

SIMMAN HELPS

Technology is helping second-year nursing students explore and experience real life outside the hospital, avoiding that stressful atmosphere. With the use of a SimMan, LBCC nursing students were able to triage and diagnose a real life situation in the classroom.

“Reduced clinical risk and improved patient safety are at the heart of Southern Health’s decision to vertically integrate simulation training across the spectrum of health professional education,” according to Laerdal.com.

On Feb. 24 and 25, 48 students rotated through a clinical day on campus using the SimMan mannequin. Each simulation lasted 15-25 minutes. The students were given a general idea of the illnesses the “patient” might have and knew what meds would be available, but they did not know the exact circumstances of the illness.

“Simulations assess the student’s ability to think critically, problem solve, and use skills in a safe environment where their peers can talk to them and give feedback. It’s definitely a learning environment - without real life stress of an emergency situation,” said Stella McCauley, Occupational Health Specialist and Nursing Program faculty.

Teams consisted of three students, who together triaged the patient. The first student was the primary nurse in charge of the patient. Supporting the primary nurse, the second student aided in assessing the patient’s illness. The third student was in charge of charting the patient’s records and providing lab results.

Students were to respond to the SimMan as if it was a real patient. Their primary goal was to improve the care and health of the patient. By focusing on the critical illness, the nursing students were able to determine the type of illness and treat accordingly. The SimMan’s illness ranged from respiratory problems, heart conditions, complications due to diabetes, and infections from post surgical wounds.

“The goal is to improve the patient’s — SimMan’s — health,” said McCauley.

The simulation began with the students being briefed by the previous “nurse” on duty. From there, the nursing students were to triage the patient by doing

a basic assessment, comparing their results to those from previous assessments and lab results, then problem solving to improve the patient’s condition. After the simulation the students had a debrief with their classmates.

“Simulation makes it easy for us to engage our students. These days most of our students expect to have access to the technology and embrace it eagerly,” said Dr. Stuart Marshall, lead researcher for Laerdal.

To help guide students, a nursing instructor observes the simulation and can provide information, acting as a physician, physician’s assistant, respiratory therapist, or a member of a Rapid Response Team. This is designed to improve the communications between departments.

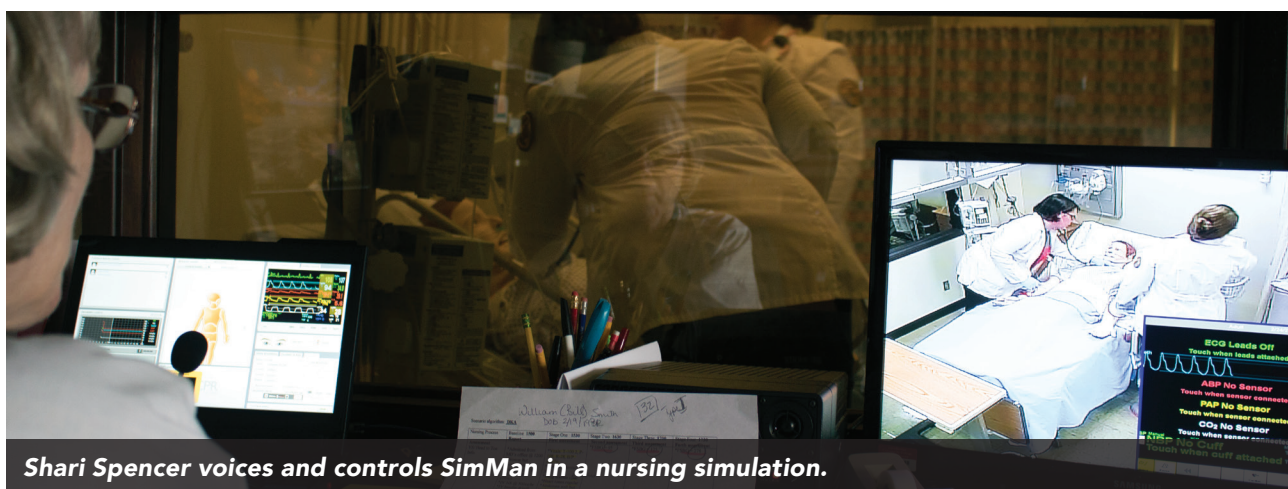
“[They] try to learn from their own experiences and learn to work together as a team - team building,” said McCauley.

