



FREE WEIGHT TIME FOR ALL

A slight decline in enrollment has benefited many students and faculty at LBCC. The Activity Center weight room has open hours once again. In previous years, it had open hours, but that went away when enrollment increased, due to it being used for classes all day.

Brad Carman, a physical education instructor, explained that due to the decreased number of students signing up for circuit weight training, they were able to drop one of the time slots. This left the weight room open from 4-6 p.m., Monday through Friday, for people to use. Students and faculty alike are allowed to use the weight room, permitting they sign a liability waiver.

"There wasn't time for it, but now there is," said Carman.

During the open weight room, two CPR-certified students from the Exercise and Sports Science program will monitor the room, making sure that everyone stays safe. Student Engagement has provided this supervision.

"I love it," said Cordell Hobbs, a dual-enrolled accounting student. "I can keep going after class to finish exercising."

STORY BY **WILLIAM ALLISON**



PHOTO: **WILLIAM ALLISON**

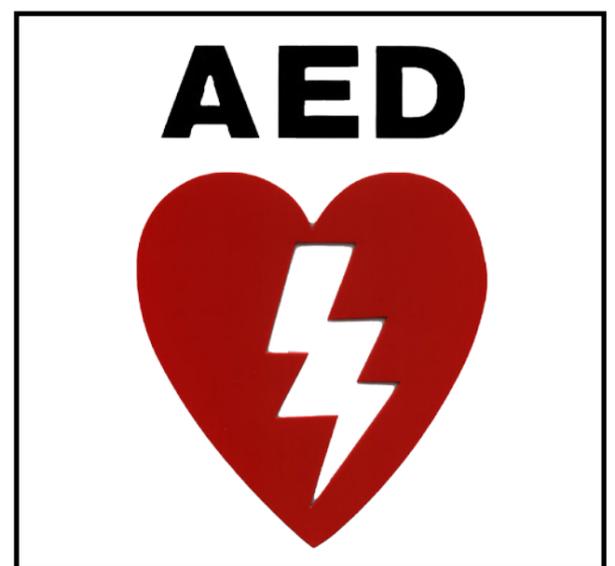
Student Jared Kisor exercises in the LBCC weight room.

AEDS: LIFE-SAVING DEVICES SPREAD ACROSS CAMPUS



PHOTO: **WILLIAM ALLISON**

An AED located in the Activity Center.



In five of the main buildings across campus, automated external defibrillators (AEDs) have been installed throughout the years to assist faculty and students. An AED is an essential piece of equipment in treating sudden cardiac arrest. Whether you have heart problems or not, knowing where these devices are located may be the difference between life or death.

An AED is a portable, user-friendly, version of the manual external defibrillator used by paramedics and emergency medical technicians. In accordance with Oregon state law, LBCC has been continuously installing AEDs around campus, and recently added two more.

AEDs are capable of being used by those without training to check and restore normal heart rhythms to people suffering sudden cardiac arrest (SCA). According to the National Heart, Lung, and Blood Institute, SCA can

cause death within minutes if not treated immediately. The American Heart Association reports that roughly 360,000 SCA cases occur yearly within the United States.

As part of the LBCC community, it is important to know where these life-saving device are. If you witness someone who is experiencing SCA, act quickly and remember the locations, conveniently marked by AED signs.

Currently, the AEDs positioned in Takena Hall and the Industrial A building are not specified on any present campus map, whether on-site or online, due to installation over the summer. However, as stated by the LBCC Safety and Loss Prevention/Public Safety Office, they are currently working on updating the maps. It is unknown how long the updates may take, but to ensure the safety of students and faculty alike, they will be completed as time permits.

AED locations on campus

- Activity Center:** Outside AC130.
- Calapooia Center:** Administrative office hall, inside CC104.
- Industrial A:** Second floor in the hall by the staff workroom.
- Red Oak Hall:** Inside the first aid closet, adjacent to ROH121.
- Takena Hall:** Near the entrance to the theater, across from registration.

STORY BY **AUSTIN HARRIS**



TV SERIES REVIEW: *The Walking Dead*

On Sunday night, *The Walking Dead* returned to television in its fourth season. With the battles of Wiltshire Estates far behind them, the band of zombie-apocalypse heroes press on, surviving within the confines of their home, the prison.

Though a prison would seem to be a guarantee of safety, the opposite is true, as it has turned into a haven for the dead-brained beasts who line the chain-link fences.

The episode begins with us watching Rick Grimes (Andrew Lincoln) working in the prison yard, and paying particular attention to a zombie who is bleeding tears from his eyes. This is the zombie we see him focus on again later in the episode, but why is only clear at the end.

From there, we move into the relationships involved in the show. Several of the faces are new, something that is an adjustment, but in the land of flesh-eating zombies, is bound to happen.

Though it is understandable that relationships are a major part of the show, but the beginning seems to be like a really crappy *Titanic*, and less like a zombie apocalypse.

Eventually though, things get rolling and the team does

go on a supply run.

While inside a Big Spot gathering supplies, a new member, Bob Stookey (Lawrence Gilliard Jr.) struggles with a moment of alcoholism and when he decides to return the bottle he is holding to the shelf, it causes the whole thing to tumble, which grabs the attention of the zombies on the roof.

The roof, which seems to have become unstable, drops the creepy creatures to the floor, and once again the heroes are forced to fight their way out. Luckily, all but one new character make it out alive, and our attention is switched over again to Rick, who finds a woman in the woods in need of help.

The woman asks if she and the man back at her camp can come back with him to his camp. Rick explains that he needs to ask three questions of them first, before he will consider it.

The conversation that the two immerse in on the way back to her camp is hauntingly familiar. Can one move beyond the things they have done? For Rick and a few others on the show, this has been possible. Unfortunately

STARRING: Andrew Lincoln as Rick Grimes Norman Reedus as Daryl Dixon Lauren Cohan as Maggie Green
DIRECTOR: Frank Darabont
GENRE: Horror, Drama
RATED: TV-14
OVERALL RATING: ★★★★★

REVIEW BY TEJO PACK

for the woman he is looking to help, it is not and she ends up taking her own life.

At the end of the show we get a glimpse of things moving forward, as we witness a virus kill a member of the prison in less than a day and leave him with the same bloody tears and desire for cannibalism.

THE PERSUASIVE ART OF THE VISUAL ARTS CLUB



Ever wonder who decides what graphics or photos go with what font on a restaurant's menu or the packaging for the latest video game? Ask a member of the Visual Arts Club.

Members of the VAC gathered this past Thursday to gear up for the new school year. They discussed what goals they wanted to accomplish this year, and how to raise the funds to see those goals come to fruition.

Eric Robinson, the new president of the VAC, is looking to take a proactive position with the club this year, by building up the club's finances. Preparing for the future, the club would like to bring in guest speakers, travel to design studios and firms to be able to see real life applications of the skills that they are being taught, and to begin networking in the field. The club also wants to help out the members of the Graphic Arts program by updating tools used in the Graphic Arts Department, like building a library of visual arts books used in the program, updating software and subscriptions, and increasing the size of the existing library of graphic and photo images. With the funds, the VAC would like to offer scholarships to students who need help covering the cost of supplies needed in the program, and to leave a strong legacy for next year's VAC.

