

THE COMMUTER

Your Community Compass

COMMUTER.LINNBENTON.EDU



Donkey Ball

Ari Nunez

Staff Photographer

As it got closer and closer to 7 o'clock, people were not sure what to expect, but were excited to attend Lebanon's Donkey Basketball Fundraiser. After everyone had filed into the Seven Oaks Middle School, the donkeys were led in and paraded before the audience. Ranging from big to small, the trained burros made for an interesting time. What ensued was four games played by four teams,

made up of the Scio FFA, Lebanon FFA, and two adult teams sponsored by John Deere and Wilbur-Ellis. Bodies were flying – literally – off of their rides, shots were made and missed to choruses of cheers, and all of the players had big smiles plastered on their faces, as they had fun raising money for their local FFA chapter. Lebanon, the hosting team, eventually won the championship, and were happy to display their homemade trophy and matching t-shirts for the cameras.

More Sports: on Pg. 7

Walmart
pg. 4

SOPA
pg. 8

Ponies Return
pg. 12



THE COMMUTER
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LBCC COMMUTER

Wednesday(1/18) Heavy Rain 46°/42°	Thursday(1/19) Normal Rain 48°/41°	Friday(1/20) Spotty Rain 50°/40°	Saturday(1/21) Rain Possible 49°/36°	Sunday(1/22) Light Rain 45°/35°	Monday(1/23) A Bit of Rain 44°/32°	Tuesday(1/24) Rain Again 47°/41°
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CONTACT US AT: 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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Letters Welcome

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



The Commuter

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LBCC Commuter

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Democracy Club Hosts Citizenship Check-Up

Kyle Holland
Sports Editor

The LBCC Democracy Club has been adamant this year in surfacing the real issues of our government and citizen responsibilities. The different events have tackled many issues facing our nation and our role in government.

The upcoming event on January 25 from 11 a.m. to 1 p.m. will be like no other the club has done.

The event will take place in the boardroom, room 103 of the College Center, and will be titled "Clinic for Citizenship." As one would normally go and get a routine check-up at their doctor's office for their medical health, this event will be based on that idea, a way to check on one's responsibilities and informing of one's rights as a citizen.

"Just as people need to go to their local medical clinic to get preventive care and deal with physical problems, we think Americans need to get regular check-ups on what kind of citizens they are," Robert

Harrison, history instructor and head of the Democracy Club said.

As in previous meetings and events that the Democracy Club has held, the ideas stem from one of America's founding fathers, Thomas Paine (author of "Common Sense"). Paine believed that citizens have rights and responsibilities to instill their freedoms and make an impact in their government.

"We have it in our power to begin the world over again," Paine once said.

Harrison has advocated Paine's theories and ideas for his own students to "explore a quest for citizenship and become active, responsible citizens."

This event will focus on just that, by informing students how to become better citizens and to take responsibility for the problems we face in our current government, as well as to prevent future ones.

The event will feature a presentation from Ray Brown, a local Oregonian who previously walked from coast to coast across America to promote civil liberties, while handing out copies of the

Schedule of Events

- Greeting by Ray Brown
- 10 question U.S. Citizenship Test
- "Bare Bones" by Zecha
- "The Doby Politic: Doctor, Doctor!" by Harrison
- "Citizenship Exam" by Anderer
- Closing remarks



Tony Brown

LB alum Chris Brotherton

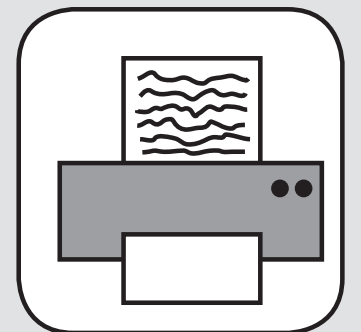
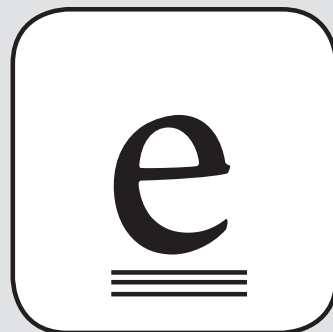
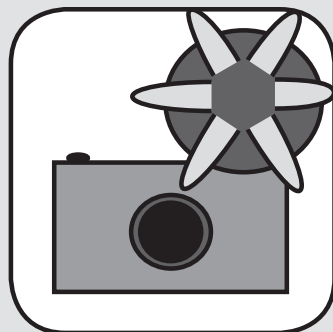
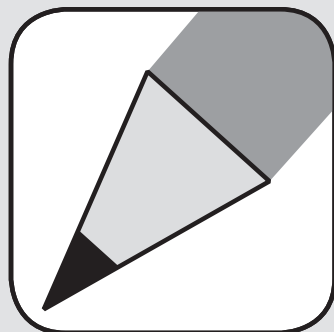
LB Alum's Movie Script Attracts Attention

Marcy Sischo
Webmaster

Chris Brotherton, former Commuter reporter, recently wrote a short science fiction story titled "The Remembrance Spark." As he was about to embark on the oft-grueling process of seeing a story to publication, a friend on Facebook

introduced Brotherton to Garland Scott and Jared Adams, two friends with experience in Hollywood who were looking for a movie to make. "The Remembrance Spark" struck a chord with the two, and before Brotherton knew it, he was sitting down to write a movie script.

I had a chance to sit down with Chris and interview him about this amazing opportunity. See the video interview online at: wp.me/p14GZu-4OH



Write. Snap. Edit. Print.

The Commuter is constantly looking for new additions to our staff. Here are some of the positions we have open:

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

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

Sports Writers: Those interested in reporting and covering a variety of

LBCC and OSU sports.

Design Assistant: Interest in graphic design and page layout. Assist with the production of the weekly paper.

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

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

Videographers: Working with photographers to record videos for The Commuter website. Knowledge of cameras, equipment and editing programs required.

Editorial Assistant: Assisting the Editor-in-Chief with production tasks.

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

At a Glance

What: Democracy Club's
Clinic for Citizenship
When: Jan. 25
Time: 11 a.m. - 1 p.m.
Where: College Center
Boardroom 103

Constitution. Dodai Zecha, a student member of the Democracy Club, will also give a talk on the Bill of Rights, entitled "Bare Bones." Harrison will be giving a talk titled "The Body Politic: Doctor, Doctor!" which he says will highlight how our democracy has become "sick" and unhealthy. David Anderer will also be giving a talk about citizenship titled "Citizenship Exam."

Brown will also be handing out "prescriptions," which feature websites and other information to help citizens take meaningful and constructive action.

This event is part of the "Thomas Paine's America" campaign and will feature a visit to LBCC by renowned Paine scholar Dr. Harvey Kaye on Feb. 21.

All are welcome to come sit in on the event. Free drinks and snacks will be provided.

The Search for a New VP of Academic Affairs



Sean Bassinger
Staff Writer

The search for LBCC's next executive vice president of academic affairs concluded last Wednesday, when conferences with the final three candidates took place.

This is an important position at LBCC, as it's their role to ensure the overall success of students and faculty relationships through maintaining efficient programs. The vice president of academic

affairs serves as the college's chief academic officer, who also advises the president and holds a position as our accreditation liaison with the Northwest Commission for Colleges and Universities.

The three finalists are Ann Malosh, Beth Hogeland and Robert Frost. Each candidate was asked to reflect their input on the topic of variability in student learning styles and needs, and the overall accommodation to ensure student success.

ANN MALOSH

The first gathering took place on Jan. 10, when Linn-Benton's own Ann Malosh presented to a full crowd of faculty in room F-113.

Malosh currently serves as the college's Dean of Business, Healthcare and Workforce. Her key accomplishments at LBCC include the establishment of COMP Northwest — the only medical school, university, and community college IPE partnership in our country — and statewide Distance Education Diagnostic Imaging and Occupational Therapy Assistant Programs.

