat, corn and sugarcane fields, is a persistent chemical that can last many years without degrading. It has been identified as a pollutant in groundwater and the atmosphere. It is so toxic that there are prohibitions against allowing animals to graze on land that is contaminated by it, yet it

is still showing up in wells. It has been implicated in amphibian deformities and animal cancers, but no studies of the effects on humans have been made public.

The complaint made by agri-business that food cannot be grown organically on a large-scale basis is refuted by the success of the burgeoning organic food industry in the U.S. and by Cuba, an entire country forced to go organic when the Soviet Union collapsed.

When the USSR collapsed in the late 1980s, Cuba no longer could afford the synthetic fertilizers and the oil to run large equipment the Soviets supplied them with. Farmers were forced to farm the old-fashioned way with smaller fields, manures, rotation and cover crops to enrich the soil. As a result Cuba's organic food movement has made that country a world leader in low impact, sustainable agriculture.

In the U.S., organic food is the fastest growing agricultural market. Not just produce, but organic dairy products, eggs and meat are also in high demand. Antibiotics used in conventional poultry and meat farms have proven dangerous to humans. Constant antibiotic use in meat and dairy production has created bacte-

ria resistant to antibiotics. If we get an illness from one of the related bacteria there is no way to cure it. Bovine growth hormone used to alter cattle's growth rate and milk production is also found in measurable quantities in non-organic milk—the effects on young people of a steady dose of growth hormones is as yet unknown.

Many fungicides and pesticides commonly used in produce and grain production cannot even be washed off, some of them are oil-based, some are absorbed into the plants as they mature. DDT, long since banned in the United States, is still used in other countries. DDT is never expelled from our bodies, it hides in our bones and comes out in the first breast milk a woman feeds to her infant. Our babies are contaminated at birth.

Many times in the past we thought things were safe that later were proven deadly; radiation, DDT, airborne contaminants and many other things were once thought to be minor problems, but now we know the effects. There is no reason to believe that the chemicals that are found in most of our foods will be any safer. Humans did not evolve to handle these substances, and we should remove them from our environment as soon as possible. Our buying power can change the way agri-business is done and we and our children will be the better for it. BUY ORGANIC!

Adele  
Kubein



IN MY  
OPINION



By Tom Benham

### EXPRESS YOURSELF

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 250 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 issue.

All letters received will be published, space permitting, unless they are considered by the editor to be potentially libelous or in poor taste.

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 the following: [commuter@ml.linnbenton.edu](mailto:commuter@ml.linnbenton.edu).

### LETTER TO THE EDITOR

## Diversity oriented celebrations are a thorn in the side of American patriotism

To the Editor:

Why is it every time we turn around everyone opposes war? My brother-in-law served his country in this Iraqi war.

The reason for the war was to free the people of Iraq. I am sick of people claiming we had no business there. All we were doing is helping those people.

Another thing I have to tell you is your paper is getting very diversity oriented. What I mean by that is

that you are just like the liberals who only care about diversity. You know what about our culture, our language, our inheritance???

How un-American this country is getting. I can care less about any other country's celebration, I only care about my American celebrations and Cinco de Mayo is not on that list nor should it even be celebrated here.

For one thing it was the Spanish-American War. That really has nothing to do with us anyhow and Spanish is

a foreign language and I am sick and tired of looking for jobs and all they want are people who speak Spanish.

One last thing, affirmative action is racist. It does not make anyone equal, it will give a job to a minority just for being a minority, when it should be based on who has the highest education!!!

And I hope more white people start suing colleges for giving extra points just for being a minority.

Matt Griffith



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# OPINION

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## COMMENTARY

# Tattered flag at local park raises patriotic memories

by Emil Rogers  
 of The Commuter

The arthritic ache in my right shoulder interrupted the peaceful moment I was enjoying with my sandwich at Albany, Oregon's Timber-Linn Park on a blustery April day that had the ducks hunkered down by the edge of the creek.

Across the creek, the wet wind unfurled a disturbing sight. There, atop a 40-foot pole, was an American flag that was worn, tattered and torn, this at a time when American troops were returning from combat. I grabbed what was left of my sandwich and crossed the bridge to examine the rocky wall at the base of the flag. As I read that the wall was a memorial for Linn County veterans who had served and died in defense of America, the emotions that welled up in me burst forth in a flood of memories.

I was suddenly back in that summer of '69, when a perfect breeze unfurled the upside-down American flag I was carrying as I and my fellow protesters approached the line of riot-gear-clad police blocking the intersection.

Moments later, a billy-club blow to my right shoulder was punctuated by a police officer's admonition. "That's no way to carry a flag, son."

As the flag headed to the ground, a voice from deeper in my past cut through the chaos in a déjà vu echo, "That's no way to carry a flag, son."

This time the warning came from Sgt. Gary Lee (U.S. Army, Retired) as he adjusted my arms into the position I should have them while I carry the American flag in the 1961 Fourth of July parade. Sgt. Lee was the Sergeant-at-Arms for American Legion post 212, the sponsors of my Boy Scout troop (BSA 212), and had been designated to spend the weeks between Memorial Day and the Fourth of July educating our troop on the proper care and display of the American flag, making sure that we "got it right."

Getting it right, as far as the flag was concerned, was (and continues to be) imperative to the American Legion, a veterans organization, chartered by Congress in 1919. The fundamentalist patri-

tism that fuels the group came through Sgt. Lee as he emphasized the philosophy behind the mechanics of proper care.

"The flag is a precious symbol of our freedom," he explained, up righting the staff in my absent-minded hands that had allowed the corner of the flag to drape over the corner of a desk, "never let it touch anything underneath it, least of all the ground."

Back in that Woodstock summer, struggling to stop the flag from reaching the ground earned me another whack from a well-intentioned law enforcement officer coupled with the warning, "Stop resisting, boy!" My desperate rebuttal, "But, the flag is on the ground!" faded out with my consciousness as I joined the flag on the pavement.

Hours later, the booking sergeant's exasperated voice broke into the extended tirade my self-appointed attorney had been on about the lack of laws governing the use of the flag. "Save it counselor," he barked. "The DA has decided that there really isn't anything to hold these kids on."

A generation later, my emotions were running high as I crossed back over the bridge. My anger and revulsion at whoever was responsible for this flag's abhorrent condition boiled over as I madly tossed the heel of my sandwich towards the creek. The unimpressed ducks watched as a pair of geese eagerly cleaned up my mess.

The same feeling of righteous indignation that drove me to carry an upside-down American flag at the head of a demonstration protesting the Vietnam War was pushing me to do something about this ragged flag. This is a disaster in and of itself. I kept thinking how I would feel if I were a returning Linn

County veteran who had just put his or her ass on the line in service to our country only to return to this.

The ache in my shoulder reminded me that there might be more than one way to get things done. Shunning my role as a moral super hero, I donned the guise of a mild-mannered reporter and began to do some research.

Laws, regulations or legal mandates governing the use and care of the American flag do not exist. In other words, there can be no punishment involved in what might be construed as inappropriate use or care. However, a guideline was adopted by Congress in 1942 called "The Flag Code" which details the mechanics of displaying the American flag.

The inherent laziness that mars the human condition weakens these guidelines, as exemplified by the flag at Timber-Linn Park. The code reflects a self-imposed discipline that is lacking in contemporary America.

Patriotism rose to a new high in the wake of the World Trade Center disaster of Sep. 11, 2001. With it came a proliferation of American flags of all sizes and applications, some of them in contradiction to the Flag Code. Specifically, section 8 (i) "The flag should never be used for advertising purposes in any manner whatsoever."

"It should not be embroidered on such articles as cushions or handkerchiefs and the like, printed or otherwise impressed on paper napkins or boxes or anything that is designed for temporary use and discard."

A procession of take-out cups and wrappers festooned with flags marched through my imagination on their way to the dump. Shaking off a scenario of a difficult to comprehend magnitude, I decided to focus on the flag at Timber-

Linn Park.

Research led me to the city of Albany Parks and Recreation department's desk in the new City Hall building. I wasn't quite sure if I was in City Hall or Starbucks with all the wood, steel and glass until I saw the desk. A helpful clerk was momentarily baffled by my request, but some quick conferencing with co-workers yielded the name and phone number of "the person who would know, for sure, who is responsible for the flag at Timber-Linn Park."

