

'9 LIVES' SETS THE STAGE

On March 21 and 22, attendees at the Majestic Theater will have the opportunity to behold a six-scene, one-act play with a collegiate twist.

The play, entitled "9 Lives," is written, directed, and performed by current college students. The writer is Nicole Greene, from George Fox University.

"After seeing the play, I approached [Greene] at the Kennedy Center American College Theater Festival and asked if we could use her script," said James Murray V, the director of the play. "She was more than willing."

Murray, who is directing for his third time, is pursuing an Associate of Science with a theater emphasis.

"Black Curtain [Society], the drama club here at Linn-Benton, wanted an all college-student production," Murray said. "I was asked to direct, and things just kind of took off from there."

The rest of the cast is made up of three characters, and includes Mark (Mike Jones), Delilah (Asia Lederer), and Julie (Nicky Gangewer). Lederer, who is a new addition to the cast, volunteered to replace the original stand-in.

"The initial actress was unable to find a cohesiveness with the character and ultimately stepped out of the role, but continues to help regardless," Lederer explained. "I was working on costume design and approached [Murray]."

Jones and Gangewer each had their own reasons as well.

"[Murray] asked me if I wanted the part, and I foolishly said yes," Jones said jokingly.

"I don't get to do a lot of plays and I wanted to, so I asked," said Gangewer.

The story is a look into the day and life of these three people, and though it doesn't sound too exciting at first glance, what you get might surprise you.

"This one-act personifies intimate relationships between people and allows onlookers to experience a side they have never seen before," said Jones.

"We all can relate to [the play] now and get into the characters," Gangewer added.

"I believe it is the actor's duty to take the audience on an adventure. These six scenes touch on something that everyone has either felt or experienced. We hope they can relate to that," explained Jones and Gangewer, collectively, when asked what they hoped the audience would take away from the production.

The play, which will run Thursday, March 20 and Friday, March 21 of next week, has a running time between 45 minutes and an hour. The performance will start at 7:30 p.m. both nights, in Corvallis. Tickets can be bought online or at the door for \$6 - \$8.

"We hope that you will come out and enjoy our adventure with us," Murray concluded. ♣

STORY AND PHOTOS BY
TEJO PACK



'9 Lives' cast (from left to right) Asia Lederer, Nicky Gangewer, James Murray V and Mike Jones.



Spring has come to campus and has brought with it dead-week and a lost hour of sleep. Focus begins to shift away from college to spring break with blossoming flowers, budding trees, and sunshine.

Dead-week is a chance to study and finish those papers, while using the crisp air to clear out the myriad of facts and figures floating in the mind. It is best to study or work on schoolwork for 45 minutes and then take at least a 15 minute break. Go out and enjoy the spring colors and weather.

When asked how he studies for finals, first-year student Taylor Plagmann said, "I cram...a lot."

Cramming is not necessarily the best practice. Study a subject, rest and relax, then study another subject, before repeating the cycle.

"I study for finals by forming study groups. We spend some quality time bouncing questions off each other, for a fuller comprehension of the topic at hand, and for fun," said first-year student, Candra Hahn.

Seven Steps to Surviving Finals:

1. *Get Organized:* Before you begin to study, you must get organized. Figure out which finals are when, and then prioritize your time.

2. *Study:* The best way to pass your finals is to study for them. Use flashcards, review your notes and past tests, and get a friend to help you study.

3. *Sleep:* Studies have proven we need five to seven and a half hours of sleep every night in order to function at our highest.

4. *Be Comfortable:* When you are studying for your final, find a place that is quiet and comfortable — not a loud environment.

5. *Take Breaks:* It's a good idea to stop and take a break, watch a TV show or listen to music. It's not a good idea to spend hours "Binge Studying."

6. *Eat Breakfast:* Studies have shown eating breakfast improves attention and short-term memory. Students who eat breakfast do better on tests than those who don't.

7. *Take Away Distractions:* Turn the phone off, power down the TV, pause the music. Take all your distractions away and focus on studying.

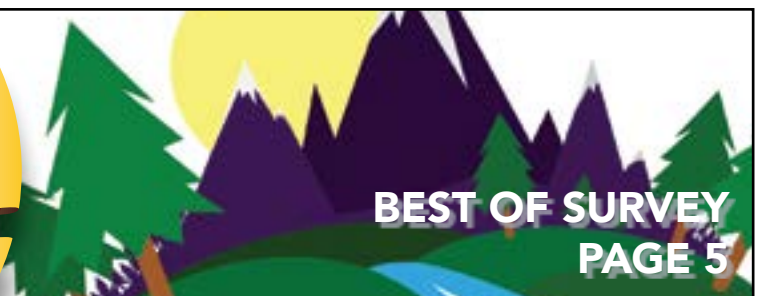
(7 Steps inspired by articles published on DoSomething.org & HuffingtonPost.com)

SLC host "Study Jam" this weekend, located at the Learning Center. Resources are open to students. Snacks, drinks, and pizza are provided. ♣

STORY BY **ELIZABETH MOTTNER AND JUSTIN WILLIAMS**



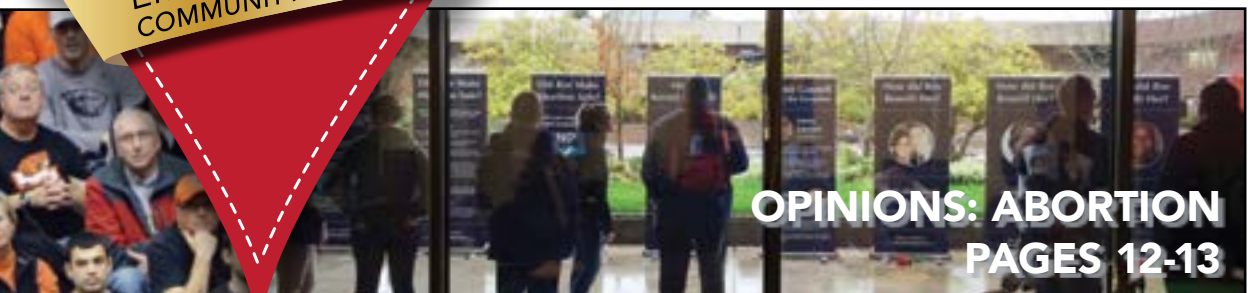
PROFILES
PAGES 2, 3, AND 4



BEST OF SURVEY
PAGE 5



SPORTS
PAGE 11



OPINIONS: ABORTION
PAGES 12-13

NOMINATING DISTINGUISHED ALUMNUS

Nominations are being accepted through April 1 for the Linn-Benton Community College Distinguished Alumnus Award.

The award is open to former LBCC students who have demonstrated outstanding accomplishments in their profession or through service to their community, and who have completed at least 36 credits at LBCC.

Applications are available online at linnbenton.edu/distinguished-alumni. Nominees will be honored at a reception held on May 7.

For more information or to pick up a nomination form, contact LBCC College Advancement's Executive Director Dale Stowell at (541) 917-4784. ♡

LBCC PRESS RELEASE



HAM RADIO CLASS

Have you ever wondered about Ham radio? With Ham radio you can help out with community events and provide much needed communications during emergency events and disasters. You can talk across the street, around the world, or even to the International Space Station.

Anyone can become an amateur radio operator. There is no age limit, gender preference, social level, credit check, or intelligence level. As long as you pass a simple test, you can earn your FCC amateur radio operator license and get on the air.

The Linn County Amateur Radio Emergency Services group is sponsoring a technician level class for Ham radio operator licensing. The class will be in room 116 of LBCC's Red Cedar Hall. Dates of classes are March 13, 20, 27 and April 3. All classes will be from 6 to 8 p.m.

To register please call Richard Kammerer at (541) 967-2813. The classes are free, but you will need a technician level study book. You can get the book at arrl.org/shop/Ham-Radio-License-Manual-Revised-2nd-Edition, or just look for it on Amazon.

Join the fun and become a Ham. The world is listening for you! ♡

STORY BY DALE HUMMEL

COMMUNITY ENGAGED ART

Course to springboard for community engaged play

This spring, the LBCC Theater program will offer a course in Community Engagement. This class will revolve around the concept of "Community Engaged Art," which is the process by which we can engage micro-communities in dialogue with the intent of creating a work of art.

This is a great course not only for art and performing arts students, but also for students who are majoring in psychology, sociology, anthropology, and students who have a general interest in exploring the human condition.

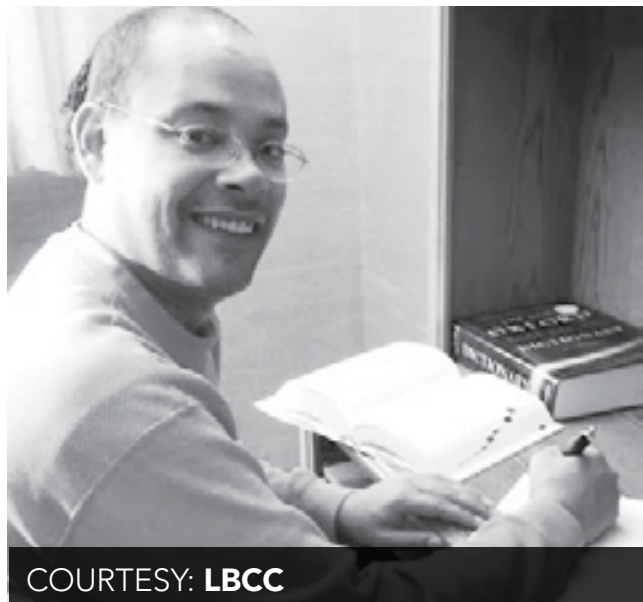
Dan Stone has had great success in the past using this process in telling the life stories of loggers of Northern California as well as working closely with Cornerstone Theater of Los Angeles.

This course will be the springboard for a community engaged play about local veterans returning home from tours of duty in Afghanistan and Iraq. This will be produced next fall created through public story-circles and interviews.

