COMUTER



Ted Holliday

Deanna Page (left) and Chelsea Baker exchange rings at Diversity Day on May 3.

Ted Holliday

Copy Editor

The campus community celebrated diversity by devoting a day to promoting inclusion last Friday. The courtyard Diversity Day celebration focused on "Connecting Cultures" through dance, performances, and education.

During the events, the LBCC Gay Straight Alliance arranged a demonstration to reflect on a hot topic in the news: gay marriage. Four students stood face-to-face, showing their support for the same rights as married couples.

"That was a perfect example of bringing up something that people don't want to talk about," said Javier Cervantes, director of

the Diversity Achievement Center. "This is exactly what we want to talk about and see other people's perspectives."

"It was an honor to have the president of the school come to me to tell me that this was the best Diversity Day," Cervantes added. Thanks to a little help from Mother Nature giving us nice weather and great planning, attendance was phenomenal.

Planning for the event started in December by Megan Rivas and the DAC. Rivas was the student in charge of the event.

"It was her planning to details and organization that deserves a lot of praise," said Cervantes.

Rivas brought in the Native American dancers, Chinese dancers, Folklorico, and African drummers, which connected various cultures in one place.

Mary Hager, artistic director for the Painted Sky Native American dancers, said it was a pleasure to share their traditional performances with the college. "This is who we are, not something we do, like an actor," she said.

Students were encouraged to pick up a passport and collect stamps throughout the day. Tables placed around the perimeter of the courtyard allowed visitors to gather information and talk to representatives of various campus organizations.

Students who collected stamps and turned in their passport were entered into a drawing for a \$25 LBCC Bookstore gift certificate.

Diversity: more photos on Pg. 6



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commuter.linnbenton.edu

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.

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



The Commuter



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In-Service "Dream" Becomes Gender Nightmare

TeJo Pack

Staff Writer

On Friday, April 19, a routine staff in-service meeting took an unexpected turn when a presentation by Pam Gordon on the "Achieving the Dream" data became something more.

In the presentation, Gordon, the head of the Achieving the Dream committee was, as she puts it, "disaggregating the data on completion rates here at LBCC."

"I was tasked with showing the [LBCC] staff how Achieving the Dream fits into the college experience," said Gordon.

Gordon was also responsible for showcasing the areas where completion numbers are low. To do this, she started by saying that, "at LBCC that is everybody," referring to the fact that at a national level, the college's completion rates don't stand very high. She then explained how there exist two more specific pockets that must be addressed: One being students ages 20 to 24 with no gender bias, and the other male students.

It was at this point that Gordon was quoted as saying, "we have a problem with men, no matter what age." This comment was met with chuckles by most of the audience, but one participating member did not feel it was a laughing matter.

Mark Weiss, a counselor at LBCC, took offense to the "sexist" comment and communicated his grievance to

Gordon then, not wanting to offend anyone with what she had said, returned to the stage and publicly apologized to everyone present. Though this was assumed to be the end of the misunderstanding, what transpired was a light being shown on a national problem of male stereotypes.

The problem continued being addressed when four days later, Weiss sent out a public LBCC email entitled "To be a merely decent human being," in which he named Gordon and explained, "I was one of the people hurt by the sexist joke made from the stage at in-service. But I want to make it very clear, I am not upset with Pam. I asked her to apologize and she did. The ability to apologize is one of the finest qualities we humans possess; and it was, in this case, also an act of both courage and great empathy. I thank Pam for this."

Though his email seemed to be empathetic and problem-solving, many people, including Rob Camp, the vice president and treasurer for Student Leadership Council at LBCC, found the email to be in poor taste.

Camp responded through the same forum in little over an hour.

First acknowledging Weiss's feelings and problem solving-ideas as valid, Camp listed all the things that he had seen as potentially problematic within the email, including the following: "The title of your email has the potential to create a poor image and continue to keep hurting more people," and "The person whom you addressed in your email apologized to you and in a heartfelt public apology, and yet you felt it necessary to put them back in the first paragraph of your email by name."

This list coupled with the fact that this email was in a public setting raised great concern for Camp as well as oth-

"I regret [in the email] mentioning the Achieve the Dream Committee, which obviously includes Pam. By mentioning them, I had done to the committee what had been done on stage. My only purpose behind mentioning Pam by name was to express my gratitude for how she had handled the situation," says Weiss.

In a meeting with both Gordon and Weiss, they outlined their plans of working together on these issues going

"It took a moment of disharmony to make harmony," said Weiss.

"We have come to the conclusion that there is a situation on campus and across the U.S. that men are not achieving their goals, and we plan to work together and be proactive in changing that statistic," said Gordon and Weiss.

"Sometimes two wrongs do make a right. Though it was never my intention to hurt someone I like. In the end, it addressed an issue that needed to be addressed, and hopefully it will lead towards positive change," Weiss con-

Sun Rises on Employment Opportunities for Veterans

Daniel Elliott

Contributing Writer

BlueSun Inc is a new non-profit business, created in partnership with the college to fill a niche in the community, by finding employment for the disabled and veterans. Located in Corvallis, they provide a much needed resource of job placement, along with training and equipment when needed.

One goal of the college Foundation is to raise 10 percent of the operating expenses of the college, or about \$4 million, said Dale Stowell, executive director of institutional advancement. Operations such as Blue-Sun are one way to accomplish this.

Before the opening of BlueSun, the nearest Qualified Rehabilitation Facility was in the Portland area. The need for the business was there but it required someone to head the operation. Dianna Howell, CEO of BlueSun, was perfect for the position since she already had a strong connection to the college.

BlueSun, when fully operational, is projected to "generate \$20,000 weekly in total gross revenues," according to Stowell.

LBCC issued a loan of \$100,000 to propel the business from concept to actual creation. The loan will have a 9.25 percent return rate, collecting \$80,000 a year by year two. After year seven, BlueSun will have paid back the terms of the loan and will have no obligation towards LBCC at that point. While the risk is higher than a basic savings account, the return on the investment is also much higher. The creation of the business is not only good for the community but also creates an increased funding stream for LBCC.

Before issuing the start-up loan, LBCC had the business department review the business plan of Blue-Sun. They liked the plan so much that they told Stowell it was the best initiative they'd seen all year. BlueSun's grand opening was March 1 and it has been operational for two months.

The creation of BlueSun is an example of how the college continues to develop beneficial relationships within the community, Stowell said.

ARE YOU READY TO LOOK FOR A JOB?

The CASE Program at LBCC offers Free Career Success Workshops. These workshops will teach you how to create an effective resume and cover letter, find job openings, prepare for interviews, and become a valued employee. Workshops are open to all students on a drop-in basis. Join us and begin preparing for your career success today!

"Keep the Job" Series

Resume and Cover Letters Friday, May 10th -2 pm-RCH 116 Monday, May 13th, 12-1 pm-RCH 116

Winning Ways Monday, May 20th, 12-1 pm RCH 116

Effective Workplace Communication Thursday, May 30th, 12-1pm RCH 116

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MAKE YOUR MOTHER SMILE!

The LBCC Horticulture Dept. Presents:

The Annual Mother's Day Plant Sale

Friday * May 10th, 2013 * 11 am -2 pm

LBCC Main Campus Greenhouse

House Plants - Jade, Sedum trays, Aloe, Spider plants, Angel Wing Begonia, Banana, Christmas Cactus

Veggies – Tomatoes (15 varieties) Summer Early Squash, Pumpkin, Onions, Cilantro, Lettuce, Peppers (5 varieties), Cukes, Cabbage, Eggplant, Kale, Collard, Swiss Chard, Artichokes, Herbs (9 varieties)

Hanging baskets - Geranium, Petunia, Succulents, Impatiens, Snap Dragons

> Flowers - 33 Varieties, Pansies, Alyssum, and MORE!

