

Welcome Back! Happy New Year



TIME TO BATTLE THE FLU

It's not too late to get your influenza vaccination. H1N1 flu is on the rise in Oregon. Oregon hospitals have reported five deaths and 128 people hospitalized in the last two weeks.

This year's flu vaccine protects against the H1N1 strain of flu. Unfortunately, one out of two people have not been vaccinated this year. This strain of flu affects everyone, not just children, the elderly, or those with a suppressed immunity system, it is infecting young and healthy people too.

The flu is a viral disease that commonly occurs during the winter months. It is easily spread through airborne droplets when someone sneezes or coughs. These droplets contaminate surfaces and spread the disease.

How to fight the flu:

Get a flu vaccination. Many pharmacies are still offering the vaccine or you can make an appointment with the doctor instead. Stay home if any of the symptoms listed below become apparent. A person continues to be contagious while they run a fever. Doctors recommend remaining at home 24 hours after the fever is broken. Drink lots of fluids, take your multi-vitamin, and eat healthy to help build up your immune system. Avoid people sick with the flu. Washing hands thoroughly and frequently will

help prevent spread of the disease. Finally, one of the most important tips is avoid touching your face with your hands.

When to go to the doctor or Emergency Room:

Younger children, the elderly, pregnant women and those who have suppressed immune systems should consider contacting the doctor when they contract the flu. Some indications to consider going to the emergency room include: trouble breathing, lethargy, pain in chest or abdomen, confusion, persistent vomiting, and symptoms that improve then return worse than before.

Hand-washing technique:

Washing your hands often will help protect you from germs. Use soap and warm water. Wash for 15 to 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer. You can find these products in most supermarkets and drugstores. If the hand sanitizer is a gel, rub your hands until the gel is dry. The gel doesn't need water to work; the alcohol in it kills the germs on your hands.

Please be knowledgeable about the flu, to help avoid catching and spreading it. If in doubt, stay home and contact the doctor. 📍



PHOTO: TERESA LUNDY

FLU TIPS

More resources:

<http://www.oregonlive.com/health>

<http://www.cnn.com/2014/01/03/health/flu-activity-cdc/>

goo.gl/mXBFyF

goo.gl/npUKni

goo.gl/nW1ymx

STORY BY ELIZABETH MOTTNER

Symptoms:

- Fevers: will start out mild but rises quickly
- Persistent cough with thick, yellow, green or brown phlegm: H1N1 can become pneumonia or respiratory failure
- Swollen and painful lymph nodes in neck, and armpit
- Sore Throat

- Nasal congestion
- Chills: cold and sweaty
- Body aches – stiffness in muscles and joints
- Vomiting and nausea – first 24 hours of infection – abdominal pain

Tips from public.health.oregon.gov:

- Clean work and household surfaces often
- Wear a mask if you have a weakened

- immune system
- Ask your family, friends and health providers to get a flu vaccination
- Get plenty of sleep
- Exercise and eat well
- Manage any chronic conditions
- Try to avoid close contact with sick people
- Stay home if you become sick



FEATURED IN THIS EDITION:

JANUARY 8, 2014 • VOLUME 45 • EDITION 12



DEPRESSION
PAGES 3 AND 8



WINTER PET CARE
PAGE 6



SMALL BUSINESSES
PAGE 8



ROADRUNNER
BASKETBALL
PAGE 12

WELCOME BACK STUDENTS!

Make it a great term, Roadrunners!

Your friendly, neighborhood Student Leadership team here to wish you all well and what better way to do so than to help you start off the term on the right foot?

Here are some pro tips that I've collected over the years:

1. Get organized.

Before you do anything else, you want to make sure you have everything in order. If possible, I recommend setting an official work area in your home. Make sure it's stocked with everything you'll need to complete your homework. I can tell you from experience, it is really frustrating to run out of ink when you're on a roll. You'll want to make sure you have somewhere to save your completed work and a copy of the syllabus for each class.

Pro-tips:

- Use an individual notebook for each class.
- Make up a schedule. Take note of deadlines, quizzes and other big projects from your syllabi. Be sure to include study time and down-time in addition to your class and work schedule.

2. Establish a routine.

Routines are difficult to get started and are sometimes easy to break, but they make all the difference. Getting a good routine down will make sure you are able to accomplish everything you need to. It'll be much more difficult to launch a routine mid-way through the year when homework and life are already so hectic.

Pro-tips:

- Consistency is key. It takes a long time create a habit, but only a moment to break it. Even if you don't feel like eating breakfast, at least grab a granola bar, even if you don't feel like you need to study for a class, at least do an overview.
- Sleep is vital. Be sure to keep a sleep schedule that, day to day, is as consistent as possible. Just because you're first class isn't until 1pm, doesn't necessarily mean you should sleep in until then.

3. Stay healthy.

Studying is so much more difficult when you're battling the flu or are super stressed. Make sure you leave time in your schedule to take care of yourself. Winter term is harsh because the cold temperatures and constant rain compromises our immune systems and the lack of light and heat works on our mental and emotional states.

Pro-tips:

- Make sure you're getting your vitamins. A multivitamin on top of a decent diet will go a long way towards preventing illness.
- Don't forget to schedule time for exercise. Getting your heart rate up for a half hour every day will do much more for you than that episode of Futurama (besides, it'll be online, sans commercials, before long.)

4. Engage in college life.

College is more than just classes and homework. There are so many different experiences that you have the opportunity to participate in. In addition to finding friends and making your resume look awesome, students who participate are more likely to stay in school and get better grades than those who don't. 📍

Pro-tips:

- Pay attention to the monitors, the cork boards and the online calendar to get an idea of approaching activities. You can also stop in the SLC office to get an idea of what's going on.
- We have a variety of clubs and co-curricular activities available here at LB. Try something new, you might surprise yourself. For example, when I was in high school, I would have told you that I would never be a part of something like a Student Leadership Council!

"There are so many different experiences that you have the opportunity to participate in. In addition to finding friends and making your resume look awesome, students who participate are more likely to stay in school and get better grades than those who don't."



STORY BY **AMANDA MENDELL**
 STUDENT OUTREACH DIRECTOR

SLC UPCOMING ELECTION

Hello LBCC Students! Have you ever dreamed of being Student Body President? Well now is your chance! The deadline to apply is coming up quick! Cast your hat in the ring by Friday, January 17th at 4PM. To apply, grab an application from the Student Leadership Council Office in the Forum Building and return it by the 17th. Elections will take place the 8th week of winter term.

We hope to see your application! 📍

YOUR **STUDENT LEADERSHIP COUNCIL**

POETRY CORNER

Community College

I love the stained carpets,
 the broken equipment,
 the valiant IT guys who keep trying
 to fix things, showing up like
 Jedi with giant coffee cups.
 I love the single remaining, hard-used
 computer lab, and the inadequate
 parking that brings out students'
 predatory instincts. I love that there
 have been fistfights over spaces,
 and that everyone drives a junker.
 I love the cafeteria line, where we
 who were never fed at home can get
 turkey and dressing every Thursday,
 and tacos, reliably, on Tuesdays.
 I love the part-time, adjunct
 faculty working like the crew of

this nation's Titanic to unlock
 the gates in steerage for those
 coming up behind them. I love
 the teenagers with pierced lips
 and the old heavyweights like me,
 struggling for breath on the stairs,
 hauling five hundred dollars worth
 of knowledge in a backpack on wheels.
 I love the thrill and terror in the eyes
 of these people who have seen it all,
 and still not given up. And yes,
 I love even the swastika tattoo I glimpsed
 on someone's back in the financial aid line,
 because it is behind him now, because
 he is here for something more than skin deep,
 something more painful than ink:
 he is here to learn something
 he does not already know.

POEM BY **BARBARA SULLIVAN**

Win a free month at Live Well Studio or Samfit!

