

THE COMMUTER

Your Community Compass

COMMUTER.LINNBENTON.EDU

Good Eats



provided by Cappies Brewhouse

Dustin Nash
Contributing Writer

Want to dine somewhere classy? Perhaps somewhere comfortable? Normally you would have to make a choice, sacrificing one for the other.

Enter Cappies Brewhouse, a charming restaurant with a warm atmosphere.

Deeply colored tables and floors meshed very well with the rich, red brick walls surrounding the open dining and bar areas. High ceilings and minimalistic lighting set a calming mood as I sat in a cozy little corner awaiting service.

Cappies: continued on Pg. 12

Occupy Portland
pg. 2

Moodle in Motion
pg. 6

Pumpkin Run
pg. 10



THE COMMUTER
 @LBCOMMUTER
 LBCC COMMUTER

CONTACT US AT: COMMUTER@LINNBENTON.EDU

Wednesday(10/19)	Thursday(10/20)	Friday(10/21)	Saturday(10/22)	Sunday(10/23)	Monday(10/24)	Tuesday(10/25)
Partly Sunny 67°/44°	Partly Cloudy 67°/44°	Partly Sunny 74°/47°	Breezy 65°/45°	Sunny 65°/45°	Cloudy 62°/40°	Sunny 66°/45°



WEATHER

Source: accuweather.com

THE COMMUTER STAFF

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

Editor-in-Chief:
Jill Mahler

Managing Editor:
Justin Bolger

News Editor:
Justeen Elliott

Sports Editor:
Kyle Holland

Opinion Editor:
Jennifer M. Hartssock

A&L Editor:
Carli Gibson

Webmaster:
Marci Sischo

Page Designer:
Ashley Christie

Advertising Manager:
Frank Warren

Advertising Assistant:
Dorine Timmons

Cartoonists:
Mason Britton, Lizzy Mehringer

Photo Editor:
Kody Kinsella

Video Editor:
Tony Brown

Adviser:
Rob Priewe

Copy Editors:
Gary Brittsan, Amanda Hayden

Sports Writer:
Scott Landgren

Staff Writers:
Dineen Charest

Editorial Assistant:
Jennifer M. Hartssock

**Newspaper Distribution
Facilitator:**
Mason Britton

Cover Design by:
Ashley Christie

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 The Commuter Office, Forum 222 or at commuter@linnbenton.edu



The Commuter

@lbcommuter



LBCC Commuter

Web Address:
commuter.linnbenton.edu

Phone:
541-917-4451, 4452 or 4453

Address: 6500 SW Pacific Blvd.
Albany, OR 97321

Occupy Portland: Movement Spreads to West Coast

Justeen Elliott

News Editor

After several hours of deliberations, the 'Occupy Portland' demonstrators have voted to keep Main Street closed with the exceptions of buses, emergency vehicles, and bikes. This decision came from 90 percent of the people who are participating, all of whom have been camped out at Chapman Square for the past week. However, police officials have not responded to this decision. Mayor Sam Adams asked the protesters to consider reopening the downtown street.

"We don't want a confrontation. We just want to get the street reopened," said Adams.

The majority of many demonstrators said they would like to see the street reopen, as well, out of concern for public safety and city businesses. However, the other demonstrators don't want the street reopened, say it is closed for a reason. The sections of the street that are closed off are between Third and Fourth Avenue. In order to pass any kind of proposal, 'Occupy Portland' needs to have 90 percent of the vote to reopen or to keep the road closed.

One demonstrator, who will

remain anonymous, said the general assembly needs to be respected.

"When you say this is dragging on, well when there's a problem that needs to be decided in Washington, how long does that take? It can take weeks and weeks, months and months," the demonstrator said.

Main Street did reopen briefly on

Wednesday morning because some of the protesters removed the barricades that were being used to block the street. But some of the other protesters felt that the street needed to remain blocked and returned the barricades after being opened for about an hour and then sat down in the street. It's not known how long



the demonstrators will be there.

According to John Mackin, one of the 'Occupy Portland' demonstrators, they plan on being there well past winter.

"It's going to be a long while before people are out of here," Mackin says. "Definitely over the winter. It's going to take awhile. No one is in a rush. A lot of people don't have anywhere to go."

For the most part, the demonstrators have been quiet peaceful, apart from the few activist that spray painted the word "PIG" on the back of a police officer's patrol car, parked near their camp. A member of the 'Occupy Portland' financial committee says they're working to pay the Portland Police Bureau for damages.

The 'Occupy Demonstrations' are now happening throughout the entire world. Many people believe that if they protest what is going on with the government, such as the financial crisis that just about every country is going through, then the government will start to make changes with the way they are running things and with what they decide to cut and who should be taxed more.

Pennsylvania Capital goes Bankrupt

Justeen Elliott

News Editor

Harrisburg, Pa. has officially filed for bankruptcy, and is facing a state takeover of its finances. They failed to pay their debt on a trash-to-energy incinerator. Harrisburg is the largest city to file for bankruptcy since Vallejo, California filed in 2008. Harrisburg, as guarantor of the incinerator bonds, said it filed for bankruptcy to escape lawsuits seeking judgments that would force it to divert tax money to make payments.

It was a 4-3 decision across the council. The council went against the advice of the city attorney, who said the panel didn't follow proper procedures. Harrisburg marks the ninth filing in a year, and the first state capital to file for bankruptcy since 1980. Harrisburg's filing comes less than a month after Alabama's Jefferson County Commission voted to avert what could have been the nation's biggest municipal bankruptcy.

"This was a last resort," Mark D. Schwartz, the council's Bryn Mawr-based lawyer, said after he faxed the documents to a federal court yesterday. "They're at their wits' end."

Harrisburg faces a debt five times its general-fund budget because of an

overhaul and expansion of the incinerator, which doesn't generate enough revenue. Its total guaranteed debt is about \$242 million, with \$65 million of it overdue, according to the petition. The petition lists insurer Ambac Financial Group Inc. (ABKFQ) as a creditor due more than \$70 million, and Covanta Holding Corp. (CVA), with about \$120 million of bonds and advances of funds to Harrisburg. The petition listed both assets and debt of between \$100 million and \$500 million.

If an objector shows that the filing wasn't authorized under state law, the bankruptcy court will dismiss the petition. Pennsylvania state law bars Harrisburg from filing until July 2012. Of the 629 Chapter 9 filings since 1937, 161 cases have been dismissed or their plans haven't been confirmed.

In order to get out of debt, Harrisburg needs \$310 million to make bond payments, restructure debt and repay the county and Hamilton, a Bermuda-based insurer Assured Guaranty Municipal Corp., which made payments the city skipped on the waste-to-energy facility. In order to help the city's debt, the council has said that there should be a countywide sales tax of one percent.

Learn About the New LBCC / OIT Dual Enrollment Agreement!

Drop by:
Thursday, October 27

1:30 – 4 p.m.

Fireside Room

(2nd floor, Calapooia Center)

- Meet OIT faculty members
- Learn about admission requirements
- Find out about financial aid packages
- Hear about program requirements

Persons with questions about or requests for special needs and accommodations should contact the LBCC Disability Coordinator at RCH-105, 6500 Pacific Blvd. SW, Albany, OR 97321. Phone 541-917-4690 or via Oregon Telecommunications Relay TTD at 1-800-735-2900 or 1-800-735-1232. Contact should be made 72 hours or more in advance of the event. LBCC is an equal opportunity educator and employer.

Linn-Benton
COMMUNITY COLLEGE
6500 Pacific Blvd SW
Albany, OR 97321

Netflix Rewinds

Amanda Hayden

Copy Editor

After three weeks of negative customer comments on the official Netflix blog and their facebook site, not to mention countless customer service phone calls, another public announcement has been made. This one is much shorter, as it appears little explanation is needed.

As of Oct. 10, Netflix has decided that Qwikster will just be an idea that was scratched. Reed Hastings, Netflix CEO, said "one website, one account, one password... in other words, no Qwikster." While the price increase remains, Netflix states price changes are also done for now.

Customer service previously informed customers that the streaming service had been considered free, for the time being. Technically, the company justifies that they are finally charging for the streaming services. Now that the services are billed separately, customers can choose to accept only one service.

The announcement, which was published on the Netflix official blog and emailed to customers, also made mention of hundreds of new movies recently added and over 3,500 new TV episodes from a wide range of popular channels.

The blog website also shows hundreds of comments from customers, past and present. Many are now using this decision reversal as joke fodder, saying that such public decision changes are a sign of bad leadership. On the other hand, some comments have been made that this has played out as "listening to your customers," or "flip flopping," depending on the attitude of the customer.

In the most recent letter to investors, Netflix predicted customer upset, and some loss of business, as their stocks have now proven. The company stock was well over \$300/share this summer, and it has been steadily decreasing, especially since the Sept. 18 announcement. The question is whether or not the masses of disappointed customers will find their loyalties elsewhere, or if they will stay, whether or not they are pleased with this newest update.

Oil Spill in New Zealand

Justeen Elliott

News Editor

It has happened again. There has been yet another oil spill, but this time it was in New Zealand. The Rena, a Liberian-flagged vessel, struck the Astrolabe Reef, about 12 nautical miles off the city of Tauranga, last week. A major clean-up operation is underway along the north coast of New Zealand's North Island as debris and oil leaking from a cargo ship that ran aground on a reef wash ashore.

The New Zealand Oil Spill Response Agency has estimated that as much as 300 tons of fuel oil has leaked from the vessel, which was carrying 4,500 gallons of fuel. This spill is being called the country's most significant maritime environmental disaster.

As of Wednesday, clean-up teams, comprised of some 500 responders, collected 50 tons of solid waste and five tons of liquid waste from beaches in the Bay of Plenty, cleaning oil from ten miles of coastline. Some of the waterfront's public area has been restricted for health safety reasons.

"Our focus is on recovering oil from wherever we find it and we will go in day by day until this is over," said National On-Scene Commander Nick Quinn.

So far, 200 dead birds have been recovered from the oil spill, and this number is expected to keep rising until it is all cleaned up. Wildlife rescue teams are scouring the coast for wildlife that has been affected by the spill and 47 oiled animals are being treated at a center that has been set up in Tauranga. A team has been established to capture seals and five of the animals are being kept in captivity.

So far, about 70 containers have fallen off the ship, some of which have washed ashore. Due to the hazard the

containers pose to shipping, navigational warnings have been issued and major maritime traffic has been re-routed. The Rena has suffered substantial structural failure and there is a concern that the stern of the vessel may break up.

Salvage teams have three tugs mobilized either to hold the stern on the reef, while efforts continue to remove oil from the ship, or to tow the stern to shallow water to extract the oil. The remaining containers on the vessel continue to move, making it dangerous for salvage crews to work on board.

The ship's captain has been remanded on bail on the charge of "operating a vessel in a manner causing unnecessary danger or risk." The ship's second officer will be appearing in Tauranga District Court for the same charges. The Rena's captain has been asked to surrender his passport as well. If convicted, they face a maximum of \$7,800, or up to 12 months imprisonment.



In the News:

Local News:

Salem --- The Salem-Keizer school district has pulled-out of the Willamette Education Service District. They are the third school district to withdraw in a two day period. Salem-Keizer estimates that this move will bring about \$650,000 back into the school district. Officials from smaller school districts worry prices could go up if larger districts keep leaving. Salem-Keizer will likely continue to buy early childhood evaluations and the data warehouse service from WESD, and possibly speech/language services and augmentative communication services as long as prices don't shoot up. That's about 70 percent of what it bought this year, but they won't be required to purchase special education administration or the Mid-Willamette Education Consortium, which will save the district about \$200,000.

The Willamette Education Service District serves students, teachers, and schools in 21 school districts across Marion, Polk, and Yamhill counties. The type of services they provide are Special Education, Crisis Response and Flight Team, Technology, Region 16 Migrant Education, Oregon Migrant Education Service Center, Construction Management, Home School Registration, Substitute Registration, and Professional Development.