Campus News

Wednesday, May 8, 2013

Corvallis Artist Comes to Class



Gary Westford

On May 3, Corvallis artist Herbert Berman visited LBCC to discuss his artwork with students in Gary Westford's Painting 281 class. Berman, who is 86 years old, brought several of his original still life, landscape, and figure oil paintings to share. He was a student at the famed Art Students League in New York in the early 1960s, where he studied with some of the best painters in America. He discussed his painting techniques and provided a critique for each student in the class. His work was most recently shown in 2012 at the Hult Center's Jacobs Gallery in Eugene.

Staff Heroes Celebrated

Ted Holliday

Copy Editor

Superheroes landed in the commons to take a break from their regular duties and to grab some grub.

On April 24, college staff members were treated to food, entertainment, and prizes for staff appreciation day. They were being recognized as heroes for all their diligent work and services they provide every day.

Leslie Hammond, associate dean of Liberal Arts, Social Systems, and Human Performance said, "This is a day for the staff. It is to let them know how much we appreciate their hard work. They are the school's superheroes."

This was a day when faculty and administration gathered and served the staff. They made certain that the food was out, drinks were served, and plates were clean. "It's enjoyable being pampered," said Alf Price of Mission Services. Price came to the lunch to enjoy the food and entertainment.

People settled into their seats and began filling up on the delicious food from our own school chefs.

The microphone crackled to make the first announcement. Sandra Le-Houllier, president of the International Association of Classified Employees said, "I'm proud to announce the new staff member of the year and a good friend of mine, Sue Wheeler." Once a year, a staff member is chosen as outstanding classified staff member. Wheeler is the office coordinator for LBCC facilities.

After the announcement, the entertainment began. Leslie Hammond, Dan Stone, and Mike Winder asked for audience participation. They collected information from people. With the answers from the audience, they provided an improv comedy skit.

Ric Costin from the drafting and engineering graphics department was finishing his lunch and said, "It is nice to be recognized for all that we do."

As the entertainment continued, the staff filtered through the dessert table. One of the favorites was the fresh strawberry cupcakes.

The newly christened heroes began exiting with their bellies full and a little more entertained. They headed back to their offices and desks, helping students and performing all the other duties that need to be completed. They are the school's heroes.

See photos from the event online at: tedholliday.com

Students Have the Power

Students Work with Administration to Lower Student Fees

Emily Smucker

Contributing Writer

By virtue of being a student here, you are part of an organization called the Associated Students of Linn-Benton Community College. You actually have a little bit of power over how much money you pay in fees.

Up until now, students have paid an activities fee of \$2.22 per credit. This covered the costs of clubs, co-curricular activities, athletics, and events put on by the Student Leadership Council.

The SLC decided that students don't have enough say in what gets done with their money, so they, along with administration, worked on a new fee system approved by the Board of Education.

The activities fee was split into two fees: a \$1.70 per-credit fee specifically for co-curricular programs and athletics, and a \$7.60 per-term fee called the "ASLBCC fee" that goes towards clubs and SLC events.

Though students have no say in the amount of money they spend on the first fee, the ASLBCC fee is one they can set the amount of. If a student feels that the fee is too high or too low, he or she can make a petition, and with enough signatures, the fee amount will be changed.

In order to manage the money now placed essentially in students' hands, the SLC re-wrote the ASLBCC constitution, turning a 2-page document into a 12 page one.

The new constitution not only talked about the fee system, but it also created two new committees in order to have a system of checks and balances in place. The two new committees are the Council of Clubs and the Judicial Board.

The Council of Clubs will be made up of one person from every club and an outreach coordinator who also sits on the Student Leadership Council. They will manage the club portion of the money that comes from the ASLBCC fee.

The Judicial Board will be chaired by the ASLBCC Vice President. If people have complaints about people from the SLC or Council of Clubs not fulfilling their duties, they may talk with the Judicial Board, who has the power to remove people from office.

The new constitution also gives students a power they've never had before by allowing students to elect their own ASLBCC President and Vice President. Up until now, past members and advisers have appointed individuals to SLC positions.

The constitution uses lots of legal jargon, and can be difficult to follow. But the SLC members love to talk about the exciting changes and would be eager to discuss it if you stop into the Student Life and Leadership office at the Student Union.

New Club Promotes Life

Emily Smucker

Contributing Writer

On campus, there are many different types of clubs, catering to anyone from gamers to FM radio lovers.

One club that started recently, Students for Life, deals with the controversial topic of abortion.

"I feel like it's the most important civil rights issue of our day," said club Vice President Melody Durrent.

The club's three goals are to "promote life on campus, educate about life issues, and help people in crisis pregnancy situations to know their options and have access to help."

"The goal [of the club] is to save lives threatened by abortion and help women facing unplanned pregnancies," said club President Steven Bowser.

Although Bowser has been pro-life for many years, he became much more of an activist in January 2012 when he attended the 39th annual March for Life in Washington, D.C.

"After that, I saw pro-life as not just a thing to believe, but a thing to be active in and actually do," says Bowser.

Bowser returned to LBCC determined to start a pro-life club on campus. In order to find potential club members, he walked around with a clipboard. "Hey, are you pro-life?" he asked strangers.

If they said yes, he asked them to join.

Vice President Durrent joined during fall term. Durrent was motivated to become active in a pro-life club on campus when she heard the statistic that, according to the Guttmacher Institute, Planned Parenthood's research arm, college-aged kids make up 45 percent of women who have abortions.

Bowser and Durrent worked with other club members

More Info

Facebook: Linn Benton Students for Life: http://on.fb.me/142djk9

Email: linnbentonstudentsforlife@gmail.com

Meetings: Wednesdays at noon in the library conference room

to find practical ways to advocate pro-life. So far, they've hosted several events on campus, such as showing pro-life movies and hosting a diaper drive to support mothers who chose to keep their babies. Their next project will be to place a Cemetery of the Innocence display in the courtyard, with a flag representing every abortion that happens per week in Oregon.

Although abortion is a very controversial subject, Durrent and Bowser have received little to no opposition on campus so far. "The LBCC faculty as a whole has been very unbiased in allowing our events," said Durrent.

"We'll have more to say after our next events," added Bowser.

According to Bowser and Durrent, Students for Life is aware that some of the controversy surrounding abortion issues comes from pro-lifers who give a message of condemnation to women who choose to have an abortion. Determined that Students for Live give off a different message, Bowser says, "We want to respect those who have had abortions. We're not condemning them for what they've done. We want to offer them hope and healing."



Mother's Day Plant Sale

TeJo Pack

Staff Writer

On Friday May, 10 the Horticultural Department will be holding its annual Mothers Day Plant Sale in the Paulson Greenhouse located in the northwest corner of the campus.

The sale, which will take place between the hours of 11 and 2 pm, will feature a variety of organically certified plants including: ornamentals, houseplants, and vegetables; the compilation of which were grown right here on campus by the horticultural students and staff.