During the conference, she started off by mentioning lyrics from "The Sunscreen Song" played by former LBCC President Jon Carnahan at the 1997 class graduation. She mentions the line "do one thing every day that scares you" as a focal point for her motivation.

"There's more adventure if I say 'yes' to this, so I say yes," said Malosh.

Malosh's prime focus involves adult education. She's worked with many challenged adult individuals and assisted in giving them the skills to work.

"Adults have goals," she said. "They really need to succeed and move on."

When asked about character and what it brings to the administrative table, Malosh stated her beliefs in integrity, honesty, and transparency.

"You need to trust me," she said. "relationship building is incredibly important."

One individual asked what Malosh would accomplish as a vice president instead of a dean. In response, Malosh stated she would become more involved with ADCAM (Academic Development, Communication Arts and Mathematics Division) and other organizations throughout the college, and she's not afraid to make tough choices.

"With a larger reach, anything is possible," she said.

BETH HOGELAND

The next conference with Beth Hogeland — another longtime LBCC staffer and current dean of liberal arts, social systems and human performance — took place on Jan. 10, the same day as Malosh.

Hogeland began by discussing the theories of William Perry, a college counselor who researched and tracked patterns found in student thinking. Most students starting out fresh think they have none of the answers and begin understanding their role as time progresses. Returning students, on the other hand, may even know more than they initially thought.

Though highly helpful, Hogeland explained why Perry's model might not be ideal for students in a nontraditional college environment like LBCC.

"Like any model, we want to take things from it and trash things from it," she said.

Hogeland wants to assist students through the college process and take advantage of their eagerness to enroll in the right courses available to them. She believes in making students more hireable, while improving their social and transferable skills. When asked what success means to them, she claims most students simply say, "I want a better life."

"I think it's part of college to help them get there," she said.

Hogeland ended with a familiar African proverb, which states "it takes the village to raise the child." But a common question asked with the proverb is "what does it take to create a village capable of raising it's children?"

She decided to ask that question herself, but with LBCC in place of the village.

"What does it take to create a college capable of helping its students?" she asked.

ROBERT FROST

Robert Frost, the final candidate to speak, presented on Jan. 11.

Frost has worked among community colleges since 1989. His career grew around the community college environment, as teaching in these facilities was his passion. Frost currently serves as the vice president of student learning at the College of the Siskiyous in California.

When asked about student needs and accommodation, Frost responded by implying how instructors teach truly matters.

"Not every student gets [lessons] the same way," he said. "We're not born with a specific way of knowing."

Frost believes it's important to remain personal among students, even when the literal classroom environment doesn't allow for it. He often went out of his way to engage students himself, describing moments where giant lecture halls made it difficult to converse individually with students in class.

As a result, "I tripled my office hours," he said.

As a former teacher at other educational institutions, he expressed his sympathy towards issues facing the staff here at LBCC. One faculty member asked about the potential of a future computer lab exclusively for ESOL and GED students, as one does not currently exist. In a world where many programs — including both listed above — continually shift forward in the digital age, a lack of technology is unacceptable.

Though he's concerned with costs and the segregation of language labs, Frost believes an open lab dedicated to ESOL — technically a language lab first and open lab second would encourage positive social interactions among a diverse group of students.

During his closing notes, Frost expressed his desire against forcing change, and said those who remain at community colleges — both faculty and students — stay for a reason.

"This is a place that can really transform lives," he said. "I'm really passionate about reaching every student."

Students and faculty who are interested can visit <http://tinyurl.com/executive-vp-2012> and fill out a comment form on the candidate they observed. Today is the last day the online comment form will be available.

See video of all three candidates online at: wp.me/p14GZu-4P6

Albany Welcomes Walmart

Amanda Hayden
Copy Editor

Mark your calendar to attend the opening of the new Albany Walmart Supercenter at 1330 Goldfish Farm S.E. on Wed., Jan. 25.

Until now, the nearest Walmart for the greater Corvallis area has been in Lebanon. Along with their grocery, garden center, drive-up pharmacy, photo lab, and general merchandise, a new Subway sandwich store will also be opening.

The company got approval to work overnight, and even close nearby I-5 ramps, to complete the project on time, paying over \$1 million in building permit fees. They hired Robinson Construction, of Hillsboro, OR, to build the 186,000 square-foot building, in a matter of months.

Walmart is working hard to make a good first impression on the Albany community with an energy-efficiency focus, donations to local groups, and offering new jobs to locals.

Aside from employing over 300 local residents, Janet Steele, president of the Albany

Area Chamber of Commerce, says "Walmart has put over \$22 million into community improvements, between the store, transportation improvements, and other community contributions."

Some of the benefits of a new store include its focus on being customer- and eco- friendly. The Albany store was designed with wider aisles and an improved layout, for shopping convenience.

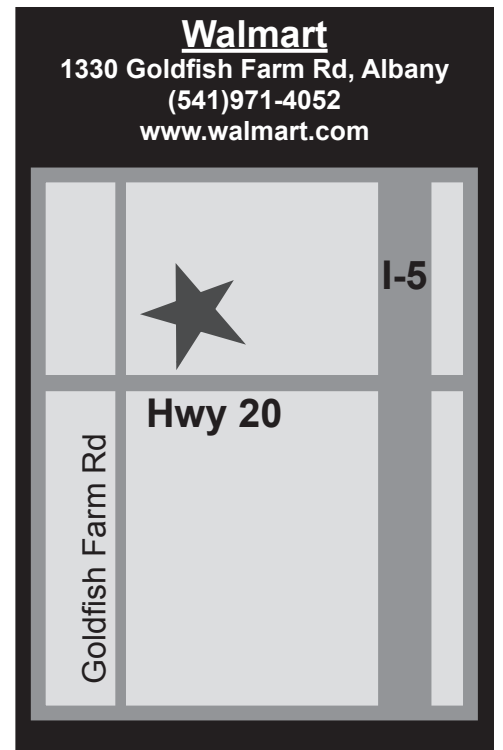
To improve on the speed of one-stop-shopping, departments have been rearranged from traditional Walmart design, based on commonly-purchased items. The color palette has also been improved, not only for more of "an inviting shopping experience," but also color-coded, based on merchandise areas.

All new Walmart stores are also being built with a focus on energy-efficient technology, to reduce waste and energy use. The store has been designed with skylights, requiring 75 percent less lighting per day, and LED lights are used the rest of the time, which is 70 percent more efficient than their fluorescent counterpart. The result: very low lighting costs.

The flooring is made from recycled materials. The store will utilize a recycling program. The toilets and sinks are low-flow models, to reduce the amount of water waste, as well.

Aside from these conscientious building options, the company has also chosen to give \$15,000 in grants to area organizations, including The Greater Albany Public School, The Boys/Girls Club of Albany, Albany Firefighters Community Assist Fund, Albany Area Seniors, Albany Parks and Recreation, American Legion Post #10 Albany, Friends of the Albany Public Library, Linn-Benton Food Share, Linn County Child Victim Assessment Center, and the Safe-Haven Humane Society. The donations will be given during the ribbon-cutting ceremony just prior to store opening.

The community can only watch for now, to see what kind of impact the store opening will have locally. Aside from the increased job opportunity, will it also mean more I-5 commuters stopping at other surrounding stores and restaurants? Time will tell if it will mean a change locally, in sales to similar stores?



Grant Given to Lebanon Hospice

Nora Palmtag
Contributing Writer

The Albany General Hospital Foundation has received a \$20,000 grant from the Miller Charitable Fund of The Oregon Community Foundation in support of the construction of the Samaritan Evergreen Hospice House.

This facility, which is only the third of its kind in this state, will have 12 beds and is scheduled to open in July 2012 on the corner of Waverly and Del Rio Avenue S.E. in Albany. So far, the facility has received a total of \$2.7 million toward the completion of this facility for the terminally ill in our state.