If you are interested in learning more about this kind of community outreach please sign up for TA 290 Projects in Theater. Or if you know of anyone who would like to become a community partner in the development of our "Veteran's Play" please do not hesitate to contact Stone at stoned@linnbenton.edu. ♡

LBCC FACULTY PRESS RELEASE

INFECTIOUS TONES



COURTESY: LBCC

Non-judgmental, friendly, quick to laugh, and open to others' ideas are words that come to mind after a conversation with Tim Black. With his flamboyant style and infectious tones, Black can often find himself the center of attention. This can be noted as an admirable quality, one of many Black has at his disposal, as he endeavors as a voice for activism and change in the community.

As well as being a communication educator, Black acts as adviser to the Gay Straight Alliance (GSA). The GSA is for the students, staff, faculty and alumni of Linn-Benton Community College who are members or allies of the lesbian, gay, bisexual, transgender, and intersex community. Having had little exposure in his early years to the LGBT community, Black quickly came to embrace their pursuit for equality and has become one of LBCC's most ardent voices in the propagation of the community's rights.

"When I was in high school, I didn't know any LGBT folks. It was like they didn't exist. I've never had issues with those who identify as LGBT, but I had also never been exposed to any identifying folks. When I heard the GSA didn't have an adviser, and was thus inactive, I jumped at the chance. I love learning, and advising the GSA has taught me volumes about love, acceptance, and compassion."

Behind him totally in his pursuits is his family. Black admits how proud he is of them.

"My claim to fame is my awesome family. We have a rather unique family (at least by Nebraska's standards). One 'white' son, one 'black' son, one white parent and one black parent. They are my wife's biological children, and I adopted them in 2007."

His hometown of West Point, Nebraska may be the beginning of his tale, but Black says he considers Albany his home. It was his family that brought him and his wife to the decision to move to the local area from West Point.

"My eldest, Jake, was getting old enough to date, and I remember what a hard time I had dating as the only black kid in a small town," said Black. "So, without a job, we moved to Corvallis. My wife, Cynthia, started teaching [at LBCC] and she put in a word for me. I started teaching about two years ago."

"I was going to be a journalist," said Black, "but after volunteering at the local Kearney (Nebraska) paper, I switched to English Writing. After 9-11, I was invited to teach as a Graduate Student at Wayne State College, Nebraska so I moved back home."

Black compared the differences in teaching in Nebraska and LBCC.

"In Nebraska, other faculty would stab you in the back. Here other faculty have your back. I've never taught at a more supportive, welcoming school. I truly love LB."

Some of Black's other interests include his efforts in poetry and recommending the Literary and Artistic Journal "66," which will be put into publication soon. He is also a member of Cave Canem.

"Cave Canem is a fellowship of the best emerging black poets. It's fairly exclusive — although in operation for about 15 years, CC only has about 400 Fellows. I was honored to be accepted on my first application, which is a rarity. CC has really enhanced my life."

Black revealed other interests in his life. "I also love to cook and clean, which is odd."

The work Black has accomplished in his time at LBCC is commendable, but the many

students he has guided and inspired are what Black holds in the highest regard.

"I work for students, not money. Although I'd love a full-time job at CC, I have a very fulfilling position and love what I do." ♡

STORY BY JUSTIN SHOEMAKER

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COURTESY: LBCC

he's ready to teach. He asks, "Any questions?" Let's give a warm round of applause for the professor from West Point, Virginia: Robert Lewis.

Lewis has a Masters in Math from Duke University, a Masters in Animal Science from Montana State University, and a Doctorate Degree in Animal Science from Oregon State University. He has won the Pastega Award for Teaching Excellence, and has been part of the Oregon Mathematical Association of two-year colleges.

Professor Lewis has been a dedicated math instructor at Linn-Benton Community College since 1992. Over the years he has taught several math courses, but particularly enjoys teaching Math 60.

"It is the fundamentals of Math 60 that I enjoy," said Lewis.

Lewis makes math accessible and applies it to the real world. Describing flies on a ceiling he tells a story about René Descartes and how the Cartesian System, the rectangular coordinate system we use today, was created. The story really brings it to life for the students who hear it.

When asked why he became a math instructor Lewis said, "I wasn't happy being a med student." It was never his intention to become a math instructor, but after taking some time off school and realizing what truly made him happy, he made his career changing decision.

Lewis' Spring Term Courses
Math 111 College Algebra, Math 241 Calculus for Business Management, and Math 243 Introduction to Statistics.

Lewis is an instructor with his students' best interest in mind. A former student, Kassie Johnson said, "I would recommend that students take a class with Rob Lewis. He helped me so much, and a lot of people I know in his class now say the same about Rob."

One of Lewis' current students, Todd Votroubek said, "He's a good teacher, always making jokes and always willing to help."

Lewis has left a good impression with students and faculty alike. Fellow instructor, Hollis Duncan said, "Rob is a cool dude and an awesome guy."

Lewis is husband to Cathy Lewis and father to Jimmy Lewis. In his spare time, he enjoys training Border Collies to herd sheep and cattle, hiking, and playing ping-pong and tennis. ♡

STORY BY MELISSA JEFFERS

A CARING HEART HELPS INTERNATIONAL STUDENTS

Christine Baker kept her big smile while shuffling through the photos on her desk. Aside from photos of family members, she also kept the photos that were sent to her from students.

"I have worked here for 16 years, and I still learn new things everyday at work and from students," said Baker.

Baker, the recruiter at the Admissions Office, has been recognized as a passionate supporter of students by many local and international students.

The Admissions Office at LBCC helps students with

questions on applications, registration, scholarships, and other campus questions. The receptionists can also redirect students to the right departments or give them the contact information for who they need to speak to.

Although the office work sounds repetitive, Baker enjoys every minute of it.

Her compassion and sympathy helped her to build strong relationships between herself and her students. Many international students were comfortable sharing their problems with Baker despite their language barriers. In the past, Baker was invited to students' weddings, engagement ceremonies, and graduations.

"Look, this one was sent to me from Europe. This was her wedding," said Baker as she shared some of the students' photos. "And this one was from Dubai. He's a singer with a business degree from here."

She was amazed by students' achievements, and it surprised her how much her understanding and trust helped them to confront difficulties.

"The greatest part is when I watch students graduate or transfer to other schools to achieve their dreams," said Baker.

Because LBCC accepts students from all over the world, Baker believes that it is important to have a global perspective when communicating with applicants.

"Internationalizing is not only for campus growth but also to learn from others and

enrich ourselves," said Baker. "By sharing, we are not that different. We all have different experiences to contribute and we can always grow."

"For American students, I hope they think about some opportunities of studying abroad like the international students we have here." Baker pointed out some popular programs and hopes LBCC will have similar programs in the future.

Speaking from her own experience, Baker has traveled to several other countries.

"I understood how people live outside of the country," Baker mentioned. "However, the key is to remember a few basic words of the local language before you take off. Words like 'bathroom,' 'please,' and 'thank you' would definitely help you with living abroad." ♡



STORY AND PHOTO BY YULING ZHOU

36TH Annual
CAREER FAIR
Wednesday • April 9
10 a.m. – 2 p.m.
LBCC Activities Center Gym

FREE ADMISSION open to public

- ▶ Explore career opportunities with some of the region's top employers
- ▶ Learn about LBCC programs & training opportunities
- ▶ Visit with agencies that provide services to job seekers

For more details contact: **541-917-4780**

Linn-Benton COMMUNITY COLLEGE

www.linnbenton.edu/career-fair

Persons having questions about or requests for special needs and accommodations should contact the Disability Coordinator at Linn-Benton Community College, RCH-105, 6500 Pacific Blvd. SW, Albany, OR 97321. Phone 541-917-4690 or via Oregon Telecommunications Relay TTD at 1-800-735-2900 or 1-800-735-1232. Contact should be made 72 hours or more in advance of the event. LBCC is an equal opportunity employer & educator.



DID YOU KNOW?

Spanish moss is not a moss but a perennial herb in the pineapple family. It's not Spanish but is actually indigenous to the Southeastern United States. It is believed that when the English came to Florida, already settled by the Spanish, they named this new kind of plant after Spanish beards.

GIVING TO THOSE WITHOUT

Helping Hands reaches out

As local residents have come to find out or even witness, the amount of panhandlers in the Linn and Benton County areas seem abundant. In fact, there are close to 4,000 homeless men, women, and children — not all by choice.

There are more working “poor people” than ever before, and in today’s society it takes two to three people living in the same house, making minimum wage, just to survive.

Debbi George, a local resident and student at LBCC, has grown up in Albany and said she never really paid attention to the homeless and drifters in town.

“Yes, I knew of some of the homeless camps down by the river and you would see them walking the railroad tracks or catching a ride on the rail cars,” said George. “As a kid I did not give them any thought. However, as an adult I feel we can’t turn a blind eye to this growing problem in the community.”

There are facilities that are offered to help some of the local homeless individuals, such as Albany Helping Hands Homeless Shelter.

It is a shelter that holds 110 available beds on a year-round basis. At the moment, Albany Helping Hands is housing around 70 people.

Every client at the facility has to register at the office, pass a drug test, and volunteer at the shelter to earn their keep. They are fed three meals a day and given a clothing voucher for the thrift store, and counseling is available to help get them back on their feet.

Dan Kress, the director of Albany Helping Hands Homeless Shelter, said that he wishes people would understand that there are more in-depth problems revolving around homelessness that more fortunate citizens do not see, and may jump to conclusions about.

“The number one problem is that 25 percent of the people in shelters have some kind of mental illness,” said Kress. “There is not enough funding to help these people with their problems, so they are basically stuck until money is available.”

The shelter offers two options for people who need housing assistance. One is a 30-day emergency stay. The second option is to enter a program called “Life skills/

planning for success.” This is a one-year commitment program that includes a signed contract between the client and the facility.

During the year in the program the client must stay sober, passing frequent urine analysis tests, and volunteer their time to the facilities farm, thrift store, or the shelter itself.

The client will need to attend school or college to obtain a degree in the field in which they choose to pursue. Upon completion of the program, the client is given a certificate and help is given in order to obtain a job.

“The success rate and job placement right now is at 20 percent,” said Kress.

The shelter is proud to present one of their many success stories with Mellissa Avila. She came to the shelter in 2013, alone and with no place to go, and had nothing but a contagious smile and a positive attitude.

