

# THE COMPUTER

Wednesday  
April 8, 2009

Linn-Benton Community College, Albany, Oregon

Volume 40 No. 22



# Child Abuse Prevention Month

## Contact Numbers for Reporting Child Abuse

### Benton County

**Dedicated daytime child abuse hotlines  
Monday to Friday 8 a.m. to 5 p.m.**

Local: 541-757-5019  
Toll Free: 800-646-5430

#### After hours

**Contact 911 or local law enforcement agency**

Benton County Sheriff: 541-766-6858  
Corvallis Police: 541-766-6925  
Philomath Police: 541-929-6911

### Linn County

**Dedicated daytime child abuse hotlines  
Monday to Friday 8 a.m. to 5 p.m.**

Local: 541-757-5019  
Toll Free: 866-303-4643

#### After hours

**Contact 911 or local law enforcement agency**

Linn County Sheriff: 541-967-3950  
Albany Police: 541-917-7680  
Lebanon Police: 541-451-1751  
Sweet Home Police: 541-367-5181

For more information visit [www.oregon.gov/DHS/children/](http://www.oregon.gov/DHS/children/)

**The Commuter**

**Editor-in-Chief:** Gregory Dewar  
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# CAMPUS NEWS

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

## Visions of the Holocaust

Ryan Henson  
**The Commuter**

Linn-Benton Community College's Diversity Achievement Center brings the horrors of the Holocaust out of the textbooks and on to the movie screen for Holocaust awareness month.

The films, which are part of DAC's Movie Mondays, will be shown in F-221 on Mondays from noon to 1 p.m. They are free to students, staff, and the community, and will focus on a different theme each month.

DAC Coordinator Toni Klohk explains that the movies, which are selected from LBCC's student library, are shown to provide an opportunity for students to socialize with their peers during their afternoon breaks and to learn something new. Free popcorn is provided.

"[The movies] are for educational purposes, and although the holocaust is



Students watch a Holocaust film in the DAC.

a very heavy subject, one that is emotional, we would like students to come in, relax, and bring a lunch," said Klohk.

According to a press release, next

Photo by Max Brown

Monday's movie, "One Survivor Remembers," is a story about Gerda Weissmann's survival and liberation after six years of Nazi rule.

Jeff Silverman, in a review for Variety, referred to the movie as "a beautiful story, filled with hope and triumph and (with) an ending that soars beyond imagination."

Also, on Monday April 20 and 27 the DAC will show "The Long Way Home," a film that chronicles the personal reflections of the challenges that holocaust survivors faced while trying to rebuild their lives.

"Most people don't realize that after the people in these camps were liberated they had nowhere to go," said Klohk.

In addition to the Monday movies, the DAC will also recognize Holocaust Awareness Month by sponsoring a speech from Holocaust survivor, Alter Wiener, as well as speeches from LBCC faculty members Callie Palmer and Robert Harrison.

For more information, contact the DAC at 541-917-4461.

## Spring 2009 Academic Success Seminars

**FREE**

*Sign up on SIS or drop in!*

### So Much Math, So Little Time

Studying math can feel different than studying other courses. A math faculty member will share tips to help you master math requirements confidently! Let's turn around your thinking about math classes so you feel more confident taking them. Topics include: campus math resources that can help you succeed, getting ready before your math class starts, expectations in a college math class, how to think like a math instructor, math study tips for your learning style, how to read a math textbook, and how to prepare for math tests.

April 6, Lebanon Center, LC 205, 4:30 – 5:20 p.m.  
 April 7, Benton Center, BC 104, 5 – 5:50 p.m.  
 April 15, Albany Campus, WH 225, 12 – 12:50 p.m.  
 April 22, Sweet Home Center, SHC 102, 4 – 4:50 p.m.

### Get Organized: The Best Ideas

Bring your three-ring binder, note paper and course schedule. Leave with planning tools to keep your school, work and social life in balance.

April 8, Albany Campus, WH 225, 12 – 12:50 p.m.  
 April 8, Sweet Home Center, SHC 102, 4 – 4:50 p.m.  
 April 20, Lebanon Center, LC 205, 4 – 5:20 p.m.  
 April 21, Benton Center, BC 104, 5 – 5:50 p.m.

### Help Me Remember This Stuff!

You can harness your brain to remember more, better, faster! Active learning strategies are the secret power. Topics include: How memory works, why we forget, and what's learning style got to do with it? Learn strategies to help you remember what you read, how to prepare for tests, and campus resources that can help you succeed

April 15, Sweet Home Center, SHC 102, 4 – 4:50 p.m.

Academic Success Seminars are organized by the Learning Center. For more information and to sign up, visit SIS under Study Skills or call 917-4684.

**Linn-Benton**  
 COMMUNITY COLLEGE

LBCC is an equal opportunity institution. For disability accommodations, call 917-4789. Submit requests 4 to 6 weeks before the event where possible. To call by TDD, call the Oregon Telecommunications Relay Service at 1 (800) 735-2900 & provide them with the number you wish to reach.

### Better Notes + Better Tests = Better Grades

Apply the powerful note taking and study method covered in this workshop and watch your grades improve! Students who use the note taking study and self-test methods presented in this workshop report that they understand and remember more of what they read and get better grades.

April 13, Lebanon, LC 205, 4:30 – 5:20 p.m.  
 April 14, Benton Center, BC 104, 5 – 5:50 p.m.  
 April 22, Albany Campus, WH 225, 12 – 12:50 p.m.

### No Stressin' From Testin'

Would you like to know what it takes to walk into a testing situation feeling confident? Test-taking can and should give you the opportunity to glow. This seminar will share strategies that you can use to overcome test anxiety and show off what you know. Come find out how to make test-taking a positive experience.

April 27, Lebanon Center, LC 205, 4:30 – 5:20 p.m.  
 April 28, Benton Center, BC 104, 5 – 5:50 p.m.  
 April 29, Albany Campus, WH 225, 12 – 12:50 p.m.  
 April 29, Sweet Home Center, SHC 102, 4 – 4:50 p.m.

### Tips to Overcome Procrastination

Procrastination can keep you from your goals. Come learn the underlying causes and tips to successfully overcome it.

May 5, Benton Center, BC 104, 5 – 5:50 p.m.  
 May 6, Albany Campus, WH 225, 12 – 12:50 p.m.  
 May 6, Sweet Home Center, SHC 102, 4 – 4:50 p.m.  
 May 11, Lebanon Center, LC 205, 4:30 – 5:20 p.m.

### Prepare for Finals Without Cramming

Juggling due dates for papers, projects, and finals? There's a way to do this without losing your sleep or sanity—even if you've been procrastinating! (Bring all of your assignments and due dates to get the most out of this workshop.)

May 4, Lebanon Center, LC 205, 4:30 – 5:20 p.m.  
 May 12, Benton Center, BC 104, 5 – 5:50 p.m.  
 May 13, Albany Campus, WH 225, 12 – 12:50 p.m.

## THE COMMUTER'S STAFF

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

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### Letters Welcome

The Commuter encourages readers to use its "Opinion" pages to express their views on campus, community, regional and national issues. Letters should be limited to 300 words or less. The Commuter attempts to print all letters received, but reserves the right to edit for grammar, length, libel, privacy concerns and taste. Opinions expressed by letter writers do not represent the views of The Commuter Staff or the College. Deliver letters to The Commuter Office, Forum 222 or at commuter@ml.linnbenton.edu

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# CAMPUS NEWS

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

## Bike Fest '09

**Chris Brotherton**  
 For the Commuter

With the weather getting better here in the Pacific Northwest, the time has come to start thinking about the fast approaching riding season. One of the fun things that you can do with your bike is to go to a motorcycle rally.

Although Sturgis and Daytona are a little too far for some people to ride, especially college kids on a budget in a toilet-bowl economy, there are local clubs that organize rallies in the area. One such club is the Star Riders Chapter 339 of Cottage Grove, Ore.