Oregon --- Governor John Kitzhaber has decided to cancel the Attorney General John Kroger's pay raises to managers. Their raises ranged from 7-9 percent and would have been effective October 1, but were prompted by the union that represents non-managerial attorneys at the Justice Department. However, over the summer they settled for pay raises less than four

percent spread out over two years. According to administrative services director Michael Jordan, managers were making less money than some of the people they managed, and it was getting difficult to retain and recruit top lawyers for the positions. Their raises would have cost the state \$400,000.

Oregon --- David "Joey" Pedersen and his girlfriend, Holly Grigsby, have been accused of causing the 'West Coast Slayings.' They are accused of killing an Oregon man (who they thought was Jewish), a black man in California, and the bodies of Pedersen's father and stepmother. Pedersen's father had been shot and his stepmother's throat was slit. Pedersen and Grigsby are headed back to Washington within a month to face charges related to two of the deaths. Once in Washington, they will face charges that could lead to the death penalty.

National News:

Detroit --- The "Underwear Bomber," Umar Farouk Abdulmutallab, has pleaded guilty to trying to blow up Northwest Flight 253 on Christmas Day, 2009 with a bomb in his underpants. Abdulmutallab changed his plea to guilty on all counts before saying he did it "to avenge the killing of my Muslim brothers and sisters." Abdulmutallab called the failed explosives he had hidden in his underwear as a "blessed weapon" and said he attempted to use it "because of the tyranny of the United States." Abdulmutallab had gotten the explosives in Yemen, where he had also met with high-profile Al Qaeda recruiter Anwar al-Awlaki, who was killed in a CIA drone strike last month. Abdulmutallab had originally pleaded not guilty to all charges, but changed his mind after the prosecution

completed their opening arguments Tuesday. Abdulmutallab will be sentenced Jan. 12, 2012.

Los Angeles --- A U.S. man has been arrested on federal charges that he hacked into emails of celebrities, some of which included Scarlett Johansson. After a year-long FBI investigation of computer hacking that targeted Hollywood celebrities, they believe they have finally caught the Florida man behind the attacks.

--- Millions of BlackBerry users remained without service on Wednesday as a three-day outage spread to North America. The outage now impacts people on nearly every continent, according to the company's statements. The outage appears primarily to affect text messaging and Internet access from the mobile phones, not necessarily their ability to place calls. The service outage started on Monday with customers in the Middle East, Europe and Africa, before spreading to South America and Asia on Tuesday. On Wednesday morning it appeared to hit the United States and Canada.

World News:

Mexico --- A government informant posing as a member of the Zetas drug cartel in Mexico, helped foil an Iranian plot to kill the Saudi Arabian ambassador to the United States on American soil. The informant "posed as an associate of a sophisticated and violent international drug trafficking cartel" who was willing to assassinate the Saudi Arabian ambassador. The Zetas have been behind some of the worst violence in Mexico's grisly drug war. The informant was busted on a narco-trafficking charge in the past and then was flipped by the Drug

Enforcement Agency as a source who has helped them make arrests in other drug cases.

Thailand --- Thailand's capital was braced for unprecedented flooding Wednesday, amid the monsoon rains that have overwhelmed much of the country as well as Laos, Cambodia and the Philippines in recent weeks. So far, 281 people have been killed and four people are missing in Thailand. Some 60 of the country's 76 provinces have so far been affected, impacting some eight million people. And over half a million square kilometers -- an area the size of Spain -- have been affected by the floods in Thailand, Cambodia, Vietnam and Laos.

Ukraine --- In a report, the London-based watchdog said hundreds of thousands of Ukrainians are mistreated in police custody and prosecutors fail to address their complaints and bring those guilty to justice. The abuse is rooted in the Soviet legacy of law enforcement officers' presumed superiority over ordinary citizens and a legal system that builds criminal cases on confessions instead of examining evidence and questioning witnesses. Most police officials are also underpaid, which pushes many to detain and abuse innocent people and then release them for a bribe. There are several investigations going on and one policeman has been charged with negligence and another one with abuse of office. A court is now hearing the case.

Weird News:

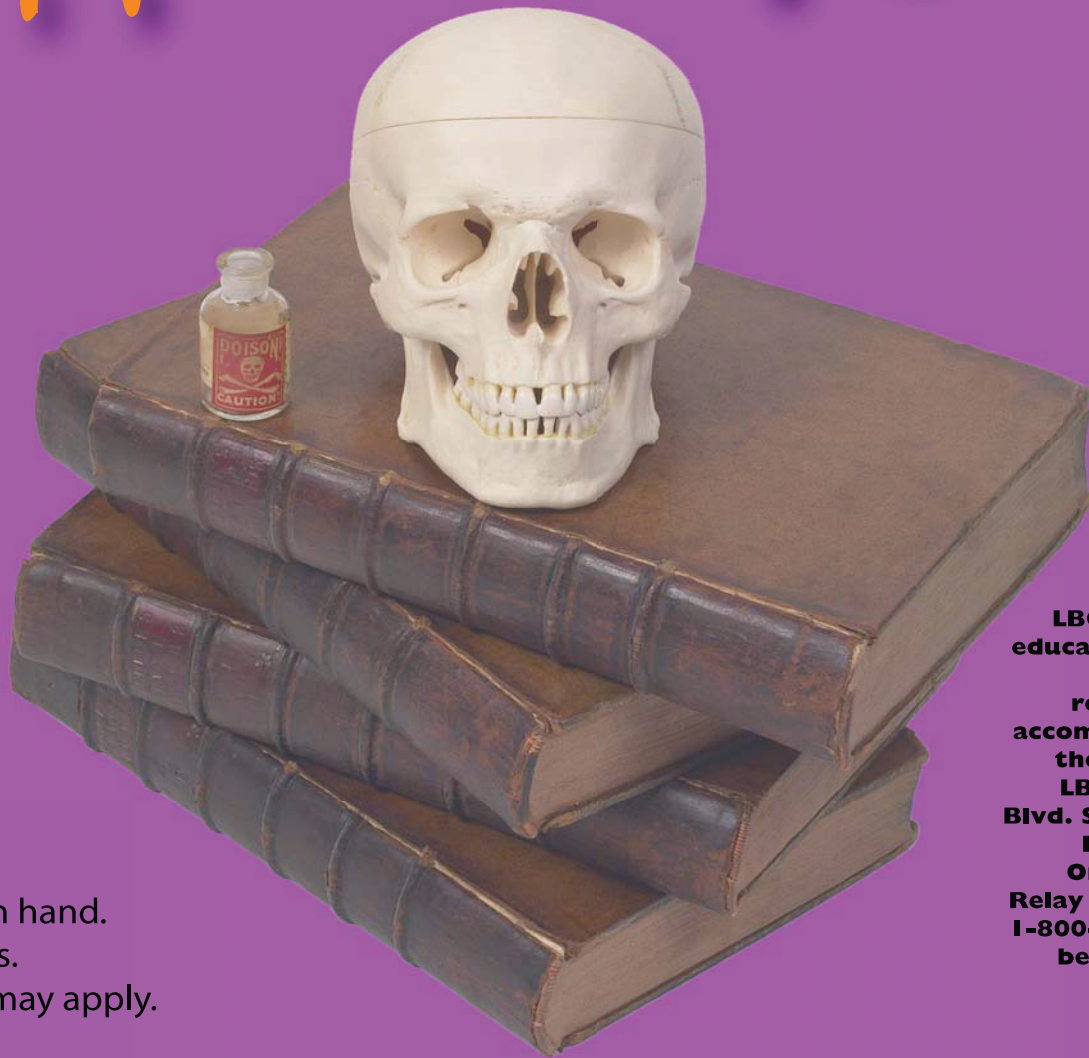
Seattle --- Seattle bartender Victoria Liss was left with a less-than-generous tip after serving her customer chips, guacamole, and a pork taco. The

receipt was for \$28.98 the customer wrote in \$0 for tip and added a message that's created an avalanche of outraged responses across social media. The comment that the customer wrote said "P.S. You could stand to lose a few pounds." An upset Liss posted a picture of the receipt to Facebook, where she also named the customer, since he paid with a credit card. Men now all over Facebook named Andrew Meyer have received scathing messages and phone calls and are being called the "worst customer ever" and a "soulless, miserable person." In an interview, Liss apologized to all the "sweet Andrew Meyers of the world" who have been mistaken for the customer. The real Andrew Meyer has yet to come forward.

Massachusetts --- After a family got lost in the Connor Farm seven-acre corn maze, they decided to call 911 and use the department's motto of "We Want To Be Bothered." A police officer and his dog entered the maze with a farm manager on Columbus Day to search for the disoriented father, mother and two children, including a three-week-old infant. The family didn't realize they had almost made their way out and were just 25 feet from the street. The woman is heard telling the dispatcher that they are lost in the Connor Farm maze and are really scared, it's dark and they have a three-week old baby with them. All while repeating that they will never again return to this maze because instead of being fun, it turned out to be a nightmare. The family called police for help after sunset, shortly after the farm's closing time.

October 24-31

DEAD BOOK SALE



Limited to stock on hand.
Excludes textbooks.
Other exceptions may apply.

LBCC is an equal opportunity educator and employer. Persons having questions about or requests for special needs & accommodations should contact the Disability Coordinator at LBCC, RCH-105, 6500 Pacific Blvd. SW, Albany, Oregon 97321, Phone 541-917-4690 or via Oregon Telecommunications Relay TTD at 1-800-735-2900 or 1-800-735-1232. Contact should be made 72 hours or more in advance of the event.

Children's Books • Cook Books
General Interest & more!

Prices so low, it's scary.



LBCC Bookstore

Dance Craze on Campus

Alex Porter

Contributing Writer

How many people do you think like to dance? A couple maybe? Thousands? Millions?

Maybe not in public, or out in the club. Maybe alone at home blasting '80s music in boxers and a button up shirt like Tom Cruise?

Over the next couple days, there will be an exploration into the dance program at a local community college and how budget cuts have affected it and some of the students.

Most people who know about dance find it to be a passion, an escape, and a way to let your emotions go crazy. Dance is the type of art and activity that lets people express themselves in a such way that the passion is overwhelming. Dancing makes you feel free and light, which is why a lot of students take dance classes.

The dance classes are fun and everyone is around people who share the same respect for the art. People can be themselves and just do what they love and dance and express themselves in one big emotion.

At LBCC, many students participate in the dance program. There are some thoughts on the fact that dance classes are only offered twice a year. Many students here on campus take the dance classes that are offered here: Ballet, Jazz, Hip-Hop, all of them range from beginning level techniques to advanced techniques.

Rachael Lehman-Arana is in her second



Alyssa Archer

Dance instructor Katherine Sanders leads LBCC students.

term at LBCC and has only taken one term of dance at the college, but once was enough to get her even more interested in the experience.

"It was fun," says Lehman-Arana. "The warm-ups were relaxed, and the instructor always pushed you to do more."

Lehman-Arana has had some previous

dance/cheerleading experience, so she took some hip-hop classes. She mentioned that she had wished there were a few more offered classes in a wider range of levels with different dances.

Another great part of the dance class is the head instructor at LBCC, Katherine Sanders. She is a very upbeat, energetic and sweet

individual. Lehman-Arana describes Sanders as "a very fun instructor and very unique. She always gave you positive encouragement."

Sanders mentioned how she loves every aspect of dance. She talked about what dance means to her and why she enjoys it so much.

She has been teaching dance for about 21 years. It will be her fifth year teaching dance at LBCC in January.

She did mention that one thing she wishes the campus had was an actual program for dance. "It's not exactly a program, just activities like a P.E. class. You can't really move forward; you have the opportunity, but it's hard to move forward and advance on," she explained.

If we have a baseball team and a volleyball team, why not a dance team? There are a lot of students here who enjoy dance and love taking the classes. However, the budget for another program is not available at the moment.

Fortunately, Sanders cleverly made a dance club for LBCC for anyone who enjoys dancing to come and join. She started the club as an instructor and did the choreography and organization. This year she is "passing the torch," as she says, to the students. She wants to have it more student-run.

"There's so much to say with dance. It's something that makes you feel connected mentally, emotionally and spiritually. There's just a lot of joy," says Sanders.