“I felt like I had a family and that someone cared. I had never had that in my life,” said Avila. “I was eager to help out any way I could, so I started volunteering in the kitchen.”

Avila will start as a full-time student next term at LBCC and will be working toward a two-year degree in Culinary Arts.

Albany Helping Hands Homeless Shelter would like to get outside volunteers and mentors to come and get to know its residents; to talk with them, give them positive words, and encouragement, along with some hope and faith so they can believe in themselves again.

“We are all human and we have all had our share of mistakes,” said Avila. “No one knows our story, and until they do they have no right to judge.”

For those that would like to get involved with Albany Helping Hands Homeless Shelter, feel free to contact them in person at 619 Ninth Ave. SE Albany, or by mail at P.O. Box 2252 Albany, OR 97321.

They can also be reached by phone at (541) 926-4036 or by email at wecare@albanyhh.org.

STORY BY **LEX PORTER**

PREPARE YOUR RESUMÉS

Make note of the LBCC Career Fair

Held on Wednesday, April 9 in the Activities Center gym from 10 a.m. to 2 p.m., students will be preparing to graduate this school year and will have helpful resources at their disposal.

Students attending the Career Fair will be able to:

- Network with employers
- Apply for job openings
- Learn about career opportunities with local employers

Students can learn more about the Career Fair and access resources at linnbenton.edu/career-fair. Click on “Job Seeker Links” for a list of questions, helpful tips, and participating employers.

Preparation for graduating students is important. Students will have the opportunity to prepare a resumé and have it critiqued by a Career Center or CASE staff, to review and prepare questions to ask employers, to gather employment history, and to identify skills to market to employers.

Have questions? Call the Career Center at (541) 917-4780 or CASE at (541) 917-4504, or email careerconnections@linnbenton.edu.

LBCC PRESS RELEASE

RELAXATION AND STRESS CLASS

The class “Relaxation and Stress Management” will be offered at LBCC’s Sweet Home Center starting April 3.

Learn techniques to take control of your life and optimize your ability to cope positively with the physical changes related to healthy living and aging.

Learn relaxation-based activities that contribute to positive and balanced emotional health and wellbeing, and develop strategies that support personal empowerment, effective communication, and problem solving.

This five-week class will meet Thursdays beginning April 3 from 5:30 to 6:50 p.m. at the LBCC Sweet Home Center, 1661 Long Street. Tuition is \$39. The course will be offered later in the term at the LBCC Lebanon Center.

For more information or to register, check the online schedule at linnbenton.edu or call the LBCC Lebanon Center at (541) 259-5801.

LBCC PRESS RELEASE

CRIME REPORTER OFFERS INSIGHT

The News Reporting class taught by Rob Priewe was presented with a guest speaker on Feb. 19: a crime reporter for the Albany Democrat-Herald (DH).

Kyle Odegard has been a journalist for 13 years, two of which have been at the DH. A graduate of Portland State, Odegard was hired at the Corvallis Gazette-Times by Priewe, the Managing Editor at the time. Odegard spoke passionately about the love for his job covering the cops.

Odegard told the class that he grew up writing Quentin Tarantino-esque stories. He said he decided to pursue journalism after he felt his chance of making a living as an author was slim.

“In the first three months on the job I learned 10 times more than I did in college,” said Odegard.

He starts his days at the Albany Police Department, looking over the police logs from the prior day. He looks for things he deems worthy of follow up. On the morning he spoke to LBCC students, he told them there was a dead body in the logs, which he would be following up on when he left.

“It’s intense, it’s fun, and you never know what your day will look like,” Odegard said about his job.

One of the things he likes is that it’s a combination of desk and field work. He estimates that he writes five to ten stories a week, which keeps him busy interviewing sources, researching, and attending city hall meetings.

His job has led him to do a variety of things. He has been paid to surf while writing a story on the subject. He has covered stories on square dancers and polka players. He saw the Dalai Lama speak last year; he has met governors; he has sat in on murder trials.

“Working at a small town newspaper, you have to be willing to cover anything,” said Odegard.

As a reporter focusing on crime, Odegard sees the side



COURTESY: **KYLE ODEGARD**

of society that many of the people reading his stories do not. He talked about working in Eastern Oregon when there was a meth epidemic, and he recounted six murders he covered in one month. He recalled another story in Eastern Oregon where a man shot himself while driving his car.

Reporting on crime, especially those involving death, takes sensitivity.

“I often talk to people on the worst day of their lives. They want to share about their loved one and their outrage on what happened,” said Odegard.

Odegard asked the class who among them were seeking a career in reporting. Half the class raised their hand. He offered some words of wisdom.

He warned that they will need thick skin and can’t let

people push them around. He said a reporter’s job is to get people talking no matter how uncomfortable the situation. He suggested that the class take as many writing classes as possible. He said that those hoping to be reporters will have to work when the news happens and must be able to write quickly and well.

“You have to be curious. You have a license to explore stuff and be nosy,” said Odegard.

Odegard has written stories that are award-winning, and he has written stories that have exposed city officials. He told the class that it’s about doing all the little stories so that you can get the big story.

“The stuff I am really proud of, sometimes people can’t see the work you do to come up with a compelling story,” said Odegard.

When a student asked him if his stories ever hit close to home, he answered frankly.

“You can’t help but empathize. You do have emotional attachment, but you have to hide it,” said Odegard.

Odegard was well received by the class, and students commented on what they took away from his visit.

“I liked how he talked about having thick skin. I feel like that was a very important thing to talk about,” said Andrew Nielsen.

“I thought the amount of stories he has to do is just crazy, how you need to be able to cope with criticism, and how you need to talk to grieving people,” said Mathew Brock.

Odegard’s visit to the classroom was a glimpse into the life of a reporter. Always on the clock and looking for the next story, the one thing that appeared constant in his profession was something to write about.

STORY BY **ALLISON LAMPLUGH**

The LBCC Commuter Presents: The Willamette Valley 2014



Let your voice be heard!

We are counting down the top local businesses in Linn, Benton, and Lane counties and we want to know: what are your favorites? The winners will be announced spring term and all survey participants will be entered for a chance to win prizes. Simply fill out this ballot, turn it into The Commuter by April 9th, and you will be entered into a drawing to win. You can also fill out the e-survey on our website at lbcommuter.com

Best Of 2014 Survey

Please turn this in to The Commuter office (room F222) by April 9th to be entered to win!

Best Pizza:

Please choose only one.

- Ciddici's
- Pizza King
- PizzAmoré
- American Dream Pizza
- Woodstock's Pizza Parlor
- Cirello's Pizza
- Other (specify): _____

Best International Food:

Please choose only one.

- Momiji
- Ginza
- Toki Teriyaki
- Rigoberto's
- Los Dos Amigos
- Novak's
- Nirvana
- Other (specify): _____

Best Burgers:

Please choose only one.

- Hasty Freez
- The First Burger
- King Kone
- Other (specify): _____

Best Veg./Vegan Food:

Please choose only one.

- Nearly Normals Gonzo Cuisine
- Laughing Planet Cafe
- Café Yumm!
- First Alternative Co-op
- Other (specify): _____

Best Sandwiches:

Please choose only one.

- No Baloney
- Big Town Hero
- Sidekicks
- Other (specify): _____

Best Breakfast Spot:

Please choose only one.

- Sunny Side Up Café
- Broken Yolk
- Original Breakfast
- CD & J's
- Other (specify): _____

Best Local Coffee Spot:

Please choose only one.

- The Beanery
- Coffee Culture
- Coffee Spot
- Human Bean
- Other (specify): _____

Best Local Spot to take a Date:

Please choose only one.

- Takena Landing
- Timber Linn Park
- Sybaris Bistro
- Corvallis Water Front
- Other (specify): _____

Best Local Brewery:

Please choose only one.

- Calapooia Brewing Co
- 2 Towns Cider House
- Block 15
- Flat Tail
- McMenamins
- Other (specify): _____

Best Local Barber Shop:

Please choose only one.

- Walkers
- Pizazz
- Dave Lynch's
- Mel's
- Other (specify): _____

Best Bike/Bike Repair Shop:

Please choose only one.

- Cyclone
- Downtube Bicycle Works
- CK Cycles
- Bike & Hike
- Corvallis Cyclery
- Peak Sports
- Other (specify): _____

Best Local Place With Live Music:

Please choose only one.

- Calapooia Brewing Co.
- Rhythm & Brews
- Imagine Coffee
- The Peacock
- Other (specify): _____

Best Places for Outdoor Activities:

Please choose only one.

- Mary's Peak
- McDowell Creek
- Peavy Arboretum
- Bald Hill
- Other (specify): _____

Best Local Salon or Spa:

Please choose only one.

- Blush Salon
- Marrakesh
- The Retreat Day Spa & Salon
- Epic Day
- Other (specify): _____

Best Local Tanning Place:

Please choose only one.

- Pacific Bronze & Bliss
- Escape Tanning
- Rasta Tan
- Other (specify): _____

Best Local Game/Card Shop:

Please choose only one.

- Matt's Cavalcade of Comics
- Wicked Comics & Collectibles
- Game Exchange
- Pegasus Games
- Other (specify): _____

Your Email: _____

Did You Know:
That you can take this survey online and still be eligible to win prizes?
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For my people, with their pens tucked thoughtfully behind their ears
or held between coffee
stained teeth, with their feet tapping to life’s unpredictable melody,
desperately attempting to
capture the impression of those smoldering eyes or that husky voice
or her curvaceous form;

For my people whose fingers soar, pounding upon black and white keys,
reeking of cigarettes,
hard liquor, slick sweat, and inspiration, as they frantically endeavor to seize,
through violence or
supplication or flirtation, that mere shadow of an idea,
so that through preservation the shadow
solidifies, blossoms, and sends deep, deep roots into the page and mind;

For my people who swear by the metaphor, clawing their way with aching,
bloody fingers down
below the surface of the concrete, to those who worship at the feet of plot,
running quivering
fingers over and over the beads of Poe’s single effect, to those who plunge headfirst into
characterization; shedding individuality, forsaking ego, losing themselves;
riding the wave of
muse for as far as it takes them;

For my people who Hitchslap, swinging their entire weight behind a stinging
open palm, flushing
the face of the theocrats, the demagogues, the institutions; refusing to
comply with that fucking
travesty christened censorship. To those who understand that to censor words,
to censor ideas,
to censor images is to omit and deny and slight the truth; which is sin,
as humanity clings to
nothing more vehemently and jealously than the truth;

For my people who love words and love with words, forging diamond plated armor out of
syntax, alliteration, and rhythm for the otherwise defenseless,
for those who soak the wounds
of the brokenhearted in a thick poultice of encouragement, vitality,
and strength, for those who
bleed out onto the page, drenching it in tears, and screaming
through pen and ink of love, love,
love.
Carry on -

By Seth Slater

FUNDS RAISED FOR ENLIVEN

Enliven Foundation is an upcoming, non-profit corporation that will be in the business of assisting single parents in achieving academic success by providing practical needs, academic guidance, and emotional support.

