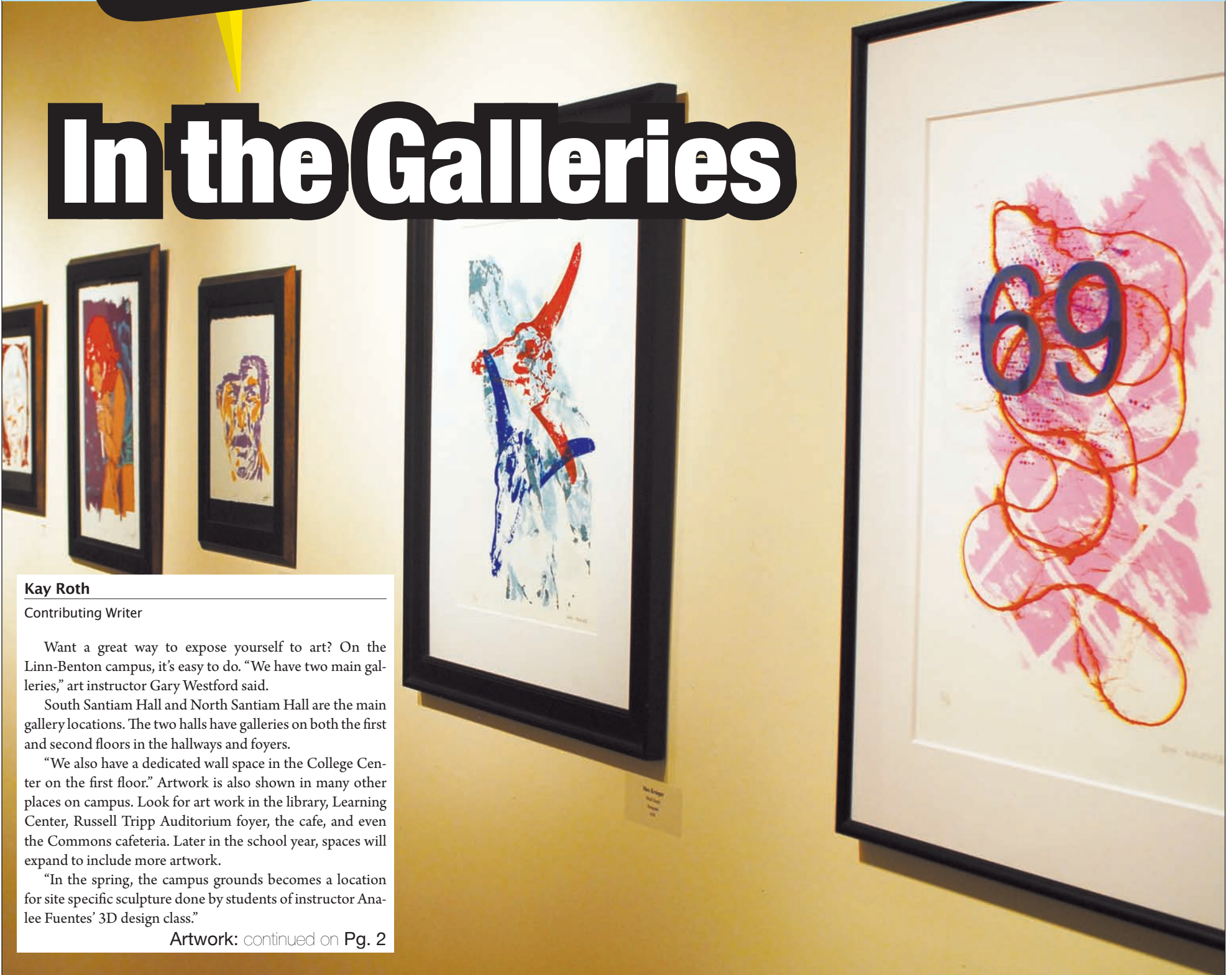


THE COMMUTER

Your Community Compass

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In the Galleries



Kay Roth

Contributing Writer

Want a great way to expose yourself to art? On the Linn-Benton campus, it's easy to do. "We have two main galleries," art instructor Gary Westford said.

South Santiam Hall and North Santiam Hall are the main gallery locations. The two halls have galleries on both the first and second floors in the hallways and foyers.

"We also have a dedicated wall space in the College Center on the first floor." Artwork is also shown in many other places on campus. Look for art work in the library, Learning Center, Russell Tripp Auditorium foyer, the cafe, and even the Commons cafeteria. Later in the school year, spaces will expand to include more artwork.

"In the spring, the campus grounds becomes a location for site specific sculpture done by students of instructor Analee Fuentes' 3D design class."

Artwork: continued on Pg. 2

Beautiful Music

pg. 8

Soccer Scores

pg. 7

Kidneythieves

pg. 11

THE COMMUTER

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LBCC COMMUTER

Wednesday(11/9)	Thursday(11/10)	Friday(11/11)	Saturday(11/12)	Sunday(11/13)	Monday(11/14)	Tuesday(11/15)
 Mostly Cloudy 56°/36°	 Turning Cloudy 57°/31°	 Cloudy 57°/39°	 Showers Possible 54°/36°	 Drizzles Possible 57°/41°	 Couple o' Drops 51°/40°	 More Drops? 51°/27°

WEATHER
Source: accuweather.com

THE COMMUTER STAFF

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

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Jill Mahler

Managing Editor:
Justin Bolger

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



The Commuter

@lbcommuter



LBCC Commuter

Web Address:
commuter.linnbenton.edu

Phone:
541-917-4451, 4452 or 4453

Address: 6500 SW Pacific Blvd.
Albany, OR 97321

Artwork Gives New Life to Halls

continued from Cover

According to Westford, the art faculty and gallery director Rich Bergeman decide on how work is displayed and what work goes up. Some of the shows are based on "personal relationships with many artists in the Willamette Valley arts community." Westford notes that area artists work very well together to help provide LB students the opportunity to see some great art work.

Bergeman, who recently had some of his own work on display during the faculty show this fall, is in charge of organizing, mounting the work and publicizing the shows. According to Westford, he is doing a great job. "His efforts have been instrumental in producing all the very beautiful shows that have been shown on campus in the last several years."

During the recent faculty show, all of the LB art instructors had work on display. Dori Litzer, the new chair of the art department, dedicated herself to color and works primarily in abstract. Fuentes works in watercolor and often bases her work on her Latina heritage. Bergeman is a photographer, who has spent years in documenting the disappearing Oregon history. Westford's own work has "taken on a distinct socio/political direction, with frequent use of Surrealist juxtapositions."

While a number of the shows feature work by faculty both at LBCC and Western Oregon University,



Kody Kinsella

Several artists have work displayed in the galleries at LBCC. Galleries are open during normal college hours, 8 a.m.-5 p.m., Monday-Friday.

students take center stage each spring. Announcements go out in late winter/early spring to students on how to enter their work. "Our goal is to provide students with a reality based exhibition opportunity." An outside professional—either artist or gallery owner—selects what student work will be displayed. Interested in being included in this spring's show?

Contact an art instructor for more details. These student shows are open to all students. "You do not have to be an art major to submit work."

While some shows are general in nature, others have themes. Examples Westford provided, include Dia de Los Muertos (Day of the Dead), Willamette Valley Photographers/Poets and Art of the Tattoo.

Mario Pastega Dines with Scholarship Recipients

"One hundred years from now it won't matter how much wealth we had, or how much fame or prestige. But if along our path of life we gave a helping hand to fellow human beings, it will make a difference."

- Mario Pastega

Justin Bolger
Managing Editor

Local philanthropist and former owner of the Corvallis Pepsi bottling plant Mario Pastega has awarded five LBCC students with \$1,000 scholarships through the Mario and Alma Pastega Family Foundation.

On Tuesday, Nov. 8, Pastega sat down for lunch with the recipients to get to know one another and share some tales. The atmosphere was comfortable and the conversations were entertaining – and inspiring.

"It was really interesting to hear some of the things he's done in his life. It makes me want to live up to



Kody Kinsella

Pictured from left to right: John McArdle, Jonathon Rigor, Brian Schiedler, Yuki Kawakami, Paul Hibbard, Alicia Love, Randy Falk, Mario Pastega, Scott Anselm, and Linzee McCulley.

that," said Alicia Love, recipient from LBCC's athletics department.

Love plans to use the scholarship for her living expenses this term and hopefully to take the edge off of tuition spring term.

The other recipients were LBCC students Yuki Kawakami, Linzee McCulley, Sarah O'Bannon, and Jonathon Rigor.

"Mario Pastega is an inspiration for his years of caring for education and so many other projects within the community. He is a wonderful friend of Linn-Benton Community College and a fantastic human being," said John McArdle, LBCC director of development and government relations.

Upon receiving the Distinguished Service award at last year's graduation,

Pastega committed to giving \$5,000 to students in scholarships this year, according to McArdle.

Pastega said he helps out the students of LBCC because the type of school it is. The students are first-class and the school is top-notch.

"It just makes me feel good to be able to help," said Pastega. "I feel great and I think they do too."

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Music Instructors in Concert

Emily Smucker
Contributing Writer

On Thursday, the LBCC music teachers performed in a beautiful, haunting concert called "Fall for French," featuring, you guessed it, French music.

This was the first LBCC concert where the instructors were the attraction. According to James Reddan, the director of choral activities at LBCC, concerts like these are common at four-year universities. LBCC decided to begin hosting instructor performance concerts to showcase how talented they are, especially the lesser-known instructors who give private lessons and who LBCC students may not know.

"We know our stuff," said Reddan.

The concert itself was an odd mixture of formal and informal tones. The teachers, Diane Hawkins, Jason Caffarella, Patty Gerig, and James Reddan, filed in, dressed in sharp black suits and flowing dresses. They bowed after every song. They sang music that made me feel cultured just listening to it.

