



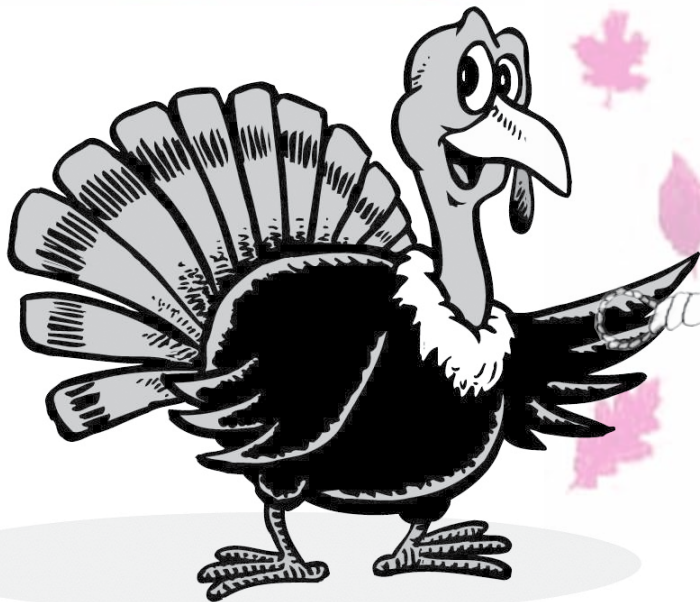
**'New Moon':
Box office
masterpiece
or bust?**

A&E P. 7

Thanksgiving week off:

A nice extra break? Or

A total disruption?



Students and faculty weight in on how helpful a week off really is

Devin Courtright
The Advocate

While people normally look forward to vacations, the upcoming Thanksgiving break seems to be creating mixed feelings among students and faculty.

Most students interviewed said they are looking forward to the week-long vacation, given that almost 10 weeks of fall term have passed and a break is appreciated.

"For me I'm really glad to have it because we've been working really hard over there (at ASG). It's really nice to have a break," said ASG Receptions Coordinator Kate Crabbe.

Asked if the week off will affect her school work, Jungah Lee said, "Well, not really. I like the break."

In years past, the Thanksgiving break was five days long. Classes were held as usual on Monday and Tuesday, followed a holiday break Wednesday through Friday leading to the weekend. But this year, faculty and staff have given up two days of pay to help overcome the college budget woes. That has created the week-long break.

However, there are other students who see it differently and feel they need more time learning from their instructors and are concerned about the potential increase in student tuition.

"I don't really like it because I like more time in class, more time to get help from the teachers," said Justine Browning. Ady Peredo, another student, said she won't like it because students are paying higher tuition and she doesn't care about having the whole week off.

Bradley Best, ASG president, said, "We're students, we pay for the education and we need our instructors. Education is really suffering, so what you pay and what you get in return is diminishing quite a bit."

With all the plans and activities ASG has planned, Best said the week-long vacation is "not helping us (ASG) much." In fact, last weekend about 50 percent of the ASG staff attended the vaccination clinic or the OSA conference at Portland Community College so they could get enough work done before the break. "I asked them (ASG staff) to give

me as much effort as possible before we lose a week," said Best.

Faculty and staff members also share varied thoughts and concerns regarding the week-long Thanksgiving break.

"Personally I like it; it makes it kind of nice," said Christi Hart, director of financial aid. "It's hard because I know sometimes students want to get things done. You have this conflicting feeling within yourself. It would be nice to be there, to be able to help students but it is nice to have the time off."

Asked how the week-long vacation will affect photography students, Dana Spielmann, director of the Professional Photography Program, said, "It gives them more time to work on projects. In a way it might be a blessing for them to be able to work (over the break)."

Matt Hart, head coach of cross country/track & field, said, "As an instructor, it messes with our continuity but as an individual, it's great." Schell Langley, who also works in the athletic department, said, "Any days off feels good. However, it's going to seem weird."

Dick Byers, director of facilities management, said, "It will be a splendid relief among staff. They have been working hard for so many months."

Some instructors and staff members are not as optimistic about the weeklong break. "I think it's horrible. It's not good for education. It's ridiculous," said Troy Donaldson, a mathematics and engineering instructor.

Asked about the final exam and whether the week off will affect students, Donaldson said, "I think it will. It breaks the rhythm of the term. It's not good for students, it's not good for learning. It's hard for students, I think."

Regarding the workload over the break, Donaldson said, "It actually gives us (the instructors) the chance to catch up. The problem is you can't push students hard for a week, then have a week off, and hope that it's all there when you come back; it won't be."

Thanksgiving *continued on page 4*

Monday's 'College Night' to help students with college decisions

Thelma Lucas
The Advocate

Mt. Hood Community College is hosting "College Night in Oregon," a free event to assist students in choosing a college and applying for financial aid and scholarships.

The event will be this Monday, Nov. 23, from 6:30 p.m. to 9 p.m. in the Vista Dining Room at the Gresham Campus.

"There are two aspects to it, one is we are trying to encourage students that are not in college to come to learn more about college, and then the other thing about it is students that are in college can learn about financial aid and scholarships," said Christi Hart, manager of the Financial Aid office.

The event will include free pizza, soda, three different seminars; and some scholarships will be given away.

"I would love to have everybody come to learn more about especially scholarships and financial aid to help students learn how they might be able to get those two things to pay for school, and don't think that 'oh, how am I going to come up with the money to pay for it on my own.' There are programs out there to assist students, but sometimes students are not aware of that," said Hart.

One of the seminars is: "Choosing the Right College for you." You can learn what to consider when selecting your future college or university. Whether you are interested in a traditional four year-college, a community college, or trade and vocational colleges, hear about your options and how to

decide which is right for you.

Another seminar is "Understanding the Financial Aid Process." You will hear about the financial aid programs available to you and application details, and the importance of filing the Free Application for Federal Student Aid (FAFSA).

The last seminar is "Scholarship Searches and Scams." You can learn how to develop a plan to search for scholarships, and find out how to spot the warning signs of scholarship scams.

At the end of the evening, there will be a random drawing for one of the \$500 scholarships that will be awarded. ASL interpreters will be available.

For more information, visit www.collegenightinor.org.

Winter registration starts early to provide extra help

NEWS P. 10



'Scrooge Lives' returns to MHCC

NEWS P. 11

Sygielski chooses VP of student success and enrollment

NEWS P. 4

Saints win in first round of NWAACCs

SPORTS P. 8



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Editorial

Volunteering doesn't stop at Thanksgiving

From soup kitchens in Salem and Albany to the Oregon Food Bank, swarms of volunteers pick the third week in November to give back to the community.

Representatives from the OFB said that on average they see at least twice the amount of volunteers and even more applicants on Thanksgiving than a regular day. Along with this, many soup kitchens across the state and even across the country have hundreds of volunteers on the holidays, many of whom are turned away.

Throughout the year many of these organizations are struggling for volunteers, but when the holidays come around people seem to be in a more giving mood. But for those who are turned away, there are other opportunities.

A project that is still looking for volunteers in the area is MHCC's Something Wonderful Giving Project. The project was established in 1994 when MHCC employees brought food and basic supplies to a family in need. The program has grown in size and is adopting over 40 families this

year. Profiles of the families will become available Friday. For those of you looking for a volunteering outlet, contact Rich Duval at 503-491-7641.

This project is for Christmas rather than Thanksgiving, but families can start focusing on the supplies the family needs and the gifts that make the holidays magical.

Volunteering is something that shouldn't be diminished and being turned away from volunteering at a soup kitchen on Thanksgiving shouldn't discourage one from volunteering in the future.

Colors and Numbers . . . and Crap

Comic strip by: Chris Shelton



Artist draws on personal experience for inspiration

Reed Shackelford

The Advocate

The comic strip work of MHCC Funeral Services student Chris Shelton is appearing on the editorial pages of The Advocate this year.

"Colors and Numbers . . . and Crap," Shelton's comic strip, is based on his life experiences that have taken him from his birthplace of New Jersey to Alaska, California and Oregon.

"(I've been drawing) pretty much since I can remember," said Shelton. "To be honest with you, I don't think I'm an exceptional artist or whatever. Trying out art classes and being involved with that, you see people who are incredible. I just do from the waist up, bad cartoons."

These "bad cartoons" are Shelton's way of expressing "my contempt for (what I see) walking around these days."

"People are getting insane. People are taking things really personally, even just minute stuff. So I just get away from it and try to vent through my drawings," says Shelton.

He said his main goal with his artwork is to have fun while trying to get it published.

"Once you take it seriously and try and make it your job, it sucks, you know? And you just lose it. You have to just do it."

BOUNTY

It's not something we do any longer:
This harvesting crops. Tilling soil.
Laboring in the fields, and turning earth
with hands hardened and healed
by the work it takes to put food on the table.

But we do prepare the meals.
And we do share ideas and stories
and laughter and community
in our kitchens and around the table
as we break bread together.

It is fitting to remember those who are not here,
to work for those who have not,

Tony Kneidek, a former part-time MHCC journalism instructor, is no longer with us. He died of a brain tumor 10 years ago this month, but his words and spirit live on.

to care for those without,
and to remember that our abundance
can be repaid in acts of compassion,
deeds of kindness,
and willful understanding of others.

We come together as friends and family
to celebrate the bounty that is ours: our parents,
our children, each other. We are, after all,
the true bounty —
a part of the same stream that flows
through the generations and binds us
to the fields and seas that cradle us all.

Tony Kneidek /Thanksgiving 1996

American Indian offers view of Thanksgiving

Anevay Torrez

The Advocate



Thanksgiving is the one American holiday dedicated to the blending of two cultures, the white settlers from England and Europe and the American Indians.

Being an American Indian, I grew up being told stories from grandmothers about how things were in the old days. How when they were little they were forced to learn the "white man's" way by being converted to Christianity, and being sent to boarding schools where they were forced to learn English instead of the language of our people.

In addition to attending boarding school, they were also forced to cut their long hair. But in the American Indian culture, a person's hair is very important because it is a symbol of your culture and how in some American Indian cultures when a close family member dies it is respectful to cut your hair. Having been forced to do all of these things, my grandmas and their grandmas felt like everything they knew and loved was being taken away from them slowly but surely.

In my family, our tradition for Thanksgiving is to have all the family together and have dinner just like any other American family, but with a little twist. If my grandma is over for dinner, before we start she will bless the food in native language and then every year there is always a Thanksgiving Powwow for the whole community.

This generation of American Indians has gotten too involved in new age things. That's why it's nice to go back home and be able to be with grandparents who can keep me grounded and keep me involved in our culture.

That's why it's important to know about the past so it won't happen again in the future. I wonder what it would be like if my ancestors had been left to their ways and traditions and had not been conformed to what others thought to be the right way to do things.