I called Dick Conolly, Albany Parks Maintenance Manager, the next day and he did know. He is the person. He explained to me that the flag is replaced just before Memorial Day, every year. He asked me of the flag's condition and when I replied that it was bad he assured me that it would be replaced "right away."

Something in Mr. Conolly's sincere tone soothed the savage beast that was seeking retribution for all the returning vets. It rectified the perceived insult to Sgt. Lee and the American Legion's patriotic activism. I actually forgot about the ache in my shoulder for a moment.

A few days later found me shifting my hands' position on the steering wheel to wipe away the anxious sweat as my car crossed over the freeway on my way to the park to check on the flag. My frantic glancing yielded a glimpse of what appeared to be bright colors atop the as yet distant pole. I was amazed at the level of my own emotions as I traveled the last few heart-pounding moments to the flag.

As Dick Conolly had promised, the flag had been replaced "right away". Its brilliant red, white and blue stood out against the stormy, grey sky, providing a respectful tribute to those men and women who have made the ultimate sacrifice to ensure that the rest of us can continue to enjoy "Life, Liberty and the Pursuit of Happiness."

### FYI

The American Legion's Web site has links to the Flag Code and several other links further explaining proper care of the American flag at [www.legion.org/](http://www.legion.org/)



## GUEST COMMENTARY

# Lawsuits against fast-food companies could reveal food secrets

by Neal D. Barnard  
 Physicians Committee

With America's weight escalating ever upward, and health advocates looking to the fast-food giants for redress, Big Food is in the headlines again, frantically scrambling to protect itself from what happened to Big Tobacco. Ever since last year when a New York lawyer filed suit blaming McDonald's for a customer's obesity, diabetes and related diseases, the industry has argued that such cases will lose because food, unlike tobacco, is not addictive. Customers who get suckered into high-fat meals have only themselves to blame, they claim.

In fact, Big Food's big defense that food isn't addictive is rapidly eroding as scientists find biochemical evidence that certain foods almost certainly are. Recently conducted, but previously unpublicized studies suggest that cheese, chocolate, sugar and meat all spark the release of opiate-like substances that trigger the brain's pleasure center and seduce us into eating them again and again.

Cheese is an especially interesting case. In our own

research studies at the Physicians Committee for Responsible Medicine, we've noticed that participants moving to a vegetarian diet have a harder time giving up cheese than almost any other food. In fact, cheese's popularity may have less to do with its meltability and mouth-feel and more to do with its addictive qualities.

Several scientific teams have shown that the principal protein in cheese, casein, breaks apart during digestion to produce abundant amounts of morphine-like compounds called casomorphins. Biologically, these opiates appear to be responsible for part of the mother-infant bond that occurs during nursing.

Other research has shown that naxolone, an opiate-blocker used to treat morphine and heroin overdoses, reduces the desire for chocolate, sugar, cheese and meat suggesting that their attraction does indeed come from druglike effects caused within the brain.

No wonder so many of us are willing to drive to the 7-Eleven in the middle of the night, desperate for more chocolate or another frozen pizza. In fact, an April 2000 survey of 1,244 adults revealed that about one in four Americans wouldn't give up meat for a week even if they were paid \$1,000 to do it. Give up bananas for a week to earn a cool grand? No problem. Asparagus?

Easily. But meat? No way, say a quarter of us.

And just as Big Tobacco intentionally manipulated the addictive qualities of its products, Big Food does the same. Chocolate manufacturers spend long hours nailing down the exact proportion of fat and sugar that makes their products maximally addicting. Farmers breed and feed cattle in such a way to "marble" fat through the muscle tissue, putting the most seductive possible sizzle in the steak. And cheese producers talk about their USDA-sponsored marketing program "triggering the cheese craving."

In each case, enormous businesses lure in customers including children and, over the long run, encourage unhealthy behaviors for their own economic gain. Until now, the fast-food industry has rejected any similarity with tobacco. Yes, burgers and fried chicken have loads of fat and cholesterol. Yes, they contribute to obesity, heart attacks, diabetes and some cases of cancer. And, yes, virtually all health authorities plead for moderation, or even avoiding these scourges completely.

But given the recent evidence on the addictive properties of certain foods, it looks like Ronald McDonald may have more in common with Joe Camel than anyone dares admit. It's time to share the blame.



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# CAMPUS NEWS

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

From KRT News

## Off Beat

### Forget That

Two Asian men, apparently traditionalists, attacked a North Carolina man with nunchucks and a machete. The victim, who didn't feel obliged to respond in a Bruce Lee-martial arts kind of way, pulled out a gun and shot them.

### Fun While You Wait

Motorists in Zimbabwe, who have to wait for hours in long lines to fill up at gas stations, are being approached by prostitutes offering them a very exciting way to wile away the time.

### Didn't Get Away

A man robbed a bank in Knoxville, Tenn., and fled in his getaway car, but fell victim to the confusing, mazelike roadways in the area.

After driving around for 45 minutes, he wound up back at the bank where he was immediately arrested.

### Casino Hanky Panky

A couple got a little frisky at a gambling casino in Goodwood, South Africa, and decided to have sex on what they thought was an out-of-the-way location on the premises. They were unaware that every bit of the luxurious casino falls under the roving eye of the security camera, and that their little tryst was being observed in the control room. They were asked to leave.

### Union Nudes

Nude models at a Philadelphia art school have had it with difficult working conditions. They have voted to unionize. Among the first things they will change: chilly posing rooms.

### Caped Crusader

A man has donned a mask and cape and gone on a mission to fight crime in the English town of Tunbridge Wells.

When a woman was being harassed by a group of youths, he suddenly arrived and spoke sternly to them, prompting them to leave.

He also intervened with some thugs chasing a man who said later that the caped crusader "shocked the gang so much they ran off."

## CAMPUS SHORTS

### Courtyard Picnic

Today, May 21, is the annual end of the year campus party celebrating spring, warm weather, health and graduation. From 11 a.m. to 1:30 p.m. the Courtyard will feature an all campus picnic, a Books-R-Fun book-sale table, an opportunity to make a personalized candle or sculpture of your hand made from wax, and a Jurassic Adventure inflatable game and jousting.

### History's Warning

On Friday, May 23, in the Multicultural Center, from noon to 1:30 p.m., historian and LBCC instructor Michael Weiss will discuss "A Warning From History, 1933: The Reichstag Fire-Hitler's Response to Terrorism."

The discussion topic will focus on Hitler's response to a terrorist attack, possibly created by his own Nazi Party, on the Reichstag one month after he took power.

### Project Page Turner

On Tuesday volunteers will inspire a love of reading in young children through "Project Page Turner." Second graders in Linn County will be encouraged to read and will be read to. The event runs from 9-10:30 a.m. in the Alsea-Calapooia Room.

### American-Style Lunch

The Courtyard lunch on Tuesday, May 27, will feature red, white and blue picnic-style food. Hot dogs, a vegetarian alternative, baked beans, potato salad, drink and apple pie will be served. The cost is \$3 for students and \$4 for employees.

### Veterans Forum

On Thursday, May 29, there will be a Veterans Forum in LBCC's Multicultural Center. The event will be from noon-1:30 p.m. All veterans from the community are invited to join in the discussion to give views about war and peace.

## LRC: Hours will be decided after three week marker

### ▲ From Pg. 1

ing desk, reading and study skills lab and the writing lab will be consolidated into one location.

Sharon Rodecap, Learning Center Coordinator in the math department, says it is possible even more hours may be cut on Mondays and Wednesdays. If these cuts occur, the center will be open from 8 a.m. to 4 p.m.

Rodecap guessed that by the third week, if the center is not used enough, campus administration would terminate the extra hours. Rodecap pointed out

that it takes three people to staff the center, if the extra hours are not being used it would save time and money for the college in staffing expenses.

"Our feeling is that we are needed," Rodecap said about the center. She mentioned that the center still is going to offer testing, books, videotapes, calculators, the math desk, limited tutoring and the writing desk. Nothing is going to change, just the hours.