The teachers also told stories and made jokes to lighten the event. Jokes were made about Hawkins accidentally

picking up the wrong flute during a song and Gerig being a diva. Caffarella sang a song by the composer Francis Poulenc, and joked, "If you want to make an accompanist look like a deer in headlights, mention to her that you want to do a Poulenc."

Some of the songs had interesting back-stories. For instance, "Prison," by Gabriele Faure, was written while Faure was in prison for murdering his former friend. "Syrinx," by Claude Debussy, was about the god Pan chasing a nymph named Syrinx because of his love for her. In the end, Syrinx turned into reeds in a river to save herself from Pan. Pan made a Pan flute from the reeds.

As for the songs themselves, they were gorgeous from the phenomenal musicianship to the beautiful voices.

"It was fun," said Alex Chappel, an LBCC student. "I liked the song the lady played with the wood flute. It showed the instruments used in the era and how they were very similar to what we use today."

The LBCC music faculty hope to do more concerts in the future. They are planning to do a "Flute and Harp" concert in February, and one in May called "American Pops and Musical Theater." The dates are currently not set. More details will be available closer to the event.

Setting the Foundation for Excellence

Alex Porter
Contributing Writer

LBCC has been established for nearly 45 great years. Throughout those years, there have been many outstanding staff and faculty members.

It is time to recognize a memorable staff member who has been a part of this college for the majority of that time.

Paulette Myers, coordinator of the LBCC Foundation, has been a working staff member for 37 years.

The Foundation is an organization, since 1972, that coordinates donations to the college, including money, property, instructional equipment and materials to provide more for the students. The Foundation also manages student scholarships, grants and loans, and has helped with new installments on campus and remodeling of buildings, such as White Oak Hall.

"It really is like a full circle," said Myers. "You put the event on, raise the money and then give it out to the students and the college."

After graduating high school, Myers had been a secretary for work study at LBCC for one year, where she got a glance at what she wanted as a future career.

Myers worked for about six months before finding an open position. In 1974, Myers became secretary for the nursing department. This later evolved into the position of health



occupations program assistant, which she held for 27 years.

In 2000, Myers was referred to a job opening at the Foundation. Her job at the foundation is to plan events, parties, dinners and fundraising events.

"I was sort of known as the party giver," explained Myers. "It was just the perfect job to move to; I love to put on parties."

Ann Adams, the director for information services, works with Myers. "She is an excellent employee," said Adams. "She is the heart and soul of the Foundation, and she's always positive."

Adams said that Myers always knows who to check with for information and always follows through with what she says she's going to do.

Myers received the Mario Pastega Outstanding Classified Employee Award in 2007, an award that is given

every fall to one outstanding faculty member and one classified staff member. The award included a check for \$1,000. Myers said that it was quite an honor.

According to Myers, the best way to help out with the Foundation and to get involved is to participate in the annual fund drive on campus for the staff and students. There is also an off-campus fund drive as well.

"Just from the staff, we get over \$60,000 a year towards the Foundation," said Myers. "It's one of the best ways to get involved."

At the end of November, Myers will be retiring. She says that she plans to work part-time for the college until they can find fill her spot in the Foundation.

"This really is a great place to be, it's like one big family."

In Politics: New Welfare Bill

Melvin Dietz
Contributing Writer

People who currently receive supplemental government assistance, such as Medicaid, food stamps, and other welfare programs, may need to pass a drug test to receive their benefits in the future, thanks to a recent bill.

Many states are considering drafting a bill like this, as an effort to make sure the money is being used properly. The ACLU is against any bill that would subject the recipients to pass a drug test as a condition to receive assistance. They state "seventy percent of all illicit drug users (and

presumably a much higher percentage of alcohol users), ages 18-49, are employed full-time."

The ACLU believes that the test mandate would prove insufficient and is a waste of time and resources. However, with the recent volatility of the economy, there is a demand that the money is spent wisely.

Rep. F. Jay Barrows of Massachusetts wants a bill that requires drug testing for welfare programs for any person convicted of drug crimes prior to requesting assistance.

In 1989, the Supreme Court ruled that "suspicionless searches" are a violation of the Fourth Amendment.

In the News:

Local:

Astoria, Ore. - A 16-year-old boy from Astoria has been arrested after police say he tried to recruit a friend to join him in a mass shooting at Astoria High School. Authorities say the teen sent Facebook messages to a 15-year-old friend about his plans for several months. But recently the plan started escalating, so the suspect's friend finally spoke up and showed the emails to authorities. A search of the 16-year-old's home didn't reveal any guns. The boy was arrested by a school resource officer on a charge of solicitation to commit murder and was taken to the Clatsop County Juvenile Department.

source: KPTV

Portland, Ore. - The union representing Portland police officers said that Wednesday's protest is a clear signal that things are getting out of control, and the union is demanding the police commissioner be held accountable. During the protest, several marchers refused to obey police orders and took over the streets. At one point, police say, the protesters blocked parts of the Hawthorne Bridge, forcing it to be temporarily closed. The union says it was unhappy with the direction the march took yesterday, and that things appeared to be out of control with officers struggling to keep up with protesters. Mayor Sam Adams issued a statement, stressing the importance of Occupy Portland protesters working with the city and sharing information about their march route.

source: KPTV

Nation:

Aiken, S.C. - South Carolina officials say a 10-year-old trick-or-treater pulled a 9mm handgun on a woman who joked that she'd steal his Halloween candy. The 28-year-old woman told authorities she recognized some youngsters on Halloween when she made the joke. Aiken Public Safety Officer Lt. David Turno said the gun wasn't loaded, but the boy had a clip of ammunition. He was taken to the police station and was turned over to his parents. The boy's brother, who is also 10, told officials he also had a gun and both weapons were recovered by police. Turno says the boys got them from their grandfather without his permission.

source: msnbc

Wall Street, N.Y. - Iraq Veterans Against the War and dozens of other uniformed veterans known as "Veterans of the 99%" have joined the 'Occupy' protests and marched through the financial district to the Occupy Wall Street encampment, about a half mile away. Several wearing their service uniforms paused outside the New York Stock Exchange, chanting: "We are veterans. We are the 99%," and "corporate profits on the rise/soldiers have to bleed and die." The number of veterans escalated when former Marine and Iraq War vet Scott Olsen sustained a skull fracture when he was hit by a police projectile at an Occupy Oakland protest. Although some of

the protests have appeared aimless and disorganized, Occupy's central themes have attracted a widening band of followers, and the protests spread to scores of U.S. cities and abroad.

source: USA Today

World:

Seoul, South Korea - A South Korean court sentenced a U.S. soldier to 10 years in prison Tuesday for raping a teenage girl. Uijeongbu District Court convicted the 21-year-old private of sexually assaulting the 16-year-old girl numerous times after breaking into her small boarding room near Seoul in September. The soldier repeatedly threatened the girl with a pair of scissors, a knife, and a lighter. He also stole 5,000 won (\$4.50) from her. The court ordered the soldier to undergo 80 hours of counseling and his personal information to be made public on a South Korean government website for 10 years. About 28,500 U.S. troops are stationed in South Korea, and crimes involving them have fired anti-American sentiments among many South Koreans.

source: USA Today

Weird:

Sarasota, Fla. - It turns out that Lego Man will be staying in police custody after all and will not be released for three months, or the owner comes to claim him. Lego Man mysteriously washed up on the local beach and is believed to belong to the Legoland theme park in Winter Haven, which is 70 miles Northwest of Siesta Key beach. The Sarasota Herald-Tribune reported that the local tourism bureau had hoped to use the Lego man to promote the area, but the sheriff says it needs to remain in police custody a little longer.

source: Associated Press

Indianapolis - Indianapolis Metropolitan Police released a surveillance video on Oct. 20, showing a man inside the Kidscape Learning Center in southwest Indianapolis, where he was trying on girl's two-piece bikinis and finally running away in a pink two-piece. After about 10 minutes, the man in the video jumps over a counter, setting off a motion detector alarm, he then leaps back over the counter, changes back into his original clothes and leaves the business.

source: msnbc

Hertfordshire, England - Police have reported that they received a phone call one night last week about a man saying he saw a UFO. "It's not an emergency per se," he said, "but there's something flying over our house. It's coming towards me now, there's all this light blazing. I don't know what the hell it is." After two minutes, the man calls back and says, "You're not going to believe this," he said. "It's the moon." Authorities have posted the two calls onto youtube as an example of when NOT to call 999 (the U.K.'s 911).

source: abc news

STRAIGHT FROM THE

Hartsock

Brain stuffing from the frumpy
sock monkey



To Forgive, or to Fester

Jennifer M. Hartsock

Opinion Editor

Why do we fester? If someone insults us, we think about it all day. Why does it seem like we can't let things go? While we're waiting to fall asleep, we're brainstorming the perfect comeback in response to our hurt feelings. Why do we care, when time is so precious, to spend it on feeling agitated and stressed?

Then there are those monkeys who seem to let negativity roll off their shoulders. An annoying co-worker dumps coffee on their desk, and sure, they're angry. But in five minutes, they're not thinking about it anymore. Maybe their instructor snickers at their not-so-intelligent comment in class and embarrasses them in front of everyone. By lunch, it's old news. It seems that their way of handling the annoyances in life is to completely forget and move on.

Both festering and forgetting can have their positive and negative consequences. When festering, you over-think everything, can make things appear worse than they are, become irritable to others, and cause unneeded anxiety and stress for yourself. When you quickly forget and move on, others may think you're careless. Sometimes, things that should be confronted and changed in life, seem to go unchanged.

It is best to dip your fingers in both. If you're offended by a comment, or see someone acting inappropriately, take a moment to think of how to react. Should you act upon this? Should you let it go? Then, if it is truly something to take seriously, consider what steps need to be taken to improve the situation. This might be having a serious talk with the offender, taking a few days to think before responding, or telling the person, "This is not okay, and until you do something to make this stop, you are not someone I want to spend my time with right now."

There needs to be a middle ground. Do not fester nor neglect the situation—think, and then act. The hardest part is doing what needs to be done and making sure the outcome is positive. A little consideration, will go a long way.

