

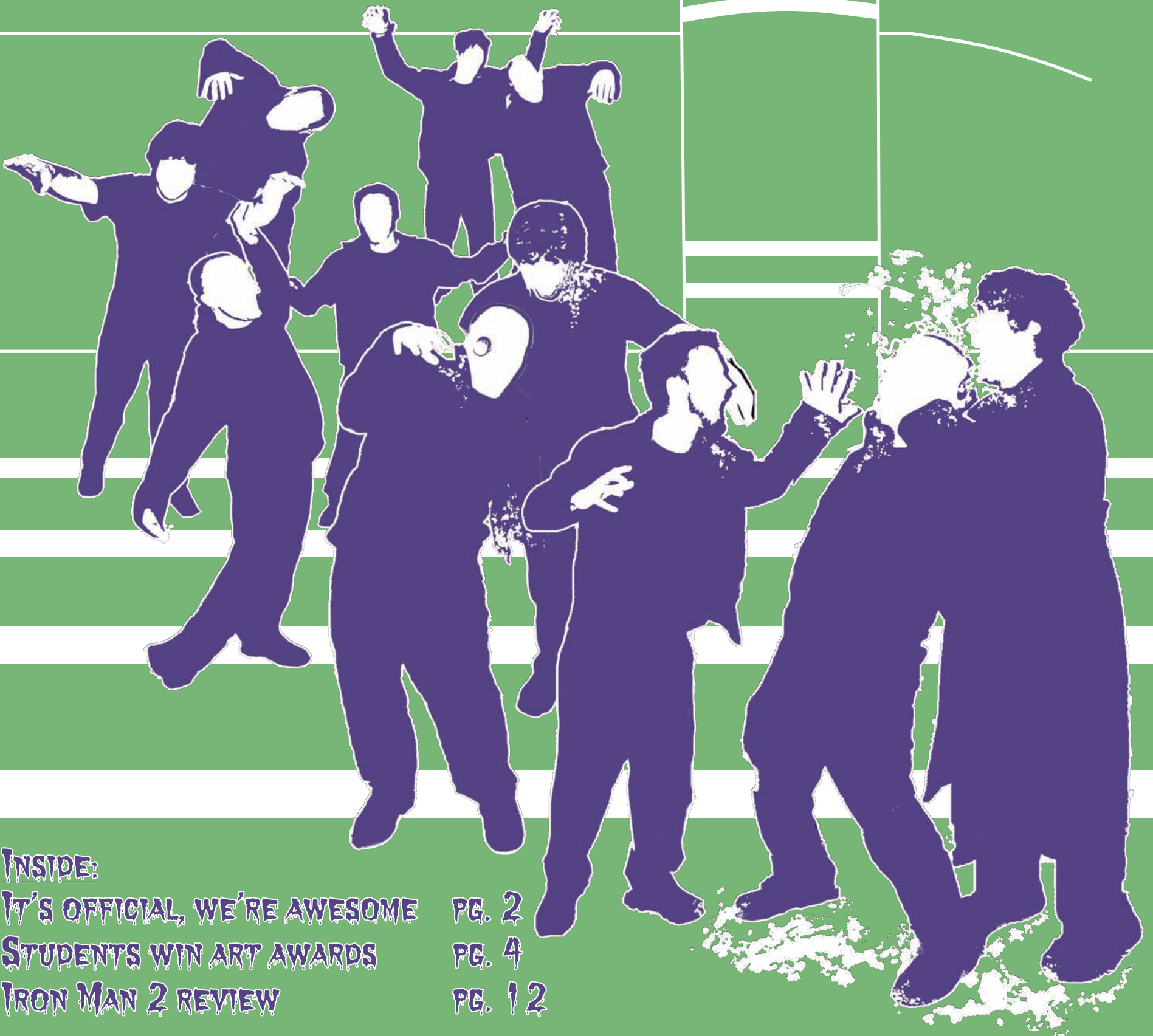
Commuter

ZOMBIE AWARENESS



MONTH

PG. 8-9



INSIDE:

IT'S OFFICIAL, WE'RE AWESOME PG. 2

STUDENTS WIN ART AWARDS PG. 4

IRON MAN 2 REVIEW PG. 12

The Commuter
Editor-In-Chief: Max Brown
Managing Editor: Justin Bolger
Newsroom Desk: 541-917-4451
E-mail: commuter@linnbenton.edu

Campus News

News about Linn-Benton Community College, including the Sweet Home, Lebanon, and Benton Centers.

And the winner is ...

Full list of Commuter awards:

Best Feature Story
Maya Lazaro
 1st place

Best Editorial
Justin Bolger
 1st place

Best Graphic
Maggie O'Reilly
 1st place

Best Headline Writing
Commuter Staff
 2nd place

Best Series
Commuter Staff
 2nd place

Best Feature Story
Maya Lazaro
 2nd place

Best Sports Story
Erik Bender
 2nd place

Best Review
Ashley Christie
 2nd place

Best Design
Commuter Staff
 2nd place

Best Cartooning
Mason Britton
 2nd place

Best House Ad
Ashley Christie
 2nd place

Best Section
Commuter Staff
 Honorable mention

Best News Story
Max Brown
 Honorable mention

Best Sports Story
Erik Bender
 Honorable mention

Best Feature Photo
Max Brown
 Honorable mention

Max Brown
 Editor-in-Chief

The Commuter won 15 awards at this year's Collegiate Day! This year LBCC hosted Oregon Newspapers Foundation's Collegiate Day where college newspapers from around Oregon meet to attend seminars on journalism. Collegiate Day also is where the Collegiate Newspaper Contest winners are announced.

The contest is held through Oregon Newspaper Publishers Association, and The Commuter has taken part in it for many years. This year we focused on raising the quality of The Commuter's print edition, and our work has been validated by our awards. We have not won this many awards since 2006. We did not take General Excellence this year, but I am proud of what we have produced.

Besides awards, Collegiate Day 2010 offered four different sessions, run by panelists. The panels featured



Members of the Commuter staff show off their awards.

Photo by Tony Brown

professional journalists from around Oregon. Some speakers were from Albany, such as Hasso Hering, the editor-in-chief of the Albany Democrat-Herald, and Corvallis, Nancy Raskauskas, the entertainment editor of the Corvallis Gazette-Times.

One session seemed to be a repeat from last year's Collegiate Day, but I can see why they brought it back. This session focused on ethics, open records and other legal issues in journalism. During the seminar, the speakers asked the audience how they would handle

tricky legal matters, then explained what would be considered "correct" procedures.

My favorite session was when Raskauskas, and Lindsay Schnell, sports writer for the Oregonian and ESPN, spoke on social networking. They had much to say about how college newspapers could improve by using tools like Twitter, Facebook and other online sources. Raskauskas had

many helpful links and tools for student newspapers looking to turn their online component into something amazing.

The Commuter currently focuses on using Facebook; I feel we have done a nice job with that, but we will start making our website stronger.

Next year we will be focused on turning our website into an interactive, informative, and fun place for readers to visit. And now, thanks to ONPA, we have the tools to do it.



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

Wednesday 5/12
Courtyard Lunch: Bratwurst Bar

11:30 a.m. – 1 p.m. • *The Courtyard*
 Don't miss the fun brewing in the courtyard and support LBCC Clubs & Organizations! Lunch includes bratwurst or vegetarian sausage, all the fixings, chips, cookie and a soda. Cost is \$3.50 for students and \$4.50 for staff.

Native American Student Union Meeting
 3 p.m. • *Diversity Achievement Center*

A meeting for the Native American Student Union (NASU) will be held in the DAC today. Everyone is welcome! For more information, contact JR Tharp

at tharpjj@linnbenton.edu or Michelle Wilson at 541-917-4835.

U.S. Poet Laureate Kay Ryan
 4 p.m. • *Russell Tripp Performance Center*
 U.S. Poet

Laureate Kay Ryan will be on campus for a poetry reading, question-and-answer session, and book signing. The event is free and open to the public. For more information, contact Robin Havenick at 541-917-4574.

Wednesday 5/15

Pacific Islander's Club Annual Luau
 5 – 8:30 p.m. • *The Commons*
 Aloha! Come and enjoy some island food and entertainment! For more information, please contact the club advisor, Angie Klampe, at 541-917-4780 and/or Chelsea Ellertson, club coordinator, at 541-917-4459. Hope to see you there!

Wednesday 5/19

Courtyard Lunch: Jamaican Hamburgers
 11:30 a.m. – 1 p.m. • *The Courtyard*
 Head out to the courtyard for some mouth-watering Jamaican Hamburgers and support LBCC Clubs & Organizations! Lunch will include hamburger



or vegetarian option, all the fixings, chips, cookie and soda. Cost is \$3.50 for students and \$4.50 for staff.

Dare to Repair Your Car!

12:30 – 1:30 p.m. • *The Courtyard*
 Dare to Repair is back! Only this time we are putting a different twist and we'll be tackling basic car care & safety. Come to the courtyard & join some of our female students from the Automotive Technology Program! This event is sponsored by the Non-Traditional Careers Program.

Friday 5/21

Benton Center Acoustic Showcase

Noon – 1 p.m. • *Benton Center Student Lounge*
 Three Fingered Jack graces the stage for the next Benton Center Acoustic Showcase. Corvallis-based Three Fingered Jack taps into the deep roots of the Celtic world. They are known for driving Scottish reels and lilting Irish jigs punctuated by proud and dear traditional ballads, tightly harmonized waltzes, and the occasional drinking song. With fiddle, guitar, bouzouki, cello, whistle, bodhran, and vocals, theirs is a powerful and layered sound.

Saturday 5/22

Festival of Hope
 10 a.m. – 6 p.m. • *Albany*

Campus

The Albany festival is a day long, family oriented fundraising event sponsored by an alliance of local businesses and institutions dedicated to assisting people in Albany who struggle with various life challenges. Events include a 2K or 5K walk or run, a 500-meter kid's dash, arts and crafts booths, food vendors, music contests and demonstrations, kids activities such as face painting, cakewalk, obstacle course, and more. For more information or to register for the walk, run, or kid's dash, visit online at www.albanyfestivalofhope.net. Sponsored by Albany Mennonite Church, First Christian Church, and LBCC Institute for Peace and Justice.

Thu & Fri 5/27-28

LBCC Culinary Arts French Banquet

6:30 p.m. • *The Commons*
 The banquet is prepared and served by LBCC culinary students. Tickets will go on sale Monday, May 3 at 8:30 a.m. in the Culinary Arts department, room CC-214. Cost for the banquet is \$32 per person. Ticket sales are limited to 8 per person. The theme this year is "L'amour de Cuisine" (For the Love of Cuisine). For more information, contact LBCC Culinary Arts at 541-917-4391.

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Cinco de Mayo at LB

Lacey Jarrell
 Staff Writer

For many students, Cinco de Mayo is a day for dancing, drinking and general celebration.

Minus the dancing, LBCC upheld the holiday's reputation for fun as students and staff mixed and mingled amid the sounds of traditional Cinco de Mayo music in the quad last Wednesday.