Everyone knows about Thanksgiving and the first dinner that the pilgrims and American Indians shared together. No one sees what really happened, but the older generation does. Some of the older generations think that was when the American Indian people slowly started to lose the great land that they had spent years taking care of so carefully. This is why celebrating Thanksgiving is a little different for me and my family.

For my family and me, Thanksgiving is when we can give thanks for everything in our lives that we appreciate having. After my grandpa died about five years ago, right before Thanksgiving, I think that changed everything including what we now think is important, especially family and culture, because how can you get anywhere if you don't know where you've come from.

It's nice to have a sense of my family's culture with me and know what things used to be like for my grandparents and their parents. It's important to realize that I'm thankful for them being my family and thanks to them I have a great life knowing that instead of having to lose things like they did, I can gain more sense of my family's culture from them.

Correction

In the Nov. 13 issue of The Advocate, there was an error in the story titled "QSA to show 'Transamerica' for Transgender Day 2009." In the story Heather Nichelle-Peres is QSA president. The Advocate regrets this error.

THE
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The Advocate encourages readers to share their opinion by letters to the editor and guest columns for publication. All submissions must be typed and include the writer's name and contact information. Contact information will not be printed unless requested. Original copies will not be returned to the author. The Advocate will not print any unsigned submission.

Letters to the editor should not exceed 300 words and guest columns should not exceed 600. The decision to publish is at the discretion of the editorial board.

The Advocate reserves the right to edit for style, punctuation, grammar and length.

Please bring submissions to The Advocate in Room 1369, or e-mail them to advocatt@mhcc.edu. Submissions must be received by 5 p.m. Monday the week of publication to be considered for print.

Opinions expressed in columns, letters to the editor or advertisements are the views of the author and do not necessarily reflect those of The Advocate or MHCC.

Five rules for lasting through the approaching calamity of Thanksgiving

Just remember: D.U.C.K. and cover



Chelsea Van Baalen
The Advocate

It's here. Commercials promoting mass purchases and layaways are constantly on the television (score one for irony), turkeys everywhere are on clearance, bosses are crunching the numbers for bonuses and pretty soon 103.3 will be playing "Rudolph the Red-nosed Reindeer" on a loop.

That's right, the holidays have arrived.

However, like all nuclear fallout scenarios, I mean seasons, there are ways to make it out alive without re-enacting a scene from a "Rambo" film. While some call it stress management, I call it a duck and cover strategy, literally D.U.C.K. and cover. So when your grandparents start questioning your choice in a significant other, the turkey gets burned and your mother is on the verge of a nervous breakdown, you can still make it back to school AND study for your finals. Here's how:

Don't throw the mash potatoes. Once again, common logic. But it's still easy to forget when your estranged aunt walks into the living room after disappearing for 15 years and appearing on the 10 o'clock news during a cult-bust. It's even easier to forget when your not-so-favorite relative (insert name here) chimes in on just why (insert favorite politician here) will cause the apocalypse. So while they are there and very throwable, don't throw the mash potatoes. Instead, take a deep breath, look at your plate and envision a happy place; visualize yourself at the beach, scaling a really tall mountain, playing FarmVille on Facebook, whatever makes you happier than listening to your grandma and mother ruin their relationship over the best way to pass around the turkey plate.

Utilize your car and make the trip: While others might dread the words Fred Meyer, Safeway and Albertsons on these days, it can be a blessing in disguise for others. Sure, some of the aisles might be crammed with crying children, stressed out mothers and general, non-descript members of families, they're not your family. Because taking the plunge and

offering to make that last minute run for a can of cranberry sauce that isn't dented with the wrapper partially peeled off not only makes you look helpful and gives your grandparents hope for your generation but it also gives you a breath of stress-free fresh air.

Cross sex, drugs, politics and religion off your vocabulary list. This is a given. By now you should know that the second you put the 'bama after O, someone's going to get hurt. And a holiday feast teeming with family members is not the best time to talk about the legalization of marijuana because "it would just make the quality of weed so much better," unless you want to make your mother cry or worse, make you take the weird, smelly, reddish casserole. And you'll get a two-for-one deal, bringing both the casserole and a Bible home with you if you mention sex. And debating whether or not to pray before eating with your possibly Mormon uncle will not win you any fans or make your mother not send that casserole home with you. So unless you're in for a night of bickering, crying, yelling or utter silence, be wary of what you consider dinner conversation.

Keep out of the kitchen. You, like everyone else, know the saying. However, like everyone else, you most likely completely blank on it during the holiday season. It's common sense really — the more people you have in the kitchen, the more variations of your great-great-great-grandmother's stuffing recipe you will find. The more recipes you have, the more hair-pulling (you pulling your own hair, not your cousins) you will have and the weirder the taste. My advice is stay out of it. I'm no sports expert but I'll bet there's a football game on or something you can do. Update your Facebook, take a walk, write a memoir, feed your sea monkeys. All of these things can be done while carefully avoiding the lion's den . . . I mean kitchen.

Cover your leftovers. If you don't already know, leftovers are one of the most beautiful, joyous things about Thanksgiving. It's like you're not only basking in the afterglow of surviving the holidays, but you're eating it, too. And there's nothing that will kill that faster than fossilized turkey that's been left uncovered all night. And the casserole you hated the day before will smell even worse after percolating in its own juices. So do yourself a favor and bust out the saran wrap (or aluminum foil) and store away the leftovers.

So while the holidays bring us together, they also bring families together for better or worse. And though these are the people that drive you insane the second the china is brought out, they will also be the ones letting you sleep on the sofa after tasting the cooking wine one too many times. So remember Duck and Cover. After all, consider Thanksgiving as preparation for your finest hour: Christmas. After all, there are gifts involved with that one.

Thoughts from ex-smoker

A smoke-free life is the way to go

Jon Fuccillo

Guest Column



While smoking can be hard to quit, due to an addiction that doctors say can be the hardest habit to kick, cigarettes are also one of the easiest habits to pick up — especially during a time when experimentation is making a comeback reminiscent of the 1960s. Remember the "Summer of Love"? I sure as hell don't but I know enough about history.

I say this with four years of experience of smoking under my belt. Not something I am proud of, yet not something I regret. Like everything in life, it's trial and error. We live and we learn.

It started at age 19 during my first year of college in Glendale, Ariz. It was overwhelming the number of college students who smoked there. What started as "social smoking" became a day-by-day downward spiral in my health.

Until September — when I found out I had Crohn's disease. My doctor looked me in the eye, with intimidation, and said, "Absolutely no smoking. It will only make things worse." From that moment on (going on three months), I have been smoke free. It wasn't easy but it was the right choice.

Not everyone will have an experience where you are forced out of smoking. But if you look at it in the bigger picture, you will soon realize what you're doing to your body. Look past the myths that claim that smoking cures anxiety and helps stress. Plain and simple, it doesn't.

Not to mention the clear-cut consequences that have been preached to us on a regular basis: emphysema, lung cancer, chronic bronchitis, heart disease and stroke. Why do we put our bodies and lives at such high risk for failure? The answer isn't always clear. It took four years of pounding my body with tar to realize the stupidity behind my smoking habit.

According to the American Lung Association, 430,000 Americans die each year from the effects of cigarette smoking. To paint a picture in your head, 20 percent (or 1 in 5) of all deaths are caused from cigarette smoking. Isn't that enough to seriously consider quitting?

I know it's easier said than done, and I would be lying if I didn't admit that I think from time to time about lighting up for old times sake. I thank God that I was given a second chance to get this whole smoking thing right and to move forward by quitting cold turkey. It's well worth it in the end, not to state the obvious.

I breathe better, I smell better, I feel better. I have saved lots of money and have put my body to better use.

A funny fact — or maybe not so funny — is that smoking costs the nation more than \$100 billion a year in health care costs. That's a loss of \$398 a year per American. The smoker and non-smoker are stuck in a lose-lose situation. This is one of the hottest topics in our country: HEALTH CARE.

It's sad that bars beat schools, parks and other social places to the punch. Just how far does this have to go before people realize enough is enough. A tobacco-free campus is a better campus for all. I believe in smoker's rights but not to the point where it makes these places a health hazard for all.



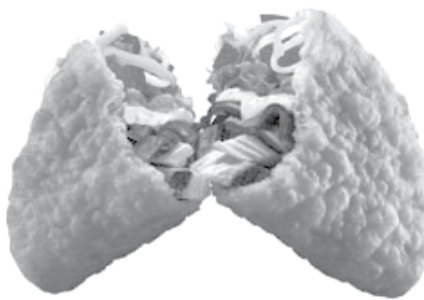
Thanksgiving survival checklist:

Four essential items for making it through dinner with your relatives

Ron J. Rambo Jr.
The Advocate

1. Gas Mask — Pertinent when visiting the elderly, who tend to wear musk-based cologne or perfume that hasn't been a hot item in more than 40 years. But they're old, so they don't know any better. When they come at you to give you a big hug and lay a wet one on your cheek, you'll be prepared to combat the half-century old stench that will surely seep into your clothing. Having said that, wear a sweater that you can take off almost immediately.

Also useful for: Keeping yourself from smelling the scents of those elderly ones who no longer wear perfume, but diapers instead. Also, trips to the bathroom after Uncle Rupert just spent a good half-hour in there.



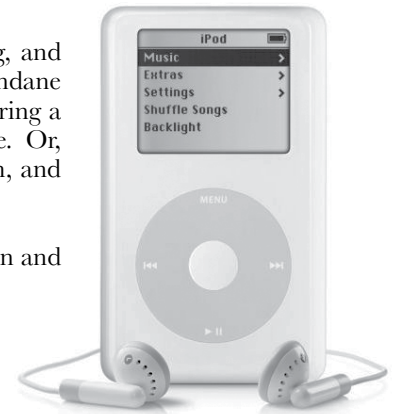
2. Chicken Chalupa — Stop by Taco Bell and pick up some backup food prior to visiting, just in case Auntie's secret recipe for turkey gravy doesn't turn out so well, or the egg-timer batteries happen to die while the bird sits and gets a little too crispy in the oven.

Also useful for: In case the food is actually good, you can feed Grandma's annoying, yapping, ankle-biting Pomeranian some revenge by giving it some assured mud-butt for the remainder of the day. Just don't forget the fire sauce.



3. iPod — Essential for fighting off the relatives who just keep talking, and talking, and talking . . . and talking. We've all been there. The same mundane questions, over and over with no escape. The real trick is to get out during a segue-way between topics, so as to prevent yourself from appearing rude. Or, you could always excuse yourself mid-sentence, throw your ear buds in, and crank up some "devil music."

Also useful for: Averting the disastrous commentation of Troy Aikman and Joe Buck during the Dallas Cowboys game.