The Miller Charitable Fund Foundation "awards grants to qualified tax-exempt organizations within Oregon," per The James F. and Marion L. Miller Foundation website. The Foundation favors organizations whose basic mission is in arts or education, but has recently started initiatives in nursing, community college scholarships, new teachers and sustainability. They can be contacted for more information on the qualifications at info@miller-found.org or at 503-546-3191.

The Oregon Community Foundation has distributed over \$60 million to nonprofit organizations and over 2,000 students. From their website, "OCF recipients are as diverse as the communities we serve. Our broad focus and flexible approach bring opportunities for change to local

communities." The leading principles are to "build an inclusive spirit of community encompassing all the people of Oregon, prioritize investments that resolve problems at their source," and "connect private citizens to address needs and aspirations of their communities."

Their "statewide scholarship program is one of the largest programs of its kind in the country. Annually, our awards now total more than \$6 million through 2,400 scholarships. These scholarships originate from more than 330 separate funds at OCF, established by individual donors and families, schools, civic organizations and employers," per the OCF website.

This foundation has scholarships available for students, so please check out the enormous list of scholarships administered by Oregon Student Assistance Commission for OCF for over 30 years. Investigate the resources available on the OCF site to learn more about OCF scholarships and how to apply. Also on the website are donor stories, where you can hear about some of the great pioneers in Oregon who are still supporting education even after their deaths. It is enlightening to read and understand why students are being helped to get their educations.

If you still have questions, please contact us via phone at 503.227.6846 or e-mail: Belle Cantor, Program Officer for Scholarships, bcantor@oregoncf.org



Tripp Hosts Travel Series

Ian Butcher
Staff Writer

Want to go to Europe without having to spend all the money and dig out your passport? Well it looks like you just missed your chance. Want to learn some pointers from a pro who has spent his whole life traveling? Well then you're in luck.

On Sunday, Jan. 15, LBCC played host to documentary film maker Marlin Darrah showcasing his newest travelogue "Southern Europe: A Journey from Paris-Istanbul."

In case you didn't get to go, let me tell you that you missed out on a really interesting look at some of Europe's most beautiful locales, as well as some lesser-known spots that deserve more attention. Darrah, who loves to travel and loves foreign architecture, made sure to highlight some of the really well-known spots in Europe (Paris for example), as well as places like Turkey, which he described as an "unknown" travel destination to most Americans.

As the film progressed, Darrah's narration gave insight into traveling throughout Europe, as well as a lot of helpful tips for those planning on going soon. Darrah runs the Portland-based production company International Film and Video, and just last year had 114 showings of his films as he toured them across the country.

His films have been shown on The History Channel, PBS, as well as many other networks. His work on over 70 documentaries have taken him all around the world.

After the presentation ended, I got the chance to sit down with Darrah and ask him a couple of questions about his own love for travel, as well as travel advice he would give for college students on a budget.

Q: What would you say are some of your favorite places in the world that you've been to?

A: Italy is for the culture and the people, as well as the food. Thailand, also if you want some extremely great food. The people there are also incredibly friendly; it's called "the land of smiles." Turkey is almost a secret country for Americans. They don't seem to know that much about it.



Q: What would be some of your advice for college students on a budget who want to go out and travel the world?

A: Best advice for young people would be to travel fearlessly. Just travel without fear. There are a lot of great places in the world that actually don't have a lot of tourists yet that you can go see. You can't believe people when they say it's all been seen and traveled. As far as budget travel, servas.org would be your best bet ... when I was 22, I took a Volkswagen van and traveled Europe for a year using that as my mobile hotel. It can be done rather cheaply if you look around for those kinds of opportunities. One last tip would be train travel. You get to see all the beautiful scenery and don't have to worry about parking. It's also a lot cheaper.

There you have it; several cheap ways to travel across Europe. [Servas.org](http://servas.org) is a site that allows you to stay at people's homes rather than hotels in other countries. You could go on a good old-fashioned road trip. Or you could just as easily take a train.

So if I were you, I wouldn't rethink that European vacation, because with the proper planning, you could actually pull it off and still have money for school.

In the News:

Local:

Portland, Ore.: There is a new sheriff's deputy in town and she's 100 years old. Barbara White was commissioned as an honorary deputy sheriff for her work in educating the nation on elder abuse. White was 87-years-old when she was kidnapped, robbed and burglarized in her own home by the husband of her boyfriend's daughter. The man tied her up with duct tape and assaulted her, then threatened to kill her if she did not give him all her money. He drove her to a bank where she emptied her account and gave him the money. He then dropped her off at a crack house in north Portland and left to go buy drugs with her stolen money. The State Elder Abuse Board asked White to share her ordeal on video. The video was made into an educational documentary that has been used throughout the United States in elder abuse training for professionals in the adult protective and law enforcement fields. In 2002, White was invited to the United States Senate to help introduce the Elder Abuse Act where her documentary was presented.

source: KPTV

Portland, Ore.: A 33-year-old man and his 17-year-old wife have been arrested on meth drug charges. Jose Carranza Gonzalez and his wife were taken into custody on Wednesday, since his wife is underage, she cannot be identified. According to police, the arrests were the culmination of an investigation that started last summer when they received information that a home in the 2500 block of North Kilpatrick Street was a drug house. Investigators seized 3.4 pounds of meth from the home, along with \$10,420 in cash and a 2010 Nissan Sentra. Gonzalez was booked into the Multnomah County Jail and his wife was lodged at the Donald E. Long Juvenile Detention Home.

source: KATU

Nation:

Olympia, Wash.: Washington may become the seventh state to legalize gay marriage. Gov. Chris Gregoire said at a news conference that she'll introduce legislation that, if passed, would allow same-sex marriage in Washington state. A coalition called 'Washington United for Marriage' set out to lobby a legislator to approve gay marriages back in November. In 2009, the legislation passed, and voters later upheld a bill that greatly expanded the rights of same-sex domestic partners. That measure was known as the "everything but marriage" bill. Nearly 19,000 people living in Washington are in a domestic partnership.

source: CBS News

University Park, P.A.: Joe Paterno is finally talking a little bit. Paterno said on Friday that he felt unable to deal with the initial allegation of abuse. Paterno was fired last year because of allegations about child abuse. Many people (most of them former students) are outraged about the firing of Paterno, which led some students to protest his firing.

source: CNN

World:

Moscow, Russia: A Russian space probe designed to boost the nation's pride on a bold mission to a moon of Mars has come down in flames, showering fragments into the south Pacific west of Chile's coast. Most of the pieces landed in water. The Phobos-Ground is a \$170 million craft and is the heaviest and most toxic piece of space junk ever to crash to Earth. Space officials and experts said the risks posed by its crash were minimal because the toxic rocket fuel on board, and most of the craft's structure, would burn up in the atmosphere high above the ground anyway. The Phobos-Ground weighed 14.9 tons, which included a load of 12 tons of highly toxic rocket fuel intended for the long journey to the Martian

moon of Phobos. It was unused as the probe got stranded in orbit around Earth.

source: Huffington Post

Tuscany, Italy: There is a death toll of six people that died when the Costa Concordia capsized a ship. There are fifteen still missing. Some of the survivors are comparing this crash to the Titanic. The Italian prosecutors have seized the ship's VDR (Voyage Data Recorder) and are holding Captain Francesco Schettino for questioning on possible charges of manslaughter and abandoning ship before all passengers were off.

source: ABC

Weird:

Beyoncé is now famous enough to say she has something named after her: a horse fly. According to scientists, the fly is the "all-time diva of flies". It was the unique dense golden hairs on the fly's abdomen that led Bryan Lessard to name this fly in honor of Beyoncé.

source: The Register

CIUDAD JUAREZ, Mexico: A six-year-old boy has been ticketed for reckless driving, driving without a license, and not having his vehicle registered, after he drove his miniature motorcycle into an SUV. He has received a \$183 ticket. After his mother made the case public, the police returned the bike and dropped the fine and are being punished for having acted so improperly.

source: Huffington Post

Saudi Arabia: Saud bin Nasser Al Shahry has been accused of trying to sell his son for \$20 million on Facebook. After losing his job, getting denied welfare benefits because he is over the age of 35, and getting his debt collecting business seized by the government, Al Shahry turned to human trafficking. He is quoted as saying that he wanted to stop "living in poverty."

source: Huffington Post

Classifieds

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 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

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

Forestry Tech-Recreation (OHV) (#9436, coast) The Forest Service is hiring for full-time, March-Sept., Off-Highway Vehicle Crew Work Lead position in the Oregon Dunes Nat'l Recreation area. Deadline to apply is Feb. 1, 2012. Pay is \$15/hour.