"It is really beneficial to have guest speakers in to make connections out in the field," said Robinson.

Besides raising money for the club's projects, the club wants to be seen on campus. Members of this persuasive art want to spotlight the goods and services that can be provided by the Graphic Arts Program.

"Visibility on campus, providing goods and services, earning a little bit off money, and showing the club is

Visual Arts Club

President: Eric Robinson
Vice President: Tabitha Dow
Treasury: Alex Whitaker
Secretary: Ali Rowe
Advisor: John Aikman
Where: South Santiam Hall Studio (SSH-116)
Meetings: Posted on Facebook
Facebook: <https://www.facebook.com/groups/406982172751322/>

active," said John Aikman, the Head of the Graphic Arts Department and advisors to the VAC, when asked about the importance of fund raising for the club.

The club had many suggestions on how to raise funds and how to spend them. This year the VAC is going to host a painted pumpkin sale, just before Halloween. Setting their sights on Valentine's Day, the club hopes to have some creative packaging for candy, and possibly host a secret admirer delivery service on the main campus. As the saying goes, food is the way to the heart, so look for the club's creative bake goods sale to be held a couple times over this school year.

All are welcome to join the club meetings, since they connect their education to real work experiences, answering the question of who picks the photos, graphics and fonts that bombard their eyes for themselves.

STORY BY ELIZABETH MOTTNER

IN SEARCH OF SOLVANG

Living in Southern California for nearly 23 years, exploring all that the Los Angeles region has to offer began to lose its luster. Now that I live in Oregon, a new perspective on sightseeing draws the allure of glittery lights and bedazzles lifestyles. This trip was without kids in tow, it was time to step back for a slow-paced adventure.

Avoiding the crowds and mayhem of all the usual attractions like Disneyland, Universal Studios, Knott's Berry Farm, or Six Flags Magic Mountain, I headed to the hills of Santa Barbara.

A couple of hours northwest of Los Angeles, on the 101 freeway, take a right on Highway 246. Nestled in the hills down this two-lane road is the small Danish community of Solvang. This is where a friend of mine took me during my latest trip to Ventura, Calif.

With the proliferation of so much corporate branding, I was concerned that it has been turned into a commercial tourist trap. However, much of this quaint town has remained the same.

When coming in, I would suggest parking on the east side. There is free public parking, and the most likely spot to find an open space. From there, you can walk the entire loop of the town.

The weather is typically mild, for most of the year. It does get hot in the summer. We arrived in town about noon. During the first part of our walking tour, we stopped at a Danish restaurant called, The Red Viking Restaurant, for lunch. After looking over the menu, both of us opted for the buffet.

There were associated cheeses, salads, pastas, mashed potatoes, and their world famous Swedish meatballs. The tender meat had robust flavor. The sauce that came with the meatballs was thick, and succulent. The price of the buffet is \$13 for adults, and \$10 for children. With the amount of food that you can eat at the buffet, it will keep you full for the rest of the day.

Once full, it's time to wander the many shops. There are all kinds of stores to explore, from delicate glassware to clocks, knives and children stores.

And just in case you grow a sweet tooth as you wander the streets, there are several places that you can purchase



PHOTOS: TED HOLLIDAY

The traditional Danish windmill in Solvang, California.

candy and chocolate. One place is the Rock Mountain Chocolate Factory. They have an imaginative assortment of candies, and caramel apples. There are other chocolate, and fudge stores around town. Take your time, and try a little something from each store.

When your legs get tired, there is a horse-drawn trolley to lift your spirit, as well as all your shopping bags. The ride takes a loop around the small town, and lasts about 20 minutes, which will give you enough time to recoup your energy.

There are several hotels in, and around the town to make your stay comfortable for the night or the weekend. However, if you prefer to stay closer to Santa Barbara, Solvang would make a great day trip.

This is not a faced paced, stand in long lines, one-thrill ride after another type of place. Solvang is a family-friendly, laid back, international venue for a day or weekend.

STORY BY TED HOLLIDAY



The horse-drawn carriage prepares to embark on a tour of Solvang.

YOUR SCHOLARSHIP AWAITS

The LBCC Foundation has many scholarships which will be awarded for Winter, and some may be awarded Spring term.

The deadline to accept scholarships is Friday, Oct. 25, 5 p.m. into the Financial Aid Office. If the financial aid office window is closed, there is a drop box to the right of the Veteran's window.

All applications must have two letters of recommendation, students can ask instructor to write one. Instructors have the choice of returning the recommendation to the student, give to Sharon Wall or drop it off at the financial aid window.

Wherever the letters of recommendation are turned in, staff will ensure that it gets attached to the student's application. Please get them submitted by the Oct. 25 deadline.

At A Glance

View current scholarships

<http://www.linnbenton.edu/go/scholarships>

Please be aware that not all of the scholarships listed on the website are processed through the financial aid office. Many of them that are available are department scholarships, where the application is submitted to the department.

Every scholarship cycle, there are many scholarships that go un-awarded, due to lack of qualified applications.

STORY BY LBCC NEWS WIRE



TO THE DOUBTERS: OSU BEAVERS GIVE FANS A REASON TO SMILE

A little over two years ago on opening day, the Oregon State Beavers lost a heartbreaker to Sacramento State, an FCS school. For those that do not speak "football-ese," and have no idea what FCS means, let's just say that losing to them is bad.

This loss turned out to be an omen though. The Beavs would finish 3-9, and end the season as disappointingly as it started.

When this season started in similar fashion with a loss to Eastern Washington, another FCS school, the grumbles began. The Beavers had, in preseason, been ranked in the top 25. But with the loss, the sports world quickly forgot about them and their fans began to doubt. Well who's doubting now?

Since that loss, the Beavers have gone on a 5 - 0 run,

beating Utah in their house, something fifth-ranked Stanford was unable to do last week and slaughtering a Washington State team that in week two, beat USC.

Sean Mannion and Brandin Cooks continue to lead the way as the most dynamic quarterback, receiver combo in the country; linking up 11 times for 137 yards and 2 TD this past Saturday.

The two touchdowns put Mannion and Cooks in the OSU record books for the most touchdowns between any Beaver QB and WR in school history with 18.

This pro-style offense that leads the country in passing yards per game, has put up some big numbers and is looking better and better each week. They are now tied with Oregon for the top spot in the Pac-12 North, something many after week one, thought would never happen.

Though this is very promising, improvements are definitely needed in the rushing game and on defense. Both of these areas have been riddled with injury, but fortunately on Saturday night, Storm Woods returned to the lineup after missing two weeks from a concussion.