This is the fifth year for the Bike Fest rally in Cottage Grove. It is a free event on Saturday May 2 on Main Street in old downtown. The rally will happen rain or shine from 9 a.m. to 4 p.m. with

live music by No Way Out, Montana, and Steppenwild, a Steppenwolf tribute band. There will also be a poker run for those with a bike and a poker walk for those without a bike.

Every year event organizers plan bike games to test a rider's skill and a bike show where the people attending get to vote on which bike they like the best, plus there are vendors on hand, selling various bike related wares and food.

Although a Yamaha riders group organizes this rally, all breeds of bike are welcome as are all riders. It is a family friendly event, so even if you don't have a bike but like the look of chrome and leather, you will find something that you enjoy at this rally. For more information, visit the website, [www.star339.com](http://www.star339.com) and look under the link for "Bike Fest".

## New kids on the block

### LBCC's new soccer team

**Becca Martino**  
 The Commuter

Linn-Benton Community College is giving a warm welcome to its newest sports team: a soccer club. While there have been soccer clubs at LBCC in the past, coach Art Mota, along with the help of club President Kyle Boylan, is reviving the club with enough passion to light a city. "We're the new kids on the block," said Mota, "but it's a good thing. Already other clubs are contacting us to set up games." For the members of the new club, these are the words they want to hear.

The team has already played and won their first game, 3-0 against Corvallis at North Albany Middle School, and is looking forward to more exhibition games during spring term.

The LBCC soccer club is a group of people with a common passion for playing soccer; some are old hands, others are just starting. The club is open to everyone, men and women equally, with no limit to the number of people who can join. Currently, Boylan has been setting up fundraisers to cover costs of equipment, uniforms, referees, travel and more. According to Boylan, the team has a tentative fundraiser in place for April 14 at Red Robin in Albany from 5-8 p.m., where ten percent of register sales will go to the club. Fundraisers like these help make the possibility of becoming a part of the Cascade Collegiate Soccer League (CCSL) a reality. The CCSL is meant for Collegiate level club teams and allows for each team to play each other twice during the season.

The club has only been official for approximately three weeks, so spring term is dedicated to the club

members practicing, getting to know one another, and playing exhibition games with the goal of joining eight other northwest collegiate teams in the CCSL.

What happens if they are accepted to the league? The game season will run from August to November and additional funding to cover costs will come from affordable member dues. Upon being accepted to the CCSL, approximately 16 members will play on the traveling team, with additional opportunities

for other members to play games. When Mota was asked what drives students to join the club, he said "they have taken soccer classes in the past, want to try something different, or are aspiring to play at a higher level." Mota continued by saying that playing with a club is a great way for new, young athletes to get noticed and build friendships.

Dates and times will vary for future soccer games because as a club, they have to coordinate around everyone's work and school schedule, including the opposing team. This can be a large downfall because it makes practices hard to schedule, and even harder to attend for some. Boylan did not seem worried though. "We're a hardworking team, always going to be fighting at every game, and for every opportunity to try and improve."

While LBCC has had some losses in programs, it has also made some gains, one of which is the soccer

club. If free entertainment, showing support for your school, or cheering your friends on the team is not a win-win situation, then I don't know what is. Contact Art Mota at 541-917-4730 for more information on joining the team.



**Art Mota, new coach of the LBCC Soccer Club**

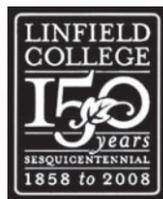
Photo by Becca Martino

**Submit to The Commuter!**  
[commuter@linnbenton.edu](mailto:commuter@linnbenton.edu)  
 541-917-4451  
 Forum 222

Opinions expressed in letters to the editor do not express the views of The Commuter, its staff, or Linn-Benton Community College.

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## THE COMMONS FARE

4/8-4/14

### Wednesday

Dishes: Beef Stew; Lavender, Fennel, Garlic and Cracked Pepper Pork Chops and Kolokopita Triangles

Soups: Red Lentil\* and Chicken and Rice\*

### Thursday

Dishes: Turkey Club with Pasta Salad, Chili Verde with Flour Tortilla\* and Eggplant Parmesan

Soup: Turkey Vegetable\* and Split Pea\*

### Friday

Chef's Choice

### Monday

Dishes: Buttermilk Baked Chicken, Cajun Meatballs with Red Beans and Rice and Frittata\*

Soups: Pozole\* and Puree of Potato and Leek

### Tuesday

Dishes: Beef (Style) Stroganoff, Fish a'la Florentine and Protabella Sandwich.

Soup: Mulligatawny and Vegetable Vegetarian

\*Gluten-free



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# CAMPUS NEWS

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## Campus Shorts...

and college employees who may deserve awards at the Student Leadership and Recognition Dinner on Wednesday, May 6. Nominations can be made today at the table located in Takena Hall from 10 a.m. to 2 p.m. or to the SL&L office by 4 p.m. this Friday.

- Are you a student who has returned to school because you lost your job? Toni Klohk, coordinator of the

Diversity Achievement Center, would like you to testify at the Oregon legislature to help stop cuts in LBCC'S funds. Transportation is provided and will leave on Thursday, April 9 at 7:30 a.m. For more info, contact Toni at 5419917-4461.

- Retiring in the next five years? A PERS retirement and financial planning workshop will be held on April 23 from 3 to 7:30

p.m. in CC-221. The course will provide information on financial planning and social security. For more info, contact Deana Culbertson at 541-917-4424.

- May brings a variety of events to the Portland Japanese Garden, including Kodomo no Hi-Children's Day, Mothers Day, a Bonsai exhibition, and two garden workshops. For more info, call 503-328-0050.

- The 7th annual Center Against Rape and Domestic Violence Mother's Day Run/Walk will take place on Saturday, May 9 at 9 a.m. and will include a 5k run, a 5k walk, and a one or two mile fun walk. Registration fee is \$20 if completed by April 30 and will go to support the CARDV. For more information go to [www.cardv.peak.org/runwalk](http://www.cardv.peak.org/runwalk)
- The LBCC Benton Center Acoustic Showcase presents the acoustic folk trio "MC2" on Friday, April 10 from noon to 1 p.m. in the Benton Center Student Lounge. The event is free and open to the public. For more information, contact the LBCC Benton Center at 541-757-8944.
- English/writing faculty member Callie Palmer will speak about "the images and language that allowed the holocaust to happen" and will also make the "connections on how WWII and the holocaust cast a light on the race situation in the US" on April 29 at 2 p.m. in the DAC.
- Alter Wiener, one of the final holocaust survivors still living in Portland, will share his personal reflections on April 29 from 3-5 p.m. in F-104.
- Two online workshop courses for professional development will be held Wednesday, April 8 from 12-1 p.m. and 3-4 p.m. in the Learning Center. A presentation will be given about the available online courses and participants will have the chance to look at the courses offered. Pre-register by contacting Vickie Keith at 541-917-4968 or [email.keith@linnbenton.edu](mailto:email.keith@linnbenton.edu).
- The student Life and Leadership office will be accepting nominations for students, student programs,

# OSU summer session '09

## this summer...

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- Stay on track for graduation
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Registration begins **April 12**  
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# LOCAL NEWS

Community news about the mid-Willamette Valley, including Albany, Lebanon, and Corvallis.

## Armed man arrested in Corvallis

Rick Casillas  
The Commuter

On Tuesday March 31, 29-year-old Corvallis resident Nathan M. Lenahan was arrested after barricading himself with a knife inside a neighbor's apartment. According to the police report Lenahan, who

resided in the basement of a home near the corner of 25th and Van Buren, "Walked up the stairwell and forcefully kicked open the door leading to the victim's bedroom. Lenahan threatened the victim with a knife and made a comment about the victim listening to his cell phone conversation."

Lenahan then left and returned, threatening his hostage if he called the police. Once officers arrived Lenahan barricaded himself in the room. A few hours of attempted negotiations took place where Lenahan refused to come out, and the Oregon State Police SWAT team surrounded the home at 12:00 p.m. and managed to taser him through a window. Lenahan was transported to the Benton County Correctional Facility and charged with burglary, coercion, menacing, and unlawful use of a weapon.