CWE On-Line Technician (#9409, Albany) This is a great way to get experience, get references, have a job until you graduate from OSU and they work with your school schedule. \$10.85-11.70/hr DOQ.

Forestry Tech- Recreation (OHV) (#9435, coast) The Forest Service is looking for Seasonal Off-Highway Vehicle crew to fill full-time seasonal June-September positions. Pay is \$13.41/hr and deadline to apply is April 15th.

IT Tutor Web Page Designer (#9429, Albany) If you are proficient in Excel, Word, Outlook, Publisher and want to tutor the work staff, this part-time, flexible job is for you. \$10/hr

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.

Dance Club Auditions

LBCC Dance Club Auditions for our spring show will be held on Saturday, January 21 from 11-2 p.m. For more details, contact sanderk@linnbenton.edu. Don't forget to check us out on our Facebook page: <http://www.facebook.com/#!/lbcc.danceclub>.

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The need is constant.

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Give blood.

LBCC Blood Drive
Calapooia Center,
Cascade View Room
(next to Commons Cafeteria)

Wednesday, January 25
9 AM - 2 PM

Schedule your appointment
online at www.givelife.org
(sponsor code lbcc)

Identification is required



LBCC is an equal opportunity institution. For disability accommodations, call 917-4789.

THE COMMONS FARE

01/18 -01/24

Wednesday: 1/18: Turkey Club with Pasta Salad, Swiss Steak, *Tofu Thai Green Curry w/ Steamed Rice. Soups: Seafood Chowder and *Red Lentil

Thursday: 1/19: Beef Stew, *Chicken Ballontine, Eggplant Parmesan. Soups: *Turkey and Vegetable, Beer Cheese

Monday: 1/23: Beef Stroganoff over Buttered Noodles, Monte Cristo, *Vegetarian Frittata. Soups: Dilled Potato Chowder, *Curried Cream of Carrot (vegan).

Tuesday: 1/24: Buttermilk Baked Chicken, *Pork Vindaloo w/ Basmati Rice, 3 Cheese Stuffed Shells. Soups: *Beef Vegetable, Sweet Potato.

Item denoted with a * are gluten free.

ONE DAY SALE

THURSDAY, JANUARY 19

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LBCC Bookstore

RoadRunners Say Goodbye to Blake Paltz

Student killed in head-on collision

Kyle Holland
Sports Editor

For the many who knew Blake Paltz, their hearts are filled with memories of a kind, open-hearted young man who was full of life and inspiration.

His friends and family had an emotional start to the New Year as Paltz was involved in a head-on traffic collision just south of Junction City on Monday, Jan. 2, that took his young and energetic 19-year-old life.

Blake graduated from Junction City High School in 2010 and had been a student of Linn-Benton for the past two years, as well as playing for the men's soccer team this season, helping them to their best record in school history.

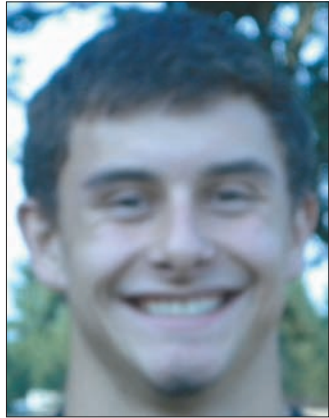
After his death his parents received a knock on the door from a stranger who told them a story that Paltz had not told anyone.

A few months back Paltz was driving along a quite highway when he spotted a stranger on top of a bridge looking suspicious. Paltz stopped to see what the man was up to.

Amazing people do amazing things.

The unidentified man was getting ready to take his life by jumping off the bridge. Using his own charm and aspiration for life, Paltz was able to talk the man out of committing suicide. This man felt his story needed to be told and reached out to Paltz's parents after his death.

This story was told again at Paltz's memorial service by the pastor to his



provided by Art Mota
LBCC student and soccer player Blake Paltz.

friends and family, who had not heard this story before. As some might gloat and tell of their accomplishment, Paltz kept his noble feat to himself.

Rocco Lizzi graduated with Paltz from high school and spent countless moments with the person he called a "brother" to him.

"He could never let us be angry with each other, he would always find a way to make up. We were complete opposites, but complemented each other perfectly," Lizzi said.

Paltz loved soccer. He was the starting left back for the LB team this season.

"He was the court jester, always making everyone laugh with his great sense of humor. His teammates loved him and he loved them back," LB coach Art Mota said.

Paltz was always full of energy and life, always trying to make an influence in people's life. He always made sure to say hi to everyone as they arrived to practice, trying to spread his good vibes into the team chemistry.

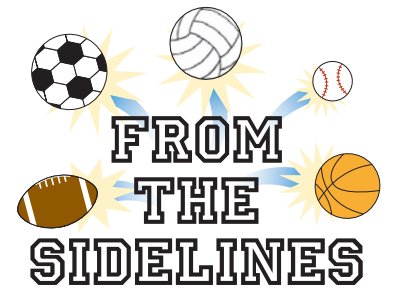
Max Sampson had this to say about his former teammate: "Blake had a powerful personality, he was always a loyal friend. I would never be surprised by what Blake would do because he was very spontaneous and energetic. It is very hard to accept that I won't get to kick the ball around with him anymore."

Paltz had a level of commitment and love for life that was unlike anything most people ever get a chance to embrace. His sense of humor was enlightening, even if the joke was on him.

He even scored a goal against Mt. Angel this year from his defensive back position, which, if you know soccer, is an amazing and rare feat.

His life will not be forgotten. His teammates are planning on retiring his jersey (definitely not his practice jersey, since he never wore a shirt at practice, regardless of the weather) and possibly name their indoor team in memory of their lost friend.

Paltz's death was the fifth traffic fatality over this year's New Years weekend on Oregon roads compared to just one last year and zero the year before, according to Oregon Department of Transportation and Oregon State Police. Paltz was alone in his SUV at the time of the accident.



LBCC

Men's Basketball

Jan. 7	73 43
	LBCC Portland
Jan. 11	86 78
	LBCC Lane
Jan. 14	75 86
	LBCC Clackamas

*Next: Jan. 18 at Umpqua
Jan. 21 vs. Chemeketa at 6 p.m.*

Women's Basketball

Jan. 7	84 66
	LBCC Portland
Jan. 11	54 74
	LBCC Lane
Jan. 14	72 86
	LBCC Clackamas

*Next: Jan. 18 at Umpqua
Jan. 21 vs. Chemeketa at 4 p.m.*

OSU

Men's Basketball

Jan. 7	101 103
	OSU Stanford
Jan. 12	73 81
	OSU Arizona
Jan. 14	66 76
	OSU Arizona State

*Next: Jan. 19 vs. UCLA at 7:30 p.m.
Jan. 21 vs. USC at 7:30 p.m.*

Women's Basketball

Jan. 7	60 67
	OSU Stanford
Jan. 12	56 51
	OSU Arizona State
Jan. 14	56 58
	OSU Arizona

*Next: Jan. 19 at UCLA
Jan. 21 at USC*

Alicia Love Heart of the Team

Kyle Holland
Sports Editor

When she's not the target of a team prank or joke, Alicia Love is inspiring and leading the women's basketball team at Linn-Benton to the next level.