11:00-11:30 AM: LIVE RAW JUICING
 In the store: Betty Rawker demonstrates how to make delicious fresh-squeezed beverages. FEEL THE DIFFERENCE!

11:00-3 PM: WELLNESS FAIR
 In the store: beverages for better health
 Community room: meet face to face with wellness vendors & visit with health practitioners and fitness experts.

4 PM: DETOX WITH THE DOC!
 Learn about environmental toxins and what we can do to help our bodies get rid of them (pre-registration required; visit firstalt.coop).

South Co-op Saturday, January 11th 11am-3pm

WINTER WELLNESS FAIR

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 1007 SE 3rd St
 541-753-3115

North Corvallis
 2855 NW Grant
 541-452-3115

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TACKLING DEPRESSION

News Flash: Oregon is dark and gray.

This is especially true during this term, and for many it can lead to feeling depressed. Contrary to some beliefs, depression is a real and live disease, and something everyone should watch out for. Depression is commonly associated with feeling lost, lethargic, or unmotivated, but according to National Institute of Mental Health the signs are larger in variety:

- Difficulty concentrating, remembering details, and making decisions
- Fatigue and decreased energy
- Feelings of guilt, worthlessness, and/or helplessness
- Feelings of hopelessness and/or pessimism
- Insomnia, early-morning wakefulness, or excessive sleeping
- Irritability, restlessness
- Loss of interest in activities or hobbies once pleasurable, including sex
- Overeating or appetite loss
- Persistent aches or pains, headaches, cramps, or digestive problems that do not ease even with treatment
- Persistent sad, anxious, or "empty" feelings
- Thoughts of suicide, suicide attempts

As you can see by the last bullet point, depression is a serious matter. For those that don't want to visit a hospital, the Internet is full of helpful tips, but it's best to start at home and in your environment. "Talk to someone; you are not alone. People have been going through trials and tribulations since the Dawn of Time. Talking to someone can help." says Jeff Lehn a student at LBCC.

Talking to someone about how you feel is a great place to start. If you don't have someone in your life that can fulfill that role, please seek school resources. Besides the counseling office, there are a great deal of clubs and Student Leadership who can help or guide you. It can be hard to talk to someone who you don't know, but often times it can also be easier than sharing with someone who already knows you.

Balance is another important factor when dealing with depression. Overloading yourself with too much school can only compound the issue, so be sure to only give yourself what you can handle. If you are unsure how to go about this, the campus has guidance counselors at your disposal.

Lastly, get involved. There is a world of people going through the same thing you are and it can be therapeutic for both of you to talk it out together. If you feel like this is not your cup of tea, seek somewhere you can be with



people and relate. Being alone can be the worst medicine for someone dealing with depression, so make sure to join something with a mission and people similar to you.

Dealing with depression is a huge challenge and something you shouldn't do alone, so don't. 📍

STORY BY **TEJO PACK**

WINTER RECIPES

Colder temperatures bring the need and desire for comfort food. Rich, hearty meals that warm the heart, stomach, and soul.

A great way to eat healthy and hearty is to enjoy a large tossed salad before an entree. The tossed salad with fresh vegetables and a reasonable amount of dressing will help fill you up. Then you can enjoy a smaller serving of a tasty, hearty entree.

Below are two hearty, filling recipes that are perfect for the cold temperatures. Remember, quantity is the key to enjoying these meals while remaining healthy.

Cheesy ham and Potato casserole can be tailored to personal taste. If you wish to put an Italian spin on this, add some basil, thyme and/or Italian spice, use Italian sausage as the meat and use mozzarella or Italian blend cheeses. You could also use turkey with some rosemary, add a splash of white wine into the sauce and change the cheese to Havarti and mozzarella.

The Bacon and Brussel sprout recipe is perfect just as it is. Even those who are not fond of Brussel sprouts will enjoy this dish. If it is really necessary to change this recipe up (you despise Brussel sprouts and can't even bring yourself to say the word without shuddering) you could add in some potato and use fresh green beans, but really, there is no reason to change a great blend of flavors. Ok... well maybe, if you want to dress this up a bit for a very fancy dinner, add in a cap full of white truffle oil to bring in those deep, earthy flavors.

Serve with a tossed salad and glass of wine if you are over 21, otherwise white grape juice. Enjoy! 📍

STORY BY **ELIZABETH MOTTER**

Cheesy Ham and Potato Casserole
Recipe by Elizabeth Motter

8 large potatoes, peeled and cubed
1 box of chicken broth
1/4 t granulated garlic
1 tablespoon butter
1 teaspoon coconut oil
3 cup cubed ham
1 large onion
4 t flour
4 t butter

2 cups milk
1 1/2 cup shredded cheddar cheese
1 c Italian blend cheese
1/4 teaspoon white truffle oil
1/4 cayenne or crushed red pepper flakes
Salt and pepper to taste
1 teaspoon garlic
parmesan cheese to garnish
Option:
1 cup green beans or asparagus

Boil potatoes in a large pot with chicken broth, garlic and enough water to cover potatoes by 1/2 inch. Bring to boil and reduce heat to simmer for 30 minutes. Drain.

Preheat oven to 350°

Spray large casserole dish with non stick spray (coconut)

Saute ham and onion in coconut oil and 1 table butter

Melt butter in skillet, add in flour. Brown slightly. Add in milk, whisking until smooth. Cook on low heat for 3 minutes. Add in cheese, garlic, cayenne, salt, pepper and truffle oil. Mix until smooth and cheese is melted. Mix in potatoes, ham, onion and vegetable of choice. Place into casserole dish, top with grated parmesan, and bake for 30-45 minutes, until bubbly and brown on top.

Bacon and Brussel Sprout Hash
Recipe by Aaron Tabacco

3 cup fresh, finely diced brussel sprouts
1 finely diced carrot
1 diced onion
1/8 c olive oil
3 cloves garlic crushed and diced
1 tbsp parsley
1 tbsp thyme
1 tsp dry mustard powder
1 tsp sucanat or evaporated cane sugar
1 tsp kosher salt and fresh ground pepper to taste
3 strips of lean, raw, diced, thick smoked bacon

Toss all ingredients together in medium mixing bowl. Mix thoroughly until vegetables are coated in oil and herbs. Coat cast iron skillet with olive or coconut oil. Preheat oven to 500 degree (very hot) with skillet in the oven. Once preheated, remove pan and pour ingredients into skillet. Place on lowest rack in oven. Cook for 10-15 minutes, stirring ingredients half way through. Trick is hot and fast roast. This will cook the bacon, caramelize the vegetable and leaves sprouts bright and slightly crisp. Check at 10 minutes, easy to over cook.



PHOTO: **AARON TABACCO**

LETTERS FROM THE EDITORS



With the change of the guard at The Commuter, I want to let our readers know our goal remains the same: excellent and innovative reporting of news on campus and in the communities LBCC serves. I am excited to be the co-Editor-in-Chief for The Commuter.

I am a non-traditional student with a family I adore. I thought I had finally figured out what I wanted to be when I grew up. That changed slightly after I took one of Rob Priewe's journalism classes. I was hooked. This spring, I will graduate from LBCC with an Associate of Science in Journalism and my AAOT. I hope to then transfer to OSU, finishing my education with a bachelor's in Forest Management and a minor in Journalism.

My personal goal at The Commuter is to reflect the diversity we have on the LBCC campuses. I want to inform, educate and entertain our readers. We have a strong foundation at The Commuter and I want to build on that. We at The Commuter want to excel and continue being the paper our peers try to mimic and follow in the award-winning steps of the past several years.

Ted Holliday, our former Editor-in-Chief created a good beginning, and Tejo and I are committed to see it through. I am sure there will be some changes through the rest of the year, as our personal styles and ideas come out, but we are both committed to make The Commuter the very best paper we can and we have a wonderful and strong team to make it happen.