In the Name of Murder



Jennifer M. Hartsock

Opinion Editor

This past September, Oregon City Christian parents Dale and Shannon Hickman were sentenced to six years in prison for second-degree manslaughter after neglecting to seek medical attention for their premature newborn baby, David.

The couple belongs to the faith-healing church Followers of Christ, a church dedicated to Pentecostal practices. Walter White, nephew of Christian missionary George White, formed the Followers of Christ church in Oregon City in the 1940s.

Members don't believe in obtaining medical treatment of any kind, for themselves or for their families, such as regular checkups, medicines, or hospital visits. Stated by Mark Duell of Mail Online, prosecutors said that David was born with a bacterial infection and underdeveloped lungs, and that medical care offered a 99 percent survival rate.

They did not take David in for medical care.

According to an article written by Alison Smith of the James Randi Educational Foundation: "The cemetery behind the church contains graves belonging to seventy-eight minors. It is estimated that at least twenty-one of these children's lives could have been saved with medical treatment."

To substitute medical attention, members of Followers of Christ participate in prayer and rubbing oil on the ill.

"If you believe in faith healing, decide it for your

own life, not for those who are helpless. That baby never had a chance because of their decision for him," said Katlyne Taylor, a nanny in the Portland area.

Unfortunately for the religious couple, Judge Herndon didn't buy into their radical faith. According to Nicole Dungca of the Oregonian, the judge was surprised that one of the midwives delivering the Hickman's baby was uneducated on premature births, saying, "She's one of the most dangerous people in Clackamas County."

Apparently, the Hickman couple don't believe they did anything wrong, and neither do their attorneys.

Dungca stated that Mark Cogan, Dale Hickman's attorney, said, "Dale and Shannon Hickman are not criminals," and believes that the six-year sentence is cruel.

This is the fourth case of a child's death in the last three years involving the church.

"I often think that sometimes we misinterpret the idea of faith," said Elizabeth Carlton, co-founder and communications director of No Bull Gospel in North Carolina. "That people sometimes end up like the guy in a flood standing on the roof of his house and praying to be saved. He turns away a boat and a helicopter claiming God would save him. Then he drowns and questions why, and God says, 'I sent a boat and a helicopter, what more did you want?'"

"We're too busy looking up to see the miracles right in front of us," Carlton said.

In this country, we have the right to freedom of religion. However, we also have the right to freedom from religion. In my strong opinion, this means that you can practice any religion or faith you want, unless your personal beliefs infringe upon, or take away, other peoples' rights. These rights include the right to life, liberty, and the pursuit of happiness.

These are rights that baby David will never get back, as well as the other lives that could have been saved with professional medical care.

Faith in God's will can sometimes, and consequentially, detract from faith in people.

Advice from Weiss

Question: My major isn't working out. There's a couple of classes that are required that I just can't seem to get past, and it's not much fun. I picked it because I thought it would be a good, secure job, but I'm not really liking the classes. What do I do now? I need a new major, but how do I know what to go for?

Answer: I'm really glad you asked this question. At any one time, about a third of the students at LBCC are undecided about what to major in. Some students are just getting started, and haven't figured out what they think would be best for them. But others, like you, start with one major and then find, for any one of a variety of reasons, that they need a switch. Research shows that about 50% of college students change their major at least once, before they graduate.

So, what to do. LBCC has a few ways to help students move from undecided to decided, where a major is concerned. The most common is to come in for career services, in Takena Hall. We have Career Counselors (I am one) and Career and Academic



Mark Weiss
Counselor

specialists that provide career information searches and free career testing (You can also find out how to access career testing and information on-line by stopping by the 1st Stop Center in Takena Hall).

The Counselors and the Specialists often work as a team; the specialists help students get some concrete information about where they might match up well in the world of work, while the counselors help the student clarify the most important values and goals in making this decision, as well as looking at any roadblocks and support help the student may need.

LBCC also offers Cooperative Work Experience and Service Learning opportunities to students. This is where you might go out on

a job, or to an off campus learning experience and get college credit for checking out a career in a very hands on way.

Finally, LBCC offers an entire 3 credit course called Career and Life Planning (HD 208). This class involves multiple career assessments, career information, guest speakers, and other activities designed to help make this important decision.

When surveyed, Americans consistently list career decision making as the second most important decision of their lives, right behind the decision to commit to a life and family with another person. So it's important to take the time to get all the background information needed, and all the practical experience you desire, before finalizing things in your mind. Anyone who feels uncertain about what to major in is certainly encouraged to take advantage of the Career Services LBCC offers. We want to help you.

Mark Weiss
LBCC Counseling

Sex AND THE Campus

I love you.

Thank you?

Jill Mahler

Editor-in-Chief

At the beginning of a relationship, everything is new and fresh. The first time you hold hands, share a meal, argue, kiss, and meet the parents. Eventually you get to the place when you ask yourself how you feel about that person. What you really want to say is on the tip of your tongue, boiling under the surface. Despite your feelings, there is a concern of whether it is too soon.

We are bombarded by movies and shows that depict saying "I love you" as a world-changing ordeal. When the words are uttered, characters are speechless and either they find it too soon and become distant or they are excited and the moment ranks up there with a marriage proposal. Some might ask, "when did saying I love you change the game?"

Saying those three little words can mark a new step in your relationship. You are acknowledging how you feel and the possibility your relationship

may be becoming serious. Although saying I love you can be a special moment, don't overreact. If you find yourself startled by the concept, you may need to decide how you feel about your partner. If sharing your life with them is too much of an idea to comprehend, you may consider whether it is time to move on before it goes any further.

Although you are not required to say "I love you" in return, saying "thank you" in response usually never ends well for either party. If you feel that you love the person you are worth, share it with them. They deserve to know. Life is too short to play games and avoid sharing honest emotions with another person.

The prospect of saying "I love you" can be nerve-racking, but is worth all of the butterflies. Imagine yourself five, ten, fifty years from now, sharing a life with your partner and knowing it all started with those first sweet moments when you decided to open up and let them in.

Letter to the Editor

Response to eSmoking

In response to the November 2 article "Smoking Goes Electronic," the author only shares part of the electronic cigarette story. Because e-cigarettes are currently unregulated, manufacturers and retailers are free to make unproven health claims about their products – asserting that they are safe or safer than traditional cigarettes. Companies also claim that e-cigarettes can help people to quit smoking. The Oregon Attorney General has tried to keep unapproved nicotine delivery devices off the market in Oregon by banning several e-cigarette companies from making these types of unconfirmed claims.

The U.S. Food and Drug Administration (FDA) is also concerned about the safety of these products and how they are marketed to the public.

The FDA notes that:

- E-cigarettes may increase nicotine addiction among young people and may lead kids to try other tobacco products, including conventional cigarettes, which are

known to cause disease and lead to premature death.

- In July 2009, one limited study conducted by the FDA found that the products contained carcinogens and toxic chemicals, including the ingredients found in anti-freeze.
- Because clinical studies about the safety and efficacy of these products for their intended use have not been submitted to the FDA, consumers currently have no way of knowing whether e-cigarettes are safe for their intended use. They also have no way of knowing what types of potentially harmful chemicals – or the concentration of those chemicals – or what dose of nicotine they are inhaling when they use these products.
- Additionally, the devices do not contain any health warnings comparable to FDA-approved nicotine replacement products or conventional cigarettes.

Several educational institutions, health care facilities, cities and states have prohibited the use of e-cigarettes indoors due to the concerns of potential harm from long-term use. The health of Linn-Benton Community College students could benefit if the college explored including e-cigarettes in the campus tobacco policy, as well.

For more information about e-cigarettes, visit <http://www.fda.gov/NewsEvents/PublicHealthFocus>.

If you are ready to quit tobacco, contact the Oregon Tobacco Quit Line to receive free coaching and resources at 1-800-QUIT-NOW (1-800-784-8669), www.quitnow.net/oregon, or on Facebook.

Sara Hartstein
Chronic Disease Policy Specialist
Benton County Health Services

Sarah Ballini-Ross
Tobacco Prevention Coordinator
Linn County Public Health

Dear Conscience,

Am I missing out by being in a serious relationship so young?
Should I be playing the field more?



Ashley Christie
Shoulder Devil

Justin Bolger
Shoulder Angel

You're young. It's a time to have fun and change your mind, then change it again. You have the rest of your life to pick someone and settle down. Do you really want to pick that one person right now?

Being young affords you the luxury of making mistakes. I encourage you to make as many as you can. How else will you recognize the right choice if you haven't made a few bad ones?

Love is wasted on the young. They don't know what they want and have an attention span of ... oh ... I don't know, like two seconds. If they do ever get what they ask for they've already moved on.

I used to know a couple of crazy kids who were madly in love with each other and thought they couldn't live without each other. It ripped their families apart. There was yelling, and fighting, and they both died. That's real romantic, right? Their names were Romeo and Juliet.

Do you think that if either of them had thought with their heads instead of their hormones they would've realized that "he's just a dude," or "she's just a chic?" Would they have realized that life does go on?

No, because we have role models like Bella Swan who go catatonic when her boyfriend moves away!

College should be about finding yourself, not the love of your life. Date around. Don't commit to anything or anyone. Youth is temporary so live it up!

Everything else is a problem for future you.

A young age is the best time to find the love of your life. By young I mean your early to mid-twenties.

It's the time you should be really coming into your own, but at the same time you've still some room to grow – possibly with the love of your life. Growing together through adversity creates the strongest bonds.

If you set your mind to playing the field, you'll likely just gloss over the one person who could truly make you happy.

I guess what I'm trying to say is keep an open mind. I understand the merits of both frames of thought. It just depends on who you are. It's a matter of knowing your own relationship.

Ponder a few questions about you and yours:

- Are you both happy?
- Can you see both of you being happy five years from now? Ten years? Fifty years?
- Would you change anything about him/her?
- Are you more emotionally involved with a friend of yours?
- Do you fight often? Is it over ridiculous stuff?