4. Valium — This or another drug sure to calm you when the ambiance of loud children, jokes you've heard a million times, your obese aunt fighting for the last turkey leg, and animals begging for food begin to wear you down. About an hour or so before you feel like your threshold is about to give out, pop one or two pills (or, drink some chamomile tea if you can't access any pharmaceuticals) and you'll calm right down before you explode on drunk Uncle Bob about his staunch defense of Herbert Hoover's economic policies.

Also useful for: Anxiety attacks, which you're bound to have after you find out the hot girl or guy you've been hitting on the whole day is indeed related to you.

Sensors' calibration ahead of schedule

Brett Stanley
The Advocate

Johnson Controls Inc. is working to calibrate more than 525 heating and cooling sensors throughout MHCC classrooms and offices.

According to Dick Byers, facilities manager, the college is ahead of schedule for 13 separate facilities improvement measures.

"I would say we're 67 percent complete," said Byers.

Byers is predicting a March 2010 completion for the sensor calibration, which coincides with bringing the new air conditioning system online. "We're hoping to have (the sensor calibration) completed by next March," said Byers.

Currently, the cooling tower has been replaced, and the old air conditioning chillers are in the process of being demolished to make way for the new ones.

"The cooling tower has been replaced — that happened last weekend — and the demolition of the chillers is underway," said Byers.

For the months of July, August and September, MHCC saved \$16,000 more than anticipated.

Originally, the guaranteed energy savings from the JCI projects was set at \$48,000 but MHCC has actually saved \$64,000, Byers said.

According to Larry Holden, site superintendent for JCI's MHCC projects, once the new wireless thermostats come online MHCC will have the "largest wireless fully integrated heating and air conditioning system in the U.S."



Photo by Brett Stanley/The Advocate
Robert Terrill of Bockman and Sons Inc., a subcontractor in charge of demolishing the old air conditioning system, is working to remove the primary and secondary pump isolation valves.

Thanksgiving *continued from page 1*

Break could help budget issues

Valory Thatcher, anatomy and physiology instructor, said, "In science, we traditionally don't have labs running over Thanksgiving week. So in some ways it kind of equalizes it but it does seem to put a weird stop to instruction. A whole week, then a week off class, and then finals. It does seem like it's a sudden stop right before the end of the quarter."

MHCC President John Sygielski had a more positive way to see the weeklong vacation for students. Asked if the week off will affect students, he said, "I don't think so. If anything, it may help (students) because maybe it will allow students to study more, to catch up maybe, and prepare for finals."

"There can be some real advantages and (students can) already start to plan for the next quarter. So this can really give them some focus time. So I see it as it could be positive," said Sygielski.

The entire campus will be closed next week and no one will be at the college, except for MHCC's Public Safety staff and a financial aid event next Monday.

Asked about the college budget woes, Sygielski said, "It's the state budget. That's really it, there's nothing more behind it." ASG President Bradley Best said, "This is kind of a drastic cut but it's a cut that needs to be made for timing. I don't like it more than anybody else."

MHCC instructors and faculty also commented on the colleges' budget dilemma.

"There's budget issues with the college. It's money, pure and simple. The best way to save money is to shut the doors for a few days," said Donaldson.

Spielmann said, "It's something that has to be done because of the economic situation and people's jobs are being saved because of it, I believe."

Byers said, "Anything we can do to lower our expenses will benefit the college. It helps us conserve energy, confine expenses, and it gives the opportunity (for everyone) to recuperate."

Asked about the future, Sygielski said, "It's just right now for this year but we're going to have to wait to find out what happens to the ballot measures in January and what happens to the state budget next year. It's so unfortunate for the faculty and especially for the students. It's a good thing they have 12 weeks in the fall quarter, so it kind of helps."

Vice president for student success and enrollment management selection:

Minger chosen for experience, excited to join MHCC staff

Ron J. Rambo Jr.
The Advocate

Oregon native David Minger will return home after being selected by MHCC President John Sygielski as the new vice president for student success and enrollment management.

Minger previously worked at colleges in Washington doing similar work, and more recently at Coconino Community College in Flagstaff, Ariz., as vice president for student affairs.

Sygielski said in an all-staff email Sunday that he was "delighted" about the selection, and that Minger's career is "distinguished by his innovative use of technology, organization, assessment and planning to improve the efficiency of student services."

Minger said Thursday he is excited to begin work under Sygielski's leadership.

"I am honored to be part of the MHCC community at this important time in its history," said Minger.

He said he wants to start his career at MHCC by learning, getting to know people and by making himself known. He will have the opportunity to do so at the start of winter

term, when he comes to MHCC for his first day of work.

"I will work with students, the president, staff, and faculty to identify and prioritize needs and plan steps to address those needs," said Minger. "Some priorities are already clear: developing an enrollment management plan and addressing advising needs."

Minger said the standards at the office of student success and enrollment management include outstanding customer service, having the highest standards for correct and timely information, and showing in each interaction with students that they deeply care about their success.

"Keeping people in the loop is vital," said Minger. "I will work to enhance communication for SSEM so that students, faculty, and staff have new opportunities to be informed, give input, and participate. That will help us make better decisions."

"We will strive to be transparent in what we do and open to input from students and all college constituencies," said Minger. "To make sure we are reaching our goals and that our work is having the intended positive effect, we will measure and assess our progress. Student feedback will be very important, as will feedback from faculty and staff. To devel-

op good measures of progress, we will work with students, instruction, research."

Minger said he knows MHCC is relied upon by many people, and said he will reflect that in his work.

"We need to strengthen our relationships with students and work closely with faculty to enhance student success," said Minger. "We want students to feel well served, respected, and listened to — and we want students to know they have an important role in helping MHCC achieve ever-greater heights."

Sheri Moser, associate director of human resources, suggested that Minger was chosen mostly due to his experience.

"Mr. Minger has experience as a vice president for student affairs and brings extensive experience in managing all facets of student services with similar community college experience throughout his career," said Moser. "Mr. Minger's career is distinguished by his innovative use of current technology, organization, assessment and planning to improve the efficiencies of student services. He had proven leadership in promoting and integrating student services to support teaching and learning."

Minger will begin work Jan. 4, 2010, after winter break.

Sushi comes to Vista for a day



Photo by Brett Stanley/
The Advocate
Sayoko Sasao (left) shows Ei Kageyama (middle) and Morgan LaFontaine how to roll sushi at Thursday's SushiFest, put on by the Student Activities Board that turned the Vista Dining Center into Sushi-ya. About 200 students attended and participated in the event by making their own sushi.

Transitions to hold more info sessions

Mario Rubio
The Advocate

The Transitions program at MHCC offers students a chance to learn about various career opportunities in a tight knit, group setting.

Transitions graduate Adriana Chavez said that before she went into the program, she wasn't really sure what she wanted to do with her life.

She said Transitions has helped her learn who she is on the inside, as a person.

"It's more than just a regular class. You really feel the support from each and every other student. It's always a close bunch," she said.

Tucked away in the first level of the College Center, Transitions is a program open to anyone, although assistant and receptionist Jenny Ruelas said that strangely they have never had a male go through the program. "We serve single parents, displaced homemakers and immigrant women" boasts the small pamphlet on the front desk.

In order to join the Transitions program, among other things, you must first attend an information session.

Information sessions for the winter term are sporadic and only take place during the winter months, with four meetings through Dec. 15. The next one will be Dec. 2.

During these two-hour sessions, anyone is welcome and Counselor/Coordinator Cynthia Dettman will tell explain how to apply for

financial aid, how to get started on the college placement test, how to get enrolled at MHCC and how to get started in the process of enrolling for the Transitions program.

Other items required in order to be considered for the course are written documentation that you have taken the college placement test and a written application, obtainable through the Transitions office or on the college website.

Transitions is worth seven credits, and the number of applicants has been unusually high lately.

"We have noticed that since the recession started, the number of people applying for the program and showing up for information sessions has really risen. We had such a high number of applicants during the summer term that we offered two courses instead of one" Ruelas said.

Transiciones, the sister program to Transitions, is offered once a year, is two terms in length and has a total of 30 open spots.

This program is specifically geared towards Latina women and is taught in Spanish, but has all assignments in English.

"It is essentially the same as the original Transitions program, but in Spanish," said Ruelas. "You have to have a certain level of English before you can get into that."

The Transitions course offers Kaiser insurance to those enrolled and their immediate family

PREVIEWS

New music releases for Tuesday



Lady Gaga

The Fame Monster

What was originally intended to be a special edition release of Lady Gaga's first album, "The Fame," has now officially been announced as a full album of new material. This new full-length album will feature eight songs.



Susan Boyle

I Dreamed A Dream

Scottish singer Susan Boyle who won second place in "Britain's Got Talent" is releasing her first album. The CD tops Amazon's list of global CD pre-orders of all time. The first single to be released will be "Wild Horses," a song originally recorded by the Rolling Stones.



Tom Waits

Glitter and Doom

Living music legend Tom Waits has had a long and strange career, which will no doubt be reflected in his 21st studio album "Glitter and Doom." This album, which was recorded in several cities along his tour, will feature live versions of some of his classics.

Starparty makes plans for full-length album

M. Michael Rose
The Advocate

Trying to live the dream of succeeding as a band is a difficult thing to achieve; trying to live that dream while still in high school is another story all together.

For the three young musicians who are the band Starparty, that dream is becoming a reality. After playing music together for about a year, drummer Sonia Weber, guitarist and lead singer Caleb Misclevitz and bassist Raine Frederickson have enjoyed the experience of playing live shows and have begun recording tracks for their first EP and have plans to follow it up with a self-produced, full-length album.

One common obstacle for young bands is a lack of viable venues to play at. With bars completely out of the question due to age restrictions, there usually aren't many options left. Fortunately for these young artists, Portland has no shortage of all-age venues available for talented, young artists to play. For this band, an important aspect of their experience as musicians has been their frequent performances at the local all-ages venue Satyricon. "Satyricon has been especially helpful," said Weber.

Another major contributor to the success of young, local bands is the organization Music in the Schools. Lincoln High School senior Dash Robb founded the organization in 2007 to help fund Portland-area public school music programs. Now in its third year, the group has raised more than \$30,000. The organizational committee that heads Music in the Schools is composed of Portland-area high school students who work throughout the school year and summer to host events such as their Battle of the Bands.

A major milestone for Starparty was playing at Music in the School's third annual Battle of the Bands this year. They won the competition and were able to appear on a PSU radio show. The result of these two events was much better connections for the fledgling band. After their victory and subsequent radio appearance they were able to utilize their new con-



From left: Bassist Raine Frederickson, drummer Sonia Weber and guitarist and lead singer Caleb Misclevitz comprise of the band Starparty.

Web Photo

nections to book an even larger number of live shows.

Asked about how the Portland music scene is for a new band, Misclevitz said, "It kicks ass. It is a really good place to start a band."

According to Starparty, the Northwest's music scene is very accommodating to new bands, with many local artists willing to share the stage. Some of the bands from the area that have made it big still embrace their Northwest roots and are eager to interact with the local talent. One perk that the band was able to enjoy because of this was meeting Ben Gibbard from Death Cab for Cutie, a band that has been a major inspiration for Starparty.