Children Get Fresh Start

Frank C. Warren

Advertising Manager

One thing that I really love about LBCC is that this is a community college. Community – that's what makes this college so great.

One thing that is prevalent in a community is a feeling of togetherness and helpfulness toward one another. It's about trying to help someone out and seeing them strive for their best; it's about trying to come together for a common goal of excellency for the betterment of the team.

LBCC has partnered with Kidco Head Start to help students and parents in the community have a springboard and outlet for their families.

Head Start has been around for over 30 years in this area of the United States, but their national beginning was started in 1965. The program is mostly funded federally, with some state funding to help give parents and their children a "head start" in their community. For six hours a day, children five and under are given help for emotional, mental, social and physical vitality to help them get a taste of schooling and

learn lessons that will help them become better citizens for the future.

According to the National Head Start Association (NHSA), kids that attend Head Start are more likely to graduate high school, more likely to contribute to federal, state, and local economies, and on average will make around \$9,000 a month more than high school dropouts.

One thing that's really cool about this program is that it isn't all about children, it's about the family – it's about the community. Head Start offers programs to help parents as well, based upon need; something as small as getting a ride to the doctors and as large as helping a homeless parent get back on their feet and help with transportation.

So who can get involved in this program?

"There is a point system that we go by based on certain criteria," Christie Mattingly of Kidco Head Start said. "Income level, disability, single parent or being an LBCC student. LBCC students have a very high chance of meeting the criteria."

To see if you qualify, stop by the Periwinkle Child Development Center to get an application.



Check out The Commuter's new look at
COMMUTER.LINNBENTON.EDU
and keep up-to-date on all the latest
campus news.

What do you think?

Both letters to the editor
and guest columns are
welcome.

Submit your
thoughts to
commuter@
linnbenton.edu



The Commuter attempts to print all letters received, although we reserve the right to edit for grammar and length. Letters that raise libel, poor taste or privacy concerns will not be printed.

Muddy Creek Maze

Open Sat. & Sun 11am-5pm
until October 30th
Weekdays by appointment

Pumpkin Patch, Hayrides,
Corn Boxes, Straw Fort,
Straw Pyramid and
MOO TRAIN!

Party and School Field
Trips Welcome!

For more information
call (541)740-3869

www.muddycreekmaze.com

Did the Surreal Living pages leave you hungry for more games?

We have more
crosswords and
sudoku puzzles
online. Plus, more fun
time-wasters in our
arcade.

Visit our games
section at
commuter.linnbenton.edu

Moodle Meets Milestone

Sean Bassinger

Contributing Writer

With Moodle, LBCC's primary Learning Management System (LMS), online courses are a breeze. Though lately, even standard on-site class instructors are getting more involved with eLearning systems.

Two years ago, a hit counter was put up on Moodle's website to track activity. The page recently exceeded 2,000,000 visitor hits, and the number keeps climbing as more standard class instructors and students join in.

LBCC's eLearning administrator Paul Tannahill explained how thrilled he is to work on Moodle, while three instructors using the LMS for classes also reflected on the pros and cons of the system.

"It's pretty exciting," said Tannahill. "We're seeing a lot more usage of Moodle for more courses here at LBCC, especially in the last year."

Tannahill switched LBCC eLearning from Blackboard to Moodle over three years ago, and he would like to see all courses utilize it. Blackboard, the college's former LMS, required more clicks to navigate through, and presented many registration issues among students.

Moodle accounts, on the other hand, are created by the administrators, which eliminates many username and password hassles.

"We found one [student] with 11 accounts on Blackboard, said Tannahill. "He would create his account over and over again."

That's enough accounts to wage eWar against other users — that is, if battling were an option.

The overall feedback Tannahill receives from other faculty has also been phenomenal.

When compared to other LMS options, Moodle seems to be the way to go.

"90 to 95 percent of instructors like it compared to whichever tool they've used in the past," he said. "If they haven't used one, they also like it a lot."

Chelsea Newton, a Social Sciences instructor at LBCC, is among those who are just beginning to use Moodle.

"I just started using the site for my in-person



classes this fall," said Newton. "I have enjoyed having a different avenue to post lectures, handouts, readings and homework questions."

Since Moodle is still fresh to her, Newton has yet to receive much feedback from students. She enjoys the system herself and continues to use it as an outlet for posting miscellaneous documents, including lecture notes and syllabi.

Jenny Strooband, LBCC's Animal Sciences instructor, also uses Moodle for her on-site classes.

"There are a lot of things I like about Moodle," she said. "We can communicate as a class, and open up forums to have a discussion about upcoming quizzes, midterms, or term papers that might be due."

Strooband and her students love how convenient Moodle makes it to track class assignments, updates and grades.

"Students have constant access to their grade," said Strooband. "All they have to do is check and see how they did on tests and assignments. It's totally transparent."

Strooband, however, also admits how Moodle could potentially intimidate instructors, and how processes like uploading documents can be tricky. Because of this, she's concerned that many others might be avoiding Moodle altogether.

"I think, honestly, Moodle is less user friendly for instructors," she said. "The learning curve is pretty steep, and it's not like Blackboard; Blackboard was fairly easy, and more user friendly for teachers."

Robert Harrison, an LBCC Social Sciences instructor and advisor, agrees that improvements should be made for teachers. From his experiences, Moodle could use some work on concepts like grading and testing, which also ties in to what Strooband said about document posting.

"It's easier for me to put tests and quizzes on Blackboard than it is on Moodle," said Harrison. "I'm used to both of them now, but I feel a little more comfortable with Blackboard."

Harrison also mentioned how tedious the enrollment process can be. Though everything seems fine after the initial enrollment period passes, he prefers having functions controlled by a single side in order to enhance smoothness.

"It would be easier to either have [enrollment] either at their sites, or with me," said Harrison. "I wouldn't mind doing it all myself; I'd just need instructions."

For the sake of meeting every instructor's needs, Harrison also thinks a future where Blackboard and Moodle existed in LMS harmony would be ideal.

Aside from the mentioned drawbacks, Harrison and Strooband still said Moodle is a reliable way to efficiently give students online resources, and that it serves its purpose to efficiently inform students.

LBCC currently uses Moodle version 1.9, and Tannahill said an upgrade to version 2.1 is in the works. New features will include offline sites for instructors (ideal during internet outages), changes in the look and feel of basic interfaces, and enhanced social networking capabilities to improve student and teacher communications.

If you're looking for additional Moodle assistance, you'll find various resources on LBCC's eLearning page, including the official "welcome letter," which guides newer users through the steps and processes. Don't worry — instructions won't bite, and you'll save yourself some valuable time.

"If you're new to LBCC Moodle, read the student welcome letter," said Tannahill. "It's right at the top of the page!"

The Diversity Achievement Center Welcomes YOU!

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

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

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

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

Everyone is Welcome!

Activate Your Mind

Emily Smucker

Contributing Writer

If I tell someone that I am taking depression medication, that's when they open up about their own mental illness. If I had never told anyone about my struggles with depression, I would never know how many of my peers are going through something similar. Still, I mostly keep that side of me a secret. Who wants to admit they have a problem?

This is where Active Minds, the LBCC psychology club, comes in, urging people to think differently about mental illness. "[The] mission statement [of Active Minds] is 'to change the conversation about mental health on college campuses,'" says Greg Jones, psychology professor at LBCC. This is done two ways: by increasing information and decreasing stigma.

Attending the first meeting of Active Minds on Oct. 7, I saw a roomful of students ready and willing to do just that. The one-hour meeting was spent in vibrant discussion on how to raise awareness about mental illness on campus. From a Facebook group offering daily facts about mental illness to a suicide prevention workshop, the meeting attendees were full of ideas and enthusiasm.

Jones headed up the meeting. He began by speaking on the origins of the organization. Active Minds was started in 2001 by a young woman at the University of Pennsylvania



who lost her brother to suicide, and saw a need for this type of program. Since then, chapters have sprung up across the country.

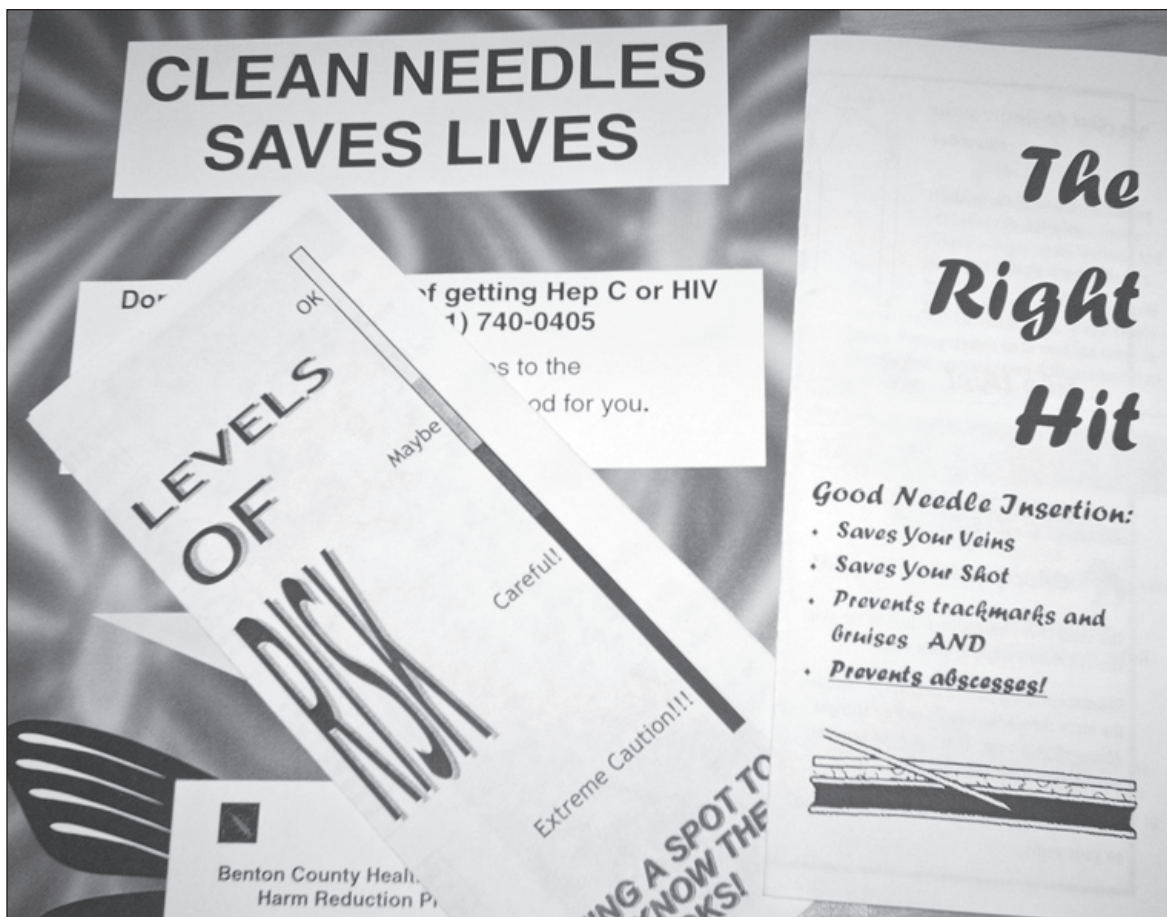
A year ago, an LBCC student approached Jones about starting a chapter of Active Minds at LBCC. Jones thought it was a great idea. However, despite having success at multiple colleges, the Linn-Benton chapter has, according to Jones "bumped along."

Students would come to one meeting but not the next one, so

there was always a different crowd. The fact that LBCC is a two-year college was also challenging because of the quick student turnover.

After explaining last year's difficulties, Jones asked the crowd to raise their hands if they wanted to commit to coming to every Active Minds sessions for the rest of the term. Before long, I was in sea of raised hands. It seems as though the LBCC chapter of Active Minds is going to make a comeback this term.

Have you, like me, struggled through a mental illness? Would you like to see attitudes and conversations about mental illness change? Active Minds, the LBCC psychology club, would love your help. For more information contact Greg Jones at 541-917-4549, or email him at jonesg@linnbenton.edu. Or, simply show up at an Active Minds meeting, Fridays at noon in NSH 109.