Love eats, sleeps and breathes basketball. It's been her passion, since she was a little girl.

While most kids are out enjoying the treasures of central Oregon where she grew up, Love was focusing daily on basketball and fine-tuning her skills with her dad. She also played softball, and if you ask her she will tell you she was a much better softball player than basketball player.

"I was a natural when it came to softball, but I would have to work year-round to keep my basketball skills up," Love said.

Both her mother and father played high school basketball and helped pave the road for Love to be a successful basketball player.

"Family is a big part of my life. They have always supported me since day one and basketball is the one thing in my life I loved to do. It has never let me down," Love said.

After tearing the ACL of her knee in the first game last year and taking a medical red-shirt, Love is back this year.

"She's a leader on and off the court. The girls look up to her and value what she has to say. It's



Marcea Palmer

Alicia Love starts a drive to the basket.

been great having her back. She really sets the standard for what I try and recruit in a student athlete," said her coach, Teresa Guerra.

Her teammates love her so much that at her ripe old age of 21 they have dubbed her "Grandma." She may be the oldest one on the team and has had to battle some nagging injuries throughout her time at LB, but Grandma?

"After all her injuries, she's sore a lot so we call her Grandma. We all get a kick out of teasing her and she thinks it's funny," Love's teammate and roommate Dorian Perkey said.

When she's not on the court or in class, Love is in her kitchen with one of her many infomercial gadgets, making anything from giant cupcakes and mini-doughnuts to ice cream.

"She's a really good baker. We can always count on her for dessert," Perkey said.

Love is also taking bowling for her second term in a row and like anything else she does is competitive and up for a challenge. She is often challenging her teammates to bowling matches and can often be seen in practice with her shorts hiked up, tossing a basketball down as if it was a bowling ball.

The women's basketball team is off to an up-and-down start to the season, but for Love this season has been special because of her teammates and her hope that they can reach that elusive spot in the NWAACC playoffs at the end of the year.

"This is the closest I have been with a group of girls. We are together 24/7, always laughing and telling jokes. We're just a close-knit group," Love said.

The Commuter is EVERYWHERE!

Keep up to date on all the latest news.



Will SOPA Destroy the Internet?

Sean Bassinger
Staff Writer

The highly unpopular SOPA bill (short for "Stop Online Piracy Act") was shelved by congress, but the struggle for maintaining a free internet continues. Online businesses and entrepreneurs argue that SOPA and PIPA (Protect IP) will, in fact, destroy online interaction as we know it.

You've probably heard about this horribly broad law (if not from our own "Series of Tubes"), but for those of you who are still unaware, SOPA is a bill sponsored by many large media conglomerates — including Disney, Sony and Viacom — aiming to censor

the Internet for the sake of crushing all "rogue" pirating websites.

There's only one problem: a "rogue" website in the eyes of the government could be anything from a reliable blogging site, to a popular video outlet. All it would take is one irresponsible ingrate posting a single link to intellectual property — even if it's not available on that particular site — and our government would have the authority to shut it down without much of a warning.

This is why many worry about SOPA becoming a law.

According to the official text, the basic purpose of this bill is "to promote prosperity, creativity, entrepreneurship, and innovation by combating the theft of U.S. property, and for other purposes."

Even at the very beginning, this bill was horribly vague. It's also funny how SOPA describes a collective corporate interest in promoting "prosperity, creativity, entrepreneurship, and innovation," when in reality, each of these would halt under an industry

regulated Internet.

Not only will old media organizations profit from the passing of this bill, but the little guy, of course, will get completely shut down. A censored Internet means no opportunities for growth, and a limited exchange — out of the fear of being practically

sued to death — of reinvented ideas. Yeah, securing "intellectual property" with a chokehold, while pirates continually discover new loopholes is a great way to promote innovation.

But here's the most ironic part: Hindering the creativity of writers and designers can negatively affect profits of media organizations. For instance, the Entertainment Software Association (ESA), the most renowned organization of video game developers, is a huge SOPA supporter. Most outside opposers of the bill — folks who aren't directly associated with large Internet firms, such as Google or Facebook — are writers and artists supporting the gaming industry.

These individuals range from creating informative "let's play" videos (which is practically free advertising for the content as opposed to blatant piracy), to simply writing about content on their blog. If sites like YouTube shut down over a misunderstanding involving piracy, how will these

creative developers distribute their ideas?

Now, supposedly the "big three" video gaming companies (Microsoft, Nintendo and Sony) either dropped their support for the SOPA, or never really supported the bill in the

first place. They all, however, remain on the list of registered ESA members, therefore adding them to the ranks of other "invisible" supporters like Epic Games and Electronic Arts.

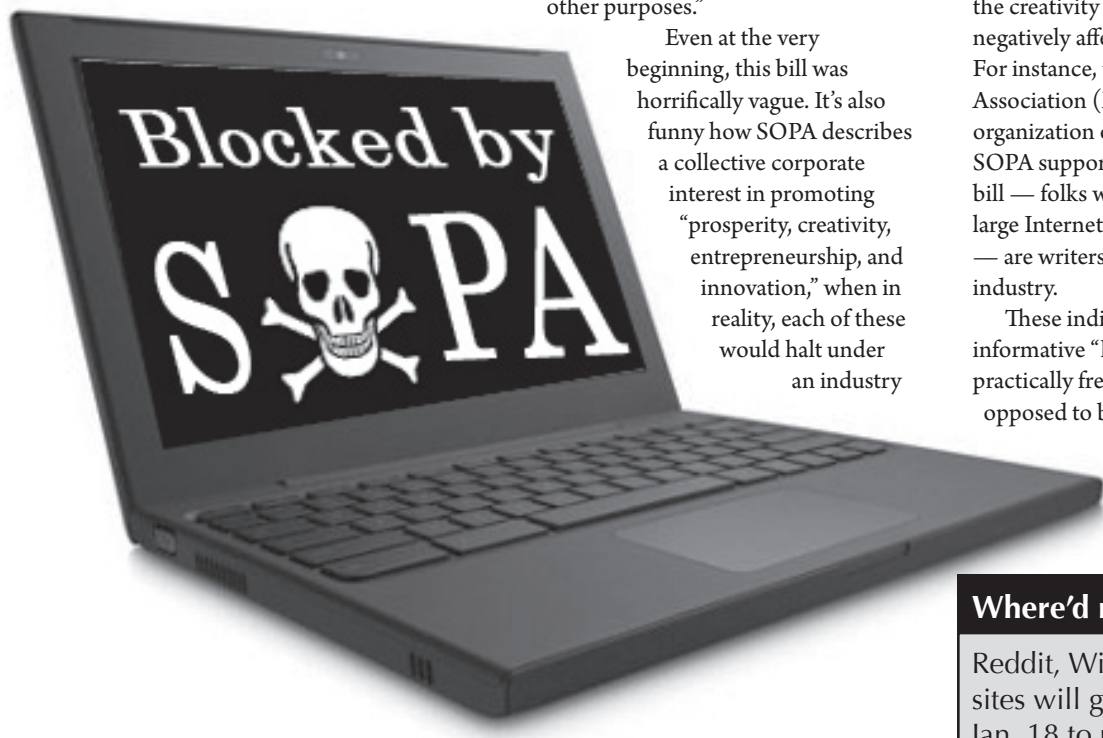
These companies scratched their actual names off a fancy list from Congress, but in the end this whole mess reeks of foul play. Seriously guys, did you think your consumers were that ignorant? "Oh, their names are off the list, so this must mean they don't support it." Right...

Either way, we shouldn't see this as a victory for old media. Sure, the big and scary conglomerates paid many people in Washington D.C. (listed at opencongress.org/bill/112-h3261/money), which could assure a stronger likelihood that this bill passes, but already millions of consumers are standing up for themselves, speaking out, and proving how intelligent they really are. They're giving these media giants everything they've got and speaking as the united voice of a free, democratic society. If SOPA passes, the action won't stop there.