One of the many ways this corporation will assist is by providing a multi-unit complex where single moms can live with their children rent free while attending college full time. The first multi-unit complex is anticipated in Albany. Why are they on this mission? Hear it from this single mother for yourself.

“My name is Kristin Craven. I’m writing to you as a successful college student, but not too long ago I was in a whole different place in my life. The twists and turns down the road of my life have taken me to many places.

Unfortunately, I found myself in a place I never thought I would be. I had become a single mother on welfare. As a very prideful person I didn’t want to be on assistance for long, so I met with my caseworker to discuss my options for going to college. It was very disheartening to find out that there is no program designed for single mothers who would like to attend college. I was devastated! It seemed that the assistance program that was designed to help people get on their feet was actually going to end up keeping me from achieving my goals. I knew I didn’t want to remain on assistance for long. I wanted a clear path to take to assure me that my son and I would be off state assistance for good. I felt like my life was at a standstill. Then I met Becky Van Atta. She was the best thing that could have happened to me and my son. She encouraged

me to figure out a way to go back to school, and due to a generous donation she was able to give us a stable place to live while I did it. It has been a God-send! I still have had to take out some loans for money to live on, but now going to college has transformed my dream into a reality. I am so grateful to have someone who believes in me and has helped me believe in myself so much. Having that encouraging support has changed my life. Things are going so good I am pretty sure I will wrap up this first term of college with a 4.0! One thing is for sure, I am not going to waste this wonderful opportunity.”

Helping single mothers has been a dream of Becky Van Atta’s, Founder and CEO of Enliven Foundation, for years. She is in the process of establishing this non-profit corporation, along with her team of six board members: Amy Souza, President; Shawn Hayward, Vice-Chair; Vicki Wilson, Secretary; Jane Alexander, Treasurer; Mike Van Atta and Kristin Craven, board members. This team has a dream of assisting single parents in reaching their academic and emotional goals. Enliven Foundation believes that DREAMS DO COME TRUE.

If you are interested in hearing more about Enliven Foundation you can visit their website enlivenfoundation.org. If you are interested in participating in the development of this organization financially, you can donate through their website. You can also participate in the fundraiser that is coming up this Saturday, March 15 at the Elks Lodge in Lebanon. Details are on the website. 📍

STORY BY **AMY SOUZA**

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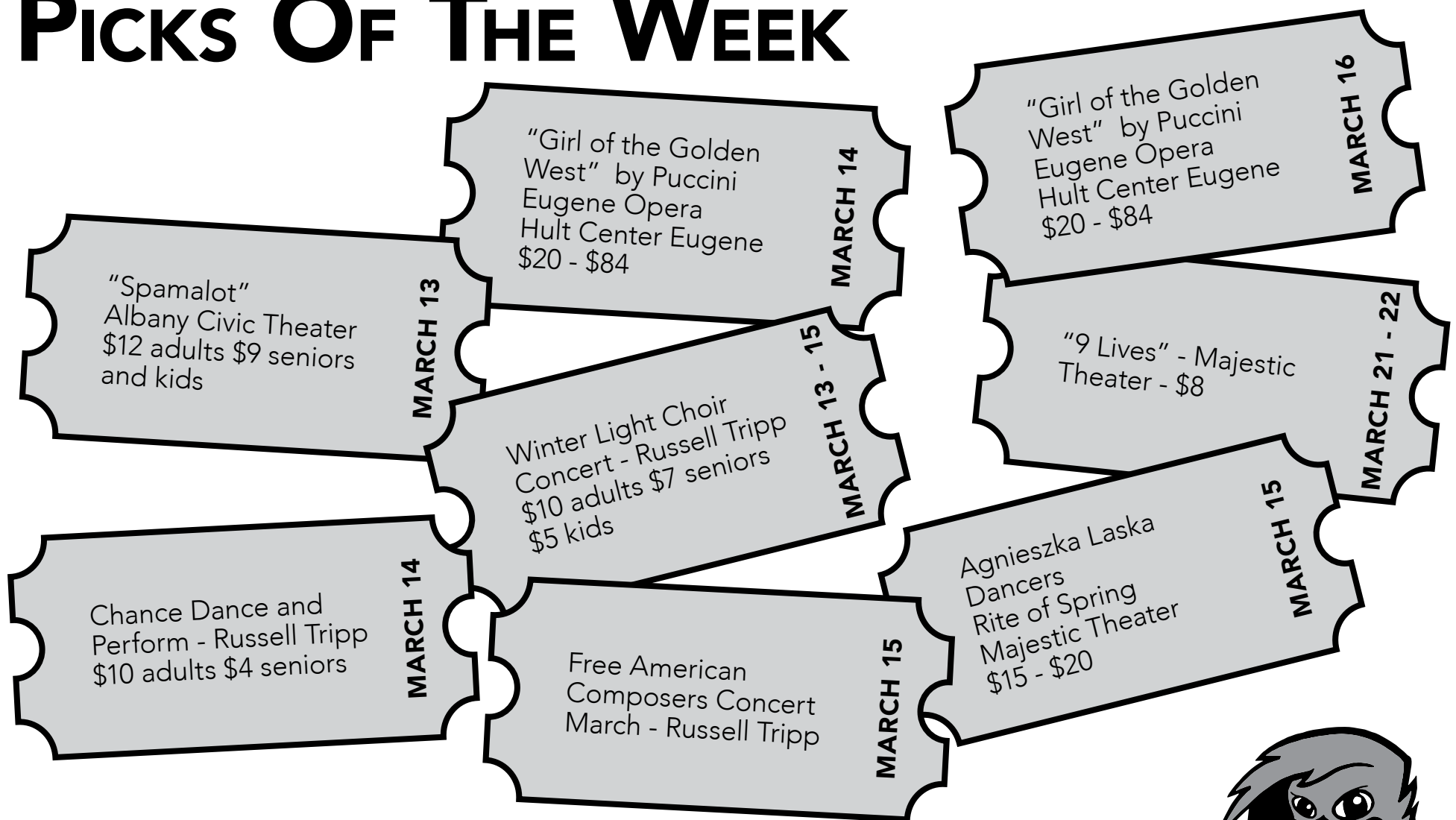
Legendary actor John Wayne, starring in 142 films, remains the actor with the most leading roles of all time.

The Commuter

Presents

Arts & Entertainment

PICKS OF THE WEEK



IRISH DANCERS STEP INTO NEWPORT

Irish step dancers will leap their way into the hearts of those who appreciate art and culture as they perform in celebration of St. Patrick's Day on Saturday, March 15 at the Shilo Inn Resort Hotel in Newport.

The An Daíre Academy of Irish Dance (Corvallis) will entertain guests at the second annual Shamrock Supper, hosted by the Celtic Heritage Alliance. Tickets for this event are \$35 and include a full evening of entertainment, trivia, a traditional Irish supper, and whiskey tasting for those who wish to indulge in the Emerald Isle's finest.

The earliest feis (stepdancing) competition dates back to 1897. The dancing traditions of Ireland have developed in tandem with Irish traditional music as traveling dancing masters taught all over Ireland as late as the early 1900s. However, early origins generated many forms such as the "Connemara" and the popular "Munster" which have been formalized by The Gaelic Dancing Commission (Gaelic: An Coimisiún le Rinci), who first met in 1930. Reel, slip jig, hornpipe, and jig are all types of Irish stepdances and are also types of Irish traditional music.

Many theories exist about the unique habit of keeping the hands and upper body stiff. Some believe it had to do with the small size of the venues. Others believe it to be an expression of the government forbidding culture such as playing music, dancing, speaking, or storytelling in their native Gaelic tongue. Still, others believe it was meant to disguise the fact that dancing was going on if anyone was to pass by. Whatever the genesis, the pose has become an integral part of the form.

In the 19th century, the Irish migrations spread Irish dance all over the world, especially to North America and Australia. However, schools and feiseanna were not established until the early 1900s. In America these tended to be created within Irish-American urban communities, notably in Chicago.

The nature of the Irish dance tradition has changed and adapted over the centuries to accommodate changing populations and the fusion of new cultures. The history of Irish dancing is, as a result, fascinating and is healthy, vibrant, and enjoyed by people around the world.

The Shamrock Supper is just one of many events hosted by the Celtic Heritage Alliance and is CHA's last fundraising event before the fourth annual Newport Celtic Festival and Highland Games, scheduled for June 13-15 at the Lincoln County Fairgrounds.

All events are mission focused to promote and preserve Celtic culture on the Oregon Coast through creating opportunities for experiencing the Celtic arts. For more on An Daíre Academy visit corvallisirishdance.com.

For event details or to purchase tickets online visit newportcelticfestival.com. You can also purchase tickets by phone at (541) 574-9366, or in person during operating hours at Bridie's Irish Faire in Nye Beach, Newport. 📍

CELTIC HERITAGE ALLIANCE
PRESS RELEASE



DID YOU KNOW?

Lego men have holes in their heads to allow air to pass through in case a child ever got one stuck in their throat.