SimMan can be programmed with various symptoms. The mannequin can blink and a pulse can be palpated. SimMan can also have medication and IVs started, but in this simulation they opted to act out these treatments to prevent damage to the mannequin. The scenario students faced on Monday afternoon was a diabetes patient who, after an appointment with his doctor, was admitted into the hospital due to a blood glucose reading over 600. The nursing students triaged the patient and proceeded with treatment.

“I interact with the students through the SimMan. I respond to questions as the patient,” said Shari Spencer, nursing instructor and the voice of SimMan. “I can watch the students through the one way mirror and control the monitors.”

LBCC nursing students hold weekly clinicals to practice the skills they learn in the classroom, both at the hospital and in real life simulations in the LBCC nursing labs. The on-campus clinicals and simulations allow the students to critique each other and gain guidance from nursing faculty while using their skills. 📹📍

STORY AND PHOTOS BY ELIZABETH MOTTNER



Shari Spencer voices and controls SimMan in a nursing simulation.

AND THE WINNER IS...

Two days of voting brought 165 students to voting booths to voice their choice for the next SLC President.

Getting 62 percent of the votes, LBCC students chose Adelaine Carter to be the next SLC President.

“I was surprised and really happy,” said Carter. “I was not sure what to expect. Jeff [Lehn] was a phenomenal candidate.”

Although shy of the 220 vote goal, getting a minimum of 63 votes was based off receiving 2.5 percent of the full-time student population to vote. If less than 63 votes, the election would have been void and the previous process of appointment would have taken place.

“It was really great we received 165 votes because we needed 63 to make the election valid, so we more than achieved that,” said Emily Browning, the current SLC vice president.

Most of the votes were placed on the first day of the Feb. 26-27 voting sessions. Carter’s running mate, Jeff Lehn, will automatically join Carter as the new SLC vice president.

“Students actually cared about the election. They read the letters from the candidates and debate summary before voting,” said Browning referring to the Commuter articles posted by voting booths.

The new president and vice president will take over office officially in the fifth week of Spring Term.

“I’m excited for it, just to see what the future holds,” said Lehn.

There will be a recognition ceremony during that fifth week held in the Commons Cafeteria in which both will be sworn in along with their newly appointed SLC members. It is a closed ceremony to the student body, and will be attended by family, friends and faculty.

To prepare for office, both Carter and Lehn will begin shadowing the current president, Amanda McCown, and Browning, during the first week of spring term.

“I’ve already went to a couple meetings with Amanda so I’m excited to jump into it,” said Carter. 📍

STORY BY ALLISON LAMPLUGH



COLLEGE KID CARE

Many adults these days dream about going back to school and getting a degree, but for some adults there's just one tiny thing standing beside them tugging on their shirt, and they suddenly have second thoughts.

Potential students begin to think about daycare, schedules, and like all college students with or without kids, money. Thankfully for parents, LBCC has the Periwinkle Child Development Center which is open every day of the week with times ranging from 7:30 a.m. to 5:30 p.m.

for infants or toddlers and 8:45 a.m. to 3:05 p.m. for 3-5 year olds.

The Periwinkle Center is partnered with Kidco Head Start and together they offer many services which include healthy and nutritious snacks, a strong bond with families, and even educational opportunities for any parent who attends LBCC. As if it couldn't get better than that, all these services are provided for free and any student parent can apply.

The Periwinkle Center is stocked with top-of-the-line staff who teach in separate

classrooms based on age groups. Melissa Myers, a full time student and mom of two boys said the Periwinkle school has helped her out tremendously.