I look forward to hearing from our readers. If you have an opinion on the paper or have an idea for the next edition, please stop by The Commuter office or email us at commuter@linnbenton.edu. You can also follow us on Twitter, Facebook or on our website commuter.linnbenton.edu.

"See you in the funny pages." ♡

SINCERELY, **ELIZABETH MOTTNER**

Howdy ya'll, just wanted to drop all you buckaroos a quick rope and let you know how happy I am to be teaming up with Beth Mottner for this newspaper rodeo. Beth and I will be co-Editors-in Chief and I just couldn't be any more gosh darn proud of our team and its future. We will be doing our damndest to bring you the best piece of printed news about your college and community. And you can guarantee that at any point if you have any questions or concerns, our physical and cybernetic doors will be open.

But seriously, it is a great honor to be able write and work for such an amazing school. We have many goals to continue to push the paper (content and layout) forward, and hope that you will lend your feedback on our direction.

Our main goal is to serve you our readers and provide information that is relative to your everyday life, while providing an esthetically pleasing product. None of what we do is relevant without you reading the words. So in advance, thank you.

Lastly, I wanted to share a bit about myself and what else I participate in here on campus. When I'm not in

the Commuter office, I'm directly below it in the Student Life and Leadership office where I act as their appointed Communications Director. It's a fancy title that basically means I liaison between SLC and the Commuter. But more importantly, it is another facet where I get to help this college and its students. I truly believe that this is the best community college in the world and do everything I can to help make it that much better.

When I'm not on campus, I continue to be a kid at heart who enjoys family, books, and video games. I believe to truly find yourself you must look inside and build upon what you see as your best qualities. And never stop your pursuit for knowledge, for it is one of the most basic human necessities. Remember you dictate who and what you are. Nothing beyond birth and death, will ever be more definitive. ♡



SINCERELY, **TEJO PACK**

COMMUTER'S NEW DESIGNER

The Commuter welcomes our new page and graphic designer this winter. Nicole Petroccione, an LBCC Visual Communications student, is joining The Commuter team.

"We're excited to have Nicole join the staff of The Commuter. She brings a wealth of experience and creativity to the team. Her predecessor, Eric Robinson, helped change the look of the newspaper. We're confident that Nicole will continue to challenge the staff to deliver a fresh, well-designed newspaper that meets the needs of the LBCC community."

Petroccione is in her final year at LBCC in the Visual Communications department. She will continue the great, innovative work Eric Robinson started this school year. Besides her passion for Graphic Arts, Nicole enjoys volleyball, photography, and watching movies. Having grown up watching her father in the newspaper world, she is looking forward to putting her stamp on the newspaper.

"Layout and design should support the content of the paper," said Petroccione in her interview for The Commuter. "I've read the paper on campus and like the new look this year."

While the staff will miss Robinson's personality and talent, we are excited to have Nicole on board and can't wait to see what she brings to The Commuter.

"I think she will be a great addition to our team as she brings style and a sense of graphic personality with her," said Tejo Pack, new co-Editor-in-Chief. ♡



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BOOK REVIEW: INSANITY

"Insanity" by Cameron Jace is one of the more interesting reads that I have enjoyed in a while. It is fast paced and at times intense. This story is a twist on Lewis Carroll's "Alice in Wonderland." Would Carroll appreciate this twist using his characters? I think so. Will Carroll fans enjoy this book? Maybe. Jace's characters are very colorful, built on what we thought we knew about them in Carroll's original "Alice and Wonderland." Jace takes the fairytale, turns it upside down and creatively personifies the classic characters, bringing them into the modern day. If you like puzzles, this book is for you.

"Forget what you know about Alice and her adventures in Wonderland and prepare to learn what "really" happened to Alice and who the fairy tale characters are. Even the author becomes part of the mystique of the journey in this page turning tale. Cameron Jace has done it again – taken a story we all think we know well enough – and turned it into a whirlwind experience you have to read to believe," said Ashley Leonard in her review on Goodreads.

Alice has been in an insane asylum for the last two years. She can't remember her past or why she is in the asylum nor does she remember Wonderland. After she killed all of her class mates, she was institutionalized and spoke of Wonderland. After her shock therapy, she remembers neither. She has one friend in the asylum, a potted tiger lily, that she gauges how insane she is by talking to it. If it speaks back, then she is having a moment of insanity, if it remains quiet, then she feels she is sane again. Outside the asylum, a serial killer is murdering young women and others who get in the way. The killer's targets are all eerily transformed when the killer sews their faces into a large grin. For this the killer has been nicknamed The Cheshire Cat Killer.

Alice is drawn into the chaos by Cater Pillar, a hookah smoking professor who is imprisoned in the asylum after

being found insane after his own series of killings. Pillar is able to find a way out of the Asylum and threatens to expose this unless the head doctor allows Alice to meet and ultimately help him stop the murders by trying to capture the Cheshire Cat. Many questions arise, and chaos ensues as they dance an insanely choreographed waltz. Is Alice Wonder the real Alice? Is she truly insane? Can she survive in the world beyond the asylum? Will she succeed in stopping the Cheshire Cat?

"Don't know what I was expecting when I first received this book, but I was completely blown away. I have been a big fan of Cameron Jace's books starting with the Grimm diaries, this was equally entertaining," said Jennifer Marino

"Jace has twisted and turned this fairytale, bringing it into the modern day."

from Amazon reviews. "I really enjoy his style of writing, it is a crazy and zany ride and I never know where I am going to end up but WOW do I enjoy it!"

This is not Carroll's "Alice and Wonderland." Jace has twisted and turned this fairytale, bringing it into the modern day. He makes you think and wonder about the stories you grew up reading and watching.

He draws Carroll into the story by bringing in tidbits of Carroll's real life. This book would be a good read even if you are not very familiar with the Alice and Wonderland story, but knowing the original adds an additional layer to this... re-telling... continuation... re-boot... or stand-alone tale. The it's your decision to believe if what you read is real or not. ♡



STORY BY **ELIZABETH MOTTNER**

ROBERT BURNS DINNER

Newport- In celebration of friendship, Scottish culture, and the legacy of Robert Burns, the Celtic Heritage Alliance invites you to attend their 3rd Annual Robert Burns Supper as they celebrate Scotland's favorite poet in an evening of frivolity, honor and retrospect during its 3rd annual Robert Burns Supper at the Shilo Inn Ballroom in Newport, which is co-sponsoring this event along with Lamb's Haggis of Roseburg. The event is set for Saturday January 25, 2014, 6 to 10 p.m. in Newport.

The unlikely guest of honor; the mighty haggis makes its entrance on its fine silver platter, led by a piper and presented by the chef to the humbled host who pays homage through reciting Burns' famous "Ode to a Haggis," and then bathes the sausage in a fine single malt Scotch, slices it open with a ceremonial dirk and serves it to awaiting partygoers.

This traditional Scottish delicacy is, of course, only one of the many tasty temptations presented to accompany a virtual feast of Scotch Eggs, garden salad, "cock-a-leekie" soup, stuffed chicken breast, seasonal vegetables, "neeps and tatties" (turnips and potatoes), with a delectable Drambuie trifle, shortbread and truffles for dessert! Please tell us if you have special dietary requirements. Beer & wine available for purchase.

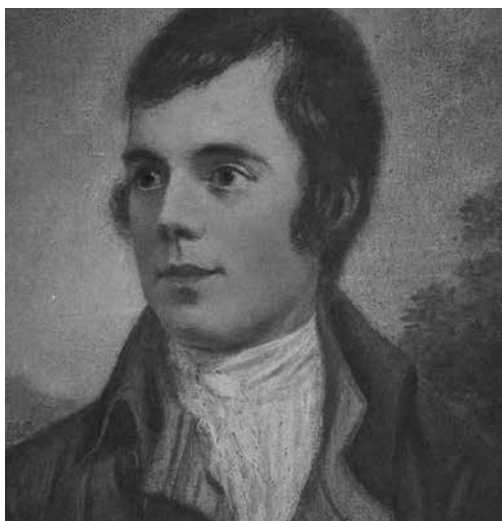
Between courses, whisky connoisseurs will enjoy five exceptional tastings of fine single malt Scotches.