Our defense also stepped up big time in the fourth quarter, creating five turnovers in five straight drives. Steven Nelson, Oregon State's emerging star cornerback was responsible for two of those, which landed him first in the country in interceptions with five.

The school which ranks fourth from the bottom of all 125 schools in the nation in rushing yards and 94th in points allowed per game, has a ways to go. But one thing is for certain, Beaver fans have reason to smile.

STORY BY TEJO PACK

RESERVED PARKING ONLY

Most every year we all experience the woes of parking. Just a couple of years, when attendance was high, many students were forced to park in the roped-off graded area in the northwest corner of the campus. Today, however, things are different. Attendance is lower and parking is more plentiful, unfortunately, many people don't take advantage of the free and open parking in the southern parking lot. The parking issue can unfortunately affect LBCC in a negative way.

Recently, we have had people on campus who wish to give the school considerable financial contributions, and offering these important people good parking spots is the least we can do. Bruce Thompson tells us that there are three parking spots in lot 4, in the northeast part of the campus that can be specifically labeled for reserved parking, unfortunately, some people choose

not to obey the signs.

Bruce says the signs are changed the night before, so when our VIPs come in they can find immediate and friendly parking. We need to put our best foot forward in showing these contributors that their financial assistance is very much appreciated. This includes NOT parking in the spaces assigned to them, marked "Reserved Parking".

Mr. Thompson requests that all staff, students and faculty to please respect all traffic and parking signs on campus, whether it is on the campus roads, or the parking lots. Who knows, maybe the reserved parking spot you thought about taking, or did take, was reserved for the person or group that wishes to make a major contribution which will greatly improve the program that will assist you and your goal of getting your degree. ♡

STORY BY DALE HUMMEL



PHOTOS: DALE HUMMEL

A vehicle parked in a Reserved Parking spot.



FUNDRAISING SEMPER FI-STYLE

On Sunday, Oct. 27, the Northwest Semper Fi Team of five members will run the 38th Marine Corps Marathon in Washington, D.C. As much a privilege as it will be to run in the eighth-largest marathon, known as the "People's Marathon," the team's real purpose is to support wounded service members and their families through the Semper Fi Fund.

This charitable fund was started by a group of Marine Corps wives at Camp Pendleton, Calif. One of the originating spouses is Wendy Lethin.

Since this fund was established in 2004, more than 63,700 grants totaling more than \$81 million have been issued to wounded service members, providing relief for financial needs that arise during hospitalization and recovery as well as other assistance.

Just as important, the Semper Fi Fund supports families of wounded service members.

Beyond the staggering costs of hospitalization and treatment, related expenses typically pile up quickly. Family members may lose income when taking time off work to visit and care for injured loved ones. Child care, plane fare,

temporary lodging and other travel expenses associated with hospitalization of a service member often stretch a family's budget to the breaking point.

Due to the leadership of these wives and their focused purpose, the Semper Fi Fund overhead is very low – 6 percent – which means for every dollar contributed 94 cents goes directly to wounded service members and their families. The American Institute of Philanthropy has given the group an "A+" rating, and Charity Navigator gave it their "Four Star" rating, the highest rating for each organization.

Consider donating to one of the listed links, which are associated with the five members of the Northwest Semper Fi team. None of these donations will be used for this team's expenses and each donation is tax deductible.

Additionally, there is a limited number of donated Civil War basketball tickets for the Sunday, Jan. 19, game in Corvallis at 5 p.m. These seats are located in Floor Section E, behind the basket. They normally sell for about \$30 each. In appreciation for each contribution of \$20, organizers are providing ticket, or two tickets for a \$40 donation until the basketball tickets run out.



If interested in obtaining basketball tickets, contact Dave Becker via email, david.becker@linnbenton.edu, or at 541-207-4960 and he will reserve the tickets, pending a contribution.

Regardless of a donation decision, the team asks that you keep all of our service members and families in your prayers, thoughts, good wishes and grace, and thanks you for your support. ♡

PRESS RELEASE BY DAVE BECKER

At A Glance

If you would like more information about the Northwest Semper Fi team members and how to donate:

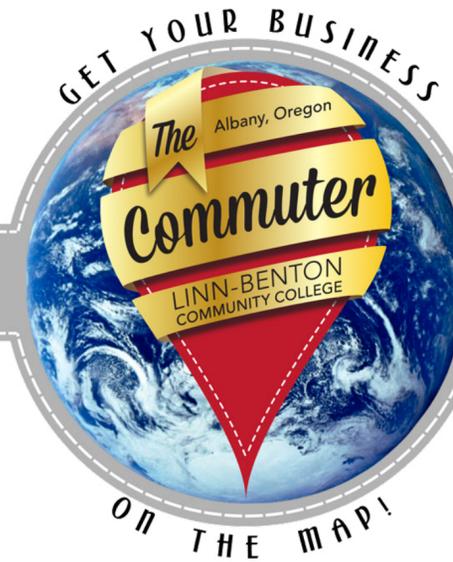
<http://www.active.com/donate/semperfundmcm2013/SFFMStudde> Mike Studer (Northwest Rehabilitation Associates) – Mike was my rehab specialist for the last year after I was injured on a training run and has done much research and work with helping military members recover from brain trauma injuries. Without his expertise I would not be able to participate this year.

<http://www.active.com/donate/semperfundmcm2013/SFFJNetlan> Jamie Netland – My brother-in-law and I am thankful and proud to have him help me in this endeavor. He is a hero in my book and a great leader.

<http://www.active.com/donate/semperfundmcm2013/SFFEMurphy> Eddie Murphy – A fine young man (son of two retired Navy officers—the Navy is part of the USMC) who is willing to date my daughter knowing that I live on 5 acres, have a gun and a shovel if anything happens to her.

<http://www.active.com/donate/semperfundmcm2013/SFFLBecker> Lacey – My daughter, who will be running her first marathon and started us on this path three years ago.

<http://www.active.com/donate/semperfundmcm2013/SFFDBecker> My link – Thankful to my team members and to you for considering this request. Dave Becker



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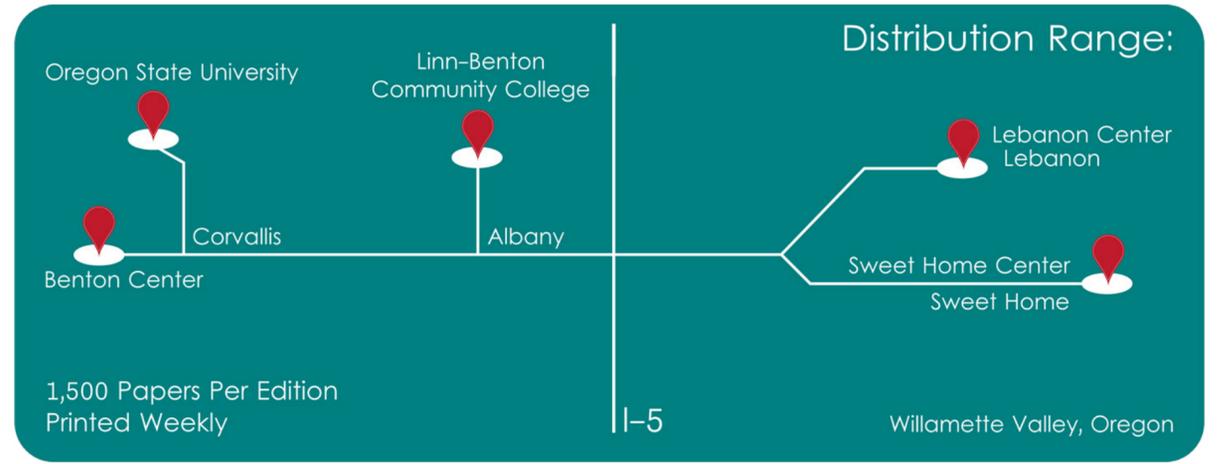
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CAMPUS LIFE:



PHOTO: DALE HUMMEL
One of the new banners in the parking lot displays former Commuter Editor-in-Chief Sean Bassinger.

