

Expectations were high for the launch of the new LBCC website Fall term 2014, but murmurs on campus spread and excitement turned into questioning the \$89,000 purchase to revamp the existing site.

Months of planning went into organizing focus groups concerning the elements of the site. From Aug. 2012 to April 2013 three separate groups were formed to discuss the old website layout versus the new layout.

About 150 people in total were involved in the discussions.

"We took information received [in the focus groups] and digested it and put it out on the web," said Dale Stowell, the executive director of Institutional Advancement at the college.

Development of the new site didn't take place overnight. There was a soft launch in Fall 2013 to gather

feedback from users. Suggestions and comments came in from about 200 people.

"They were all very helpful and helped us make good decisions on what to do next," said Stowell.

The series of focus groups featured local high school students, current students, and faculty. All groups were conducted separate from one another.

Groups were given the old and new sites and were asked to respond to a series of questions.

"It's Google analytics. It was a measure to see how people behaved on each page," said Stowell.

Participants were asked to give suggestions as to what "quick links" and information they expected during navigation. Based off the suggestions the "quick links" were added to the homepage.

The first group were volunteers from Albany High

School. They were asked what links they would look for, if those links were easy to find, and if the website was competitively attractive compared to other colleges they may have seen while shopping around.

The second group were faculty members. They were asked to give feedback on building a better, more intuitive and user friendly web service. Moodle, the online student portal, was included in their discussion.

Last were current students at LBCC. They were asked if the website reflected the school, what kind of keywords they would look for on the site, and how easy it was to use.

William Allison was a Linn-Benton student among the focus group. "They asked what words would make you want to come to the school, that's how they came up with [the word] 'inspired.'"

CONTINUED ON PAGE 2

SPRING HAS SPRUNG

behind us yet, spring is making its way in with some friends, go on a hike, something. Use your imagination warm and sunny moments. If you're looking to get and find something to get your mind off of things. out of that wintertime funk, here are some things you can do.

Get outside

Are you bombarded with homework and feel like you never get to see the beautiful sights of spring? Grab your books and head outside! With several dozen parks in Linn and Benton counties, you're bound to find one you like. Don't want to go to a park? Find some grass somewhere and do your studying there.

Get away

It's halfway through week two and you're already needing a break. Be sure to finish up your homework (you don't want to get behind!), and then have a little getaway. Spend the night at the coast, go explore

Although the cold and soggy days aren't Portland for a day, go on a spontaneous road trip with

Get creative

Can't go anywhere but enjoy crafty things? Bring out you inner artist and get creative. Whether you like taking photos, painting, drawing, writing, or even singing, go for it. If you feel like it, you can even send it to us here at the Commuter and we might publish it.

Get back to work

Unfortunately, being in school means you have to do work. Once you've relaxed a bit, get your thoughts back together and hit the books again. Just remember, you can always study outside, so it's not all that bad. 9

STORY BY WILLIAM ALLISON





CONGRATS LBCC

Linn-Benton Community College received the Large Business of the Year award from the Lebanon Area Chamber of Commerce during its Lebanon Distinguished Service Awards banquet held March 11.

LBCC has a dual presence in Lebanon with its East Linn County Center and the Advanced Transportation Technology Center. Gary Price, regional director of Linn County Centers, and Bryan Schiedler, automotive technician faculty member and department chair, accepted the award on behalf of the college.

"It was an honor to accept an award that so many of us, past and present, have contributed to," wrote Schiedler.

Nearly 350 people attended the awards banquet held at the Samaritan Center in Lebanon. The awards recognize exceptional individuals, businesses, and organizations that contribute their time and energy to Lebanon, and include: Man and Woman of the Year; Junior First Citizen; Senior First Citizen; Outstanding Community Group; Large Business of the Year (49 or more employees); Small Business of the Year (fewer than 49 employees); Business Leader of the Year; Non-profit Organization of the Year; and the Frankie Gray Answering A Call award.

Along with LBCC, Lebanon High School, Consumers Power Inc. and Lowe's Distribution Center were in the running for the large business award. ♥

LBCC PRESS RELEASE

VANDALISM STRIKES

The City of Albany will have to cover the \$1,400 repair bill for the gates on Lochner Road that were destroyed by vandalism.

The gates were closed after the second snowstorm of the season caused Oak Creek to flood Lochner Road. Shortly after waters receded, the gates, as well as the posts they were attached to, were destroyed.

Chris Molthan, a City of Albany public works employee, suspects that someone tied a chain around the wood post and used a large vehicle to break the post. The wooden posts are being replaced with metal ones to prevent this from happening again.

Albany Fire Department Battalion Chief Scott Cowan came up with the idea of installing gates along Lochner Road and Bryant Way after several high water calls last year. The fire department purchased the gates and signs and the city of Albany covered the cost of the posts, concrete, and installation for the Lochner Road gates. Linn County installed the gates along Bryant Way.

According to Albany Fire Department Spokesperson Wanda Omdahl, the fire department, which has an average of 10-15 water rescue calls a year, has not been called out to rescue anyone at either location this year.

"It's always disheartening when you're doing something to make the community safer and someone or a group of people destroy it," said Omdahl.



Linn County Roadmaster Darrin Lane agrees.

"We close the roads because it's not safe for a normal vehicle to get through," he said. "We don't try to inconvenience people, our main objective is to make it safer."

The new gates will be installed sometime this week after allowing the concrete around the new metal posts to set. \P

STORY AND PHOTOS BY WILLIAM ALLISON

CLICK TO DOLLAR RATIO CONTINUED FROM COVER PAGE



That catch-phrase can now be seen heavily on the site and on brochures throughout campus.