Remember that checking in and out helps ensure continuing services.

## Budget: Further fees ahead based on state funding outlook

### ▲ From Pg. 1

with an instructor than standard lecture classes. Students in lab sciences, professional technical classes, studio art courses, and physical education classes would be affected the most.

Other options presented to the committee by college President Jon Carnahan included a property tax increase through a local option levy; charging additional tuition to nonresidents; the addition of a universal access fee; increasing various application fees; adding new fees for credit evaluations and graduation applications; reviewing and making changes to the cur-

rent tuition schedule for free and reduced tuition classes (such as certified nursing assistant and noncredit community education classes); and increasing the technology fee.

All of these revenue enhancements will be considered at Wednesday's meeting.

Last Thursday, Oregon's revenue forecast was released and the state is once again short—this time by \$690 million. If LBCC gets pinched with an additional loss of almost \$1.3 million in state funding, the Budget Committee will be forced to make even more increases in tuition and fees, or cut more programs.



Photo by Thomas Lin

### No Rulers Needed

Jim Erickson helps another student use surveying equipment in the Courtyard last week. Students in instructor David Kidd's Plane Surveying civil engineering class practice techniques in distance measuring, leveling, cross sectioning, traversing and topographic surveying. Here they are using an electromagnetic distance measurement instrument.

## Scholars: Awards issued for future Oregon scholars

### ▲ From Pg. 1

for the honor society, Krisman is also a student ambassador, Courtyard Cafe employee and computer science major.

Krisman's accomplishments at Linn-Benton are all the more remarkable given her status as an international student.

Having arrived from Indonesia just two years ago, she is relatively new to the English language and to life in the United States.

What's more, international students make up only 0.3 percent of Linn-Benton's student body.

The scholarship will help ease Krisman's tuition at OSU, where she will be transferring this fall. She had originally planned to attend OSU after just one year at LB but couldn't bring herself to leave last year, saying, "I liked it too much here."

McGie, a technical communications major and vice president of Linn-Benton's honor society,

has been equally active. As the SL&L current events/political activities specialist, he organized three events this academic year: the candidates forum in the fall, a trip to Pacific University to see the David Gergen-Bill Bradley debate in February, and the California fuel cell trip earlier this spring, which McGie called his "final hurrah."

McGie will apply the scholarship toward his tuition at Willamette University this fall.

Each year, OCCA scholarships are awarded to two top students from each of Oregon's seventeen community colleges.

According to the OCCA Web site, scholarship recipients "represent excellence in the classroom, intellectual curiosity outside the classroom, evidence of substantial development of their talents and the ability to share this development with others."

The \$1,000 scholarship may be used to attend any four-year college or university in Oregon.

### CAMPUS CALANDAR FOR THE WEEK OF MAY 21-27

11 a.m.-1:30 p.m. Spring Fling, Ct. Yard  
 1-2 p.m. Fiction & Memoirs, T205

5:30 p.m. Budget Mtg. Brdrms.  
 7:30 p.m. Education Mtg. Brdrms.

WEDNESDAY

6:30 p.m. French Banquet, Commons Cafeteria, SOLD OUT

THURSDAY

12-1:30 p.m. "Do Tell" Multi. Ctr.  
 6:30 p.m. Fr. Banquet, SOLD OUT

FRIDAY

9-10:30 a.m. Project Turner, Alsea-Calapooia

6 p.m. Mic Night, Courtyard Cafe

TUESDAY

### CORRECTION

A photograph of a plane in the Tillamook Museum that was published last week was incorrectly identified. The plane pictured is a Vought F4U Corsair.



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# CAMPUS NEWS

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



Photo by Jeremy Hennig

### Weather or not!

Students and staff gather to fill their stomachs with burger and chips from the FRC despite the off and on rain that threatened the picnic-style lunch.

## Eloquent Umbrella published

by Heather M. Scott  
 of The Commuter

A glossy black finish backdrop of a painting by artist C. Lill Ahrens protects the works of students and Willamette Valley residents in this year's Eloquent Umbrella.

The Eloquent Umbrella is celebrating its 12<sup>th</sup> year of circulation. This year's publication was released last week and is being sold throughout Linn and Benton Counties.

The Eloquent Umbrella, LBCC's literary arts journal, is put together by the students and staff of LBCC Writing 247, also known as publication writing. Writing 247 is offered every winter term and gives students interested in working on publication the opportunity to edit, review and choose work acceptable for the book. This year 50 written pieces fill the pages and 18 photos and illustrations were accepted.



Terrance Millet expects the book to do well this year.

"It looks better than it ever has," said Millet. Millet also said that the book is larger than it has been in the past and this year's content is astounding.

The books are currently selling for \$7.50 a copy and are available at the LBCC bookstore, Grass Roots bookstore in Corvallis and the Book Bin.

Books may also be purchased from Annette Easdale in AHSS 101.

There will be an open reading Wednesday, May 28 from 2-3:20 p.m. in Tadena Hall room 205. Writers included in the publication and other writers from the Willamette Valley are invited to share their work at the gathering. Books will be available for purchase at that time.

Students wishing to submit work for the upcoming year may contact Terrance Millet at 917-4555.

## LB's production of 'Quilters' features song, dance, storytelling

from the LBCC News Service

LBCC's Performing Arts Department production of "Quilters" opens Friday, May 23, in Tadena Theater.

Directed by Jane Donovan, and starring seven local actors portraying Sara Bonham and her six daughters, combines storytelling, music and dance to piece together the fabric that makes up pioneer women's

lives. The actors are Sarah Edminster, Albany; Kate Hill, Corvallis; Amanda Lundy, Corvallis; Audrey Perkins, Corvallis; Mary Jeanne Reynales, Corvallis; Danni Simon, Corvallis; and Linda Spain, Corvallis.

Based on the book "The Quilters: Woman and Domestic Art" by Patricia Cooper and Norma Bradley Buford, the play takes place on the prairies and

in the West during the 19th and early 20th century. Nearly 30 stories of humor and hardship in these women's lives are told, colored by folk, bluegrass and gospel music and infused by lively dances. Quilt patterns are

used for structure as the mother figure in the story undertakes the task of creating a legacy quilt, sewing in her family's history.

Performances are May 23, 24, 30, 31 at 8 p.m.; May 29 at 7:30 p.m. (low cost night); and June 1

at 3 p.m.

Tickets are \$10 general admission, \$8 senior/student rate and \$5 on low cost night. A 15 percent discount is available for groups of 10 or more. All seating is reserved.

**A Musical Play  
 in a Patchwork  
 of Touching,  
 Hilarious Stories**

# Quilters

by Molly Newman & Barbara Damashek

Music and Lyrics by Barbara Damashek  
 Directed by Jane Donovan

**May 23, 24, 30 & 31\* at 8PM; May 29 at 7:30PM  
 June 1 at 3PM • Tadena Theater**

COST- \$10: general admission; \$8: seniors/students;  
 \$5: May 29 only. 15% discount for groups of 10 or more.  
 All seating is reserved.

Ticket sales begin May 5 at Tadena Box Office, Rice's Pharmacy in Corvallis and Sid Stevens Jewelers in Albany. (Tadena Box Office hours: Monday-Friday, 8AM-NOON, 2-3PM and two hours prior to performance). For the 24-hour reservation/message line call (541) 917-4531. Visit us online at: <http://cf.linnbenton.edu/depts/performart>

If you require disability accommodations, please call (541) 917-4561 at least one week prior to the performance. LBCC is an equal opportunity institution.

\* ASL interpreted performance and is also the benefit performance for the Performing Arts Foundation Scholarships.

A Presentation of the  
 LBCC Performing Arts Department

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A & E Editor: Peggy Isaacs  
 Newsroom Desk: 917-4453  
 commuter@ml.linnbenton.edu

# ARTS & ENTERTAINMENT

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

## Weekend events deliver music, fun and good food

by Peggy Isaacs  
 of The Commuter

Whoa, yo, if you didn't have fun this week, you missed out. This week the bands were alive with music so joyful, the sounds seemed to mark the opening of summer for most Oregonians. There was so much happening, from book readings, to the Willamette Folklife Festival in Eugene, the multicultural events on the OSU Campus; or just enjoying time in the park with your kids and throwing the Frisbee.