As the seasons change from the long, bright, hot summer days, to the dwindling sun and chilly mornings of fall, the colors of the season begin to change.

Capturing this time of year is not only a challenge, but an inspiration. Along with the photojournalism class, taught by Rob Prieve, The Commuter staff is wandering LBCC campus capturing student life.

This week we have been blessed with the nice weather. This has allowed students to enjoy study time in the sun. However, if anyone has lived in the Willamette Valley for any amount of time, they would know that the next day may not be so bright.

Now that students are in full swing of classes for the fall term, life buzzes around campus. Take advantage of what little sun there is. But make certain to take time to stop and admire the colors of fall. ♡



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PHOTO: DWAYNE MILLS
Hannah Hacker working hard in class.



PHOTO: YULING ZHOU
Hunter Woods looks at bacteria through a microscope.



PHOTO: YULING ZHOU
Brandi Tyle rinses the glass slide in her biology lab.

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PHOTO: DALE HUMMEL
Leaves start to change colors outside of Takena Hall.

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PHOTO: HANNAH HACKER
Rebecca Land with Students For Life.

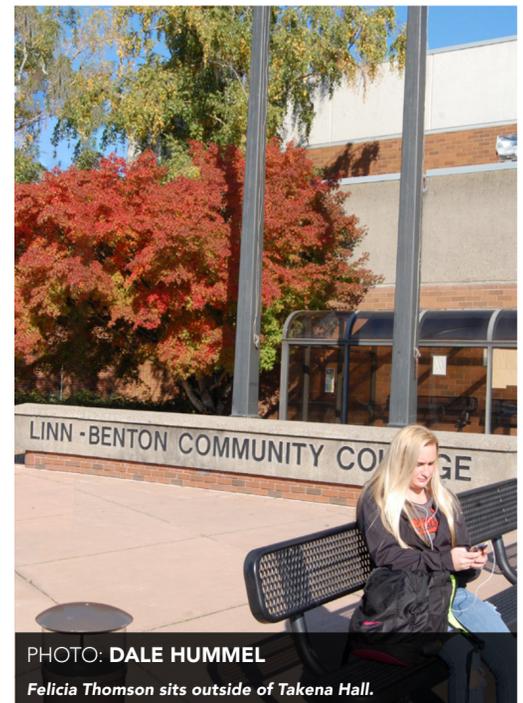


PHOTO: DALE HUMMEL
Felicia Thomson sits outside of Takena Hall.

FEMALE CHARACTERS IN FICTION

What's a gal gotta do to get a little love around here?

There's been a lot of fuss about female characters in fiction on the Internet. Video games are sexist, books are sexist, movies are packed full of sexist characters, and good lord, don't even get me started about comic books. All of the fictional women everywhere are horribly exploited characters who exist solely to heft gigantic boobs around the story and wait to be rescued by the heroic men.

Or at least, you'd be tempted to think that, if you hung around some of the more vocally "feminist" corners of the Internet.

There are a lot of bad female characters in fiction, sure. There are tons of women in books and movies and whatever that exist only to be saved and/or wooed by men, and tons more that get tarted up and trotted out solely to tantalize male readers. "Frigging" women is a thing that happens, and I think it's a fair complaint when it gets pointed out, most times. It would be nice to see Wonder Woman in some pants, and we really should get Power Girl in some sort of supportive truss before she permanently injures her back.

But, you know, we've been working on that for a long time, and even though there's still a lot of lazy writers and problem children out there, we've seen a lot of improvement in the treatment of women in various media. Despite this, there's still seems to exist a vocal contingent of feminist critics who just will not be made happy. Here's a couple of examples:

Ellie, The Last of Us

"The Last of Us" -- a really good video game -- was basically a 20-hour long escort mission and even I know the escort missions always blow. They blow because the character you're escorting is invariably useless (otherwise they wouldn't need escorting, I suppose), except the character you're escorting around in "The Last of Us," Ellie, is rather happily not useless. In fact, she's apt to jump in and save your butt in a fight by shanking people who grab you. There's a whole part of the game where the main character, Joel, is down for the count due to a bad case of skewered through the guts, and Ellie has to escort, protect, and take care of him, and fend for herself while he heals.

By the end of the game I was fairly sure Ellie only brought Joel along because she needed directions and someone to loot the upper shelves. Of this particularly cool character, Cracked.com writes:

"Ellie from 'The Last of Us' is immune to an apocalyptic virus, learns new weapons faster than Neo, and has stabbed more enemies to death than Wolverine. But as soon as the guy turns up, she dissolves into tears and nursing. She could be macthetifying a rapist cannibal into sashimi, but if the hero arrives she'll instantly collapse into helpless tears, safe in his arms. Because that's exactly what happens."

Once, "Because that's exactly what happens," once. The anonymous author admits that Ellie is a badass, and she is. She's useful throughout the game (except for the "can't swim" part, which was just a mildly annoying way to include some puzzles). She's got back-story, emotional

"People, including myself, are not aiming for female characters in fiction to be better than men. We just want them to be as good as the male characters."

depth and motivation. She's a fully realized character. And yet, people are still snarking over her, because a 14-year-old girl has a well-earned cry on the shoulder of her father figure.

During the course of the story, Ellie finds herself on her own and trapped by a gang of thugs who intend to do some awful things to her. She endeavors to escape, as you do. This scared 14-year-old murders her way through a pile of bad guys, only to find herself in a showdown with the leader of the gang. They stalk each other through a burning old restaurant, beating each other half to death the whole way, until Ellie finally defeats the guy, barely. At this point, Joel turns up, and Ellie collapses into his arms in tears.

Let's be honest here, folks. This is a perfectly normal reaction. She just did a whole bunch of horrible things to other human beings in order to survive a terrifying situation. She's allowed to freak out now that the danger is passed. That's what people -- women and men -- do in real life



when they survive frightening circumstances. When she's done with her freak-out, Ellie sucks it up and gets right back to business.