Having enjoyed this wonderful feast, the guests then partake and participate in an evening of verse and song, fanciful readings, and now (feeling a bit more brave), the lads offer a "Toast to the Lassies", where they lampoon the shortcomings of the fairer sex. This is usually met with great hilarity from the crowd and a witty "Reply from the Lassies" as a charming assault on the crude ways of Burns and the lads' in general, but all in good fun.

Guests are then invited to share selected readings from Burns' poetry such as "A Red, Red Rose," and "Ode to a Mouse." Then, the evening concludes with the singing of "Auld Lang Syne".

The 2014 event will feature a new host, Wayne Plourde. Along with his friend, Norm Halsey, guests will be guided on a tour of all things Robert Burns and the duo will be sure to entertain with their unique blend of music and laughter.

Those participating in the optional Scotch Whisky Tasting will sample five separate exemplars from areas all over Scotland; each different than the previous year's tastings. NOTE: There will not be a formal seminar this year, however, information and tasting notes on each sample will be provided to those enjoying samples.



SCHEDULE OF EVENTS:

6 - 6:30 p.m. - Guests Arrive and Mingle
 6:30 p.m. - Guests take their seats; Opening Remarks

7 p.m. - Appetizer course is served and the formal Supper program on Burns begins.

10 p.m. - Supper ends with the singing of "Auld Lang Syne"

Attire is semi-formal, however, kilts and period dress and family tartans are highly encouraged as are readings from Burns' poetry if you desire.

Tickets: \$35 for the Traditional Scottish Supper (Non-Tasting) \$55 for the Scotch Tasting + Supper Tickets at the door are \$37 and \$57 respectively.

Seating is limited to 60 persons.

Your ticket purchase serves as a fundraiser for the benefit of the Celtic Heritage Alliance, a 501(c) 3 charitable non-profit organization. (A member of the Oregon Cultural Trust). ♡

LBCC PRESS RELEASE

MORE INFORMATION

For more information, or to purchase tickets by phone, please call (541) 574-9366 or visit our web page at www.newportcelticfestival.com

Tune in to the new "Creative Connections" radio program at 8 a.m. on Wednesday mornings on KCUP 1230 AM for a Burns Supper preview!

TRAVEL at the Tripp FILM SERIES

Sunday, January 12
 2 - 4 p.m.

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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 541-917-4690 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.

WINTER PET CARE

During the winter months, pets need to have some extra attention. The pet, and their habits will determine what additional needs it may have.

Food is one of the most important aspects of a pet's health. During the winter months, if a pet is less active, bound indoors, then their food needs to be reduced. If the pet is an outdoor animal, then their food amount needs to be increased, to help them build a layer of fat to insulate them against the cold temperature.

"Never trust the feeding amounts on the pet food labels, it's a guideline. Go by the size of animal and activity level. If your pet is too portly, reduce the food amount, if it's ribs are showing, increase the amount feed. Let your pets guide you over a label," said Terry Brescia of K&T Natural Pet Supply.

Besides the quantity of food a pet is fed, owners need to consider adding additional amino and omega fatty acids to the pets diet. This can be done by the choice of pet food or by purchasing supplements. Tonya Thomas of Wash Your Paws Pet Grooming recommends a skin and coat supplement for indoor pets and a stress formula for pets that are outdoors.

The type of food is another key in keeping a pet healthy. Avoid fillers like corn and products that have very little meat or vegetables. There are plenty of choices out on the market that will help the pet's overall health.

"I encourage all pet owners to read the ingredients of their pets food," said Brescia.

Some healthy food brands that are suggested for cats and dogs are: Blue, Taste the Wild, Avoderm and Chicken Soup for the dog or cat lovers soul. All of these products avoid fillers and have meat, vegetables, vitamins and minerals that promote healthy pets.

"Food quality is very important to a pets heath. What you do internal comes out externally," said Thomas, co-owner of Wash your Paws Pet Grooming in Albany.

Keeping a pet active and entertained is a necessity during the winter months. Having proper toys that encourage the

animal to play and interact. Toys that are made of natural latex and hard rubber are safer for pets. Many toys now allow treats or peanut butter to be hidden in the toy that encourages a pet to play with the toy.

It is important to continue treatment for fleas and worms during the winter months. Some owners let this slip since they see little insect activity. With pests building up a resistance to the medicines prescribed to fight against fleas and tick, there are some natural alternatives available that are healthy and safe for pets and family. Using Diatomaceous Earth is a safe way to remove fleas from pets and home. It dehydrates the fleas and kills them within three days. Diatomaceous Earth can be used directly on a pet or in the carpet and bedding of the animals. Essential oil blends available at most pet supply or grooming stores are a great non-toxic way to treat a pet for fleas. Combinations of cinnamon, cloves, tea tree and other unique oils will repel fleas for the animals. During the winter months, fleas love to be inside where it is warm, so extra attention to flea control is important.

Grooming pets is important during the winter months. Professional grooming should occur every six weeks, to maintain a healthy undercoat. During grooming, the pet's nails should also be trimmed and filed. If professional grooming is not financially possible, it is important for owners to brush their animals regularly and to trim dog's nails to keep them from harming the animal. If pets are bathed at home make sure to completely dry the animal and then brush the pet to keep the fur from matting up. Brushing also helps stimulate the pet's skin and maintains the undercoat that keeps the animals warm during the cold temperatures. Even cat nails may need to be trimmed if the pet does not have a scratching post, to prevent the nails from curling back into the foot pads.

"During Winter, the nails don't get worn down because the soil is soft and mushy. It is important to have your pet's nail trimmed so they will not harm the animal by growing into the foot or snagging on carpet," said Thomas.

Proper dental care is important as well. If a dog is on canned food, it is essential to provide hard items for the dog to chew, to help maintain a healthy mouth. Raw bones, knuckles, and pig's ears are all great and healthy choices for a dog to enjoy while helping with dental care.

Thomas suggests avoiding rawhides, because they can expand in a dog's stomach; human food or cooked bones should be avoided.

For a healthy and happy pet, give them the support they need and extra attention during the colder temperatures. And as with humans, give them plenty of love and affection. ♡

STORY BY **ELIZABETH MOTTNER**

MORE INFORMATION

Wash Your Paws Pet Grooming
1115 Bain St. SE, Albany, OR
(541) 967-PAWS

<http://www.weather.com/outlook/homeandgarden/pets/articles/d59>

<http://www.americanhumane.org/animals/adoption-pet-care/caring-for-your-pet/winter-care.html>

http://www.healthypet.com/PetCare/PetCareArticle.aspx?title=Winter_Pet_Care



PHOTO: **ELIZABETH MOTTNER**
Xena coming in from the snow.



PHOTO: **ANDREW THOMAS**
A bichon before grooming by Tonya Thomas.



PHOTO: **ANDREW THOMAS**
A bichon after grooming by Tonya Thomas.



PHOTO: **TONYA THOMAS**
Happy puppy after grooming.



PHOTO: **ANDREW THOMAS**
Tonya Thomas grooms a Newfoundland.

NEW CAMPUS ART SHOWS

The Visual Arts Department welcomes everyone back to campus with three new exhibits to open Winter Term.

An exhibit of photographs of Mount Rainier by Corvallis photographer Dave McIntire will be on display Jan. 9-31 in the South Santiam Hall Gallery at LBCC. The exhibit features more than 20 of McIntire's large color and black-and-white images, many of which are being shown publicly for the first time. Several reveal the massive, 14,411-foot volcanic peak surrounded by dramatic, swirling clouds and cloaked in snow and ice. Others explore the glaciers slowly snaking down the mountain's slopes, and the many waterfalls, wildflower meadows and tumbling steams in the surrounding wilderness. One particularly impressive image presents a 6-foot long panorama of the mountain flanked by several neighboring peaks.