"I love the staff and completely trust my son with them," said Myers. "He comes home everyday with a smile on his face gushing about the teachers and friends he has met."

The Periwinkle Center provides beneficial services to numerous families on campus, and though space is limited they always urge their applicants to keep applying. ♡

STORY BY **HANNAH HACKER**

KIDCO RAFFLE

Help Periwinkle Center raise money for T-shirts for the children from this year's classes. Each classroom will be drawing pictures, and the teachers will design a T-shirt unique to that classroom.

Kidco Head Start will hold a 50/50 raffle this spring as a fundraiser to support the Periwinkle Center, who wants to create and purchase T-shirts for their kids. The goal is to be able to hand out T-shirts to each child at the end of the school year.

The tickets will be \$1 each and will be available for purchase at the Periwinkle Center in the southwest corner of the Albany campus. Sales begin on Monday, Feb. 24 and will continue through April 3, when the drawing will be held at their April Family Night. ♡

KIDCO PRESS RELEASE

ENLIVEN HOLDS POKER

Poverty is an issue that plagues the nation. Enliven Foundation is fighting to give those in poverty a chance to better their lives for themselves and their families. Enliven Foundation is in the business of equipping and empowering parents to achieve personal and academic success by providing practical needs, academic guidance, and emotional support.

For college students who fall into the poverty category, it can be difficult to find support and financial help. Two programs are set up to help provide for these families: Supplemental Nutrition Assistance Program (SNAP) and Temporary Assistance to Needy Families (TANF).

The people who receive TANF have requirements put on them by the system which calls for them to attend 20+ hours a week on certain job searches or job preparation classes. A student taking a full

credit load and working a part time job does not have enough available hours in a day to meet the TANF requirements. They are kicked off of TANF, leaving them to use all their financial resources and remain in the same state of poverty.

In 2010, around 15 percent of Americans (46.2 million) lived in poverty. In the last half-century there has been a growing trend called "the feminization of poverty." Homes that are headed by single women make up over half of all poor families. There are over 23 million single mothers fighting to provide a better life for their children; mothers that are in the welfare system and trying to get governmental aid in their attempt to stay afloat during hard times.

Enliven's vision is to provide a home for these women and their children by purchasing a multi-unit complex that will be rent free while they are attending

college. It will also provide educational and emotional guidance while they earn their degree.

Enliven Foundation is hosting a Texas Hold'em poker tournament and 50/50 raffle to help pay for the legal fees to register as a non-profit organization. The tournament will be held on March 15 at the Lebanon Elks Lodge. Buy-in will be \$25. Spectators must pay a \$5 cover charge, and will be provided one slice of pizza and one soda. The Elks Lodge bar will also be serving drinks. Registration will begin at 6 p.m., and the tournament will begin at 7 p.m. Players can earn extra buy-in chips by pre-registering anytime at enlivenfoundation.org/poker. There you can learn more about Enliven Foundation's vision and goals. ♡

STORY BY **AMY SOUZA**

WOMEN IN AG

OSU Extension Service Small Farm program and Oregon Women for Agriculture will host a site in Corvallis for the 2014 Women in Agriculture Conference. The conference offers women in Oregon, Washington, and Idaho a unique opportunity to gather in 28 locations for a one day event featuring knowledgeable speakers, inspiring stories, practical advice for improving farm management skills, and networking with other women producers. The full-day conference will be held on Saturday, March 15.

"Women are uniquely tasked with the demands of both farm and family, which can make travel to one state location a challenge," said WSU Extension Director and chair of the conference Margaret Viebrock. "The format of this conference enables us to offer our headline speaker at all locations, while also tailoring the conference content for each region."

The 2014 event, "Change Happens: Make It An Opportunity," covers topics including farm business decision-making, using financial records to improve the bottom line, and problem solving for change.