On Friday, there was a book review reading at Grassroots Bookstore, on Second Street in downtown Corvallis. Jack Wolcott, the owner, is more than happy to tell about the regular book readings that are held there each week. On Thursday, May 22, at 7 p.m., there will be a free literary event. Mary Yukari Waters will be reading an excerpt from her book "The Laws of Evening Stories," a series of stories set before WWII in Japan. An interesting one to read is about a woman's life from the time she got married to old age. The story explains what it feels like to be a woman in Japan.

If you made it down to Eugene, the Willamette Folklife Festival certainly was a show to remember. The sound from outside the gates was great. The parking situation was too crazy, though—one had to use the park-and-ride the bus, which was a great convenience.

Saturday afternoon was filled with the delightful sounds of the American Indians in OSU's Gill Coliseum. The annual Pow-Wow went all day long with a wonderful salmon dinner for all, served outside of the coliseum. After dinner, the Grand Entrance of all Tribes paraded inside the coliseum with colorful regalia, proudly worn. The Alaskan Confederate Tribe was making a special guest appearance and poured out honor and kinship with their drumming and music. The drums they used were made of cedar and were large, box-shaped instruments that were rhythmically beaten on, enticing you to get up and join in the dancing.

After leaving the Pow-Wow, curiosity took me into the Fox & Firkin, on First and Madison, to hear the rockabilly sounds of High Octane. They played almost all original music, and the showmanship of lead guitarist Tim Ryan was sure to keep you entertained. Ryan also sang vocals, with Scott Eastburn on bass and back-up vocals, Nick Sheler, a.k.a. "Slick Daddy", on tenor sax and vocals,



Photos by Peggy Isaacs

The annual Native American Pow-Wow at OSU last weekend featured a Traditional Salmon bake and lots of dancing and music. Dressed in formal regalia, the various tribes paraded into Gill Coliseum (below) to the applause of the crowd.

and "The Amazing" Kevin VanWalk on drums. The band members are all from Albany, except for "Slick Daddy," who is from Lebanon. There is also a roadie, Dana Foxx, who the band calls their "Can't do without him guy." The "solid line-up" for the band came together just six months ago and they are offering a free CD to anyone who requests one at [highoctanerockabilly@hotmail.com](mailto:highoctanerockabilly@hotmail.com).

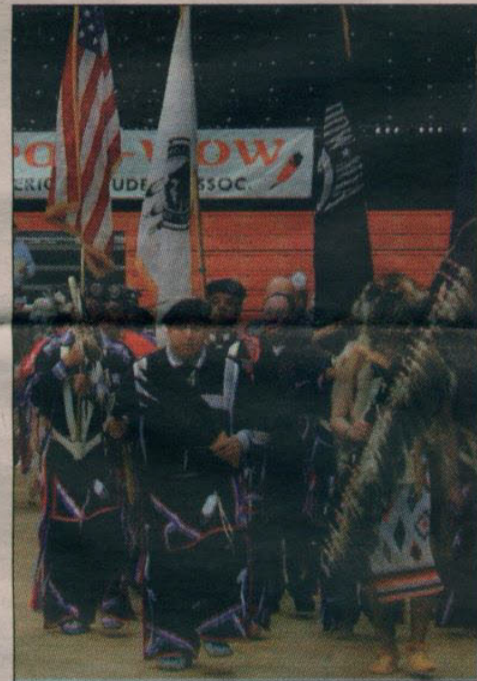
After High Octane, Deep Woods came on the Fox & Firkin stage to delight the audience. The band was impelled to play music on this particular night was because one of the band members, Jessica, was going to be moving to Colorado with her boyfriend. This would be the last time the band, as it was assembled that night, would be playing on stage. With a line-up of five to 13 players, you never know just what to expect from Deep Woods. Three to five guitar players, a bass, two drummers plus a harmonica player, percussionist, keyboard player and a flute are usually on hand. The gruff, blues-tinged vocals of the apparent leader, Viv Pierbolt, are accented by the sweet harmonies of Jessika Brittin and Melanie Reid, the howling harmonica of Allen Studly, and the mesmerizing guitar work of Luke Thomas, Firefly, LBJ and Paul Solo. Add to this mix the dueling drummers Gordon Velcamp and

Chris Olds, and the ringing clarity of Don Caughey's flute playing over percussionist Clinton Roman's busy counterpoint.

Saturday night, an 11-piece band started the night out with a break-song style kind of funky blues, with some rock-n-roll thrown in. Great sound. This band certainly has the smoothest, tightest together sound I had heard all weekend. Well, except for the drumming of the American Indians. When it comes to drumming, you can't get any better than something native.

Sunday night, OSU held an African night at the MU Quad Ballroom. Dinner was served to anyone who wanted something to eat. They served chicken, rice, cabbage and fried plantain. It was a colorful evening with brilliant outfits, drums, and dancing, bursting through to your soul for an after-dinner treat.

If music or books were of no interest to you this week, enjoying the park was certainly something to take advantage of in this sunny weather. In every park in town, the delight of all the people enjoying the simple things in life was most appealing. There was a wedding in Avery Park, Corvallis, along with runners, games of frisbee sun bathers. Students enjoyed the sun in the middle of the MU Quad and many people took walks along



Riverside Park on First Street in Corvallis. In Eugene, there were hacky-sack players in the park.

So, if you thought that this week was weak, you were wrong. Just go out the door and find something for amusement, because with all this excitement to entertain us so close to summer, surely this can only mean that we are going to have a fun filled, happy summer with few worries.



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# ARTS & ENTERTAINMENT

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

## SL & L sponsors Ashland trip

by Adele Kubein  
 of The Commuter

Memorial Day weekend in Ashland; sunny skies, clean air, cool breezes, the great view of the mountains, music and skate boarding in Lithia Park, good food. What more could you ask for? How about three great plays, transportation to Ashland, and two nights in a motel for \$40? That sounds impossible, but it will be reality for the first 11 lucky students who sign up for the Oregon Shakespearean Festival trip at the Student Life & Leadership office.

Sponsored by Student Life & Leadership, and funded with student fees, the trip is open to LBCC students, and includes: transportation, tickets to "Present Laughter", by Noel Coward, and "Continental Divide", by David Edgar; a two-play cycle that includes "Daughters of the Revolution", and "Mothers Against", as well as motel accommodations at the Medford South Motel 6. The modest fee of \$40 will help cover costs for the trip. This deal is incredible; the tickets for the three plays alone would be \$75 in C section seats! Add the cost of transportation, and lodging on Memorial Day weekend and it becomes obvious what an opportunity this is.

The plays are well worth see-

ing. Noel Coward; the author of "Present Laughter", described the play as totally empty of substance, written for entertainment alone. The play may be devoid of heavy philosophic questions but it is excellently written and will keep you laughing the whole time. "Present Laughter" accomplishes the purpose of entertainment very well, and the actors give full-bodied, believable performances. The Oregon Shakespeare Company is known world-wide for its top-notch performances.

In contrast to the light-hearted humor of "Present Laughter", "Continental Divide" examines the structure and ethics of the American political system in depth. The plays cover two sides of the same gubernatorial race in a western state. Current social issues such as race, poverty, political honesty and the environment are given a thorough examination. The dialogue is very sophisticated and well-researched. The plays keep you absorbed in the interactions between the two sides. David Edgar, the author of "Continental Divide", is a well-known British playwright, who received a grant to write the plays. He immersed himself in the American political system for his research. Many well-known political figures in the United States contributed to his research, giving the plays not only the ring of

truth, but offering a rare inside look at the American political machine.

Students attending will be assigned two to a room with same-sex roommates and will need to bring either food or money to purchase their meals. The rooms do not have refrigerators, but to save money you can bring a small ice chest to keep perishables. There are a few low to medium priced eateries in the vicinity of the theater, and plenty of fun shops.

This sounds like a really fun weekend: good location and the fun of going in a group without the hassle of driving or having to make your own housing arrangements.

As of last Wednesday afternoon, there were eight tickets left. The transportation van will meet in front of Takena Hall at 11:30 a.m. on Saturday, May 24. Drive to Ashland and check in at the motel by 3:30 p.m.