A retired botany professor at Oregon State University, the 81-year-old McIntire has devoted more than 20 years to photographing Mount Rainier and the national park that contains it. In his younger days he would hike for miles to reach a special vantage point from which to frame the highest peak in the Cascade Range.

"I have never seen a photograph of Mount Rainier that has the same intense emotional impact on me as being in the presence of this magnificent monolith in person," McIntire



PHOTO: DAVE MCINTIRE

One of McIntire's Mount Rainier images.

says. "I feel that, at best, my photographs represent a small sample of the real world experience. Nevertheless, I treasure these pictures because they allow me to remember and relive some of the best experiences in my life as a photographer."

In the North Santiam Hall Galleries, the annual LBCC Invitational exhibit celebrates the work of four Oregon artists: oil painter William Park of Portland, mixed-media artist Kristin Kuhns of Salem, ceramicist Cynthia Spencer of Corvallis, and multi-media artist S. Tellez of Corvallis. The exhibit, which spreads over both floors of NSH, is dominated by the huge, dramatic paintings by Park and Kuhns, while Spencer's and Tellez's playful sculptures and constructions offer a whimsical counterpoint.

In the Calapooia Center Gallery, graphic design student Audra Mote is showing a selection of her paintings, drawings and calligraphy. A resident of Corvallis, Mote is in her second year of LBCC's graphics program. She holds an undergraduate degree in languages and has taken post-grad studies in art before enrolling in LBCC in 2012. One of her works on display, "Girl on Steps," won the Carol Schaafsma Award of Merit in Drawing at last spring's Art Student Juried Show. ♡

STORY BY LBCC PRESS RELEASE

OREGON CONTEMPORARY THEATRE PRESENTS "TRIBES"

OREGON CONTEMPORARY THEATRE PRESENTS TRIBES BY NINA RAINE
REGIONAL PREMIERE - JAN. 10 - FEB. 1, 2014
2012 DRAMA DESK AWARD FOR OUTSTANDING PLAY

EUGENE - Winner of the 2012 Drama Desk Award for Outstanding Play and a 2010 Olivier Award nominee for Best Play, Tribes uses excoriating dialogue and sharp, compassionate insights to create a savage, funny look at family dynamics, belonging and the limitations of communication. OCT Artistic Director Craig Willis directs this regional premiere that opens at the Lord Leebrick Playhouse on January 10 and runs through Feb. 1, 2014. Tickets are available by phone at (541)465-1506 or online at www.octheatre.org.



Billy was born deaf into a fiercely outspoken family obsessed with self-expression. Not only have his parents and siblings never learned sign language, neither has Billy. He has adapted brilliantly into his family's unconventional ways, but they've never bothered to return the favor. Then he meets Sylvia, a young woman from a Deaf family who introduces him to sign language. With a newfound confidence and sense of belonging, Billy finally understands what it means to be understood. When he finds a new family in the deaf community, tensions reach an all-time high in this touching play about membership in your tribe.

When asked about the inspiration for Tribes, playwright Nina Raine said, "I first had the idea of writing Tribes when I watched a documentary about a deaf couple. The woman was pregnant. They wanted their baby to be deaf. I was struck by the thought that this was actually what many people feel, deaf or otherwise. Parents take great pleasure in witnessing the qualities they have managed to pass on to their children. Not only a set of genes. A set of values, beliefs. Even a particular language. The family is a tribe: an infighting tribe but intensely loyal."

The OCT cast of Tribes includes Ellen Chace, Joe Cronin, Colin Gray, Melanie Moser, Karsten Topelmann, and Liv Burns. Tribes is directed by Craig Willis.

The artistic team for Tribes includes scenic designer Rachel Edson, properties master Alina Ishizaki, lighting designer Jerry Leach, sound and projection designer Ryan Rusby, costume designer Erin Schindler, and sign language coach Susanne Beaman. Ariella Wolfe is the production stage manager.

Preview performances for Tribes are scheduled for Jan. 8 and 9 at 7:30 p.m. Tickets for Tribes are on sale now on Oregon Contemporary Theatre's website, www.octheatre.org. Tickets may also be purchased at (541) 465-1506 or by visiting the OCT Box Office at 194 W Broadway.

Critical acclaim for Tribes:

"The best-written, best-plotted, deepest, most daring, and funniest new play in recent years." – Wall Street Journal

"Listen closely, as this play asks, and you'll find yourself suspended . . . on a swaying bridge between two worlds." – The New York Times

**"A smart, lively and beautifully acted new play that asks us to hear how we hear, in silence as well as in speech."
-The New York Times**

"Tribes has the rare capacity to grapple intelligently with linguistics as a theme while remaining tethered emotionally to a screwball family of writers and academics. The play is like a kite that impresses through the grandeur of its altitude, while the playwright smartly keeps roping it in, so that it has the rare quality of being both lofty and earth-bound." – LA Weekly

For more information, contact:

Tara Wibrew, Marketing Director/Production Manager

(541)684-6988 x204

tara@octheatre.org

Craig Willis, Artistic Director

(541) 684-6988 x203

craig@octheatre.org

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STORY BY PRESS RELEASE

SUPPORT SMALL BUSINESSES

...AND THEY'LL SUPPORT YOU.

So... I got engaged over Christmas break. Sure, some people see a proposal as the guy getting on one knee, saying some nice things, and opening a box, but I assure you it's way more complicated than that. Throughout this process, I came to realize just how important small businesses are and why we need to support them.

The planning for this took me months, and of course, I started with the most important part: the ring. As I started looking around at a few of the national chains, there was one thing they all had in common. Each time I entered one of the stores, I was treated as a new customer with the employees pushing the more expensive items, trying to get me to open a credit account, and let's not forget the pressure to "buy now while it's on sale!"

I talked with a friend who had recently gotten married and asked where her ring came from, to which she replied "Sid Stevens Jewelers." I had already exhausted most jewelry stores in town, so why not try one more? Plus, I liked the idea of sticking with a small business.

Upon stopping in to see what they had to offer, my fiancé-to-be (Nicole) and I were greeted with smiling faces, and most importantly, no pressure. The focus of the employees seemed to be making sure customers are happy, not making money.

As we browsed the store looking for rings that piqued Nicole's interest, an elderly gentleman emerged from

the back to greet us. When she expressed interest in two different rings, but couldn't decide which she preferred, he piped up, informing us that they could custom make anything our hearts desired.

After looking around a bit more, we headed to the door. Before exiting the store, I stopped to ask his name.

"Sid," he said.

Wait, this guy owns the store and he's coming out to talk with customers? That's not something that happens often.

A few weeks later, I returned to see what could be made with my budget. Sid came out once again and remembered who I was, unlike the chain stores who only saw dollar signs with each customer, new or old.

We talked a bit about what Nicole liked, what I liked, and what I could afford. He excused himself to do some math, and returned shortly with some details. We shook hands and set a date for it to be done.

I returned to my car and sat there for a few moments, completely shocked. I just purchased something of significant value with absolutely no pressure.

As the proposal date neared, Sid kept me up to date on the status of the ring. Upon completion, I received a phone call informing me that I could come pick it up. It was perfect.

I am happy with my decision to go with a small business, rather than a large chain. If this experience has

taught me anything, it's that when you support your local businesses, they will support you. Without Sid and his employees, this proposal wouldn't have been as perfect as it was. ♡

STORY BY **WILLIAM ALLISON**



PHOTO: **JESSE SKOUBO**

Sid's work of art.

ADVICE FROM WEISS

Question: I occasionally feel down, especially in the winter. I've heard about something called "Seasonal Affective Disorder," but I don't think I have that since it doesn't happen every winter. When I do feel down, what can I do about it?