There are countless other questions you could ask yourself. The point I'm trying to make is you should simply be aware of who you are, who they are, and who you are together. Locking yourself in a mindset on either extreme will steer you wrong. Self-awareness is the only answer. Good luck out there!

First Alternative
NATURAL FOODS CO-OP

NORTH CORVALLIS
29th & Grant
(541)452-3115
Open 7-9 Daily

SOUTH CORVALLIS
1007 SE 3rd
(541)753-3115
Open 7-9 Daily

BUY 10 GET ONE FREE!

NEW! Frequent Buyer cards for coffee, muffins & scones, and oatmeal...

Saves you time and money!

www.firstalt.coop

The Diversity Achievement Center Welcomes You!

**Do you have questions?
Do you just need a freindly face and smile?
Not sure where to go on campus?**

- Study, Kick Back and Relax
- Meet with Friends or Make New Ones
- Watch a Movie, or Read a Book
- Search Scholarship Listings
- Use a Computer
- Find College and Community Resources
- Help with Career Exploration
- Meeting Center for Clubs
- Learn about Non-Traditional Career Programs
- Attend an Activity or Event

*Diversity is not about how we differ.
Diversity is about embracing one another's uniqueness!*

**Located on the 2nd floor of the Forum building: Room 220
Open Monday-Friday 9am to 3pm**

Everyone is Welcome!

THE COMMONS FARE
11/9-11/15

Wednesday: Meatloaf with Gravy, English Style Fish and Chips, Vegetarian Chili with Cheddar Cheese and Sour Cream
Soups: Dilled Potato Chowder and Chicken & Wild Rice

Thursday: Pork Piccata, Chicken Pot Pie, Tempeh Enchilada
Soups: Potage de Boeuf (Ox Tail Soup) and Beer Cheese

Friday
Chef's Choice

Monday: Turkey Cutlet with Browned Butter, Texas Chili con Carne y Frijoles, Curried Vegetables with Rommali Roti (flat bread)
Soups: Creamy Tomato and Mulligatawny

Tuesday: Salmon with Lentils and Sauce Smitane, Swedish Meatballs, Huevos Rancheros
Soups: Egg Flower and Cheddar Cauliflower

Have questions? We have answers. We offer advice on ANY topic from two different points of view. Send your questions to: commuter@linnbenton.edu

Beating the Unemployment Problem

Nora Palmtag
Contributing Writer

When asked to name the biggest problem facing the country, the Gallup poll found that 35 percent of Americans said unemployment.

The unemployment rate remains at 9 percent with around 14 million Americans looking for work. The Bureau of Labor Statistics says that more than 8 million people are working part-time, but would rather be working full-time. Another 1 million are classified as "discouraged workers," which mean they would like to look for work, but don't think there are jobs out there for them.

It is taking longer to find a job with the average duration of unemployment at 36.9 weeks in January, the highest level since 1948.

Some ways to beat unemployment are easily accessible to you. Start your job search with a good resume and refresh your resume frequently. Practice an interview with questions (which can be found online) with a friend. Questions like: Why do you want this job? Where do you see yourself in 5 years?

The Unemployment Office has programs, which can be checked out online, like The Oregon Self Employment Assistance Program (SEA) that help eligible unemployed workers set up a business on a full-time basis and still receive full unemployment benefits.

Also, the Unemployment Office offers the Training Unemployment Insurance Program (TUI). To qualify as a dislocated worker, an

individual must be certified as a dislocated worker by meeting the criteria under the Workforce Investment Act, or be certified by the Employment Department.

There are other programs on the unemployment website to help. If you are on unemployment, please notify unemployment before you go to school, so that you can take advantage of their programs and keep your benefits.

Check out the internet! Youtube.com is filled with hundreds of suggestions on starting over, or making money, while on unemployment. If you decide to work for yourself, you can go online and get your own web address for as little as \$3.95 a year on Yahoo.com, for example.

A lot of the local companies only do applications online. This makes it easier to get employed as it is not based on appearance or the employer's first impression, but is based on the information you include. However, there are nearly 14 million Americans who are out of work and looking, as well.

Anne P., 26, has been actively looking for work for six months and has only had one call back. They did not think she had enough work experience. Being so young, no or little work experience is a deficit, but how do you correct this if no one will hire you in the first place? Even the minimum wage jobs are looking for more experienced workers.

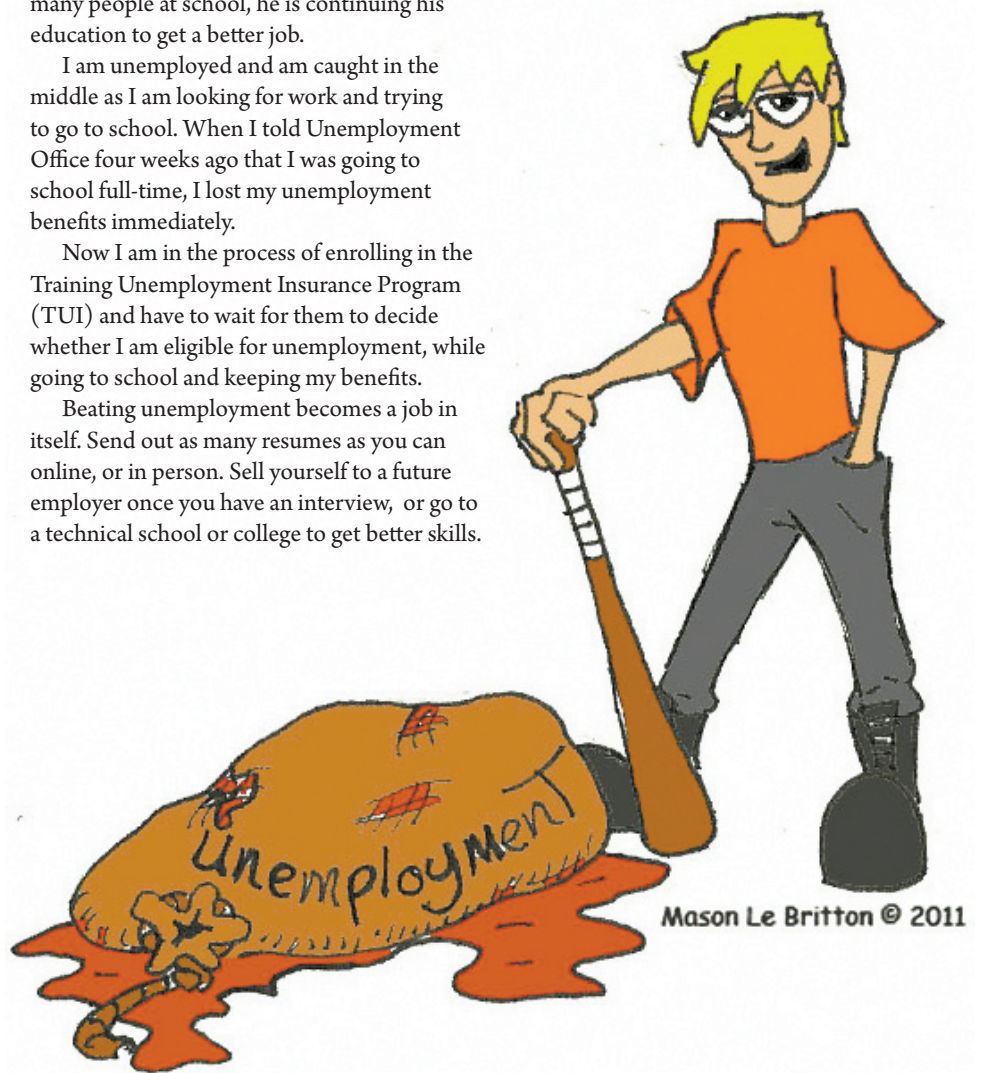
Mark, 32, has former work experience, but does not want to continue working for minimum wages. Therefore, like so

many people at school, he is continuing his education to get a better job.

I am unemployed and am caught in the middle as I am looking for work and trying to go to school. When I told Unemployment Office four weeks ago that I was going to school full-time, I lost my unemployment benefits immediately.

Now I am in the process of enrolling in the Training Unemployment Insurance Program (TUI) and have to wait for them to decide whether I am eligible for unemployment, while going to school and keeping my benefits.

Beating unemployment becomes a job in itself. Send out as many resumes as you can online, or in person. Sell yourself to a future employer once you have an interview, or go to a technical school or college to get better skills.




THE AMERICAN LEGION POST 10

SALUTES OUR VETERANS AND THE CITY OF ALBANY FOR SUPPORTING OUR TROOPS

Upcoming Events to Support Veterans Locally:
When: November 16th at 5:15
Where: City Hall

The American Legion Post 10 is seeking a \$347,000 grant from the (CARA) Central Albany Revitalization Agency. The agency meets at 5:15 p.m. The meeting will be held on Wednesday, Nov. 16, at City Hall to consider the request. Anyone that is interested in the American Legion project is encouraged to attend the meeting to show support.



SCHOOL OF ARTS & COMMUNICATION: MUSIC

Veteran's Day Concert

Oregon State University Meistersingers, Bella Voce and the OSU Glee Choir

Directed by Russ Christensen, Dr. Tina Bull and James Davidson

VETERANS! WE SALUTE YOU!

COMMUTER

"THOSE WHO WON OUR INDEPENDENCE BELIEVED LIBERTY TO BE THE SECRET OF HAPPINESS AND COURAGE TO BE THE SECRET OF LIBERTY."
 LOUIS D. BRANDES

FRIDAY NOV. 11 7:30 PM

First United Methodist Church
 1165 NW Monroe, Corvallis
 OSU students free with ID
 Tickets: \$10 /available at ticketsoregon.com and at the door.

Oregon State UNIVERSITY
oregonstate.edu/cla/music/chorus

Volleyball Looks to End Season Strong

Scott Landgren
Sports Writer

The Linn Benton volleyball season is winding down and the volleyball team is focused on finishing up the season strong, getting healthy and getting ready for the NWAACC Championships next week. Currently, Linn Benton enters the final week of the regular season with a record of 34-9 and they are tied for first with Mt. Hood, with a 8-1 record in the NWAACC South division.