This much-anticipated holiday commemorates Mexico's victory over the French army at the Battle of Puebla in 1862,

Sipping on virgin margaritas and dining on food served on fiesta plates, students were able to feast in true festival style. The menu included a self-serve taco bar, refried beans, tempheh, sweet bread, and the ever-popular chips and salsa.

"I give the food four out of five stars. The beef was really good quality - same with the beans ... and they picked a really good salsa," said student Nick Cantrell.

Students were also able to participate in activities including making crepe paper flowers, decorating tortillas and bidding at a silent auction.

Pre-med student Jenetta Chu, who was busy wrapping paper flowers, commented, "I love the festivities here; they are always so much fun!"

At the Associated Student Government booth, students met and mingled with new ASG members and win prizes. For filling out a short



survey, students were rewarded with a prize out of a big pink and white sombrero, including water bottles and pens. Surveys asked how students hear about events and what events they are interested in. Student responses will be used in next year's event planning.

James Smith, LBCC's new ASG vice president said, "We're out here to spread the word about ASG and to try to get students involved. We want to bridge the gap between students and administration."

"I love the festivities here, they are always so much fun!"

-Jenetta Chu, Pre-med student

After spinning the prize wheel at the bookstore table, student Ben Williams happily carried away a new red LBCC t-shirt.

"I get to show people I go to Roadrunner heaven. When I wear this shirt, I can go around saying, 'Beep, beep,'" said Williams.

Think Non-Traditional club members, Caelah Loper and Jordan Glass, had a booth promoting non-traditional careers for students; both men and women. TNT offered reading material such as "Dare to Repair: A Do-It-Yourself Guide to Home Repair" for female students interested in exploring a new field.

Loper, who is a student in the Welding Technologies program said, "It's just helpful for students to know that someone is here to help you get through your career choice."

Regardless of your career choice, political affiliations or preference for hard or soft tacos, there is always something for everyone at LBCC's annual Cinco de Mayo festival.

¡Vemos el próximo año!

Multiple Sclerosis: At the frontier and beyond

Stephanie Vomocil
 Contributing writer

"Our greatest glory is not in never falling, but in rising every time we fall" - Confucius.

Resilience is a vital tool for anyone to have; for people living with Multiple Sclerosis (MS), it is essential. Kristina Hanna, Ph.D. presented ways to enhance mental resiliency and manage depression when dealing with MS.

On April 24, 2010, at the Hilton in Portland, Ore., five speakers gathered to conduct a patient-education event about MS.

MS is a disease where the immune system attacks the myelin sheaths of the central nervous system. It is a progressively worsening disease with no known cause or cure, and affects an estimated 350,000 Americans.

Many people came to hear about the possibility of an oral drug. Chairman Dennis Bourdette, Department of Neurology, OHSU, presented on two oral drugs that will be available by the end of this year. Currently, the medications for MS are injections or infusions.

Cladribine and Fingolimod, the two oral drugs, are like all MS medication in that they have serious side effects. Cladribine led to viral infections, which lead to four deaths in the trial group along with three cancer cases. Fingolimod had two attributed deaths.

Long term side effects of the drugs remain uncertain. Both drugs lower your white

blood cell count. The cost is estimated to be \$1,000 per pill. Bourdette joked, "Delivery to you in a Cadillac."

The event ended with a question and answer session. McDougall M.D., Leslie Weiner, M.D., and Kristina Hanna, Ph.D. answered questions while Bourdette mediated. There was disagreement between McDougall and Weiner when answering questions regarding the cause of MS.

Weiner, Professor of Neurology and molecular Microbiology and Immunology at University of Southern California, has spent the majority of his career looking for a virus responsible for triggering MS, yet the cause of MS still remains elusive.

Weiner is looking into stem cell research to repair the damage caused by MS. Induced pluripotent stem cells "are the future of stem cell research," claims Wiener. IPS cells are taken from your body and turned into stem cells.

McDougall presented his diet as a cure for MS. He claimed that our diet is responsible for many of society's ills. He is currently conducting a study to measure how much diet changes the course of MS. The disagreement arose when McDougall presented his diet not only as a cure but also as the cause.

One audience member said, "I was on the McDougall diet and after a year I had lost weight, but I did not see any disease modifying results."

Festival of Hope

May 22, 2010

10am-6pm - LBCC, Albany, Or

Kids Activities
 Art's & Crafts
 Music, Food
 & FUN, FUN, FUN

Western Health Sciences University
 Knife River
 Albany Kiwanis
 National Frozen Foods
 Oberto Beef Jerky
 East Albany Lions Club
 Coldwell Banker Valley Brokers

5K/2K/500M Race/Walk

Enter and pay entry fee on our web site!

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Hope Orthopedics of Oregon
 Timberhill Athletic Club
 Sunset Dental; Dr. Linda Selby
 Encore Physical Therapy
 Carl & Walker Family Dentistry
 Five Star Sports
 Christopher and Ralph Scariano of Edward Jones



It's FREE!

(Some booths may have a small participation fee.)

AlbanyFestivalOfHope.net



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Student artwork showcased



Naoko Machida proudly stands next to her piece "Ugly Duckling" which won Best in Show. It is made from cut paper.

Photo by Cameron Vasseur

Cameron Vasseur
 Staff Writer

Art has always been a way for us to peer into the minds of those who create and, for a brief moment, let us share in the world. It is no wonder that LBCC paused on May 5, to appreciate the artists who brighten our halls.

North Santiam Hall held a ballot where students who took the time to admire the works there could submit what was, in their opinion, the best of the best. Over 100 ballots were cast and 14 students were selected from the total 37 who had submitted their works. These artists submitted nearly twice their number in works with over 60 pieces on the walls; the choice was a difficult one to make. Awards were given for each of the mediums used to create these pieces including photography, drawing, painting and sculpting.

LB's president Greg Hamann opened the ceremony by welcoming the artists and judges and congratulating the winners. Hamann then presented his award: the President's Choice. It went to Timini Snow-Byram for his work, "Kuei Mei 3," which was done with spray paint on plywood. He presented the award though the artist was absent, saying it was an "attractive and sometimes haunting image ... it drew me back to a time in my life when I was younger." Hamann went on to say that "so much of what's worth communicating is not through words, but through form."

After Hamann, the rest of the awards were given by Gary Westford, the Head of the Art Department, Analee Fuentes and Dori Litzer, both art teachers; Rich Bergeman, the Art Gallery Coordinator, and Miriam Alexis Jordan, the Executive Assistant at University of Oregon's Jordan



Timini Snow-Byram used spray paint on plywood to create his piece, "Kuei Mei 3." It was chosen by LB president Greg Hamann to receive the President's Choice Award.

Photo by Cameron Vasseur

Schnitzer Museum of Art. Jordan judged and presented the award for Best of Show, and that went to Naoko Machida of Corvallis for her cut-paper work entitled "Ugly Duckling."

These works and many more are all on display on both floors of LBCC's North Santiam Hall. They may be viewed weekdays from 8 a.m. to 7 p.m.

THE COMMONS FARE 5/12 - 5/18

Wednesday

Dishes: Prime Rib with Popovers, Coquilles Saint-Jacques à la Parisienne, Tofu Stir-fry with Broccoli
 Soups: Billy - Bi and Split Pea

Thursday

Dishes: Hungarian Chicken, Sushi, Spanikopita
 Soups: Cream of Broccoli and Chili Mac

Friday

Chef's Choice

Monday

Dishes: BBQ Country Ribs, Moroccan Chicken, Omelet Bar
 Soups: Saffron Chicken and Vegetarian Vegetable

Tuesday

Dishes: Spice Rubbed Beef, Coulubiach, Portabella Polenta with Mascarpone and Sun dried Tomato Pesto
 Soups: Chicken Consommé and Roasted Garlic Pesto

Other award winners:

Donna Beckstead of Scio, the Carol Schaafsma Award of Merit in Painting and the Art Media Award for best overall body of work

Miriam Morrissette of Corvallis, the Carol Schaafsma Award of Merit in Drawing

Kusra Kapuler of Corvallis, the Carol Schaafsma Award of Merit in Sculpture

Janey Bevill of Albany, the Carol Schaafsma Award of Merit in Photography

Timothy Byram of Philomath, the President's Purchase Award

Jessica Bonnett of Corvallis, the Creative Crafts Award

Lynda Farmer of Corvallis, the Hester Coucke Award and the Santiam Restaurant Food For Art Award

Rick Lorraine of Corvallis and Abigail Lundberg of Lebanon, LBCC Bookstore Freedom of Expression Awards

Angela Ritt of Corvallis, the Oregon Camera Award in Photography

Jessica Severance of Albany, the Willamette Valley PhotoArts Guild Award

Rinee Merritt of Albany, the Art Faculty Award of Merit

Timothy Byram of Philomath, the People's Choice Award

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LBCC dance club perform a tribute to Michael Jackson.

Photo by Alx George

Office Hours: Q&A with Katherine Sanders

Alx George
Staff Writer

Katherine Sanders teaches jazz, modern and hip hop dance part time at LBCC. Sanders is also the staff representative and creator of the LBCC dance club. She not only teaches her students to dance, but also provides them with opportunities to stretch their wings and choreograph their own work.

Daniel Rasberry is appreciative of what Sanders is doing with the club. "I talked to Katherine and loved what she believed in. It fits me and my personality and the way I am."

Jim Bell of the Athletic Department is also impressed with Sanders' contributions to LBCC. "Her energy and enthusiasm, the motion and expression of dance have been caught by the students in the club and in her classes. It's nice to see this new innovation."

Katherine Sanders has brought a unique experience here to LBCC. With a variety of dance classes and this new performing dance club students have a wide range of opportunities to express themselves through dance. Says Sanders, "I think anyone can dance."

Commuter: "How and why did you first get involved with dancing and teaching?"

Katherine Sanders: "Both of my parents, and my entire family, are teachers. I just come from a family of teachers. My mother was my first dance teacher. She owned a dance studio when I was growing up so that got me involved with dance originally. I definitely kind of went away from it for a little while but I always kept in my life a bit. Finally when I was just finishing high school and entering college I really realized that I was much happier when I was dancing regularly. And since then I've just danced five days a week almost consistently since then. So it just kind of made sense ... the teaching I guess and my family background ... it's just what I do. I can't imagine any job I would rather do."

C: "What sort of dancing do you personally do in your free time?"

KS: "I don't [laughs] because I dance so much during the week for my job. It's rare for me to go out dancing or take any extra classes. In the



Dance Instructor
Katherine Sanders

Photo by
Simon Nam

summer time I go to New York City and I give myself a dance intensive that LBCC offers financial support for professional development and so I take a lot of modern and hip hop just to get a sense of the current moves coming out of New York City."

C: "How did you become an instructor here at LBCC?"

KS: "When I moved up here from Eugene almost four years ago I was working at Willamette University and I noticed there was very little dance offered for adults in this area and especially through this college. [I also noticed] there was only one ballet class offered at the Benton Center and maybe some country line dancing for community ed., but [there wasn't] a lot [offered]. I actually was just really proactive and called the people who do the community ed. in Corvallis and just let them know that I teach among other things hip hop, which is really a popular dance form right now and that they might want to consider offering it. So about three and a half years ago they offered it as non-credit and it filled right away. So then I worked my way over here and said to the people in the PE department that since that class was obviously so popular that I encouraged them to offer a credit class of it. As soon as people realized it was there it caught on and started to fill. Once hip hop was doing well I started offering other dance forms ... It seemed like the community was missing that and I've been really happy to be able to fill that gap."