This year's keynote speaker Heather Darby, a seventh generation owner of the 200-year-old Darby Farm in the Lake Champlain Islands near Alburgh, Vt., will share her strategies for success. Her 130-acre diversified farm produces a wide array of vegetables and fruits; includes a small apiary, CSA program, and farm stand; and operates a custom grazing service for local organic dairies.

Darby will discuss how change has been a constant in her operation, presenting her with a variety of opportunities related to financial issues, organizational management, employees, starting a family, and handling risk management issues related to weather, prices, and work-life balance.

This conference is designed for women who have been farming for years, as well as for new and aspiring farmers.

Registration is \$30, and includes the workshop, light breakfast, lunch, handouts and a book.

To learn more, view specific event locations, or to register, visit womeninag.wsu.edu, or contact Melissa at Melissa.Fery@oregonstate.edu or (541) 766-3553. ♡

OSU EXTENSION
PRESS RELEASE

SETTING THE STANDARD

The buzz of conversation rose and fell as more people flooded into The Upper Room Bar at the Corvallis Sports Park last Tuesday night. The beer started flowing and the lights dimmed as the topic of conversation was announced.

The panel of three took their seats to start the question and answer about the future of Unmanned Aircraft Systems (UAS).

The Federal Aviation Administration (FAA) announced in late Dec. 2013 that it has awarded six different contracts to proposals across the country designed to advance technology and develop and regulate unmanned aircraft systems. The University of Alaska proposal included Oregon as a site for testing and was one of the approved proposals listed by the FAA.

The proposal includes a research plan to develop a set of standards for unmanned aircraft categories, state monitoring, navigation and safety standards.

However, for Oregon, this includes testing sites in Pendleton, the Warm Springs Reservation, and the ocean off the coast of Tillamook. These are new testing sites that may not have the infrastructure set up yet.

"Warm springs doesn't have the facilities, but they are willing to build them so there is some opportunities to get the infrastructure there," said Joe Gibb, of Northwest UAV Propulsion Systems and Executive Director of AUVSI Cascade Chapter. "Other states who want to use our test zones will come up, set up satellite offices and centers."

"The whole goal is to create jobs and

develop Oregon technology; and help Oregon," said Brian Whiteside, of VDOS Global and Vice President of AUVSI Cascade Chapter.

As the information rolls in about these test sites, it is important to let other companies around the country know what we have to offer, according to Mitchell Gee, Business Oregon UAV liaison.

"The idea that companies will come from all over the nation — Joe was right. We really have to get out there and market. That is one of the things the state is working on right now," said Gee.

Not only will this provide an economic opportunity for businesses in Oregon, but also a chance to advance the UAS technology.

"Right now people are attaching anything they can find, whether it be a lawn mower or weed whacker engine to wings, and the FAA doesn't like that. They don't think that is a good idea," said Gibb. "So what we are doing in McMinnville is attempting to create a FAA mandated aircraft."

On the FAA news release about the contracts awarded, it states many different areas of criteria that need to be met to receive the contract. These included system safety and data gathering; aircraft certification; command and control link issues; control station layout and certification; ground and airborne sense-and-avoid; and environmental impact.

"There is a lot yet to be written," said Whiteside. "This gives everyone a chance to now create a platform that is certified and develop the technology further." ♡

STORY BY **PHILIP STEINER**

You don't need a leprechaun to find your pot of gold.

Advertise with
The Commuter
541.917.4452
commuterads@linbenton.edu

Commuter

f g+ t

LBCC Offering Two CNG Training Courses

From March 17-21, LBCC is offering two short automotive training courses for compressed natural gas (CNG) vehicles. These courses are for industry technicians looking to continue or expand their education.

Automotive technician training for Light Duty Vehicles, March 17-19, will cover shop safety; installation regulations; CNG concepts; differences between otto, diesel, and CNG combustion; as well as knowledge of components used in CNG vehicle systems.