The greatest thing about our democratic society is the ability to right injustices, and hopefully prevent similar instances from ever happening again. Even the White House spoke against SOPA over the weekend, prompting congress to shelve the bill until a general consensus is reached. It's an excellent start, but unless something is done about PIPA (Protect IP), we'll still have a long way to go.

Live SOPA Coverage
View live coverage of the SOPA congressional debates Wed., Jan. 18, in this week's "Series of Tubes" online at: wp.me/p14GZu-4Qv

Where'd my internets go?
Reddit, Wikipedia, and many other sites will go dark for 24 hours on Jan. 18 to protest SOPA.



What do you think?

Both letters to the editor and guest columns are welcome.

Submit your thoughts to commuter@linnbenton.edu



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

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Dear Conscience,



How do you dump a friend?

Jill Mahler

Shoulder Devil

Okay, okay, I'm not trying to be the bad guy, okay maybe a little, but this life is too short to waste time involved with other people. Caring smaring.

Especially if they are by their very nature annoying or obnoxious. I don't know about you, but I cannot stand those seemingly cheerful nitwits. I just want to stuff marbles into their mouths, and see how they can smile after that, but I digress.

If you are being bothered by someone, whether they are being a little too nice or a little too helpful, it's simple. Throw a haymaker right into their kisser. If that doesn't send them running, there are more potent ways to rid them from you, but that is a separate question.

People are the worst. We all know someone we cannot stand. Take me for example, I have to share shoulders with miss goody two-shoes over there.

She's always perky, always "Do this" and "Do that," always annoying. I never get a word in without her rambling on and on about right and wrong blah, blah, blah. If I had some alone time with her, I'd hold her by her wings over a nice fiery blaze and cook me some angel.

Here I go again. See, I understand what it's like. So there is only one solution, a little R&R, Rage and Ruin. Acquire your target in your sights and unleash havoc.

Now if only I could get that pesky head out of my way, here I come.

Jennifer M. Hartsock

Shoulder Angel

Why on Earth would you want fewer friends? Friends give life its joy! Friends comfort you with kind words and tend to your worries when you're discouraged.

This would be a very cold world without the presence of kindred spirits! For what it's worth: Surround yourself with many friends! Never let them go!

I'm not an ignorant angel, and I understand that sometimes our friends can change. Perhaps they're not so nice anymore, or spend too much time involved in less-than-wholesome activities and hobbies. Maybe they don't say please and thank you, or forget to raise their hand in class before they speak. Whatever the case, it's your duty as their friend to stick by their side.

Instead of abandoning them, try to inspire good thoughts and actions from them. Take them aside and have a heart-to-heart talk with them. Take their hand on a sunny afternoon and show them a beautiful mountainside, or look down upon a glorious valley from atop a canyon.

Show them how fruitful your friendship really is, and how happy the both of you can be!

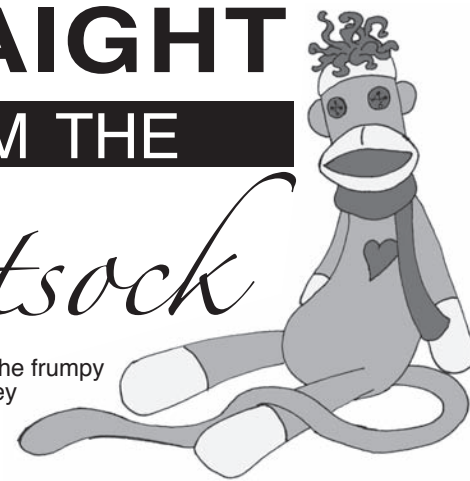
Life is too short to just give up and forget. Throw your prejudices and expectations out of the window and give your annoying friend a hug! Slap them on the back (not too hard) and say, "Thank you for being my friend!" And even when they make you want to pull out your hair, and stomp on your friendship really, really hard—just remember: Never, ever let them go!

And in response to all the nasty comments made by the antagonist on the left: I forgive you.

STRAIGHT FROM THE

Hartsock

Brain stuffing from the frumpy sock monkey



Do We Ever Really Change?

Jennifer M. Hartsock

Opinion Editor

As a monkey, I have a lot of friends that monkey around. As a youngster, I believed that if I proved to these hooligans that they could end up in a better place here in the jungle, then they would. For years, I swung among the trees, making it a priority to dig deeper into their heads for answers to my questions: Why don't you care about school? Why do you abuse drugs? Why are you friends with dangerous people? Why are you involved in criminal activity? Why can't you just stop?

After considering these questions, I thought these monkeys would change their negative ways on the spot. It was blatantly obvious to me that being responsible, setting life goals and treating people well, all led to greater overall happiness—and not only happiness for themselves, but for others too. Acts of good nature are appreciated, and the gesture is often returned. With this philosophy burning in my heart, my belief in the possibility of change fueled my desire to encourage that process.

It wasn't until sometime in high school that I reached my limit on patience. For a time, I was bitter from the fact that barely any of them had done any changing whatsoever. As I grew up, and while gaining more insight into the way our personalities form, the realization dawned on me: Monkeys only change if they truly and utterly want to.

Again, this seemed obvious the instant I realized it. But still, why didn't any monkeys want to? After deeper consideration, I figured it out.

They say that who you are at the age of three is generally who you will be as an adult. This observation was made after conducting developmental tests on toddlers in New Zealand. The results showed that the traits of a child at the age of three were still observant at his or her age of 18, and at also at 26.

This means that it is as difficult for an irresponsible monkey to turn into a responsible monkey, as it would be for a responsible monkey to change into an irresponsible monkey. For a long time, I had thought it was only a matter of wanting to change. But it's not—it's also an issue of committing and fulfilling a complete personality flip! For anyone, this decision, and the needed steps to do it, seem almost impossible. Where does one even begin? The means of becoming someone you're not is different for each individual.

But here's a good place to begin:

Difficult, if not nearly impossible choices, should always be made with the potential outcome in mind: Will changing my personality improve life for others, the world and myself? Once you know that answer, the process of getting there is also important: Will the decisions I make in route to changing my personality hurt others, the world and myself?

The best outcome is the one worth fighting for. From here, the choice is yours.

Have questions? We have answers.

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

"Dear Conscience" does not necessarily reflect the views of any of The Commuter staff.

Sex AND THE Campus

Breaking Up is Hard To Do

Jill Mahler

Editor-in-Chief

Most of us have encountered those moments when we can see the end coming right in front of our eyes. Whether you are on the giving or receiving end, it's not pleasant.

By their very nature, break-ups are never easy. However, there is a way to get through it and usually in the end, they lead to better relationships. Breaking up with someone is a delicate situation. If you are contemplating breaking-up don't be so hasty.

It's better to give a little more time and effort into a relationship even if it ends the same, rather than ending things quickly to realize you have made a mistake and regret it.

Ask yourself what your motivations are for wanting to end your relationship. Was the other person unfaithful, incompatible, etc? Are you just wanting to have more time/space? Sometimes the best solution isn't to end things, but to try and work it out.

Relationships, like everything else, take time, work and attention. With that said, you can't make something out of thin air. If it's not right, you can feel it, and usually you are doing the right thing by not wasting their time or emotion on nothing.

If you are about to end your relationship, realize you hold a lot of power in what you are about to do. You have a part in their life, and what you say and do will stay with them for the rest of their life, just as it will with you.

You need to rehearse what you are wanting to say to avoid stumbling through it. Once you begin down that road, there is no turning back, and it's going to get worse before it gets better. Be cruel to be kind in your approach; being direct is key. You make it harder for them to understand and accept if you are dancing around the issue.

How you end things is in your hands, since it will be dependent upon the kind of relationship you shared. There is always the classic route of "It's not me, it's you" if you don't think they can handle it. However, again, being direct is always best. Some think keeping it short and sweet is the best method, but if your relationship carried any merit to begin with, providing closure means more in the long run.