At a glance

Classes taught at LBCC:
PE 185R & 186F, Modern Dance

How long she's been at

LBCC:

3 years

Life before LBCC:

She taught at dance schools where ever she lived and at Willamette University.

Office space:

"I don't actually have an office because I'm part time. I joke with people that my office is right in front of the stereo cart because that's where people meet to talk with me."

Hobby:

"Glorified taxi driver" for two teen children, working in the garden, and taking walks in the park with the dog.

Where to find

Katherine Sanders

E-mail: sanderk@linnbenton.edu

Office Hours: 10 minutes before and after classes

C: "What's your favorite thing about teaching here at LB?"

KS: "I would have to say the student population. I always liked the feel of a community college. To me there is so much more diversity because in the same class you could have a 17 year old who's straight out of high school mixed in with a 26 year old coming back after having two children and a 50 year old who is on their second round of trying to find a new career. I love that because I feel it creates a really rich classroom. So for me as a teacher having people come in from those different walks of life that's the best part [of teaching]. I feel like here people are living real life."

LBCC moves with the beat

Alx George
Staff Writer

When you think of a dance concert do you think of Rihanna's "Disturbia," Michael Jackson's "Beat it" and "Drop The World" by Lil Wayne?

If you answered no, you should rethink dance.

The LBCC dance club put on two dance concerts entitled "Inspirations" at 7:30 p.m. on Friday May 7 and at 2 p.m. on Saturday May 8.

With ballet pieces by Legacy Ballet, a tribute to Michael Jackson, modern, hip hop and the rap "Moves Like That" by dancer and choreographer Daniel Rasberry, how could this performance go wrong?

Answer: no way.

The theater department provided technical support and performing space and the PE department provided weekend access to the activity rooms.

The dancers had the audiences cheering enthusiastically. Sanders was particularly pleased with the turnout.

Ryan Holley, a member of Saturday's audience, like the variety of pieces.

"It was pretty cool. They had a lot of different types of dances so it was like everybody who came would be happy with something."

With a combination of slow modern dances and up beat rhythmic hip hop pieces, these 34 dances put on a pleasing presentation.

The costumes were brightly colored. The music selections were surprising, but complimented each dance.

Attendee Steve Killian was particularly impressed with the different dances.

"I enjoyed it. I like the way it kind of flowed together."

Katherine Sanders, director of the performance and staff advisor to the dance club, was very pleased with how the performances turned out.

"I think they [the dancers] did great. I'm pleased with the overall outcome in terms of the student involvement and commitment especially in the end when it really matters most [the last week of rehearsal]. Everybody just had lots of energy for it. As a director I enjoyed watching them."

Sanders was inspired to create this event when she first realized LBCC was lacking a dance club.

Her vision was to have a performance that was dance oriented. Now she hopes to further the dance club and have it reach out to the rest of the community with more dance classes and workshops.

Sanders wants students to feel welcome to join the club regardless of how much experience they have with dance.

"Most students know about the club because they took some classes from me, but you don't have to be enrolled in a dance class to get involved with the dance club."

Be on the watch!

Sanders also has some ideas for adding even more dance to LBCC.

"There's been conversation about making the dance performance a credit

course. Dance is also a performing art so it could fit into both the PE and Theater Department. I've been having conversations with people here at the college about adding more credit class options."

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Opinion

Submissions to The Commuter:
E-mail: commuter@linnbenton.edu
Drop-in: Forum 222

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 will not knowingly publish material that treats individuals or groups in an unfair manner. Any advertisement judged libelous or in poor taste by the newspaper editorial staff will be rejected.

Help Wanted

You can sign up at www.linnbenton.edu/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 101).

PD & Application

Technician (#8033, Springfield) If you are getting your associate's degree in Science or Chemistry, this job might be a good starting point for you?

Admin Assistant/Clerical

(#8032, west Salem) In this full-time position you will get to use those great secretarial skills!

Engineering Equipment

Operator (#8031, Sweet Home) This gov't job

operates graders, tractors, backhoes, trench diggers, front-end loaders, etc.

LBCC Coffee House Student Manager

(#8008, LBCC) If you are in a LBCC student in good standing & completed 6 credits, this might be a great job for you. This is non-paid, but tuition is waived for your hours of work. 15 hours/week.

"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.

Adam LaMascus
Opinion Editor

Thank God it's Thursday! Last summer, Utah started an experiment. It changed the work week for all government employees from five 8-hour days, to four 10-hour days, all offices being closed Friday through Sunday. A year later the results are impressive.

According to Time Magazine, being closed that extra day saved Utah an estimated \$3 million by reducing energy usage by 13 percent. In addition, it is estimated that employees saved \$6 million in gasoline by not having to drive to work. 82 percent of the employees in Utah have reported being extremely satisfied, and the state is set to continue this plan indefinitely.

The experiment was spawned by a study from Brigham-Young University, which stated that four day work weeks are ideal. The initial BYU study and following Utah experiment showed a drastic

improvement in morale and at least 60% of the employees showed marked productivity increase. Also, economic benefits were recorded, as people who had more free time tended to go out and do things, such as spending more money. It has been so successful that numerous cities, town and counties, including Clackamas County, which switched over in late 2008. Even General Motors is implementing the news schedule in numerous plants.

Many European countries, like France, Germany, and Italy have followed suit, except they have tended to keep the hours the same, therefore reducing their weekly hours. While I know many Americans are horrified at this concept, I'd prefer the decrease in Puritanical

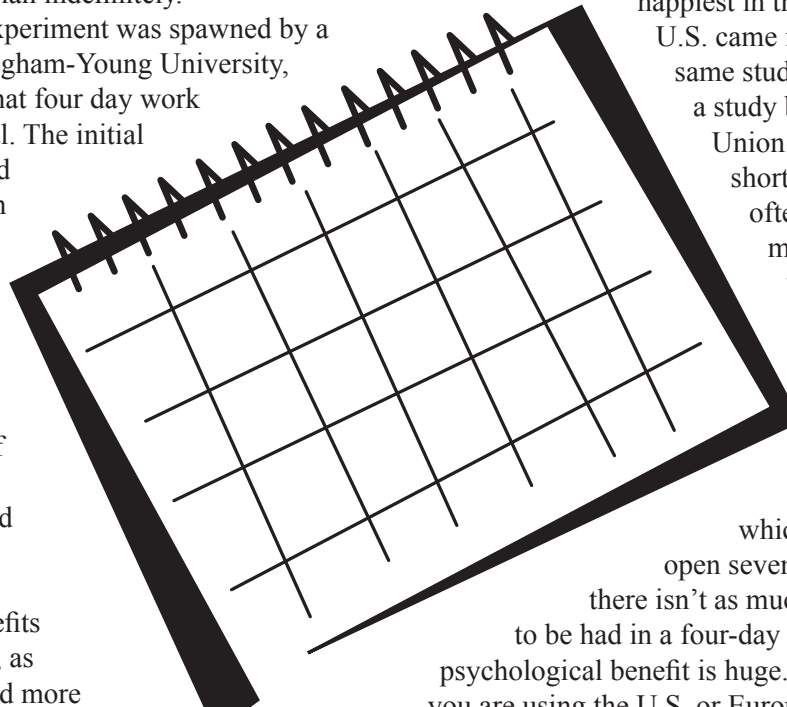
work standards. Americans on average only get 12 days of vacation time annually, just about the lowest in the industrialized world. Germany gets 30; France, Norway, Sweden, Denmark, and others have 25, which seems to be the European average. At the same time, Europeans, who on average smoke and drink (and exercise) much more than Americans, tend to have longer life expectancies.

The CIA states the U.S. is 49 out of 224 in terms of life expectancy. Germany is 32nd, Austria 27th, Sweden 8th, and France 7th. I don't think it is a coincidence the countries with almost double our time off have longer life expectancies. Likewise, according to a recent study by the BBC, the Danes, and other

European countries, are the happiest in the world. The U.S. came in 23rd in the same study. Additionally, a study by the European Union suggests that shorter hours can and often does result in more jobs, which we all could use right now.

I understand that in businesses such as retail, which are often open seven days a week, there isn't as much conservation to be had in a four-day week, but the psychological benefit is huge. Regardless if you are using the U.S. or European model, there is a definite economic incentive as well. Where the U.S. model may give individuals more spending power, the European one creates work.

We should give people more jobs, and more time off, which will help not only our economic health, but much more importantly, our mental health. I remember talking to a German who was on a sort of business exchange program here in the U.S. When I asked him how he liked it, he said the country and people were nice, but he couldn't wait to get back home because: "In Europe, we work to live, here, you live to work."



Perspectives:

What would you do in a zombie apocalypse?



Amanda Dixon
Journalism

"My plan is to get everything I'd need from Walmart, stock up this huge car with a ton of gas, drive over to Ohio, go to my friend's log cabin and snipe zombies."



Thaddeus Argetsinger
Network & System Administration

"I would definitely get an arsenal of weapons and I'd fight till I died."



Felicia Friend
Dance

"I would probably carry around a chainsaw."



Caleb Doner
Mechanical Engineering

"I would pull out my AR 15 and blast them away."



Brittney Wade
Culinary Arts

"I would find a cure and save the world from the zombies."

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Opinion

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From the locker room to the classroom: Classroom ethics

Tony Brown
 Photo Technician

A college education is essential in obtaining a profession for life. That said, it is vital that as students we learn to be professional in our behavior and conversations while attending college. When we were children we acted like children, but now that we are adults we should act like adults.

At LBCC, students are advised to read the statement on Students' Rights, Responsibilities and Conduct. Every instructor includes this information in his or her course syllabus, along with the harassment and discrimination code. Students are responsible to read and understand them.

These codes are the same in college as they are in business: that each person has freedom from harassment, freedom from sexual harassment/sexual assault and

freedom from discrimination.

The Students' Rights and Responsibilities handbook states that the discipline and penalties for violating these codes includes disciplinary admonition and warning, to probation and expulsion, even exclusion from campus, and referral to outside authorities.

The conversations we hold should respect the rights of instructors and fellow students. They should not include subjects and language that are patently offensive and sexual in nature. Students are given one chance to correct their behavior and not repeat it.

Asked about the consequences of being disrespectful in class, Dean of Instruction Gary Ruppert said, "The teacher has the final word in the classroom and can eject a student from the class. The student will not be able to return to class until they have talked with the dean."

Remember that someone is paying for your college education whether it is from scholarships, your parents or even from you.

The education students gain in college will extend into the career they have or will have. Federal and state lawmakers have set laws in place that must be followed in the work environment and work-sponsored events.

The penalties for violating these laws can cost people their careers and cause many problems in their personal life. Offenders can be charged with a crime or made to pay damages to the offended.

Let us as students respect the rights of others and conduct ourselves accordingly while on campus and in our professional lives. Just ask yourself, is this something I would do or say if my mother was here?