Students taking the Light Duty Vehicles class will learn about lean-burn technology and how to calculate air-fuel ratios for the best vehicle performance, as well as basic diagnostic techniques, trouble codes, procedures for natural gas conversion, and how to operate the electronic control module.

Training for Fuel Systems Inspectors, March 20-21, will cover theory, equipment, safety, and good work practices, as well as knowledge of components used in CNG vehicle systems.

Students taking the Systems Inspectors class will learn how to recognize various failure models, perform required reporting procedures, and safely handle CNG fuel systems. This course will prepare students to take the CSA International Standardized Certification test to become certified CNG Fuel System Inspectors.

Both courses will meet each day from 8 a.m. to 5 p.m. at LBCC's Advanced Transportation Technology Center, 2000 West Oak St., in Lebanon. Tuition for the Light Duty Vehicles class is \$795, and tuition for the Systems Inspectors class is \$595. Students may register for both classes at a discounted \$1,095.

Training is provided through LBCC in partnership with the National Alternative Fuels Training Consortium.

For more information or to register, contact the LBCC automotive center at (541) 259-5801. 

AUTO TECH PRESS RELEASE

POETRY CORNER

"The Final Countdown"

Minds Spinning out of control
Cigars on a freezing day to keep our minds sharp
The coffee flows endlessly till the task is done
We strain in the late hours to write
Only to drain our brains the next day
Final 1 was ok
Final 2 are there yet
Final 3 oh yes
Dissipate all stress, oh not yet
One last smoke before we go for broke
Finish the coffee because it's sweet like toffee
Wait in our caves we call home for grades to drop, we pace the
halls our walls till the answer we want is heard ...
Word 3.0 GPA, induce natural sleep

By Kent Elliott

"To speak on behalf of those who can't"

There will come a time
When someone will come from my bloodline
When they won't have a camera
Or a pencil
Or a voice
All they'll have is all that we have
Memories and a choice

By Jacob Lilley

The Commuter encourages all our poetry writers to be open and express their creative freedom. If you would like to submit work for consideration,

please send an email with the subject line "Poetry" to the.lbcc.commuter@gmail.com

Smalltalk

climate change
is universal

but so is
human oppression

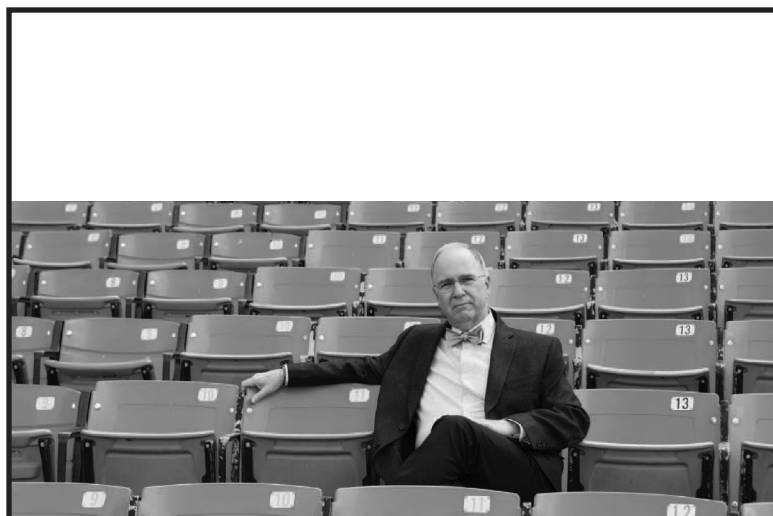
which one
do you talk about
more?

By Kiera Lynn

Psychosomatic

That is not dirt.
That speck is not
lint,
or dust,
or bit of rock -
it is a flea.
That is not a crumb,
or cracked pepper,
or indiscernible
kitchen crud -
it is a flea.
Don't tell me it's
eraser scraps,
or dandruff
(it's definitely not dandruff),
it might be flea shit,
but it's probably
a flea.