"100% of the plants are grown right here under our care, though 5 to 10% of them come to us as starts that are donated by the local Peoria Gardens," says Mariam Edell instructional assistant of the Horticultural Department.

worked nonstop to make sure everything is ready to go.

back into the Horticultural Department providing more of whatever is needed from plants to greenhouse materials," Edell continued. Edell also mentioned that the department had just planted 23 fruit trees from such

This is the departments' biggest event of the year, gaining nearly ten times the money of any other event

"Prices are extremely low as compared to your local Gardens," Edell says, "We hope to see a large turn out."

The greenhouse will only be accepting cash or check and has no boxes

Edell along with Andrew Donald- to carry your plants home with. "If you son the greenhouse aide, and Tasha plan on buying a lot of plants please Hoerauf a practicum student, have bring some boxes with you," Edell con-

Unfortunately the department will "Every dollar we make will go right only be able to sell the plants during the designated time, so plan on being there at the time provided.

> When asked what happens to the plants that are left over Edell said, "If the plants appear to be okay, we will give them to local schools, though the plan for plants is not set in stone."



Ronald Borst

LBCC Hosts Annual Journalism Workshop

Dozens of college journalists from around Oregon will gather at LBCC this Friday, May 10, to learn more about their craft and be honored for outstanding work over the past year.

The Oregon Newspaper Publishers Association organizes the annual Collegiate Day event, which will be at LBCC for the fourth consecutive year. This year's program includes sessions on column writing, reporting, photojournalism, digital journalism, and ethics and the law.

This year's keynote speaker is Oregonian columnist Steve Duin. Other speak-

- Ivar Vong, a freelance photographer who has worked for The New York Times, The Oregonian and the Eugene Register Guard.
- Ali Manzano, Social Media and Engagement Coordinator at The Orego-
- Katie Willson, News Adviser at Oregon State University Student Media.
- Jud Randall, President of Open Oregon and Publications Adviser at Portland State University.

In addition to the workshops, the annual event features the Collegiate Newspaper Contest Awards program. The awards honor college journalists for work in 21 categories, from news and feature reporting to design, photography and digital journalism. Last year, The Commuter earned awards for best series, design, cartoons, and promotional advertising.

Collegiate Day opens with registration at 8 a.m., followed by the keynote speaker at 9:40 a.m. Workshop sessions will run from 10:20 a.m. to 12:30 p.m. The awards presentation begins at 1:15 p.m. The group sessions will be in LBCC's Commons, with the workshops in various rooms of the Calapooia Center.

For more information, contact LBCC Journalism instructor Rob Priewe, 541-917-4563 or rob.priewe@linnbenton.edu.



Cooper Pawson

Max Jacobsen

Scenes from the Safety Fair

Wednesday, May 1, community vendors and LBCC programs filled the courtyard to make students aware of emergency resources in the county at the Health and Safety Fair. Along with the fair was Motorcycles in the Courtyard

Clockwise from top right: Kyra Sigler, a first year nursing students draw students and staff in to get their blood pressure checked. Lara Meyer, a student at LBCC, puts out a practice fire at the Health and Safety Fair. Motorcycles line the couryard. Mark Wolfe, a Team Oregon instructor, backing in his 2007 Harley Davidson Road





Elizabeth Mottner

OPINION

Wednesday, May 8, 2013



Dale Hummel

Staff Writer

There was a time in America when anyone could turn on a TV, radio, or open a newspaper and be informed on the real news and not some talking head, corporate yes-man, or government-approved idea of what was happening in the United States or the world.

What has happened to real journalism? The days of true journalism, with legends such as Edward R. Murrow and Walter Cronkite, I fear, are long gone. I long for the days when an anchor person would sit in front of the camera or a reporter would sit at his desk in a newspaper and simply give the public the staples of true journalism, the truth. All we really need to know is who, what, when, where, why and how and not all this other nonsense.

Today, no matter what network news broadcast you get your information from, you will probably see a "face person" sitting behind a desk reading the teleprompter and just smiling. It's almost like they are just telling a fairy tale that they don't believe in.

On the next set, you will see a collection of people who call themselves "experts," around a table surrounded by cameras where they try to convince the public and each other that what they are saying (whatever it is) is true. It is closer to "The Jerry Springer Show" than it is to real news.

Most cable TV news programs are extremely bad at this. No matter what political or social side they are on, the lack of real news and media bias is staggering. To those young people or liberals who think Fox is the only biased news source out there, think again. Yes, there are some definite biases in Fox News.

What Fox does is just a drop in the bucket when it comes to the liberal media agenda of CNN, MSNBC, and even the network news broadcasts such as NBC, CBS, and ABC. Besides, to my count, five against one hardly seems fair. Some of the worst offenders in liberal cable TV "news" seem to go out of their way to show how biased they really are, despite the praise from their wayward, brainwashed viewers.

According to Huffingtonpost.com, Chris Matthews of MSNBC is infamous for his quote, "When they hear Barack Obama's speech, I felt this thrill going up my leg." Ed Shultz and Rachel Maddow have shown the same affection toward the president in their broadcasts. That's a little too biased for me.

Piers Morgan is a talk show host on CNN and avidly is in support of strict gun control. He is British and has said, "If you don't change your gun laws, you don't have to worry about deporting me. I would seriously consider deporting myself," according to Inquisitor.com. Once again, too much bias for real journalism.

The reluctant media bias toward Muslims was evident right after the Fort Hood terrorist attack. I recall when it happened it took at least three days for even Fox News to admit it was an attack from a Muslim American soldier who killed 13 people. In an outrageous attempt at political correctness, many media reports failed to mention the killer's religion. If the shooter was a Christian or a Tea Party member, would it have been reported immediately?

I am not saying that Fox News is not without issues. From what Sourcewatch.org tells us, the news channel is owned by Rupert Murdoch's News Corp. and co-owned by Saudi Arabian Prince Alwaleed bin Talal. To many critics it is a "quasi-arm of the Republican Party" and possibly the right-wing conservative movement. It is, however, well known that Fox News broadcasts are right-leaning and have no love affair with democrats, liberals, or President Obama.

It boggles the mind that many young people will watch fake news shows to get their information. "The Daily Show" with Jon Stewart is one of these kinds of "news" broadcasts. According to the Pew Research Center, 80 percent of people from 18 to 49 enjoy "The Daily Show" and "The Colbert Report." I am assuming they do not realize it is not real news, but watch it just for the comedic value.

These two shows are as real as "Saturday Night Live's" "Weekend Report." However, many of these same people will watch "The Daily Show" and "The Colbert Report" thinking it is real while convinced that Fox News is fake. They even go as far as calling the Fox News broadcast the "Faux" news.

No matter what news source you choose, unfortunately most news is biased and deceives the American public in one way or another. Whether you get your news from cable TV, the internet, radio, or the newspaper, the secret for the news junkies: Do not believe everything TV cable news tells you. What kind of news are you to subscribe to make sure you are properly informed?

That is something only you will know. That will depend on your system of values. When you do find news that looks inviting, look for the key elements: who, what, when, where, why and how. As Fox News radio says, let them report and you decide.

What do you think? Share your thoughts online at dkhummel.blogspot.com

It's Still the News

Sean Bassinger

Editor-in-Chief

In his latest column, author Dale Hummel mentions how broadcast journalism has greatly changed over the years, and not for the better. Moreover, Hummel mentions how less effective programs, including comedy programs such as "The Daily Show" and "The Colbert Report," do nothing but lead younger viewers astray.