Starparty has taken every opportunity that the Portland area music scene has provided and been rewarded for their diligence with more opportunity and a legitimate chance at musical career success. More info on Starparty can be found at Myspace.com/starpartytheband. Their music is available for download at starparty.bandcamp.com.

Mayer's latest album doesn't quite measure up

Sanne Godfrey

The Advocate

John Mayer's fourth studio album, "Battle Studies," is all about heartbreak and loneliness.

The first single from the album, "Who Says," is all about getting stoned and escaping reality and, of course, girls.

Mayer writes his own songs, but when you listen to the second track on the album, "All We Ever Do is Say Goodbye," you wonder why he is allowed to write his own songs. The song repeats the words

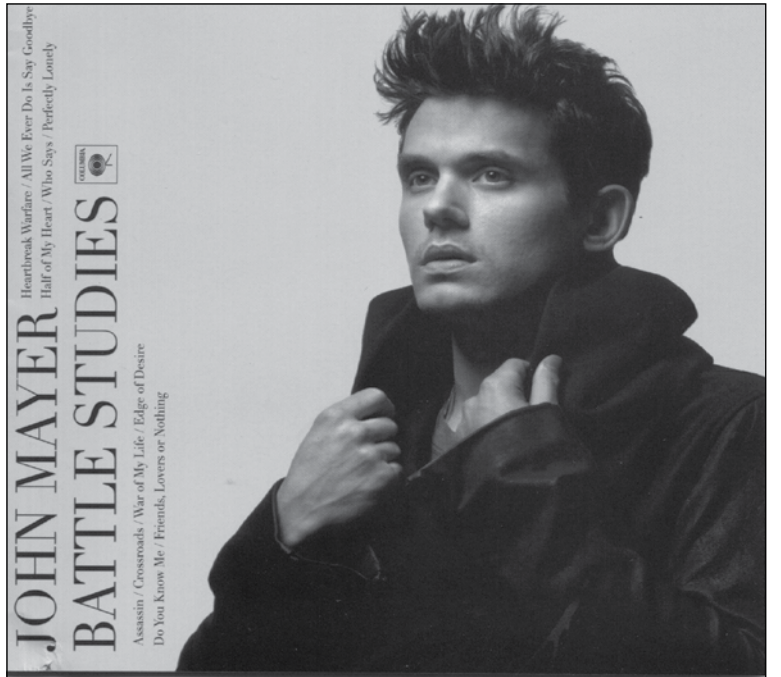
"all we do is say goodbye" at least 18 times. That's right, 18 times. Even with a voice like Mayer's, this is annoying and feels as if he's trying to sell you something.

The duet with Taylor Swift, "Half of my Heart," sounds more like a solo performance with a back-up vocal than a duet. Swift's voice adds a nice distraction from the incredibly repetitive lyrics of this song.

If only the two would have been able to use their guitar skills to make the duet stand out, this may have been good, but now it's just another depressing song without any spark.

"Assassin" might be the only song with any kick on this album. Casual encounters with women seem to be better song material for Mayer than the heartbreak women bring to him. His previous albums didn't whine about heartbreak, but instead songs like "Your Body is a Wonderland" emerged and made Mayer into the star he is.

The guitar that seems to never leave his side in pictures does not



make a sound on the album. Mayer is a wild-haired troubadour that comes in with a sense of mystery and steals the hearts of millions of women. None of his musical talent stood out and it seems as though

he might be relying on his looks and tabloid publicity alone to sell this album.



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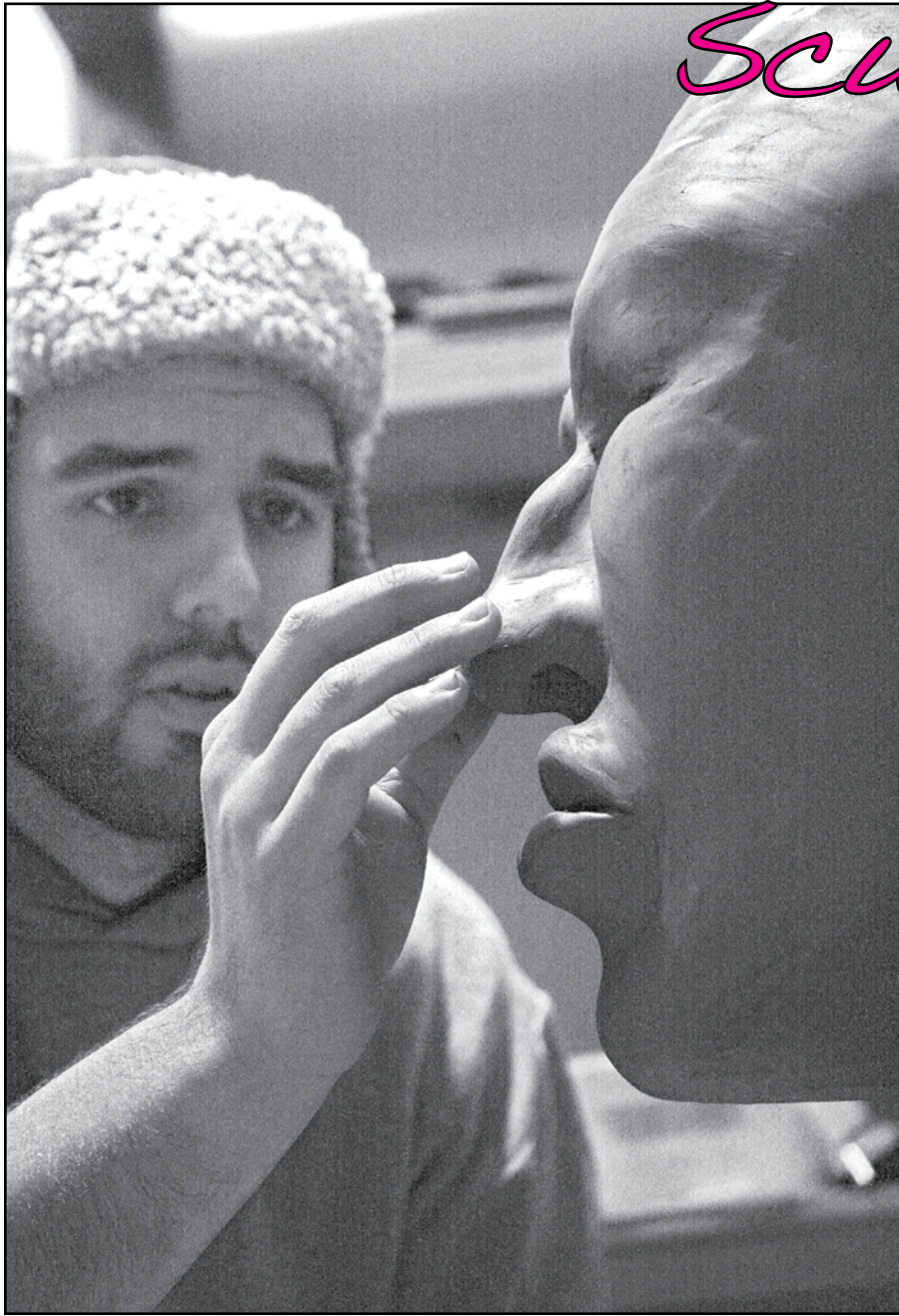
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Sculpting raw beauty

Student finds inspiration in heroes past and present

Kellie Jones

The Advocate

MHCC art major Garry Emard is sculpting a giant bust inspired by the heroic figures of imperial Romans, ancient Greeks — and modern UFC fighters.

Emard said he wanted to try sculpting a modern hero, “a cage fighter, a wrestler. I just started slabbing clay together and it ended up huge.

“All the ancient heroic idolized figures were beautiful and elegant,” he said. “Those sculptures were supposed to be realistic, but if they were true warriors, that isn’t what they would really have looked like.”

Their noses would have been broken, and they would have had built up scar tissue, he said. “I don’t want him to look like a male model. I’m trying to capture that he’s beat to hell; he kind of has a smirk on his face. He won, but he’s totally mangled,” Emard said of his bust. “Not a lot of people who’ve been beat to hell are happy about it, but he is.

“I want those fingerprints, grab marks, like he’s really been abused. Out of metal, it will look like this guy is completely molded, completely torn apart.”

Emard is planning on casting three molds of the clay bust, each out of a different material to “represent diversity.”

“I want to make three of these: one cast out of shining aluminum, one cast out of bronze, and one cast out of iron,” Emard said. “Iron is dark and dingy and doesn’t look very good. I want to cast him out of iron. Iron is not pretty.”

Emard said he has been an art student at MHCC since spring term 2008. “If I can be a successful artist, I will do that,” he said, “I want to make my own work.”

He said he has been interested in art his whole life. “When I was younger I used to draw all of the time,” he said. “I had a statue made

out of one of my drawings in the fifth grade at Prescott Elementary School. It was made into a bronze panther mascot for the school.”

Emard continued to explore art, and took sculpture in high school. “I always liked to carve stones,” he said. “It’s almost like taking pictures from film instead of digital, where each exposure counts, each mark you make on the stone counts.” In contrast to stone, “with clay I could rip the nose off and put a whole new nose back on.”

Emard wants to continue his education in art. “I want to go to PNCA (Pacific Northwest College of Art in Portland), but it doesn’t matter what school I go to. It is just for the degree and learning how to use the materials. Back in the Renaissance, artists would apprentice, but now they go to graduate school.”

Emard said he thinks MHCC’s art department is “amazing. We can cast bronze here, and PNCA doesn’t even do that.” Sculpture is Emard’s art of choice, though he enjoys painting, drawing and photography. He said he prefers three-dimensional art “just because I see in lines and shapes,” and gets bored with flat surfaces.

Before taking Nathan Orosco’s sculpture classes, Emard thought he wanted to major in photography. “I joined the professional photography program, and I liked it, but I am more into fine art photography. Nathan convinced me to take sculpture. After taking the three-dimensional design class, I decided I wanted to physically make things,” he said.

As to whether he will stay in Portland, Emard said, “Wherever I go, I think I’ll end up back in the Northwest. No matter how much I say I hate the rain, I really don’t. I’d leave it, get sad, and miss it.

“Your home inspires you more than anywhere else; you relate to the culture, people, environment,” he said.

Photo by Kellie Jones/The Advocate

Garry Emard, an MHCC art major, works on his sculpture that is inspired by the heroic figures of imperial Romans, ancient Greeks and modern UFC fighters. Emard plans on creating three molds of the bust as well.

'King Lear' to come to MHCC; auditions start in two weeks

Chelsea Van Baalen

The Advocate

Auditions for “King Lear” will be held Dec. 1 and Dec. 2 in the Studio Theater from 4 p.m. to 7 p.m. and, according to director Rick Zimmer, it was time for the Theater Department to perform another Shakespearian play.