Advice from Weiss

Question: Is it too late to drop. I need to bail out of some of my classes.

Answer: This is the last week to withdraw from classes. Friday is the last day to withdraw at the registration counter and Sunday is the last day to withdraw on-line.

I'm using the word "withdraw," because we are past the deadline to "drop" classes. The difference between the two is more than just an exercise in semantics.

A "drop" has to happen in the first two weeks of school, and you get your money back. Whereas you may withdraw until the end of the seventh week, and you don't get your money back.

Either dropping or withdrawing will protect your grade point average, but they do hurt your completion rate. Students on financial aid need to keep a 2.0 GPA and a 70% completion rate. So, if you are using financial aid, before you "bail out of some classes," do the math. Or come to financial or counseling and let us help you do the math, to make sure that withdrawing from classes is in your best interest.

Question: Hey I thought Obama was going to give more money to students with financial aid. I'm not getting anymore. What's that about?



Counselor Mark Weiss

Answer: What the Obama administration was most concerned with, and the bill congress passed, has to do with student debt. Many Americans have been concerned that students walk away from college with so much debt from college loans, that it affects their future plans and productivity. So, what our elected leaders did was create a larger amount of Pell Grant money, and used it instead of loans.

Students are not now getting "more" aid, they are getting a different "kind" of aid; a kind of aid that will keep them from accruing as large an amount of debt from college. The goal being to leave college graduates freer to make a broader range of career and life choices, and able to get the full benefit of their work more quickly, after they finish school.

Keep your questions coming. I have a box in the Hot Shot Café, or you can email me at mark.weiss@linnbenton.edu.

Mark Weiss

Mark Weiss has been a counselor and adviser at LBCC for 20 years. The purpose of this column is to answer students' questions about the college, academic advising, and how to be successful at LBCC. Please send your questions to mark.weiss@linnbenton.edu or stop by the Career and Counseling Center in Takena Hall.

Back in the day

Adam LaMascus
 Opinion Editor

This day in history ...

May 12, 1364: We can't compare ...

Jagiellonian University is founded in Krakow, Poland. It is Poland's oldest university at 646 years old. I don't think America even has a building still in use that old, let alone an institute of higher learning.

May 13, 1779: Who's in charge here?

The war of Bavarian Succession ends with the Treaty of Teschen. In classic European style, the nobility was so inbred that when it was asked who would inherit the throne of Bavaria, members of the nobility of Austria, Saxony, and Prussia all made legitimate claims. Though the war had only a few small battles, a huge number of soldiers died from disease and starvation.

May 14, 1610: Coincidence?

King Henry IV of France, a kind, compassionate, and popular king, is assassinated by a Catholic fanatic. His eight-year old son Louis XIII ascends to the throne. Strangely enough, exactly 33 years later, May 14, 1643, Louis XIII dies and his four-year old son Louis XIV ascends to the throne. He went and ruined the trend by dying on September 1, 1715, and not leaving a small child as the new king. Way to mess up a family tradition.

May 15, 1948: Don't mess with the Israelis ...

Egypt, Syria, Jordan, Lebanon, Iraq, Saudi Arabia, Yemen, the Holy War Army, Arab Liberation Army, and the Muslim Brotherhood all declare war on the Jews in Palestine, beginning the 1948 Arab-Israeli War. Egypt, Iraq, Jordan, Lebanon and Syria invade immediately. The war lasted 13 months, with the Jews winning a decisive victory and creating the state of Israel despite being initially outnumbered more than three to one. Israel remembers this as the War of Independence. I read a report by an American general on the Israeli Defense Force, and he said that they were the sloppiest and best soldiers he had ever seen.

May 16, 1770: Bad luck there ...

The 14-year old Archduchess Marie Antoinette is married to the future King Louis XVI, who was 15. Marie, despite being queen, had it rough in France. She was Austrian, and shunned by many French. She was a popular target with the local tabloids, her famous "let them eat cake" quote being something that was made up and attributed to her in order to incite anger. She was also accused of incest, adultery, homosexuality, and countless other sexual acts, none of which had any truth in them. She also liked strong, manly men, and as a teacher of mine put it: "Unfortunately for her, Louis XVI was as strong as a wet noodle and as manly as a teacup." During the French Revolution she was beheaded by guillotine. I kind of feel bad for her.

May 17, 1992: A bit behind the times ...

The World Health Organization finally removes homosexuality from its list of mental illnesses. It always kind of amused me that in Greece and Rome, the two cultures that most of European culture is based on, it was perfectly normal and ok to be gay.

May 18, 1804: People like being told what to do ...

Napoleon Bonaparte is elected Emperor Napoleon I by the French Senate. They overthrew a monarchy in 1799, declared France a free republic, then five years later voted to turn it back into an empire and elected a new king. Way to go, France, I give you an "F-" on your report card.

Thought for the week:

"There is more to life than increasing its speed."
 -Mohandas Gandhi

The Commuter

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Feature

It's close to midnight, and something evil's lurking in the dark.

Zombie kit

J.E.B. Oliver
Staff Writer

This week, The Commuter is putting out a zombie-themed issue. As an infantryman and fan of zombie movies, I couldn't help but come up with a list of items essential for anyone hoping to survive the zombie attack.

This won't include all the items you will need, just the must-haves, and why. This list includes average household items, since we're not all Special Forces soldiers or super zombie fighters.

The first item is the Remington 870 pump-action shotgun. It is the best choice for dealing with zombies. Why? Because it is a versatile and dependable weapon and ammo is everywhere. You can shoot buck shot, bird shot and slugs through it. It can be used as a standoff gun or something for clearing rooms. Also, there are many different non-lethal rounds for anyone who tries to steal your stuff.

The next item on my list is the good, old-fashioned tomahawk. The tomahawk is readily available and can do many things, from cutting through doors to chopping wood - it can even be a great hand weapon in tight spots. I would have more than one in my kit, personally.

Another must-have item is a heavy-duty poncho or tarp. It serves as a mobile shelter and provides warmth. It also can be used to acquire water or as a signal. If you get one that also happens to be camouflaged, it can work well for cover.

I would also recommend a hand-cranked radio. Why? So you can keep track of the news and know where the majority of people are fleeing to so you can avoid them (and the zombies). The renewable power avoids the need for batteries.

These are just a few of the items you will need when the apocalypse arrives. I would also recommend good shoes, a thick coat, food, water, etc., but if you have these few items you will have a fighting chance when the zombies come to eat your brains.

HOW TO OUTLIVE THE LIVING DEAD:

A guide to surviving the zombie apocalypse

Selena Gwin
Copy Editor

Zombie movies: Fiction, or a life lesson in an hour and a half? What if it actually happens? Instead of yelling, "Look behind you!" at the screen, prepare yourself for a groaning mass of infectious zombies.

Zombie enthusiast Alden Shadrick, and The Zombie Survival Guide, by Max Brooks, contributed to this novice step-by-step.

IMPORTANT FACT: All zombies must be neutralized by destroying their brain. Any other damage will only slow them down. Most agree they're not after animals, just you. Bambi doesn't have any appeal to the undead, so you don't have to worry about flesh-eating deer and rabbits gnawing at your ankles.

1. BE FOREWARNED. According to Shadrick, any head start gives you an extra edge. Listen to the news. Read the paper. Find the stuff the government doesn't want you to see. Innocent-sounding news may be a clue as to where the zombie infection is starting. An outbreak of a new-but-deadly flu in Iowa kills 30 people? Yeah, right. Knowing where the legions of undead are coming from means extra time, and extra time means better survival odds.

2. IDENTIFY THE ZOMBIE TYPE. Most often, it's going to be the sluggish, uncoordinated kind. The Zombie Survival Guide

(ZSG) pinpoints the source of this breed as the "Solanum" virus, which stops all bodily functions except for the brain, now mutated with no need for oxygen. Infection is death; the virus is one-hundred percent fatal, so don't bother chopping off your arm after you've been bitten. It won't help.

3. BE PREPARED. Since you're smart, and you've been digging for news about weird decapitations, you'll know when to get the hell out of Dodge. You'll have a plan, which should include you and your loved ones meeting at a place somewhere defensible and out of town. You should also have your food, water, weapons, family and transportation. We all hate the lines at Safeway, but wouldn't you rather go before there are thousands of undead doing a little last-minute shopping of their own?

4. WEAPONS, WEAPONS, AND MORE WEAPONS. Speed and accuracy is crucial. Weapons like crowbars, machetes and axes are the best for close combat, and, as the ZSG said, they don't need reloading. The guide also said, "The human body, if cared for and trained properly, is the greatest weapon on earth." Start training now. You'll thank Brooks, and your treadmill, when you're outrunning a horde of smelly undead. Also, the elements are not weapons. Fire hurts you, not them. According to Shadrick, if you run north for the cold, "You'll have to deal with zombies in the spring thaw."



5. TRAVEL SAFE. Avoid populated areas. Don't take the freeways; everyone else already tried that. After they got ripped from their seat, they went zombie - guaranteed. You can bet they didn't bother to pull off to the side of the road, so the highway is now a huge parking lot. Travel during the day, plan your route carefully, and if you live in an urban area, travel by foot. Don't split up and keep moving. Pick your companions carefully. You'll need people to watch your back. Don't forget, even though a zombie's ear may be rotting off, it still works. If at all possible, travel quietly and quickly.

6. HEAD FOR HIGH GROUND. Both the Zombie Survival Guide and Shadrick said don't head for police stations, malls, churches, supermarkets or any place where there will be people. A modern school or even a military base wouldn't be a bad idea, since they are made for defense. Shadrick said his best advice is to "find a house that has stairs and no bottom-story windows, smash the stairs, and fill up every bathtub and sink with water." You want to be up as high as possible, to see what's coming. Ideally, get to an island. Zombies can't swim, but they can walk under water, so fortify, just in case.

If you've survived long enough to get this far, all you have to do now is continue to survive.

As The ZSG, Shadrick and numerous websites

Online Zombie Fun!

Undead and lonely? Find your mate at ZombieHarmony!
www.mingle2.com/zombieharmony/free-dating-sites

Send in a picture and get a zombie makeover!
www.zombiemakeover.com

Best zombie game site, ever.
www.zombiegames.net

Fun simulation of a zombie outbreak.
<http://kevan.org/proce55ing/zombies>

explain, most zombies will decompose after three to five years. So, rest, learn, prepare, stockpile and keep moving, unless you've found a defensible position. In that case, start planting crops and make a guard schedule.

Another helpful tip from the Survival Guide? Wear earplugs, since "People with well-protected, well-supplied homes have been known to either kill one another or go insane simply from the incessant moan."

Also, stay fit and focused. Just because the undead haven't attacked in the last week doesn't mean they're not shuffling their way up from Corvallis, just waiting to sink whatever teeth they have left into your juicy right thigh.

Of course, all of this is only useful if they're the traditional slow-but-steady zombies. Shadrick says, "If it's runners, turn the gun on yourself."

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Feature

May is Zombie Awareness Month

Pepper spray ineffective at killing zombies

Lisa A M Bauman
 Staff Writer

You're walking across the LBCC quad one morning, sipping your coffee, when you see a large group of undead coming straight for you. Sure, you might have a zombie survival kit at home, but what about here at school?