Jennifer M.Hartssock

Handouts on the Benton County Harm Reduction Program.

Clean Needles, Clean Start

Jennifer M. Hartssock
Opinion Editor

It's an easy truth that illegal drug addiction can lead to unsanitary means of obtaining the next fix. According to the U.S. Department of Health and Human Services, the estimated number of people who are diagnosed with HIV in the United States has been increasing. Many doctors and therapists have sought to eradicate the spread of HIV/AIDS and Hepatitis C by promoting abstinence from unsafe sex and illegal substances.

Other clinics are taking the road less traveled by supplying drug users with clean equipment.

In Benton County alone, 99 percent of people who are infected with Hepatitis C have injected drugs at one point or another. According to the Benton County Harm Reduction Program (BCHRP), 9 in 10 cases of HCV are from the injection-drug-using population.

The BCHRP opened their doors four years ago, and have since exchanged over 85,766 syringes.

"We looked at all effective models [in response to the HIV/Hepatitis C epidemic by injection drug users] until we found the right fit for us," stated Chris Gray, the outreach worker for BCHRP.

In 2009, New York had the highest concentration of drug users in the U.S. The following was stated in the article "Needle Exchange Facts" by AIDS Action:

"As of June 2000, [Centers for Disease Control and Prevention] reported that there have been 753,907 reported actual AIDS cases in the U.S. Twenty-five percent of these cases are attributed to risk factors related to injecting drug use."

Quoted from an article from KPBS.org's health reporter Kenny Goldberg: "...In 1990, 54 percent of injection drug users in New York City were HIV positive ... By 2001, the HIV rate

among IV drug users in the city had fallen to 15 percent."

In eleven years, HIV among injection drug users decreased by 72.2 percent because of clean needle exchange.

Before NYC courts legalized clean syringe exchange, the Lower East Side Harm Reduction Center (LESHRC) in New York ran underground. In 1992, LESHRC legally opened its doors to the public. As stated on their website, LESHRC also offers "tourniquets, cookers, bleach kits, [and] safer sex supplies."

BCHRP offers these supplies as well, along with "rapid HIV testing and counseling at offsite locations, assistance with access to medical care, and outreach to active injection drug users on the streets and within their homes."

"We have a drop box on our facility for dirty syringes," Gray said. "We also offer biohazard containers so that people don't throw away old cookers in parks and other places."

In the 2011 article, "Syringe-exchange programs can save money, lives," Jenny Panzo, education coordinator of The Access Project, said, "Syringe exchange is the second most effective intervention for reducing HIV transmission, next to only prevention of mother-to-child transmission ... Syringe-exchange programs now have more than 20 years of supportive evidence ... to allow the use of federal funding for syringe exchange."

"Participants in syringe exchange are more likely to decrease their drug use and eventually enter drug treatment," she added.

In one year (July 2005 to July 2006), "[BCHRP] made 86 referrals for medical care and drug treatment."

It is apparent that syringe exchange programs are making an impressionable dent in reducing HIV and Hepatitis C transmission by providing sanitary equipment for users who may otherwise use second-hand syringes.

InSite, located in Vancouver, British Columbia, goes as far as offering the only supervised injection site in North America. Here, people can inject illegal drugs in a safe and controlled environment with the assistance of medical doctors.

Recently, InSite was threatened to be shut down by Canada's federal government. However, the Supreme Court denied the appeal and has ruled that the site may keep running.

"The ruling found that the benefits of providing a supervised injection facility for drug users far outweighed any possible harm and mandated that InSite be allowed to continue to operate," said Laura Thomas, California Deputy Director of the Drug Policy Alliance.

As stated on InSite's website: "For people with chronic drug addiction, InSite is the first rung on the ladder from chronic drug addiction to possible recovery; from being ill to becoming well."

Abstinence-only programs cannot legally educate caution when using illegal substances. Therefore, precautions cannot be measured when someone is new to using a certain illegal substance, jeopardizing their health, and the health of others. And come addiction, there may be no boundaries to getting the next fix, increasing the chance for spreading or contracting diseases like HIV/AIDS.

Syringe-exchange programs and supervised injections sites may be one solution to encouraging drug users to seek rehabilitation, and in the meantime, reduce harm to themselves and to others.

Currently, Portland, Eugene and Corvallis are the only cities with government-run needle-exchange facilities in Oregon.

The National American Syringe Exchange Network will hold their annual conference regarding assistance and concerns for harm reduction services in Portland this coming year.

Unplanned pregnancy?
Take control.

Options PRC is committed to providing accurate information and compassionate care to those facing unplanned pregnancies.

We offer **free, confidential** services including:

- ✓ Pregnancy test
- ✓ Information on your options
- ✓ Local physician referrals
- ✓ Limited obstetrical ultrasound

Take control of your unplanned pregnancy.

Corvallis 541.758.3662 **Albany** 541.924.0160

possiblypregnant.org

The Corvallis-OSU Symphony presents a special all-ages concert event:

Halloween with Harry
The Music of Harry Potter
Music by John Williams
Rob Birdwell, Guest Conductor

Come early for refreshments and fun at Corvallis' own "Diagon Alley," interactive community business faire from 1 - 3 pm in the lobby of LaSells!

**3 PM · SUNDAY
OCTOBER 30
LaSells Stewart Center**

Tickets \$10 (General Admission Seating)
No other discounts for this concert

Doors open at 1 PM

CORVALLIS-OSU SYMPHONY ORCHESTRA
cosusymphony.org

Costumes Encouraged

Tickets available at:
Online at cosusymphony.com
Grass Roots Books & Music
Gracewinds Music
At the door

Co-sponsored by:
Anytime Fitness, LaSells Stewart Center, OSU Music, OSU Theatre and Special Occasions

The Commuter is EVERYWHERE!

Keep up to date on all the latest news.

@lbcommuter

The Commuter LBCC Commuter

Dear Conscience,

How do I stop people from mistaking my niceness for meekness?



Ashley Christie
Shoulder Devil

Easy - stop being so nice!
The next time someone comes along trying to walk all over you, punch them in the face. They won't think your meek or nice. Problem solved.
Why are you trying to be so nice in the first place? Do you think being nice will make you more friends because you follow that old "catch more flies with honey than vinegar" saying?
No. Trust me. I'm the devil. I have tons of friends ... well ... okay, friends is a little strong, let's call them ... um ... followers. Yeah, that's good. They don't like me because of my charming demeanor and carefree personality. (Even though honestly, I am a delight.)
I'm the original gangsta and everyone better recognize!
You don't have to be mean to be assertive (though it may be more fun), but you can't be afraid to get loud sometimes and tell the world what you want. You don't earn respect, you demand it.
Being nice doesn't make you liked, it makes you an easy target. Help yourself first, and if you must, everyone else second. Take what you can, when you can, while you can. When you put yourself first, everyone else will too.
In the end, it's not about how nice, or mean, or friendly, or bitchy you are - it's about survival. Live life however you have to in order to come out on the other side grinning.
And seriously, when all that fails, just take a swing at them. Couldn't hurt, right?

Justin Bolger
Shoulder Angel

You have to wow them with your confidence. Carry yourself like a champion. Speak with purpose and pride.
You look those naysayers straight in their judging eyes, and tell them this, "You don't intimidate me. I'm just a nice person. You'd do well to mark the difference and return the courtesy."
Three things might happen, so you'll have to prepare for all possibilities.
The option to hope for: You silence them or they apologize. This is the option of victory. From this day forward, you've earned their respect. I'm sure you'll be fast friends if you continue down your path of niceness, which you should because it's the higher road and path of awesome.
The second option is the one of nervous laughter. They are so close to being where you need them to be, but a lack of confidence on their part holds them back.
You might not have to do anything beyond reminding them on occasion that you're not someone to pick on. If they try to bully you again, just bring out your calm yet firm tone to tell them again how it is. Call them out on it as soon as it happens: "Remember what we talked about? [And explain a bit from there.]"
The third option is straight mockery. The lost cause option. This individual is obviously a creature of evil. I could preach goodness until the end of time on this, but honestly, just do what the Shoulder Devil says if this happens.

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

Why don't you LIKE us?

Follow The Commuter on Facebook & Twitter

Tell us what you're thinking and keep up-to-date on the latest news. Plus, check our website for more stories, pictures, videos, and blogs at commuter.linnbenton.edu.



Is the Career Center for You?

Kelly Griffith
Contributing Writer

Why bother meeting with a career counselor? There is a broad spectrum of reasons why a student should or would consider this approach.
The career and counseling center has many things to offer, such as career information services, counseling services, personal growth classes, employment services for employers, cooperative work experience (CWE), service-learning and CWE/service-learning benefits for students.
According to Mark Weiss, a counselor of 22 years at LBCC, anyone can seek a counselor, but the most common visitors are brand new students who need help with academic planning, career assistance, and goal setting. The career counselors are here to "help them make sense of it all," according to Weiss.
However, they are here to help anyone who is undecided in their major or are making a transition of some kind.
LBCC is currently putting together a career discovering group,

which will consist of about 20 students. First, the students meet individually, then with a group to work on creating an education plan.
The academic counselors research work with the career counselors to help the student narrow down their options. Students are given career tests by the academic counselors to determine their interests, skills and values. These are then used to help match them to careers that would interest them as individuals. The career counselor then meets with the student to explore and "help syphon out choices," says Weiss.
Choosing a career is the second most important, intense and emotional decision a person has to do in life, the first being decisions regarding family/life partner. People come to college with nearly no training on where or how to begin choosing a career path.
Where to start?
The First Stop Career Center is the starting point, from there an appointment is made and the process begins. The career counselor starts by trying to clear any barriers to then clarify, program of study issues, and college procedures.

Then, they will advise the student on what to do next.
Career counselors also help students with a crisis or personal problem, but typically this is not an area a career counselor will focus on and will meet for these types of issues only a few times. However, students are recommended to meet with a career counselor every term to keep them on track, if needed.
Dory Timmons, 30, undecided LBCC student, was helped by Carla Raymond, a career counselor here at LBCC, to find a job on campus. Timmons was advised on what steps to take, so Raymond e-mailed her job opportunities and worked closely with Timmons' financial aid adviser.
Timmons started working with Raymond in June and has been in constant contact ever since.
Timmons was referred to Carla by her financial aid adviser, after she was chosen for the federal work study grant. Raymond began to e-mail her job referrals and met with her once school started.
According to Timmons: "You can't get a job for the grant through work study until you work with a career counselor first."

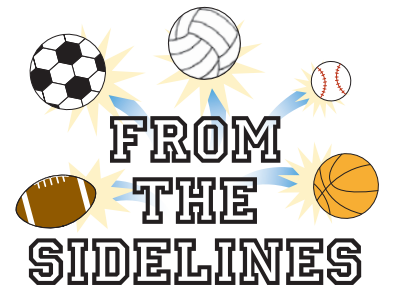
Campus Diversity: Bringin' It Back

Cory Warren
Contributing Writer

In November 2010, flyers were posted on campus that caused quite a stir. The flyers, which included contact information of a LBCC faculty member to make them appear official, mocked a group of students within our LBCC community, and ridiculed an upcoming event.
The flyers reminded us of the importance of diversity on campus, both in our student body, and in the recognition of differing opinions that are a part of our community. As we begin a new year here at LBCC, we now have an opportunity to explore how our differences can bring us together, and help us learn to live in a world where diversity is our cultural reality.
The flyers themselves, posted anonymously on the boards around the Courtyard, rebranded an upcoming discussion panel on LGBT issues as 'Come to Jizzfest 2010' speaking of the event as 'it's Cumtastic.' The responses by the student body while the news spread ranged from shock to passionate debates on taking down the flyers because they breached first amendment rights. Articles appeared in The Commuter, debating multiple sides of the issue. Students signed letters denouncing the attitudes presented in the flyers themselves.
However, beyond that, most students were at a loss as to what they could do to celebrate and promote our diversity. It is easy as a student to feel that there is little they can do to shape their experiences here at LBCC.
As we settle into a new year, we now have an opportunity to do just that. We as students do have chances to reach out, and help broaden our understanding in issues of diversity of all types. For

those who are new here at LBCC, the Diversity Achievement Center is a great place to hang out meet like-minded students, and learn. Located on the second floor of the courtyard, and just to the north of the Learning center, the DAC is open to students, and is a resource students can use.
"Everything we do at the DAC is about learning, teaching, and experiencing different aspects of diversity," said Associate Dean of Students Sandra Shinkle. "Get involved; get engaged. There are many opportunities. Volunteer, participate, and come to events."
Any student can suggest topics for events at the DAC, allowing everyone to be empowered, and are encouraged to do so.
As Counselor Mark Weiss said: "I always hope education brings us to a higher state of being."
Our diversity as a campus is a role, we the students hold. It is an opportunity to broaden our understanding of a world that grows more globally connected with each passing day. We come to learn from our teachers, but we also have the chance to learn from each other. This is the great and untold secret of the college experience.
The posting of the flyers was an act done quietly, but the response to it was anything but. We came together in the aftermath of the incident, and we must remember that we do not need to wait until such an event has taken place to speak openly and civil about matters of diversity.
In the words of Martin Luther King Jr.: "Injustice anywhere is a threat to justice everywhere."
We may not always feel this way, but no one is powerless.