The scene took place near the OSU campus amidst a cluster of fraternity houses. Nearby residents of Sigma Chi, Brooks Barkow and David Israel, witnessed the events as they transpired. "We were all watching from the second story," said Barkow. "I got up at 7:15 and there were one or two cop cars; by 11:30 there were about 16 or 17 police [of-



Nathan M. Lenahan Courtesy Of Corvallis Police Department



Lenahan's van

Photo by Rick Casillas

icers] there." "They were giving him commands, saying to 'get out with your hands up' on a megaphone, and there were guys with camo hiding in the bushes around the house with rifles, mostly on the back left side," says Israel. According to witnesses, Lenhan's dad and

Eddie Murphy says Lenahan had a reputation in the neighborhood of acting strangely. "He's been here for about a year. People all call him 'creepy van guy'; he's just kind of sketchy, always has sunglasses on," says Murphy. Lenahan had been attempting to sell an old gray

*"They were giving him commands saying to 'get out with your hands up' on a megaphone, and there were guys with camo hiding in the bushes around the house with rifles..."*

Brooks Barkow

brother showed up to try and convince him to come outside peacefully. "It seemed like kind of an overreaction, they could have handled it with two police cars," says Israel.

Delta Upsilon sophomore

Dodge Ram 350 van for some time; residents say the vehicle never moved as Lenahan had a tendency to spend time alone and inside, rarely surfacing.



Lenahan's residence in Corvallis

Photo By Rick Casillas

**FREE! Take One**

**Wouldn't it be great if the things you really needed in life were free?**

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**Albany**  
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## Women's scholarship offered by Zontra

**Ryan Henson**  
The Commuter

The Zontra Club of Corvallis is looking to help carve out the women business leaders of tomorrow.

For LBCC students who are dual enrolled or planning to transfer to Oregon State University, the club is offering one \$2,400 Jane M. Klausman Scholarship to a female undergraduate in her third or fourth year studying business at OSU.

The scholarship has been awarded to women since 1998 and was designed to encourage undergradu-



*"... the club is offering one \$2,400 Jane M. Klausman Scholarship to a female undergraduate in her third or fourth year studying business at OSU."*

Ryan Henson

ate women to enter business related fields and seek leadership positions.

According to Mary Vedaa, Chairwoman of the application process, the Zontra Club of Corvallis has raised almost \$28,000 through voluntary contributions for the scholarship and other programs designed to aid women returning back to school from a hiatus.

"The Zontra Club of Corvallis supports the betterment of woman locally, nationally, and internationally," said Vedaa.

In addition, the winner of the scholarship is also eligible for other district and national Klausman schol-

arships.

Applications are to be turned in by April 30 to Mary Vedaa, 3015 NW Christine St., Corvallis, OR 97330.



Photo courtesy of Flickr-JIT

# Last Day to Return Your Textbooks for a Full Refund is

# 13

# Monday April 2009



# LBCC Bookstore

**STORE HOURS:**  
Monday thru Friday  
8am to 4:30pm

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## Surprise! New construction affects students

**Ryan Henson**  
 The Commuter

For the rest of the term, LBCC students will need to add the distraction of construction in with their coursework.

The construction, which will occur from the first week of April until June, is to take advantage of stimulus funds, which were provided by the governor's office. According to a news release by Fred Haynes, dean of instructional facilities planning, the timing of the construction is necessary in order to make use of the stimulus money.

"The unfortunate issue is that the projects had to start ... right when you are on campus. We are sorry about that," Haynes writes. "This will be a lesson in rolling with the punches as change takes place."

During this period of construction, LBCC



A worker installs wiring on a catwalk

Photo by Eve Bruntlett

students may have their classes moved for short periods of time and will need to watch for possible hazards around campus, including ladders, wires, and construction materials.

"The workers will try to stay out of your way as much as possible. So it is our job as well to stay out of the workers' way as we move around campus, thank you for your part in advance," writes Haynes.

The projects that will cause the most disruption will be on the exterior brick walls of most buildings as they are covered for insulation purposes, as well as floor tile work and the replacement of ceiling tiles and lights in hallways, all of which will happen at one time.

"This work will make a more energy efficient and better campus for all," writes Haynes.



SSH during the remodel

Photo by Eve Bruntlett

## Gzik gives goodbye

**James Scales**  
 The Commuter

I recently had the pleasure of meeting with ASG President Hannah Gzik. After the last issue of the winter term about the 2009 ASG Election, it would seem that the ASG was not so much a student government, but rather a group of people who did as they pleased and damn what the people enrolled at LBCC thought. However, during the meeting, it seemed as if Gzik was completely on the same page.

In reference to the complaints, Gzik said that she agreed, the election code had been broken, but there will be no action taken against anyone who did break the rules as the people, who there is solid evidence against, lost. She also said that, unfortunately, none of the write-ins could be announced as a winner of the elections as they, the members of the ASG, aren't allowed to know whether or not there are any candidates that aren't eligible due to student privacy. This seems a little ludicrous as

part of being a government figure means being a public figure, which also means that you will have things known about you. But back to being on the same page, Gzik said that the election code did need a lot of changes, but that the ASG couldn't change it without holding a vote. The last thing I asked her before our meeting ended with some friendly chat was, "if you could convey one message, one tidbit of information, just one kernel of golden knowledge to the next ASG, what would it be?"

The answer: "change the election code and try to think outside the box."

While it is not my intention to cause trouble between the campus and the ASG, I would just hope that they understand where we, concerned students, are coming from; where members of this student body hope to gain more of a voice; where the students want the ASG to realize that they think something is messed up and they want it fixed. Fix it any way you can, just make it so we can all agree and be a unified campus.

## April video game releases:

- PC -

### Demigod

- Release Date: Apr 14, 2009
- Genre: Fantasy

### Cryostasis: The Sleep of Reason

- Release Date: Apr 15, 2009
- Genre: Sci-Fi

### Still Life 2

- Release Date: Apr 15, 2009
- Genre: General

### City of Heroes: Architect Edition

- Release Date: Apr 14, 2009
- Genre: Modern

### Velvet Assassin

- Release Date: Apr 28, 2009
- Genre: Historic

### Stalin vs. Martians

- Release Date: April 2009
- Genre: Military

### Eco Tycoon: Project Green

- Release Date: April 2009
- Genre: Modern

- PS3 -

### Dynasty Warriors: Gundam 2

- Release Date: Apr 21, 2009
- Genre: Beat-'Em-Up

- XBOX 360 -

### Dynasty Warriors: Gundam 2

- Release Date: Apr 21, 2009
- Genre: Beat-'Em-Up

### Velvet Assassin

- Release Date: Apr 28, 2009
- Genre: Historic

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and Benton Centers.



Above, Saturday's "Kids in Power" event at LBCC encouraged children to learn new skills that will help them gain strength, confidence, and the ability to protect themselves.

Below, Ron Wyden speaks to an audience of about 30 people during Saturday's town hall meeting. Sara Darris, 19, political science/speech communications major, talks to representative Ron Wyden after Saturday's town hall meeting. After speaking, Wyden offered her an internship (inset).

Photos by Jesse Skoubo



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



Cara Bowen and Rebecca Reese enjoy the warm weather while studying for their classes (above). Photo by Jesse Skoubo

Quincy Coons, forest operations management major, kicks the ball during an exciting game of sand volleyball Monday (left). Photo by Jesse Skoubo

First year culinary student Tim Maine serves a customer at the Santiam Restaurant (bottom left). Photo by Lillian Love

Danika Stanley and Faith Powell soak up the sun while watching Tyler Sapp practice the guitar Monday afternoon (bottom right). Photo by Lydia Elliott



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# ARTS & ENTERTAINMENT

Reviews, upcoming events,  
and the cure for weekend boredom.

## The Weekly Burger: "nacho" average burger

James Scales  
The Commuter

It has come to my realization recently that "stuffed" burgers are the cool thing. Being the slave to fads that I am, I got in my kitchen with some meat, cheese, and the rest of my random ingredients and got to work. "Cheese is always a good stuffing, so I guess I'll start there," I thought to myself. So I grabbed some cheeses and started stuffing burger patties. I had a cheese dip that I used and it gave such a delightful flavor to the patty, I decided this would be the next weekly burger! I just had to make this delicious creation. Here is the fruit of my labor.