On Wednesday, the LBCC volleyball team takes the court for the final time against Clackamas Community College and they have a lot to play for. If LB beats Clackamas they would clinch first place in the NWAACC Southern region and be a number one seed in the NWAACC Championship tournament. However, if they lose they could still

gain first place depending on how Mt. Hood performs in their final game.

"This has really been a great season, the whole team has bonded really and have worked so hard in the weight room, in the classroom and on the court and it really shows," said Head Coach Jayme Frazier.

After the season ends, LB will be seeded either first or second in the South and then enter

into the double elimination NWAACC Championship bracket and fight for the championship. The NWAACC tournament will be held from November 17 to November 20 at the Mt. Hood Community college in Gresham.

As the season comes to a close, the team wants to finish strong, but more importantly get healthy for a playoff push.



Kody Kinsella

Freshman Lindsay Verboort (6) sets the ball for her teammate.

"We have been hit hard by the injury bug this season, we have had injuries to some key players down the stretch and we really need to get healthy before the NWAACC's," said Coach Frazier.

Volleyball

Nov. 4
LBCC | Umpqua
Nov. 5
LBCC | SW Oregon
Next: Nov. 9 at Clackamas

Soccer Teams Make History

Kyle Holland
Sports Editor

The Linn Benton men's soccer team is now riding a four game winning streak after thumping Mt. Angel on Sunday, 9-1. The women notched their first victory in the clubs history last week over PCC 5-1. Both teams are making huge strides as the season comes down to the home stretch.

The men are in the midst of the longest winning streak in LB history and have their eyes fixed on their pre-season goal of winning the division title. The team sits alone in third place and with games against the top two teams (PCC and Willamette) in the next two weeks, the men control their own destiny if they are going to win the division. Win out and winning the division are feats that have not been done in the short time of men's soccer at LB.

The team has been clicking on all cylinders and the chemistry on the team has never been better. Art Mota coaches both the men and women teams on campus and had this to say about the team's recent success.

"Our skill level is good but, our chemistry is great on the team, this year's team has a lot of solidarity and they all get along with each other great."

Leading the team in goals scored is Eric Barrera and Edgar Gomez with four followed by Amedee Ngarukiye with three, but the one keeping the goals out is goalkeeper Jacob Stevens and his performances have been incredible week in and week out.

"He's the best keeper in the league! He's made some incredible saves, blocked penalty kicks, and he might not say a lot, but his play talks for himself, which is why the guys have a lot of confidence in their keeper," Coach Mota said.

Stevens has been plagued with a dislocated shoulder, suffered during a game a couple weeks ago, however has yet to miss any games. Stevens tried to help his team any way he can and he believes the team is destined to win this year.

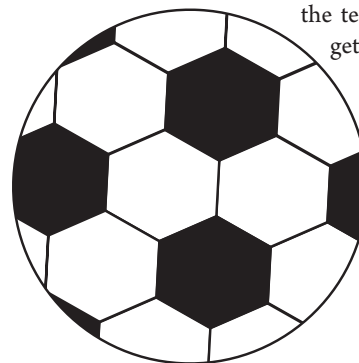
"The guys believe we can win this year and were doing it. We work hard at practice, our chemistry is great and it's showing on the field."

The women's team made history last week, with their first win in the clubs inaugural season. The team knocked off PCC on the road led by two goals from captain Taryn Beatty, a hat trick from Holly Roush, and some well played assists by Anika Kilian.

The team has had a rough year playing against some extremely tough competition and being a first year team presented some challenges of its own.

"I was so happy for them; I tell them every day that they are making history at LB as the first women's soccer team, notching their first win after playing the best game of the year was a great thing to see" Mota said.

Kilian acknowledged what it meant to obtain their first victory. "We showed that we have a lot of potential, we presented ourselves as a team, and communicated well on the field. The victory was important for the team moral and brought us all closer together!"



Both teams continue to grow as a team and on campus. The last few home games have received fair turnout on the sidelines, which is appreciated by both teams. Next Sunday is the last home game of the year for both teams, starting at 10 a.m., come out and cheer on the teams as they look to end the season on a positive note.

LBCC
Men's Soccer
Nov. 6

9 | 1
LBCC | Mt. Angel
Next: Nov. 11 at Willamette
Nov. 12 at home vs. Reed

Women's Soccer
Nov. 6

0 | 13
LBCC | UO
Next: Nov. 12 at home vs. OSU

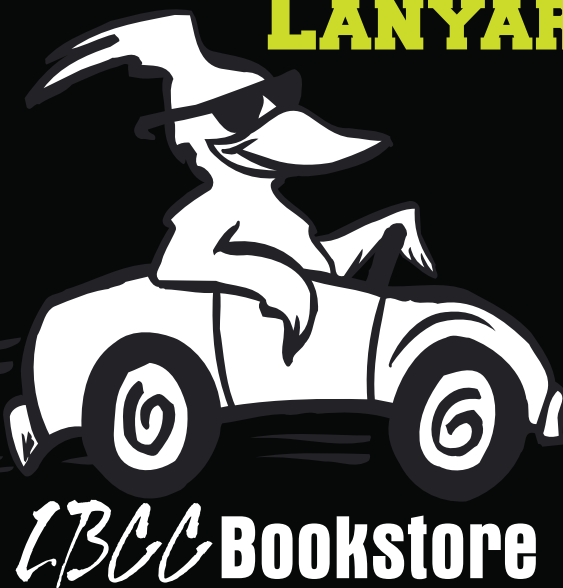
dude, it's not that hard



Support recycling on campus!

All proceeds from the sale of these items goes to fund our campus recycle centers.

- HOOD \$20
- T-SHIRT \$10
- WATER BOTTLE \$5
- LANYARD \$5



FREE BAG with every Recycle Project Purchase!



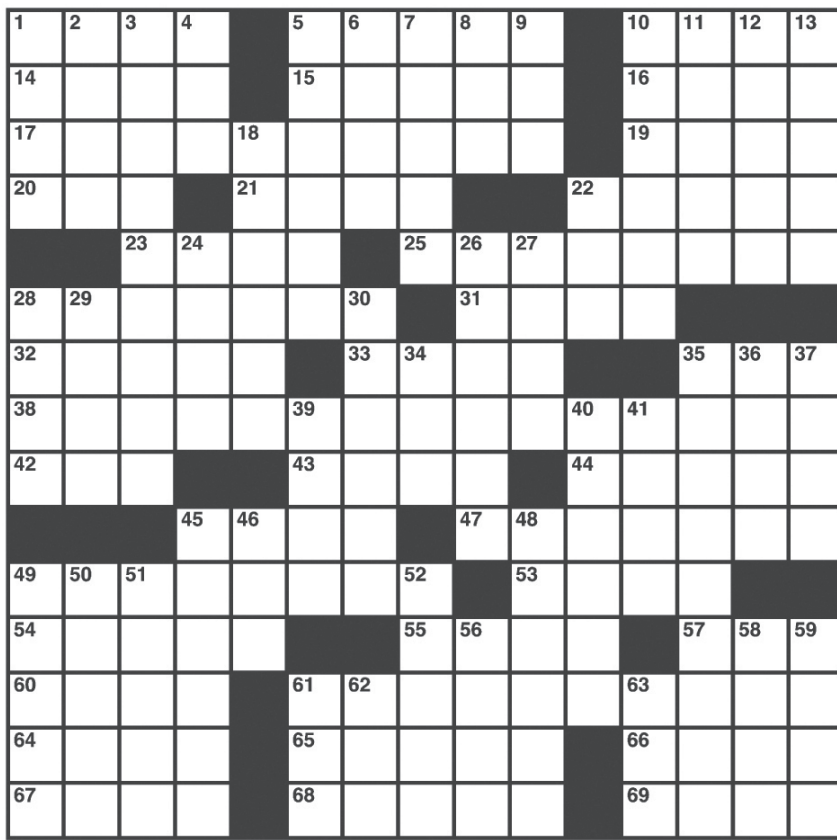
FROM THE SIDELINES

get the full Sideline report online at: commuter.linnbenton.edu

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

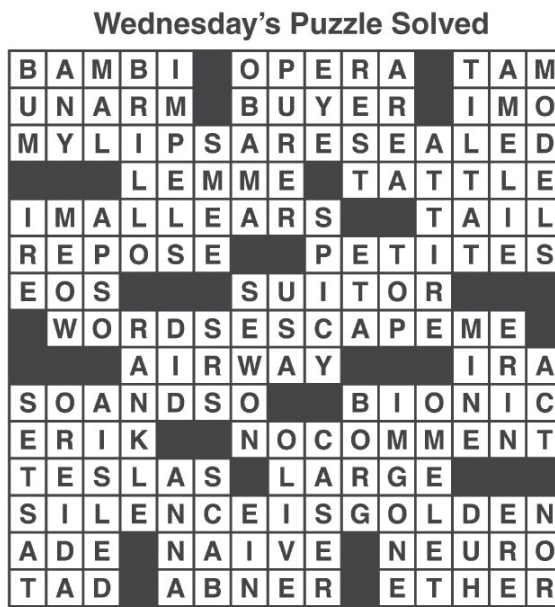
- ACROSS**
- 1 Alaska's state gem
 - 5 Sonora natives
 - 10 Soup du ___
 - 14 Shepard in space
 - 15 Designer Simpson
 - 16 Biblical preposition
 - 17 Nursery rhyme dish?
 - 19 Island garlands
 - 20 Uncanny ability, for short
 - 21 Blond Wells race
 - 22 Pained reaction
 - 23 Toaster Swirlz brand
 - 25 "Time is fleeting" philosophy?
 - 28 Tumblers and tongs, e.g.
 - 31 Booty
 - 32 Beneath
 - 33 Bloke
 - 35 One of a cup's 48: Abbr.
 - 38 Reasons?
 - 42 Cio-Cio-__: Madama Butterfly
 - 43 Actress Skye
 - 44 Three-time pairs skating gold medalist
 - 45 Gag
 - 47 Reaganomics principle
 - 49 "Good grief!?"
 - 53 "Just the facts, "
 - 54 Posture-perfect
 - 55 Brest milk
 - 57 Garb for dreamers, briefly
 - 60 Really smell
 - 61 1999 Kidman/Cruise film?
 - 64 Pencil puzzle
 - 65 Pothole sites
 - 66 Mother of Pollux
 - 67 Sit tight
 - 68 Up to now
 - 69 Sign that something has turned?