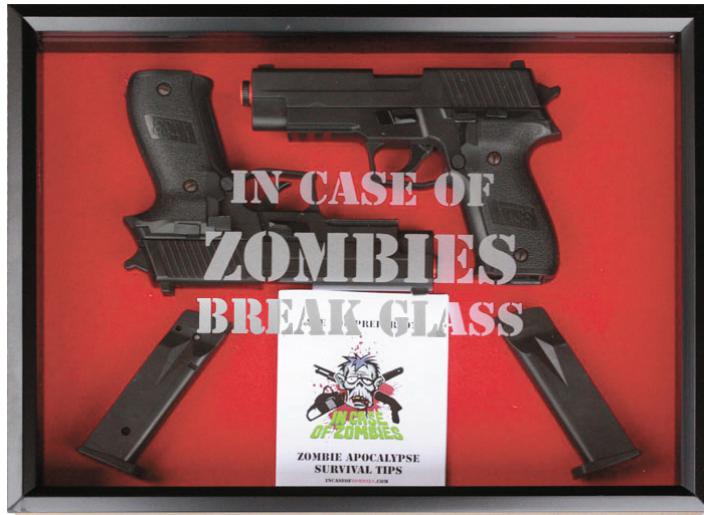
Marcene Olson, manager of Safety and Loss Prevention at LBCC had some advice for campus safety procedures during a zombie outbreak. She suggested that you should run for your life and lock down.

"All we have here is pepper spray and I don't think that would be effective to use against a zombie. Use the nearest piece of furniture is my advice," Olson said.

Hiding from a zombie is difficult because they have a very strong sense of smell, feel no pain and never stop searching. They also rot very slowly, so they will wait outside until you die of starvation or figure out a way to kill them. General consensus is that the only way to kill a zombie is to destroy the brain.

The most authoritative and popular guide to date is "The Zombie Survival Guide," by Max Brooks. This detailed manual has tons of tips: check out Cameron Vasseur's review below. Also, Selena Gwin's general survival guide and Jeb Oliver's Zombie Kit on the facing page have helpful hints on keeping your flesh attached.

Believe it or not, you can also purchase zombie protection kits online. Incaseofzombies.com has several relatively low cost kits that include wall mounts and glass protectors labeled "In Case of Zombies, Break Glass." Simply



Zombie preparation kit. Photo by incaseofzombies.com

break the glass and you have immediate access to machetes and large handguns to aid you in the situation.

Onko offers a zombie alert system that is backed up with a \$1,000,000 guarantee. Their website encourages people to install alert systems because ninety percent of zombie-related fatalities occur in the home.

Zombie Alert claims to use a patented cyclo-kinetic energy radiation server that activates only when the living dead are present in your neighborhood. These alert systems can be installed on your wall, in a watch or on your vehicle.

You can even join the Zombie Squad whose motto is "We make the dead deader." They offer seminars, an annual world-wide member meeting, community events, and "Zombie Con," a tough training program for people who want to learn zombie disposal skills.

Or consider the Zombie Research Society, an organization which promotes "raising the level of zombie scholarship." They have several chapters across the nation, including one in Seattle, Wash.,

and their site offers information, equipment and an outbreak map. A one-time membership fee of \$25 gets you an official ZRS badge, a T-shirt and discounts at their online store.

One major component in guarding yourself during a zombie attack is fitness. As quoted from the flick "Zombieland," "Fatties die first." There are several zombie preparation fitness programs available online and the good news is that many of them are free. Facebook has several groups available where members can meet for training programs and dialog about the subject.

Gyms are even responding to this desire to prepare for the imminent threat of Z-Day. Excel Gymnastics Academy in Chicago offers three weekly zombie fitness training classes. Unicus Fitness Center offers a program especially for Z-Day preparation as well. Since surviving the dangers of a zombie invasion require specific skills, these programs have specific goals. Excelling in the program will make you be able to lift and throw heavy things, run fast and for long distances, and be able to navigate obstacles and urban environments in an efficient manner.

The moral of being prepared for a zombie attack on campus is to be prepared and come to terms with the fact that you may have to break open a few corpses during your escape. Since firearms are not legal on campus, you may need to get creative when a situation occurs.

Above all: get in shape! Escaping a band of hungry zombies may require a long distance run. It's a lot of work hacking off the head of the living dead, so make sure you have strength to do it!

Zombie Preparation Directory

Campus Security
 Phone: (541)917-4440
 After Hours Phone:
 (541)926-6855

"The Zombie Survival Guide, complete protection from the living dead"
 by Max Brooks

Incuseofzombies.com
 Zombie preparation kit

Onko
 Zombie alert system
<http://www.loris.net/zombie/>

UMD Zombie Survival Fitness Training
 Facebook group

Excel Gymnastics Academy
 zombie fitness training classes
<http://zombiefit.org/>

Unicus Fitness Center
 zombie fitness training classes
www.unicusfitness.com

Zombie Squad
 for zombie preparation enthusiasts
<http://zombiehunters.org/>

Turn to pg. 16 for more zombie news.

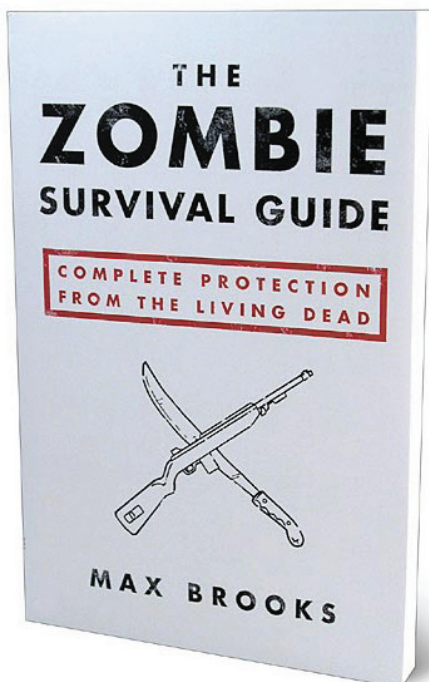
Brooks book could save lives: The Zombie Survival Guide

Cameron Vasseur
 Staff Writer

Uh oh! The inevitable has happened: zombies are shambling aimlessly towards your warm flesh and you are nowhere near a hardware or gun store! What do you do? Quick! Make your way to the bookstore and look for a book called "The Zombie Survival Guide." This book may save your life!

Within this unusual book lie the tips needed to survive the hungry undead apocalypse seeking to make you its meal. From arming yourself during those first few hectic hours to long term defensive plans, this book by Max Brooks details every last possible strategy.

Every idea that he has laid out in this manual for survival seems not only logical, but genuinely thought out, as though it were written by someone who has lived through the experience.



The book begins by introducing the virus known as "Solanum," the cause of the zombie plague. Then it transitions into chapter two, which is about the careful selection of weapons, and how to keep yourself physically prepared for this event.

With clever and gripping chapter titles, such as "On the Attack" and "On the Run," this book makes it very clear that the world's new inhabitants are anything but gracious guests, and gives you a good idea of what to expect.

The final chapter, entitled "Living in an Undead World" provides a description of the spine-tingling (and, for those enthusiasts such as myself, fun) scenario in which humanity is no longer the

dominant species and we are nearly driven off the face of this planet. It offers advice for everyday life on the run, including to always have an escape plan, a backup escape plan, and a backup plan for your

backup plan, just in case.

Terrains from desert to ocean are examined for their livability; emphasis of the importance of having a group is made. We've all seen zombie movies, so we all know who NOT to let into the group. But the end of the book shows how the natural and slow progression from the existence of a small isolated group to retaking small areas should happen.

Gathering large groups and retaking whole cities Hollywood-style is ultimately frowned upon, as the work required would be tremendous. That said, working together to restore the human race is detailed as an obvious priority.

Although this book is under the comedy section at the local bookstore, it is one I would highly recommend, should the occasion ever arise. I feel much safer knowing that the information I need to protect myself against the undead is on the bookshelf, and you should make it so for yourself as well.

Since the zombies could arise at any time I will leave you with a couple important tips detailed on the back of the book: 1) Organize before they rise. 3) Use your head, cut theirs off. 9) No place is safe, only safer. And 10) The zombie may be gone, but the threat lives on.

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Opinion

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Arizona legitimizes racism

J.E.B. Oliver
 Staff Writer

Recently, I've heard a lot about the new Arizona state immigration law. Mostly, it has been secondhand information from friends and colleagues in the Commuter office, and I've been wondering what all the hubbub is about. I've also seen many posts on Facebook and finally clicked on one.

The ad said ethnic studies classes and teachers with accents were being banned in Arizona. I had to read the article. I just couldn't really imagine a modern state banning ethnic study classes and teachers with accents. Was this true? If so, how and why?

The Arizona law was signed by Arizona governor Jan Brewer, and its aim is to identify, prosecute, and deport illegal immigrants. Considered the most encompassing and strict immigration bill to have been written into law in the United States, it has led to huge protests across the nation and backlash in Washington, D.C.

Affecting more than just the law handling the deportation of illegal immigrants; it also affects education, daily living and civil service across the state.

According to the Huffington Post, the new Arizona state law will remove funding to a school if the school teaches any classes which are subversive to the U.S. government and/or promote resentment towards a particular race. So what does this include?

The article states that this part of the law was designed to attack Mexican culture and society within Arizona schools and to make the Mexican-American Studies

department of the Tucson Unified School District change the way it teaches its classes. The state superintendent has called the current curriculum "ethnic chauvinism."

Also included in the law are rules about the level of English proficiency a teacher must have to be able to teach. It's said that this is done to remove teachers who aren't native English speakers. So, what do I think is really going on?

In this day and age, the political radicalism of the United States has come to a head. Arizona's ethnocentric law has the ability to persecute people of Mexican decent, regardless of whether they are illegal or native-born citizens.

The racial conservatism movement in America is growing, and since those involved fear they are not being heard, this will lead to more similar laws. The failure of the federal government has led to this - the failure to see that something had to be done for the betterment of the country.

Instead, they waste time looking at pointless political policies and end up with this bill which goes way too far in dealing with the issue.

It's time for Americans to take back their government from the different radical groups and acquire some common sense on how to deal with the issue, without an ulterior political motive or an agenda for complete social change - one way or the other.

We need a common-sense approach that will fix the issue and come to a balance where it is tolerable for all sides in America's new political war.

Support Nylons for Nature

Lacey Jarrell
 Staff Writer

Join forces with students at LBCC and volunteer to help collect resources for the non-profit organization, Matter of Trust! We are looking for volunteers in Corvallis, Albany, Lebanon and Sweet Home. Everyone is welcome!

But first, how do you feel about pantyhose?

Nylons for Nature is looking for volunteers to help collect pantyhose to help save fragile Gulf wetlands and sensitive ocean ecosystems from the destructive Deepwater Horizon oil spill.

This means YOU, and yes, I said "pantyhose."

For over a decade, MOT has been collecting human hair, animal fur and used nylons to make oil-

absorbent mats and booms. These are used to clean water and help save wildlife after oil spills; the crazy thing is that it actually works.