FREE CONCERT

Please join us for a celebration of American music and composers on March 15 at 2 p.m. at the LBCC Russell Tripp Performance Center, and hear music by outstanding composers of the 19th and 20th Centuries:

- "Suite Of Old American Dances" by Robert Russell Bennett
- "A Copland Portrait" Arranged by Clare Grundman
- "Old Home Days Suite" by Charles Ives
- "Variations On A Korean Folksong" by John Barnes Chance
- "Danzón" by Leonard Bernstein
- "Fandango" by Frank Perkins
- "Jeannie With The Light Brown Hair" by Stephen Foster
- "Barnum & Bailey's Favorite March" by Karl King
- "National Emblem March" by Edwin Eugene Bagley
- "The Stars and Stripes Forever" by John Philip Sousa

Admission is free. Donations will be accepted. For more information, call (503) 838-3474 or visit wvcband.org 📍

LBCC PRESS RELEASE

ABOUT TIME



COURTESY: **TRANSLUX**

When Tim turns 21 his father tells him a secret about his family: that the men in this family can travel back in time.

“About Time” is a whimsical romantic fantasy drama about a young man that is looking for love and realizes that sometimes second chances don’t always turn out like they should.

Tim, played by Domhnall Gleeson, journeys back in time, testing his ability to change events in his life. He finally finds the love of his life, only to lose her when he travels back in time to help a friend.

It’s not only about Tim falling in love with the woman that he meets, it is also about the love that he has for his family. He realizes that there are certain points in his life that he cannot return to, or there will be some butterfly-effect consequences.

One of those times is when he tries to save his sister Kit Kat (Lydia Wilson) from a disastrous relationship, but when he returns to his normal time things have only

changed slightly. The daughter he had is gone and replaced by a son. He realizes that tragedy sometimes occurs in life, and he can’t change everything. So he reverses the events and returns to his daughter.

The movie itself is well constructed. The plot and story have a logical and sometimes unpredictable sequence, and it all ties together nicely to make the film move along quickly. There was some humor thrown in to break up the romance and loneliness in the beginning.

The movie incorporates those life moments where you could wish to go back and have a redo. One cute scene is where Tim meets an old friend and tries to make a good impression, only to continually stick his foot in his mouth. After several failed attempts he avoids seeing the friend again, saying “Let old dogs lie.”

Guys, if you want to demonstrate sophistication in choosing not only a love story but a foreign film, pick this one up from the nearest Redbox. Cook that popcorn, dim the lights, and snuggle up. For the \$1.50 you’ll spend on

RED BOX MOVIE REVIEW:

About Time

WRITER & DIRECTOR: Richard Curtis

STARRING: Domhnall Gleeson, Rachel McAdams, Bill Nighy

PRODUCTION: Translux, Working Title Films

GENRE: Action, Adventure, Crime

RATED: TV-14

OVERALL RATING: ★★☆☆☆

REVIEW BY **TED HOLLIDAY**

the movie, you will get a few hours of cuddle time. What happens next is up to you, but remember: unlike Tim, you only get one shot at this. ♡

Weather

SOURCE: **WEATHER.COM**

WEDNESDAY

SUNNY
67/38

THURSDAY

PARTLY CLOUDY
63/42

FRIDAY

PARTLY CLOUDY
60/41

SATURDAY

PARTLY CLOUDY
67/45

SUNDAY

PARTLY CLOUDY
66/40

MONDAY

PARTLY CLOUDY
58/39

TUESDAY

PARTLY CLOUDY
60/40

CALLING ALL CANCER SURVIVORS!

The American Cancer Society’s Relay For Life of Albany has a special night planned for you and a guest of your choice.

Please join us for our annual Survivor Dinner & Dessert scheduled for Thursday, March 13 at Good Shepherd Lutheran Church in Albany, on the corner of 34th and Columbus. Doors open at 5:30 p.m. with dinner being served at 6 p.m.

Invite your caregiver or a guest of your choice to join

you in this complimentary meal prepared to honor you for the battle you’ve fought or are fighting.

RSVP is not required but helpful in planning. Email Beth Harrington at beth.har@live.com or call her at (541) 760-2744. ♡

RELAY FOR LIFE **PRESS RELEASE**

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- + And other cooling system related issues



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Steve Fiorito
541.917.4999 Ext. 4595
steve.fiorito@linnbenton.edu
2000 W. Oak Drive
Lebanon, Oregon



SUSAN JOHNSON AND FRIENDS

NSH Gallery Hosts Four New Artists

Four women artists from Corvallis, Albany, Portland, and Salem will share the walls of the North Santiam Hall Galleries March 10 through April 18 at Linn-Benton Community College main campus.

"Susan Johnson and Friends" features the work of Johnson, a long-time Corvallis oil painter and former Director of the Corvallis Arts Center; Eileen Cotter Howell, a watercolorist from Salem and Co-Founder of Portland's Art in the Pearl Festival; Kathy Haydon, an established painter and collage artist who lives in the Portland area; and Heather Kier, an emerging artist from Albany who has begun exhibiting around Oregon in recent years.

A reception and gallery talk with all four artists will be held Thursday, April 10 from 1 to 2 p.m. in the NSH Galleries, which are open from 8 a.m. to 7 p.m. weekdays.

Susan Johnson's art in the exhibit explores her work with oilbars over the past two decades. She uses fat, crayon-like oil paint sticks to create both realistic and abstract landscapes that often portray pathways — not



Abstract by Susan Johnson.

only as design elements but also as a device to suggest the choices one must make in life's journey. Her paintings have been shown in over 45 exhibitions, including a 2008 one-woman show "Windows into Oregon" in the Oregon Governor's Office.

Eileen Cotter Howell has worked as an artist and instructor for more than 25 years and has also been an active promoter of other Northwest artists. Besides helping to start up Art in the Pearl, she was artist and Co-Owner of the Waterstone Gallery in Portland, and Coordinator of the Professional Division of the All-Oregon Art Annual at the Oregon State Fair for five years. She describes her paintings as offering "glimpses of the familiar mixed with rhythmic shapes, dense patterns and vibrant colors, all working together to build an ebb and flow of energy that draws the viewer deeper into the labyrinth."



Painting by Eileen Cotter Howell.

Kathy Haydon's acrylic and mixed-media collage pieces show some of the experimental directions she has explored during the past several years, including using sand, fabric, paper, and letter forms in her paintings. She also draws inspiration from the surface textures she encounters while "poking around" in Portland's older or abandoned industrial buildings. "I like to zoom in on the details I find in my environment that have interesting textures, colors, and shapes," she says. "They often possess a hidden beauty."

Heather Kier, who has worked in graphic arts and publishing for over 20 years, paints in acrylics on canvas and also experiments with adding cut-paper to her work. Her paintings tend toward the abstract and semi-abstract. She says she loves to get lost in the process, "waffling between quickly adding thick layers of paint with unconventional tools, such as credit cards and kabob sticks; slowly layering thick paint; thin washes; and drawing into wet paint to create texture and interest." ♡



Collage by Kathy Haydon.

LBCC PRESS RELEASE

POSTCARD FROM MOROCCO

The Linn-Benton Opera Guild will preview the opera "Postcard From Morocco" by Dominick Argento on Tuesday, March 18 at 7:30 p.m. at 303 Benton Hall, Oregon State University campus, Corvallis.

OSU music professor Angela Carlson will tell the story of the opera and play recorded excerpts from the score. Admission is free to Linn-Benton Opera Guild members and students of Linn-Benton Community College and OSU. Cost for the general public is \$5.

Performance dates will be March 21, 25, 27 and 29 at 7:30 p.m. and March 23 at 2 p.m. at the Keller Auditorium, 222 SW Clay, Portland. Opera will be sung

in English with projections above the stage.

Linn-Benton Community College and the Linn-Benton Opera Guild will host a bus ride to the closing performance on Saturday, March 29 for those interested. Round-trip coach fare is \$39 per person. Cost for opera tickets is not included. Seating reservations are required.

The bus will leave LBCC's Benton Center parking lot — 757 NW Polk Ave., Corvallis — at 4:30 p.m., arriving at Key Bank — 3rd and Ellsworth, Albany — at 4:55 p.m., then to Super 8 Motel — 1288 Hawthorne Ave., near the I-5 Market Street exit, Salem — at 5:30 p.m. The bus will return immediately following the performance.

Tickets to the opera must be purchased in advance through the Portland Opera Box Office, (503) 241-1802 or toll-free at (866) 739-6737, Monday-Friday 9 a.m. to 5 p.m., or by visiting Portland Opera website at portlandopera.org.

For more information about the Linn-Benton Opera Guild or to make bus reservations, call Betty Miner, Opera Guild coordinator, at (541) 757-8949. ♡

LBCC PRESS RELEASE



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DID YOU KNOW?

In ancient times husbands practiced a superstitious ritual to ensure their wives' spirits wouldn't leave them. The husband would wrap the bride's ankles and wrists with ropes of grass, believing this would keep her spirit within her. Over years of evolution in beliefs, the grass was eventually replaced by a ring worn on the finger.



First 25 LBCC students are FREE!

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Thursday, March 13 • 7:30 p.m.

Featuring Linn-Benton Community College
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Musical Theater/Opera Workshop

A cappella groups: Blue Light Special • The Sirens

James M. Reddan, Conductor • Penny Bazanele, Accompanist

Russell Tripp Performance Center

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Persons having questions about or requests for special needs and accommodations should contact the Disability Coordinator at Linn-Benton Community College, RCH-105, 6500 Pacific Blvd. SW, Albany, OR 97321. Phone: 541-917-4696 or via Oregon Telecommunications Relay TTD at 1-800-735-2900 or 1-800-735-1232. Contact should be made 72 hours or more in advance of the event. LBCC is an equal opportunity employer & educator.



THE ARMSTRONG LIE

COURTESY: JIGSAW PRODUCTIONS

DOCUMENTARY REVIEW: **The Armstrong Lie**

WRITER & DIRECTOR: Alex Gibney
STARRING: Lance Armstrong, Reed Albergotti, Betsy Andreu
RUN TIME: 124 minutes
RATED: R
OVERALL RATING: ★★☆☆☆

REVIEW BY **TEJO PACK**

In "The Armstrong Lie," we finally get a glimpse down the rabbit hole of lies constructed by a man who use to be one of the premier athletes in the world.

The film directed by Oscar-winning Alex Gibney, tells the tale of a story that setting out, Gibney never meant to record.