The Black Widow, "The Avengers"

One of the star Avengers was the Black Widow, Natasha Romanoff. I was pretty happy with Natasha as a character in this movie. It would have been really easy to write this character as a sultry sexpot and leave it at that, but that's not how it worked out. Natasha stands shoulder to shoulder with the male heroes and kicks every ass that looks at her cross-eyed. She even buffaloes Loki, the god of lies and trickery. She was a really great, strong, fully fleshed-out, female character.

Unlike with Ellie, I can't really point to any one article or blog post hating on Natasha, but based on commentary scattered all over the Internet, this character was all sorts of "problematic."

Very few people outright hate how the Black Widow handled in "The Avengers." All the criticism for this character seems to devolve into "She's really cool, just not cool enough." A lot of complaints I've read revolve around Loki calling her a "mewling quim," and how that relates in various ways to the generally sub-par, somehow anti-feminist tone of the movie and why the character isn't "cool enough." Many other forum or blog comments or blog posts mention the fact that the Black Widow is the only female Avenger ("the Smurfette Principle"), which I think might be a more valid criticism if the movie weren't already so busy. I mean, that movie was full. I'm not sure where another character could be added.

Another criticism deals with how Natasha snowjobbed Loki. From Cleolinda's blog post:

"Although I was really disturbed during that scene with Loki when I realized that her 'skills' weren't actually sexual seduction -- they involved her making herself vulnerable enough to emotional and/or physical torture that men would stop guarding themselves and start monologuing their inner thoughts. I don't know if it was a good disturbed or a bad disturbed."

And Jim C. Hines' blog post:

"Once again, Black Widow allows a man to play on her apparent vulnerabilities and weakness, and in doing so, tricks him into admitting his plan.

But this time, as she turns away, you realize the vulnerability wasn't faked. She wasn't in control the same way she was in that earlier scene. Loki got to her. You see it in her expression, and you see it again later."

Except... I've watched this scene over and over. (It's a favorite movie; don't judge me.) I'm not seeing this "you realize the vulnerability wasn't faked" thing that they're talking about. I took the whole thing for an act on her part, particularly after she turns around again, all business, and thanks Loki for cooperating. I thought that was the whole purpose of the Chair Fu scene -- setting up the fake-out in the Loki scene.

And even if it wasn't, if the point was to show that one scene was an act -- the Chair Fu fake-out -- and the other wasn't -- Loki -- I'm not necessarily sure that's bad. If anything, it would make the character even tougher. The fact that she would be both capable of and willing to cut herself to the bone to accomplish what she needs to with Loki just makes her even better at her job. You sometimes see a similar trope with male characters, where they're willing to hurt themselves physically to get the job done. I'm not sure why this would be a problem in a woman character, just because it's an emotional pain.

Finally, others have pointed out how Natasha was curled up in a ball having a very quiet little nervous breakdown after being nearly killed by the Hulk as some kind of "See, that's what I mean, always making the wimminz weak" moment, to which I can only reply: Jesus Christ, people,

"What it is teaching writers, is that no matter how hard they try, their female characters are never going to be good enough"

that was the goddamn Incredible Hulk. I'm not sure that Marvel even has another character who can reliably go toe-to-toe with the Hulk, let alone beat him.

Much like in Ellie's circumstances, after nearly being pimp-slapped into a greasy red smear by the Incredible Hulk, isn't it absolutely allowable to take a minute and go change the tattered shorts, okay? Guy, gal, whatever -- you're allowed to snivel. That's the Hulk. He Droopy-slapped Loki and beat the crap out of Thor. Twice. In the same movie. And again, when Natasha was needed, she got up, knocked the dust off, and went back to work.

Equal isn't good enough?

Here's problem with quibbling little criticisms like this: what it's showing people is that being a strong, capable, fully-articulated person isn't good enough for a female character. She can't be equal -- she has to be better than everyone else in all circumstances. She can't have human flaws. She can't be frightened, or upset, even when it's warranted. She can't be human. She has to be some kind of goddess-like Mary Sue.

Guys, that's not better than a damsel in distress, and arguably worse. When fussing over good female characters, for quantifiably stupid reasons, people are holding women to a higher standard just because they're women. What it is teaching writers, is that no matter how hard they try, their female characters are never going to be good enough.

Many people, including myself, are not aiming for female characters in fiction to be better than men. We just want them to be as good as the male characters. ♡

LIBERALLY LENIENT CONSERVATIVE CORNER

Technology not the Activists

According to Oregon.gov 3,748,803 trees were harvested in 2012. When you see a number like that, it can stop your heart. Luckily in today's world, those trees don't come from anywhere important, as a majority are grown on private tree farms, or in a regrowth area, both of which get replanted. So why all the mill closures?

Obviously paper is a supply and demand market, if we don't need paper, it won't get made. Many out there would blame this on the "earth" people. Those who, in the name of good and bad will, look to put an end to the harvesting and destruction of our forests or to save owls.

Like all things, there are a few groups out there causing harm through destruction of property and boycotting. Thanks to the creation of the United Nations Forum on Forests and the Forest Stewardship Council, these tactics are limited.

In fact, the FSC was founded by a group environmentalists, sees such tactics as a step back. "At the time, FSC represented an alternative to boycotts of forest products, which were shown to be counter productive since they devalued the forest land."

Today the game is ingenuity and smarter thinking, by growing the trees on private property, not National Forest land. National lands end up preserved and according to mother nature network, such tactics are working. "Forest growth nationally has exceeded harvest since the 1940s. Forest growth exceeded harvest by 42 percent and the volume of forest growth was 380 percent greater than it had been in 1920."

"The need for paper has diminished, and only the people and their technology are to blame."

North American lumber production has also seen increases. According to Door and Window Market Magazine, softwood lumber production is up by 6.3%. So who is to blame for the loss in jobs and mills?

My bet is technology. Since 1995 the self-propelling gift, known as the internet, has changed the face of the world, and with the invention of the handheld computer, aka your cellphone, the need to buy a paper to get your news, has seriously diminished.

This, and the fact that China according to pamplinmediagroup.com, is out bidding our local mills for recycled paper products, is seriously hurting the industry.

It should also be mentioned, the effect computers and tablets are having on the need for paper production, especially when school is considered.

Today email rules, and turning in assignments electronically, is the norm. Long gone are the days of writing a letter, and sending it through the mail. Honestly, when was the last time you did that?

Hand writing a paper and turning it in, is an old hat as well. Something that occasionally gets done for a final, but that's about it. The need for paper has diminished, and only the people and their technology are to blame.

For many, a world with less paper is positive and not just activists think this way. The tribes who inhabited this land once believed, nature is a part of who we are. Taking the time to consider life in every aspect is a human goal, and one we need to focus on more carefully. If we don't, the consequences could be life threatening for us all.

The guardian.com discussed this idea in an article titled 'Earth will expire by 2050' in which they said, "Earth's population will be forced to colonize two planets within 50 years if natural resources continue to be exploited at the current rate."