By Sharon E. Petersen

- DOWN**
- 1 Wisecrack
 - 2 Heidi's home
 - 3 Well-groomed guy

- 4 "Ambient 1: Music for Airports" composer Brian
- 5 Game room
- 6 Prefix with -syncratic
- 7 Military physician
- 8 African country on the Med. Sea
- 9 Understand
- 10 "Tis but thy name that is my enemy" speaker
- 11 Interminably
- 12 Erie Canal city
- 13 Grier of the Fearsome Foursome
- 18 Think highly of
- 22 Identity question
- 24 Singer Stefani
- 26 Bordeaux wine
- 27 Drink excessively
- 28 Purchases
- 29 Romance novelist Seton
- 30 Bounces back
- 34 Farm female
- 35 Came out on top
- 36 On its way
- 37 Awareness-raising TV spots, for short



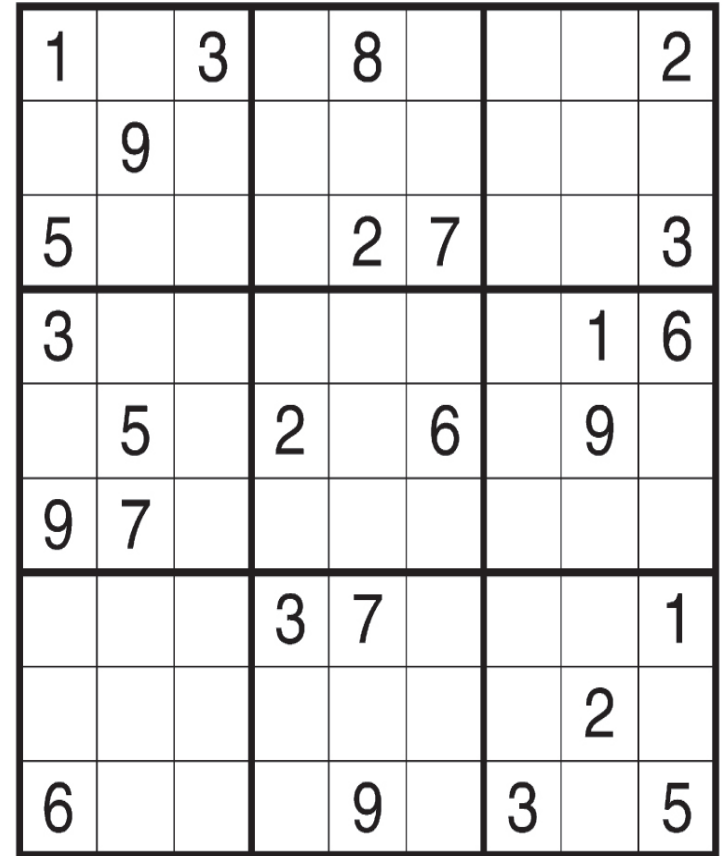
(c)2009 Tribune Media Services, Inc.

- 39 Web site that users can edit
- 40 Focus intently (on)
- 41 Large ocean predator
- 45 Silks wearer
- 46 Fast asleep
- 48 In the thick of
- 49 Verminophobe's fear
- 50 Splendid
- 51 TV host Gibbons
- 52 Legendary Broncos quarterback
- 56 Helper
- 58 Japanese martial art
- 59 Paparazzi prey
- 61 Savings vehicle for later yrs.
- 62 Cyclades island
- 63 ___-pitch softball

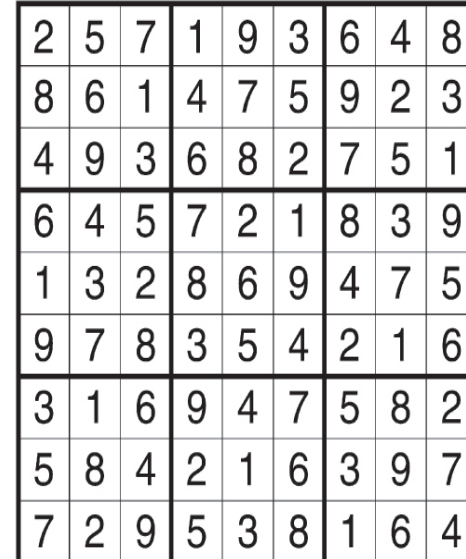
SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level: 1 2 3 4



Last Week's Puzzle Solved



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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Noir Du Jour

An LBCC student-generated comic

By Lizzy Mehringer



Poetry Spotlight

Untitled Haikus

Hurry, slow-motion
Cogs. The sun beyond you cries
Out for company
Emma Barry

Early morning moon
Full pearl
Whirling my dreams to sleep
Robin Havenick

Without, it feels wrong
With it, is a haze
To live life in a blur
Is a longing for normality
Benjamin Hodges



BACK in the DAY

This day in history ...

Nov. 9, 1911 - Delightfully tacky, yet unrefined
George Claude of Paris, applied for a patent on neon advertising signs. Decorators everywhere celebrate the advent of cheap bar signs and their clients insisting on their awesomeness.

Nov. 10, 1801 - I challenge you good sir
Tennessee outlaws the practice of dueling. What a slap in the face.

Nov. 11, 1940 - Honk, honk!
The Jeep makes its debut. Good for getting a little mud on the tires and you gotta love that roomy back seat.

Nov. 12, 1859 - With the greatest of ease
The first trapeze act was performed by Jules Leotard in Paris. He also designed the garment that is named after him. And we still wear Jules today.

Nov. 13, 1895 - Aloha
The first shipment of canned pineapple is exported from Hawaii. Pineapple, that's a funny looking fruit isn't it?

Nov. 14, 1998 - Here comes the bride(s)
Carmen Electra and Dennis Rodman get hitched in Vegas. It's hard to say which one of them looked better in white.

Nov. 15, 1901 - Can you hear me now?
Miller Reese patents the electrical hearing aid. What? MILLER REESE PATENTS THE ELECTRICAL HEARING AID!

~ ~ ~ HOROSCOPES ~ ~ ~

ARIES
3/21-4/19
"Take your time...don't live too fast, troubles will come and they will pass."
- Lynyrd Skynyrd

TAURUS
4/20-5/20
"I can dig it, he can dig it, she can dig it, we can dig it, they can dig it, you can dig it, oh let's dig it. Can you dig it, baby?"
- Friends of Distinction

GEMINI
5/21-6/21
"Every new beginning comes from some other beginning's end."
- Semisonic

CANCER
6/22-7/22
"Freedom, well, that's just some people talking. Your prison is walking through this world all alone."
- The Eagles

LEO
7/23-8/22
"I don't need no money, fortune, or fame. I got all the riches baby, one man can claim."
- The Temptations

VIRGO
8/23-9/22
"If the sun refused to shine I would still be loving you. When mountains crumble to the sea there will still be you and me."
- Led Zeppelin

LIBRA
9/23-10/23
"All of us get lost in the darkness, dreamers learn to steer by the stars."
- Rush

SCORPIO
10/24-11/21
"I was so much older then, I'm younger than that now."
- Bob Dylan

SAGITTARIUS
11/22-12/21
"All lies and jest, still, a man hears what he wants to hear and disregards the rest."
- Simon and Garfunkel

CAPRICORN
12/22-1/19
"With my New York brim and my gold tooth displayed, nobody give me trouble cause they know I've got it made."
- ZZ Top

AQUARIUS
1/20-2/18
"Fear is the lock and laughter the key to your heart."
- Crosby, Stills, and Nash

PISCES
2/19-3/20
"An honest man's pillow is his peace of mind."
- John Cougar Mellencamp

Fried Bananas
Groovysweet.wordpress.com

An LBCC student-generated comic

By Mason Britton

Mason Le Britton © 2011

SUSPICIOUS ACTIVITY DRAWS WARNING

Be on the alert of a white, 5'10" male, with black or dark brown hair, round face, without glasses or facial hair. He is approaching women on LBCC campus and surrounding parking lots, asking unusual questions about their feet and shoes, if he can touch their feet, or give them a foot massage. If you encounter this person, do not engage with this person according to the Public Safety Office, and do not go anywhere with him or agree to meet with him somewhere. Report the incident immediately to the Public Safety Office, or call direct to (541) 926-6855, 7 days a week, 24 hours a day. Also, call an officer on duty anytime you feel uncomfortable and would like an escort to your vehicle.

Classifieds

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

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

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

Libel/Taste: The Commuter won't knowingly publish material that treats individuals or groups in unfairly. Any ad judged libelous or in poor taste by the newspaper editorial staff will be rejected.

Help Wanted

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

Entry-level Electrical Assembly Technician (#9333, Albany) If you have attention to detail, can identify various hardware materials and mechanical aptitude, this full-time position might be for you. \$9-12/hr DOE

Basketball Coaches/Assistants/Referees (#9317, Albany) Volunteer and make a difference in the lives of kids ages 4-8. Only takes an investment of 2-6 hrs/week.

Cashier (#9316, Albany) Do you have some cash handling & customer service and want to make some extra cash for the holidays? Check this out at Student Employment.

Mentor (#9314, Lebanon) Be a mentor for an at-risk youth (16-24 yrs) by modeling good values and judgment to help them get their lives headed in a positive direction. Must be 21 years old.

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, Oregon 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.