There will always be questions left unanswered and words left unsaid. It is the inevitable baggage you carry when matters are left unfinished. No matter what happens, your world and their world will continue to go on; life will still be there. Take heart in the fact love is never ending and everyone has the ability to have a happy ever after.

BACK *in the* DAY

This day in history ...

Jan. 18, 1919 - Peace talks part 1

World War I peace talks begin in Paris. Sure glad that lasted.

Jan. 19, 1809 - Nevermore

Edgar Allan Poe is born. As is Tim Burton's career.

Jan. 20, 1981 - Reagan to the rescue

The 444-day Iran Hostage Crisis ends as 52 American hostages are set free mere minutes after Reagan is inaugurated. How telling that one of the best things he did during his term was done without his direct involvement.

Jan. 21, 1924 - Lenin dies

Soviet leader Vladimir Lenin dies, thus marking the end of communism. The end.

Jan. 22, 2008 - Dead dead dead

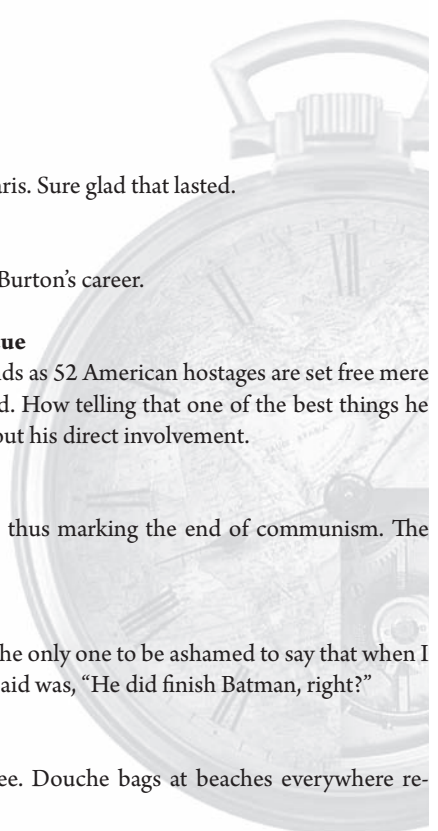
Heath Ledger dies. I think I'm not the only one to be ashamed to say that when I heard he had died, the first thing I said was, "He did finish Batman, right?"

Jan. 23, 1957 - In the beginning

Wham-O produces the first Frisbee. Douche bags at beaches everywhere rejoice.

Jan. 24, 2006 - We're in the money!

Disney buys Pixar for \$7.4 billion. We now know who to blame for "Cars 2."



- ACROSS**
- 1 Labor union foe
 - 5 1999 Ron Howard film
 - 9 Clunker of a car
 - 14 Building passage
 - 15 Retired Cunard flagship, for short
 - 16 Atlanta campus
 - 17 Diva's number
 - 18 Samovars
 - 19 Love, to Luigi
 - 20 One-hit wonder
 - 23 Stylistic judgment
 - 24 Fishing aid
 - 25 Hitter's stat
 - 28 Controversial school subject
 - 33 Deface
 - 36 It may be copped in court
 - 37 VCR successors
 - 38 Oodles
 - 40 Mlles., in Spain
 - 43 Soccer immortal
 - 44 Like thick carpets
 - 46 Beehive State college team
 - 48 No-goodnik
 - 49 President's selective rejection
 - 53 Finale
 - 54 European toy dog, briefly
 - 55 Enter, as data
 - 59 Pact addressing nuclear proliferation
 - 64 Gemologist's weight
 - 66 Perjurer
 - 67 "___ and Away": 1960s hit
 - 68 Hit from a tee, and word that can follow the first words of 20-, 28-, 49- and 59-Across
 - 69 Rim
 - 70 Trim with a knife
 - 71 Hood's scheme
 - 72 Halloween cover-up
 - 73 IRS IDs

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71							72					73		

By Donna S. Levin

- 5 Prefix with lateral
- 6 Actor Bruce
- 7 Windshield option
- 8 Four-armed Hindu deity
- 9 Eagerly took advantage of, as an opportunity
- 10 Jane Austen novel
- 11 Song with the lyric "I'm crossing you in style"
- 12 NHL legend Bobby
- 13 TV's "Science Guy"
- 21 Dickens schemer Uriah
- 22 Common Mkt.
- 26 When repeated, Yalie's cheer
- 27 Map in a map
- 29 T-shirt sizes
- 30 Eternally, in poems
- 31 Bit of information
- 32 Bit of advice
- 33 Canada's national tree
- 34 Do-or-die poker bet
- 35 There and back
- 39 Mao ___-tung

Last Week's Puzzle Solved

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- 41 Off-road ride, briefly
- 42 Observe
- 45 Cool cat
- 47 Mix
- 50 Wee one
- 51 The Democrats' donkey, for one
- 52 Outdoes
- 56 Half of the "California Dreamin'" singers
- 57 One-eighty
- 58 Works on a keyboard
- 60 Icicle site
- 61 Verdi's slave girl
- 62 Pestors
- 63 Difficult journey
- 64 Swine flu watchdog agcy.
- 65 Coach Parseghian

- DOWN**
- 1 Mine passage
 - 2 "Cheers" waitress
 - 3 Fictitious name
 - 4 Explosions

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Fried Bananas
 Groovysweet.wordpress.com

An LBCC student-generated comic

By Mason Britton

Mason Le Britton © 2012

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



Advice from the Campus Coupon Queen

Your Guide to Clipping Costs

Grocery Store Food Cycles

Yesenia Espallat
Contributing Writer

With a shaky economy and the advent of shows like TLC's smash hit "Extreme Couponing," many people are turning towards couponing as a creative means to staying frugal.

I was one of those people three years ago. After being laid off and realizing I was spending nearly \$600 monthly on groceries for a two-person household, I decided I needed to cut costs. Thus began my journey into the world of couponing, where I easily slashed anywhere from 40 to 80 percent off my grocery bill.

The most important thing I've learned from couponing

all these years is that it revolves around a simple concept: Never pay full price for groceries. Grocery store prices constantly fluctuate because the products are running the course of a sales cycle. Sales cycles are set up to revolve around seasonal trends and customer demand.

Approximately every 12 weeks, the items in your grocery store hit both a high point (the regular price) and a low point (the rock bottom price) within that time period. When you shop during the low point of these cycles, you are buying products when they are at their best price. When you combine this technique with coupons, you maximize your savings substantially.

An example: just weeks ago, Colgate Toothpaste was on sale at Safeway. Colgate Toothpaste is regularly priced \$3.89 at Safeway. Most people wait until they have run out of toothpaste and then go to the store ... and pay full price. I waited when the toothpaste was on sale for \$0.99 and used (4) \$1.00 off coupons to get four tubes of toothpaste for FREE. (In fact, I have never had to pay for toothpaste since I began couponing.)

Couponing can seem overwhelming to the beginner. That's why in coming weeks, I'll break down the couponing process into easy steps so you can get started on your way to extreme savings. By the end of the series, you will have a firm grasp on the fundamentals of couponing and will have established an impressive stockpile to boot.



Feeding Your Immune System

Amanda Hayden
Copy Editor

We are right in the middle of cold and flu season. Individual responses may vary.

According to Linus Pauling, a locally and world-known scientist, in his book "Vitamin C and the Common Cold," he claims that there is at least some relationship between cold/flu prevention and the consumption of vitamins. While it won't entirely prevent the contraction of these illnesses, a boosted immune system may be able to better fight them off.

Interestingly, people tend to consume fewer fresh fruits and vegetables during the winter, which is when it would be of more benefit to their immune system to consume more of these foods. Instead of using comfort foods as a winter dietary staple, we should consider what the body actually needs.

Where Pauling's research focused primarily on vitamin C, other vitamins and dietary choices have since been proven effective. These changes are important to make before getting sick, instead of having to combat an already-present illness, according to Lisa Hark, PhD, RD.