Answer: Let me first respond in regard to "occasionally feeling down." Then about "Seasonal Affective Disorder." When feeling down you can:

- Make sure you are getting at least eight hours of sleep every night, at a very regular time.
- Spend time with people who are positive in your life. Be social.
- Avoid spending time with people who are negative in your life.
- If you don't have positive people to spend time with, or that isn't enough to help, consider seeing a counselor.
- Light Therapy A "Blue Light" or "S.A.D. light". Light therapy has been shown to have a positive affect within a couple of days.
- Meditation or prayer. At least 10 minutes a day, but long

enough to clear your mind of whatever's troubling you.

- Express yourself creatively. Write. Paint. Garden. Play music. Research a science project.
- Do something to help anyone less fortunate than yourself.
- Try to eat a diet devoid of refined sugar.
- Exercise. Any kind, any amount.

Seasonal Affective Disorder is something that many people suffer from. It comes about during the winter months, when there is less sunlight. It's sometimes referred to as "the winter blues."

S.A.D. can be helped by light therapy, but to really understand what can be done about it, it's important to consult your doctor... If you need help finding a doctor, or need a low cost option for medical care, please come into the counseling center in Takena Hall, or see a counselor at one of our centers in Corvallis or Lebanon to get some suggestions. ♡



COLUMN BY **MARK WEISS**

WEATHER

SOURCE: **WEATHER.COM**

WEDNESDAY
SHOWERS
48/42



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SHOWERS
47/45



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LIBERALLY LENIENT

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The Underlining Problem

There are two sides to every story, especially in the political world. Not being on this planet long and having spent very little of that time thinking for myself, there is much I don't know. What I am positive of though, is I loathe the two party system.

Not for its square sides.

But its lack of possibility.

There were times I have read about in this country, times where conflicting minds came together for a common good. Times when the elderly needed health care. Times of war, corruption and oppression. Times of civil rights.

The need for the latter, was built out of the poisoning seed of discrimination. And on June 19th of this year, we will celebrate the 50 year anniversary of a bill that was supposed to aid in ending the war that we still rage today. That war is discrimination. And it is fought because as a people it is within the fiber of our inherent nature to separate things into boxes.

The idea of giving everything a name and title, is as old as Greece herself. Philosophers postulated form. An idea that propels humanity to this day, or does it? It could be argued that though everything has a form (a tangible reality that makes it what it is), individuality is a key component in this line of thinking. So have we just degressed? I remember being young and hearing names like Perot and Nader in the daily conversation. But I bet if I asked an 8-year-old to tell me today what an independent is, they would have no answer.

The political spectrum here in America is red or blue; left or right; wrong or "right." Everyone is given the accessibility of speech, but if you don't choose a color and a corner, your hopes of being heard are slim to none. In this circumscribed battling of the floors, little are the ideas of an outsider, and so is his bankroll. Unless of course you're Ross Perot, but even he couldn't win.

"This is due to the moral truths of each side."

Nope, in today's America, you get heaven or you get hell. A child playing four corners gets more options than that, but still here we are, forced to pick a side or be forever dismissed as irrelevant. And still many are uncompeled and secretly, join neither.

There are those that during election season, sit on the sideline watching the circus and wait, looking for the dust to settle from the stamping hooves. They base their decisions not on scientific discovery or theological collections, but ideas of principle that were to be the building blocks of this country and its government. We The People. And no, I'm not referring to the tea-party, the independent, or the undecided.

These people when asked have chosen a side, but on a deeper level, in a more serious conversation, are more purple, than red or blue. They believe in parts of the ideas of each side; they understand that the good of the people is what is being decided; and they see that what was suppose to be a bipartisan system, when the people needed it, is now broken.

This is due to the moral truths of each side. On one hand you have a party built upon religious ideas that existed long before this country did and on the other a fight for discovery and a search for the answer on what is morally acceptable based upon scientific and humanistic concepts.

Both are rigid and an unwavering. To the point that we should just rename them "the north pole and the south pole," which has a familiar ring to it.

The truth is there are two boxes. One red and one blue. In a conversation with the creators, the postulators, and the founders I doubt this was the intent.

Yes, in a democratic government it is healthy and necessary to create a political party system. People need a place to belong. Someone and somewhere they can share their ideas. But hasn't the finger pointing gone on long enough? Shouldn't we be concerned with what is best for our country and a little less concerned with our moral obligation to a set of rules? Scientific or not? Liberal-left, conservative-right, who gives a shit.

We're all in this one big box together. Thrown a muck by fate, Allah, a bonding of elements, or a galaxy far far away, it doesn't matter. What is important is our children, and our children's children, and the example and legacy we leave behind. They deserve more than duality. They are worthy of grander things than watching those that came before them resort to playground antics for resolution.

In 1865 as a people, those that came before us challenged the ideas of the bible and abolished slavery. An indication that ideas of civilization, based on one's moral code, could be altered if it was found to be inconsistent with human rights.

We have put our differences aside before for the greater good. It's time we started thinking that way again. People matter more than politics.

"So, let us not be blind to our differences. But let us also direct attention to our common interests and to the means by which those differences can be resolved. And if we cannot end now our differences, at least we can help make the world safe for diversity. For, in the final analysis, our most basic common link is that we all inhabit this small planet. We all breathe the same air. We all cherish our children's future. And we are all mortal." -JFK June 10, 1963



COLUMN BY
TEJO PACK

CONSERVATIVE CORNER

DKHUMMEL.BLOGSPOT.COM

Our Rights or Wrongs

When I first started writing this opinion column, about a year ago, I feared I might run out of things to write about. I thought that once I finished writing about the core issues of a middle-age, conservative Christian and Tea Party issues I would be scratching my head to find something else within the conservative mind-set. Luckily for me, the American left-leaning society, liberals, and the liberal media didn't let me down.

To most Tea Party followers, conservatives, and independent-minded people there are two documents that are sacred, the U.S. Constitution (including the Bill of Rights) and The Bible. This kind of love for God and country seems to be stifled and even sometimes discouraged by the left and liberal-minded media. For right-minded Americans, our society seems to be telling them that support of a moral Christian faith, the right to bear

arms, and the right to free speech is only acceptable if it is done according to the left and liberal mind-set.

We have seen this throughout the year. Many Christians do not adhere to the idea of abortion or the need of birth control, however, Sandra Fluke stood up in front of a U.S. House Oversight Committee to tell us that she is so sexually active she cannot afford her own condoms and that it is her "right" to receive free contraception paid for by the taxpayer. Liberals seem to find different ways to let us know what they think their rights are. Is it the right of the taxpayer to pay for the contraception of those who apparently have no sexual moral compass?

For several years those on the left seem to have come to the conclusion that guns operate on their own. Many liberals have the belief that guns kill people. Therefore, in a world of pixie dust and unicorns, removing guns would eliminate all deaths in schools, malls, and public places. Unfortunately, we do not live in a perfect world, or a perfect country, for that matter. We all have the right to be safe, but does that mean we need to ignore the Second Amendment for the sake of a few people who are mentally unstable?

"For several years those on the left seem to have come to the conclusion that guns operate on their own."

More recently, anyone with access to cable TV, a computer or a smart phone has probably seen the reaction of reality TV star Phil Robertson in GQ Magazine (www.gq.com). The phrase that has apparently upset the GLAAD group, the gay community and a great deal of the liberal mind-set was, "It seems like, to me, a vagina — as a man — would be more desirable than a man's anus. That's just me. I'm just thinking: There's more there! She's got more to offer. I mean, come on, dudes! You know what I'm saying? But hey, sin: It's not logical, my man. It's just not logical." Robertson went on to say, "Start with homosexual behavior and just morph out from there. Bestiality, sleeping around with this woman and that woman and that woman and those men," he says. Then he paraphrases Corinthians: "Don't be deceived. Neither the adulterers, the idolaters, the male prostitutes, the homosexual offenders, the greedy, the drunkards, the slanderers, the swindlers -- they won't inherit the kingdom of God. Don't deceive yourself. It's not right."