Current student and Open Source club member Russell Ruby is not a fan of the over-use of the word.

"The word 'inspire' on every page over and over almost makes it meaningless."

According to Allison, the consensus among focus group members was that they did not like the old site. They agreed it was text heavy and not visually pleasing with photos. He felt a focus during the group

That catch-phrase can was how to design the site to influence potential students to ow be seen heavily on enroll at LBCC.

According to Stowell, feedback regarding the lack of visually pleasing material resulted in hiring a photographer for a two-day shoot. They got 180 photographs of student life to be used on the site.

But not all of the suggestions Allison recalled were effectively put in place from a current student's point of view.

"One thing I mentioned in the focus group was a link for The Commuter on the homepage. There is a link to The Commuter now, but it takes three clicks to get there."

Some students agree the site is more user friendly to potential students versus enrolled students. Many links take multiple clicks to get to a place that students would be interested in.

"I put my search into Google and it shows me where to go faster than using the website," said Ruby.

Future students may want to explore the site but current students want to get information quickly. Students expect to see what is important to them in the

most prominent places.

An example given by Stephen Gibble, student and Open Source club member, is the placement of Tweets. He feels campus news should be quickly visible to students but instead Tweets are at the very bottom of the page.

Gibble has some other gripes with the site. "At first glance it looks very nice. The beef I have with it is for current LB students. On the old website the information density was high, [but] the new one is mostly pictures with happy people."

With that being said, Gibble feels a strong point of the site is its mobile friendliness. The new column design works well on phones because it collapses down, so it's usable on the small screen. This was a big improvement from the old site.

"I really don't have any complaints about the mobile version."

One major improvement to the site was to in fact make it mobile friendly. The old site was so outdated that its compatibility with cell phones was non-existent.

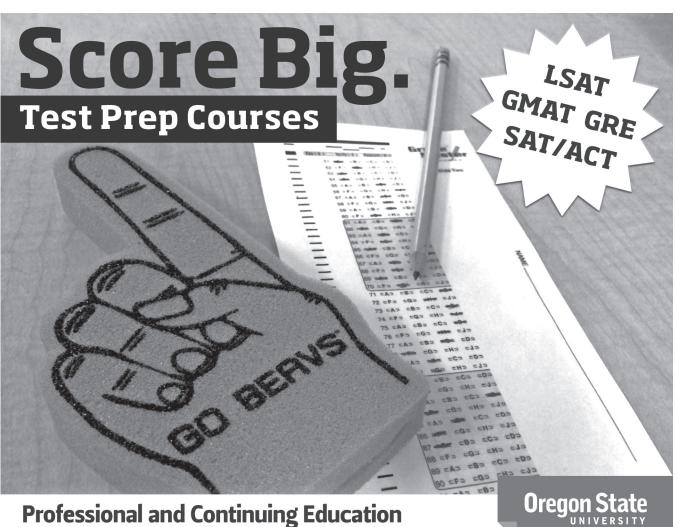
"The company we work with does technical design suggested to make it mobile intuitive," said Stowell.

The site is still a work in progress.

As students may recall, when it was first launched there were hundreds of broken links. After months of fixing them they are mostly gone due to student feedback and running broken link reports.

There are two groups that meet bi-weekly to continue improvements on the site. One is a web implementation group that works on use and content, and the other is a web strategy group that works to develop and evolve the site.

Suggestions for continued improvement can be sent to web-suggestions@linnbenton.edu. \P



The LBCC Commuter Presents:

The Willamette Valley 2014



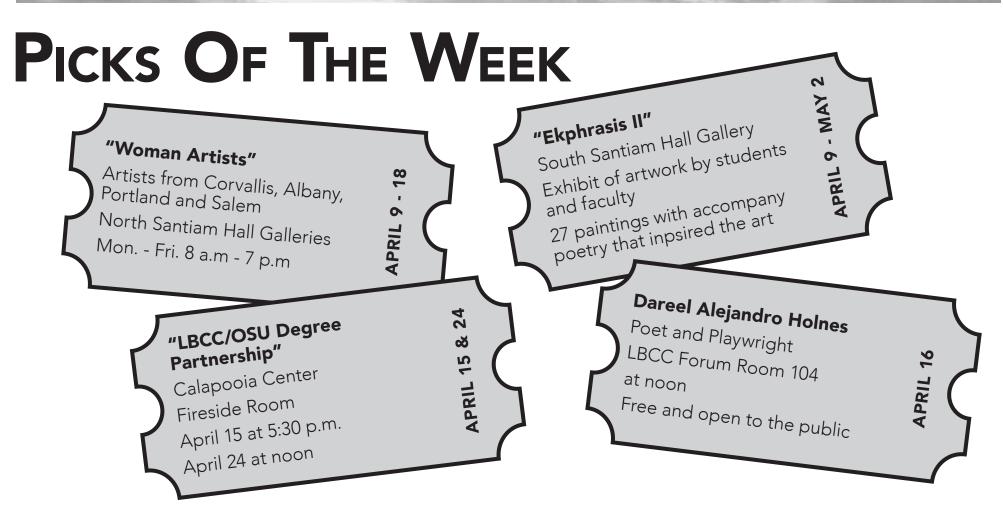
Let your voice be heard!

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

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Commuter Presents Arts & Entertainment





ALERT Spoilers Ahead ***ALERT***

To the sword-clashing glee of all those who are addicted, this past Sunday brought with it the return of "Game of Thrones," the HBO series based on George R.R. Martin's famous novelic saga.