Gibney had been hired by a produce-friend of Armstrong to record and document his comeback in 2009. The canvas that he ended up using as described by Ali Arikian, a correspondent for RogerEbert.com, "paints a picture of an overly ambitious man whose supreme, almost clinical, self-confidence severed his connection to reality and truth."

Basically he's a liar. And if you didn't think he was an asshole before the film, this documentary should persuade you. Speaking on this Arikian said, "[he] comes across as the sort of guy you definitely would not sit down and have a beer with."

Armstrong's flippant attitude isn't the only thing on

display for the 124 minutes. The cast which includes a plethora of former teammates and retired cyclists, tells a tale of a man hell-bent on successfully living his lies and burning anyone who tried to expose him.

Armstrong does give a personal interview to Gibney that took place after the Oprah Winfrey one-on-one, but even in that he still is not completely candid. "Even when he's coming clean and really, really telling the truth this time, Armstrong can't stop lying," says Jeff Baker the Sunday A&E editor for The Oregonian.

The never-ending lie that is in question throughout the film is whether or not Armstrong doped during his comeback tour between 2009 and 2010. Evidence of irregular new blood cell levels used in the film seems to point to the fact that he did, even though Armstrong continuously denies it in the interview.

Gibney after the premiere of the film sat down with Daniel Benson, the managing editor for Cyclingnews.com for a Q & A where he addressed this very topic. "Let's just say there are still areas where I don't think he's being entirely candid."

Open or not, what is apparent, is Armstrong is completely aware. "I think he understands what people want and by and large he understood that people wanted the beautiful lie more than they wanted the ugly truth."

Regardless, now the truth is out there, and for people like me the time to remove the sacred yellow band has come and gone. Armstrong now faces multiple suits, one of which includes the federal government. In the end the penalties for that case alone could cost him upwards of \$100 million.

All lies aside, he deserves that and whole lot more. ♡

Study Jam

March 15 & 16 10 a.m. - 5 p.m.
 Albany Learning Center & Library
 Math Angle 12 p.m. - 4 p.m.

March 16 10 a.m. - 4 p.m.
 Benton Center

March 15 10 a.m. - 4 p.m.
 Lebanon

Free Food & Drinks

PERSONS HAVING QUESTIONS ABOUT OR REQUESTS FOR SPECIAL NEEDS AND ACCOMMODATIONS SHOULD CONTACT THE DISABILITY COORDINATOR AT LINN-BENTON COMMUNITY COLLEGE, ROOM 105, 4500 PACIFIC BLVD. SW, ALBANY, OREGON 97321. PHONE 541-917-4800 OR VIA OREGON TELECOMMUNICATIONS RELAY TTS AT 1-800-735-2500 OR 1-800-735-2282. CONTACT SHOULD BE MADE 12 HOURS OR MORE IN ADVANCE OF THE EVENT. LBCC IS AN EQUAL OPPORTUNITY EDUCATOR AND EMPLOYER.

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IRONICALLY INDEPENDENT



COLUMN BY
TED HOLIDAY

Abortion, used as a form of birth control, must be eliminated because it's a matter of life and death.

When I was growing up, controversy about making abortion legal filtered through my high school. Like today, there were passionate advocates for both sides.

In one corner there are the extreme religious right groups screaming that any abortion is

subject but not my belief. Is it murder of an unborn child? Or should a woman have the ability to choose her own path? I find myself strangely agreeing with both sides of the issue.

Life begins at conception. This is a biological fact. Homosapiens, humans, have what is known as diploid cells. This is when a set of DNA of the male combines with the set of DNA from the female and cells begin to divide, proteins are triggered, and life begins. The cells continue to divide until the zygote reaches the blastocyst stage and then attaches itself to the mother's uterine wall.

After fertilization the process will create a Homosapien. The genetic sequencing that takes place will not allow other species to form, not a frog or a monkey or a dog. It creates a human being.

Therefore removing the embryo or fetus prior to the completion of the gestational stage kills the living tissue, and it kills the human that tissue will become. There isn't any scientific reasoning that can argue against that.

Where the idea of abortion becomes clouded is whether those cells should be considered human. Some argue that at a certain stage there is no heartbeat, or that the being doesn't have a "soul." Others argue that the fetus won't survive if taken out of the womb before a certain time, typically prior to 13 weeks. This last argument is the weakest of all because removing any animal before it has completed its development stages will prevent it from surviving.

Abortion has been ignoring the scientific development of all stages of human development. The original ruling of Roe v. Wade was made in 1973. Much scientific advancement has taken place in the last 41 years. Science knows much more about our genetic coding and DNA sequencing than what was available when Roe v. Wade was presented in court.

In 1990 I was in a new relationship. Like any relationship we had our struggles, mostly with communication and finding our boundaries.

After a stupid argument, the topic of which I don't even recall, she refused to talk to me. The silence went on for

over a week. Finally, she agreed to meet and talk.

That night was one of the best nights I've had. We went to Ventura beach, walked along the shore, held hands, and talked calmly about anything, everything, and nothing. We laughed at times, and we would sit in silence during others, listening to the waves break on the beach. This was a story book night of romance and love.

To this day I remember the city lights glimmering in her blue eyes, and the love that I felt for her. As the morning light began to illuminate the sky, that's when I realized that the hours had melted away.

Suddenly and without warning she broke into tears, sobbing in my arms. You see, she was angry at me and wasn't certain as to the future of our relationship. During the night she realized how much I really did care about her.

Of course, my first instinct was to fix whatever it was that was causing her so much pain, but I couldn't because in the week prior that she refused to talk to me she had aborted the child we created together.

The most perfect night became my worst nightmare, the destruction of my first child. Twenty-four years later, I still wonder what our child would have looked like, sounded like, and acted like. I know it would have been a financial, emotional, and mental struggle to raise the child, but I never had the choice. That was ripped away from me in a single doctor visit.

I would have to wait another six years before I was able to hold another child in my arms. ☹

This story continues on the Commuter Website. Visit us at LBCommuter.com/2014/03/11/abortion-life-and-death/



murder. They tout the destruction of an unborn child as sacrilege, while using the Bible as a shield to deflect the opposing arguments.

However, the tactics that some individuals and organizations display are down-right brutal and savage. The attacks on abortion clinics and workers are just as demeaning and hateful as the opinions they oppose.

In 1998 Dr. Barnett Slepian, a physician at an abortion clinic in New York, was shot and killed by a sniper. The man that planned the attack claimed that he only wanted to "wound" the doctor to prevent him from performing more abortions.

Then there's the liberal left pumping their fist that women should have a right to choose what is right for their body.

In 2005, Planned Parenthood Golden Gate, which no longer exists, produced a film called "Superhero for Choice." In one scene of the cartoon, the superhero swoops down and serves up a senator as roasted pork, naked on a platter with an apple in his mouth.

The extreme views and violence deter me from the

ROE, ROE, ROCK THE BOAT

"We Need Legal Abortion" was misleadingly printed on the back side of pamphlets handed out last week to unsuspecting students in the courtyard. The pamphlets, accompanied by six five-foot tall banners, invited students to think about the reasons abortion was legalized, and if it's affecting our culture the way it was intended.

Now only if they had done so in an intellectual way, instead of using fear tactics and poor taste.

This isn't the first time Students for Life has demonstrated in the courtyard — who could forget the hundreds of pink crosses that littered the grass last term — but this time I believe they only succeeded in offending a large percentage of the student body.

Last Wednesday morning started for me with an exasperated text message from a friend, "Warning. Huge anti-abortion banner campaign in the courtyard," and I knew it was going to be one of those days. Later on when I got to the Commuter office, the topic was never far from ear.

Being a woman, the abortion debate is always an important one, and I will say up front that I've had my opinions steadfast on the side of Pro-Choice for a long time now. That's not what I want this article to be about though. I believe myself to be an empathetic woman, with a strong ability to see the other side of things, but my problems with this campaign go beyond political opinions and stretch into the realm of misinformation and malicious behaviour put forth on a topic that is too important to play games with. I believe the decision to have an abortion should never be a light one, and any woman faced with the choice should know as much accurate information about her options as humanly possible. That does not seem to be the purpose behind the "What Has Roe Done For Us" campaign.

Just look at one of their examples: "Just as many women die from Legal Abortions as Illegal Ones."

The World Health Organization (WHO) conducted a study organizing various mortality rates due to unsafe versus safe abortions, finding that globally 13 percent of maternal deaths were due to unsafe abortions. This number seems high, especially in relation to the 0.6 maternal deaths per 100,000 legal abortions in the U.S. Interestingly enough, another study by the WHO also reported that

worldwide on average the number of induced abortions is actually higher when a region has laws in place to prevent women from accessing a legal, safe abortion.

Students for Life: "Murder is the leading cause of death among pregnant women."


I believe this statement originally comes from a Reuters.com article citing that murder is as big a cause of death in pregnant woman as certain pregnancy complications. The problem with this statement is that they only include certain pregnancy complications, while also grouping pregnant women with women who have a child one year or younger. Even with these considerations, their numbers are incredibly low. This article, using information from the CDC, states that approximately 2 maternal women are killed per 100,000 live births and 2.9 per 100,000 commit suicide. These numbers are so low, it's not even worth arguing about. In addition to this the most recent CDC paper calculating cause of death for U.S. women by age range cites murder as the number four cause of death of women between the ages of 20-24, dropping to the fifth cause for age groups 25-34, whether they are pregnant or not.

Students for Life: "America has the highest maternal death rate for any industrialized nation."

A document on the CIA website listing the maternal mortality rates around the world lists the United States 137 out of 184 countries with an average of 21 maternal deaths per 100,000 live births. Falling way behind industrialized countries such as China, Russia, and Mexico. ☹

STORY BY **NICOLE PETROCCIONE**

This story continues on the Commuter Website. Visit us at LBCommuter.com/2014/03/11/abortion-students-for-life/




options
Pregnancy Resource Centers

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CONSERVATIVE CORNER

Something very special happens when a person gazes into the eyes of a child. The beauty and innocence of that fresh face is enough to melt the coldest of hearts.

The birth of a child can bring overwhelming love, happiness, and joy to the eyes of the family. A newborn brings on new and exciting challenges to first-time parents. It gives a huge sense of love and pride to the family who are given a brand new addition and a guarantee that the family line will continue. Unfortunately, some women choose to end the young life that grows inside them.