The relationship between man and nature is one of complete dominance. At no point do we stop to consider what it is we kill or destroy, and it may cost us all.

Though technology and its advancement might be to blame for the loss of many jobs, and the abandonment of many towns, this is not the first time we have seen industries improved upon, completely phasing out major portions of product production.

So, before you blame a group of crazies, whose website photos are a bunch of mugshots, think about the world you are helping to create. Forward motion from an industrial standpoint will always cost, unfortunately most of the time the cost is lives. ♡

REALPACKMAN.BLOGSPOT.COM

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The Commuter encourages all students, staff, faculty and administration to be engaged in conversations and discussions on current topics. Please send opinions and responses to Editor-in-Chief, commuter@linnbenton.edu or The Commuter 6500 Pacific Blvd. SW Room F-222 Albany, OR 97321

Save a tree, starve a logger



COLUMN BY
DALE HUMMEL

some point owed its livelihood to harvesting of wood.

The first lumber mill in the region was built in 1827 and by 1833 lumber had become a profitable export for the area. By the 1850s there were 4 lumber mills in Oregon and lumber was being traded with China, Hawaii, and Australia. By 1870 the number of mills in Oregon grew to 173, and by 1947 1,573 lumber mills turning out more than 7 billion board feet according to www.opb.org/programs/oregonstory/logging.

"Logging continues to be stifled by radical environmental groups like ELF, Earth First, and The Earth Liberation Front ..."

In 1973, Congress passed the Endangered Species Act and environmental groups made the Northern Spotted Owl the "poster child" for their assault on the logging industry and the regional economy. The environmentalist groups argued that the spotted owl could only survive in old-growth forest, but this was never accurately confirmed. Recently more accurate information about the owl has come to light in response to the anti-logging scandal from www.news.discovery.com. As it turns out, the spotted owl is still drastically declining in numbers, and it's not due to logging. It is due to natural predators like the barn owl and the golden eagle.

Logging continues to be stifled by radical environmental groups like ELF, Earth First, and The Earth Liberation Front in their attempt to remove all improvements to communities and the region. These domestic terrorist groups have already claimed responsibility for destroying company property and setting fire to logging trucks. "Destroying luxury homes, SUVs, and other private property, thereby costing Americans millions of dollars in damages is their strategy", according to www.targetofopportunity.com/elf.htm. I know these are extreme cases; however, whether it is one extreme case, or many minor problems, the effect is the same, the loss of jobs, money and security in a community.

Trees are a renewable crop, and they grow relatively quickly in the Northwest region. The mild, damp winters and the warm, sunny summers practically guaranty healthy trees every year. The harvest of this "crop" also insures many people with livelihoods to keep communities and towns alive.

If you have ever taken a journey along Hwy 22 going east, you will see the damage the environmental groups have done to the towns and communities in the area. Cold, quite mills, empty stores, and vacant houses are a sad reminder of what used to be a thriving community. Most of what's left along that lonely stretch of highway are ghost towns and non-productive mills thanks to the environmental groups, who seem to care more for a humanless planet than they do for the community in which they live. They seem to call the near death of these small towns a victory. These are the same people who choose to protest the logging industry using paper signs with wooden handles.

If you have sympathies towards environmental groups, please remember where you get your lumber, plywood, paper, and other paper products from. It does not come from thin air, someone has to cut, haul, process and sell the wood products on which we depend.

The next time you see a lumberjack or a logging truck please be thankful that someone is providing valuable products, and helping to stimulate the economy with their lumber dollars. So, before you go totally "paperless", just remember; the next time you "save a tree" you may just starve a town. ♡

DKHUMMEL.BLOGSPOT.COM

CLASSIFIEDS

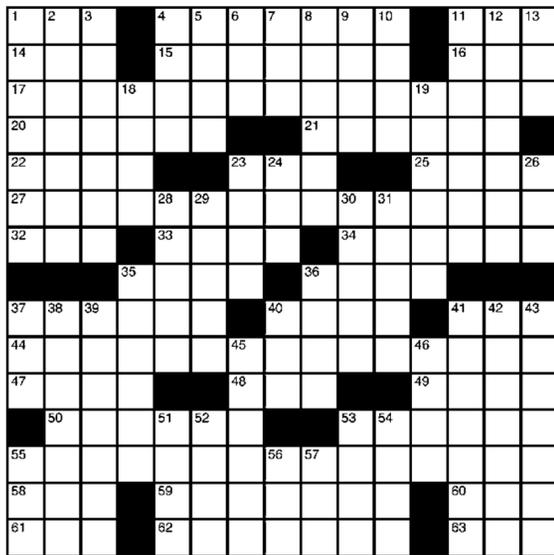
Wanted: Bass player and drummer for Eugene classic rock band. (Vocals an advantage) We currently perform live to a high standard of proficiency. The band consists of older, mature musicians but we welcome inquiries from younger competent types. Car pooling is available from Albany. Telephone lan 541-497-3808

Wanted: Basic instruction in Cubase music software. Telephone lan: 541-497-3808

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

- ACROSS**
 1 Breadth of fresh hair?
 4 2000s HBO drama set in Utah
 11 "Figured it out!"
 14 Longtime Parlophone record label owner
 15 Valentine sender
 16 Submerge
 17 A
 20 2002 World Series champs
 21 Pawn
 22 Author Carnegie
 23 CPR provider
 25 Library sect.
 27 AA
 32 Venerable ref.
 33 Moving line on the ground, maybe
 34 Places to perch
 35 Rosebud, notably
 36 Lean and sinewy
 37 Good thing to pass
 40 When Bloomsday, which celebrates Joyce's "Ulysses," is observed
 41 "Just ___ figured!"
 44 AAA
 47 Profound
 48 32-Across cousin of arch.
 49 River through the Czech Republic
 50 Canadian brewery
 53 Doughboy's helmet
 55 AAAA
 58 Prefix with tonic
 59 Restraining device
 60 Carnival setting
 61 Messenger developer
 62 Office chair mechanisms
 63 Email suffix
- DOWN**
 1 "There was no choice for us"
 2 "That's mind-blowing!"
 3 Laughed nervously, maybe
 4 Scene of a lost glass slipper
 5 Time to beware
 6 Clock-setting std.
 7 Stewed
 8 Handel opera written in Italian of arch.
 9 Not hor.
 10 Consequently
 11 Slow movements
 12 Place to lie low
 13 Make like
 18 Command to Fido
 19 Manhattan variety
 23 Abbr. for dating enthusiasts?
 24 Hood et al.: Abbr.
 26 Common cellphone feature, briefly
 28 Manservant
 29 Italian : gennaio
 :: Spanish : ___
 30 Patterned cloth
 31 Sticks with a horn
 35 Visit
 36 Milquetoast
 37 Pie material?
 38 Of no help
 39 Apply liberally
 40 Foresail
 41 Present and accounted for
 42 Moderately dry, climatewise
 43 Challenging opening
 45 Twisty pasta
 46 It's mostly made of zinc
 51 Some NCR devices
 52 Spring occurrence
 53 Starbucks order
 54 Followers: Suff.
 55 Pep
 56 Service abbr.
 57 Pre-A.D.