The show directed by Alex Graves is in its fourth season and finally looks to be coming to a head.

Daenerys Targaryen's (Emilia Clarke) dragons are large enough to do some serious damage, and her army, which is (still) marching for Westeros, is looking equally as dangerous.

The Starks are all but gone, but the few who do remain (besides Sansa) look to be promising characters going forward. Arya Stark (Maisie Willams), who is escorted by Sandor 'The Hound' Clegane (Rory McCann), is already proving early on that she is a force to be reckoned with.

The Lannister dynasty, which has been dominant for three seasons, are beginning to show signs of fractures, leaving the door open for a new power to take control of King's Landing. Especially when you consider that their "Kingslayer," played by Nikolaj Coster-Waldau, is missing his lead sword-wielding hand.

And lastly, things on the Wall with the Crows are headed for an all-out war after Jon Snow (Kit Harington) returns to Castle Black and delivers the news of Mance Rayder's wildling army.

Regardless of what might happen, one thing is for certain: people are gonna die.

"The only way HBO's great and addictive epic could shock us," said David Wiegan of the Houston Chronicle, "would be to air a season without the death of at least one major character." After the end of last season and the Red Wedding, this is undoubtedly true.

It's the in-your-face approach of "Game of Thrones" that makes it great. You know what you're going to get and what you get isn't going to be some deep riddle.

"It's mainly concerned with riveting the viewer from moment to moment, often through sex, violence, or intrigue, while keeping a vast fictional world, a complex plot, and a preposterously overpopulated cast straight in the viewer's mind," said Matt Zoller Seitz of Vulture.com. Even the name of the season, "All Men Must Die," paints an obvious picture of the road ahead.

A pronounced image or not, as Ellen E Jones points out

TV SERIES REVIEW:

Game of Thrones

NETWORK: HBO

STARRING: Peter Dinklage, Lena Headey, Maisie

Williams, Emilia Clarke

PRODUCTION: HBO, Television 360, Grok! Studio, Generator Entertainment, Bighead Littlehead

GENRE: Adventure, Drama, Fantasy

RATED: TV-MA
OVERALL RATING: ****

REVIEW BY **TEJO PACK**

in her review of the story, "like the Lannisters, HBO's hit fantasy adventure always pays its debts."

It appears that this year perhaps some long awaited debts might finally be paid. For now, we'll just have to sit and watch and anticipate the need for another season-ending montage. \P



COURTESY: NINTENDO

The 3DS has received yet another killer app in the form of "The Legend of Zelda: A Link Between Worlds." Set in the universe of the beloved "The Legend of Zelda: A Link to the Past," this new entry manages to tell a distinct story in that setting while also capturing what's great about the games for old and new fans alike.

A villain named Yuga has betrayed Zelda and trapped her in a painting, along with the seven sages of Hyrule. He attempts to do the same to Link, but Zelda has given him a means of dealing with Yuga's magic: Link can now merge into surfaces as a two-dimensional image and emerge as a three-dimensional Link. This has not only proven to be a creative element to the gameplay; this tactic makes some of the most creative uses of the 3DS hardware I have seen yet. The 3DS version of "Ocarina of Time" was just the tip of the blade for what the handheld was capable of.

Even a veteran player of the franchise will have a good challenge, having to adjust their mind and vision to make use of the merging mechanic; as the game's key battles and puzzles are heavily-reliant on thinking in three dimensions in order to play in them.

That's not to say the rest of the game is inaccessible, by any means. Far from it, in fact. The control and general gameplay mechanics are reminiscent of "A Link to the Past," so one should be able to pick up and play quite easily. The graphics are smooth, colorful, and reminiscent of combining the art style of "A Link to the Past" (which was influenced by art of the legend of King Arthur, like much of the franchise) and "The Wind Waker" (which has also gotten an HD re-release on the Wii U to commemorate the game's 10th anniversary). Whether it's performing odd jobs in Kakariko Village or fighting bosses in the dungeons, the game's presentation is JRR Tolkien by way of Hayao Miyazaki.

Even little things such as battling other players on StreetPass and finding lost Maiamais can be fun

VIDEO GAME REVIEW:

The Legend of Zelda: A Link Between Worlds

PUBLISHER: Nintendo
DEVELOPER: Nintendo
PLATFORM: 3DS
ESRB RATING: E

OVERALL RATING: ★★★★

REVIEW BY STEVEN PRYOR

time-wasters. Of course, there's always the old standby of trying to find all the heart pieces scattered around Hyrule. \P

RARE AND UNIQUE FINDS

Creating a wide array of swirling colors, different shapes and exotic looks, blown glass is an elegant yet rare type art. It originates from Japanese fishing crews, who used globe-like blown-glass floats to keep their nets above the water. These spheres were as small as two inches or as large as two feet. They were hoarded, polished and adored by many people, and it was the ultimate find for a dedicated beachcomber.

Now that fishing vessels around the world use the generic buoyant plastic floats, blown glass floats are a rare find – especially on the beaches of Lincoln City, where more than 2,000 of them are found each winter.

"The concept for this program was patterned after the popularity of visitors and locals finding Japanese floats on

PHOTO: ELIZABETH MOTTNER

Katie Brown helps complete a hand blown float.

our beach," said Scott Humpert, Lincoln City Visitors and Convention Bureau publicity director. "This was a way to modernize that with different colors and different sizes of floats. People really seemed to like finding the floats so we patterned Finders Keepers after that."

Bryan Duncan thought of this unique art endeavour in order to ring in the millenium in 1997. His idea: to place 2,000 glass floats, no two alike, on the beach in the year 2000 for anyone to find.