Campus Events

Ongoing

WOU Art Faculty Exhibit

NSH Galleries
A wide-ranging exhibit of artwork by a dozen Western Oregon University Art Faculty is on view at LBCC. The gallery is on display until Dec. 2.

"Mutual Appreciation"

SSH Gallery
The show features paintings, drawings and printmaking works from eight Oregon State University students and recent graduates, three of which are former LBCC art students. The show runs through Dec. 2.

Wednesday 11/9

Recycling Education Event
Takena Hall • 11:30 a.m. - 1 p.m.
Check out what you can and can't recycle and compost on campus at the "Know What You Throw" educational event sponsored by the student Green Club.

Physical Science Speakers Series

MH 113 • Noon - 1 p.m.
Dr. Dudley Chelton, College of Oceanic and Atmospheric Sciences, Oregon State University, "Satellite Oceanography." Free and open to the public.

Thursday 11/10

Last day to add open-entry/late starting classes in person

Last day to officially withdraw (full-term classes) in person

Last day to request P/P/NP (full-term classes) in person

Flu Shots!

CC 213 • Noon - 2 p.m.
There are no anticipated flu vaccine shortages this year, so please choose a clinic date that best fits your schedule. Wear clothing that allows for easy access to the crown of the shoulder. If you have any questions contact Richard Gibbs at 541-917-4244 or gibbsr@linnbenton.edu.

Safety Committee Meeting

CC 210 • 2 - 3 p.m.
If you are interested in promoting a culture of safety at LBCC, helping to reduce injuries and improve the safety for yourself and co-workers, think about joining the committee. If interested, please contact Mindy McCall (x4309) or me (x4940). Also, if you have noticed things that are unsafe in your work area or around campus, please communicate that information to a member of the safety committee.

Celebrate Juliane Conrad

Lebanon Center Annex • 4 p.m.
We invite faculty, family, students, staff to share memories/stories of the ways Juliane inspired and encouraged us all. Please come and be present as we remember and honor Juliane.

Friday 11/11

Veterans' Day - LBCC Closed

LBCC Hosts 32nd Annual Bob Ross Open Invitational Photography Show

F 104 • 7 p.m.
This is a free, non-juried show and is open to anyone to attend. This year's theme is "My Passion in Nature." Nature photographers from throughout the Willamette Valley gather each year on this occasion to celebrate nature and share their experiences, techniques, favorite places and things to see. This event is free and open to the public. For more information, contact Bob Ross at 541-928-3711 or email at rosspix@comcast.net.

Saturday 11/12

Last day to request P/P/NP (full-time classes) via WebRunner

Sunday 11/13

Last day to add open-entry / late-starting classes via WebRunner

Last day to officially withdraw (full-term classes) via WebRunner

Tuesday 11/15

Wind Power Lecture

Benton Country Library • Noon - 1 p.m.
Come hear about new developments in renewable energy. November 15 lecture covers wind power. Wind power is growing at a tremendous rate in the Pacific Northwest. This presentation builds upon last year's with updates on wind power progress in Oregon and nationwide. The recent legal situation with high Columbia River flows and the impact and interaction of hydro power with wind power will also be covered. Presenter: Ted Brekken, Oregon State University.

Occupy Wall Street: A Dialogue

DAC • Noon - 3 p.m.
The DAC and the Democracy Club host an open discussion about Occupy Wall Street. What is it? What do you think of it? Are you the 99%? What about inequality of wealth?

Wednesday 11/16

Physical Science Speakers Series

MH 113 • Noon - 1 p.m.
Dr. Dudley Chelton, College of Oceanic and Atmospheric Sciences, Oregon State University, "Satellite Oceanography." Free and open to the public.

GSA Turkey Bowling/ Food Drive

Courtyard • 11 a.m. - 2 p.m.
Join us for Turkey Bowling in the Courtyard, and help raise money and non-perishable goods to help provide meals for members of our community this holiday season. Bowl a set for a dollar, or bowl for free with a donation of two canned goods/package meals. Each strike will earn you a ticket in our raffle for prizes donated by the local community. Have fun, and support a good cause helping members of our local community. Brought to you by the GSA.

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

THANKSGIVING FOOD DRIVE

gobble!

LBCC is currently collecting non-perishable food items and money (checks may be made payable to AAWCC) until November 17th. The food and money collected will go to help students and staff in need this Thanksgiving season. Please consider donating to this very worthwhile cause. All food/money needs to be delivered to the Student Life and Leadership office no later than 4pm on Thursday, November 17th.

Please call Tammi ext 4818 or Leta ext 4675 if you have any questions or concerns. If you or someone you know needs a food basket this Holiday season please contact Tammi at ext 4818 or Jeanine at ext 4236.

Lend a Helping Hand

ITEMS NEEDED:

- Corn and Green Beans
- Gravy Mixes
- Stuffing
- Cake Mixes
- Frosting
- Graham Cracker Crusts
- Pudding
- Shortening
- Canned Milk
- Canned Pumpkin Pie Mix
- Yams
- Marshmallows
- Cranberry Sauce
- Jello
- Bisquick

Linn-Benton COMMUNITY COLLEGE

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, OREGON 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 EDUCATOR AND EMPLOYER.

Linn-Benton Community College
Fine & Performing Arts Department presents

Light: the Sun, Moon, & Stars

Tuesday, Nov. 22
7:30 p.m. • Russell Tripp Performance Center

Re-Choired Element Chamber Choir
LBCC Concert Choir • Blue Light Special
Women's Ensemble • The Sirens
James Reddan, conductor
Diana Hancock, accompanist

TICKETS: \$10; seniors & students \$7 • At the box office in Takena Hall (open Tues-Thurs, 8-10 a.m., 2-4 p.m., & two hours prior to curtain) Online at www.linnbenton.edu/go/tickets (no fee) • Call 541-917-4531

www.linnbenton.edu/go/performing-arts

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Give me books, fruit, French wine and fine weather and a little music out of doors by somebody I do not know - John Keats

Kidneythieves Will Steal Your Heart

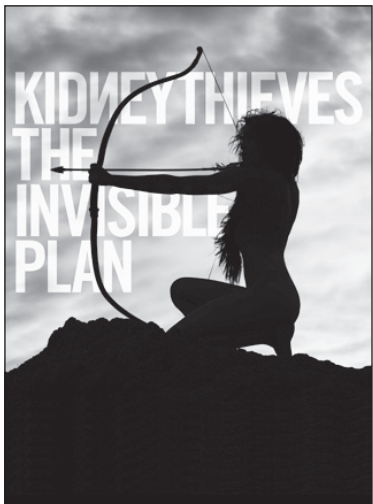
Justin Bolger
Managing Editor

"The art of the hustle to use the mind as a muscle - That's the invisible plan."

Released last month, the Kidneythieves' newest album, "The Invisible Plan," is an EP that serves as bridge between their previous full-length album and their next - by way of both theory and theme.

Band members Free Dominguez and Bruce Somers are in themselves a crossroads of musical theory. Lyricist Dominguez brings one-of-a-kind vocals and a passion for beat music, resembling an edgier Portishead. Somers, the more instrumentally inclined, contributes a sound closer to the industrial feel of Nine Inch Nails.

Having mastered that fusion since their fist album, "Trickster," in 1998, the band is now pushing new bounds



Track Listing

- 1-Never and Me (4:00)
- 2-The Invisible Plan (4:23)
- 3-F2theF (4:33)
- 4-Floating Angels (4:25)
- 5-Underneath (4:32)

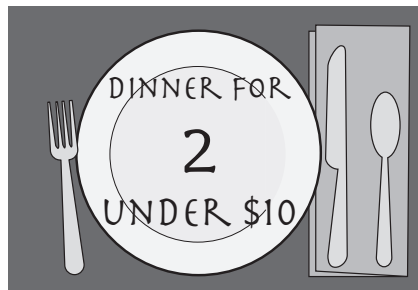
by incorporating the sounds of electronica. An old favorite now has some new toys to play with, and I like it.

Alongside the more technical aspects of creating industrial electronica, the spirit of the band and music evolve as well. Every Kidneythieves album has a theme that flows from one right into the next.

In an interview with antimusic.com, Dominguez describes the message of this album, "... everything we think, dream, project - used positively, become weapons of change. They are invisible to the eye, but are the seeds of power."

It's the kind of music you let possess you, neither simple background music nor an activity on its own. The album is for the introspective, yet it calls for a shared experience.

How they reached that fickle balance, I may never understand. The point is they did. Enjoy.



Breakfast Sandwich

Joy Durham

Contributing Writer

Thank you for joining me for another fun week of affordable eats! Sometimes, you just got to have breakfast for dinner. This week we are having breakfast sandwiches. Breakfast sandwiches are very simple to make, but they are hearty and delicious; a great meal for those on a tight budget.

Grocery list:	
4 slices of bread	\$.99
2 eggs	\$.70
4 slices of bacon	\$2.08
1/4 cup sliced onion	\$.69
1 red potatoe	\$.63
2 slices cheese	\$1.18
1 apple	\$.97
GRAND TOTAL:	\$7.24

Directions

1. Heat your pan and add 3tbs of oil.
2. While pan is heating, slice your potato and onion.
3. Once oil is warm, add your potato and onion, cook till done (don't forget to add salt and pepper).
4. In a separate pan, once potato and onion are almost done, cook your bacon.
5. Once bacon is done, remove and set aside.
6. In the same pan as the bacon, add 1 tsp oil to coat the pan.
7. Cook egg in the bacon pan, 1 at a time (don't forget to add salt and pepper).
8. While egg is cooking, toast your bread and slice your cheese.
9. Now you put the sandwich together, slice your apple to use as your side dish, serve and enjoy!

Have fun mixing it up with breakfast for dinner. See you next week!



Joy Durham

Breakfast for dinner, my favorite!

The New Dreamworks Hairball

Ashley Christie
Page Designer

Think back to when "Shrek 2" was released and we first met Puss in Boots. Remember thinking how great he was and how awesome it'd be if someday he'd get his own spin-off movie? Be careful what you wish for.