By Jeffrey Wechsler 10/16/13

Wednesdays's Puzzle Solved

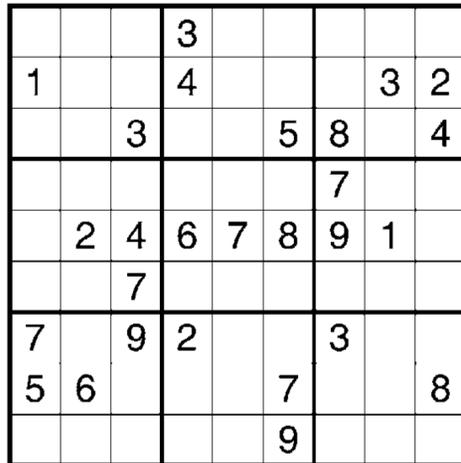


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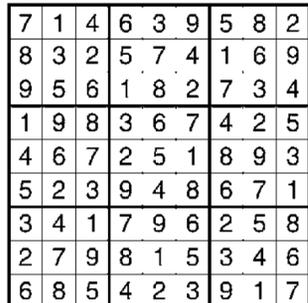
SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level: 1 2 3 4



SOLUTION TO WEDNESDAY'S PUZZLE 10/16/13



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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THE COMMONS FARE
 MENU FOR THE WEEK OF 10/16 - 10/22

Wednesday: Pulled Pork Sandwiches, Chicken Cordon Bleu, Vegetarian Chili*. Soups: Beef Vegetable* and Split Pea*.

Thursday: Chicken Enchiladas*, Meatloaf with Mushroom Gravy, Macaroni and Cheese. Soups: Lentil Bacon* and Villed Potato Chowder.

Friday: Chef's Choice

Monday: Curry Poached True Cod over Steamed Rice*, Grilled Chicken Breast with Chimichurri and Roasted Tomatoes*, Vegetable Pot Pie. Soups: Chicken and Rice* and Beer Cheese

Tuesday: Beef Stew, Roasted Turkey with Pan Gravy, Sweet and Sour Tempeh over Rice*. Soups: Chili Mac and Gingered Curry Carrot*.

Monday-Friday 10 a.m.-1:30 p.m.

HOROSCOPES BY: DANYA HAYDER

Libra: September 23 - October 22
 As cool as steel, and still managing to twist up your path? Walk with one foot in front of the other and practice on your balance. You've laid down a twisted path, perfect for a journey.

Scorpio: October 23 - November 21
 Picking out your own fights is just like you. As a fighter, know when to let others go on their way. After all, you'll find out simply bothering them may be enough.

Sagittarius: November 22 - December 18
 Working on the ground is tough work, with all those trees popping up! You'll get through those times, with your new arrows in tow!

Capricorn: December 22 - January 19
 Quickly scurrying to and fro must be tough work for any busybody! Much like the ant, you've got lots of work. Luckily, you've got swift feet to aid you.

Aquarius: January 20 - February 18
 Lighting up your own path with a giant grin, again? Don't blind others too much with your bright smile! Keep up the light.

Pisces: February 19 - March 20
 If only the days were sunnier, the water would be the perfect temp to dive into! Worry not, stress just likes to be an over-builder and may prick you from time to time. Make your own flow, don't let others badger you.

Aries: March 21 - April 19
 Flying about to get work done, Aries? Too bad work is always so far away from where you have to sit so comfortably! Enjoy your flight!

Taurus: April 20 - May 20
 Overly electric, making papers frizzle out of control? Creating your own electricity, just to fix your mistakes, might not work as well as you might hope. Good luck to you, Taurus!

Gemini: May 21 - June 21
 Speaking half sentences, finishing up a different one entirely? So much work may make you feel like you've become psychic! Knowing what others are going to say before they ask it is a tremendous responsibility!

Cancer: June 22 - July 22
 Ice, while freezing cold, is an element for you. Doesn't everyone like those snow cones? Brightly colorful, they lure you in and then slip all over your feet - one point for snow cones...

Leo: July 23 - August 22
 Like a rock, you're strong and able to get through any day! Be proud and roar through your day.

Virgo: August 23 - September 22
 Working in gardens is tough work, yet you excel by far! Keeping track of what you do may be over the top. Still, you make time for all.

BULLETIN BOARD

Hawaiian Slack Key Guitar & Appalachian Dulcimer by Mark Nelson

October 19 @ 7:30pm — Troubadour (521 SW 2nd Street, Corvallis)
 Admission: \$10
 More Info: 541-752-7720

Flu Shot Clinic

October 28 @ 3:30pm — Benton Center BC-107
 \$20 cash/check in-hand or free with MODA insurance card in-hand
 More Info: 541-757-8944

Oregon Shakespeare Festival Actors Visit

November 8 @ Email for times of various events — LBCC Forum 104
 More Info: robin.havenick@linnbenton.edu

Macbeth - Movement into Darkness

November 1, 2, 7, 8 @ 7:30pm & November 9 @ 2:30pm, 7:30pm
 Russell Tripp Performance Center
 More Info: 541-917-4531



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THE COMMUTER

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Letters Welcome

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

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 Forum 222
 6500 SW Pacific Blvd.
 Albany, Oregon 97321

Web Address:
commuter.linnbenton.edu

Phone:
 541-917-4451, 4452 or 4449

Email:
commuter@linnbenton.edu

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BACK IN THE DAY BY: WILLIAM ALLISON

On Oct. 16, 1943, Chicago opened their new subway system.
On Oct. 16, 1962, JFK was informed that Cuba had missile bases, which started the Cuban Missile Crisis.
On Oct. 17, 1933, Albert Einstein left Germany and moved to Princeton, NJ.
On Oct. 17, 1989, A magnitude 7.1 earthquake rocked San Francisco, killing 67, injuring about 3000 people, and doing \$7 billion in damages.
On Oct. 18, 1969, Artificial sweeteners were banned by the U.S. Government when evidence proved they caused cancer.
On Oct. 19, 1977, The supersonic jet Concorde made its first flight to the U.S., landing in New York City.

On Oct. 20, 1803, The Louisiana Purchase was approved by the U.S. Senate.
On Oct. 20, 1930, NBC Radio first aired "The Adventures of Sherlock Holmes."
On Oct. 21, 1879, The electric incandescent lamp, which lasted 13.5 hours, was invented by Thomas Edison.
On Oct. 21, 1966, 140 people were killed in a coal waste landslide in Wales.
On Oct. 22, 1797, Andre-Jacques Garnerin performed the first recorded parachute jump from about 3000 feet.
On Oct. 22, 1968, The Apollo 7 spacecraft landed in the Atlantic Ocean after orbiting Earth 163 times.