The Millennium Float project, also known as "Finders Keepers," was the perfect event to mix art and the outdoors. Those who came in search of a float often found their way to area galleries, where unnumbered floats were available for sale along with a dizzying variety of fine art glass from around the world.

"Tourists came from around the country to search for their own brilliantly-colored, signed and numbered glass float," said Duncan.

Finders Keepers runs from Mid-October to the beginning of April.The hand-crafted glass floats are placed along a 7-1/2 mile public beach in Lincoln City, starting from the Roads End area to the Cutler City area.

"Dozens of glassblowers produce enough floats to match the year - 2,007 in 2007. Every day during the season, volunteers place choice floats in surprise locations on the beach," said Duncan.

People place the spheres in a nest of driftwood, behind a rock, or out in the open, as long as it's beyond the reach of the tide. The motto of the project is, "You find it, you keep it!"

"Each float is signed and numbered so we can track them from what artist and what studio," said Humpert. "We also take the name of the people that find the floats and where they are from."

When a float is found, people are advised to call the Visitor and Convention Bureau (VCB) at 800-452-2151 or 541-996-1274, and register their float. The VCB will send a Certificate of

reating a wide array of swirling colors, different our beach," said Scott Humpert, Lincoln City Visitors and Authenticity and information about the artists who Shapes and exotic looks, blown glass is an elegant Convention Bureau publicity director. "This was a way to crafted the float.

Bring everyone to the beach next year to experience the fun of float hunting. Start a new family tradition! \P

STORY BY **LEX PORTER**



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BEAVS SLIDE INTO FIFTH

little over halfway through another season of game back on March 8 against Adivision one college baseball and the Beavers seem to be right where they left off last year.

As the fifth overall seed in the country, the Beavers have just 23 games left to secure a chance to host a regional once again in Corvallis. The Beavers are looking to start this month as they started the last; winning 11 straight games between March 2 and 21. They have won four straight so far to begin the month of April.

As expected the Beaver's two big hitters in Michael Conforto and Dylan Davis are leading the team in RBIs with 70 between them and 35 a piece. Conforto is batting .383 which is the highest on the team between players with at least 100 at bats. Davis is just under the magical .300 at .295, but leads the team in homeruns with three.

As it has been in previous years, the true strength of the Beavers this year has undoubtedly been their pitching staff. Besides Jace Fry's personally unprecedented perfect



the Huskies of Northern Illinois, he is 6-1 on the season, with an ERA of 1.75, and a team leading 44 strikeouts. Ben Wetzler has been the true standout pitcher this year. Wetzler has not lost a game all season sitting at 6-0 so far with an ERA of just .38. Being that Wetzler has pitched about 14 less innings than Fry and has just nine less strikeouts is a good sign for the top two pitchers of the Beaver's bullpen.

After beginning this month with their twentieth straight win against the University of Portland 9-6, the Beavers returned home for a three game series against Stanford.

In game one Wetzler pitched a full nine innings in the 4-1 win. He allowed one run on just

four hits. Game two was a very different story. It took 13 innings for the first and only run to score. The sixth time was the charm for Jeff Hendrix that day as he came to the plate 0-5 on the day. Hendrix connected on a 3-2 pitch and sent a line-drive into left field driving in short-stop Trevor Morrison for the win. The Beavers finished the sweep of Stanford Sunday, April 6 with a 2-1 win. Kavin Keyes surpassed 200 hits in his career at Oregon State during the final game of the series, which puts him eighth all time in

Dylan Davis is batting .295 and has 35 RBIs.

OSU's school history.

OSU will now be on the road for the next two weeks, they will first travel to Pullman, Wash. to take on Washington State April 11-13. The following week they will travel to face Sacramento State in an out of conference matchup on April 21 and 22. **Q**

> STORY AND PHOTOS BY **COOPER PAWSON**



SUMMER TERM: A CHANCE TO FILL IN YOUR DEGREE PIE

I have a four-year old, so naturally I've become very familiar with this movie called "Frozen." The movie has become a part of our lives this winter. In addition to my daughter bursting into her very cute (but very loud) rendition of "Let It Go" in the middle of Ruby Tuesday, we have also become enamored with the character Olaf, who is a snowman... who walks, talks, and makes insightful remarks at opportune times. Olaf also really looks forward to summer because he's a snowman and he's delightfully innocent, so it's winky and fun that he doesn't understand that summer would spell his imminent death by melting.

If you're anything like me, Spring Term is exciting because it means that the summer is coming into sight. And since I'm not at risk of melting (insert Wicked Witch joke here), the summer promises all the things I look forward to like hikes, the beach, baseball, and superhero movies. It also promises a really great opportunity: Summer School.

Now that your collective groan has ceased, allow me to build my case for why taking classes during Summer Term can be one of the biggest favors you ever do for yourself.

#1: If you are a traditional full-time student, taking the established 12-credit load each term, you've probably realized by now that it will take 8 terms to finish your degree. And if those 8 terms don't include summer, you're looking at almost 3 years until you're finished. And that's if you only take exactly what's on your degree plan, never change your major, and don't have to go through any foundational math or writing classes. Once you add all of those things in, most students will end up at LBCC for 4 years.

Program Requirements and Other

The Summer Term can offer you a great opportunity to fill in a few pieces of your degree pie, thus shortening the amount of time until you're awarded your degree. A combination of increasing your usual load to 15 credits plus taking a few classes in summer could literally knock years off

General **Education**

#2: LBCC offers flexibility in the summer that isn't offered during other terms. With our 5/5/10 week plans, students have the option of taking classes during the first 5 weeks, second 5 weeks, or throughout the entire 10 weeks of the term. This means you can fill in that degree pie and still have a nice break from school to recharge for the Fall.