“We have not done a Shakespearean play on the main stage of the College Theater since ‘Measure for Measure’ in 1999,” Zimmer said.

Zimmer said he was drawn to the play for a number of reasons, including an experience he had while in college.

“I saw a production of ‘King Lear’ when I was an undergrad majoring in theater,” Zimmer said. “We took a trip to the Guthrie Theatre in Minneapolis (Minn.) It was my first real, full-blown professional production of any kind and to have it be Shakespeare’s greatest tragedy — wow. What an impression it made on me. The acting, scenery, lighting, sound all combined to create a very powerful and moving story that I can still feel and appreciate.”

After 30 years and six viewings of the play, Zimmer asked himself if he could direct a production at MHCC.

“The answer to the question helped shaped my sabbatical request to allow me the time and resources to lay the groundwork for a fully-mounted production during winter term,” Zimmer said. “That time is quickly coming to an end and it is now time to start auditioning and forming a cast to begin the challenging task of performing what many critics have called Shakespeare most difficult play. I’m always up for a challenge.”

Zimmer has already cast the parts of King Lear, Gloucester, Kent and The Fool. Sam Mowry will portray King Lear, Tom Beckett will play Kent, Michael Streeter will play Gloucester and Peter Arnetta will play The Fool. Zimmer said he has worked with all four and admires their work.

“These four parts are characters ranging in age from 50 to 80 and I wanted to cast actors who are close to those ages or able to play them believably. Obviously the part of Lear needs an actor with the training, stamina, and talent to carry off this demanding role,” Zimmer said.

“In addition, I am expecting really great learning opportunities for our students to work shoulder-to-shoulder with these experienced veteran actors. They are very much like ‘guest artists’ whose job is not only to perform but to educate. I am very lucky to have these four willing and available to take on the roles of Lear, Gloucester, Kent and the Fool.”

The remaining parts for the play are available and callbacks will be held Dec. 5, if necessary.

Actors should have ready a Shakespearian monologue that is between one and two minutes long, as well as being ready to read from the script of “King Lear.” Zimmer said, “I want to put together a cast that will generate an electrifying telling of this story.”

Rehearsals will begin Jan. 4 and performances will be Feb. 26 through March 7 in the College Theater.

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Winter Term begins Jan. 4, 2010.

It's vampire versus wolf

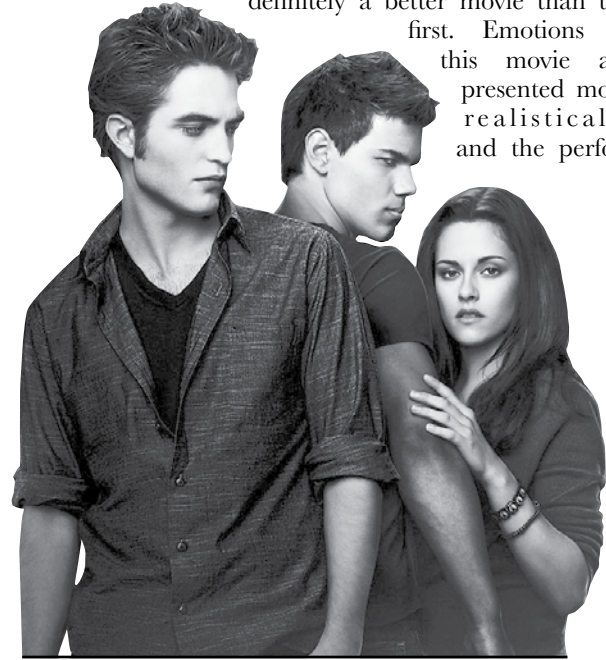
Movie brings out best in book, feelings of characters

Sanne Godfrey

The Advocate

The second installment of the Twilight saga, "New Moon," comes out this weekend and it has already broken a record: the most pre-sold tickets ever according to Fandango.com. "New Moon" follows Kristen Stewart's character Bella Swan and the heartbreak that comes early in the movie when her vampire boyfriend Edward Cullen, played by Robert Pattinson, leaves her. This passage in the book was emotional, but on screen the chemistry isn't quite there. It just looks like an awkward goodbye with a performance that is not up to the standards expected of Pattinson.

"New Moon" is the second in a four-part series and definitely a better movie than the first. Emotions in this movie are presented more realistically and the perfor-



Web Photo

From left: Robert Pattinson (Edward Cullen), Taylor Lautner (Jacob Black) and Kristen Stewart (Bella Swan) star in "New Moon."

mance by Stewart is much better than in the first movie. The book depicted Bella as completely detached from the world around her and oblivious to all of Jacob Black's hints about being a wolf. Because the movie was faster paced, Stewart was able to come off as the smart, lovable and weird Bella rather than the heartbroken, detached Bella in the book. The movie, in this instance, stays closer to the characteristics of Bella than the book.

After the Cullens leave the rainy town of Forks, Bella realizes that adrenaline will bring the memory of Edward back. Jacob, played by Taylor Lautner, rebuilds a motorcycle for her so she can continue to get the rush.

When Jacob finds out that members of his tribe are able to morph into supernaturally large wolves, he no longer wants to be around Bella, but instead starts hunting the vampires that have come back to hurt her. The morphing of the wolves was a very fast process that looked incredible on screen.

Bella's need for adrenaline is picked up by the Cullens, who believe that Bella has killed herself. Edward runs off to Italy to provoke the Volturi and, in essence, commit suicide. Bella goes to Italy to save him.

In Italy, the Volturi capture Bella and intend to kill her. The fighting scene that continues played out incredibly weak on screen. The fact that vampires can't get hurt makes this scene even weaker. The scene goes from slow motion to hyper speed and back to slow motion.

The movie had almost no appearances from Pattinson, but in his absence Lautner steps up and commands the screen with his incredibly, mostly shirtless, performances. Lautner was able to mix a little bit of humor into his on-edge character, which made him a great contrast compared to the always-serious Pattinson.

Overall, "New Moon" brought the viewers closer into the life of Bella than "Twilight" did. The emotions that Stewart showed on screen seem sincere and the lovable character of Jacob makes the movie more substantial.

when 'New Moon' ascends

'New Moon' novel stirs emotions, but fails to stand out

Jen Ashenbener

The Advocate

Stephanie Meyer awoke from sizzling fantastical dream of a girl accompanied by a sparkly vampire in a beautiful meadow. Her dream was so vivid that in the midst of a hectic life of motherhood, she wrote a book. And then another. And then a third and a fourth. The result is the Twilight Series.

Who would enjoy a series of books about a whiny teenage girl (Bella Swan) desperately in love with a vampire minus fangs (Edward Cullen)? Apparently every other whiny teenage girl and their mother. It became a cultural phenomenon overnight and has been turned into two full-length feature films that have surprised the box office.

The second book, "New Moon," starts out where Twilight left off. Bella still loves Edward with all of her soul and believes they could not survive apart. She gets a very rude awakening when after his brother (still adjusting to the "vegetarian," or no human blood, diet of the Cullen clan) attacks her at her birthday party and Edward decides for the both of them that Bella would live a lot longer if he wasn't around.

They had me at "Goodbye Bella." I hate to admit it, but Meyer had me crying like a baby and feeling that heart-breaking angst right alongside Bella. It's amazing when a book can draw you in and I found myself never wanting to put it down during those first few chapters.

People ask me what makes Meyer a good writer, and when I read "New Moon" I realized it's that she refuses to play it safe. She didn't just make Bella pine for her lost love, but she created an entirely new character for the book. Bella went coo-coo and became a totally different person. She keeps Bella in her head, thinking about Edward, having visions of him, rarely ever letting anything else intrude in her mind, even hunger.

"I knew this was the stupidest, most reckless thing I had done yet. The thought made me smile. The pain was already easing, as if my body knew that Edward's voice was just seconds away." Bella convinces herself that the reason she can see Edward in her mind is because of adrenaline. To prove it, she dives off a cliff. This behavior is too extreme for impressionable teens. Okay, your boyfriend dumped you so hey, jump off a cliff. You can have a mental breakdown and have your happily ever after in your head.

The issue of Jacob Black, Bella's wolf/best friend, was expected because the groundwork was laid out perfectly in the first book. I didn't think he was going to turn into an actual wolf who's in love with a whiny teenage girl and color blind. He doesn't see a single red flag Bella throws at him. It's all more groundwork for the third book, "Eclipse." Once you read that book, it will all make sense and the sad part is, you know it and it makes it really difficult to keep reading "New Moon."

I had a hard time finishing the book and I started scanning a few chapters in the future to see if Edward ever comes back. I was having withdrawal and the book was starting to lose my interest.

Meyer anticipated this and knew I was developing a case of A.D.D. and flipping through the pages searching for my, I mean Bella's, Edward. The book transitions back to focusing on the vampire aspect of the Jacob-Bella-Edward love triangle. It becomes what's described as a modern day, human/vampire, Romeo and Juliet-esque type story. This is how it goes...boy saw girl commit suicide in dream...boy is torn apart...girl is saved...boy doesn't know it...boy wants to die because he sees no reason to live if girl is dead. Insert a clan of very, very, very...very old vampires and boy should be able to get what

he wants easily. Except there's a third and fourth book of the series so do you really think anyone dies?

I have a serious problem with the layout of this book. I understand that every story has a beginning, middle, and an end. However, this book seemed more like a placeholder. I enjoyed getting to know Jacob better than I did in "Twilight" and I also got a kick out of the new vampires introduced in "New Moon." Compared to the other three in the series, it didn't have enough substance though. Meyer could have easily split it in half and included the first part at the end of "Twilight" and the second part in the beginning of "Eclipse."

Overall, I enjoyed the book and it set me up perfectly to start reading "Eclipse." Meyer sends her readers into a direction that unequivocally creates the path she intends them to go down in order to understand the last two books of the series. And I guess this generation did need a hot vampire; after all, I had Lestat (Interview with a Vampire, by Anne Rice).

'New Moon' soundtrack has top names, amazing tracks

Chelsea Van Baalen

The Advocate

Let me start by saying I am not a fan of the "Twilight" saga whatsoever. And I mean whatsoever. In fact, I have long shunned the series as fodder of the Myspace sect. Then I got a hold of the soundtrack for the most recent installment of the series, "New Moon."

While it might be insane for a soundtrack to make me re-evaluate how I feel about four novels and two films, this soundtrack just might be the one to do it.

I once had a friend whose father told me these words of wisdom: "A soundtrack is like a mixtape made for you by the director." While this might not rock your world, it certainly made me see things differently. Soundtracks shouldn't be a compilation of songs thrown together on a CD because they happened to appear in the film. There should be more thought than a piece of the film in your iPod, on your computer, in your stereo. The songs should express musically the same thing the characters, the film and the dialogue express. Apparently, "New Moon" director Chris Weitz feels the same way I do.