According to www.huffingtonpost.com, "Since its founding in 1998, Matter of Trust has collected donations of human hair and animal fur to clean up after the thousands of oil spills that happen each year."

One of the most recent successful uses of the mats and booms was during the Cosco Busan spill. In 2007 over 50,000 gallons of oil seeped into San Francisco Bay from a container ship that collided with the San Francisco-Oakland Bay Bridge.

Word is spreading fast and many salons are already on board, saving hair clippings to donate. Collecting pantyhose is

a great way to counter-balance the influx of hair MOT is receiving, plus it's an easy way for students to get involved in donating or collecting.

We are gathering volunteers in Linn and Benton counties to handle community drop boxes, make posters, hang fliers and raise awareness about how we can help out.

We are also looking for a place to meet and store materials at LBCC.

We would love to have the support of anyone who has time to help, even if it's only for an hour!

Please contact me at lacey.jarrell@gmail.com or follow me on twitter @laceyjarrell.

For more information about the non-profit organization Matter of Trust, visit www.matteroftrust.org.

THE COMMUTER'S AWARD-WINNING 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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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

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Sign up on SIS under Study Skills – or just drop in!

Tips to Overcome Procrastination

Wednesday	May 12	Albany	IA-207	2:00 – 2:50pm
Wednesday	May 12	Lebanon	LC-153	5:00 – 5:50pm
Wednesday	May 12	Sweet Home	SHC-102	4:30 – 5:20pm

Always 50 minutes!

ALWAYS FREE!

Always helpful!

For details and to sign up, visit SIS under Study Skills or call 541-917-4684.

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Linn-Benton COMMUNITY COLLEGE

The Commuter
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SPORTS

News about local and national sports and activities.

Saints run down Roadrunners

Erik Bender
Sports Editor

Last Tuesday the Roadrunners (4-18) took on the Mt. Hood Saints (12-10) in a doubleheader, but the Saints came out on top, sweeping both games with final scores 14-2 and 5-2.

Game one started good for the Roadrunners with Mason Brause scoring in the bottom of the second with a home run. But it wasn't until the fourth inning when Mt. Hood's Corey Davis and Michael Blake were on first and second and were both hit in by Griffin Boyd, putting the Roadrunners down by one. The Saints, however, were not finished and ended their fourth inning with seven runs.

Linn-Benton would answer back with only one more run by Brause, whose batting average this season is .295, before Mt. Hood would go on another streak scoring five runs in the seventh inning, ending the game 14-2.

"We just didn't play very well; we have had a lot of games this year where we just haven't played well," said coach Greg Hawk. "We've got to make plays if we want to win games."

Game two was kept close with no runs scored until the top of the sixth, where Mt. Hood's Michael Blake and Mychal Harrington scoring a run each, but they were quickly answered by Linn-Benton's Kody Butcher who hit a double, bringing home Sheldon Austria. Butcher would tie it up, running home thanks to an RBI by Sam Paterson.

At the top of the second, starting pitcher for Linn-Benton Mackie Unruh was swapped with left-handed pitcher Cameron Dixon, but that didn't hold back the Saints from going on to score three more runs to end the game 5-2.

"I pitched the second game and we battled though it but lost 2-1," said Unruh "I think we hit the ball good and placed the ball good but it just got out of our hands."

Roadrunners pull in a win over Lakers

Erik Bender
Sports Editor

On Saturday the SW Oregon Lakers came to Linn-Benton for a doubleheader and split wins with the Roadrunners to end the Roadrunner's losing streak of 11 games. Final score for game one was 12-6, with 5-3 being the score of the second.

The stage was set for game one in the top of the first inning with the Lakers (9-13) scoring six runs and maintaining the points gap until the end.

Linn-Benton (4-18) was in a hole that was too deep to dig out of and struggled to score runs with the Lakers winning pitcher Gonzalo Gonzalez Jr. keeping the Roadrunners at bay and striking out four batters throughout the game. Lakers beat Linn-Benton in game one 12-6.

"We had trouble pitching, and I think walks killed us the most. We gave up a lot of walks and had a few errors, and if we could take away the errors and the walks we can be in that game," said



LBCC's Reese Miller picks off the Lakers Ryan Ventura.

Photo by Erik Bender

pitcher Mackie Unruh.

However, in game two Linn-Benton would step up with Unruh striking out Jared Fritz, followed by picking up a ground ball by Lakers' Brock Pisacco and throwing it to second to get out Chris Baker, followed by a throw to first to make the double play.

"We got to start the game from the mound better," said head coach Greg Hawk. "We have had so many where we've had leads and let them get away from us in the later innings, but in the second game we were able to cut the bleeding in the first inning."

SW Oregon scored a run in the first, but it wasn't until the bottom of the fourth inning where Linn-Benton scored four runs, two of which

were courtesy of Lakers pitcher Ryan Sells who walked Kody Butcher, making the bases loaded then balked sending Julian Zirkle to score a run.

At the top of the fifth Unruh gave up pitching to Bobby Ragasa who closed the game and held the Lakers back while holding the lead.

The Lakers answered back with two runs in the fifth, but it wasn't enough and the Roadrunners would go on to win the game 5-3.

"In the second game we came out strong" said Unruh. "I started Pitching and it was a good game through five. We gave them one but came back and battled up."

The Roadrunners next home game will be May 15 at 1 p.m. and admission is free.

LBCC HORTICULTURE CLUB PRESENTS: Community Gardens

Come by the Greenhouse Tuesday May 18th 12-1 PM.

Find out more details and how your community garden can change the world.

Limited plots available so act fast!

12ft by 12ft plots available

For more information visit the LBCC Horticulture Club Moodle site.

Come to the Horticulture Club meeting:

Where: Greenhouse at LBCC Campus

When: Tuesday May 18th, 2010

Time: 12:00-1:00 PM

FREE PIZZA & SODA

For more information contact Jonas Hoffman at jhoff014@hotmail.com

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ARTS & ENTERTAINMENT

Reviews, upcoming events and the cure for weekend boredom.

Downey is Marvel-ous

Ashley Christie
Page Designer

You know summer is just around the corner when the first big studio blockbuster opens. This past weekend moviegoers flooded into theaters for the latest Marvel comic-turned-movie, "Iron Man 2," and were treated to a film that did something most sequels don't do - lived up to its hype.

"Iron Man 2" picks up six months after the first movie ended. Weapons manufacturer Tony Stark (Robert Downey, Jr.) has revealed his superhero alter-ego to the world and appears to be relishing all the attention. Privately though, Tony is slowly being poisoned by the palladium in the arc reactor which powers him and his suit. This is ironically what saved his life in the first film.

After a U.S. Senate committee tries to take away the Iron Man suit for national security purposes, Tony's thrill-seeking tendencies spiral out of control. He promotes his assistant, Pepper Potts (Gwyneth Paltrow), to be the new CEO of Stark Industries. This leaves him more time to concentrate on the important things, like drinking, partying and his new assistant, Natalie Rushman (Scarlett Johansson).

That is until Tony has a small run-in with angry Russian physicist Ivan Vanko (Mickey Rourke) who, like Tony, has his own arc reactor. He also has a grudge against the Stark family,

and is being funded by competing weapons manufacturer Justin Hammer (Sam Rockwell). With some words of encouragement from Nick Fury (Samuel L. Jackson), Tony comes out of his self-destructive funk, works on finding a way to stop Vanko, and save himself and the rest of the world.

Comic book adaptations, as a movie genre, are kind of hit-or-miss. For every "Dark Knight," there is an "Elektra." What makes or breaks it is the casting of the hero. Robert Downey, Jr. is Tony Stark - he just is. No other actor can make an arrogant, narcissistic, pompous prick like Tony Stark as likable and entertaining as Downey. He has a tough-guy bravado mixed with a quick sarcastic wit that makes him one of the most enjoyable superheroes in theaters today.

Downey can make any movie great. But what is a superhero without a super villain? Rourke's Ivan Vanko (aka Whiplash) is dark and menacing and a perfect counterpart. Whiplash has very little dialog in the film, and what he does say is usually in Russian, but Rourke does a lot to give him depth and a sense of humor.

Along with exceptional casting, what also sets "Iron Man" and "Iron Man 2" apart is the direction of Jon Favreau (who also appears in the films). Some superhero movies tend to take themselves too seriously. Favreau does an excellent job of balancing the humor with the action. The movie has some genuinely funny laugh-out-loud



Some other can't-miss Robert Downey, Jr. films:

Less Than Zero (1987)
Chaplin (1992)
Heart and Souls (1993)
Natural Born Killers (1994)
Home for the Holidays (1995)

U.S. Marshals (1998)
Kiss Kiss Bang Bang (2005)
A Scanner Darkly (2006)
Zodiac (2007)
Tropic Thunder (2008)

moments. There is a playfulness to these movies that makes them more fun and engaging.

As good as the movie is, it's not without its (minor) faults. First, there are one too many storylines. Between evil Russian physicists, rival weapons manufacturers, palladium poisoning and U.S. Senators trying to take the Iron Man technology, the plot gets a bit muddled. As awesome as Samuel L. Jackson is, the entire Nick Fury and S.H.I.E.L.D. sub-plot seemed thrown in as just a big set-up for future "Iron Man" sequels and the upcoming "Avengers" movie (look for it summer 2012). Plus, I don't care how super

hot Scarlett Johansson looks with dark red hair in a skin-tight leather suit; it cannot distract from the fact that the girl can't act.

Was "Iron Man 2" as good as the first one? No. But as far as sequels go, it was pretty great and is definitely worth your time and money. Pay close attention and spot cameos by DJ AM and superhero uber creator Stan Lee as themselves. And be sure to stay until the end of the credits for a teaser scene introducing a certain Norse-god-turned-superhero who should be hammering his way into theaters next summer.

(Rating: PG-13, Runtime: 2 hrs. 5 min.)



LAST CALL BEER REVIEW

Red Stripe

J.E.B. Oliver
Staff Writer

I first tasted Jamaican lager Red Stripe while on a hunting trip in eastern Oregon a few years ago. I was about 19. At that time my beer-drinking experiences were limited, so I enjoyed Red Stripe's taste.

However, when I tried it again to see whether or not the beer was worth buying, I found it lacking on almost all fronts.

The taste was smooth but lackluster, and closer to most cheap domestic beers, in my opinion. It was better than Bud Light or Miller High Life, but that's not saying much.

I wouldn't recommend Red Stripe to anyone. It just didn't wow me. Perhaps it

would be better if it tasted like the lager they actually have in Jamaica, but what I tasted was nothing to write home to mom about.

Honestly, the cute little bottles and stand-out red packaging were what drew me back to the beer. The packaging was false advertising - it could not make up for Red Stripe's simple taste, especially when it costs a little more than some domestic beers it is on par with.

I give this beer 5 out of 10 for being a little better than tasteless yellow water - like Natural Ice. If you are going to stock up on some beer, I recommend something of better quality, like Sam Adams Noble Pils. I think you will agree.