#3: Summer equals Sun. Sun equals Happiness. Happiness equals a great class environment! Let's face it, people are happier in the summertime. And happier people are cool people, and why wouldn't you want to hang out, learn, and fill in your tasty degree pie with a bunch of cool people all summer? Also, studies show that happy people get better grades. Even our own data at LBCC shows that summer term students have higher GPAs in the summer. So, it's a win-win, really!

Schedule for the Summer term is released on Monday, April 14th. So check out the schedule, go see your advisor about your options, and plan to fill in a few pieces of your degree pie this summer. The chances of you melting are low, the likelihood that you'll be closer to graduating are high, and degree pie is delicious. **?**

AS Degree Pie

Distribution Requirements

Liberal Arts Core



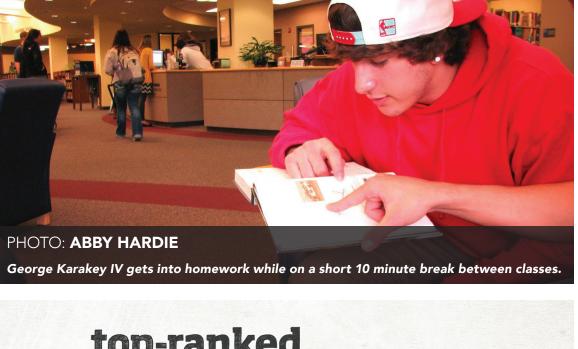


SPRING TIME On Campus



Ricky Haunte finishes up math with the help of Betsy Wood.







ADVICE FROM WEISS



Question: A family my family is close to just lost someone to suicide. They are so upset. Grieving hard. I wish there was something I could do for them, but I'm no professional. Is there a service for those left behind... And I just have to say, now that I know people trying to cope with a suicide, I wish more people would think of the pain of those left behind.

Answer: Yes, there is a group for the survivors of suicide. It's called "Support After Suicide," and is run by a former LBCC counselor. Your friends can call Lynn, at 541-760-1875, or Roberta, at 541-752-4376. This group has been very helpful to many people. Everyone in it, including the leaders, have experienced the loss of a loved

Also, you say you wish you could do something for the family you know that is currently facing this tragic loss. Well, there is. You can just be with them. Stay in touch.

Ask each of them how they are doing.

Perhaps most importantly, don't worry about not being a professional. Don't worry about not knowing the "perfect words" to use, or that you can't see the "right" moment to reach out. Your friends need friends who aren't afraid to sit with them as they grieve. Not afraid to ask how it's going today. And tomorrow. And next year. There is great value in being "the witness" to another's pain. Both to the person you care for, and to yourself, because you both will learn and grow from the experience in ways that cannot be foreseen.

If you'd like to consult, please come see one of LBCC's counselors, and, good luck.

Sincerely, Mark Weiss

LETTER TO THE EDITORS

president of Students for Life, the pro-life club here on campus. I would like to express both my thanks for the Commuter's willingness to express opinions about the issue of abortion and my concern for your coverage of my club's recent event on March 5 of last term.

First of all, I would like to express my gratitude to the Commuter staff for being willing to offer their personal opinions and thoughts about abortion. As a club, we at Students for Life strive to get our campus thinking and talking about this important debate. I am thankful that students are able to speak freely about their views, regardless of which side they stand on, because the first step towards healthy changes is healthy discussion. Secondly, I would like to express my concern for a specific article titled "Roe, Roe, Rock the Boat," which described our recent "What Has Roe Done?" display shown in the courtyard, and to dispel some misinformation in that article.

In her article, Ms. Petroccione makes several comments that are simply untrue about the nature of our event. When describing our display, she writes, "Now only if they had done so in an intellectual way, instead of using fear tactics and poor taste," and, "...I believe they only succeeded in offending and/or horrifying a large percentage of the student body." I would like to clarify that our event was entirely based on statistics and testimonies from real people, and sources were available to all who wanted to see them. All club members engaged in constructive and respectful

Tello, my name is Steven, and I am the founder and conversation throughout the course of the event. As a club, we did not engage in any actions that were meant to shame or scare anyone, and we were as tasteful as possible. In fact, when we displayed panels with testimonies of real women who died as a result of failed abortion procedures, we placed roses on the ground to honor their memories. I had many conversations with students during the course of the event, and almost all were civil and constructive. Only a couple students were too offended to talk to us at length, but the large majority of students from both sides of the issue were very generous and interested in our information.

It is also important to me that I mention the autopsy photo that we displayed, and which Ms. Petroccione mentioned in her article. She writes, "I find it very difficult to justify the display of such a graphic image in an area where people can not avoid it." I would like to point out that the graphic image that we showed was hidden and covered by a warning message, and that it was only visible to those who expressed interest in seeing it. I would also like to comment that the display is meant to be disturbing. The point of the photo is to show people what legal abortion can do to women in modern times. I was deeply disturbed by her death as anyone should be, and it causes me to question the morality of abortion.

I do not have time to tackle every argument that Ms. Petroccione has put forth. However, I would like to offer resources for any and all who are interested in researching this information on their own. If anyone would like

DID YOU KNOW?

picked the seeds.