Unfortunately, this couldn't be further from the truth. Granted, it's not traditional news in itself, but that's fine. Television hosts such as Jon Stewart and Stephen Colbert realize they're often being comical on purpose as they ridicule other media outlets. And with Stewart specifically, this doesn't detract from one of his greatest abilities: calling out bullshit.

In 2009, it was Stewart who pointed out an instance when Fox News reporter Sean Hannity used older footage to make a Michele Bachmann event appear more popular than it was. In reality, the footage was from a Glenn Beck event back in 2008.

What's even worse is how Hannity and other reporters from the network plugged the astonishing attendance numbers between 20,000 and 45,000, even though other news outlets, including the Washington Post and NBC, reported figures between 3,500 and 10,000.

In a recap video from Comedy Central, Stewart finishes his points by observing how one protest video took place on a clear fall day, while the next clip appeared to be on a cloudy spring day. How classy.

Stewart often uses his wit and sarcastic humor to make valid points in the political arena. For instance, during the "Rumble in the Air Conditioned Auditorium" debate with Bill O'Reilly, Stewart made it a point to question many of O'Reilly's popular arguments, including common "too

many people expect too many 'handouts'" arguments.

"Why is it that if you take advantage of a tax break and you're a corporation, you're a 'smart businessman,'" Stewart said during the broadcast. "But if you take advantage of something you need to not be hungry, you're a 'moocher'?"

During the same debate, O'Reilly often responded by sticking with the same responses to issues without any real explanation, and often held illustrated signs with repeated slogans and points.

And that's one huge problem with O'Reilly and his Fox News kin: One can't simply repeat the same three lines and call it an "argument" when they haven't even processed what the other person just told them.

Whether or not you agree with his ideologies, Stewart and political commentators like him simply offer more unique ways of addressing world issues and current events. Fox News, on the other hand, has many additional problems outside of initially denying their conservative bias. Hell, their bias isn't even the problem; it's how they deny said biases and often pass lies, like those listed above, as truths for the sake of making their side seem "stronger."

Fox News receives negative criticism not because of its admitted "conservative bias," but the fact that it informs audiences in a poor manner. In fact, there's a good chance news models such as those called out within News Corp. started the so-called "decline" in broadcast journalism Hummel speaks of in his column.

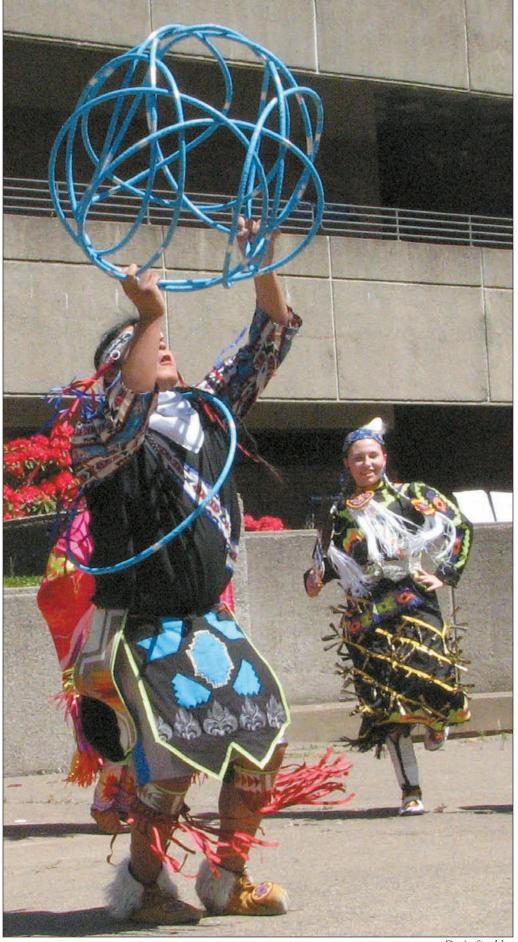
There's nothing more dangerous than blatant misinformation, which news outlets such as the ironically named News Corp. release more often than not. John Stewart and Stephen Colbert may not be like Walter Cronkite or Edward R. Murrow, but they certainly have their own way of keeping modern society both skeptical and active in thought.

OSU-LBCC Degree Partnership Program

Reverse Transfer

Another benefit of being a DPP student





Devin Staebler Members of the Northstar Dance Company perform a traditional Native American dance.



Dale Humme

Alseny Yansane from Won Tan Nara performs on African drums at Diversity Day.

Diversity Day

See more photos from the May 3 event, sponsored by the DAC, online at: commuter.linnbenton.edu



Tim Black (left) and Alex Porter



Ted Holliday

Grass dancer Colt Nicol, of the

Metis Tribe with the Northstar

Dance Co., prepares to perform.



Check out The Commuter's new look at

COMMUTER. LINNBENTON EDU

and keep up-to-date on all the latest

campus news.

FEATURE

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Photos by Ronald Borst

SPORTS

Michael DeChellis

Hangin' with Higgins

Devin Staebler

Contributing Writer

Reno, Nev. has a population of 225,221 and is known as "the biggest little city in the world." Reno is also the place Roadrunner baseball player Taylor Higgins calls home. Higgins is a fresh-

"It is the stuff

Taylor Higgins

movies are

made of."

man outfielder for the Roadrunner baseball team that currently finds themselves at 22-12 and second place in the NWACC South Region.

Higgins's path to LBCC was unconventional. "I was in California and looking for somewhere to play," Higgins said. "I was doing research

online and found out that Oregon community colleges had low tuition, and I saw the success that [LBCC] baseball has had, so I got on the phone with coach [Greg] Hawk and came to Albany."

All athletes have expectations of themselves going into a season, especially athletes going into their first year with a new team. Higgins has these expectations of himself. "I knew that to pursue and achieve my goals I was going to have to beat some guys out, so I got right to work when I got here."

Normally baseball players remain here for two years. However, due to budget problems, the college made the decision to cut the program. With this being Higgins's first year here, it was tough knowing that he wouldn't be able to play during the two years he came here for. "I am heartbroken, completely disappointed in the decision that has been made," Higgins said. "I expected to play two years here, and now it's gone."

Higgins continued describing his frustrations, while also recalling good memories. "Coach Hawk had been great for us first-year players, calling around to get our names out there to other programs so we can continue to play."

The LBCC baseball team has had great success this season. Knowing that this season is the baseball program's "swan song" has provided great motivation for the team to do something great. "It is the stuff movies are made of. You know, the concept of the last season being the best season," Higgins said.

The Roadrunners have two more weeks of games as they prepare for the playoffs. But Higgins is already thanking his teammates and coaches for his time here. "I want to say thank you to my coaches for the opportunity I have been given and the memories I have made," he said. "But most of all, thank you to coach Hawk who gave me a chance."

Last Home Game

Don't miss Taylor and the rest of the Roadrunners in the last home baseball game.

When: Tue. May 14
Time: 1 p.m.
Where: Baseball Fields

And stay around afterwards for the SLC Tailgater in the parking lot by the fields at 5 p.m.

Freshman outfielder Taylor Higgins



Roadrunners Bouncing Back

Ronald Borst

Staff Photographer

The LBCC baseball team swept a doubleheader at home Saturday versus the Chemeketa Community College Storm. It marked a change after a late-season slump, where the 'Runners lost five of six and were swept twice. Winning both games was first on the players' minds. "We are ready to go," said reliever Brady Williams.