By Kiera Lynn



GET YOUR BILLION BACK AMERICASM

Last year American taxpayers left behind more than a **BILLION DOLLARS** thinking they could do their own taxes. That's \$500 on every seat, in every professional football stadium in America. Don't be a part of that billion dollar problem. H&R Block tax professionals will ensure you receive every credit and deduction you deserve.

IT'S YOUR MONEY. GET IT BACK WITH BLOCK.

CALL FOR AN APPOINTMENT TODAY.

Albany (541) 928-6432, 926-7206 & 704-0747
Corvallis (541) 753-2933, 757-2029 & 758-0488
Lebanon (541) 451-1204



HRBLOCK.COM

Each tax situation is different and not everyone will receive a refund. In a 2013 study of tax returns by people who did their own taxes, H&R Block tax professionals found that about 1 in 5 taxpayers was entitled to a larger refund or owed less money. OBTP# B13696 ©2013 HRB Tax Group, Inc.



DID YOU KNOW?

In preparation for the Sochi Winter Olympics Russia captured two Killer Whales for display, but instead transported them to an aquarium in Moscow after world-wide outrage.



TAKE THE NEXT STEP BACHELOR'S IN BUSINESS: ORGANIZATIONAL LEADERSHIP

- Finish in as little as 2 years with transfer credit
- Entirely online, Christ-centered classes
- iPad provided, pre-loaded with major Course material and text books

LEARN MORE 1-800-764-1383 OR
GO.CORBAN.EDU/LBCC



The Commuter Presents

Arts & Entertainment

PICKS OF THE WEEK

"Beyond Therapy"
Lab Theatre - OSU

MARCH 6-9

"Zappily Ever After"
Hult Center - Eugene

MARCH 8

"Angry Planet:
Volcanoes"
Russell Tripp Theater

MARCH 9

ALL THINGS IRISH

The Eugene Irish Cultural Festival begins with an evening concert on Friday, March 7 at the UO's Beall Concert Hall. The headliner group will be Mick Moloney, Michelle Mulcahy, and Dana Lyn. The Nettles will be the opening performing group. Tickets for this concert will be \$18 for adults and \$12 for children, students, and seniors. Tickets can be purchased in advance online at tickets.uoregon.edu, at the EMU ticket office, or by calling (541) 346-4363.

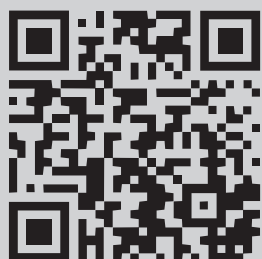
The day-long Eugene Irish Cultural Festival is Saturday, March 8 from 10:30 a.m. to 6:30 p.m., closing with a performance by The Nettles. The Festival is located at Sheldon High School in Eugene. Admission to the festival is \$15 for adults and \$10 for students and seniors. Children five and younger can get in free. Only cash and checks will be accepted for festival admission. For ticket and additional information, visit EugeneIrishFest.org.

There are 17 workshops this year covering Irish music, Irish dance, Irish crafts, Irish language, Genealogy, History and Rules of Hurling (the national sport of Ireland) and Irish Bogs.

There will be several Irish performances at the festival. The Eugene Highlanders, Murray Irish Dancers, Sheldon Choirs, Brian O'Hart, Harp Circle, Irish Stories, Three of Hearts, and Ceili Mhor will also perform during the festival.

Festival activities will include an Irish social dance with instruction, a hurling tournament, an Irish session, and family activities where people of all ages learn about Irish history and culture. 📍

EUGENE IRISH FEST
PRESS RELEASE



YouTube.com/LBCommuter

EXPLOSIONS COMING TO YOU

Angry Planet host Peter Rowe will present the film "Angry Planet: Volcanoes" Sunday, March 9 at 2 p.m. in the Russell Tripp Performance Center.