Pistachios are

largely picked

by machine in

modern-days

therefore the

is no longer.

need for the dye

Commercial pistachio shells used to be dyed red. Originally the dye was used by importers to camouflage stains on the shells from the people who

to read the sources for our "What Has Roe Done" display, they can be viewed online at studentsforlife. org/files/2014/03/WhathasRoeSourcesl-KJH.pdf Also, if anyone is interested in seeing positive reception from students on LBCC and other Oregon campuses, you can view video testimonies on the Students for Life of America YouTube account, www.youtube.com/user/ studentsforlife.

I strongly encourage students not to simply take my or Ms. Petroccione's word for it, but to research abortion themselves and make their own educated opinions on the issue.

Once again, I would like to thank everyone who expressed their opinions in the Commuter and at our display. It is a pleasure to dialogue with students, no matter what side we stand on.

Sincerely, Steven Bowser

ADDITIONAL INFORMATION

You can read the original story here: lbcommuter.com/2014/03/11/abortionstudents-for-life/



should be made 72 hours or more in advance of the event. LBCC is an equal opportunity employer & educator.



LENIENT

Fort Hood and the Second Round of Tragedy

 Γ or far too long this nation has ignored the problems related to mental health.

Our medical field has evolved in separating physical health from mental health, to which the latter has become of less importance. This perdition has had consequence of creating devastating tragedies. This subject is a complicated issue, as we have complicated minds.

Instead of attacking this issue head on, we've ignored our mental health and wellbeing as a social unit. Our own military, to which we praise for their bravery and protection, is ignored to the greatest extent, for what they experience can be detrimentally tragic, overwhelmingly stressful, and de-stabilizing (as one can only imagine). This can occur for soldiers that have, and have not experienced combat. There are many factors involved, but even institutional organization of the armed forces incurs somewhat of a stressful mentality; it has to for the sake of its very nature.



COLUMN BY FRANK CLARK

It's been speculated that a quarter of people who join the military have some sort of mental vulnerabilities that are prone to illness (MSN). Encouragement is the least that we can do and have done for returning soldiers. Since Vietnam, where we experienced overwhelmingly disrespectful treatment of our troops, it was made very clear that despite the politics about war, we must continue to treat our men and women who protect this country with dignity and respect.

Veterans are particularly mistreated when it comes to both physical and mental treatment. The Affordable Care Act despite its controversy, is benefitting to them as more funding is being made for their aid.

Mental health in particular needs to have increased attention though, to our veterans especially. Incidents like Fort Hood (twice now) demonstrate the vulnerabilities of our armed services, which inadequately address such issues. Soldiers suffering from conditions like PTSD, need supportable safety nets provided by the military, like resources and help to deal with such issues. The amount of soldiers that have committed suicide is unacceptably high.

"We in America like to prescribe all sorts of pharmaceuticals..."

In 2012 more soldiers committed suicide than those who died on the battlefield. In some of these situations like Fort Hood we see additional casualties to which these soldiers procure along with themselves.

We see this phenomenon in all aspects of society. We in America like to prescribe all sorts of pharmaceuticals, not to address these problems at the core, but instead to bandaid them with anti-depressants, anti-anxiety, and other concoctions to mask over such symptoms and make a profit. Not to say that some of these things aren't beneficial, but we shouldn't just throw pills at all of our problems.

 $Iam \, definitely \, cautious \, when \, it \, comes \, to \, our \, children \, being \, prescribed \, substances \, such \,$ as Adderall and Ritalin that are the pharmaceutical equivalences to methamphetamine and speed. I'm not sure how much we know about the long-term effects of such things, especially on a developing mind.

With a dramatic increase in violence and events such as school shootings, we must link the issues of mental health in relation and address them accordingly by preventing such social stressors that enable individuals to act in such volatile ways. We need research and funding for true treatment and appropriate attention, rather than just writing prescriptions just to conceal such problems until a tragedy occurs.

Such debates as the one over the Second Amendment are not truly over gun control, but rather instead over the speculation of whether or not we can be responsible with such tools. I admit that I am in no way supportive of measures to restrict gun ownership, but at the same time acknowledge that proper backgrounds and mental health treatment advancements could prove useful in solving some of these problems by keeping gun ownership in responsible hands, to which probably nobody shall object to being a good thing.

There are so many issues and problematic consequences due to the lack of commitment to our mental health. Our expectations in such a modern age have come a long way with their own benefits, but also maleficence to which we are lacking in proper solutions. The way we live our busy lives; the food we eat, substances that we consume, the economic grievances, social disconnections, and ideological attitudes among countless other variabilities, all come with new stressors to which we are lacking adaptability to our own development.

Our very nature down to a biological level and social structure is a progressive one, to successfully accomplish this we can no longer ignore the most vulnerable among us. Mental health should be a top priority as these problems which arise have detrimental effects to society as a whole and further escalate the amount of stress to which we all endure. Our military needs to acknowledge (and be acknowledged) for the amount of stressing points to which it is involved. It needs to adapt measures that will protect the mental health of the brave men and women that protect us. **9**

LIBERALLY | CONSERVATIVE **CORNER**

Tragedy of Public Violence



COLUMN BY **DALE HUMMEL**

Whether it is caused by a person with mental issue or someone with a political or religious agenda, it is always a tragedy when public violence occurs. Unfortunately, whenever someone is angry or feels they need to make an important statement about something, they choose to use a firearm in a public place.

On April 2, 34-year-old Specialist Ivan Lopez, who was said to be struggling with a psychological condition, according to CNN.com, used a .45 caliber pistol to kill three soldiers and wound 16. Psychological issues have only been a piece of gun violence on military posts or public places.