The nacho burger, hold the veggies, with extra chips!

### The Nacho Burger

Makes three burgers.

#### Ingredients:

- 1 pound ground beef
- 3 tablespoons queso dip
- 1 1/2 teaspoons chili powder
- Salt and pepper to taste
- 1/2 jalapeno, minced
- 1 small head iceberg lettuce
- A handful of tortilla chips, crumbled up
- 3 buns

#### Pico de Gallo:

- 1 medium tomato, diced
- 1 small onion, diced
- The other 1/2 jalapeno, diced
- 1 teaspoon cilantro, minced
- A little salt

#### Queso Dip:

4-8 ounces cheese; be it processed cheese, cheese whiz, or any other assortment that you enjoy. I used a shelf stable processed cheese food product that was "first made in 1918 by Swiss immigrants..."  
A splash of milk, just to make the cheese a little runny  
1/4 pound ground beef, seasoned to your liking  
Optional: Peppers

cheese stuffs out and cut into cubes. Add cubes and a tablespoon of milk to start off with to your saucepot and start the heat on low. Let it get all melty and if it's too thick, add a little more milk. If not, add your peppers. Brown your ground beef, breaking it up into very small pieces. Think of sausage gravy-sized chunks. Once cooked through, drain and mix together. Keep it on very low heat until you are ready to eat.

For the burgers, get out the ground beef and size it into six small meatballs. Flatten them all as you would normally and lay them out. On three of them, add about one tablespoon of your cheese dip and smooth it around leaving just about a quarter inch of burger on the outside untouched by the cheese. Add a mini-patty that wasn't cheesed and seal it off by gently pressing on the edges. Cook the burgers to your desired doneness.

While the burgers are being finished up, make some shredded iceberg lettuce. Just core the head and cut in half, then make thin strips until you have enough for your burgers

#### Assembly:

Take your buns and spread them lightly with sour cream, then add to the bottom bun your shredded lettuce, followed by your burger, top that with your cheese dip, crumble some tortilla chips to add some crunch and finish with however much pico de gallo you want. Serve it with some chips and enjoy!

#### Equipment:

A microwave-safe bowl if you go about melting your cheese with your nuke-box. Otherwise you will need a small sauce pot and your favorite burger cooking tool. Standard stuff, here.

#### Procedure:

Make the pico de gallo first. Dice your tomato and onion into fairly similar sized pieces, the jalapeno into smaller pieces and mince the cilantro. Toss it all together with a little bit of salt and taste and adjust or cover and refrigerate. It will certainly benefit from a rest in the cold, and if you are so inclined to, add a little citrus juice.

On to the cheese. Get your

Photo by James Scales

## "Monsters vs Aliens" review

James Scales  
The Commuter

With a dynamite cast of Reese Witherspoon, Seth Rogan, Hugh Laurie, Will Arnett, Kiefer Sutherland, Rainn Wilson, and of course, Stephen Colbert, you would expect only the greatest things from Dreamworks's "Monsters vs Aliens" and you would almost not be disappointed. The only setback to the feature was some

up and detains the now giant Susan.

She finds herself in a secret base that the very mention of the name of is a federal offense. Led by Gen. Monger she is teamed up with a few other monsters. "B.O.B.," voiced by Seth Rogan, "Dr. Cockroach," voiced by Hugh Laurie, and "The Missing Link," voiced by Will Arnett, are her companions of comedy. Things start to get hairy when an evil



The monster team.

Photo courtesy of (MCT)

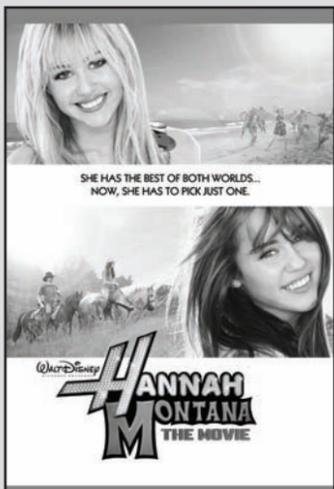
rather cheesy 3D moves.

The story follows Susan Murphy, voiced by Reese Witherspoon, on the happiest day of her life: her wedding. Just before she is to walk the aisle, she takes a tumble down a small hill and is hit by a meteor. Disheveled, her mother finds her stumbling back towards the church and after a quick cleanup she heads to say her vows. Just as they get to the good part of the wedding, she starts to glow. A toxic green is pouring out of her entire body and she begins to swell. The military shows

alien bent on taking over the galaxy shows up on Earth. Monger heads to see President Hathaway, voiced by Stephen Colbert, and a plan is put into action to fight the aliens with monsters.

Dreamworks doesn't disappoint with this family comedy, a good message, and plenty of laughs in Dreamworks's usual style. Fun for the kids and the adults in your life (regardless of whether or not you are a kid or an adult), "Monsters vs Aliens" is definitely a must-see in 3D. Rated PG.

## Movies for Friday:



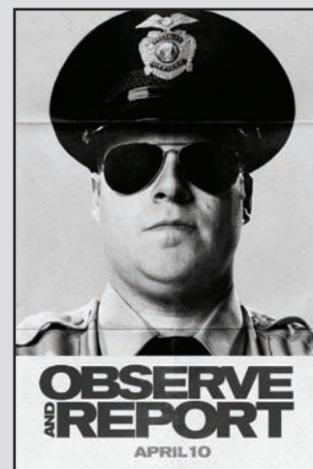
**Hannah Montana: The Movie**  
Miley Stewart seemingly has it all, but juggling school, friends, and her secret pop-star life is more work than it would seem. Just when her alter-ego, Hannah Montana, starts to overcome her "normal" life, she is forced back to the country living she once had. Her father decides she needs a dose of reality and then to choose which life she would rather live. Rated G.

Photo courtesy of Disney



**Dragonball Evolution**  
Goku and his friends are back, battling for the Earth against the forces of the Saiyans, an elite group of fighters that are laying waste to all who come in their way. Goku and friends are off to find the Dragonballs, which would give them the power to summon a mighty dragon and defeat the Saiyans. Rated PG.

Photo courtesy of www.dbthefilm.com



**Observe and Report**  
Ronnie Barnhardt takes his job very seriously, ruling the Forest Ridge Mall with an iron fist and enforcing every last rule. When a flasher strikes his mall, he sees the opportunity to impress the girl of his dreams as well as take a spot at the police academy. Rated R.

Photo courtesy of Warner Bros.

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# ARTS & ENTERTAINMENT

Reviews, upcoming events,  
 and the cure for weekend boredom.

## Upcoming music events this week:

<b>FireWorks Restaurant and Bar</b> 1115 SE Third St. 541-754-6958	Thursday, April 9 Rhythm in Green, 7:30 p.m.	Thursdays - Ladies Night w/ DJ Hes, 9 p.m.
Friday, April 10 Adam Scramstad, 8 p.m.	Friday, April 10 Cicada Omega, 10 p.m., \$5 cover	Friday, April 10 Tropical Dance Party, 9 p.m., \$4 cover
Saturday, April 11 Guit-jo Kicks: Josh & Julia, 8 p.m.	<b>Cloud 9 &amp; the Downward Dog</b> 126 & 130 SW First St. 541-753-9900	Saturdays - Rockstar Saturdays ('80s and '90s music) 9 p.m. \$1 beers
Sunday, April 12 Deb O'Conner, 10 a.m. - 2 p.m.	Thursday, April 9 3 Fools Wine Tasting, 5 - 8 p.m. Lebowski Fest, 9 p.m. - Screening of The Big Lebowski w/ costumes	Tuesday, April 14 Afroman with The Wright Family and Einstein Producer 9 p.m., \$12 in advance, \$15 at the door.
<b>Block 15 Restaurant and Brewery</b> 300 W Jefferson Ave. 541-758-2077	<b>Peacock Bar and Grill</b> 125 SW Second St. 541-754-8522	<b>Calapooia Brewing</b> 140 Hill St., Albany 541-928-1931
Wednesday, April 8 The Bush Pilots, 6:30 p.m.	Wednesday nights Johny Dark and the Wondertones	Thursday, April 9 Wild Hog in the Woods, 7:30 p.m.
Monday, April 13 Acoustic Folk Jam 7 p.m.	<b>Platinum</b> 126 SW Fourth St. 541-738-6996	Saturday, April 11 Jake Duncan, 8 p.m.
<b>Bomb's Away Café</b> 2527 NW Monroe Ave. 541-757-7221	Wednesdays - Wild West Wednesdays No cover. \$1 beers	Sunday, April 12 Blues Jam, 4 p.m.