Game 1 was LBCC's from the start, as the Roadrunners scored early and often. Putting one on the scoreboard in the first, LBCC broke loose, scoring five in each the second, third, and fourth innings. The Roadrunners ran away, scoring in every inning. By the third inning, the air was gone from the Storm's sail, and LBCC kept hitting bombs.

Jacob Herklotz and Trevor Nix led the barrage, as Herklotz was 4 for 4 with a home run and a monstrous four runs batted in. Nix also homered and was 3 for 3 with three runs scored and three RBI. Taren Bradd also homered, as did Derek Cartwright.

Reese Merriman was 2 for 4 with three runs scored and Jordan Farley added three runs batted in. Austin Woodward went five innings and scattered three runs on four hits while striking out seven for the win. Austin Marsh mopped up the final two innings, allowing one run on one hit.

"We will come out [Game 2] and try and get them early," Head Coach Greg Hawk said between games. Even though the bullpen is a bit tired, Hawk made no qualms about the relief staff. "We'll get to C-Mo [Christian Morrison] and maybe Austin Marsh. [Joel] Shippy will close it," Hawk said.

In Game 2, the Roadrunners showed their grit, winning another close game in dramatic fashion, breaking a 3-3 tie in the sixth inning, scoring two runs with two outs. Seth Brown had two hits and two RBI's and Austin Hamilton added two hits and two runs. Jordan Farley drove in two in the sixth inning for the winner.

The pitching staff showed its versatility, starting Clark Mckitrick and backing him up with three relievers. McKitrick threw three scoreless innings and Morrison, Marsh, and Shippy finished it, with Shippy getting the win. Pro scouts attended the game, to view McKitrick, who struggled a bit with control. But a solid outing nevertheless, with zero earned runs allowed.

So far, through 34 games, Taylor Higgins has a .385 average on 39 at bats. Nix and Herklotz have been huge, each hitting over .330 and a combined 76 hits. Herklotz leads the Roadrunners with 32 RBI. On the team, offense doesn't drop off much, as Brandon Farley, Austin Hamilton, and Seth Brown all hit .300 and produce runs.

On the mound, Morrison and Woodward both have earned run averages below 2.00, and Woodward is 6-2 with 43 strikeouts. "We have confidence," said Coach Hawk, as the team looks towards this week's road trip.

The Roadrunners are at Clackamas on Tuesday (May 7) and at Mount Hood on May 11. The final home game is a doubleheader with first place Mount Hood on May 14. Gametime is 1 p.m.

COMMUNITY NEWS

Wednesday, May 8, 2013

State Searches for College Funding

Sean Dooley

Contributing Writer

On April 25, students from various Oregon colleges packed themselves into buses to rally against college tuition hikes and budget cuts. Education funding has been an issue for a long time, but these issues have reached a breaking point for Oregon students.

According to LBCC student Jeff Lehn, something must change. "You can't effect change by being silent," Lehn said

Students are silent no longer.

Our economy is in a fragile state, and many Americans want a remedy to strengthen not only the country's economy, but the local economy in Oregon. Overall, Oregonians have decided that an improved focus on education helps toward achieving these goals. As Speaker of the House Tina Kotek says, "The strength of our economy depends on a well-trained and well educated workforce."

According to Jared Mason-Gere, Kotek's spokesperson, house democratic leadership created a proposal to representatives in an attempt to raise revenue for education by cutting tax breaks for the 2.4 percent wealthiest Oregon citizens and the top 3 percent corporations in Oregon.

Though these figures seem low and don't seem to cover state funding needs, there are bills on the floor that propose about \$800 million in savings from the Public Employee Retirement System, combined with the tax revenue that adds up to about \$1.75 billion dollars planned towards

education funding; this plan is endorsed by the Joint Ways and Means Committee.

Many students now either enter straight into the workforce and skip school, or risk thousands of dollars in debt while attending. It's virtually impossible to find a career that helps pay off this debt long-term.

These worries may end with this new funding plan, as it would cut down on student debt. Students won't be free from debt, but in hopes of gaining information needed before taking on debt, the Oregon House has also provided a number of transparency bills in order to inform students.

Mason-Gere wouldn't detail what would happen shortterm or long-term. All he stated was that certain bills would be enacted right away while a few others would pose as more long-term solutions.

Passing a drastic bill or law into action takes much more than than introducing it, and that is common knowledge. Though Oregon is a relatively blue state, democrats alone cannot make this happen.

Education funding and the bills involved are needing bipartisan support. According to Mason-Gere, there is a great chance this will get broad support from both parties besides the already existing support from republicans and democrats these laws getting.

Fortunately, in a democracy, change is plausible. However, it starts with planning and action from citizens and students from around the state.

Science News:

New Molecules Found Associated with Breast Cancer

William Tatum

Opinion Editor

Researchers from Ohio State University recently published research in the Proceedings of the National Academy of Sciences identifying 37 novel messenger RNA and MicroRNA molecules associated with invasive ductal carcinoma, the most common type of Breast Cancer.

The researchers generated an integrated profile of IDC BC by investigating common underlying mechanisms related to the overall survival of patients from various different BC subclasses. According to the authors, "The aim of this work is to assess the predictive value of such an integrated profile."

They identified 30 new mRNAs and seven MiRNAs molecules by integrating DNA Methylation, mRNA, and MiRNA genetic sequencing data from a 466 patient cohort from The Cancer Genome Atlas into one

prognostic RNA signature. The researchers believe this signature can be used to determine the future status, e.g their survivability of patients with Breast Cancer.

The researchers validated the integrated RNA signature by testing its predictions on eight different BC cohorts, comprising a total of 2,399 patients. According to the publication, "The mRNA component of the prognostic signature was significantly predictive for outcome in all eight of the BC cohorts."

This new testing regime is most accurate when used to detect early-stage cancers. Given the costs associated with finding cancers in their final and most lethal stages, research like this gives medical professionals the tools they need to more quickly and accurately diagnose potential cancers. Additionally, these new molecules, having never been associated with BC before, represent new avenues for potential pharmaceutical therapies.

Link Between Pedophilic Word and Image Conceptions

William Tatum

Opinion Editor

Researchers from the Behavioural Science Institute at Radboud University in Nijmegen, The Netherlands, published an article, April 24, in the Archives of Sexual Behavior, a Springer publication, entitled "Assessment of Implicit Sexual Associations in Non-Incarcerated Pedophiles."

Researchers there successfully discriminated, with over 90 percent accuracy, between 40 study participants, twenty males with pedophilic sexual associations who had never been incarcerated, ten of which had self-reported actual sexual contact (paedosexual) with minors, and 20 heteronormative males, all from similar educational and economic backgrounds.

While various other studies have looked at the implicit associations between sex and young children in pedophiles, these researchers "extended previous findings by examining whether a combination of two implicit tasks, the Implicit Association Task and the Picture Association Task, were capable of differentiating pedophiles from non-pedophiles."

IAT and PAT are methodological tools used by psychological researchers looking to tap into the unconscious associations that give rise to, or cause, certain preferences or beliefs.

According to the lead author of the paper, Matthijs van Leeuwen, these tasks are particularly well-suited to observing preferences that an individual might not otherwise admit to. "In a sense these tasks are not designed to get at the conscious responses, but the uncontrollable responses," he said.

Participants in this study were given a mix of neutral (box, car, theater) and sexual words (nude, sex, caress)

along with images of adults (men and women) and children (boys and girls). They were asked to categorize the combination of words and images as either neutral-child, sexual-child, neutral-adult, or sexual-adult.