Starting with the lead single by Death Cab For Cutie, "Meet Me at the Equinox," I can immediately tell that this soundtrack would be nothing like I expected. While I had anticipated an emo-fest, Paramore-invaded, Hot Topic bestseller, I was greeted by a song that had substantive lyrics. While I would expect nothing less from Death Cab, I was pleasantly surprised all the same.

An impressive first song does not a soundtrack make. But when I heard the beautiful, slacker-tenor of Thom Yorke waxing in his beautiful, slacker-tenor way about lost love, I knew "New Moon" was heading in the right direction.

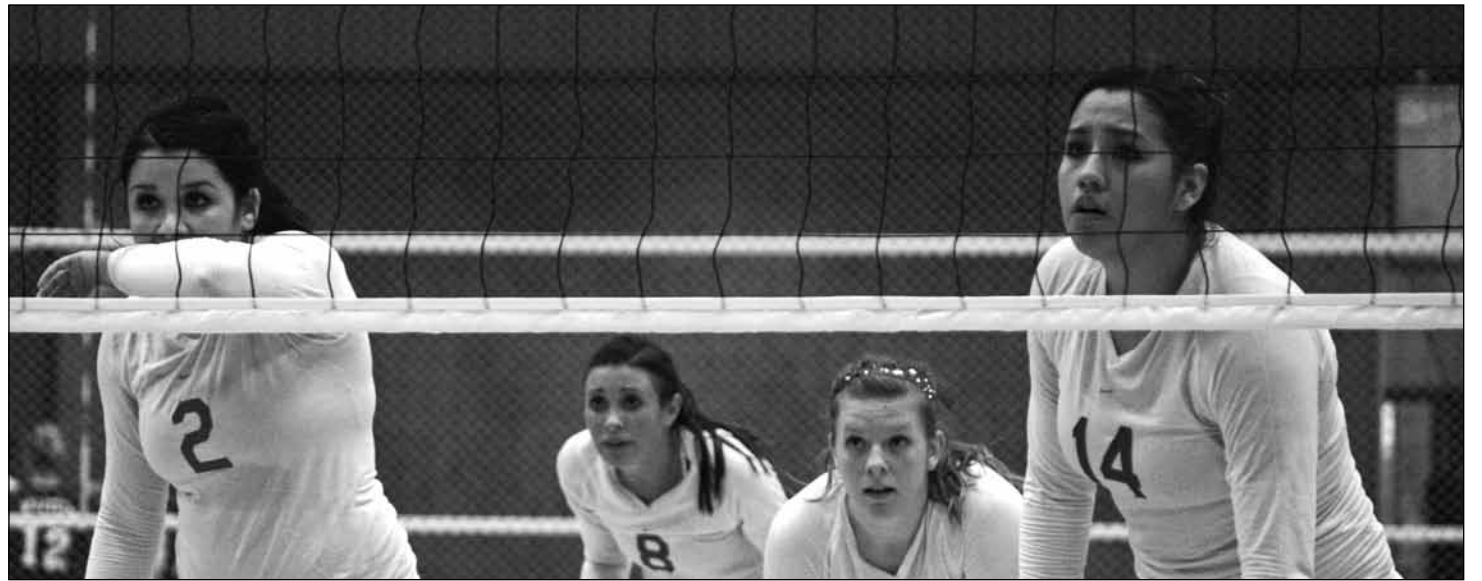
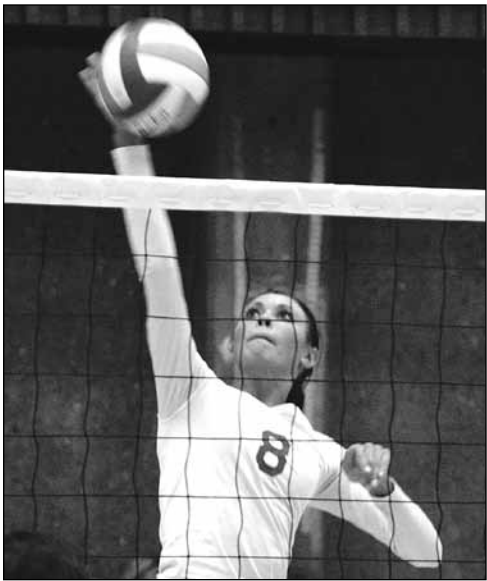
While there are big names on the soundtrack, including Editors, OK Go, Muse and the Killers, the soundtrack doesn't reek of platinum success. The songs blend together and form a story all their own.

I have never read "New Moon," and I haven't seen the movie, but I can feel how much Bella must miss Edward in Anya Marina's "Satellite Heart." I can see how much they must love each other in "Possibility" by Lykke Li. While the first half focuses on loving and loss, it doesn't go overboard. Songs "The Violet Hour" by Sea Wolf help pick it back up.

The soundtrack has an ebb and flow that takes you along in a way that is nothing short of impressive. When it comes to music, I can be picky, but I am never more enthused than when an album can completely shock me out of my preconceived notions. Any album that can make Muse less annoying to my ears deserved very high praise.



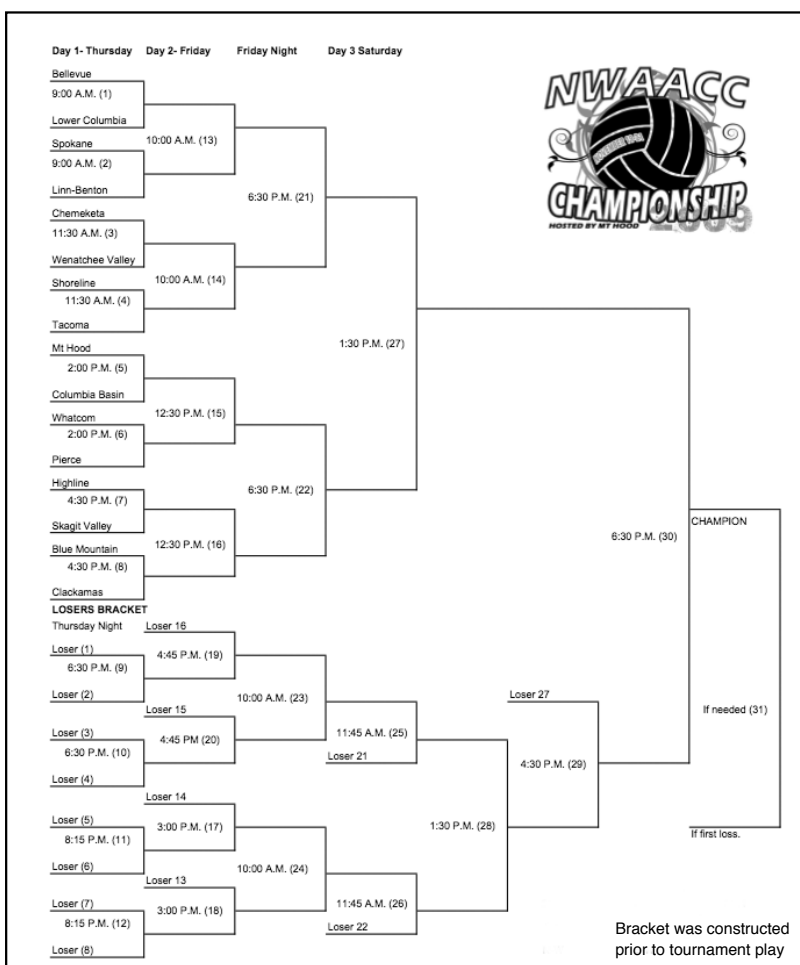
Saints seek return to NWAACC glory



Photos by Brett Stanley/The Advocate

Left: MHCC outside hitter Kyra Speer spikes the ball during the Saints victory against Columbia Basin Community College during the NWAACC Championship tournament Thursday. Right: MHCC athletes, from left, Esmeralda Orozco, Speer, Jaci Chew-Dorsey and Jazmin Orozco prepare for a serve from Columbia Basin. The Saints next match is today at 12:30 p.m. against Whatcom Community College.

Volleyball team comes from behind to defeat Columbia Basin in first round



Jake Fray

The Advocate

After dropping the first set of their opening match in the NWAACC Championships Thursday against Columbia Basin Community College, the Saints rallied to pull out a four-set victory (24-26, 25-14, 27-25 and 25-17).

The Saints now play Whatcom Community College today at 12:30 p.m. in the MHCC gym. The Orcas beat Pierce Community College in round one of the double-elimination tournament.

The Saints struggled through the first set against Columbia Basin but came back to win the next three.

"We got into a huddle after the first set and just said, 'We have to refocus,'" said outside hitter Kyra Speer. "We had to focus and come out strong."

"It was expected," said MHCC Head Coach Chelsie Freeman. "If you think about it, we have 12 girls who have never played in an NWAACC tournament before. We played well."

After winning the second set, the Saints were close to losing the third until the Hawks handed the set to the Saints.

"Set three was critical for us," said Columbia Basin Head Coach John Patrick. "We were up 23-21 but had three hitting errors which completely changed the momentum of the match to their favor."

Freeman told her team to be patient. "I just told the girls we need to play one point at a time," she said. "I told them we couldn't win the match here so just play it one point at a time."

Patrick was philosophical about the defeat. "We hung in their with them. Stat-wise, they were a better team than us. They set well and played steady the whole match. We kept up with them and had them where we wanted."

For the Saints, Speer finished the match with 22 kills and hit .250 for the Saints. Freeman said the Saints also got a big match from Liz Williams, who subbed for Taylor Canoso.

"I have been going back and forth on them all season," she said. "I played Liz and she played great for us. She served a lot for us and played great defense."

Sophomore Jaci Chew-Dorsey broke out of a shell for the Saints, according to Freeman. "Jaci was swinging everywhere for us," said Freeman. "Even when they were going for a block, she kept going."

In the fourth and final set, the Saints never looked back and finished off the Hawks with steady play.

As for the match against Whatcom in round two, Freeman said, "We have never played them and you never know what to expect. We just need to come in and play our A-game against them."

Whatcom finished the regular season as the second seed in the North Region with a 10-2 record. Overall, they were 25-10.

"In practice, we have been getting mentally prepared for this tournament," said Speer. "We haven't been looking ahead and just taking each game one at a time."

If the Saints beat Whatcom, they will play at 6:30 p.m. Friday. If the Saints lose, they will play at 11:45 a.m. Saturday in the losers bracket.

Teams show improvement at NWAACCs

Jake Fray

The Advocate

Despite racing on a wet course in the NWAACC cross country Championships last Saturday, Head Coach Matt Hart said both teams turned in strong performances.

"It was pretty cold and the course was wet from the day before but I think the majority of our athletes had their best performance of the year," said Hart. "The difficulty levels of the various courses change, which make it difficult to judge a performance on times. But several of our athletes ran very close to their personal records on probably the most difficult course of the year."