LIVE & LOCAL

Thursday 5/6

Rhythm in Green (Jazz)
Bombs Away Cafe
2527 NW Monroe Ave, Corvallis
7:30 p.m. • All Ages • Free
bombsawaycafe.com

Wild Hog in the Woods (Old-Time String Music)
Calapooia Brewing Co.
140 Southeast Hill St, Albany
7:30 p.m. • 21 & over • Free
calapooiabrewing.com

Another Musician (Acoustic)
Cloud 9
126 SW 1st St, Corvallis
9 p.m. • 21 & over • Free
dinecloud9.com



Friday 5/7

Gumbo (Americana)
Calapooia Brewing Co.
140 Southeast Hill St, Albany
8 p.m. • 21 & over • Free
calapooiabrewing.com

Jon Fiori & His Swingin' Combo (Jazz)
Sunnyside Up Cafe
116 NW 3rd St, Corvallis
8:30 p.m. • All ages • \$3
sunnyside-up-cafe.com

Norman (Indie Rock)
Bombs Away Cafe
2527 NW Monroe Ave, Corvallis
10 p.m. • All ages • \$5
bombsawaycafe.com

Lost Tortoise & Oxbow Drive (Rock)
Cloud 9
126 SW 1st St, Corvallis
9 p.m. • 21 & over • Free
dinecloud9.com

Saturday 5/8

Yvonne Ramage (Americana)
Fireworks Restaurant
1115 SE 3rd St, Corvallis
7 p.m. • All ages • Free
fireworksvenue.com

John Shipe (Acoustic Indie)
Calapooia Brewing Co.
140 Southeast Hill St, Albany
8 p.m. • 21 & over • Free
calapooiabrewing.com

Moebius K (Folk Rock)
Sunnyside Up Cafe
116 NW 3rd St, Corvallis
8:30 p.m. • All ages • Free
sunnyside-up-cafe.com

Sven
Bombs Away Cafe
2527 NW Monroe Ave, Corvallis
9 p.m. • All ages • Free
bombsawaycafe.com

The Space Neighbors (Funk)
Cloud 9
126 SW 1st St, Corvallis
9 p.m. • 21 & over • Free
dinecloud9.com

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ARTS & ENTERTAINMENT

Reviews, upcoming events and the cure for weekend boredom.

xx marks the spot

Joel DeVylidere
 A&E Editor

Have you heard The xx? This indie brit-rock phenom debuted with a self-titled album last year. As of yet, however, they seem not to have caught on in the States much. I was lucky enough to be introduced to them last weekend, and I just can't get enough of their music. Here's why:

The first thing you notice about The xx is their mellowed-out electronic groove. Even though the rhythms are played on a 6x4 electronic drum pad, "xx" (the album) doesn't come across as club music at all. Think Mazzy Star with a touch of Radiohead; it's slick like The Gorillaz and mellow like The Dandy Warhols.

The merits of this post-shoegaze gem are



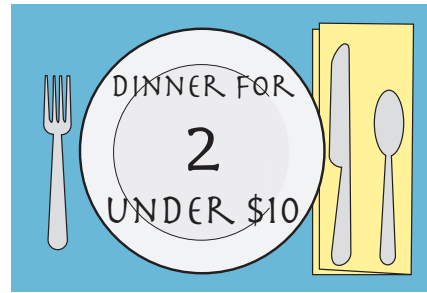
implorable – a stripped-down sound features two lead vocalists – a guy and a girl. Each singer takes turns, and they often arrange the vocals to loop and overlap in an outright brilliant fashion. What results is two tracks of stunningly expressed vulnerability, stitched together at the chorus and given a bassline.

The bass and guitars make additional melody, and give liberally what much of modern rock is missing – space! Lightly strumming and turning the rhythm guitar down allows the listener to breathe a little while they listen. It's this

space that allows you to really enter the song, to really begin to identify with the singers.

Lyrically, the album is simplistic and seemingly heartfelt. There are times when the band could stand to add more variety to their lyrics, but other than that, they do alright. I really like the love story lyrics of their single "VCR." Neither rocket-science nor elegant prose, it sounds very beautiful nonetheless, "I think we're superstars./ You say you think we are the best thing,/ but you.../ you just know."

Though self-released, "xx" has met some enthusiastic critical acclaim (Chicago Tribune, Pitchfork.com). Many people around the world have found it enlightening and aesthetically pleasing. You should definitely check it out. It might make a perfect addition to your music collection.



Jana West
 Staff Writer

Seared Ahi salad with crispy wonton strips

I often make egg rolls and wontons and usually have some of the wrappers left over. This is a great way to utilize the extras and have a great topping for salads, soups or just to snack on. I cut the wrappers into strips and fry them in oil until golden brown then drain on a paper towel. You can keep them in an airtight container for a few weeks.

Most grocery stores carry sushi-grade ahi which has been previously frozen. When selecting a piece, make sure it is a ruby red color and it shouldn't smell too fishy. Don't be afraid to ask your local meat purveyor if you can smell it. Since you will only be searing it, make sure it's fresh. I always ask for extra sesame seeds every time I get Chinese take-out so I always have some extra. They work great for coating the tuna.

Grocery list:

1/2 lb. Ahi (yellowfin) tuna	\$4.99
1/4 lb. mixed greens	\$1.75
10 snap peas	\$.48
1 can Mandarin oranges	\$.99
1 sm. carrot, shredded	\$.19
2 green onions	\$.20
GRAND TOTAL:	\$8.60

You will also need:

- 2 Tbs. sesame seeds
- 1 Tbs. olive oil

For the dressing:

- 2 Tbs. olive oil
- 1 packet (1 Tbs.) soy sauce
- 2 Tbs. rice wine vinegar
- 1/2 Tbs. sesame oil

1. Salt and pepper the tuna on both sides then coat with sesame seeds. Make sure to coat all sides by gently pressing seeds onto the fish.
2. Heat olive oil on medium-high heat, sear fish for about two minutes then turn over and sear other side for about a 60-90 seconds, let rest before cutting. Ahi tuna is best served medium-rare to rare.
3. Whisk the ingredients for the dressing together until incorporated. Dress the greens in a few tablespoons of dressing before topping with grated carrots, onions, snap peas, mandarin oranges, wonton strips and ahi.



Here fishy, fishy, fishy.

Photo by Jana West

redbox review

The Slammin' Salmon (Rated R, Runtime 90 min.)

Jessica Kearns
 Staff Writer

This week redbox delivers another installment from the Broken Lizard comedy troupe, "The Slammin' Salmon." For those who don't know, the guys from Broken Lizard are responsible for the police farce "Super Troopers" as well as the laughable take on the slasher movie "Club Dread" and the infamous "Beerfest."



Mother) and Jay Chandrasekhar (Super Troopers) we are drawn into the no-holds-barred competitions between the employees who think that they are competing for what eventually evolves into a ten thousand dollar prize, while management hides the true nature behind the competition. With a typically predictable plot, this movie follows in the same vein as the film "Waiting," chalk full of potty humor and the expected restaurant

hi jinx. What saves this film from falling into the "I've seen it all before" category is the performance of the employees in their race to make the most money.

Each character has their own little quirk that allows them to be memorable in the way that only Broken Lizard can provide. From the over-the-top hazing of the new employee to the waiter named Nuts (Chandrasekhar) who suffers from severe OCD and stress triggered multiple personality disorder, the viewer is presented with several likable characters who give their own twist to the comic relief in turn saving the film from being something that's been over done.

This flick may not be for the easily offended, as it is chalk full of crude humor, but it's a gem nonetheless. Whether you've worked in a restaurant or not, this film offers several moments that are laugh-out-loud funny. If you're in need for a cheap laugh, this film is definitely worth feeding that dollar into the redbox.

In this flick we meet a group of misfit employees working for Cleon "Slammin'" Salmon, played by Michael Clarke Duncan, at The Slammin' Salmon seafood restaurant. Duncan covers the roll of ex-boxer turned restaurant entrepreneur perfectly, taking a "I'll pound you into the dirt" approach to managing his team, and at the same time making it obvious that he has been hit in the head one too many times. In the aftermath of a bet gone wrong between Salmon and a leader of the Yakuza, it is up to the employees to have a record breaking night in sales in order to raise money. The twenty thousand dollar debt needs to be repaid, otherwise beatings will ensue.

When the staff begins to lose momentum, realizing that the tickets are for a Norah Jones concert, the restaurant manager, played by Kevin Heffernan (Super Troopers), ups the ante by making it a trip to the spa. Finding this far more appealing, the staff gains a second wind and the competition gets dirtier.

With a cast of recognizable faces, including Cobie Smulders (How I Met Your

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Surreal Living

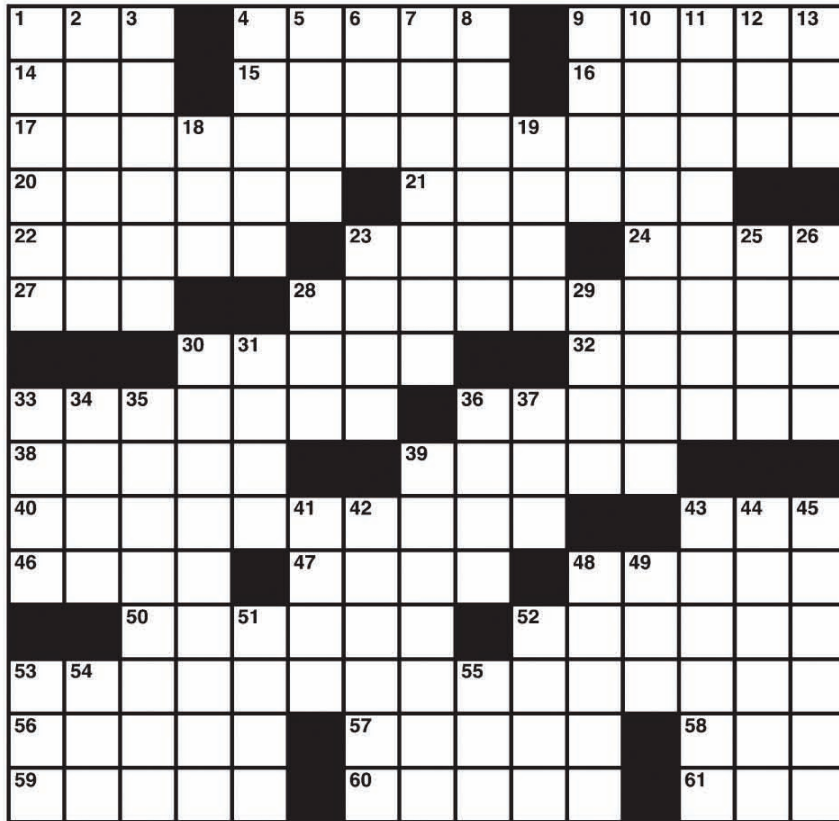
Crosswords, cartoons and some fun facts to brighten your day.