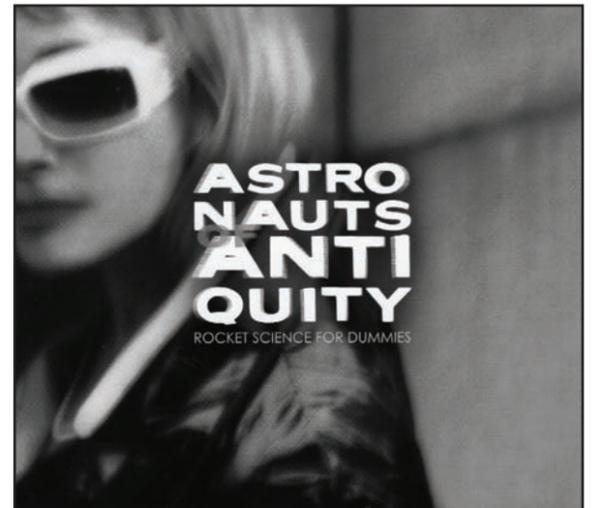
## Astronauts of Antiquity CD review

**James Scales**  
 The Commuter

The Astronauts of Antiquity's new CD, *Rocket Science for Dummies*, is a very unique album. For anyone who hasn't heard of the band, I would advise looking them up. They take the seductive sounds of lounge music, mash it with a little bit of soulful funk, and add in a pinch of pop and rock. Their sound may not be an everyday thing for you,

Personally, I wish all their tracks were like this; I would probably enjoy them a great deal more than I do now.

At a first glance of the Astronauts of Antiquity's new album, you might think things



Rocket Science for Dummies album cover.

but if you add it to your playlist you may find yourself happily surprised when it comes up in the rotation, especially with lead singer India at that forefront of your grooving music experience.

The best track on this CD comes early at number two on the album. Titled "Strangest Places," with a great sound and a perfect progression, the track is a delight from beginning to

like: "vogue," "funky," "abstract," "chic," and other adjectives that conjure images of a laser light show and electronica concert all rolled up into one. Well, if you open the case and insert the CD into any piece of technology that can read that format of media, engage the "play" button, you might find that while you can't judge a book by its cover, you can a CD.

## Classifieds

**They just make cents. Place an ad today with The Commuter at [commuterads@linnbenton.edu](mailto:commuterads@linnbenton.edu)**

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

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

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

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

### Help Wanted:

**Lifeguard** (#7182, Corvallis) If you are a lifeguard, here is a job for you!! Corvallis awaits you.

**Paid Student Internships** (#7185, Oregon) Want a paid summer internship as a summer crew leader? Are you in a related field or have field experience such as weed abatement, fuels reduction, seed collection, or natural resources? You will earn income and gain work experience with kids in the forests and parks of Oregon!!

### Outdoor School Waste Reduction Program Leader

(#7186, Oregon) If you have public speaking/presentation skills and want to lead 6th grade students in natural resource conservation, you have an opportunity to do so here. This is a full-time summer job.

### Cook/Prep Cook & Prep Cook

(#7187, Albany) If you have experience and training as a cook or prep cook, you can apply for these openings. The cook is full-time and the Prep Cook is part-time.

### Other Stuff:

Pregnant? Free pregnancy test. Information on options. Non-pressured. Confidential.

Options Pregnancy Resource Center.  
 Corvallis 757-9645. Albany 924-0166.

[www.possiblypregnant.org](http://www.possiblypregnant.org)

### Students Ads

**2 Bedroom** townhouse style apartment/condo for \$550 a month. New paint and carpet. Apt. only 10 minutes from campus. \$500 Deposit and first and last month. **Call Michelle at 541-908-0915.**

**Custom, Affordable Jewelry and Accesories.** Semi-precious stones, hemp and accessory bags. Customize it yourself, or choose something in stock. **Call MaryAnne at Gypsy Jayne Jewelry & Accesories @ (541)908-3658 or [rosebinx@aol.com](mailto:rosebinx@aol.com)**



# GRADUATION APPLICATION DEADLINE APRIL 10

### Cap & Gown Orders:

April 29 & 30, 10 a.m. - 2 p.m.  
 Takena Hall

### Cap & Gown Distribution:

June 3, 11 a.m. - 4 p.m.  
 June 4, 9 a.m. - 1 p.m.  
 Takena Hall



**PLEASE NOTE:** You may be required to meet with your advisor before you apply. Don't wait until it's too late! Graduation applications and worksheets are available at the Admissions Office or online at [www.linnbenton.edu/go/forms](http://www.linnbenton.edu/go/forms).

For more information about graduation, go to [www.linnbenton.edu/go/graduation](http://www.linnbenton.edu/go/graduation).

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# POETRY

Selections of poetry from local authors.

## Once We Climbed

By Rick Casillas

Once we climbed in pairs and then,  
A breach, a broken tire to mend.  
And you and I and we and them,  
Begin again again an end.

Too slow my step,  
Too far our way,  
To begin again,  
I fear we may.

And yet this rough,  
This tired bend,  
Is higher than we started then.

We slowed in pairs,  
In rest, in blue.  
And looked to me,  
And I to you.  
Saying in that way,  
That way I knew.  
Which was further,  
Me or you.

We shrugged, in twos,  
Too high to see.  
Aging quick, quietly,  
At last ourselves, our separate hill,  
And yet this climb seems higher still.

## I Refuse To Grow Up...

By Joanna Rosinska

I refuse to grow up  
in a society where  
getting married and having children  
is the ultimate sign of adulthood.

I refuse to grow up  
in a society where  
being miserable with your spouse  
is the sign of true commitment.

I refuse to grow up  
in a society where  
hating your job marks your confirmation  
along with the loss of your innocence.

I refuse to grow up  
In order to be a part of  
a secret community of displaced feelings  
and relinquished dreams.

Call me a child, if you like  
I'll respond with the laughter  
that will amaze you with its ring and  
vibration.

It may wake up the child in you.

## Summer in Warsaw

By Joanna Rosinska

It's almost five in the morning.  
The heat of the night keeps the win-  
dows open,  
The top floor panes saturated with  
orange and yellow  
mirror the sunrise.

The morning crisp with the scent of  
linden;  
The morning, flavored with fresh  
warm bread  
creeps on sidewalks.

A milk-delivery truck comes to a stop  
as clinking announces  
the full bottles in the crates.

At the streetcar stops  
long distance commuters  
are waiting for the first tram.

Sunshine,  
brighter by the minute  
now floods the streets,  
nipping at the heels of the night shift  
heading home for sleep.

## Mornings

By Joanna Rosinska

For Debbie

"Mornings are hard," said Debbie to me once  
she spoke of the maggots of her memories  
and imagination,  
she said they feasted on her days.

Somewhere, at the brink of awakening  
where the color of the dream fades away  
only to become the grayness of reality,

I sense her presence. I see her Cancer,  
water-like eyes,  
calm and beautiful. I see her smile  
and feel the pain of her past she described  
so vividly.

I wish I could take her memories away  
bury them not to be found again,  
but I don't even know where she is now.

Joanna I. Rosinska is a native of Poland, a nature lover, wordsmith and musician. She writes and translates poetry, writes short fiction, plays and experiments with stage performances that make poetry more attractive.