Some ideal food choices: Blueberries are high in dietary fiber, vitamins and anti-oxidants, which have been scientifically proven to increase longevity. All citrus fruits have the key ingredient of vitamin C, which Pauling endorsed. He did research on taking a megadose of vitamin C to determine whether it would have even more increased benefit. He determined that it, in fact, did not. Dr. Hark focuses on the idea that the actual food is more of a complete nutritional package than taking a dietary supplement. For example, an orange also has "magnesium, potassium, folate, vitamin B6, and antioxidant-rich flavonoids."

Salmon is high in protein and amino acids. The small bioactive protein molecules are helpful not only to keep brain function alive and well, but also to encourage joint cartilage, boost the effectiveness of insulin, and prevent inflammation of the digestive tract. Two servings of salmon per week have been shown to increase the presence of omega-3 fats in red blood cells, which works wonders to increase the function of every cell in the body.

Spinach has high nutritional value (especially when not over-cooked), including being rich in antioxidants, vitamins, iron and calcium. Not many plants can say they have as many benefits.

Next time you are making your shopping list, think of the produce department, before heading down the supplement aisle.

Best Items to Buy in January

National Diet Foods Month:
"New Year, New You" promotions will bring sales on diet foods, weight loss supplements, and vitamins.

National Fiber Focus Month:
High-fiber foods such as bread, cereal, fiber bars, and fiber supplements will be on sale.

National Meat Month:
Look for deals such as BOGO (Buy One, Get One) specials on poultry, sausages, and meat (especially beef).

Smoking Cessation:
Are you or a loved one trying to quit smoking? This is a prime opportunity to buy smoking cessation aids like nicotine gum and patches.

Winter Health:
Now is the best time to stock up on over-the-counter pain relievers, analgesic heat rubs like Bengay, and cold and flu medicines.

National Oatmeal Month:
Expect to see a big push for Quaker products including oatmeal, granola bars, snacks, and cereal.

Super Bowl Deals:
In preparation for the Super Bowl in February, towards the end of the month you'll see the following party fare on sale: chicken wings, chips and dip, cheese, cold cuts, condiments, crackers, snack foods, frozen pizza and appetizers, beer, soda, and Pepsi products.

Gamer's Log: Top 5 most anticipated games of 2012

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5. Twisted Metal: A game of vehicular combat and total absurdity.	It's been a while, Twisted Metal. Welcome back, I hope you don't wreck.	4. Tribes Ascend: Return of a great PC shooter, fast-paced and skill-based.	Can't wait to cross massive maps at 200 mph, only to hit a tree.	3. Borderlands 2: The sequel to a smash hit, 4-player RP-Shooter. Now with more guns!
What kind of shenanigans will the claptraps have for us this time on the planet of Pandora?	2. Kingdoms of Amalur Reckoning: Dynamic combat RPG.	Choose between stealth, magic, and brutal warrior. Or just become a jack of all trades.	1. Guild Wars 2: Active combat, personal stories, huge PvP and PvE battles. Not to mention the dynamic events.	Truly a new breed of MMO. Now I just need a computer worthy of playing it on.

Ponies Are Back with Mass Appeal

Steven Pryor

Contributing Writer

When the Hub was formed in 2010, it was a crowning achievement as a family network that had not been seen since the early days of Nickelodeon or Cartoon Network. Now, the Hub is one of the fastest-growing cable TV channels in the country.

It airs classic TV shows like "Happy Days," "Family Ties," and the Adam West version of "Batman," as well as new shows like "Transformers Prime" and "GI Joe Renegades."

While many classic TV shows have found new life on the Hub in both reruns and new series, one in particular has crossed the zeitgeist and found audiences of all kinds. That series is "My Little Pony: Friendship is Magic."

The show is a revival of the TV show from the 1980s. This version is created by Lauren Faust, an animator who worked on other cartoons like "The Powerpuff Girls" and "Dexter's Laboratory."

When Faust was given the chance to do her own show, she set out to make a series for everyone – not just for little girls, but for all children and their parents.

At first, I dismissed the idea of a female-



oriented franchise like "My Little Pony" having that type of appeal. As it turns out, there are all manner of older boys and men who enjoy the series, known as "Bronies."

I saw some clips on YouTube and got curious. One night, I decided to watch some of the full show. It began with the two-part "Friendship is

Magic" pilot. I thought that I would just be done with it, like my interest in editing Wikipedia.

Then, I ended up watching another episode. Then another, then another, then another, until I realized that I watched the better part of the first season and enjoyed it. As it turns out, I had become a "brony."

The ponies of this show feature many personality types and definable traits:

- Twilight Sparkle, a user of "magical science."
- Pinkie Pie, an eccentric pony who loves parties.
- Rainbow Dash, a tomboyish athlete.
- Applejack, a rural pony who takes very little guff from others.
- Fluttershy, a timid but caring pony who loves nature.
- Rarity, a pony who enjoys all things beautiful.

With these character types, there is a pony for just about everyone to relate to.

While there are life lessons abound in this show, Faust is very well aware of the older audience of the series. Many jokes reference classic films and older cartoons. A recent episode has even had ponies that are dead ringers for the central cast of "The Big Lebowski."

So, whether you're male or female, young or old, I strongly recommend "My Little Pony: Friendship is Magic" for viewing.

My Little Pony: Friendship is Magic airs Saturdays at 7 a.m. on the Hub. Full episodes available online at hubworld.com

Spielberg's "War Horse" is a Beauty

Kay M Roth

Contributing Writer

As far as movies go, "War Horse" is the full meal deal. Not only is the story worth telling, the acting is great, the cinematography is outstanding, the directing spot-on and the music is the icing on the cake of this epic movie. In other words, I loved it. It's one of those "don't miss this on the big screen" movies.

I don't normally even read movie reviews because I so often don't agree with the reviewer and miss some darn good movies. I couldn't resist reading Roger Ebert's though.

Ebert likened the closing scene to movies filmed decades ago. "This footage, with the rich colors and dramatic framing on what is either a sound-stage or intended to look like one, could come directly from a John Ford



Steven Spielberg's latest, "War Horse," starring Jeremy Irvine.

Western." Reading the glowing review, I knew I had to see this movie.

The film, which runs about two

hours and 20 minutes, was well worth having to return for a later seating, since the one I wanted to attend was

already sold out. Even forced into the second row because this seating was almost sold out didn't bother me at all. I was enthralled from start to finish.

"War Horse" is the story of Albert, portrayed by relative newcomer Jeremy Irvine, and Joey, portrayed by a number of horses including the one who played Seabiscuit. Set against the trials and skirmishes of World War I, the movie follows Joey, from his being sold by Albert's father to the battlefields of Europe.

Told in vignettes, we meet many other people and another horse who befriend Joey. The British officer who buys the horse promises Albert that he will take good care of Joey and he does until fate steps in. Two German brothers are the next to befriend the horse, followed by a loving grandfather and his ailing granddaughter. Even a German officer takes a quick liking to Joey,

encouraging him to escape a sure fate of death.

The film is full of beautiful scenery, touching moments, and heart-wrenching scenes all brought together by the swelling music of John Williams ("Star Wars," "Jaws," "Indiana Jones," "Schindler's List"). Williams' music enhances several of the scenes that have virtually no dialogue while reverting to the background as the story moves along.

Sometimes difficult to watch (there is one violent scene in particular that was quite bothersome), "War Horse" is filled with joy, laughter, tears, and a story that makes this film an experience for everyone who has ever enjoyed the emotions films sometimes bring.

War Horse
Rated: PG-13
Runtime: 2h. 20min.

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COMING ATTRACTIONS



Haywire
Rated: R | Genre: Action



Underworld: Awakening
Rated: R | Genre: Vampire, again



Red Tails
Rated: PG-13 | Genre: Historical

Sources: IMDb, Yahoo! Movies, Fandango.com