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

ACROSS

- 1 "___ be an honor"
- 4 Absurd sham
- 9 Music performance rights org.
- 14 Fizzle out
- 15 Where work may pile up
- 16 Bit of wisdom
- 17 Respond to Uncle Sam's poster request
- 20 Navajo relative
- 21 Wood decay
- 22 Tall and long-limbed
- 23 Hope/Crosby film title word
- 24 Captured
- 27 ___-Cat: winter vehicle
- 28 Movieland
- 30 Eliminate entirely
- 32 ___, meenie ...
- 33 Outdoor nap site
- 36 Women, in old-fashioned parlance
- 38 Blow one's top
- 39 Chasms
- 40 "Pay attention!"
- 43 Pesky little tyke
- 46 Retailing pioneer R.H. ___
- 47 Eternities
- 48 Zellweger of "Chicago"
- 50 Anxiety
- 52 Texas metropolis
- 53 Passive-aggressive tactic
- 56 Land along the ocean
- 57 Two under par, on a hole
- 58 Up to, in classified ads
- 59 Aches
- 60 Father of Beau and Jeff
- 61 Go out with



By Dan Naddor

- 6 Sac fly stat
- 7 Approve tacitly
- 8 Crowd scene actors
- 9 Copycat
- 10 Furry North Pacific swimmers
- 11 Hanna-Barbera output
- 12 Escort's offer
- 13 Thickness
- 18 "Gross!"
- 19 Jekyll's alter ego
- 23 Actuary's calculation
- 25 Cut or scrape, in totspeak
- 26 Lego relative
- 28 Tic ___: mint
- 29 Eric the Red's son
- 30 Loneliness syndrome when kids leave home
- 31 Repetitive learning method
- 33 Captain's position
- 34 "Carmen" highlight
- 35 Like weightlifters
- 36 Animal rights activists' concerns

Wednesday's Puzzle Solved



(c)2009 Tribune Media Services, Inc.

- 37 Draft choice
- 39 Five-star leader
- 41 Nifty
- 42 Low-cost lodging
- 43 Coastal irregularities, and word anagrammed in this puzzle's four longest answers
- 44 Stinker
- 45 Mortar and ___
- 48 Gave a PG, say
- 49 Shade tree
- 51 Tolkien tree people
- 52 Six-time Emmy winner Tyne
- 53 Teaching inst.
- 54 Chit
- 55 Bigheadedness

Poetry spotlight

Day and Night by Lisa Singleton

Light and dark play side by side
 At dawn's most early light
 The sun exists with his glowing bride
 In the shadow of God's eye
 Their love is bound by no man
 Infinite, pure and free
 They give their gifts unto the land
 They take them from the sea
 He warms the Earth with love
 Filling the day with light
 Aching in his heart above
 For the coming of the night
 When the moment comes for parting
 With sadness he will go
 Resting in the heavens
 Content to let her glow
 She rises from slumber on high
 They briefly touch in the fading light
 You can almost hear them sigh
 As they tenderly kiss goodnight



Tree
by Angela Eller
watercolor

Student-submitted art
e-mail your own artwork to commuter.submissions@gmail.com

Add/Drop

An LBCC student generated comic.

By Maggie O'Reilly



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SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level: **1** 2 3 4

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

SOLUTION TO LAST WEEK'S PUZZLE

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

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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Did you know?

- There is a drug called "Zombie Dust" that is a mixture of Triazolam and Cocaine. Apparently it makes people extremely open to suggestions.
- "The Zombie Survival Guide" may save your life.
- Modern zombies originated from the Afro-Caribbean religion Voodoo. According to Voodoo, zombies are used as slaves by the powerful wizards that control them.
- The Mathematics Department of the University of Ottawa, in Canada, has released a document called "When Zombies Attack!: Mathematical Modeling of an Outbreak of Zombie Infection."
- Chainsaws are not actually effective weapons against zombies.
- The Epic of Gilgamesh, a 3,000-year-old epic poem from Mesopotamia (modern Iraq) includes a section where the goddess Ishtar threatens to raise the dead and order them to feast upon the flesh of the living if she is not given the Bull of Heaven by her father.

OSU-Cascades Campus

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Nicole Mintiens
Business Administration

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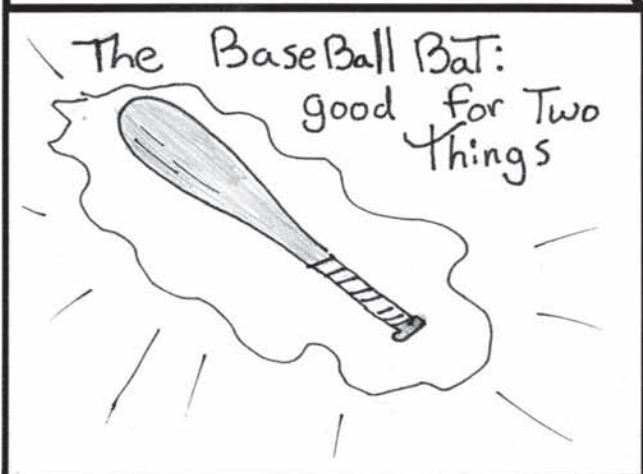
In partnership with University of Oregon and Central Oregon Community College.

Oregon State | **Cascades**
UNIVERSITY | C A M P U S

Fried Bananas

An LBCC student generated comic.

By Mason Britton



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Coming attractions

Robin Hood

Ridley Scott re-interprets Robin Hood (Russel Crowe) as a deadly archer engaged in a battle for justice. Following the death of King Richard (Danny Huston), Robin makes his way to Nottingham, a town badly mis-managed by its chief local law enforcer (Matthew Macfadyen). Enlisting the services of some local criminals, Robin seeks to redistribute the wealth from the upper class to the lower and simultaneously to capture the attention of the widow Marion Loxley (Cate Blanchett).



Runtime: 148 Minutes • Rating: PG-13

Just Wright

Leslie Wright (Queen Latifah) is a physical therapist who lands a gig treating an NBA star named Scott McKnight (Common). Leslie realizes that she is falling for the famed athlete only to discover that Scott is more interested in her best friend Morgan (Paula Patton). Can she make the man realize in time that she's what he really wants?



Runtime: 111 minutes • Rating: PG

Letters to Juliet

Amanda Seyfried ("Mamma Mia!") plays Sophie, an American girl on vacation in Italy. While abroad, Sophie discovers a "letter to Juliet," one of many messages sent to the fabled Juliet's hometown of Verona asking for love advice. She joins a volunteer group that composes replies to the letters, and endeavours to convince the author of the letter she found to return to Italy and seek out her romantic interest once again.



Runtime: 105 minutes • Rating: PG

Sources: [Imdb](#), [Yahoo! Movies](#), [Fandango.com](#)

Top five zombie flicks

Jessica Kearns
Staff Writer

The zombie movie is a classic staple to the horror movie genre. Nothing gets under the skin quite like the thought of the undead walking among us. With that, I present to you my top five zombie movies:

Night of the Living Dead (1968)

"Night of the Living Dead" earned the number one spot because of its significance in the zombie world. Released in 1968 as an independent film, it was written and directed by George A. Romero and shot on black and white film. This movie makes the list because it is considered the progenitor of the contemporary 'zombie apocalypse' sub-genre of horror and is responsible for the modern pop-culture zombie archetype. Though low on the gore factor, the sheer feeling of isolation and helplessness that the protagonists experience in this post-apocalyptic world make up for it. It may not make you jump out of your seat, but it's worth a watch to see where the modern day zombie derived from. Rated: NR • Run Time: 96 minutes



Dawn of the Dead (1978)

"Dawn of the Dead" was the second film released in Romero's "Living Dead" series. Considered by many to be the overall best zombie movie to date, "Dawn of the Dead" steps up the horror several notches from its predecessor, loading up on the gore and disturbing subject matter. Showing the viewer how society would respond to an unstoppable epidemic, we follow along with a group of survivors who barricade themselves inside a shopping mall. With everything from zombie children to a scene dedicated to shopping till you drop, this movie will not disappoint. Rated: Unrated • Run Time: 127 minutes



Shaun of the Dead (2004)

This undead flick receives the third spot on the list for a few reasons. Released in 2004, this dark comedy brings a fun swing to the zombie genre. With this movie we are presented with an opportunity to



laugh at something we may otherwise find not so laugh-out-loudable. Simon Pegg plays a man who is trying to get is life back on track. Unfortunately, at the same time he's juggling dealing with a zombie apocalypse. This movie stuck to Romero's zombie formula so closely that even Romero himself gave props to "Shaun of the Dead" by offering Simon Pegg and costar Nick Frost cameo appearances in his film "Land of the Dead." This movie has the perfect balance of gore and humor, definitely a must-see for zombie lovers. Rated: R • Run Time: 99 Minutes

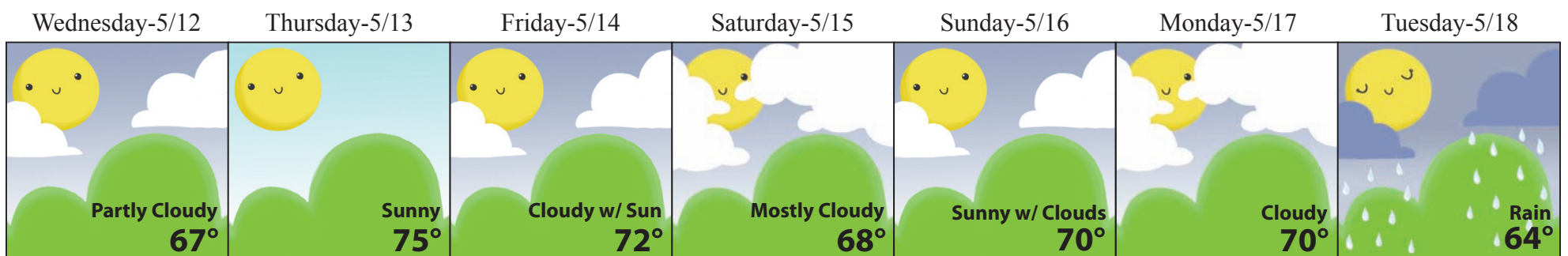
28 Days Later (2002)

Breaking away from the typical zombie format, "28 Days Later" was released in 2002 and showed us a very different zombie. Explained as a "rage" disease, animal rights activists inadvertently unleash an epidemic of very angry, very fast zombies onto the world. What puts this film in fourth place is how it portrays existence of survivors in a raging zombie-infested world. Deeply disturbing in not only its scenes capturing isolation, but in the zombies themselves, this movie is good for making you squirm in your seat. Until now there had always been the semi-relieving thought of being able to attempt running from a zombie should it get you in its sights. Now we are presented with zombie 2.0, in which trying to outrun these versions is like trying to outrun a pack of rabid dogs. Rated: R • Run Time: 113 minutes

Return of the Living Dead Part 2 (1988)

Last but not least, we have "Return of the Living Dead Part 2." Shot in 1988, this zombie horror comedy reeks of classic '80s clichés, all the way down to a Michael Jackson zombie busting some moves. The main difference in these zombies is that they are not of the ordinary flesh-craving variety, but crave only brains. Also, they are capable of communication. Light on the gore, but fair on the gruesome, this film is good for a laugh and some '80s nostalgia. Rated: R • Run Time: 89 Minutes

Weekly Weather Predictions



Warning: These are only predictions. For up-to-date forecasts, please look out your window. Source: [weather.com](#)