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# SURREAL LIVING

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

## Crossword

- ACROSS**
- 1 Residue
  - 6 Capital city
  - 10 Can
  - 14 Clever
  - 15 Give off
  - 16 "Happy Birthday" writer
  - 17 More miffed
  - 18 Spain's chief port
  - 20 Shirt, for short
  - 21 Word with who or how
  - 23 Splits
  - 24 Flat-bottomed ship
  - 25 Meth. or Luth.
  - 27 Bear's milieu
  - 30 Night in Paris
  - 31 Letter for Plato
  - 34 Complaint to a chiropractor
  - 35 Low voices
  - 36 Part of many German and Austrian names
  - 37 Table game
  - 41 Sawbuck
  - 42 Low wagon
  - 43 Before: pref.
  - 44 Sign of a hit show
  - 45 Nautical word
  - 46 Hesitate
  - 48 "Let it stand"
  - 49 Overlay
  - 50 Progeny
  - 53 Place
  - 54 1986-90 sitcom
  - 57 Member of the reserves
  - 60 "Jane Eyre" or "Oliver Twist"
  - 62 Rim
  - 63 Cracker topper
  - 64 Group of trees
  - 65 Peter I
  - 66 Affirmatives
  - 67 Start of a counting rhyme
- DOWN**
- 1 Gofer: abbr.
  - 2 Oxford, for one
  - 3 Long-eared critter
  - 4 Before
  - 5 Flings
  - 6 Resister
  - 7 Renowned Persian poet
  - 8 Russian space station
  - 9 List-shortening abbr.
  - 10 \_\_ mignon
  - 11 Religious picture
  - 12 Tear
  - 13 Periods of time
  - 19 Amatory
  - 22 Parvo shot giver
  - 24 Shrewd
  - 25 Aggressive
  - 26 Upward slope
  - 27 Realities
  - 28 Earthy color
  - 29 Horned animal
  - 30 Mother-of-pearl
  - 31 Happening
  - 32 Baked dessert
  - 33 Goose's response?
  - 35 Tête topper
  - 38 In 7th heaven
  - 39 Food fish
  - 40 Hardy cabbage
  - 46 Chew the \_\_
  - 47 Get even for
  - 48 More positive
  - 49 Longs
  - 50 "By the Time \_\_ to Phoenix"
  - 51 Beer
  - 52 Narrative
  - 53 Fill
  - 54 Cosmetic name
  - 55 1 of Jacob's 12
  - 56 Get away
  - 58 Resort offering
  - 59 Prom time, often
  - 61 Vein contents

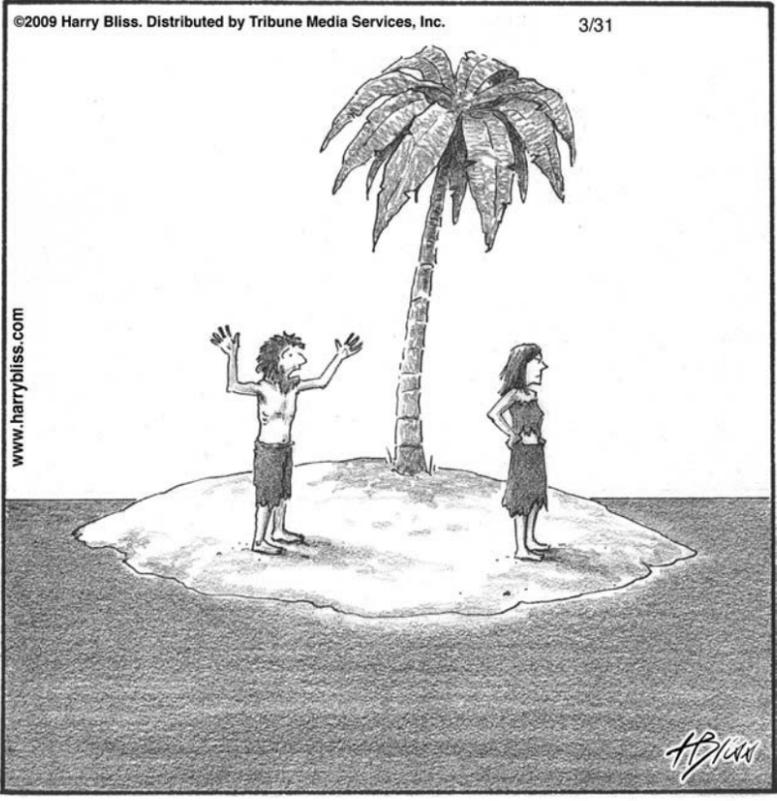
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4/8/09

## Solutions

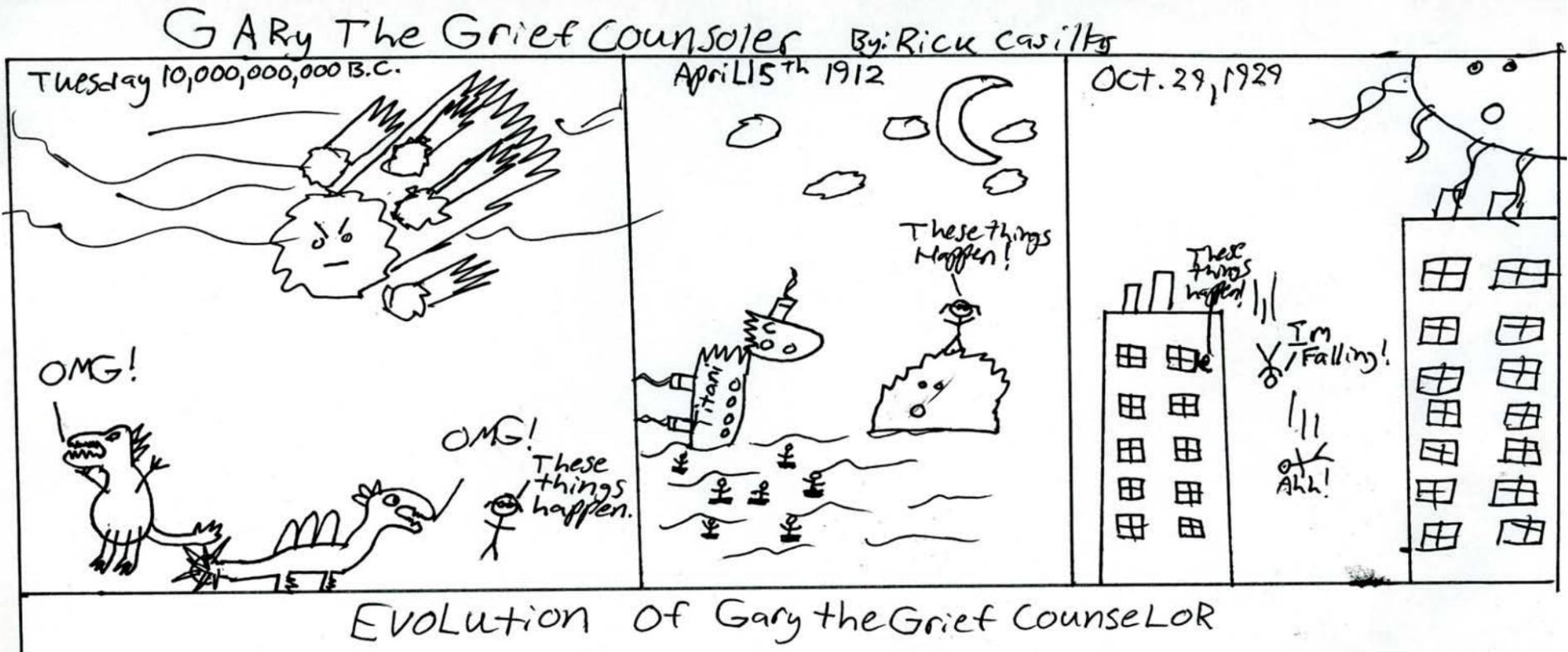
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"For the last time — there is no 'other woman'!"



"Told you so."



The Commuter  
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# opinion

Submissions to The Commuter:  
E-mail: [commuter@linnbenton.edu](mailto:commuter@linnbenton.edu)  
Drop-in: Forum 222  
Please sign and keep to 300 words or less.