According to cdc.gov, there were 765,651 abortions in 2010. Oregonian women have had their share of abortions. It has been reported by johnstonsarchive.net that Oregon doctors have performed 4,928 abortions in 2013. Linn County women experienced 165 abortions in 2012 and 139 in 2013 as public.health.oregon.gov tells us. It is sad that so many Oregon women have chosen to take the life of their child.

One of the organizations that have provided many of these life-ending choices is the oxymoron known as Planned Parenthood. Planned Parenthood does offer other important services, like care for STDs, birth control, and men's and women's healthcare. However, it is wrong to fund abortions with taxpayer money.

The question many have asked is when life actually begins. This question seems to make it easier for some women to end the life of their child. Perhaps the idea is that the young life inside of them isn't really a child, but just a glob of cells. This is a futile notion. CNN reported that Dr. Joseph DeCook, executive director of the American Association of Pro-Life Obstetricians and Gynecologists, has said an embryo is a living human being at the moment of fertilization. "There's no question at all when human life begins. When the two sets of chromosomes get together, you have a complete individual. It's the same as you and I but less developed," explained DeCook.

I attended the post-abortion panel on campus recently and listened to the emotional stories of the women who shared their stories. I was pleasantly surprised to hear that even with all the pressures and stresses that these women went through in their youth, they still claimed that their choice to have an abortion was the wrong one. I felt humbled by the strength of these women.

It seems to me when a woman goes for an abortion it is an incredibly selfish act. She will claim that it's her body and her choice. However, for the next nine months she won't be the only one in her body. She may also say that there is no other way, but there is always a way for the life of a child. I can maybe see the use for an abortion if the birth is complicated and the mother's and child's lives are in danger. Even under rape or incest, if the mother doesn't need or want the reminder of a truly traumatic experience, someone will want to adopt the child no matter the mother's background.

The life of a child is truly a blessed gift from God, so why would we just throw them away? Let's end most of these senseless murders and not have any more forever-lost children. ♡



COLUMN BY
DALE HUMMEL

LIBERALLY LENIENT



COLUMN BY
FRANK CLARK

This is among the most slippery slopes pertaining to issues on a national scale.

Let's be clear that the discussion between Pro-Life and Pro-Choice is essentially seeking similar positive outcomes. It is often a misconception that Pro-Choice is "for" abortion. I can safely say that I don't think anybody is "for" it, but Pro-Choice simply reserves the right for one or two to make that difficult choice.

There are many situations to which the justification for such choices is distinguished. To a degree there is an aspect of liberty and freedom to choose, yet it is important to practice measures in order to prevent such a difficult decision having to be made.

It is interesting that much of the far right extreme of religiously prioritized demographics demonize the Pro-Choice agenda, but at the same time refuse to support ideals such as contraceptives in order to minimize such occurrences. If those far right factions had their way then abstinence would still be taught, and progress would be getting nowhere with our youth and their education in responsible decision making.

Pro-Life factions support the aspect of life, and in infertility measures they support In Vitro Fertilization but refuse to use additional and unneeded embryos for the sake of stem cell research. They would rather discard the embryos than use them in a meaningful fashion to help others through scientific research.

My perception of the issue is that we definitely need to put pressure on reducing such practices, not on the merits of outlawing it but rather on the merits of education in order to prevent such circumstances. I also believe that stem cell research is very important and do not consider the beginning of life to be that which is outside of a host and in a freezer. I'm not sure where the beginning of life ultimately persists, but I do not fully agree that it revolves around conception, especially when exploring the In Vitro process.

I agree that late term abortion should be prevented, but in contrast I cannot conform to such extreme views of demonizing sexuality in order to solve such issues. I cannot support ideals like this.

Former Republican Senator and 2012 presidential candidate Rick Santorum was quoted during his campaign saying, "Many of the Christian faith have said, well, that's okay, contraception is okay. It's not okay. It's a license to do things in a sexual realm that is counter to how things are supposed to be," according to an interview with CaffeinatedThoughts.com (October 2011).

How are things supposed to be Rick? Please tell us... ♡

FACETIOUSLY FEMME



COLUMN BY
ELIZABETH MOTTNER

Abortion. It's a word that sends shudders down the spine; a simple word that raises so much debate and emotion-filled controversy. Everyone has an opinion on abortion.

Let me start out by saying that I am pro-choice. Now before you agree or disagree, let me make myself clear. I believe a woman has a choice to do what she will: a choice to

be celibate, to use birth control, to say no, to accept the consequences, to use the day-after pill or IUD, and even to have an abortion under proper circumstances. Now

with that said, I am against abortion. I think it is used far too often as a form of birth control. I feel that any woman who has more than one abortion should be educated in the proper use of contraceptives and additional techniques to prevent unwanted pregnancies.

I am not going to bring religion into this topic, because it has no bearing as far as I am concerned. Your personal beliefs are yours alone, and you need to abide by them; but do not judge another according to your beliefs. My personal belief is that life begins when the cells first split, and as such I do not agree with the concept of abortion. However, I do agree with birth control and sex education (we need so much more in our schools), to protect from diseases and reduce the number of unwanted children.

We all need to take responsibility for our world, and with more education comes less need for abortions and population control. Abortion is necessary at times for rape and incest, but most of those incidents should be taken care of with the day-after pill, which works up to five days after the offense. There are some health issues that I feel may allow for abortion. Even though I do not agree with abortion, I still agree with freedom of choice.

With more sex education and some practical simulations for teenagers, like caring for a crying baby doll, we could reduce the need for abortions.

I am going to play the devil's advocate. As a woman, it is my body to do with as I wish, but the man's thoughts and feelings should be considered before a woman has an abortion, with the exceptions of rape and incest. Many women never mention it to the man out of fear of rejection or abuse. When I became pregnant, I had been told I was unable to have children. Given this, my partner and I had never discussed pregnancy. If I had not talked to my now husband, I would have never known he wanted a child with me, to become a family.

The decision to have an abortion should never be taken lightly. We have no way to know if that child is going to be the next Albert Einstein, Martin Luther King Jr., J.S. Bach, or Steve Jobs. Considering all the options, doing some research about parenthood, and speaking to loved ones about available options will allow you to make an educated decision. Who knows what may be lost when that child never sees the light of day. ♡

Please send opinions and responses to:

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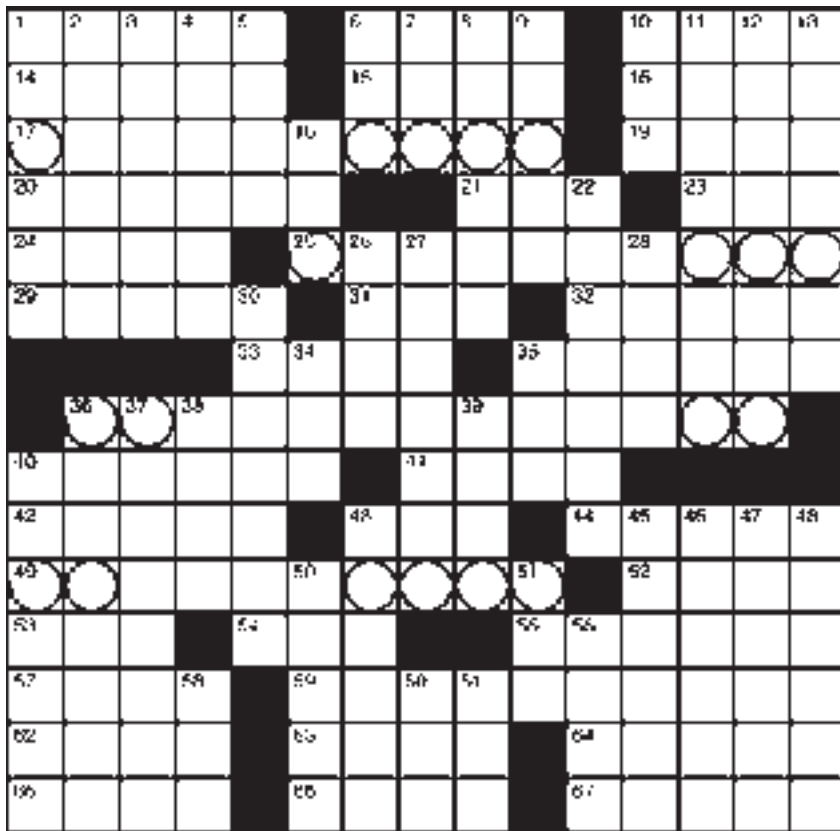
The Commuter encourages all students, staff, faculty and administration to be engaged in conversations and discussions on current topics.

FOR RELEASE OCTOBER 9, 2013

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

- ACROSS**
- 1 10% donation
 - 6 "12 Angry Men" actor
 - 10 Credit card bill nos.
 - 14 Lucy's landlady
 - 15 ___ code
 - 16 Sodium hydroxide, on a chem test
 - 17 1949 Olivia de Havilland film
 - 19 Kathryn of HBO's "Oz"
 - 20 Dermatologist's concerns
 - 21 Rowboat propeller
 - 23 "Where ___ sign?"
 - 24 Cold drink brand
 - 25 Home of the Clinton Presidential Library
 - 29 White House tween
 - 31 Delightful time
 - 32 Singer Shore
 - 33 Pope of 903
 - 35 Van Cleef & ___: French jeweler/perfumer
 - 36 Bead in a necklace
 - 40 Small sword
 - 41 Corduroy ridges
 - 42 "___ Is Born"
 - 43 Double-helix molecule
 - 44 Coke and Pepsi
 - 49 Sam's Choice, e.g.
 - 52 Dramatic opening?
 - 53 Blackguard
 - 54 Small pop group
 - 55 When, in Act III, Romeo cries, "O, I am fortune's fool!"
 - 57 Course for Crusoe?: Abbr.
 - 59 Nitpick, and what this puzzle's circled letters represent
 - 62 Actor Jared
 - 63 What NHL shootouts resolve
 - 64 Mountain ridge
 - 65 Galley order