The group will see "Present Laughter" Saturday night and the two plays of "Continental Divide" on Sunday, May 25. They will leave the motel by 8:30 a.m. on Monday, May 26, and arrive at LBCC by 1 p.m. on Monday. Students who wish to attend must sign release forms and pay their \$40 fee by Friday, May 24 at 11 a.m. No alcoholic beverages may be taken, bought or consumed during the course of the trip.



Photo by Jeremy Hennig

### Graphic Design Student Show

Students Jessica Gomez and Marco Gonzalez unveil graphic design works which are now on display in the AHSS Gallery as part of a student show.

## Upcoming artist teams with recording studio to tap the Corvallis music scene

by Peggy Isaacs  
 of The Commuter

Watch out Seattle and San Francisco! Corvallis is taking over the music scene of the Pacific Northwest.

Time Warp Studio, in association with The Well Records, is vying for the prestigious number-one position in our area. Luke Thomas,

owner of The Well Records, and Ben Irvine of Time Warp Studio organized their first production with Joshua Wade.

Wade will also become the first artist on their new label. He made a spectacular appearance on stage Wednesday night at the Platinum, in downtown Corvallis, with The Tone Kings.

Although new to the label, 23-year-old Wade has been playing music for 10 years. He was running the sound board at the Fox & Firkin one Sunday night for a blues jam when he met Walter Davies and Kye Brown and they hooked up to become Joshua Wade and the Tone Kings. Joshua plays lead guitar and sings, Walter plays bass and Kye is the drummer.

The trio, after meeting at the "Fox", started playing as a group. Wednesday night was only the fifth time they had actually played together, but their accomplished sound did not mimic the short time they had spent as a group.



Photo by Peggy Isaacs

Tim Lower, Joshua Wade and Luke Thomas of The Well Records.

Playing high-energy blues rock, the band had the crowd revved up for the drumming that was to come later in the evening.

The band says their dreams are to "put out their first album, go on tour and play music everyday."

With the help of Time Warp Studio, The Well Records, Tim Lower, Wellness Consult-

ant and Nick Harper, art consultant, producing their first album will be a breeze.

The goal of Well Records is to make downtown Corvallis marketable within the arts field. Thomas feels that the music industry in Benton County is untapped. He would like to secure the spot, bring up the economy and make the area known for musicians; just like Austin, Texas or Branson, Missouri. These very ambitious young men have two Web sites to help them accomplish this. The first: www.thewellrecords.com gives local musicians a place in the market to sell their music and to get exposure nationwide.

The second: www.timewarpstudios.us will be available to all musicians once they get up and running. They are working on the design and expect the Web site to be up in about a month.

The dedication and energy of our local artists will be enjoyed by everyone. So watch out world, here comes Corvallis, Or.

## ART HAPPENINGS

### LB Mic Night

Tuesday, May 27, is Mic Night. The live performances will be held at 6 p.m. in the Courtyard Cafe. The event is sponsored by Student Life & Leadership.

### Rockin' Blues

Fox & Firkin, located at 202 SW First in Corvallis, will celebrate Memorial Day with Joshua Wade and the Tone Kings, "High Energy Blues

Rock Live!" The show happens Monday, May 26, at 9 p.m.

### Tempting Tempest

OSU's theater department is presenting William Shakespeare's "The Tempest" May 22-24 and May 29-31 at 7:30 p.m. in the Withycombe Hall. Tickets are available by calling the University Theatre Box Office at 541-737-2784.

## Christmas In June!

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# FUNNY PAGE

## CLASSIFIED ADVERTISEMENTS

### HELP WANTED

Dental Tech (#1875 Corvallis) O'Brien Dental Labs has training positions available. Come to the orientation on Tuesday, May 20 from 3-5 pm in the Fireside Room (CC 211) to find out about their company and these positions. See Carla in Student Employment (T101) for more information!

Carpet Technician (#1904 Albany) This part-time now and full-time in the summer screams "student." They would also work with your schedule in the fall. After 2 weeks, pay is \$9/hour. See Student Employment in the Career Center.

Pharmacy Technician (#1902 Redmond) Part-time position in the scenic Central Oregon area near skiing and golfing. See Carla in the Career Center for a referral (T101).

Summer camp positions (various positions at Camp Whispering Winds in Philomath). See Carla in LBCC's Student Employment (T101) for more information.

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### SCHOLARSHIPS

Izzy's Altrusa Alliance Scholarship presented by Albany Altrusa. Applications available from the LB Financial Aid and Foundation Office Room CC-105, phone 917-4209. The deadline is May 31, 2003. Recipients announced June 2003.

Women students please take note! The American Business Womens' Chapter of Corvallis is sponsoring a \$1,000 scholarship. Must be a woman student from Linn or Benton County and U.S. citizen attending or accepted to a vocational/technical college, GPA of 3.0 or better. Contact Nancy Bea Welden at 758-8176 to get an application for this generous scholarship. Application due date is May 31. Contact Sheryl in the Financial Aid Office for more details 917-4866.

### WANTED

Part-Time childcare for summer in my home. 1-2 days a week. Call David 541-757-3440

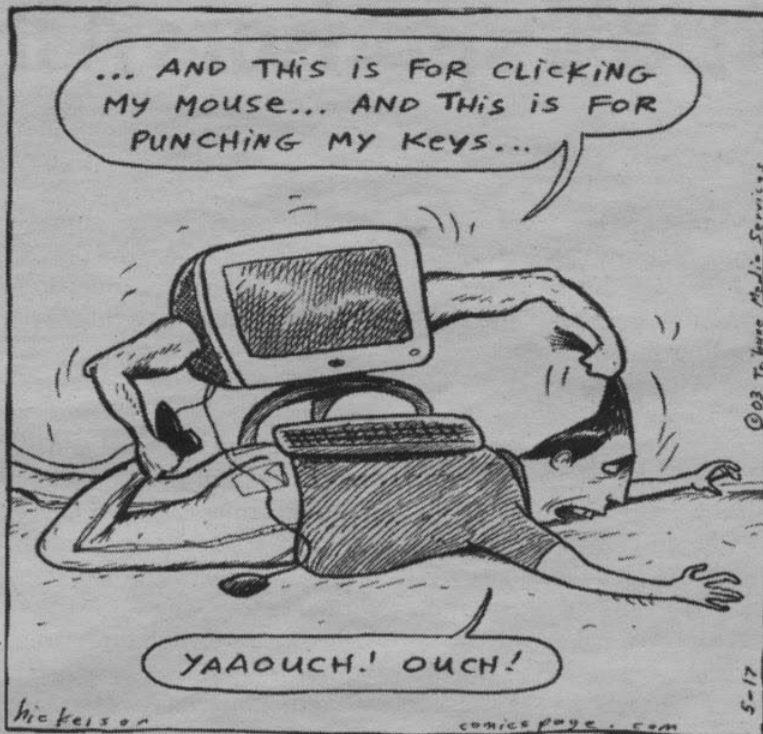
Birdhouse builders for local wildlife organization. Come to informational meeting June 12, at 7 pm at the Millersburg City Hall, on Old Salem road, North of Albany. Contact 541-738-0706

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After Stan's computer beat him at chess, it seemed there was no stopping it.