## North Korea: communism has sucky rockets

Gregory Dewar  
The Commuter

So North Korea is itching for a fight again. I know it's big news and the world loves to go "ZOMG!" but why should anyone care? They're just testing us. Like they've tested us before. They're like a small child, exploring their surroundings and deciding just how far they can go without incurring the wrath of their older siblings.

Their latest stunt, firing a missile carrying an "experimental satellite" over Japan and across the Pacific was intended to do one and only one thing: to let us know that they can reach out and touch someone (i.e. us). According to the Voice of America

(www.voanews.com) website, the rocket fell into the sea 280 miles off the coast of Japan and the booster stage dropped into the Pacific 1300 miles off the coast of Japan.

Clearly, they want super-power status and they feel that nuclear armaments are the way to go to be taken seriously; however, all they're showing the world is reckless abandon and bewilderment at their power. It's like a child finding a parent's gun: of course they want to show it to their friend, and when it misfires they stare with wide-eyed wonder before defecating in their britches.

It's just plain irresponsible and it's not going to allow them any extra ground with us. According to the Voice of America website, Japan, for example, is threatening to continue their trade embargo with North Korea for another year. I mean if I had a stable of nuclear armaments at my disposal, I'd certainly go around threatening my neighbors. Who wants a cup of sugar in the middle of the

night? I'm North Korea! I need no one! I also don't need an economy or a sense of security for my people. And I certainly don't care if I scare innocents.

I don't think there's any real threat from North Korea. If they wanted to start a war, they already would have and I wouldn't be sitting here writing this opinion column. The west coast of the United States would be littered with impact craters and the frame-remnants of architecture that used to represent some values and a way of life.

What did all of this Korean bread-tangle prove? Their space program is a spectacular sort of epic fail...not only do you make threatening moves against

countries far more powerful than you (both militarily and economically), but you mess up horribly while doing it. In the immortal word of Christopher Walken: "Wow."

By caring we only lend them credence. By caring we only verify their childish need for attention and indulge them on their foolhardy quest for power. Give them not your attention, only your pity. However, like any attention deficit disorder-ridden child, if left alone the problem will only continue to fester. The only real solution is to end this before it gets out of hand. They need to be properly dealt with and scolded without it being done in a harsh enough manner to encourage a violent retort.

I urge you not to give them your attention through media outlets (as hypocritical as this is, it's the best way of spreading my opinion). Much like terrorism, their sights aren't set on the government or the military, but in the quivering hearts of gentle-minded America.

*"In the immortal word of Christopher Walken: 'Wow.'"*

Gregory Dewar

## A well-armed militia

Gregory Dewar  
The Commuter

Obama's Civilian National Defense Force (CNDF) has got me thinking. Not only about exactly what it will entail and what operational procedures will take place within it, but about the importance of a well-trained civilian militia to national defense.

This country was founded on militia. Farmers and hunters, et al., who believed in their rights, joined army regulars on the field of battle at every major conflict in the revolutionary war. They were an integral part in the fight for freedom.

Because of this, the second amendment was made to the constitution reading: "A well regulated Militia, being necessary to the security of a free State, the right of the people to keep and bear Arms, shall not be infringed."

The National Guard has essentially filled this role since its inception; however, its mission has shifted dynamically since the Vietnamese conflict. In times of war a large number of National Guard units are deployed, making them function more like a "back-up" army rather than border defenders.

The Swiss very early on learned the importance of well-trained and well-armed civilians. Every Swiss male at the age of 17 is conscripted into the Swiss military until he is 30. Males who become citizens after age 25 are rarely conscripted, but pay an additional three percent income tax, while service for women is voluntary. Because of the civilianity of their military, conscripts are allowed to pick their entry date and a preferred time to start their military training. Conscripts may also split the time between their training and their active duty service. 60 percent of conscripted men carry out regular military service, while

the rest provide civilian service and civilian protection. Service duration is 260 days for the enlisted men.

The most genius part of the Swiss military's plan is that members of the armed forces keep their rifles and uniforms. They were given 50 rounds in a sealed tin to be used for self-defense and while traveling to mobilization points, which the countryside is dotted with. Ammunition is no longer issued to the individual, but is stored at these mobilization points, to be distributed in times of war.

For the Swiss, this means that every male in their country is a trained warfighter armed with a powerful automatic rifle. If the country is ever invaded they can form together into militia groups to defend individual parishes, towns, and counties. Ideally however, they would mobilize together with the rest of their army to a national defense. What this translates into is that even if the army cannot mobilize, any invading force must fight a brutal guerilla war in mountainous, unfamiliar terrain in which every male member of the population is providing active resistance.

Members of the Swiss military must keep their accuracy with

firearms and have received no tactical military training, it would be a bleak situation. There would be a repeat of the second World War in which European armies are defeated and retreat while the civilians merely cower to the aggressors as they cannot organize a defense.

I believe strongly in a citizenry trained in self defense. In our age of nuclear armaments, aircraft carriers, and air superiority, a threat to our country is most likely to be surreptitious and to include foot soldiers.

Militia is also integral to national pride and national unity, because looking around lately, I just can't seem to find any, except in soldiers and ex-soldiers.

There's another added benefit to providing military training to US citizens: All these yahoos that are already wielding guns can be organized, controlled, and put to some good use.

If done right, and if modeled similarly to the Swiss military (it's worked for them, alongside neutrality I believe that Obama's CNDF has the capability to provide a cohesive defensive unit for our borders, while our military deploys and fights wars elsewhere.

However, it would also be nice to know more about it. He claims they will be just as well funded as the military, and just as powerful as the Marine Corps. This, I would like to



*"For the Swiss, this means that every male in their country is a trained warfighter armed with a powerful automatic rifle."*

Gregory Dewar

their rifles up, they must test to prove their skill on a regular basis and those that fall below the accepted hit percentage must return to training to hone their skills, providing an incentive to remain a crack shot.

Switzerland actively claims that they can mobilize their entire male civilian population within 12 hours.

Could the United States claim the same? With our armies and National Guard units deployed and a civilian population who are ultimately unfamiliar with

see. Ultimately, self-defense falls upon the citizens to pick up the slack where the military and National Guard cannot, and we should be trained and prepared to do so. But first thing's first, fix this damn economy before you allocate millions of dollars to creating a CNDF, Obama.

The British underestimated the power of our militia and look at us now. All grown up and super powerin' stuff.

## PERSPECTIVES:

What would you do if you knew a child was being abused?



Miranda Prince  
Staff Learning Ctr.

"Report it, it's my duty as a human being."



Greg Koenig  
Visitor

"Personally, if I witnessed it, it would set me off. Otherwise, I'd call the police."



Sean North  
Admin. Medical Asst.

"Report it to the authorities, call the police."



Juli DeKuif  
Psychology

"Report to whomever you report it. It would definitely make me angry."



Jenna Sukle  
Fish and Wildlife

"Talk to mandatory reporter, like a teacher or counselor, and then call children's services."

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# Opinion

Submissions to The Commuter:  
E-mail: [commuter@linnbenton.edu](mailto:commuter@linnbenton.edu)  
Drop-in: Forum 222  
Please sign and keep to 300 words or less.

## Self-harm: an insider's perspective

Eve Bruntlett  
The Commuter

Self-harm is an addiction. I say that as not only a friend of people who have self-harmed but also from experience. I started cutting when I was six or seven years old. It was a way for me to escape my life. It may have been for only a few moments, but to me it seemed to be worth it. When I was that young I didn't think about all the scars I have today or how it would affect me. I didn't think of it being something that was so hard to stop doing. I was ashamed that I hurt myself to feel better and I thought that I was the only one out there that did such things.

Many self-harmers feel alone in the world of cutting, but really it's not that uncom-

mon. Some statistics show that three out of every 50 girls have cut themselves in some point in their lives, and one out of every 50 boys have as well. Most self-harmers, including myself, keep it hidden for quite a long time.

Most self-harmers I talked to said it gives them relief from emotions, but very few said it

hand. As I got older I started depending on self-harm more and more. I had to wear long sleeves and pants to cover up the marks and make sure no one touched my laundry because there might have been blood on it.

As a previous article stated, there is help, and it does work.