Antonio Banderas is back as the cute kitty with a Zorro-complex. This time, without Donkey as a verbal sparring partner, we get Humpty Dumpty (Zach Galifianakis). They grew up in an orphanage together and reunite to steal Jack's magic beans from the terrible twosome Jack and Jill (Billy Bob Thornton, Amy Sedaris).

Our hero also gets a love interest this time around, a black tabby voiced by Salma Hayak. After stealing the beans, the trio races up the beanstalk and steal the Golden Goose. As you can imagine, things don't go quite as

planned.

"Puss in Boots" is a decent enough film, but lacks the charm and humor that its predecessor "Shrek" or even "Shrek 2" had. (I'm going to go ahead and pretend that "Shrek 3" and "4" don't exist.) The script is mediocre and has few laughs for anyone over the age of eight.

Puss is a fine character, but works better as a sidekick. Sadly, the latin lothario feline can't hold an entire audience's attention for a feature-length film.

It's a Dreamworks film, so the animation is top-notch. Plus, the series continues to attracting big-name stars that are good voice actors, so if you do get dragged into the theaters by your munchkins, it won't be a total waste.

What we all loved about the first "Shrek" films was that they took fairy tale characters that we already know and love and infused them with new



humor and enough pop-culture references to make them seem new. "Puss" takes those characters, but forgets to add the humor.

Maybe it comes down to the fact that I'm just not a cat person, but "Puss in Boots" was a huge let-down. Though maybe not a surprise after the hideous mess that was "Shrek 4." (Which I'm still pretending doesn't exist.)

Puss in Boots
Rated: PG - Runtime: 90 min.

"Grimm" Delights in Familiar Setting

Steven Pryor
Contributing Writer

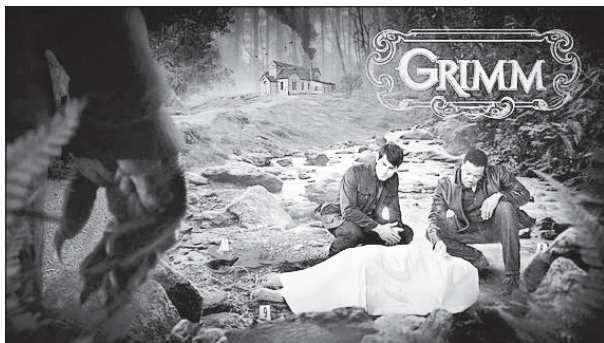
Fairy tales get a modern spin in NBC's latest crime drama, "Grimm."

In the pilot episode, we begin with a college-age girl in a red hoodie who goes out jogging, and is attacked by a mysterious assailant, which can be described, for lack of a better

word, as a big bad wolf. A detective is called in to investigate the case, and discovers he can see more of these beings in people every day.

That evening, his aunt is attacked by some of the same creatures, which are revealed to be "Bru-bawds." What's more, is that the detective is revealed to be the last of a tribe called "Grimms," who protect the ordinary people from Bru-bawds. It is then decided that he must stop the Bru-bawds from attacking any more innocents.

That is the basic premise of the new supernatural series "Grimm." It takes the concepts of fairy tales and applies them to a modern setting. The series is filmed on location in



Portland, and uses the locale to a great extent in the pilot.

Many movies have modernized fairy tales for comedy, such as "Shrek" and "Enchanted," but this is one of the first series to portray modern fairy tales in a serious light, and it's done very well.

The werewolf effects are great, both in fight and transformation sequences. The writers (Jim Kouf of "Angel" and David Greenwalt of "Buffy the Vampire Slayer") put a clever spin on the classic "Red Riding Hood," and the mood for the captures is set by the song "Sweet Dreams" - both the original version by the Eurythmics and Marilyn Manson's haunting cover.

I would highly recommend "Grimm" for viewing. I want to see what this series will do with other fairy tales, and I encourage you to tune in for it all.

Grimm airs Fridays at 9 p.m. on NBC

Missing Halloween already?



Go online to check out more stories about Zombies in Portland and our own campus invasion. Visit commuter.linnbenton.edu.

Give me books, fruit, French wine and fine weather and a little music out of doors by somebody I do not know - John Keats



Stoner Comedy Is Stone-Cold Awesome

Kyle Holland
 Sports Editor

They survived the White Castle mission, escaped from Guantanamo Bay, and now the stoner duo of Harold and Kumar is back to bring us a 3-D Christmas special that makes "Bad Santa" seem like a great choice for a family movie night.

In "A Very Harold and Kumar 3D Christmas," it's been a few years, and the duo has had some much-needed time apart. Harold (John Cho) has turned into quite the family man, with a nice home in the suburbs and in love with his wife, while Kumar (Kal Penn) is still a major pothead and is in love with his bong.

The two seem to be on completely separate paths and have new best friends to entertain them, until the quest for the perfect Christmas tree brings the two back together for an amazing journey full of twists and turns.

Harold's father-in-law Mr. Perez, played by Danny Trejo ("Grindhouse," "Machete"), is in town for the holidays and has brought the entire family/Mexican mafia along.

After the first couple of trees don't work out, Harold and Kumar are off to find the perfect tree before the family gets back from midnight mass. Harold is determined to please his father-in-law and make Christmas perfect for his new family.

The journey is everything you would expect from the duo, from racism to religion, nothing is off limits, including a scene in heaven where N.P.H. (Neil Patrick Harris) meets up with Jesus and his topless female

companions for shots and some extra-curricular activity.

Yes, he died or seemingly looked dead in the second film, but he's back playing his drug-addicted, womanizing self, and threw in that he would see them around in the fourth one (hint, hint).

For the first time in a long time, I was excited to see a film in 3-D and pay the extra three dollar surcharge. The film did not disappoint. The real-life Harold and Kumar (the writers of all three movies, Jon Hurwitz and Hayden Schlossberg) know that their movies might not attract your typical 3-D fans, but never before has a comedy used this type of technology to deliver to its audience.

Watch out for confetti, eggs (thrown by Occupy Wall Street types and in slow-motion), cocaine rocks (no, I was not one of many in the audience trying to catch them as they came flying out), and much more throughout the film.

The film is full of laugh-out-loud moments to keep you going. From run-ins with Ukrainian mobsters to naked nun fantasies, and Santa (the real one not the stoned one) being shot in the head, the film does not disappoint.

First-time director Todd Strauss Schulson does a great job keeping the raunchy comedy and downright nasty dialogue flowing in traditional Harold and Kumar style. I was very impressed with the film, even after all the hype on the film. It still delivered in true comedic fashion.

A Very Harold and Kumar 3D Christmas
 Rated: R - Runtime: 90 min

Timberlake and Seyfried Don't Waste Audience's Time

Dustin Nash
 Contributing Writer

The latest sci-fi film from writer/director Andrew Niccol, "In Time," managed to impress despite its flaws. It touched on some very thought-provoking and important topics, but managed to draw too much attention away from its stronger points. The film did incredibly well in holding up a savage mirror to greed, capitalism, and segregation in our own society.

Taking obvious cues from "Logan's Run," the story was the main attraction here. Set in a futuristic society where everyone's bodies are engineered to stop aging at 25, the global currency is time. When you run out of time, your life ends. They live in an economy divided among those that live a day at a time, and the fabulously wealthy individuals are attaining no less than immortality.

Niccol has definitely impressed me in the past with films like "The Truman Show" and "Gattaca," but his latest just felt like the same "action guy gets action girl, and saves the day for everyone" movie that I've seen dozens of times. Acting was at least a par performance from Justin Timberlake and Amanda Seyfried. However, Cillian



Murphy's character held up very well as the central antagonist.

"In Time" delivered on some respectable levels, but was almost laughably cheesy from time to time. Don't expect to be blown away, but don't shy away from this piece, it is worth the watch.

In Time
 Rated: PG-13 - Runtime: 109 min.

COMING ATTRACTIONS



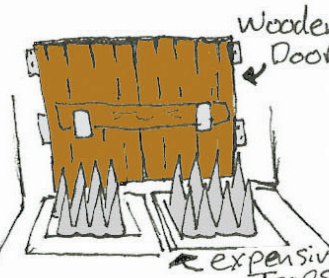



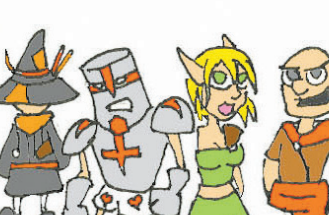


 <p>Immortals Rated: R Genre: Digitally Enhanced Pecs</p>	 <p>J. Edgar Rated: R Genre: Oscar Bait</p>	 <p>Jack and Jill Rated: PG Genre: Comedy?</p>
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Sources: IMDb, Yahoo! Movies, Fandango.com

Gamer's Log: Demos

Orcs Must Die! & Dungeon Defenders

Mason Le Britton © 2011
 Groovysweet.wordpress.com

 <p style="font-size: x-small;">Available on xbox live, steam, and other online game services. At a sensible \$15.</p>	 <p style="font-size: x-small;">O.M.D. is a tower defense third person shooter. It's single player, but that's fine.</p>	 <p style="font-size: x-small;">To defend the 24 maps, the war mage gains access to 17 deadly and diverse traps.</p>	 <p style="font-size: x-small;">The young apprentice also has several weapons and powerful magic at his disposal.</p>
 <p style="font-size: x-small;">Also available for \$15 on xbox live, steam, and other online stores.</p>	 <p style="font-size: x-small;">D.D. is also a tower defense, but with a twist of action RPG. This one is multiplayer, but it seems to have less traps.</p>	 <p style="font-size: x-small;">There are 4 classes: the apprentice, squire, huntress, and the monk. Each has their own skills, weapons and traps.</p>	 <p style="font-size: x-small;">The game does work best with friends, as things can get out of hand quickly.</p>
 <p style="font-size: x-small;">Hold out as long as possible against limitless waves, collect loot and level-up.</p>			