By Gerry Wildenberg

3/12/14

- 66 Sound that fits this puzzle's theme
- 67 Outmoded

- DOWN**
- 1 Shape-fitting game
 - 2 Cayuga Lake city
 - 3 Ph.D. hurdles
 - 4 Dastardly chuckle
 - 5 Gen. Robert ___
 - 6 Train unit
 - 7 Mineral resource
 - 8 Stupefies with drink
 - 9 ___ metabolic rate
 - 10 "Wheel of Fortune" buy
 - 11 The president, vis-à-vis one Thanksgiving turkey
 - 12 Autodialed electioneering tactic
 - 13 Arab tribal leaders
 - 18 Map speck: Abbr.
 - 22 Right, as a wrong
 - 26 Lab assistant of film
 - 27 Greek café
 - 28 Longtime Philbin co-host

Tuesday's Puzzle Solved

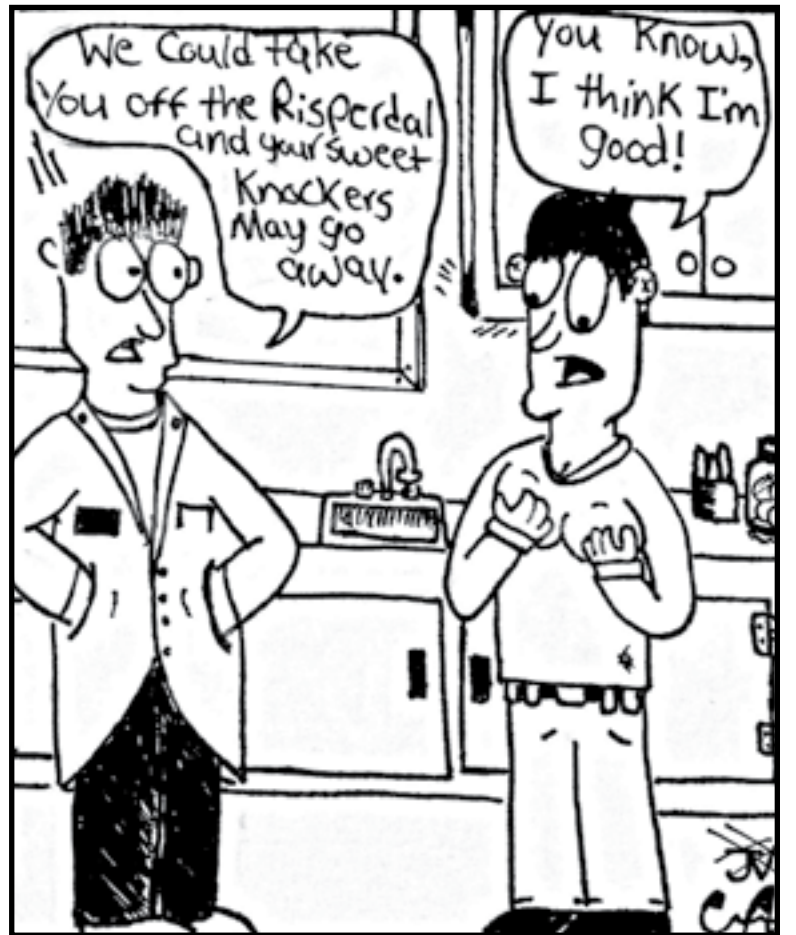


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3/5/14

- 30 Took in or let out
- 34 Andorra's cont.
- 35 Msg. to the whole squad
- 36 Hand-held clicker
- 37 Current
- 38 Perjurer
- 39 Gorilla observer
- 40 "Good Lovin'" group, with "the"
- 43 Stop by unannounced
- 45 1998 British Open champ Mark
- 46 Declares untrue
- 47 Warnings
- 48 "That's quite clear"
- 50 Some gallery statuary
- 51 Summer hrs.
- 56 English guy
- 58 Caught on to
- 60 Floral chain
- 61 AOL, e.g.

ADVENTURES OF **R.J. AND JAMES**



CREATED BY: **JAKE VAUGHAN & CAMERON REED**

Hot Jobs!

Local employer seeing CWE students!! Get job related experience—read on...

- * **Food Service:** *Banquet Servers - Corvallis, PT, job ID 160 *Line Cook /Dishwasher, Lebanon, PT, Job ID 180
 - * **Computers:** *IT Tech, Corvallis - FT, Job ID 175 *Analyst Programmer, Corvallis, FT & P/T, Job ID 174 *CWE Computer Cleaner, Albany, PT, Job ID 169 *IT Tech, Albany, FT, Job ID 172
 - * **Engineering/Drafting:** *CWE Student Lab Tech -Albany, PT, Job ID 170 *CWE Environmental Tech, Albany, PT, Job ID 171
 - * **Administrative:** *CWE Business Information Systems -Albany, PT, Job ID 168 *Social Services Asst., Corvallis, FT, Job ID 165
- To apply for these jobs, visit Career Connections at www.linnbenton.edu/career-connections

CAMPUS BULLETIN

March 12 at 1 p.m. - 2 p.m. - Council of Clubs meeting will be held in Industrial A 232. Club representatives and students welcome to attend.

March 15 at 6 p.m. - The Enliven Foundation will be holding a Texas Hold'em Tournament fundraiser at the Lebanon Elks Lodge at 633 Park Street. Registration starts at 6 p.m., with a \$25 buy-in.

March 15 - 16 at 10 a.m. - 5 p.m. - SLC will hold their annual Albany Study Jam in the Learning Center and Library. Math Angle will be open from 12 p.m. - 4 p.m. and pizza, snacks, and drinks will be hosted in the Hot Shot Café.

March 15 at 11 a.m. - 3 p.m. - SLC will host the Lebanon Center Study Jam. Pizza, snacks and drinks will be provided.

March 16 at 10 a.m. to 4 p.m. - SLC will host the Benton Center Study Jam in the Learning Center and Learning Annex. Pizza, snacks and drinks will be provided.

March 17 - 21 - Albany and Benton will host end of the term Book Buyback. Albany - Mon., Tue., Thurs., Fri., 9 a.m. - 4 p.m. Wed. 9 a.m. - 6 p.m. Benton Center - Mon. - Fri. 9 a.m. - 4 p.m.

THE COMMONS FARE

MENU FOR THE WEEK OF: 3/12 - 3/19

- Wednesday:** Chef's Choice
- Thursday:** Braised Short Ribs*, Cedar Plank Salmon with Berry Beurre Rouge*, Chile Rellenos, Soup:Albondigas* & Loaded Potato Chowder
- Friday:** Chef's Choice
- Monday:** Chef's Choice
- Tuesday:** Chef's Choice

Items denoted with a * are gluten-free Monday-Friday 10 a.m.-1:15 p.m.

THE COMMUTER

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

Letters Welcome

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

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HOROSCOPES

BY: DANYA HYDER

Pisces: Feb. 19 - March 20

You got to help Taurus by passing out green candy, using a T-shirt cannon. You see a very angry Irish guy complaining about a lost hat. This week will be fun for you!

Aries: March 21 - April 19

You tripped...over a pot of gold! Your clumsiness now has become good luck. St. Patrick's Day will be extremely lucky for you.

Taurus: April 20 - May 20

Working in the parade wasn't too bad, until Scorpio and Cancer kept popping in and out of nowhere! Where did that leprechaun even come from? You will be amazed by the surprises of this week.

Gemini: May 21 - June 21

You have spotted the lucky Triple Rainbow. Good for you! Maybe you can spot a four-leafed clover next, or not. It could be possible, or not, or maybe...

Cancer: June 22 - July 22

You have spotted an actual leprechaun! You only need to catch him for the gold, right? Good luck to you Cancer.

Leo: July 23 - Aug. 22

Another holiday coming around? You decide to make a parade out of it, and make Taurus help you. Carrying a giant banner helps if you ride on the giant four-leafed clover shaped float.

Virgo: Aug. 23 - Sept. 2

You have found a garden of four-leafed clovers. Yes, each and every one of them has four heart-shaped leaves. The Luck of the Vegetable Gardening will be with you.

Libra: Sept. 23 - Oct. 22

You looked out and noticed a Triple Rainbow. You always did want to see what was on the other side of the Rainbow. You will be adventurous this week.

Scorpio: Oct. 23 - Nov. 21

Cancer is chasing a leprechaun. You always did want to see a pot of gold, and chasing is fun, right? Teleportation will be helpful for you this week.

Sagittarius: Nov. 22 - Dec. 21

You found a green hat on the ground. You tried it on and transformed into a leprechaun. Getting chased means you can get better exercise, right?

Capricorn: Dec. 22 - Jan. 19

You wear green. Even your skin and hair are now green. May the Luck of the Irish stay with you for the last finals! The staring won't bother you. You'll know you're going to do well on that final!

Aquarius: Jan. 20 - Feb. 18

You don't understand why everyone is wearing green. Is this some odd trend going on? Noticing Aries carry off a pot of gold will leave you confused for the week.

INTANGIBLE EARTH

BY: JAROM KNUDSEN



DID YOU KNOW?

Juan Vucentick, an Argentine chief police officer, set up the world's first fingerprint bureau in 1892. That same year was the first record of fingerprint analysis being used to solve a crime. It was a bloody thumbprint in a barn where two men had been murdered.

SUDOKU

THE SAMURAI OF PUZZLES By The Mephram Group

Level:

- 1 2
- 3 4

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk

2	5			1				
		1				3		
		3	8	6	7			
								7
8	7			4			2	9
1								
			4	3	9	1		
		4				7		
3				2			6	4

SOLUTION TO LAST WEEK'S PUZZLE

2	8	1	4	3	9	6	5	7
9	7	6	5	8	1	3	2	4
3	4	5	2	6	7	9	8	1
6	3	4	9	1	2	5	7	8
7	1	8	3	5	6	4	9	2
5	2	9	8	7	4	1	3	6
8	6	7	1	9	5	2	4	3
1	5	2	7	4	3	8	6	9
4	9	3	6	2	8	7	1	5

3/10/14

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Monday, March 17 thru Friday, March 21

Albany & Benton Center Campuses

Albany

Mon, Tues, Thurs, Fri

9am - 4pm

Wed

9am - 6pm

Benton Center

Mon - Fri

9am - 4pm

bookstore.linnbenton.edu