THREE'S A CROWD BY: JASON MADDOX



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INEQUALITY IN OUR SOCIETY

Some discussions between people in our society today about ethnicity, race, or even religion can either go one of two ways. They can be understanding and talk about in a mature nature, or they can be blown out of proportion and handled in a somewhat hostile manner.

When it comes to race, the subject can have the notion that it needs to be dealt with delicately and some people feel like they are walking on eggshells, however, there are ways on finding a common mature ground on the matter.

Dr. Shakti Butler was invited to do a campus lecture for free from faculty and students on racial inequity. She was invited to do a lecture by Javier Cervantes, director of the DAC (Diversity Achievement Center) at LBCC.

Butler founded the World Trust Services in New York and produced and directed of some of her own films.

Cervantes had wrote to [Butler] and her company in July after I heard they were going to be at OSU, and wanted to see if they could make an offer to have them stop by on campus for a lecture about racial inequity.

Butler stopped by LBCC on Wednesday, Oct. 9, and had her lecture from 3-5 p.m. in the Forum building, and later that evening she presented at OSU at the La Sells Stewart Center at 8 p.m.

"She was very easy to work with," said Cervantes. "[She] was very gracious and generous."

On Monday, Butler was in Pennsylvania giving a lecture and by Tuesday, she was in Portland, Ore. ready to head to OSU and LBCC.

Jeff Davis, a co-sponsor of the event and the director at the Benton Center, was instrumental in helping to get Butler to do a presentation.

"I had expected to have only 30 people show up for the lecture," said Cervantes. "I was pleased to see that we had roughly 80-85 people show up that included, staff, faculty, students and even a few community members."

The lecture had a range of topics such as community, history in schools and the distribution of wealth in the U.S. While it was a presentation, it was also a chance to



PHOTO: JAVIER CERVANTES
Dr. Shakti Butler and Dana Emerson hold a piece of art after the lecture about racial inequity.

communicate one-on-one with the audience about different things.

At one point, Butler asked "Who am I?" Once the question was analyzed, the audience turned to those close to them and shared what they believed they were.

Butler told the audience how we underestimate our own greatness. She even asked the audience what some people though they were. Answers came back as: kind, caring, loyal and even brave.

"I think that interactive lectures like this are crucial for some of the healing that needs to be done in America around this and other kinds of oppression," said Megan Mitchell, a student who attended the presentation.

Butler's lecture to the audience, about how narrow our vision in society is when it comes to racial criminology. We are conditioned to only see things in a particular light, and it inhibits us from seeing a bigger picture.

"We focus on what we are told to focus on," said Butler.

Javier Cervantes, who attended the lecture, was most impressed with how Butler was able to open people's eyes to society.

"One thing she said was that people are born into a culture they didn't make, and that they are built to be changed. We have always been historically marginalized," said Cervantes.

Another activity the audience took part in was being asked the question, "How old were you when you noticed race?" The question let the audience come to a realization about things in a racial context.

It was a great opportunity to reflect on themselves, their own experiences, and take ownership on such a subject.

"I remembered clearly the first time one of my friends in kindergarten was called a racial slur when we were on the swing set together, and it left me feeling confused and anxious," said Mitchell. "As I listened to the man I talked to at the lecture, I realized that although our stories were completely different, we had all encountered racism."

After she asked the questions, and people had a chance to discuss with someone next to them, Butler asked, "Now, did anyone die? Did anyone lose an arm? See, we can talk about this kind of stuff without it being taken the wrong way or thought of in a bad context."

"I just liked the way she presented things, she even asked critical questions to students who were leaving early just to get them engaged before they left," said Cervantes.

Butler was a welcomed guest on the college campus, and Cervantes says that he hopes to have a lecture, presentation, or something like this at least twice a year. He believes that the college does not do them enough.

"I absolutely think that people could learn a lot from lectures like this," said Cervantes. "It's a good thing and it just shows that we are growing as an institution. We can do stuff that is reasoned, mature and is in a positive way." 📍

STORY BY LEX PORTER

GREAT ROTARY DUCK RACE

Since 1988, the Great Rotary Duck Race has helped treat and prevent child abuse in Lane County. It started as an idea by Rotarian Sam Burke, who saw drug abuse as a perceived problem and wanted to do something about it. The Great Rotary Duck Race (which transitioned from drug abuse prevention to solely child abuse in 1990) is a joint fundraising project, funded by all 12 Rotary clubs in the Eugene-Springfield area to raise money for treating and preventing child abuse; it is now in its 26th year. Each rubber duck that floats down the Willamette River symbolizes a \$5 ticket that is purchased. All ducks are numbered (with the corresponding ticket numbers) at a banding party held two days before the race. Following the banding, the ducks are transferred in a dumpster via SaniPac to the Willamette River, next to the Frohnmayer Bridge at Alton Baker Park in Eugene, where they are dumped. They then float approximately half a mile to the DeFazio Bridge, at the opposite end of the park. They are collected in an area of hard boom just north of the DeFazio Bridge. According to Don Travis, who has been a Rotarian since 1988, there are approximately 100 duck races across the country, and the one that takes place in Eugene is the second largest. There are six recipient agencies that are included in the fundraiser. The Family Relief Nursery provides therapeutic classes to children that are at the highest risk of being abused or neglected. Direction Service serves families of children with special needs; it has been around for almost 37 years. Court Appointed Special Advocates, or CASA, provides a powerful voice for abused kids by training volunteers who advocate for those children within the court



PHOTO: JARRED BERGER
A crane lowers and tilts a SaniPac dumpster that is filled with 68,100 ducks into the Willamette River at Alton Baker Park in Eugene on Saturday.

system. Bridgeway House offers treatment, developmental therapies, enrichment courses, and support to children and families of all income levels with Autism, and related disabilities. Jasper Mountain is a schooling service available to children with a background of abuse, from ages 3-13. The

funds from the race will help build a new school. Looking Glass of Lane County helps teens 11-21 with 12 different services, ranging from counseling, to education and shelter, to behavioral health; it serves roughly 10,000 youths each year. From 20,000 ducks the first year, to around 68,100 ducks this year, it is obvious that more and more people are helping to raise money to help the children of Lane County. "It's always about the needy cause," said spectator Ben Wallace of Eugene. "We don't ever expect to win, but that would be a nice bonus." So next year, when the leaves begin to change color, think about the children of Lane County who are being abused, some brutally, and think about how you can help. A simple \$5 bill will buy you a duck, and potentially one of 15 prizes, and that \$5 you spent will be used only to help prevent child abuse. Buy a duck, make a difference. 📍

STORY BY JARRED BERGER

WEATHER

SOURCE: THEWEATHERCHANNEL.COM

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY
SUNNY	SUNNY	PARTLY CLOUDY	SUNNY	PARTLY CLOUDY	PARTLY CLOUDY	SUNNY
67/43	70/40	68/40	68/41	67/44	68/46	66/46
☀️	☀️	☀️☁️	☀️	☀️☁️	☀️☁️	☀️