Volleyball Rises to the Top



Scott Landgren
Sports Writer

The LBCC women's volleyball team is in the middle of one of the more magical seasons in recent memory. They are at the midway point of the season and currently have a record of 27-5 overall and a 5-0 record in the NWAACC Southern division. The other accomplish is being ranked number one in the coach's poll, for a big part of the season, which is an amazing accomplishment to be proud of. This is the first number one ranking for any sport here at LBCC.

Coach Jayme Frazier said, "Being ranked number one is awesome and I am excited and so proud of this team. It is something for the team and the school to be proud of." Fraizur also said she talked with the team about being ranked this high and it is not something they focus on, they are more concerned with the game by game and focusing on the next opponent.

When you think of number one ranked teams a few things comes to mind. First off you think that the team must have a lot of upper class men and a lot of veteran players. Well, that's not something you will find on this LB volleyball team. This team is very and I mean very young. They have four sophomores on the team and eight new freshman players that are new to the team this year. Another thing you think about is team chemistry, which is something this team seems to have a lot of.

Recap:
LBCC Volleyball

Oct. 14
25 | 19 - 25 | 19
LBCC | Walla Walla
25 | 19 - 27 | 25
LBCC | Lower Columbia
25 | 19 - 25 | 17
LBCC | Edmonds

Oct. 15
20 | 25 - 22 | 25 - 19 | 25
LBCC | Blue Mountain
25 | 17 - 25 | 12 - 25 | 10
LBCC | Everett
Next: Oct. 19 at Mt. Hood
Oct. 21 at Chemeketa

full Sideline report online at:
commuter.linnbenton.edu

under the radar the rest of the season. We are going to be focusing on our team and performance goals as the second half of the season arrives," Coach Frazier said.

"This team plays really well together, we are young but have four mature sophomores and really great leaders," Coach Frazier said when asked about how this team keeps winning with so much youth on the team.

One thing so far this season that LBCC has had on their side was they have not had too much illness with this team. The one thing that has hit the team the hardest is the different injuries to different players. Juliana and Mona have been hit hard and there have been other's with other small nagging injuries like hurt ankles.

The second half of the season starts next week for the LBCC Volleyball team and they could not be more focused on their team goals for the season. "There is no flying



Freshman Lindsay Verboort sets the ball.

Kody Kinsella

The top ranked volleyball team returns to action this week as they travel to Gresham to play Mt. Hood Community College on Wednesday in a big match-up of Southern division powers. Then on Friday, LBCC travels to Salem to take on Chemeketa Community College, both games start at 6 p.m.

**OSU
Football**
Oct. 15

28 | 38
OSU | BYU

Next: Oct. 22 at Washington State

Volleyball
Oct. 14

0 | 3
OSU | UCLA

Oct. 15

0 | 3
OSU | USC

Next: Oct. 21 at home vs. Washington
Oct. 22 at home vs. Washington

Men's Soccer
Oct. 14

2 | 2
OSU | CAL

Oct. 16

2 | 3
OSU | Stanford

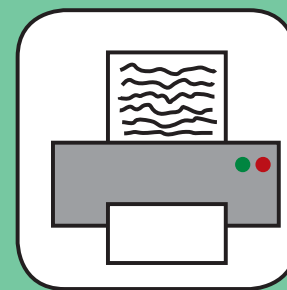
Next: Oct. 21 at home vs. California
Oct. 23 at home vs. Stanford

Women's Soccer
Oct. 14

0 | 1
OSU | Utah

Next: Oct. 21 at home vs. Washington State
Oct. 23 at home vs. Washington

full Sideline report online at: commuter.linnbenton.edu



Write. Snap. Edit. Print.

The Commuter is constantly looking for new additions to our staff.

Here are some of the positions we have open:

Features/News Writers: Those interested in reporting a wide variety of topics, covering campus, local, national and world news. Some experience with journalism preferred, but not necessary.

Photographers: Has an eye for capturing photojournalism. Basic knowledge of cameras, equipment and design programs, such as Flickr and Photoshop preferred.

Sports Writers: Those interested in reporting and covering a variety of LBCC and OSU sports.

Photography Assistant: Work with other photographers and videographers to take photos for an assignment. Knowledge of cameras, equipment and design programs, such as Flickr and Photoshop required.

Production Assistant: Delivering issues of The Commuter to areas of Lebanon, Albany and Corvallis. Access to mode of transportation necessary.

Design Assistant: Interest in graphic design and page layout. Help put the paper together.

Workstudy Positions Available: Please consult Financial Aid to determine if you qualify for a Workstudy position. If eligible, please consult Adviser Rob Priewe.

Applications available in The Commuter office (F-222). Call (541) 917-4451 for more info.

Running for a Cause this Halloween

Kyle Holland
Sports Editor

The Albany ABC House is set to hold its first annual Runaway Pumpkin Half Marathon on Oct. 29. The event will take place in Lebanon over a 13-mile course along South Santiam River with great views of mountains, farms, and surrounded by the beautiful fall colors Oregon has to offer. The half marathon is a benefit for the Albany ABC House to help raise money for the organization.

The ABC house provides advocacy for children, at-risk teen support networks and ongoing community education to help improve the way our community responds to abuse and cares for its victims.

Registration for the event is still open and even those that are strong walkers are encouraged to join in. The deadline to register and receive a shirt is Oct. 20; however, the final day to enter the race minus the shirt is Oct. 25 at 11:59 p.m.



All registration is done online at www.runawaypumpkinhalf.org. So far they have about 600 runners registered and are capping the event at 1,500 entries, so if you are interested in running, sign up soon. All contestants are encouraged to wear pumpkin costumes and have fun running for a great cause. Finishers will receive a finisher's medal along with their t-shirt and goodie bag.

Again, 100 percent of the proceeds will go to help serve abused children in the area. The ABC House provides ser-

VICES at the center for approximately 350 children per year and an additional 175 medical consultations on physical injuries. The house is located in Albany, but children are brought to the center from all over Linn and Benton counties.

The entry fee is only \$65 and the top three finishers in each of the 15 age groups will receive a pint glass etched with the Runaway Pumpkin Half Marathon logo on it. The first-place man and woman will also receive a \$250 Lowe's gift card.

Register for the Runaway Pumpkin half marathon online at www.runawaypumpkinhalf.org

Watch Out for Roush



Anika Kilian

Soccer standout Holly Roush.

Forward Emerges as Scoring Threat

Kyle Holland
Sports Editor

The Linn-Benton women's soccer team is out three games into their inaugural season, and even though they have yet to put a win on the board, many bright spots are starting to shine through. One of those bright spots is stand-out forward Holly Roush.

Roush has been a threat to score every time she touches the ball. She's scored in each of the first three games to lead the team with three overall.

Growing up in Corvallis, Roush spent her youth playing AYSO soccer along with some club teams before playing for Corvallis High School. After high school, she played indoor soccer in Corvallis, playing for as many teams as she could to keep up her skills.

Coach Art Mota has had nothing but good things to say about his star forward. "She gets along great with her teammates and sets a good example with her strong effort in every game. She has a passion that few can match."

Roush gives credit to her two older brothers for the extra competitive edge it takes to be a star player. She was a gymnast from the age of three to 18, and has never been afraid to try out a new sport. From softball to white water rafting and even skydiving, Roush says

she's always had a "love for trying new sports."

She is currently majoring in physical therapy and will be transferring to Oregon State University come spring term. Knowing that it is going to be a few years until she gets her degree, Roush is also taking classes at Albany Academy of Cosmetology to work as an esthetician, while she completes her degree.

Her favorite band is Foster the People, but before a game you will find her rocking out to Breaking Benjamin to get the adrenaline pumping.

As a first-year team, the Lady Runners face huge hurdles this year, with a schedule full of rough competition. The team is tough though, and when asked what they need to do as a team to take the next step, Roush said, "We have all the fundamentals, we have played super aggressive, communicate well and have played well as a team. We just need to put it all together and stay strong throughout the game. We are a hulk force that just needs to be unleashed!"

Recap:
LBCC Womens Soccer
Oct. 15

1 | 9
LBCC | UO
Next: Oct. 22 at UP

LBCC Mens Soccer
Oct. 16

4 | 2
LBCC | WOU
Next: Oct. 23 home vs.
Willamette

full Sideline report online at:
commuter.linnbenton.edu

13th ANNUAL

OCTOBER CELEBRATION

MONDAY, OCTOBER 31, 2011

HARVEST PIE FESTIVAL
11:30 - 1:30 (HOT SHOTS CAFE)

PIE EATING CONTEST
12:30 (HOT SHOTS CAFE)

THRILLER DANCE PERFORMANCE
2 PM (DAC)


COSTUME CONTEST
DESSERT BAKING CONTEST
OFFICE DECORATING CONTEST

PERSONS HAVING QUESTIONS ABOUT REQUESTS FOR SPECIAL NEEDS AND ACCOMMODATIONS SHOULD CONTACT THE DISABILITY COORDINATOR AT LINN-BENTON COLLEGE, 6500 PACIFIC BLVD., SW, ALBANY, OREGON 97321, PHONE 503-735-4636 OR VIA OREGON TELECOMMUNICATIONS RELAY TDD AT 1-800-735-2860 OR 503-735-1232. CONTACT SHOULD BE MADE 72 HOURS BEFORE THE BEGINNING OF THE EVENT. LBCC IS AN EQUAL OPPORTUNITY EDUCATOR AND EMPLOYER.

LBCC Lunch Box:
EMERGENCY FOOD
for Students in Need

Students helping students!

How? By donating non-perishable food stuffs at the Linn Benton Lunch Box drop off boxes in Takena Hall and at the Benton & Lebanon Centers!



LBCC is an equal opportunity institution. For disability accommodations, call 503-735-4636. Submit requests four to six weeks before the event. To call the LBCC department by TDD call through Oregon Telecommunications Relay Service 1-800-735-2900 and provide OTS the number of the department you wish to reach at LBCC.

Linn-Benton
COMMUNITY COLLEGE
6500 Pacific Blvd. SW • Albany, OR 97321

First Alternative
NATURAL FOODS CO-OP



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

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

BUY 10 GET ONE FREE!



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

Saves you time and money!

www.firstalt.coop

Campus Events

Ongoing

Annual Art Faculty Exhibit
South Santiam Hall and Calapooia Center Galleries
Featured in the show are several pieces by LBCC Art Faculty. This is the 17th year for the exhibit, which runs through Oct. 28.

WOU Art Faculty Exhibit
NSH Galleries
A wide-ranging exhibit of artwork by a dozen Western Oregon University Art Faculty is on view at LBCC. This is the second of annual shows at LBCC featuring art faculty from Oregon's six state universities.