For the men, Matt Romey was the first to finish the course, in 39th place, with a time of 28:26.

Even with a tough course at Lewisville Park in Battle Ground, Wash., Hart said MHCC runner Gilmer Gongora had the meet of his life.

"This is a very tough and slow course," said Hart. "It is difficult to set new PRs (personal records) there. However, Gilmer Gongora ran the fastest race of his life in the 8000-meters with a time of 28:56."

The men finished in ninth place and, according to Hart, it was successful year for the men. He said the best part was how close the men were. "We had a tight knit group of guys who all seemed to enjoy hanging out with each other," said Hart.

Hart said he couldn't be happier with

how the women performed at the meet.

"I am very excited about our women's results this year, considering eight of nine women were first-year participants," said Hart.

Amanda Faggard finished first among the MHCC women with a time of 19:42, which put her 10th overall in the meet. The team finished fifth.

"I could have done better," said Faggard. "I could have gotten at least seventh but I took a wrong turn on the course and couldn't catch up to the girls who passed me when I took the wrong turn."

Hart said Katy Echaury set a lifetime PR while most of the other women ran very close to theirs on a slow course.

Hart said his favorite part was watching the women improve through the season.

"Keith (Maneval, assistant coach) and I enjoyed seeing our 'rookies' start in the early season with pretty rough performances while finishing with tons of improvement. I don't care what the score is as long as everyone did their best."

Hart said he is ready for his returnees to step up next season.

"My expectations are for our returnees is to pick up next year where they leave off after this spring track season," he said. "In a sport that is determined, primarily, by your level of fitness, it is essential that the athletes stay fit. I am excited to see all of them compete in track as most of them seem to be in the best shape of their lives."



Contributed photo/Brandon Miles

The men's cross country team (shown in the Southern Region Championship) competed in the NWAACC Cross Country Championships last Saturday at Lewisville Park in Battle Ground, Wash. MHCC runner Gilmer Gongora (far right) ran the best race of his career according to Head Coach Matt Hart. Gongora ran the course in 28:56.

Women look to build on last season's success

Jake Fray
The Advocate

Head Coach Larry Davis says the women's basketball team has been working hard in practice and is ready to take on the new season.

"Last weekend we played a four-year university (Warner Pacific University) and came out and competed," said Davis. "We went up at one point by around 12 or 13 points and that was big for us."

The Lady Saints pressed throughout the scrimmage and Davis said the team learned what they need to work on in preparation for the regular season.

"We learned we need to work on our communication and consistency," said Davis. "Our ultimate goal is to get to NWAACCs this season. If we work on that, I think it is possible."

Davis said this year's team is loaded from top to bottom. The Saints have seven returning athletes, and Davis said all played key parts on last season's team. He said two Saints who will play a major role will be center Katie Smith and Brooklyn Bahme, who each earned NWAACC honors last season. Other returning players are Shawnelle Campbell, Brittney Yates, Mackenzie Hodges, Brittany Burroughs and Ericka Ziegler.

"The best part of this team is that we really don't have a 1-2-3 punch," Davis said. "We have a balanced rotation just like last season and we have depth, so we are good."

"We are still in the growing process but we are a step ahead of last season and our chemistry is good. So I think we will improve in every way compared to last season."

Larry Davis
head coach

As for comparisons to last year's team that posted a fifth-place finish in the NWAACC tournament, Davis said this team is better.

"Like I said before, our ultimate goal is to win NWAACC this season," said Davis. "With our girls committed, it looks good. We are still in the growing process but we are a step ahead of last season and our chemistry is good. So I think we will improve in every way compared to last season."

The next games for the Saints will be Monday when the Saints host the Mt. Hood Jamboree at 4:30 p.m. The Saints then will compete in the Clackamas Thanksgiving Tournament, which runs Friday through Sunday after the holiday.



Photo by Brett Stanley/The Advocate

MHCC sophomore point guard Brooklyn Bahme drives toward the basket during a Saints scrimmage against Warner Pacific University last Friday. Bahme helped lead the women to a fifth-place finish in the NWAACC tournament last season.

Men's team survive series of preseason injuries



Photo by Brett Stanley/The Advocate

The men's team hosted the Warner Pacific Boxers last Saturday at home. The Saints travel to Pendleton Saturday to play the Blue Mountain Community College Timberwolves.

Reed Shackelford

The Advocate

A scrimmage with Warner Pacific last weekend was an opportunity for the MHCC's men's basketball team to grow while missing some key players to injuries and sickness.

"Saturday was an interesting game," said Head Coach Geoff Gibor. "I thought we played pretty hard. We still had some problems getting into our offensive sets. Some of that was due to Pacific's press. I thought we got going a little too fast at times. We did a good job rebounding the ball. Overall, we did a good job."

Right now the Saints are missing five players, including starters Jamar Johnson, Chris Weitzel, Garret Strausburg and Andre Norman.

"We are expecting to have Jamar back this weekend. Weitzel is still up in the air. Garrett has mono. So, he will most likely be out until after Thanksgiving. Andre and John (Johnson) will probably redshirt with their shoulder injuries," said Gibor.

"Practices have been really good this week," Gibor said. "I think the guys are getting excited to get the real games underway. We have really been drilling our defensive concepts. If we can learn to be a solid defensive team, we could be pretty good. It is difficult to get everyone on the same page with our team defense. We have also focused on team unity, rebounding and toughness. These guys are all working hard and improving everyday."

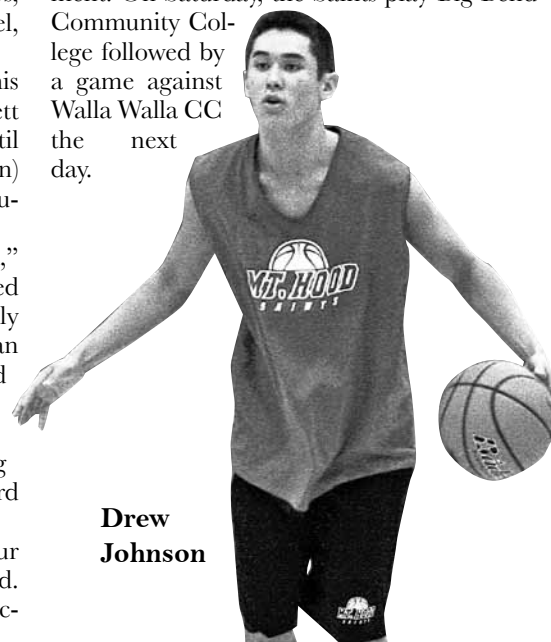
"We are really working toward getting our intensity level up for practices," the coach said. "We think if we can play hard everyday in prac-

tice, it will transfer into intense game play. As the season progresses and we are more comfortable with our sets, we will do more individual skill development."

The Saints start their preseason Saturday against the Blue Mountain Community College Timberwolves at 4 p.m. in Pendleton.

"I expect us to play with energy," said Gibor. "We have a good opportunity this weekend to show what we have been working on. We want to execute and get out in transition."

Gibor said the Saints will travel to Walla Walla Community College for a Dec. 4-5 tournament. On Saturday, the Saints play Big Bend Community College followed by a game against Walla Walla CC the next day.



Drew Johnson

Upcoming schedule

- Volleyball competes in the NWAACC Championship tournament today through Saturday in the MHCC gym.
- Women's basketball is hosting the Mt. Hood Community College Jamboree Monday at 4:30 p.m. The Saints will compete in the Clackamas Thanksgiving Tournament Nov. 27-29 at Clackamas Community College.
- Men's basketball competes Saturday against Blue Mountain Community College in Pendleton at 4 p.m.
- Student Activities Board is hosting indoor soccer Friday, Dec. 4, in the MHCC gym from noon to 1 p.m. Free granola and Gatorade will be provided.

Cross country results

NWAACC Championships hosted by Clark CC at Lewisville Park in Battle Ground, Wash.

Men's Results	Team	Time
1) Cesar Perez	Lane	25:25
39) Matt Romey	MHCC	28:26
44) Wes Hughes	MHCC	28:47
48) Gilmer Gongora	MHCC	28:56
52) Slavic Ishenin	MHCC	29:12
Women's Results	Team	Time
1) Shawna Schooley	Everett	18:23
10) Amanda Faggard	MHCC	19:42
29) Katy Echaury	MHCC	21:11
30) Stacy Bird	MHCC	21:12

Southern Region volleyball standings

School	W-L	Pct.	W-L
xz- Mt. Hood	10-0	1.000	29-9
x- Chemeketa	8-2	.800	29-17
x- Linn-Benton	5-5	.500	13-18
x- Clackamas	5-5	.500	19-23
SW Oregon	2-8	.200	14-22
Umpqua	0-10	.000	7-31

x-clinched playoff spot
z-Region Champion

H1N1 vaccines offered for 'priority groups'



Photo by Mario Rubio/The Advocate

Multnomah County health workers vaccinate students at MHCC, Saturday, November 14. The Multnomah County Health Department had 1500-1700 doses of the H1N1 vaccine on hand for "priority groups" these groups include pregnant women, children under 5, and those 65 and older. Two hundred volunteers were on hand to help with the administration of the vaccine. According to Staci Huffaker, director of risk management, 1000 doses were administered within two hours, and any unused vaccine were sent back to Multnomah County Health Department for use at other clinics.

Student services closed for week-long Thanksgiving break

Anevey Torrez

The Advocate

Registration for winter term started Thursday for continuing students with more than 46 credits earned at MHCC and today for continuing students with 45 or fewer credits.

Dean of Student Services Robert Cox said, "Bumping the registration week forward a week should provide less stress for returning students as they can now register for classes prior to the Thanksgiving break. You would think that having registration out of the way prior to the holiday would provide students the ability to focus on studying rather than registration."

As a result of furlough days (employees giving up pay as a result of college and state budget constraints) and the Thanksgiving holidays, all offices will be closed Monday through Friday of Thanksgiving week. This is why web registration for new students begins on Nov. 23. and in-person registration will begin on Monday, Nov. 30, for everyone.

Cassie McVeety, vice president of college advancement, said, "The closure days are certainly unfortunate for all and we have tried to minimize the impacts to students while trying to address the serious budget issues we face."

Even though offices will be closed, the college website <http://www.mhcc.edu> has resources to help students register online. Winter term starts Jan. 4.

12-step support group to help students

Chealsey Fischer

The Advocate

A 12-step support group at MHCC follows a set of steps originally created by Alcoholics Anonymous (AA).

"It's a recovery program applicable to any addiction or habit," the group's MHCC facilitator, who wished to remain anonymous, said.

He said he believes the program works for people because it is not affiliated with any religion, or government agencies or businesses. The 12-step support group at MHCC has no fees.

The group has been brought back to MHCC because

it is helpful for students, as well as any other addict to have somewhere to go and talk with people who have similar experiences.