By measuring the speed with which participants categorized the words and images researchers were able to measure the association between the concepts in the participants' minds. Meaning, even if they did not want to admit to it, their brains were giving their unconscious preferences or beliefs away.

Because the task required the men to quickly label the image/word combinations, autonomic non-conscious processes dominated over conscious ones, e.g you can't fake it without extensive training. As a consequence, response times are correlated with the congruity of the given word/image combination.

The more congruent the image/word combination is with the preexisting conceptions of the participant, the faster the response and thus the stronger the link between the concepts in their mind. Conversely, longer response times denote an incongruity and thus a weak association.

Traditional methods for determining why an individual feels or acts a certain way rely on self-reporting, which is sensitive to faking and cultural norms and taboos, e.g few people who act in an ostensibly racist manner openly state that they are racist.

By measuring implicit associations, researchers could indirectly observe the inner workings of the mind without having to control for faking or social pressure to not admit to taboo preferences or beliefs.

The study also observed, for the first time, a negative association

between adult women and sex in pedophilic and paedosexual individuals. This association may represent a potential avenue or target for future treatment of offending individuals, and a possible preventative treatment route for individuals with pedophilic associations, but with a desire to not act on them.

While the test results did allow for differentiating between individuals who had pedophilic preferences and those who did not, it could not, according to van Leeuwen, "differentiate between those who said they had sex with minors and those who said they wanted to, but had not.

This combination of tests seems to show that distinguishing between individuals who have normative associations and pedophilic associations is possible, but that simply having implicit associations of children and sex doesn't necessarily mean that one will act paedosexually.

However, according to van Leeuwen, "This test is potentially one of the best methods for detecting pedophilia," which raises one question: Should societies use these tests to determine who does and doesn't have implicit pedophilic preferences?

If so, should individuals who implicitly, meaning unconsciously, associate sex with children be forced to go through therapy or be barred from working in contact with children or atrisk youth?

More research is most definitely needed, not least in political science, but this study and the hundreds done using similar methods, point to a future where knowing who does and who doesn't show these tendencies will be as simple as clicking a few boxes on a screen.





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1800 16th Ave SE, Albany **541.924.0160** possibly pregnant.org

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Corvallis to Host Native American Storyteller Joseph Bruchac

News Release

Noted Native American author and storyteller Joseph Bruchac will perform in Corvallis on Thursday, May 9, and then give a talk the following day at Oregon State University's new Native American Longhouse. Both events are free and open to the public.

Bruchac will perform "Keepers of the Earth: Native American Stories and Music," on May 9 beginning at 6:30 p.m. at the Corvallis-Benton County Public Library. His talk at the longhouse on Friday, May 10, "Seeing Nature through a Native American Language," begins at 3 p.m.

He is the author of more than 120 books for adults and children, including the best-selling "Keepers of the Earth" series (with Michael Caduto), which uses traditional American Indian stories to teach science. There are more than one million copies in print.

Bruchac is founder and executive director of the Greenfield Review Literary Center and The Greenfield Review Press. He has edited a number of anthologies of contemporary poetry and fiction, including "Songs from this Earth on Turtle's Back" and "Breaking Silence," which won an American Book Award.

His work as an educator includes three years of volunteer teaching in Ghana and 12 years at Skidmore College, where he taught English and directed a college program inside a maximum security prison.

As a professional teller of the traditional tales of the Adirondacks and the native peoples of the Northeastern woodlands, Bruchac has performed widely in Europe and throughout the United States. He has been featured at the British Storytelling Festival and the National Storytelling Festival.

His May 9 performance is co-sponsored with the Friends of the Corvallis-Benton County Public Library.

For more information, call 541-737-6198, or go online to http://springcreek. oregonstate.edu/

Your Chance to Learn Photoshop

LBCC News Service

Learn the basics of digital photo editing in the class Photoshop Elements I held through LBCC Albany Community Education.

Learn how to edit your digital photographs including how to correct exposure, contrast and color problems, and how to crop and save for the web.

This five-week class will meet on

Tuesdays from 6:30 to 7:50 p.m. beginning May 14 in McKenzie Hall, room MKH-209, LBCC Albany campus, 6500 SW Pacific Blvd.

Cost for this non-credit class is \$39 with a \$2 lab fee. Oregon residents aged 62 or older pay 75 percent tuition. Discount does not apply to material or lab fees.

For more information or to register, contact LBCC Albany Community Education at 541-917-4840.

COMMONS FAR MENU FOR THE WEEK OF 5/8-5/14

Wednesday: Huli Huli Chicken, Prime Rib* with Popovers, Chile Rellenos. Soups: Oxtail* and Dilled Potato Chowder

Thursday: Jamaican Jerk Chicken with Mango Chutney*, French Dip, Vegetarian Polenta*. Soups: Won Ton, and Cuban Black Bean*

Friday: Chef's Choice

Monday: Pork or Turkey Saltimbocca, Coconut Shrimp Curry over Rice*, Vegetarian Crepes. Soups: Creamy Chicken and Mushroom, and Tomato and Rice*

Tuesday: Roasted Turkey with Pressing with Pan Gravy, Chili Verde*, Spring Vegetable Tarte Tartin. Soups: Shrimp Bisque*, African Sweet Potato*

Items denoted with a * are gluten free

Don't Miss Steve Martin's 'Underpants'

LBCC News Service

LBCC Performing Arts will present Steve Martin's adaptation of "The Underpants" May 9-11 and May 16-18.

Theobald Maske has an unusual problem: His wife's underpants won't stay on. When her underpants fall to her ankles right in the middle of town, a public scandal ensues.

Mortified, Theobald swears to keep his wife at home until she can find some less unruly undies. Amid this chaos, Theobald is trying to rent a room in their flat, but the prospective lodgers have some underlying surprises of their

Steve Martin brings his comic genius and sophisticated literary style to Carl Sternheim's classic 1910 farce. LBCC

theater instructor Dan Stone directs the play, which contains adult situations and humor.

Performance dates are May 9, 10, 11, 16, 17 and 18 at 7:30 p.m., and May 11 at 2 p.m. (ASL performance). Ticket prices are \$9 for adults, \$7 for seniors and students, \$5 for under 18 when accompanied by an adult.

Purchase online for no fee at www.linnbenton.edu/russelltripptheater, by phone at 541-917-4531, or at the theater box office the week prior to the performance. Box office hours are 8 a.m. to 10 a.m. and 2 p.m. to 4 p.m. daily.

For more information, contact the LBCC theater box office at 541-917-4531. For special needs and accommodations, contact the Office of Disability Services at 541-917-4690 or via Oregon Relay TDD at 1-800-735-2900 at least 72 hours in advance of this event.

Campus Events

Wednesday

Chili: Courtyard Lunch

11:30 a.m. – 1 p.m. · Courtyard Meat or vegetarian chili, cheese, cornbread, and onion, includes chips and

Art Student Juried Show Reception

Noon · NSH Gallery

Dodge Ball for Diabetes

7 p.m. · Activity Center

Play dodge ball and help others! The American Diabetes Association is raising funds and awareness about diabetes. Join the dodge ball tournament and visit our diabetes info booths.

Thursday

Phi Theta Kappa Orientation

2 – 3 p.m. · Vineyard Mountain Room Interested in Phi Theta Kappa? Come and learn about opportunities for Phi Theta Kappa members.

LBCC FM Radio Club

3 p.m. · Library

Come talk about the radio industry and what happens behind the mic.