Wednesday 10/19

Diversity Day and Courtyard Lunch: BBQ or Buffalo Hot Wings
Courtyard • 11 a.m. - 1:30 p.m.
SL & L and the DAC invite you to our 2nd annual Diversity Day celebration. Diversity Day will highlight some of the ways we explore and experience diversity at LBCC. The cost of lunch is \$3.50 for students, \$4.50 for college employees. This event is made possible through a collaborative effort between Student Life & Leadership, the Diversity Achievement Center and Food Services.

Physical Science Speakers Series
MH 113 • Noon - 1 p.m.

Dr. Tom Olsen, Assistant Director, Society of Physics Students, "Careers in Physics and Society of Physics Students." Free and open to the public.

Friday 10/21

Deadline to turn in application for winter graduation

Financial Aid priority deadline

Fall scholarship applications due

Active Minds Meeting

NSH 109 • Noon
Anyone with an interest in raising awareness of mental health issues is welcome.

Benton Center Acoustic Showcase Features "Oldfield Road"

Benton Center Student Lounge • Noon - 1 p.m.
Oldfield Road performs songs from many genres including Appalachian, country, gospel and pop folk. They are best described as roots music with a modern sound that reflects a real dialogue between voice and instruments. The Benton Center Acoustic Showcase is free and open to the public. For more information, contact the LBCC Benton Center at 541-757-8944.

The Siebler Collection Dedication

Benton Center Student Lounge • 5:30 - 7 p.m.

This is a compilation of representative ceramic art from some of the genre's most celebrated contemporary artists. The display includes pieces by Paul Soldner, Frank Boyden, Christine Federighi, David Shaner, Lillian Pitt and others. Future donations to the collection are planned.

Wally Schwab Ceramic Slide Lecture

Benton Center - BC 204 • 7 - 8 p.m.
The Benton Center is honored to offer a slide lecture by iconic Oregon potter, Wally Schwab, who has set the standard for wheel skills and brush work decoration. Free and open to the public.

Monday 10/24

Gay Straight Alliance Meeting

DAC • 3 p.m.
If you or any students you know are looking to join the GSA, please let them know that our meetings will be held on Mondays at 3 p.m. in the DAC. This year we have two new faculty co-advisors, myself (Callie Palmer) and Trevor Setvin. One event we are setting up is a showing of "The Rocky Horror Picture Show" on Saturday, October 28 (est. time 6 p.m., place tba). This will be a costume event - characters from the movie are encouraged, but not required. More to come about that!

Free Art



Marcea Palmer

Jess Graff works at the Benton Center Pottery Studio.

See more on Marcea's blog at: mlpphotoblog.wordpress.com/

THE COMMONS FARE

10/19-10/25

Wednesday:

Dishes: Beef Stew, Pork Chops w/ Lavender, Fennel & Cracked Pepper, Kolokopitas
Soups: Red Lentil and Chicken & Rice

Thursday:

Dishes: Turkey Club w/ Pasta Salad, Chili Verde w/ Flour Tortillas, Tofu Thai Green Curry w/ Steamed Rice
Soups: Turkey Vegetable and Beer Cheese

Friday: Chef's Choice

Monday:

Dishes: Buttermilk Baked Chicken, Monte Cristo, Vegetarian Frittata
Soups: Pozole and Creamy Tomato

Tuesday:

Dishes: Beef Stroganoff, Fish en Papillote, Sweet & Sour Tempeh w/ Rice
Soups: Cheddar Cauliflower and Beef Vegetable

In The Community

Friday 10/21

7 p.m. -WOW Hall
The Green, Giant Panda Guerrilla Dub Squad, and Chris Boomer, are a Hawaiian Reggae band! Tickets are \$13 in advance and \$15 at the door.

7p.m. -Interzone Café

Brian Smith and Hugh John Noble perform!

Sunday 10/23

8:30 p.m. -WOW Hall
Passafire with Tatanka, perform Reggae Rock! Tickets are \$10 in advance and \$12 at the door!

Monday 10/24

3:30 p.m. -Albany Public Library
Halloween arts and crafts, games, and puppets! All ages welcome!

6:30 p.m. -WOW Hall

The Red Jumpsuit Apparatus, Egypt Central, and Burn Halo are hard rock bands that will be performing! Tickets \$15 in advance, and \$17 at the door.

Tuesday 10/25

8:30 p.m. -WOW Hall
Shellac performs with Helen Money! Tickets are \$13 in advance and \$15 at the door!

All day- Benton co. fair auditorium

The Piccadilly circus returns to Corvallis celebrating 25 years! They've got everything from performing elephants to motorcycle acts!

Wednesday 10/26

7:30 p.m. WOW Hall
singer-songwriters Robert Wynia and Michael Shapiro perform! Tickets are \$10 in advance, and \$12 at the door.

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

Classifieds

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

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

Help Wanted

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

Administrative Asst (#9276, Albany) Do you have experience with computers and Microsoft Office? This would be a good job to see if you like working as an office professional. Nonpaid, but great experience for your resume.

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

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

Substitute Teacher (#9285, Corvallis) This part-time job works with either infants/toddlers or pre-kindergarten children. They do want two years' experience.

OPB Internship Opportunities (Portland) If you are currently enrolled in a college-level academic course, these internships will provide academic credit.

CWE Accounting Assistant (#9284, Albany) If you are a current accounting students with strong computer skills, this unpaid internship will give you training and knowledge and possible CWE credits.

Persons having questions about or requests for special needs and accommodations should contact the Disability Coordinator at Linn-Benton Community College, RCH-105, 6500 Pacific Blvd. SW, Albany, Oregon 97321, Phone (541)-917-4690 or via Oregon Telecommunications Relay TTD at 1-800-735-2900 or 1-800-735-1232.

Contact should be made 72 hours or more in advance of the event.

Letters to Harry Writing Contest

The Corvallis-OSU Symphony Orchestra announces the Letters to Harry Writing Contest! If you had a chance to speak to one of the characters from the Harry Potter Books by J.K. Rowling, what would you say?

On Sunday, October 30, at 3:00 p.m., costumed wizards and muggles alike will descend upon the LaSells Stewart Center when the Corvallis-OSU Symphony Orchestra presents "Halloween with Harry," a special concert featuring music from the Harry Potter films by John Williams. In conjunction with this concert, the Symphony is hosting a contest to help bring some of the wonderful Harry Potter story characters to life. Submit your original letter of no more than 500 words by email, addressed to one of the following characters from the Harry Potter books and movies:

- Harry Potter
- Luna Lovegood
- Professor McGonagall
- Professor Trelawny
- Dumbledore
- Mr. Ollivander (the wand maker)

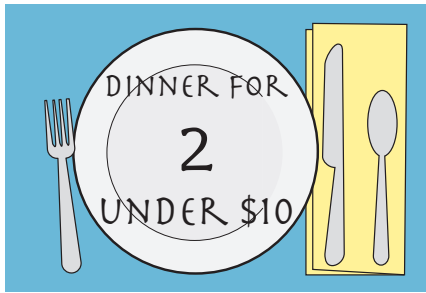
Eight winning letters will be selected to be read during the concert. If your letter is selected, you will receive a free ticket to the concert!

Hurry! Letters must be submitted by email and received by 5 p.m. on Friday, October 21.

Send your letters to: halloweenwithharry@gmail.com

For information on the Halloween with Harry concert and pre-concert activities for ticketholders, go to: cosusymphony.org





Asian Stir-fry

Joy Durham

Contributing Writer

It can be a challenge to eat delicious food on a college student budget. Well, I am here to give you a few ideas on how to eat great without spending a fortune.

I am a college student at LBCC. I have spent one year majoring in the culinary arts department and have loved food for as long as I can remember. It is my great pleasure to prepare some meals and ideas for you, without dishing out more than \$10 for the main ingredients.

Grocery list:

1 skinless boneless Chicken breast	\$4.55
1-12 ounce bag of frozen vegetables	\$2.00
6 ounces spaghetti noodles	\$.99
1/8 cup soy sauce	\$1.79
Salt, pepper and oil to taste	-

GRAND TOTAL: \$9.33

Directions:

1. Preheat your oven to 350 degrees.
2. Bake your chicken for 20 minutes on one side. I like to bake it with a liquid so it stays nice and moist. Broth of any kind will work and water is fine if you have nothing else.
3. Flip your chicken and bake for another 15 minutes.
4. While your chicken is baking for the last 15 minutes, in a separate pot bring water to a boil. Cook your frozen vegetables until they are al dente (about 5 minutes).
5. Strain the vegetables, but keep the water you cooked them in to use for your noodles. Set aside.
6. Now cook your noodles al dente (about 5 minutes). Strain and set aside.
7. By this time your chicken should be ready, allow it to cool enough to handle. Cut your chicken into strips.
8. Now heat your wok (any frying pan will do if you do not have a wok). Put a little oil in the pan and allow it to heat (no longer than one minute).
9. Throw in the chicken and cook a few minutes while stirring constantly. Then add the vegetables and cook for a few minutes, stirring constantly. Finally, add the noodles.
10. Add soy sauce and seasoning, stir consistently until done. Serve and Enjoy!



Joy Durham

Stir fry yumminess!

Cappies Classy Cuisine

continued from Cover

I didn't have time to take in the myriad of decorations carefully set about the room as a waiter approached with a menu and a calm demeanor. Asked if I had anything in mind to drink, I didn't know what the place had to offer yet, so I was directed to a chalkboard with drinks and prices.

They carry a wide variety of alcoholic beverages, some I have never heard of as well as many anyone would expect, including some from the Calapooia Brewery. (A local brewery known for rich, hoppy Oregon beer.) I settled on the Devil's Hole Stout, a rich, dark beer with a hint of licorice.

I was already pleased with my experience before I opened the menu. Whatever I was in the mood for, I'm sure it could be found, boasting a wide variety of pub favorites and unique dishes, everything sounded good.

I knew a good burger would be hard to beat with my stout. At Cappies, each burger is custom made



McKenzie Christie

Customers enter Cappies Brewhouse on First Street in downtown Albany.

to order with a wide variety of toppings. If you want a burger, you order the exact burger you want.

It's going to be hard to try anything else now. In a very timely

manner, they brought a thick beef patty from local cows fed the same grain that was used in the beer I was happily sipping. Now this burger looked as good as any tempting fast food advertisement, without the flat mess let down.

Oh, deliciousness was delivered - bacon, avocado, pepperjack, and all the usual trimmings filled me a little more than I had expected and left me as satisfied as I was hoping. The server was very courteous during my time at Cappies, never rushing or intrusive, quite friendly, and very polite.

Cappies Brewhouse won me over. I highly recommend you give it a chance to do the same to you. It offers a family dining area for all ages, so no need to worry about an age limit. You can find Cappies on First street in downtown Albany. The prices are fair, the atmosphere is warm and inviting, and the food may very well be the best I've tasted in Albany.

I know I will be returning very soon. See you there.

Can't Miss "The Thing"

Ian Butcher

Contributing Writer

It's that time of the year again. That time when we are all looking for a good old fashioned horror story. "The Thing" fills that need with relative success.

"The Thing" is a prequel (not a remake - thank God) to the 1982, John Carpenter classic. When scientists at a Norwegian research station in Antarctica stumble upon a UFO buried in the ice, Paleontologist Kate Lloyd (Mary Elizabeth Winstead) is brought in to examine the craft's lone passenger. The team soon realizes, however, that the creature can create perfect imitations of the people it kills and that if it escapes, it could mean the end of all of us.

Going into this film, I had a certain level of hesitation. I am a huge fan of the 1982 original, so naturally I was skittish about revisiting the story. On top of that, the fact that first time director Matthijs van Heijningen (Try saying that five times fast!) was tackling this material didn't give me a whole lot of confidence. As the film began, however, I came to the conclusion that while this film is very much connected to the original, I needed to judge this as its own entity.

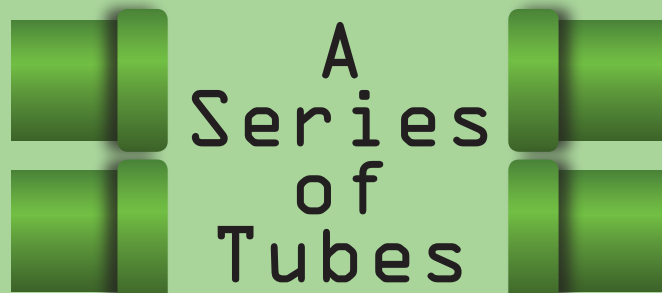
Having seen the film though, I can safely say that while it's not a perfect film, it is an enjoyable scary story with enough tension and gore to keep you entertained. As soon as our heroes realize what the creature can do, paranoia and distrust sets in. It's every man for himself.