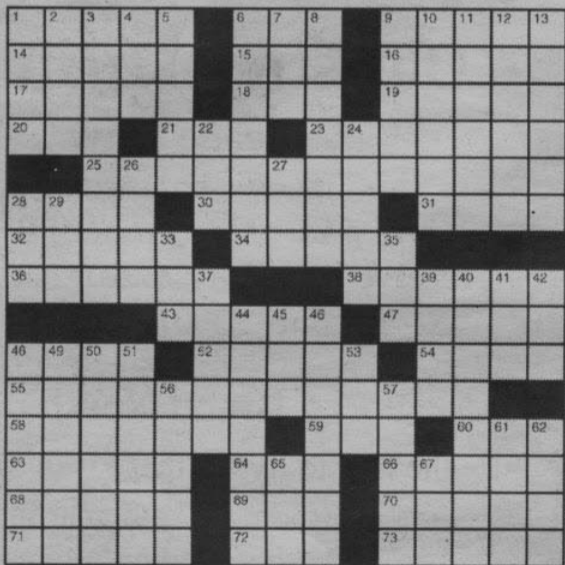
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## Crossword

- ACROSS  
1 Tanker leak  
6 Go bad  
9 Windy sound effect  
14 Koran deity  
15 Knack for music  
16 Stroll  
17 Oklahoma oil town  
18 To's companion  
19 Impede  
20 Big bird Down Under  
21 Paulo  
23 Bowl over  
25 Poses  
28 Crisscross framework  
30 Dice, e.g.  
31 Gibb or Garcia  
32 Roof overhang  
34 Painful spots  
36 Sandra Bullock thriller  
38 Figures out  
43 Gobbled up  
47 Strainer  
48 Lah-de-dah ways



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05/19/03

- DOWN  
1 Giut  
2 Desirable job  
3 Hallucinatory  
4 Cruces, NM  
5 Capital of Tibet  
6 Concentrate anew  
7 Boat mover

- 8 State police officer  
9 Heron or egret  
10 Sicilian code of silence  
11 Get hold of  
12 Turned on a pivot  
13 Misbelief  
22 Section of a circle  
24 Flower holders  
26 Fall garden?  
27 TV movie channel  
28 Understand  
29 Cheerleader's word  
33 What'd I tell ya?  
35 Mayday letters  
37 Card for readers  
39 Ice-cream sample  
40 Accounts  
41 Marie Saint  
42 Stitch together  
44 Throat pair  
45 Back flow

### Solutions LAST WEEK

L	I	N	S	O	S	S	E	L	A	B			
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V	I	V	I	H	E	L	V	O	V	S	S	O	

- 46 Panamanian dictator  
48 Strong points  
49 Slanting type  
50 Devastate  
51 Island, NY  
53 Part of AT&T  
56 Motionless  
57 Warning signal  
61 Emu's cousin  
62 Adages  
65 Coffee container  
67 Robert E.

## DITHERED TWITS by Stan Waling

There are exceptions to every rule.

Except for maybe that one.

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It would be the exception.

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Editor-In-Chief: Wendy Geist  
Newsroom Desk: 917-4451  
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# LOCAL NEWS

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

## WR 121 students honored with Art Bervin Award

for The Commuter

Each term, all WR121 students at LBCC must complete a two-hour final to demonstrate their writing competence. And each year, the English faculty reviews all WR121 finals that earned the highest marks (double sixes).

In the spring term, two writing students from the pool of "double sixes" are then selected for further recognition and a monetary award.

This year, the two recipients of the 2002-2003 Art Bervin Outstanding Writing award and a \$100 check are:

•Rebecca Helmer (Instructor David Bockoven) winter 2003.

•Carrie Youngblood (Instructor Natalie Daley) winter 2003.

In addition, the following stu-

dents were commended by the English Department for their exceptional writing: Amberly Grenz, Dorie Schwartzengraber, Jeff Hall, Jessie Hancock, Jeremiah Harris, Rob Hazel, and Shy Nolde.

Last year, John Beckstead, a business major at LBCC who transferred to Oregon State fall term 2002, was selected to receive the Art Bervin Outstanding Writing Award for 2001-2002.

for his essay written during the WR121 Final.

He plans a career as an accountant and hopes to stay in Oregon.

Beckstead said he was "totally surprised because I have never considered myself to be a good writer. On the first day of class I told Mrs. Walker that I wasn't a good writer. She reassured me that wasn't true."

Jane Walker, English faculty,

commented, "John's success in WR121 reflects his willingness to work hard, stay focused, and strive for excellence in his work. It is such a pleasure to work with students like John. He is a remarkable writer."

Susie Ford, who completed WR121 at the Lebanon Center with English faculty Sandra Jensen, was also selected for the annual 2001-2002 award.

The Art Bervin Award was

established to recognize and encourage outstanding student writing during the WR121 final; a two-hour final in which students write an essay in response to a question.

All LBCC students who earn a certain number of points for their WR121 final are considered for the award which was set up in 1999 when Art Bervin, an English faculty for 28 years, retired.

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### COMMONS Menu

May 21-May 27

#### Wednesday

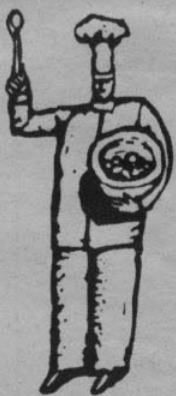
Corned Beef Hash  
Turkey Saltimbocca  
Carey Pocket  
Soups: Beef Consomme  
Corn Chowder  
Salad: Beef Taco

#### Thursday

Teriyaki Triple  
Garlic Beef  
Sake Chicken  
w/Steamed Rice  
Spring Rolls  
w/Stir Fried Veggies  
Soups: Turkey Rice  
Split Pea  
Salad: Grilled Chicken  
Caesar

#### Friday

Chefs Choice



#### Monday

Chefs Choice

#### Tuesday

Chefs Choice

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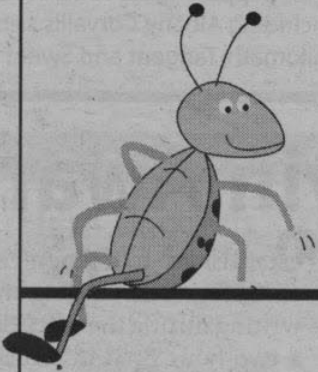
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## Digital Page Designer

This part-time position pays \$8+ per hour for up to 12 hrs/wk on Mon.-Tues. Involves using Macintosh & Pagemaker to paginate tabloid pages under direction of the graphics editor. Mac experience and good English skills required; familiarity with Pagemaker helpful.

## Sports Editor

An energetic writer with an interest in athletics and outdoors is sought for this position. Students with journalism or writing experience preferred. Carries a 6-credit quarterly tuition grant.

## Work Study Jobs

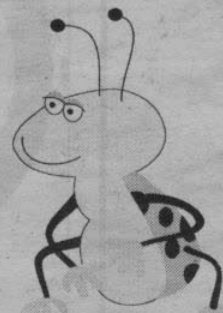
Editorial Assistant  
Production Assistant  
Advertising Assistant  
Photography Assistant

These positions open to work-study eligible students only. Information on work study eligibility is available from the Financial Aid Office.

## Assistant Editors

Includes Managing Editor, Copy Editor, A&E Editor, Opinion Editor, Online Editor. Some journalism or writing experience preferred, but all interested applicants are encouraged to apply. Managing Ed. carries a 6-credit quarterly tuition grant. Other positions carry 4-credit quarterly tuition grants.

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**Newsroom Desk:** 917-4453  
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# SPORTS

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

## Runners' late-season push ends with 3-0 shutout

by Jered Reid  
 of The Commuter

After sweeping the Mt. Hood Saints last week to clinch a berth in this year's playoffs, the Runners once again traveled up to Gresham to play the Saints. The playoff game did not go the Runners' way however, dropping the game 3-0, which ended the Runners' season.

Last Tuesday LB hosted the Saints with a one-game edge over two other Southern division teams for the last playoff spot. They needed a sweep, and they went out and got it. Linn-Benton outthit the Saints in both of the contests and went on to win 6-1 and 8-7.

In the first game the Runners got seven solid innings out of pitcher Michael Myhre. Myhre allowed one run off five hits, and struck out four. LB got 10 hits in the game jumping out to a six-run lead. Jason Cardwell, Cody Smith and Sky Manon led the Runners' offense, each having two hits a piece. Cardwell scored three LB runs, as well as

stole a base, while Smith had two RBIs and scored once. Smith also had a double in the contest, as did catcher Eric Beasley. Beasley scored twice and had one RBI in the contest.

In the second game the Roadrunner offense once again created troubles for the Saints' pitching staff, jumping out to a 8-3 lead going into the bottom half of the seventh inning.

The Saints gave LB a scare, scoring four runs in the inning, but pitcher Kyle Koontz put down the rally to get the save. John Best pitched the first six innings allowing just three runs to pick up the win. Shamen Johnson, Speedy Ortiz and Smith all had two hits. Smith hit his first home run of the season and picked up two RBI. Johnson slammed out a double for his RBI, and Ortiz scored three times.