The words that were reported may seem harsh to some. However, the not everyone in the media heard or read were: "We never, ever judge someone on who's going to heaven, hell. That's the Almighty's job. We just love 'em, give 'em the good news about Jesus — whether they're homosexuals, drunks, terrorists. We let God sort 'em out later, you see what I'm saying?" If people claim that Robertson is a homophobe for not agreeing with the gay lifestyle, does that make people who do not agree with Christianity christiphobes?

The left promptly persecuted Robertson for an opinion and for reading scripture. On the other hand, Miley Cyrus can lewdly dance on stage in front of families and she is heralded as an artist with the rights of free speech. Suppose the question is, once again, who has the most rights, a man who is exercising his First Amendment guarantee of the freedom of worship, or the people who are offended too easily by what they assume to be hate speech.

With the trash on TV and the persecution of Christianity, it is safe to say who is being better protected by a skewed opinion of the First Amendment. The freedom of speech is for all Americans and not just the ones who agree with the liberal media. Maybe we should think about that the next time a Christian or conservative says something that might be considered offensive to people who have been offending right-minded people for years, the liberal left.

Please send opinions and responses to:

The Commuter
Room F-222
6500 Pacific Blvd. SW
Albany, OR 97321

Editor-in-Chief:
commuter@linnbenton.edu

Opinions expressed in The Commuter do not necessarily reflect those of the LBCC administration, faculty and students of LBCC. Editorials reflect the opinions of the authors.

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

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

- ACROSS**
- 1 Piece of fruit?
 - 8 Time capsule ceremonies
 - 15 Barhopping
 - 16 Awkward at gatherings, say
 - 17 Big oaf
 - 18 "I need an answer now!"
 - 19 ___-Locka, Florida
 - 20 Shortens again, as a board
 - 22 Medieval fight club?
 - 23 Move, briefly
 - 25 Frozen Four org.
 - 26 Pequod co-owner
 - 27 Give up a seat
 - 29 Pianist Schnabel
 - 31 Ivy League nickname
 - 32 Wild West
 - 34 Prefix with -syllabic
 - 35 NBAer Artest who changed his name to Metta World Peace
 - 36 Youngest male tennis player to be No. 1 in the ATP Rankings
 - 40 Guy
 - 41 Short remnant
 - 42 Cagy
 - 43 Battle of Shiloh monogram
 - 44 Erect
 - 46 Bollywood garments
 - 50 Bedroom label
 - 52 Some brothers
 - 54 Having a single channel
 - 55 NYC train, familiarly
 - 56 Historic events
 - 58 16th-century date
 - 59 Certain tie
 - 61 "Now, listen ..."
 - 63 As good as it gets
 - 64 All-purpose
 - 65 Covent Garden locale
 - 66 Fuddy-duddy

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59				60					61		62			
63									64					
65									66					

By C.C. Burnikel 1/08/14

- 3 Syllables sometimes said with one's fingers in one's ears
- 4 1940s arena: Abbr.
- 5 Queen who is also a humanitarian activist
- 6 Keepsake
- 7 Mississippi source
- 8 Show known for its slow-motion shots
- 9 Capitalizes on
- 10 Sigur ___: ethereal Icelandic band
- 11 "Where ___ from ..."
- 12 Wartime signal
- 13 Loyal friend of Gawain
- 14 Alabama Slammer ingredient
- 21 Duel personality?
- 24 Words someone 15-Across loves to hear
- 26 Hunts
- 28 Mani-pedi spot

Last Edition's Puzzle Solved

S	H	E	R	W	I	N		G	R	A	P	H	I	C	
S	O	R	I	A	N	O		O	O	H	L	A	L	A	
G	O	I	N	G	O	V	E	R	T	H	E	T	O	P	
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S	E	A	S	O	N	S			A	T	S	T	A	K	E

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- 30 Rugged vehicles
- 33 Incredulous accusation
- 36 Stop looking for a rescue plane
- 37 Recliner features
- 38 Where most hits wind up
- 39 Start of Popeye's credo
- 40 Seconds ago
- 45 Turn a corner, in a game
- 47 The Joker portrayer
- 48 Like comic Eddie Izzard, at times
- 49 Alone
- 51 Unspoken
- 53 Symbol of strength
- 56 "Happily Divorced" actress Drescher
- 57 Cellphone button
- 60 Cockney abode
- 62 Mag mogul

Untitled

The journey of journeys A path I must travel,
Ever going forward, Every mystery to unravel.
Many obstacles my feet do stumble yet not to fall,
Upon this journey I go, I must answer its call.
Feelings and emotions run through my every move,
In spite of it all, I will make it, this I must prove.
With every footstep a new chapter takes form,
Written upon life's pages never to be torn.
So when the path seems too hard to follow thru,
Always remember the strength you need
is within you.

By Janet L. Daniel

Their Way or the Highway

They said they want educated communities,
But when we arrive at the gates of the school they
ask us for a hefty fee.
We plea that we could do that job,
But since we have no degree to decree that the
education is real we get the raw deal.
So we indulge in 40 ounces of freedom and a pack
A buy one get one free coupon intact.
We hang in the shadows waiting for our
number to serve
Only then can we learn after we make
the world burn.

By Kent Elliott

SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level: **1** 2 3 4

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

SOLUTION TO LAST EDITION'S PUZZLE 1/08/14

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

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

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867 NW 23rd St, Corvallis 1800 16th Ave SE, Albany possiblypregnant.org
541.758.3662 541.924.0160

THE COMMONS FARE

MENU FOR
THE WEEK OF:
1/8 - 1/14

Wednesday: Pulled Pork Sandwich, Shrimp and Grits*, Tortillas des Patatas*, Soups: Eggflower*, and Minestrone.

Thursday: Swiss Steak, Herb and Hazelnut Crusted Chicken*, Macaroni and Cheese Gratinee. Soups: Sausage, Potato and Kale*, and Creamy Tomato.

Friday: Chef's Choice

Monday: Brazilian Seafood Stew*, Roasted Turkey with Pan Gravy, Tempura Vegetables. Soups: Chicken and Rice*, and Beer Cheese.

Tuesday: Chicken Gumbo with Shrimp and Creole Rice, Roasted Pork Loin in Balsamic Cream Sauce*, Eggplant Parmesan. Soups: French Onion*, and Cream of Broccoli.

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

BULLETIN BOARD

On Thursday, Jan. 9 at 5:30-7 p.m. a reception for the photographer, Dave McIntire of Corvallis, will be held in the South Santiam Hall Gallery for displays of photographs of Mount Rainier and its surrounding national parks. The public is invited.

On Saturday, Jan. 11 at 4-4:30 p.m. join Dr. Mark Burdell from Wellness Consultants to hear about how to keep your body clean and healthy by eating the proper foods. Dr. Burdell will teach us about environmental toxins that our bodies cannot break down.

On Tuesday, Jan. 14 at 6:30-7:30 p.m. Outdoor Fitness Series Part 1, learn about what to wear and what to pack for a day of hiking in winter conditions. We'll talk about clothing from head to toe, footwear for rain and snow, and gear like backpacks, trekking poles and snowshoes. At the end of this class you'll know what supplies will keep you safe, warm and happy in any weather. Plus, learn how you can prepare for a Mt. St. Helens climbing trip happening in March! Please bring Clothes, Shoes and Gear. Cost is Free.

On Jan. 24, 25, & 26, Oregon Mid-Winter Festival will be hosting the "Mid-Winter's Night's Dream 2014" that will include all levels of square dancing, round dancing and clogging. There will also be workshops, seminars, a sewing clinic, after parties, and youth and single events. Square dancers pre-registration fee is \$40 for adults and \$20 for youth by January 11 for the full three day festival. For more information call (541) 997-7437.