The film has a pace that gradually builds as it goes



along. There are some generally good scares throughout, especially when the film decides to get violent, and it does. This combined with a building sense of paranoia make for a film where you never quite feel the characters are out of danger.

There are some poor uses of CG, as well as one rather glaring plot hole that occurs early on in the film. Despite these complaints, the film offers up genuine tension for 103 minutes that never lets up. I would definitely recommend this film if you are in the mood for a good old-fashion monster story as Halloween approaches. If you are a fan of the original, there are some nice nods to the that film (the ending in particular ties back into the opening shots of the original in a really interesting way), and even if you've never heard of "The Thing" before, there is enough here to enjoy. All in all, I would give "The Thing" a 3.5/5.



A
Series
of
Tubes

Your Guide to the Interwebs

Website Round-Up

Be sure and check out this week's Series of Tubes where webmaster Marci Sisco scours the web to bring you the more interesting and useful bits of information floating out there in cyberspace.

Read it online now at: commuter.linnbenton.edu

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

Sex AND THE Campus

When Friends and Relationships Collide

Jill Mahler
 Editor-in-Chief

Friendships are key to our growth as individuals. The people we surround ourselves with have the greatest influence over us. For women, friendships are created by sharing information, experiences and secrets. Whereas men tend to relate by participating in activities together. However, what happens when our friendships pose a divide between our relationships? What if you don't like his friends or he doesn't like yours?

Friendships can cause issues within a relationship if his friends' personality don't mesh well with yours. On the same note, sometimes you like the majority of his friends, but there is a particular individual you can't seem to stand. Your new devoted time to one another naturally creates a distance with friends. However, they still have a place in his

life. Although, you cannot understand the bond he has with his friends, or realize the importance they have to him, and how hard it would be to sever the tie with them. Those annoying qualities that make it hard for you to stand are what he has grown to accept and may not pick up on as you do.

We accept most baggage when we enter into a relationship with our partner. We handle the clingy mothers, past relationships and the personality quirks. However, we overlook the carry-on. The friendships he has formed over the years are apart of the whole package. Believing that you can separate him from his friends is ill-advised. Just as you hope your friends will like who you are with, he wants you to like his friends as well. This doesn't mean that you have to be as good of friends with them as he is, but making a point to be with him when his friends are not around will inevitably create a distance with him.

On the other side of the coin, your partner should be willing to step in if his friends step out of line. Most of the time, if his friends care about him, they will also make an effort to like you as well. However, when those pesky friends arise, finding out why those friendships are so important may be a solution. Understanding how their friendships began and the qualities he enjoys in his friends, gives you the insight you need to develop a better middle ground with his friends. Although your partner may be able to sustain your needs, there will always be some roles that friends can better meet. Another way to endure his friends is to participate in common events and interests. If nothing else, he will see the effort you are making. In the end, what you put into the relationship will translate into what you get back in return.



Our Healthy World

with Dineen

Beans: The Magical Fruit

Dineen Charest

Staff Writer

It's winter, time to pull out the "one size bigger and baggier" clothes. The holidays are coming along with lots of sugar and a bigger waistline.

However, having a larger waist (over 34 inches for women, over 39 for men) increases your chances of chronic conditions like cancer, diabetes, and heart disease. Trying to trim your waistline is difficult, especially in the winter months when we tend to crave simple carbohydrates and comfort food. So what can you do?

Help is here! There is one super food that is high in antioxidants, fiber and protein, that when added to a healthy diet helps to trim the waistline. That super food is beans.

In fact, a recent study shows that individuals who eat beans are not only slimmer in the waist, but also seven pounds lighter than those who avoid eating beans. The study also shows that those who eat beans consume an average of 200 calories more a day than the non-bean eaters.

What is in beans that help assist in keeping us trim, and why is it better to replace red meat with beans?

First, the daily recommended dose of fiber is 21-25 grams for adult women and 30-38 grams for adult men. One cup of beans has 12 grams of fiber. Red meat has none. Beans are digested much slower because of the fiber content. Unlike red meat, which digests quickly, beans give you less of an insulin spike, which prevents you from being hungry more quickly.

Beans are also full of plant-based antioxidants that help fight free radicals. According to the Oxford dictionary, free radicals can damage tissues and delicate cell membranes. They can also damage DNA, disrupting our store of inherited information; this may lead to the initiation of certain cancers.

A study done by the Department of Agriculture, measuring antioxidant levels of 100 top common foods showed beans in the top four. Those beans were red beans, red kidney beans and pinto beans. Black beans, black-eyed peas and navy beans made it to the top 40. It is no wonder that beans have been labeled the "perfect food."

So take a challenge, start now by eating 1-3 cups of beans three times a week in replacement of red meat. Avoid those beans canned with sugar or lard and see a trimmer, healthier you by Christmas.

2011 Art Faculty Show

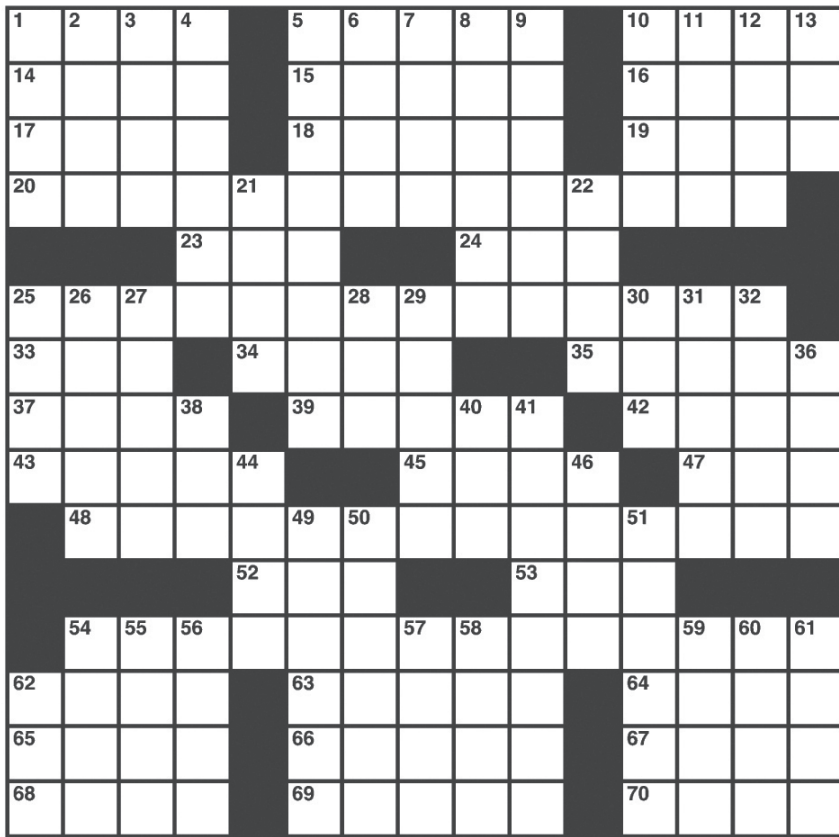
See more photos by Kay Roth online at: commuter.linnbenton.edu

<h2>Gamer's Log: Minecraft</h2> <p>Mason Le Britton © 2011 Groovysweet.wordpress.com</p>				
<p>1.8 → 1.9</p> <p>I jumped in to minecraft to check out 1.8, as well as see what is coming for 1.9.</p>	<p>I was greeted with the new 1.8 swampy biome.</p>	<p>My first priority was punching a tree for wood. Then I needed to build a shelter.</p>	<p>AHH 1000 New!</p> <p>After that was done I went exploring, and fell in to a rare stronghold.</p>	<p>Don't look AT Me!</p> <p>Where I met a startling new mob, The Enderman.</p>
<p>Blarp</p> <p>In 1.9 the Endermen will be joined by the Enderdragon.</p>	<p>As well as portals to the Endermen's world "The End"</p>	<p>There will even be a new biome filled with giant mushrooms, and mooshrooms.</p>	<p>1.9 will add numreous other new features such as potions, animal breeding, snowgolems, item repair, hardcore mode, and plenty more.</p>	<p>That'ssss a very Niceeverything you have There...</p> <p>The offical release of the game, and update 1.9 coincide on November 18th. So get ready to diggy diggy.</p>

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

- ACROSS**
- 1 RBI or ERA, e.g.
 - 5 Use up, as money
 - 10 Shock
 - 14 TV show recorder
 - 15 Pal of Kukla and Fran
 - 16 Redheaded kid of Mayberry
 - 17 School near the Mex. border
 - 18 Ziti, for one
 - 19 Sharp
 - 20 Herding dogs
 - 23 Eggs, to Caesar
 - 24 "___ no use!"
 - 25 Brokerage services for buying stocks on credit
 - 33 Tribute in verse
 - 34 Take it easy
 - 35 Coastal cities
 - 37 Day spa garb
 - 39 Emulated Bond
 - 42 Bank takeback, for short
 - 43 Memorable mission
 - 45 Vegan no-no
 - 47 Moving aid
 - 48 Perks on the job
 - 52 Choral syllable
 - 53 Univ. sr.'s exam
 - 54 Eerie sci-fi series, and this puzzle's title
 - 62 Sign up for
 - 63 New ___: India's capital
 - 64 French cheese
 - 65 "Beetle Bailey" dog
 - 66 Area below the abdomen
 - 67 Eclipse, in olden days
 - 68 Head honcho
 - 69 Observing
 - 70 Small fruit pie



By David W. Cromer

- 9 Cherished by
- 10 Comedian's bit
- 11 Abbr. on a phone's "0" button
- 12 Falsehoods
- 13 X, numerically
- 21 Satan's doing
- 22 "The jig ___!"
- 25 Former New Orleans Saints coach Jim
- 26 War criminal Eichmann
- 27 Rod used to strengthen concrete
- 28 Swiss peak
- 29 Scale, as a 28-Down
- 30 Snow-rain-heat-gloom connector
- 31 Roman fountain
- 32 Mar. 17th honoree
- 36 Male heirs
- 38 U.K. record label
- 40 Broad foot size
- 41 Kind of participle found in the sentence "While working on my computer, the dog pestered me for dinner"

Wednesday's Puzzle Solved



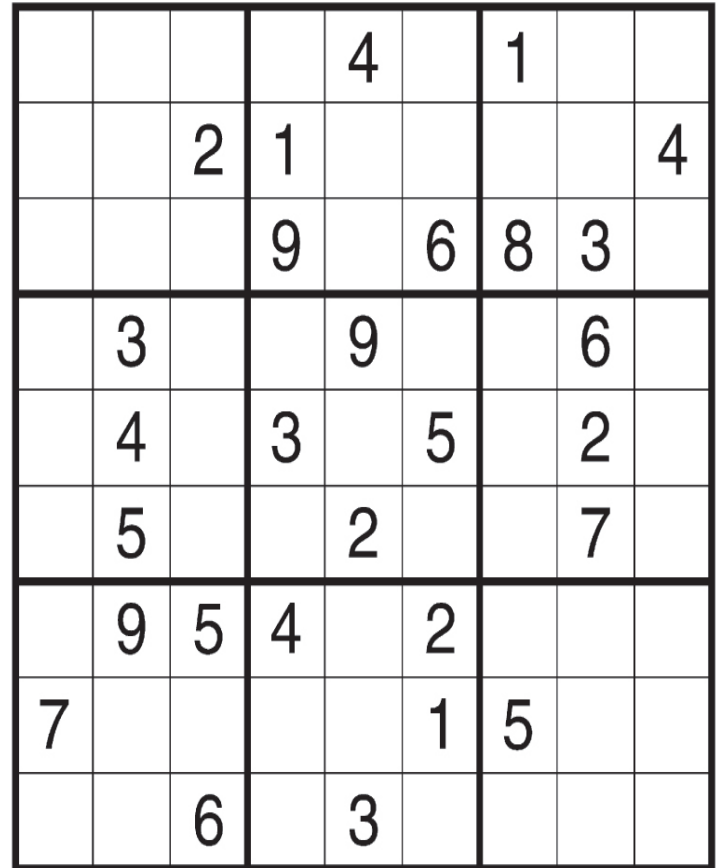
(c)2009 Tribune Media Services, Inc.