On Saturday the Runners played the Saints in a game that would decide which team would be the second seed of the Southern division in the NWAACC Tournament. The Runners out

hit Mt. Hood 8-5, but just could not get any runners home, and the Saints went on to win the game 3-0. Sophomores Thomas Gullledge and Johnson each had two hits in the game to join Travis Breidenbach in the multiple hit department, Breidenbach went 2-3 in the game. Outfielder Cardwell went 1-3 in the game with a double. Runners' ace Best pitched seven innings allowing three runs, however only one of them was earned. Coach Greg Hawk was very proud of his sophomores' performance in the game, "We have some outstanding sophomores that we are really going to miss," said Hawk.

Coach Hawk and his staff will now turn their attention to next season, which looks to be promising. The team had 22 freshmen this season and all of them have gained some great experience. Having so many second year players in the Southern division is a great advantage for LB's next season.

The Runners finished the 2003 season with a 14-16 record in league and 16-22 overall.

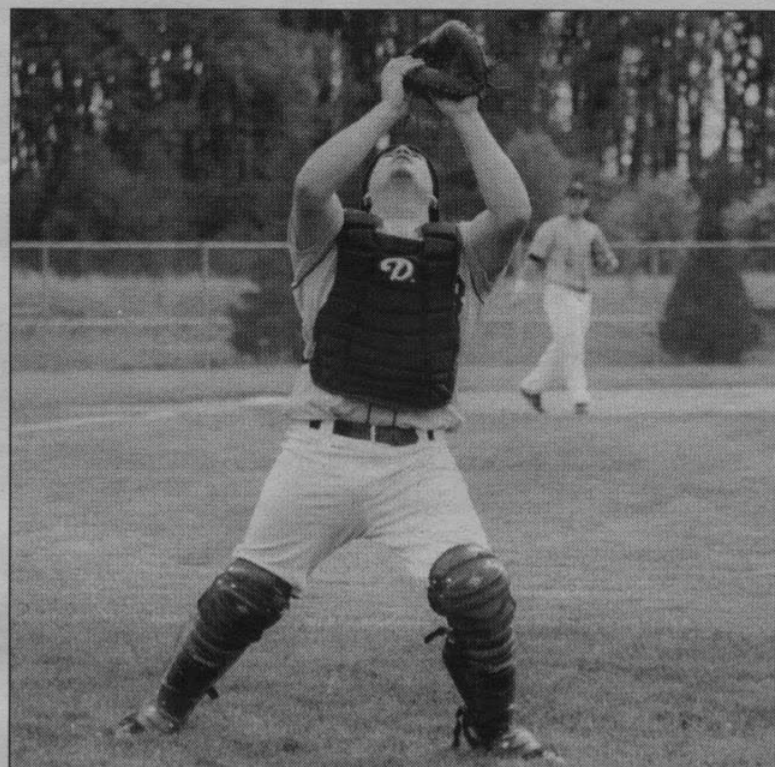


Photo by Stefanie Hessenkember

Roadrunner catcher Eric Beasley camps out under a popup during one of the closing games of the season. Beasley had a double, and RBI and scored twice in the Runners' 6-1 win over Mt. Hood last week, helping LB secure a playoff matchup on Saturday against the Saints. But that proved to be the last game for Beasley and seven other sophomores, as the Saints won 3-0, ending the Runners' season with a 16-22 overall record and 14-16 in league.

## UV rays can cause long-term damage for short term benefits

by Kimberly Nelson  
 of The Commuter

Summer is right around the corner and already students around campus are taking every opportunity to enjoy the sun whenever it finds its way out from behind the clouds. As everyone probably knows by now, being out in the sun has many health risks that can be avoided.

Excessive sun exposure is a health hazard due to the effect of ultraviolet (UV) radiation on the skin. Taken from the following sources, Health Advice from Travel-Images.com, The Department of Health, K-State Research and The Collegian, here are a few tips and some basic information everyone should know about staying safe in the sun.

UVB causes sunburn which can range from intense erythema to blistering and burnt skin, similar to a burn from hot water or fire. (Sunburn is most likely farmed, in addition to direct exposure from the sun, when ultraviolet rays are reflected from water, white sand, vast expanses of concrete or other light-colored building materials, or snow.) The risk is greater at higher altitudes when there is less protection from the earth's atmosphere.

Both ultraviolet A (UVA) and ultraviolet B (UVB) radiation are known to cause premature cancers. They can also lead to macular degeneration, a leading cause of blindness in older adults. Sun damage can be cumulative. The UV rays can cause the skin to age or wrinkle prematurely. Researchers now know that one serious sunburn may be all it takes to cause skin cancer later in life.

Being out in the sun for extended periods of time can cause heat exhaustion, where a person's body temperature rises to 104 degrees and can have symptoms of vomiting, dizziness and passing out. The person's skin may also become flushed and damp.

Left untreated, heat exhaustion can progress to heat stroke, a serious condition in which medical attention should

be sought immediately.

During Heat stroke the body can reach a temperature of 105 degrees and experience hot, dry skin. In 80 percent of cases, the person experiences a sudden rise in temperature, which can lead to a coma and/or hallucinations.

Another risk is the mixture of alcohol and prolonged exposure to the sun. The combination can dehydrate the body, leading to heat exhaustion. The simple solution: drink water and/or noncarbonated, decaffeinated beverages before drinking alcohol. It may counterbalance the effects on dehydration and heat exhaustion.

These health risks can be easily avoided. Persons especially vulnerable to sun damage are babies and children, people with fair skin who often also have red hair or blue eyes, those who have previously had skin cancer, and those on medications such as tetracyclines including doxycycline, oral hypoglycemic drugs and diuretics. The worst time to be out in the sun is from noon until 2 p.m. (3 p.m. in tropical regions), when precautions are especially important.

Doctors and researchers recommend wearing a hat and sunglasses with 100 percent UV-blocking protection and also covering up as much skin as possible, keeping in mind that wet or pale-colored clothing allows more sun through. They also warn that sunscreens do not completely protect skin from sun damage, though they are helpful.

Sunscreens help absorb UVB rays and, to a lesser extent, UVA rays. When buying sunscreen, it is recommended to read labels carefully when choosing one that best fits your needs, and to be wary of cheap sunscreens.

SPF stands for Sun Protection Factor and refers to the protection against UVB. For example, SPF 15 means that an average person can be protected for 150 minutes without burning. This is an average. The level of protection may be influenced by other factors, such as the intensity of the heat or physical activity.

PABA stands for a para form of aminobenzoic acid which is part of the vitamin B complex used in sunscreen to absorb ultraviolet light. Adding protection with the use of zinc oxide can be helpful for construction workers, highway crews, lifeguards, or others whose employment requires them to be outdoors, and also may be beneficial to boaters, golfers, tennis players or gardeners who choose to be outdoors for recreational purposes.

Sunscreen with an SPF of 15 is recommended and should be applied generously every couple of hours, more often if you're swimming or sweating, and should be applied a half hour before going outside to allow the sunscreen to sink in.

Researchers also remind those headed outside to apply sunscreen in the more vulnerable areas such as the ears, neck, back of the hands and feet. No sunscreen blocks out all UV rays, and it's not a good

idea to stay out in the sun all day just because sunscreen has been applied. Check all expiration dates on bottles of sunscreen. Those past the date should be discarded.

Though researches caution not to allow burning, if skin does become reddened a cold compress or cool bath may bring relief. A mild pain reliever and topical ointment may also be helpful in relieving painful symptoms.

Signs of sun-burnt skin include tightness, creases, red-colored and hot to the touch. These are signs of serious damage. People should not wait for the first signs of redness. They appear hours after the burns have already been sustained.

For those with children, it is particularly important to guard them against the sun by using sunscreen and covering them up as much as possible, and babies under nine months should never sit in direct sunlight.