On Saturday, Jan. 25, at 6-10 p.m. the Celtic Heritage Alliance invites you to attend their 3rd Annual Robert Burns Supper as they celebrate Scotland's favorite poet in an evening of frivolity, honor and retrospect during its 3rd annual Robert Burns Supper at the Shilo Inn Ballroom in Newport who is co-sponsoring this event along with Lamb's Haggis of Roseburg.

On Thursday, Jan. 30 at 12-1 p.m. the annual LBCC Invitational exhibit celebrates the work of four Oregon artists: oil painter William Park of Portland, mixed-media artist Kristin Kuhns of Salem, ceramicist Cynthia Spencer of Corvallis, and multi-media artist Suzanne Campbell also of Corvallis. There will be a reception and gallery talk. The public is invited.

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. Deliver letters to:

Address:

The Commuter Office
Forum 222
6500 SW Pacific Blvd.
Albany, Oregon 97321

Web Address:

commuter.linnbenton.edu

Phone:

541-917-4451, 4452 or 4449

Email:

commuter@linnbenton.edu

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BACK IN THE DAY

BY:
WILLIAM ALLISON

On Jan. 8, 1964, a "War on Poverty" was declared by U.S. President Lyndon Johnson.

On Jan. 8, 2005, The cost of a U.S. First Class mail was raised to 39¢. It is currently 46¢.

On Jan. 9, 1969, The supersonic airplane *Concorde* made its first trial flight.

On Jan. 10, 1840, The penny post, which was when mail was delivered at a standard charge instead of being paid for by the recipient, began in Britain.

On Jan. 10, 1990, Time Inc. and Warner Communications Inc. merged for \$14 billion. Time Warner became the world's largest entertainment company.

On Jan. 11, 2000, The U.S. Postal Service released the second Vietnam Veterans Memorial commemorative stamp in a ceremony at The Wall.

On Jan. 12, 49 BC, Julius Caesar signaled a war between Rome and Gaul by crossing the Rubicon River.

On Jan. 13, 2002, U.S. President George W. Bush choked on a pretzel, causing him to faint.

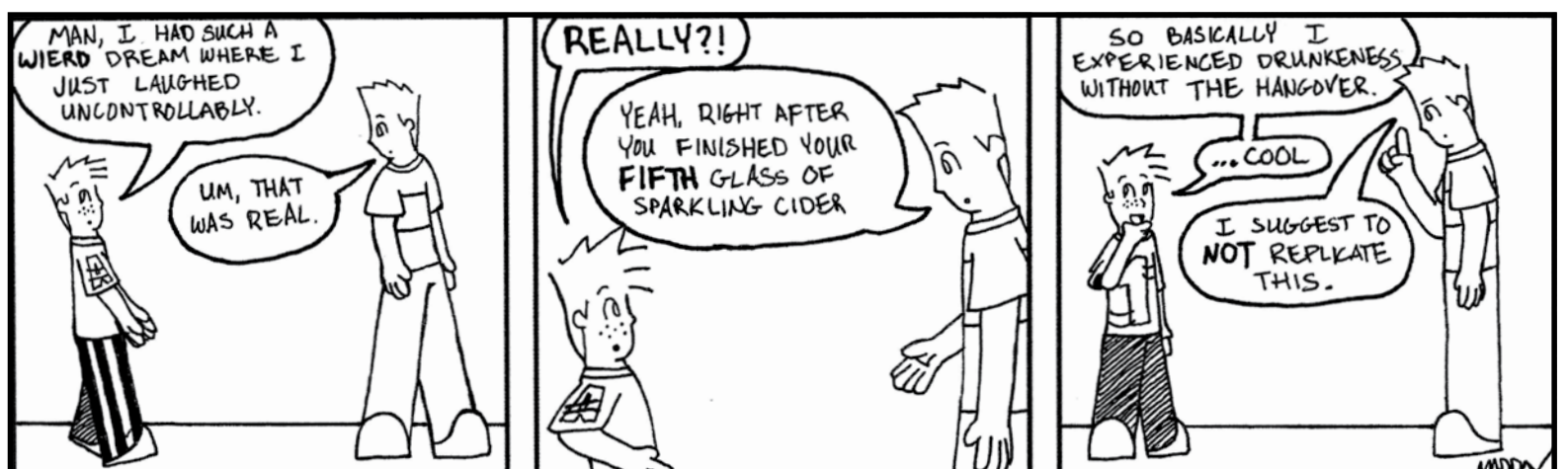
On Jan. 13, 1998, One of the 110 missing episodes of the British TV show "Doctor Who" was found in New Zealand.

On Jan. 14, 1952, NBC's "Today" show first premiered.

On Jan. 14, 1999, The impeachment trial of U.S. President Bill Clinton began in Washington, DC.

THREE'S A CROWD

BY:
JASON MADDOX



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COVER PHOTO: WILLIAM ALLISON

ROADRUNNER BASKETBALL

In an unique position with a completely freshman team, LBCC's men's basketball team has struggled so far this season. They began league play on a high coming off two straight wins against Centralia and Tacoma.

Unfortunately, the first league game ended in a loss for the RoadRunners. Saturday night they began league play against Chemeketa in a very close game, 78-75. At home, the RoadRunners battled back, closing an astonishing 16 point deficit to just two points with only a few seconds left in the game. Freshman Forward Jeremy Warren, #35, was poised to take the lead when he took a three point shot with only 5 seconds left on the clock. He missed, allowing Chemeketa to hold on for the win. The RoadRunners now have seven losses with just four wins in the season.

On a positive note, 6-foot-4 Forward Armondo Flentroy from Portland stood out among his team Saturday. Flentroy shot 68 percent from the field, making 13 of his 19 attempts; he ended the game with 30 points, 10 rebounds and the first double-double of his college career. It's a very good sign for this team to see him playing well. Flentroy has only scored 28 points all season after missing the first five games due to an injury. Another RoadRunner to watch is Freshman Guard Caleb Wilson who has scored double digits a couple times this year.

With a team of all freshmen it is difficult to maintain momentum, confidence, and drive. Together they need to build team chemistry and find team consistency from each teammate. If they can continue to build and grow, the RoadRunners could be one of the better teams in the division. The talent is here. The puzzle is on the table, they just need to continue to fit pieces together.

The men's basketball team will get to put their skills to the test on the road, Wednesday, Jan. 8 at 6 p.m. against the very good SW Oregon team, who currently have an overall record of 12-3 and a 1-0 division record. SWOCC secured their first division win against Mt. Hood 81-80 Saturday night. The RoadRunners will then return home Saturday, January 11 to take on Portland CC at 4 p.m. Come out and support your RoadRunners next Saturday!

STORY BY **COOPER PAWSON**



PHOTO: **COOPER PAWSON**
Armondo Flentroy, #35, goes up for a shot.



PHOTOS: **YULING ZHOU**
Freshman Trevor Cooley, #14, slamdunks the ball during practice.



PHOTO: **YULING ZHOU**
The men's basketball practice before league play begins.

ROADRUNNERS BASKETBALL SCHEDULE

JANUARY 8TH, 2014 LINN-BENTON VS SW OREGON (LEAGUE)	AT SW OREGON 6:00PM
JANUARY 11TH, 2014 PORTLAND VS LINN-BENTON (LEAGUE)	AT LINN-BENTON 4:00 PM
JANUARY 15TH, 2014 LINN-BENTON VS LANE (LEAGUE)	AT LANE 7:30 PM
JANUARY 18TH, 2014 MT. HOOD VS LINN-BENTON (LEAGUE)	AT LINN-BENTON 4:00 PM
JANUARY 22ND, 2014 UMPQUA VS LINN-BENTON (LEAGUE)	AT LINN-BENTON 7:30 PM
JANUARY 25TH, 2014 LINN-BENTON VS CLACKAMAS (LEAGUE)	AT CLACKAMAS 4:00 PM

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