- 44 Not taken in by
- 46 Actress Hatcher
- 49 Resentment over a prior wrong
- 50 Diner, for one
- 51 Sexy automaton in "Austin Powers"
- 54 Dorothy's dog
- 55 Top 10 songs
- 56 Slaughter of baseball
- 57 Weena's people, in "The Time Machine"
- 58 Major German river, to a Frenchman
- 59 "___ la Douce"
- 60 Stadium section
- 61 E-mailed
- 62 Employment agency listing

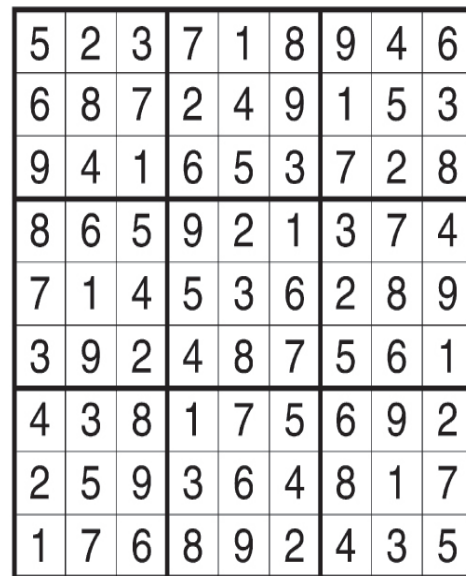
SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level: **1** 2 3 4



Last Week's Puzzle Solved



Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk

© 2010 The Mepham Group. Distributed by Tribune Media Services. All rights reserved.

Noir Du Jour

An LBCC student-generated comic

By Lizzy Mehringer



Poetry Spotlight

After the Rain
By Danny Earl Simmons

They hardly spoke
to each other afterwards.
He gave himself over
to drink and patriarchy
and writing things down.
She moved through the hours
busy with the usual things.
But, the hours weren't the problem
for her. It was the minutes
of remembering and knowing
exactly what had happened.
So, she'd hum.

Otherwise, her mind flashed
with tree trunks and boulders
riding waves into skulls and abdomens
and babies whose final babbles
were drowned by the tardy pleas
of their now believing parents.
She used to wonder
how the fine young man
they'd hired to help tar the ark
ended up feeling God's love.
Was it as quick as God's wrath?

Or did his smile fade slowly
in a crush of mud against his chest
or after a final deep breath
right before his lungs made room
for the wet holy cleansing
of disobedience from earth?

At the beginning, her husband mistook
the gentle buzz from her chest
as the acceptance of grace,
asked her to read his sheepskin account.
She read and insisted upon one revision,
"You take my name out of there."



BACK in the DAY

This day in history ...

Oct. 19, 1998 - I'm all ears

Mike Tyson gets back his boxing license after biting Evander Holyfield's ear. That's weird, Tyson seems like such a sane and level-headed guy.

Oct. 20, 1864 - Turkey time!

Abraham Lincoln establishes Thanksgiving as a national holiday. Wow, now there's something he'll surely be remembered for.

Oct. 21, 1959 - Pretty as a picture

Frank Lloyd Wright's Guggenheim Museum opens to the public in New York. I don't have a joke here, I just really love this building.

Oct. 22, 1939 - Are you ready for some football?

Brooklyn defeats Philadelphia in the first televised pro football game. I'm sure the commercials were awesome!

Oct. 23, 1930 - On par

J.K. Scott wins the first miniature golf tournament in Chattanooga, Tenn. He made it through the loop-de-loop just fine but that clown's mouth on the eighthteenth was a nail-biter.


Oct. 24, 1926 - The magic ends ...


Harry Houdini's last performance. Aww, if only he'd gotten those cuffs off a little sooner.


Oct. 25, 1986 - ... and the curse continues


In Game 6 of the World Series, a line drive rolls through Bill Buckner's legs causing the Red Sox to lose, again. Bostonians join forces to chase Buckner out of the state; he's never heard from again.


~ ~ ~ HOROSCOPES ~ ~ ~


ARIES
3/21-4/19
 You're no beast of burden, so throw off what weighs you down. Aim to misbehave like the animal we all know you are.


TAURUS
4/20-5/20
 You, on the other hand, are built for burden. Sport it with pride for now, but know this: Your oppressors get theirs in due time.


GEMINI
5/21-6/21
 Sound out your name: Gem in eye. It's like money symbols in a cartoon's eyes ... You've set your sights on a goal of financial gain.


CANCER
6/22-7/22
 What you have, others want. Prepare your claws for a clash over your treasures. The enemy is strong, true, but you are stronger.


LEO
7/23-8/22
 You're bummed out because the weather is getting worse. There's no seeing through it now, but I'm sure next week will look up.


VIRGO
8/23-9/22
 Foul weather brings rainbows. There's gold at the end of those things, and you're the only one who can bring it home. Go for it!


LIBRA
9/23-10/23
 Sweet deal! You've a karmic bonus coming your way because of a good deed. So this is what happens when you're a hero, huh?

SCORPIO
10/24-11/21
 What goes around comes around, and it's time you get what's coming to you. You've done a bit of bad, but it should be about worth it.

SAGITTARIUS
11/22-12/21
 Someone close to you is parting ways. This is only temporary, so show some support! Sometimes people just need to take a walk-about.

CAPRICORN
12/22-1/19
 It's time for a big adventure! Bring a friend or go meet up with one you haven't seen for a while. Either way, enjoy every moment.

AQUARIUS
1/20-2/18
 You've discovered the purpose of pride - Well done! Every ounce of it is well deserved, so kick back and be a little smug for a change.

PISCES
2/19-3/20
 There's nothing wrong with second place. Let it inspire you, to show you the direction to grow. You'll be back even bigger and badder!



Fried Bananas
Groovysweet.wordpress.com

An LBCC student-generated comic

By Mason Britton

Mason Le Britton © 2011

eLearning on an eReader

Anna Grace

Contributing Writer

Things in life would be easier if we all had our text books on an e-reader/computer? There are many different E-readers: the Nook, the Kindle, iPhone, or just your regular laptop. Anyone who has a smart phone can get their books on their phones, if it is downloaded through your nook/kindle app. This might provide a cheaper way to buy books, with the added benefit of not carrying around 30 pounds in your backpack.

Advantages:

- Less expensive.
- More compact - you can have all your books on one computer instead of carrying 6 or 7 books.
- You can still highlight any important information.
- Look up words quickly when you are unsure of the meaning.

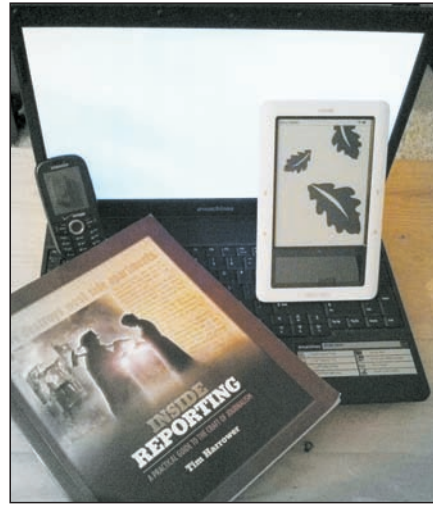
Comparing Costs

	eBook	Textbook
Writing 227	\$46	\$106
Psychology 201	\$65.25	\$140.40
Geology	\$33.10	\$104

- Weight on anyone's back is terrible, fewer back problems.

Things to think about are the e-book's that LBCC offers is not compatible with the Nook or Kindle, so if purchasing from our LBCC book store, know it can only be used on your laptop or desktop. Most books can be found, for about 50 percent savings. That could be hundreds of dollars for a full time student.

LBCC Student, Liz Jones had this to say, "I think the e-books are a great idea, they are keeping up with the times. I love that they



are so much cheaper." Jessica Dawson, who is dual enrolled with OSU, disagrees, "I tried the e-book one term. I found it much more difficult to get myself to sit down at a computer

than to pick up a book. I will never buy an e-book again."

Disadvantages:

- If your battery is low or dies.
- Computer breaks.
- Having to pay for the book twice if your computer glitches.
- Requires adapting to a new form of learning and reading.
- The e-book is only valid for 180 days, if you don't pass a class you will have to buy it again.

Kylie Seherer tells us this, "The e-book can be a good thing if they are interactive part of the curriculum; however, if it's just plain text, it's harder to sit and read. On some books you can do the exercises at the back of the chapter and get immediate feedback, which is helpful." It all comes down to what you prefer. Will e-books be a one hit wonder, or will they continue to keep up with the times?



Ashley Christie

Re•volve Your Wardrobe in Corvallis

Brad Bodon

Contributing Writer

Do you want to look great for only a fraction of the cost?

Well ladies, I have a lead to how and where you can buy name brand or simply nice, fashionable clothing for an affordable price.

"I would recommend re•volve to people who have a concern for wearing name brand clothing, because it is much cheaper than the original cost," said customer Madison Brant.

Erica and Antonea Widony are two sisters who have shared a common goal. They wanted to open up a shop that "reflected our community's commitment to social responsibility and environmental sustainability." They now own and run an eco-friendly, pocket-friendly boutique that allows customers the satisfaction of looking good at an affordable cost.

One thing the sisters know is how to make their customers happy in a weak economy. Quality and designer clothes are sold, while being mindful

of reducing, reusing, and recycling.

At re•volve, the women's clothing store and retail boutique on 2nd St. in downtown Corvallis, these luxuries are offered. Every customer is offered the same special treatment.

At re•volve not only do they sell nice clothes and other fashions, they buy your old or unwanted jewels, scarves, clothing, bags, and shoes. If your item gets sold, you receive a percentage back upon the sale. Any merchandise not sold or no longer wanted are donated to those in need.

The store has become a relatively big name amongst the fashion-driven females in the community. Re•volve is for people with a good eye for fashion at affordable prices, as well as for those out there who would rather wear gently worn clothes as opposed to brand new clothes.

For the people simply trying to save, you will leave looking good and feeling better about where your money is going.

Help revitalize your community and re•volve your style.

Everybody Cut Loose

Kacey Dowers

Contributing Writer

Well, kick off your Sunday shoes for "Footloose." This movie is awesome!

The new remake of "Footloose" could possibly make the old one a thing of the past. With the new moves and new actors, this movie is a hit.

The movie starts out in a small town of Bomont, Georgia, where dances have been outlawed due to a crash and death of five high school seniors. The father to one of the deceased, Reverend Shaw Moore (Dennis Quaid), blames the Bomont City council for the accident, so soon has all dances and rock music is banned from the town.

Three years later, Ren McCormack (Kenny Wormald) moves in with his aunt and uncle. He makes friends with Willard Hewitt (Miles Teller) and discovers the dance ban. Later on, Ren meets Ariel (Julianne Hough), Moore's rebellious daughter and he's not pleased. He tells Ariel that Ren is no good, and she shouldn't be around him.

Ren and Ariel want a senior prom, so Ren talks to the council and reads from the Bible in support of dancing. Rev. Moore's wife, Vi (Andie McDowell), is for the



movement, and tells Moore that he can't be everyone's father. She convinces him that dancing and music are not the problem.

This movie is a new, sexier version. "Dancing with the Stars" Hough is spunky and plays the perfect rebellious Ariel Moore. Kenny Wormald fits the character of Ren to the "T." He is the laid back, but cool new guy that knows what he wants.

Out of 5 stars this would have to be rated a 4.5. What an awesome movie!

COMING ATTRACTIONS



Paranormal Activity 3
Rated: R
Genre: Haunted House



The Three Musketeers
Rated: PG-13
Genre: Action



Margin Call
Rated: R
Genre: Drama

Source: IMDb