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# ON THE ROAD

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

## Climb On!

### Central Oregon's Smith Rock is climber's playground

by Maria Arico  
 for The Commuter

Shooting up into the sky from the high desert floor like large geysers, the rock-faces at Smith Rock greet me with force and beauty. Their bright fiery colors resemble the hues of the landscape near Santa Fe, N.M. The road to Smith Rock State Park meanders through fields of farmland strewn with tumbleweeds, tattered barns and abandoned rusty plows in Central Oregon.

It is here among these treasures tucked along the Crooked River that I find myself in the company of a variety of excursion-seekers—hikers, mountain bikers, fishers, whitewater rafters, campers and, of course, rock climbers. Smith Rock is recognized around the world as a climbing oasis and birthplace of sport-climbing.

This is my first rock climbing excursion; fortunately, I have an experienced climber and friend along to show me the ropes. Cody Wright began his climbing career over seven years ago and has been making trips to Smith for almost three years.

"I enjoy coming here because there are so many different climbs for people to choose from," Wright said, adding that the climbs are designed for "people who are really experienced climbers or just starting out. I also like the laid back atmosphere."

Wright, who first came to Smith with some friends, gestures toward the area where he tackled his first climb. "It seemed really hard at the time," he said, "but now I've moved up and that climb seems really basic."

I too will begin basic. Wright first sets anchors to metal bolts that have been secured to the rocks at the top, which leaves my eyes free to roam the canyon where basaltic lava flowed down from Newberry Volcano about 1.2 million years ago, forming low cliffs above the Crooked River that meanders through Smith Rock State Park.

After Wright finishes reviewing some basic knot and belay-

ing instructions, I'm set loose to find my way to the top. Our neighbors are also a group of beginning climbers like myself. We're on the Northern Wall, which is well suited for new climbers.

Initially I am a little intimidated by the towering rocks that seemed to magnify in size once I draw closer to them, but my intimidation melts away as I concentrate on searching for handholds and places to put my feet. Slowly I ascend the rock and am filled with a burst of relief when my tired, shaking body finally reaches the top.

I give Wright the signal, and he secures my rope so I can rest in the safety of my harness and revel in success far above the Crooked River sparkling in the sun below. The air feels refreshing and my body invigorated as I catch my breath and prepare to be lowered to the ground.

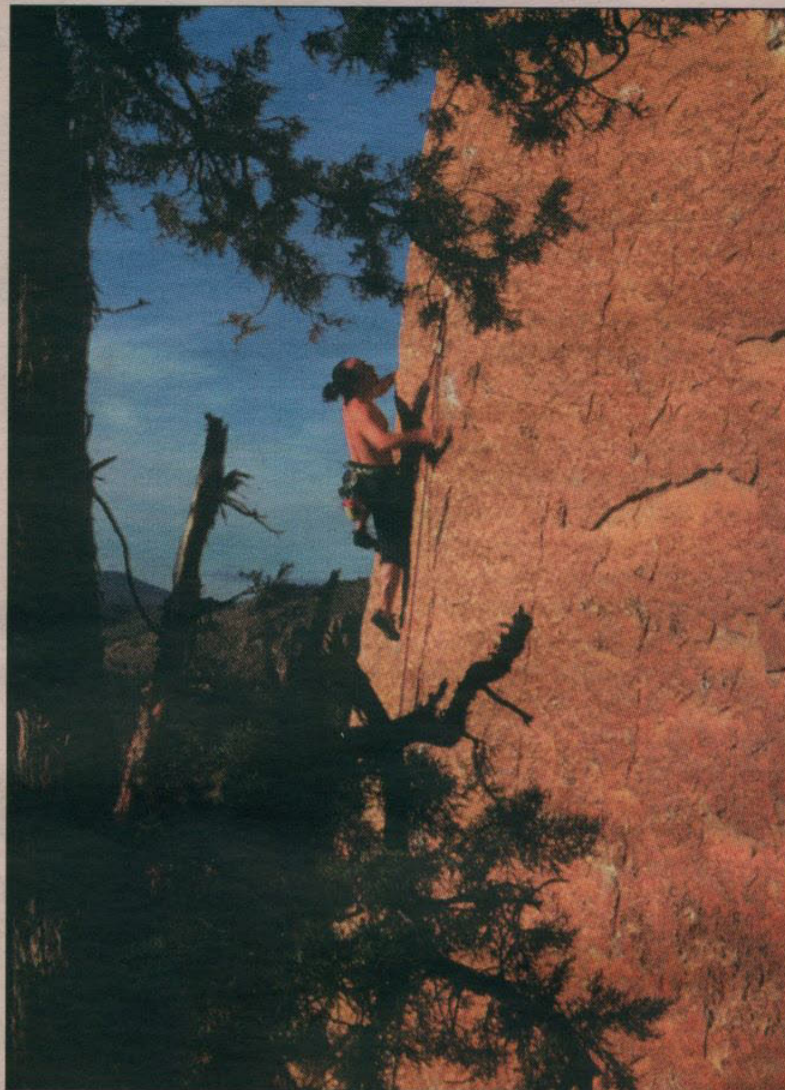
The remainder of our day is spent on more basic climbs and a light snack before the clouds start to roll in. We pack up quickly and head to Skull Hollow Campground where we'll be bedding down for the night.

Unlike at the park, camping here is free, which goes nicely with its "down home" feel. There's a sense of community with our fellow campers even though we haven't met. Wright says: "This campground is for hippies who look out for each other." That's definitely the sense I have, as a Volkswagen bus decorated with bright colors rattles through up the gravel road in search of a campsite.

On windy nights it can be bone-chilling at Skull Hollow, so come prepared. This was the case during our stay, with a gruesome high throughout the night of 28 degrees Fahrenheit. I recommend a toasty sleeping bag, lots of long underwear and something to cover your head.

If you're not into climbing, Smith Rock has many other activities to choose from. Mountain biking grows in popularity each year. The best rides can be found on the back roads which are located over Burma Road.

Whitewater rafting is an op-



Photos courtesy of Paul Shirkey

A climber makes his way up a rock face at Smith Rock State Park in Central Oregon. The park, which overlooks the Crooked River, attracts climbers from all over the world.



tion when the water is high enough. However, "Climber's Guide to Smith Rock" by Alan Watts, a dedicated climber who's been involved with Smith for over 25 years, says the river carries chemicals from farmers' fields so it's best to avoid swimming.

Smith also sports many hiking trails, and Watts recommends a loop trail that starts at the bridge and follows the river downstream and continues uphill past Monkey Face, where it makes a loop at Staunder Ridge and connects back at the river.

If you're up for something

less demanding, Watts says follow a path up Misery Ridge that concludes with a spectacular view of Monkey Face and the Cascade Peaks to the west.

But both of us felt too exhausted for a hike this time around and spent a quiet evening at our campsite.

The sunset was lovely against the backdrop of rolling hills and a perfect finale of colors like those that had greeted us earlier that day at Smith. We stayed up just long enough to get the fire going, then retreated into our tent in search of shelter from the icy wind.

## FAST FACTS

### Smith Rock attractions

Smith Rock State Park is situated almost directly in the middle of the state, just two miles east of Highway 97, near Terrebonne.

Once you've entered Smith Rock State Park, its well-maintained campground can be found along the Crooked River near the main parking area. The campground is open year-round, and sleeping in vehicles is prohibited. Space is available on a first-come basis, and reservations are not accepted. Call (541) 548-7501 or (800) 551-6949 or visit the park website at [www.oregonstateparks.org](http://www.oregonstateparks.org) for information.

Fees are \$4 per person per night, which includes a \$3 parking permit for the following day and use of the showers. Showers are also available for \$2 to people not registered in the campground. A 12-month permit is available for \$25 or a 24-month permit for \$40. Both are good at all state park day-use areas.

The campground provides several clean pit toilets. Cooking with propane and white gas stoves is restricted to a designated area, and a leash is required for pets. Fires and gas lanterns are prohibited and smoking is only allowed in vehicles.

For a more rustic experience, travel 7.9 miles east from the main parking area at Smith Rock to Skull Hollow Campground.

Skull Hollow is open year round and offers 30 campsites free of charge. Fires and sleeping in vehicles are allowed. Water is not available, and firewood is hard to come by, so you need to bring your own or visit Redpoint Climbers Supply in Terrebonne. They sell bundles of Juniper wood for \$4.

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