I got help and now I am pretty much self-harm free. I also no longer hide my scars because they have faded and are barely noticeable. If anyone asks about them, I just say that

it happened a long time ago because in my mind it did. The important part of my story is that help is available. It worked for me, and it can work for you. It simply takes a commitment to getting better.



*"The important part of my story is that help is available."*

Eve Bruntlett

feels good or actually makes them feel better. Most of them feel guilty and ashamed over their habit, like I did. I was afraid people would get mad at me when I told them, or that they wouldn't like me anymore.

One thing about addiction is that it often gets out of

## Dr. Google?

Lydia Elliott  
The Commuter

I love Google. If I can't spell a word, I Google it. If I need to settle a late-night argument about the biological difference between dwarves and midg-ets, I Google it. Video game walkthroughs? Google. News? Google. The options are endless for the every day Internet user. But what about doctors caring for patients? Is using Google appropriate then? I hardly think so.

Recently I took my seriously ill husband in to the Benton County Health Department, located in Corvallis, where he was being seen for Grave's Disease and hyperthyroidism. After three months of treatment I expected the doctor who had seen us at each visit to have some knowledge of my husband's disease and treatment options. I expected the doctor to be familiar with my husband's symptoms and even (gosh!) the medication he had been prescribed at this very clinic. I was wrong. Instead, this doctor stared blankly at my husband, turned to his computer, and before our very eyes, he Googled my husband's disease.

After three serious minutes of clicking on random links and staring for perhaps thirty seconds at a page from www.WebMD.com, our doctor was a verified specialist in Grave's. Or so he thought. He told us my husband's symptoms weren't an issue (his skin was yellow and he was bleeding from his ears...) and to get some counseling to deal with stress. He then went on to say he couldn't find any substantive information and dealing with this disease was "above his pay grade." Or maybe he just realized his own incompetence and that Google, as useful as it is, was not going to help him be a good doctor.

When my husband was di-

agnosed I, too, used Google to find information on his disease. I spent countless hours late at night reading any information I could find. I read medical reports and journals, WebMD, and entire books published by endocrinologists about Grave's Disease. The amount of information found on Google was overwhelming, and would take even the fastest reader more than three minutes of searching to come up with consistent and accurate information. Anyone with a writing class on campus knows you can't believe everything you read on the Internet; it is what our teachers tell us on day one. So why was this doctor I was paying \$300 a visit to using Google, and seemingly nothing else, to find information?

As patients we need to demand more of our doctors. We need to demand the best care possible, and that includes having informed doctors who are prepared to disseminate, organize, and find the facts in the information we, the patients, find on Google. Everyday people can use Google to find information, but doctors need to be held to higher standards. These people make decisions that can affect our health, and our lives, and must be prepared when we seek their help and advice. Google doesn't cut it.

Next time you make a visit to your doctor's office, take a look at what he or she is doing on their computer. Be prepared to question the source of their information, and the extent of their knowledge. I checked with an endocrinologist in Portland, and it turned out everything the doctor at the Corvallis Health Department had told us was wrong, and down-right dangerous. So don't leave your health and the health of your loved ones in the hands of Google; I am glad I didn't.

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# SPECIAL FEATURE

If you know a child who's being abused, please alert the authorities.

## Child Abuse Prevention Month

Max Brown  
The Commuter

April is Child Abuse Prevention Month, so what should be done if someone has information about child abuse?

Report it.

In this edition of The Commuter we have attached a list of contact numbers for Linn and Benton counties that a person can contact if they have any concerns or questions about child abuse. Oregon's Department of Human Services website has a Q&A section devoted to reporting child abuse at [www.oregon.gov/DHS/children/abuse/cps/report.shtml](http://www.oregon.gov/DHS/children/abuse/cps/report.shtml).

Child Welfare Information Gateway website, [www.childwelfare.gov](http://www.childwelfare.gov), has a wealth of information. Here you can find frequently asked questions, statistics, information on how to identify child abuse, and much more.

Sara Stankey, who supervises caseworkers who take

and investigate child-abuse calls, has tips for reporting child abuse.

People should call the hotlines if they have any concerns. Even if a person does not have a proven case of child abuse, the caseworkers can talk with them and help decide if something is going on. Stankey encourages people to not personally investigate child abuse cases, but it is important to give as much information as they witnessed or know.

Stankey says it's important that people call as soon as possible; it is much harder for the authorities to bring a case against someone if the information comes in at a much later date. Even so they will still take every case seriously.

"Children count on the community. If parents can't or won't keep them safe, it is important for others to call in," said Stankey.

Stankey says the reduction of child abuse will positively affect the community. Children who are parented

well and not abused are less likely to be involved in drugs or crime later in life.

According to [www.childhelp.org](http://www.childhelp.org), "one third of abused and neglected children will eventually victimize their own children." Reporting child abuse and getting these children the help they need will assist in ending this cycle of abuse.

Stankey feels that this economy can be a contributing factor that pushes people to child abuse. She says that any help you can give to neighbors or anything you can donate to food boxes will help. If you know someone who does not own a car, maybe offering them a ride to the store instead of them having to ride the bus with all their children would help them, suggests Stankey.

"We are all at our wits' end sometimes; one act of kindness can help bring us back," said Stankey.

For more information, go to [www.oregon.gov/DHS/children/abuse/](http://www.oregon.gov/DHS/children/abuse/) or [www.childwelfare.gov](http://www.childwelfare.gov).



According to the Department of Human Services, around 9,554 children in Oregon live in foster homes.

Photo courtesy of (MCT)

## What about the foster kids?

Frank C. Warren  
The Commuter

The effects that child abuse can have on kids that go into foster care are tremendous. Having been in the foster care system since the age of four, and then again at the age of 15, I got to see, and experience, firsthand the hardships that kids have to face.

According to [www.allgodchildren.org](http://www.allgodchildren.org), there are an estimated 10,000 kids in the foster care system in Oregon. In Linn County there are three homes (nine foster beds) that are dedicated to the Oregon Youth Authority, and over 356 beds for the Department of Human Services. A lot of these kids have either been abused or have committed a crime.

Donna Brubaker, a foster parent for over 30 years said, "a lot of kids when they come into foster care have major trust issues; it

usually takes about five or six months for the foster parent to earn the kid's trust. A lot of kids don't have a sense of right and wrong, because they may have been disciplined when they shouldn't have been or not been disciplined when they should have."

Troy Hopper, a teacher in Sweet Home that works with special needs and foster children said, "a lot of these kids are loners, they don't trust people, or they have been hurt and so either they are loners [or] are in trouble. Foster kids have a hard time talking with others."

The foster-care system over the last 18 years has changed a great deal, with more programs and tools that weren't available before this time. In February, LBCC went to the House of Representatives, to see how they can work with foster kids and help them get into college, and find the resources that they need to better their college experience. There

are also moves within the state to try and get legislation passed to help them to become aware of the resources like Oregon healthcare, once they are out of foster care. With budget cuts on their way it will be interesting to see if these resources evaporate.

## Oregon Youth Authority budget cuts

Frank C. Warren  
The Commuter

In the works right now and getting readied for legislation are cuts of 30 percent of the Oregon Youth Authority budget. The Oregon Youth Authority is a part of our state government that tries to hold youth offenders accountable for their actions; it covers foster care, mental health, and facilities for youth that have committed crimes.

Some of the things that have been proposed are the closure of 225 out of 925 of close custody beds; reduce community capacity by 120 community beds (50 residential and 70 foster care), reduce payments to counties by 17 percent (JCP Basic and Diversion) and a reduction of 27 percent for Multnomah gang funding.

What's going to happen to these kids once these cuts take place is something that we all must ponder.

### Social characteristics of OYA youth

Used Alcohol or Drugs.....	71%
Parents Used Alcohol or Drugs.....	65%
Diagnosed Mental Health Disorder (excl. Conduct Disorder).....	67%
Diagnosed Conduct Disorder.....	51%
Past Suicide Behavior.....	9%
Sexually Abused.....	20%
Biological Parent of a Child.....	8%
Special Education.....	31%

Data Source: OYA Mental Health Gap Assessment, 2008