The Underpants-Spring Theater

7:30 p.m. · Russell Tripp Theatre

Musical Mayhem

 $7:30 - 9 \ p.m. \cdot SSH \ 213$

LBCC's music faculty invites you Noon - 1 p.m. · RCH-116

to celebrate American music! Folk, Broadway, and everything in between!

Friday

5/10 Pre-Mother's Day Event: Student **Moms On Campus**

11 a.m. − 1 p.m. · DAC

Are you a mother and a student? We honor you! Come share your experiences in balancing life, family, and academics. Light refreshments available.

Active Minds Meeting

Noon · NSH 110

Bring your creativity and help LBCC's psychology club promote mental health awareness on campus and in the LB community. Public is welcome.

The Underpants-Spring Theater

7:30 p.m. · Russell Tripp Performance

Saturday

The Underpants-Spring Theater 7:30 p.m. · Russell Tripp Theatre

Sunday

The Underpants-Spring Theater

2 p.m. · Russell Tripp Theatre

Tuesday **Veterans Club Meeting**

Home Baseball Game

1 p.m. · Baseball Field LBCC vs. Lane C.C.

WTF - Wild Thinkers Forum

3 − 5 p.m. · Board Room

Baseball Tailgate

5 p.m. · Baseball Field

Come and boost team spirit! Enjoy food and drinks with fellow sports fans. (No alcohol involved.)

Wednesday

Legalize It: The Marijuana Debate

Noon - 1:30 p.m. · DAC

Join the debate of marijuana being a cash crop in the U.S. Hear the pros and cons and information on both sides.

Dodge Ball for Diabetes

7 p.m. · Activity Center

Play dodge ball and help others! The American Diabetes Association is raising funds and awareness about diabetes. Join the dodge ball tournament and visit our diabetes info booths.

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

Classifieds

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.

5/14

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

Help Wanted

Sign up at www.linnbenton.edu/go/StudentEmployment to look at student & graduate jobs. After completing a simple Student Employment Profile form, you will have access to job postings, many of them are self-referrals. If you have questions, please email jobs@linnbenton.edu or call 541.917.4803.

Apprentice Cabinet Maker/Installer (#10326, Corvallis) Cabinet maker/installer. Will train the right person to work in this commercial cabinet and millwork shop. We have interesting projects! \$11 - \$16/hr Closes 5/30/13

CAD Programmer II (#10340, Albany) Variety of CAD / Programming Duties including: CAD based CMM Inspection programming, VCL, VBA programming to support automation and analysis functions. Modeling, Model Comparisons (model or blueprint), Electronic file encryption and distribution, data evaluations, Feature mapping, drawing creation and Engineering support. DOE + exceptional benefits Closes 6/15/13

Student Developer Analyst (#10339, Corvallis) @Work with a team on a wide variety of tasks, involving both technical skills and working directly with clients. A typical project might include meetings with clients to document existing workflows, uncover problems and identify areas for improvement; writing and interpreting detailed software requirements; documenting test cases; and writing and testing code. Need experience/knowledge in one or more programming languages. DOE Closes 6/1/13

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.

SURREAL LIVING

Wednesday, May 8, 2013

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

ACROSS

- 1 Angle
- 6 Like disco dancers
- 10 "Wow"
- 13 Explorer ___ de
- León 14 Structural sci.
- 15 Nightclub in a Manilow song
- 16 Atlanta university
- 17 Health nut?
- 19 Prefix with dermal
- 20 PC support person
- 21 Village paper?
- 22 "Make him an offer he can't refuse," e.g.?
- 25 Toy in a holster
- 26 Eightfold
- 27 Winter mo.
- 28 Arg. neighbor
- 29 IM provider 30 Arles assent
- 31 Get ready, briefly 32 Where hogs go
- hog-wild? 36 Satirist Mort
- 37 Blood
- classification letters 38 "
- _ who?"
- 39 Longoria of "Desperate Housewives"
- 40 Source of 20s, for short
- 41 Spokane university
- 45 Comfort for a griever
- 47 DVDs?
- 48 Concert venue
- 49 Takes to court 50 Tolkien tree
- creature 51 Cocktails at an
- exotic resort club?
- 53 Bugs chaser
- 55 Greek love god
- 56 Lighten up? 57 Stiller's comedy partner
- 58 Form 1040 ID
- 59 Lhasa
- 60 Slangy turndown, and a hint to how 17-, 22-, 32-, 47- and 51-Across are formed

13 15 19 20 22 26 29 30 34 39 40 41 43 45 48 49 50 51 52 53 54 55 56 57 58 59 60

By Merle Baker

DOWN

- 1 Swimwear brand
- 2 California city near Vandenberg Air Force Base
- 3 Consecrate using oil
- 4 Big name in
- 40-Acrosses 5 Mystery writer
- Josephine 6 Reproductive
- cell 7 In the cooler
- 8 Deep wound 9 Polo Grounds
- hero 10 "I don't get it"
- 11 Gastronomes 12 Gone from the
- plate Photoshop
- command
- 18 Author Hunter 20 Turnpike
- collection spot 23 Small game bird
- 24 Resting atop
- 25 Two-wheeled artillery wagons
- "A __ of Wine, a Loaf of Bread ..."
- 30 Notable 1969 bride

MALAGAIIFSOOCS

Wednesday's Puzzle Solved

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Υ	Α	L	Е		Р	0	0	Н	Р	0	0	Н	Е	D
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- 31 Food in a flat box
- 32 11-Down, e.g.
- 33 Battered repeatedly, in
- slang 34 ThinkPad
- maker 35 Camp shelter
- 36 Bun seeds
- 40 Rent-
- 41 Attends 42 Tarzan, e.g.
- 43 Biological divisions
- 44 Down a sinful path
- 46 Additions
- 47 Zaps in a
- microwave 49 Salon sound
- 52 Pocatello's state: Abbr.
- 53 Brit. record label
- 54 Latin law

Poetry Spotlight

Hate to Love

by Sean Dooley

I'm writing you today to let you know I hate you,

'cause I've compromised,

Take your emotions and go away.

I'm telling you today that I need you gone, I hurt.

'cause you left me in the dirt. Pack your things and disappear today.

I'm saying to you today that I don't need you anymore,

Until kicked to the curb,

Let the wreckage you created peacefully lay.

I'm reiterating the fact that you lied to me, I am astonished,

therefore it is you I admonish,

to give me space, else my feelings might betray.

I'm confronting the issues that come between us, I interject,

boiling with anger, yet keeping the respect, of not stooping to your way of cruel play.

I'm writing to you today to let you know I hate you, Yet ... I hope,

When I figure out how to cope, Love me regardless; tomorrow it will be okay.

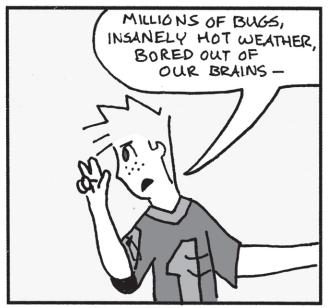
Submit your poems and artwork to commuter@linnbenton.edu





By Jason Maddox An LBCC student-generated comic







commuter.linnbenton.edu

Time-Saving Recipes

Elizabeth Mottner

Contributing Writer

If you're busy, low on funds, and want to eat healthier, freezer to crockpot meals are quick, inexpensive, healthy, and delicious.