After rehab, many people go to 12-step programs and it helps so that they don't go into a relapse as soon as they get away from treatment, the facilitator said.

He said that the medical field has not done a great job with treating addictions and recovery. They could do it but they (the addict) would often relapse, he added.

"It's a spiritual program, that's the bottom line. It's not religious, but it allows people to define for themselves their own spiritual connection," he said.

More students apply for MHCC scholarships than ever before

Fabian Avendano

The Advocate

More students applied for scholarships this year's fall quarter than any other fall term in MHCC history, according to Director of Financial Aid Christi Hart.

"I am happy and pleased that students are finding out about the scholarships and it is a pleasant surprise to receive this amount of applications," said Hart.

MHCC receives an average of 100 applications every fall term but this term the school received 170 applications that the financial aid committee has to go through.

There are 25 scholarships that are offered in MHCC and they are awarded to the students after the financial aid committee has reviewed the applications. In the spring term, MHCC receives an average of 200-250 applications due to a greater amount of scholarships that are offered.

MHCC offers different scholarships every term. This is helpful to some students who want to apply for the scholarships every term instead of every year.

According to Hart, not every student is granted a scholarship or receives financial aid, and the failing economy has affected some students.

Also, if some students don't receive aid, they work part-time or

"I am glad that more and more students are applying for scholarships or this shows students are aware of scholarships, and it's a good way to help the students out."

Christi Hart

Director of Financial Aid

full-time and use their savings to pay for tuition. The best way for MHCC to help students is for students to apply for scholarships to see if they're eligible.

The number of scholarships offered at MHCC varies on a term-to-term basis, based on the amount of money received by donors, according to Hart.

"I am glad that more and more students are applying for scholarships or this shows students are aware of scholarships, and it's a good way to help the students out," said Hart.

Need to avoid the relatives over the break?

Read *The Advocate* at www.advocate-online.net

And for more tips on dealing with family, see page 3

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Calendar

FRIDAY, NOV. 20	SUNDAY, NOV. 29
NWAACC Volleyball championship 8 a.m. to 10 p.m. in the MHCC gym	Women's Basketball Clackamas Thanksgiving tournament in Oregon City
Healthcare conversation with State Rep. Nick Kahl from 6 p.m. to 9 p.m. in the Town & Gown Room	MONDAY, NOV. 30
Geography Jeopardy From noon to 1 p.m. Room 1640	Academic Advising Workshop at 4:30 p.m. in the Town and Gown Room
SATURDAY, NOV. 21	TUESDAY, DEC. 1
NWAAC Championship in the MHCC gym all day	Auditions for "King Lear" from 4 p.m. to 7 p.m. in College Auditorium
Men's Basketball At 4 p.m. in Pendleton	Holiday Pottery Sale sponsored by ceramics club from 10 a.m. to 8 p.m. in Visual Arts Gallery
General Public Performance "The Emperor's Dragon" at 2 p.m. in College Theater	WEDNESDAY, DEC. 2
SUNDAY, NOV. 22	Scrooge Lives from 10 a.m. to 6 p.m. in the College Center
Campus closed	Music Department end of term concert at 4 p.m. in Studio Theatre
MONDAY, NOV. 23	Auditions for "Kings of Lear" from 4 p.m. to 7 p.m. in College auditorium
Campus closed	Holiday Pottery Sale sponsored by Ceramics Club from 10 a.m. to 8 p.m. in Visual Arts Gallery
Women's Basketball Mt. Hood Jamboree from 4:30 to 7 p.m. in the MHCC gym	THURSDAY, DEC. 3
College Night in Oregon From 6:30 to 9 p.m. in the Vista Dining Cener	Scrooge Lives from 10 a.m. to 6 p.m. in the College Center
TUESDAY, NOV. 24	Jazz Night Concert at 7:30 p.m. in the College Theater
Campus closed	FRIDAY, DEC. 4
WEDNESDAY, NOV. 25	Advocate Issue 11 on newsstands around campus
Campus closed	Women's Basketball Tournament in Bellevue, Wash.
THURSDAY, NOV. 26	Men's basketball vs. Big Bend at 8 p.m. in Walla Walla, Wash.
Campus closed-Thanksgiving	Drop-in Indoor Soccer from noon to 1 p.m. in the gym
FRIDAY, NOV. 27	
Campus Closed	
Women's Basketball Clackamas Thanksgiving tournament in Oregon City	
SATURDAY, NOV. 28	
Women's Basketball Clackamas Thanksgiving tournament in Oregon City	

Ceramics sale in time for gifting



Photo by Sanne Godfrey/The Advocate

Ceramics Club President Daniel Bennett places wood into the kiln on the MHCC campus.

Pre-Christmas sale to help ceramics club and MHCC's charity Barney's Pantry

Sanne Godfrey
The Advocate

The 25th annual ceramics Christmas sale will be held Dec. 1 and 2 from 10 a.m. to 8 p.m. Dec. 1 and 2.

"This gives students an opportunity to sell their work and see how involved they have to be," said Ceramics Club president Daniel Bennett.

All students, staff and alumni are invited to participate in the event.

Ceramics instructor Stephen Mickey said, "It is the major fundraiser the students do to support their club activities. This year we are trying to raise money to help them go to a conference in Philadelphia."

Mickey said the students will get 75 percent, the club will receive 20 percent and 5 percent will go to the Visual Arts Gallery.

Bennett said 5 percent of the club proceeds will go to Barney's Pantry.

Mickey said, "I think in the last three years we have given close to \$2,000" to charitable organizations such as Barney's Pantry.

The rest of the proceeds will help to subsidize workshops, according to Bennett.

The National Council on Education for the Ceramic Arts 2010 annual conference in Philadelphia will be held March 21 until April 3 and, according to ceramics club member Ben Morrison, the nation's

best potters will be there. The ceramics students who will go to the conference will have to come up with half the funds, according to Morrison,

Morrison said there will also be equipment manufacturers and representatives from educational institutions and it will expose the local potters community.

Another student sale will be held in the spring with proceeds going to charity and the ceramics club as well.

A potter from Hokkaido, Japan, will be visiting campus from April 17 to May 3, according to Mickey.

"Mr. Kosai fires a Shigaraki style wood kiln and will share his pottery-making techniques and his firing techniques with the pottery and sculpture students. There will be a show of the work the students and Mr. Kosai fire in our Nanagama kiln," said Mickey.

By the end of the week, the students will be firing with him, according to Morrison.

MHCC has a reduction gas fire kiln, wood fire kiln and a salt fire kiln, but according to Bennett, the wood fire kiln has a good impact on the planet.

"We use it as much as we can," said Bennett. "It feels green to a lot of people."

The wood used to fire the kiln comes from trees that blew over during last year's windstorm.

The high fire kiln releases calcium, potassium and other minerals that get trapped inside the clay and gives the pottery different colors.

"This gives students an opportunity to sell their work and see how involved they have to be."

Daniel Bennett
Ceramics Club president

Scrooge Lives returns to MHCC to offer seasonal shopping

Mario Rubio
The Advocate

Those who enjoy buying or scoping out local art won't have to travel to Saturday Market or Alberta Street after the Thanksgiving break as local artists will have a chance to sell their art on MHCC's campus.

The annually celebrated Scrooge Lives festival is coming back to MHCC for the 40th time in campus history.

The locally run and sponsored event will showcase local artists from around the Portland area who will set up stands and sell their own handmade art and

crafts. The event will take place in the College Center starting Wednesday, Dec. 2, and continue Thursday, Dec. 3.

The festival will begin at 10 a.m. and end at 6 p.m. Wednesday, and Thursday will be from 11 a.m. to 5 p.m..

Everything from organic soap to hand-woven baskets will be sold at this event. Vendors hail from all around the Portland area.

According to College Center employee Mary Burlingame, this event should be a special one as it is the 40th anniversary being held at Mt. Hood. "We really want this time around to be special as it is such a fun event and should be

celebrated after 40 years so we've decided to have a live band performing while the event is taking place," said Burlingame.

A live band consisting of community members from all ages will perform what Burlingame refers to as "The Mozart Multi-generational." The band will be playing every Mozart hit beginning at 11:30 a.m. on Wednesday.

"This is a great festival to attend and even pick up on some Christmas shopping here as the proceeds go directly to the vendors, which is a good way of supporting our community and economy," Burlingame said.

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MHCC president takes leadership role on national community college board

Jen Ashenbner
The Advocate

President John Sygielski represented MHCC last week in community college meetings in Washington, D.C. and said even though it rained every day, the rain did not dampen his commitment to MHCC and community colleges nationwide.

Sygielski was recently elected as chair for the American Association of Community Colleges (AACC) board of directors and said this position is an honor and a privilege to represent his peers as he did in the nation's capital.

A 32-member board of directors elected Sygielski as the board leader. As chair-elect, Sygielski has been tasked with the responsibility to provide guidance and support to

the AACC president, participate on the executive committee and report discussions back to the board, "and any other duties the (current) chair assigns me," said Sygielski.

His goals as the chair-elect are "to support the current chair, the board, the staff of AACC, and begin to work with others at the association to define my goals for my tenure and choose executive committee members."

While in Washington, D.C.,

"I will never let anything (e.g. association meetings) get in the way of my being president"

John Sygielski
President

some of the officials Sygielski met with were Secretary of Labor Hilda Solis, Sens. Jeff Merkley (D-Ore) and Ron Wyden (D-Ore),

and the education adviser for U.S. Rep. David Wu (D-Ore).

Asked if he was able to meet President Barack Obama, Sygielski said, "No, I did not. However, I ran by his house early in the morning a couple of times."

The meetings' topics consisted of discussions surrounding higher learning education. Sygielski said, "Although my meetings covered many interesting topics, there were two that will significantly impact Mt. Hood Community College."

The American Graduation Initiative is Obama's plan for boosting the community college graduate count to include an additional five million people by 2020 and, according to Sygielski, "This level of support is unprecedented and, if successful, will significantly impact MHCC's future."

The Workforce Investment Act is a law that was passed in 1998 and if re-authorized there could be funding opportunities available to MHCC for credit and non-credit

courses like VESL (Vocational English as a Second Language), Transitions/Transiciones and other career programs offered in the community, according to Sygielski.

Asked if this new position will take him away from campus often, Sygielski said, "There are four meetings a year that I must attend for the association." He said there also may be other meetings and if necessary he will attend, but the association tries to conduct many of them via electronically, by telephone or online.

"Since my main goal is to be president of MHCC, I will never let anything get in the way of my being president and engaged in the day-to-day activities of my favorite community college," Sygiel-



ski said. "I also look forward to representing MHCC and bringing recognition to our outstanding programs, services and employees as well as identifying federal resources for ways we can better serve each other and those who join our learning community."

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Happy Thanksgiving from The Advocate staff!
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