On November 5, 2009, Nidal Hasan gunned down 13 and wounded 31 while shouting "Allahu Akbar" ("God is greatest" in Arabic) according to www.reuters.com. Hasan received the death penalty for his role in the massacre, all while in defiance of the United States Military. Hasan was an Army psychiatrist. Since the Obama

Administration has labeled the 2009 attack "workplace violence," the victims will not be eligible for benefits.

As we all know, not all shootings are terroristic in nature, but many of the shooters do have mental issues; and, unfortunately, a firearm in the right (or wrong) hands can be deadly. How can we stop troubled people from killing others without infringing upon the rights of the rest of us? We can't. Shit happens.

I do have a possible connection to the Fort Hood shooting. I was in the U.S. Army in the late 80's and was to be stationed at Fort Hood. I'm sure I still have buddies that are stationed there. I recall in the past that the military police carried rifles and pistols with them while on duty and no one got hurt.

"There are those, I'm sure, who would like to do away with the Second Amendment and only allow the police to have guns but that will not happen. We can, however, change the way we protect our fellow countryman and our military and not leave our soldiers defenseless."

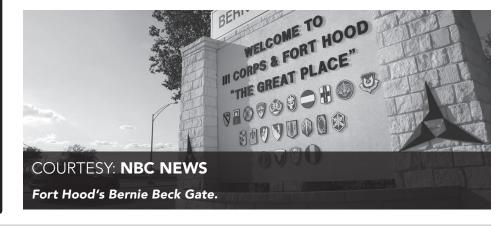
I am sure that many people have the opinion that completely removing guns from our society will create the illusion of a safer society. However, that idea has already proven to be false. If weapons, even on a military post, are outlawed, someone will always find a way to kill, with or without guns.

The idea of a military installation being a "gun-free zone" is preposterous. Our government spends millions of dollars and man-hours making sure we have the best equipped, best trained military in the world; yet, our government doesn't trust our soldiers, sailors, airmen, and marines with carrying weapons on installations. We entrust these people with our security and the security of our country, yet we take their guns away. The results are clear, the shootings in Fort Hood proves we need protection from those who mean to do us harm.

We already know gun-free zones don't work. All the public shootings have occurred in gun-free zones, yet we continue to keep people from having guns in areas that have proven to be targets for those who may be mentally unstable or have a point to prove.

The Fort Hood shootings once again are causing the anti-gun left to point fingers to the gun control issue. There are those, I'm sure, who would like to do away with the Second Amendment and only allow the police to have guns, but that will not happen We can, however, change the way we protect our fellow countryman and our military and not leave our soldiers defenseless. We can allow competent people to have guns.

As an Army veteran who was assigned to Fort Hood, my heart goes out to my fellow soldiers and victims who suffered the wrath of a person who was mentally unstable. I just hope we as a society and the left don't use this tragedy to further push guns out of our lives. **9**



Please send opinions and responses to:

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

ACROSS

- 1 Kindle add-ons
- 5 Fight
- 10 Rainy day consequence
- 13 Wool source
- 15 Personal strength
- 16 George's songwriting partner
- 17 *Slow-to-develop sort
- 19 Cover
- 20 Work in which lago is a baritone
- 21 Spot for a Hindu's tilak
- 23 *Precursor to adoption, often
- 25 Like an unswept fireplace
- 26 "Ring Cycle"
- goddess 27 Skip over
- 29 Hubbub
- 32 Gloss targets
- 35 Maui howdy
- 38 Amigo 39 Pound spenders
- 41 Postal motto word
- 42 Coffee shop feature
- 44 Half a sci-fi sign-
- off 45 Yard parts
- 46 Star in Lyra
- 48 Sphere opening
- 50 Gray
- 52 *Bargain hunter's destination
- 58 All one can stomach
- 60 Northwest college town where "Animal House" was
- filmed 61 Big bird
- 62 Salad choice, and a literal description of the starts of the answers to starred clues
- 64 Twitch
- 65 Witch
- 66 Where many tennis winners are hit 67 Farm structure
- 68 Father of Moses
- 69 Word after high or open

13 15 16 17 19 20 55 23 25 26 30 38 39 42 43 47 48 49 50 52 53 56 58 59 60 61 62 64 65 66 68 04/09/14

By Jennifer Nutt

DOWN

- the Lights": Kanye West song
- 2 First philosopher to mention **Atlantis**
- 3 Gourmet spreads
- 4 Ore refinery 5 Fiscal VIP
- 6 Bubble bath accessory
- 7 Hard wear? 8 Music provider
- 9 On hand 10 *21st birthday,
- 11 Hater of David, in
- Dickens 12 Pops
- 14 More qualified
- 18 Imperious
- 22 Flag down
- terrier: Highlands hunter
- 28 More, in Madrid
- 29 Relaxing getaway
- 30 La Brea goo
- 31 *Old TV title shown in a heart
- 33 Newscaster Lindström
- 34 Capital SSW of Riyadh

Last Edition's Puzzle Solved

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- 36 Weeder's tool 37 Busts, perhaps
- 39 Lose tensile strength
- 40 Pumpkin pie spice
- ticket
- 45 Evolves beyond forgiveness
- 47 Maintain as true
- 49 Tierney of "ER"
- 50 Drives the getaway car for
- 51 Mail payment 53 Vegas hotel with
- a Sphinx recreation
- 54 Colleague of
- Ruth and Sonia 55 New Hampshire
- city 56 Nine: Pref.
- 57 Lab work
- 59 Village People classic
- 63 Rep.'s rival

POETRY CORNER

That's the thing about boxes:

Some people have trouble thinking outside of them. Others have been doing it so long they can't find the box anymore.