Many students will fall back on the old standbys like ramen or mac and cheese, but there is another alternative. It will take a small amount of time upfront but overall, will make life easier and healthier. Planning out meals ahead of time allows foods to be bought in bulk which saves money. It also reduces the time to prepare foods each day by making food for the week all at one time.

The objective is to shop, prepare, and freeze the food in advance. When a meal is needed, pull a bag out, defrost it, and cook it a crock-pot while in classes. There are many great recipes that can be tailored for any diet like gluten-free, dairy-free, and vegetarian. These recipes can also be personalized by adding spices, flavors, meat, and/or vegetable choices.

The meals, on average, feed four people with a side dish of rice, pasta, or a salad. Or a couple hungry college students. Leftovers make a great lunch.

The first few times may take a bit longer, but as with anything, practice makes the preparation and shopping go much quicker, and there will not be that 30 minutes to an hour prepare time for each meal after a busy day.

With a few minutes of planning, a couple hours of shopping, and preparation, 20 or 30 healthy, cheap, and easy meals will be available in the freezer. Allow the crock-pot to do most of the work and enjoy the free time and tasty meals.

Here are three recipes to get you started:

Pulled Pork

Ingredients:

1 whole large onion 5-7 lbs. Pork Shoulder/Butt

2 cans Dr. Pepper 2 Tbs Brown Sugar

Directions:

- 1. Place ingredients all in one 1-gallon freezer bag
- 2. When ready to cook, place contents in crock pot and add ¼ cup water. Cook on high for 4 hours.
- 3. Do NOT sub diet soda in this recipe!

Chicken & Dumplings

Ingredients:

2-3 chicken breasts

1/2 cup diced onion

3 medium golden potatoes 2 Tbs. butter

1 Tbs parsley 1 can biscuits

2 cans condense Cream of Chicken Soup

Half a bag of frozen peas and carrots

Directions:

- 1. Place ingredients in one 1-gallon freezer bag except the biscuits.
- 2. When ready to cook, place contents in crock pot and cover with water. Cook on high for 4 hours.
- 3. After four hours, cut biscuits into fourths and drop on top, coat in juice and cook for another 30 minutes.

Black Bean Taco Soup

Ingredients:

1 lb. lean ground beef (browned, drained, cooled)

1 pkg taco season mix

1 can of black beans

2 cans stewed tomatoes

1 can diced green chillis

1 medium onion, chopped

1 bag of frozen corn

1 can tomato sauce

1 can chicken/beef broth

Directions:

- 1. Place ingredients in one 1-gallon freezer bag
- 2. When ready to cook, place contents in crock pot and cook on high for 2 hours or low for 4 hours.
- 3. Serve with tortilla chips, sour cream and/or guacamole.

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Phone: 541-926-2015 Email: flcpreschool@proaxis.com

Students Framed

Annual Student Juried Show Hangs in North Santiam Hall

Luis Martinez

Contributing Writer

LBCC will proudly host its annual Juried Art Show this month in the North Santiam Hall Galleries. The show officially opened on April 29 and will continue until June 7. Students are encouraged to stop by and appreciate some of the hard work done by fellow student artists. The works in the gallery feature many different types of art on a variety of mediums, ranging from photography to watercolor pieces.

A gallery reception for the show will be held on Wednesday, May 8 from 12-1 p.m. in the second floor atrium of the NSH Gallery. Students are welcomed to come be a part of the reception where the artists will be recognized with awards, gift certificates, and cash prizes.

The awards total over \$2,000 and were donated by local community members and businesses, including the Drawing Board art supply store in Corvallis. "The show creates unique links to the community," art instructor Analee Fuentes said. There will be a \$200 best of show award and a \$300 president's purchase.

This will give student artists a chance to have their work critiqued, presenting their creative skills to the community around them while having their work shown on a more competitive setting. This is also a chance



Part of the Juried Art Show in the NSH Galleries.

William Allison

for students to place an exhibition on their artistic resumé, or even win cash prizes.

There are ballots in the first floor lobby of NSH for students to vote on their favorite choice. Students are encourage to come and turn in ballots before the reception on Wednesday.

This year's juror is Yuji Hiratsuka, Professor of Art at Oregon State University and master print-maker. Jurors are always chosen outside of LBCC's staff so that all judging is done fairly and without bias. Hiratsuka is very qualified and has art degrees from New Mexico University, Indiana University, and Tokyo Gakugei University.

Anyone who had attended an art class during the 2012-2013 year were welcomed to enter any three pieces of theirs into the show. Out of 80 pieces submitted by over 36 students, only 53 pieces were accepted, representing 32 students.

The students had to follow specific guidelines for their art to qualify for the submission. For example, 2-D work other than on canvases must be framed and ready to hang, all work must have picture wire secured to the back of it, and wet paintings are not to be submitted.

The whole exhibition was set up by the art faculty under direction of gallery coordinator Rich Bergeman, who leads the displaying of pieces, contacting donors and awardees, and hosting the reception.

What to do? Local Trivia Night Is the Answer!

William Allison

Photo Editor

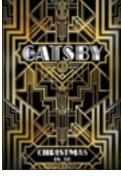
It was a night full of excitement, laughter, and fun at the new Corvallis Buffalo Wild Wings on Wednesday night, where Rick Moore, founder of Rising Phoenix Productions, hosted his weekly "What Do You Know?" trivia show.

Moore, a mobile DJ for almost 17 years, has been hosting weekly trivia shows at various venues throughout the Willamette Valley for over two years and doesn't seem to be slowing down, as he is adding venues to the list every few

"I am extremely excited about the opportunity to host my show at Buffalo Wild Wings," Moore said of the new venue. "The atmosphere here is fun, high energy, and has the ability to handle large teams of all ages."

With weekly shows at both the Corvallis and Albany Applebee's, this additional show gives trivia addicts yet another chance to put their knowledge to the test. Shae Mitchell, a regular contestant of the Albany Applebee's show decided to head out to Buffalo Wild Wings for Moore's debut night, and he was not let down.

AT THE MOVIES



Great Gatsby Rated: PG-13 Genre: Drama



Peeples Rated: PG-13 Genre: Comedy

Sources: IMDb, Yahoo! Movies, Fandango.com

"I think his shows are great," said Mitchell. "You never know what the questions are going to be. It makes you think.

It wasn't just the regulars who enjoyed the show either. Jenn Dunham, a first time contestant of Moore's show said that it was fun, and that she plans on doing it again soon.

"The pop culture questions were my favorite," said Dunham, whose team won second place this particular night. "It was fun to just be with friends and play a game together."

It's not just fun and games either, there are prizes too. The prizes, which are for first, second, and sometimes third place teams, are generally in the form of gift certificates to whichever venue the show is held.

Come out and have some fun!

RPPDJ on Facebook at fb.com/rppdj

When and Where: (all shows are 9 to 11:30 p.m.) Tuesdays - Corvallis Applebee's Wednesdays - Corvallis Buffalo Wild Wings Wednesdays - Albany Applebee's For more information and more locations, check out

WEATHER

Partly Cloudy

Wednesday (5/8)		<u> </u>
Partly Sunny	76°/42°	
Thursday (5/9)		
Mostly Sunny	79°/40°	
Friday (5/10)		
Warm	85°/45°	
Saturday (5/11)		-
Bright	80°/51°	
Sunday (5/12)		
Cloudy	73°/49°	
Monday (5/13)		
Touch of Rain	64°/48°	
Tuesday (5/14)		

Source: accuweather.com

72°/43°