Usually, they don't want to waste the time anyways

I, for one, would rather discuss the ethics of time travel with the extradimensional

trivertabrate xenobiologist with bitenticlitus.

And for those who don't know what bi-T is

It's the one in 14,000 whose tentacles split Seven eighths down their length causing Gemini tips Few with it have the dex to do delicate jobs

So they work moving boxes in which many minds tick.

By. Ariox Arumsol

By Keira Lynn

your lips taste like stale cigarettes "be mine" no thanks, control freak.

MENU FOR THE WEEK OF 4/9 - 4/15

> Wednesday: Pork Ragu over Noodles, Chicken Corndon Bleu, Tofu Thai Green Curry with Steamed Rice* Soups: Turkey Chowder and Split Pea

Thursday: Beef Stew, Turkey Club with Pasta Salad, Huevos Rancheros* Soups: Beef Vegetable* and Dilled Potato Chowder

Friday: Chef's Choice

Monday: Beer-Battered Fish Sandwich, Prime Rib* with Popovers, Broccoli Cheddar Frittata*

Soups: Shrimp and Corn Chowder* Tomato Basil*

Tuesday: French Dip, Grilled Chicken Breast with Chimichurri and Roasted Tomatoes*, Spinach Lasagna Soups: Chicken Tortilla* and Grilled Vegetable Chowder

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

CAMPUS BULLETIN

April 9 10 a.m. to 2 p.m. - The 36th Annual LBCC Career Fair will be held in the Activities Center Gym. There will be at least 73 employers at the event, most are hiring.

April 10 at 1 p.m. - A reception and gallery talk featuring four women artists will be held in the gallery at North Santiam Hall.

April 15 at 5:30 p.m. - There will be a Degree Partnership Program information session held on the LBCC main campus in the Fireside Room located at Calapooia Center Room 211.

April 16 at noon - Poet/Producer/Playwright Darrel Alejandro Holnes will give a reading in the Forum Building in room 104.

April 17 and 18 at 7:30 p.m. - There will be dance club concert in the Russell Tripp Performance Center in Takena Hall on both dates at the same start time.

April 24 at noon - There will be a Degree Partnership Program information session held on the LBCC main campus in the Vineyard Mountain Room located at Calapooia Center Room 213.

THE COMMUTER

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

Letters Welcome

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

Address:

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

Web Address:

commuter.linnbenton.edu

Phone:

541-917-4451, 4452 or 4449

commuter@linnbenton.edu

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The Commuter



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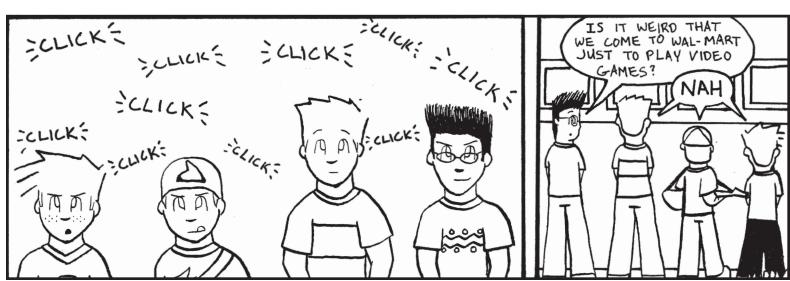


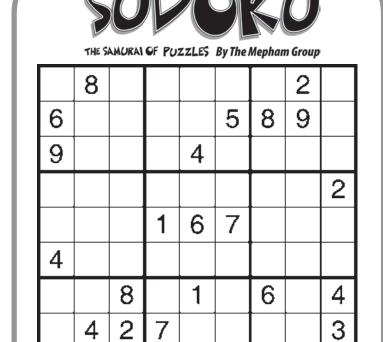
DID YOU KNOW?

Australia's red kangaroo is the world's largest marsupial. Males can get over five feet tall and almost 200 pounds. They can reach speeds of 35 miles per hour, a single hop can cover 25 feet, and they can jump six feet high. However, a baby is born smaller than a cherry and stays in its mother's pouch up to eight months.

Seven gold medals given out at the 2014 Sochi olympics contained fragments of a meteorite that hit Russia on Feb. 15, 2013. The meteor entered the atmosphere at 60 times the speed of sound and the blast sent fragments flying over Chelyabinsk Oblast.

THREE'S A CROWD BY: JASON MADDOX





Level:



Complete the each row, column 3-by-3 box (in borders) contains every digit, 1 to strategies on how solve Sudoku,

9

8 7 9 6 4 3 1 2 5 2 6 3 1 7 5 4 9 8 3 9 4 2 6 1 5 8 7 1 2 5 3 8 7 6 4 9 6 8 7 9 5 4 2 1 3 7 3 2 5 1 8 9 6 4 5 4 6 7 2 9 8 3 1 www.sudoku.org.uk 1 8 4 3 6 7 5 2

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DEGREE PARTNERSHIP PROGRAM

Information Session LBCC Albany Campus

Tuesday, April 15th at 5:30 p.m. *Fireside Rm CC211*

Thursday April 24th at Noon Vineyard Mtn Rm CC213
Questions?

Contact 541. 917. 4237

"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 541-917-4789 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."





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When else can you do so many productive and enjoyable things at once? Answer: never. At Oregon State, summer is the perfect time to take classes so you can graduate as soon as possible, complete your major course work and still have time to enjoy life's simple pleasures. The best part? All OSU students pay in-state tuition. That means you really can do it all this summer.

Plan ahead today and be the first to register for summer courses on **April 13**. Learn more about the benefits of OSU summer courses at **summer.oregonstate.edu/2014**.