Explore the volcanic Crystal Cave in Mexico, one of Hawaii's newest volcanic islands Hunga Ha'apai, and volcanoes in Costa Rica, Congo, Vanuatu, Italy, and Indonesia; and hear the gripping stories of the people living beside them.

Rowe is a documentary and dramatic filmmaker specializing in themes of exploration and adventure. He has directed feature films and several television series,

including the 39-part series "Angry Planet" which airs in 35 countries around the world.

LBCC's "Travel at the Tripp" film series will host the filmmaker and experts from AAA Travel after the show for a question and answer session.

SafeHaven Humane Society will sell coffee, tea, and homemade baked goods during the show's intermission. Proceeds support SafeHaven Humane Society, Albany's non-profit animal shelter.

Ticket prices are \$8 regular, \$6.50 for students and seniors, and \$3 for attendees under 18. The film will be shown in the LBCC Russell Tripp Performance Center in

Takena Hall, 6500 Pacific Blvd. SW, Albany.

"Travel at the Tripp" is produced by LBCC Performing Arts and AAA Travel Services. For more information or to purchase tickets, contact the Russell Tripp Performance Center box office at (541) 917-4531. Online ticket sales available at linnbenton.edu/russelltripptheater.

For special needs and accommodations, contact the Office of Disability Services at (541) 917-4690 or via Oregon Relay TDD at (800) 735-2900 at least 72 hours in advance of this event. 📍

LBCC PRESS RELEASE

GTA V REVIEW

PUBLISHER: Rockstar Games
STARRING: Shawn Fonteno, Ned Luke, Steven Ogg
PLATFORMS: PlayStation 3, Xbox 360
GENRE: Action, Adventure, Comedy, Crime, Drama, Thriller
RATED: M
OVERALL RATING: ★★★★★

REVIEW BY STEVEN PRYOR

Even though the eighth generation of videogames is now upon us, there are many titles out now (and some not yet released) that prove that the seventh generation is going out with a bang. One such title that proves this is "Grand Theft Auto V."

The latest mainline installment in the controversial, but critically-acclaimed bestselling open-world console game series manages to improve on the conventional formula and add so much to the series, even with the bar being set very high with the previous entry: "Grand Theft Auto IV."

This time the story sees you take

control of three protagonists, all part of one larger storyline; in the vein of films such as "Pulp Fiction." They are: Franklin, a young gangster who wants more in life; Michael, a former career criminal in witness protection who goes back into his old ways after finding civilian life boring; and Trevor, an unhinged ticking time bomb who takes great glee in killing anyone who crosses him. Each character has their own unique skills, tastes, and missions to play through.

The setting is a newly revamped Los Santos: a stand-in for Los Angeles previously seen in "Grand Theft Auto: San Andreas." The expansiveness and attention to detail in the world has so much to see and do even when not on a mission. In my many hours logged into the game; I have often gotten lost in some of the more remote areas. The vehicles in particular are some of the most elaborately-designed I have seen in any video game. There are movie theaters with actual short films made just for the game; and the mockeries of real-world TV shows and websites have returned in full-force.

Large sections of the plot are based around a Facebook parody known as Life Invader (skewering the site's notably lofty decisions about user privacy); and the TV shows mock both sides of our very messed-up political climate as well as nearly every aspect of pop culture (a notable new entry is a "Power Rangers" parody mocking differing attitudes toward sex and violence in media, called "Kung Fu Rainbow Laser Force").

The control remains smooth; but the series has always been one that is easy to pick up, and tough to master. The driving physics have been revamped so much that even veteran players may want to putter around a bit before taking part in some of the later missions. While the shooting controls have largely remained the same from "Grand Theft Auto IV," practicing your aim is not only suggested, but highly recommended for more intense firefights. The heist that opens the game gives you a good taste of what you're in for during the rest of your stay in Los Santos.

The game has set new records in sales, having sold nearly 27 million copies since launching this past October; and garnering many Game of the Year awards from publications. I highly recommend "Grand Theft Auto V" for both old and new fans of the franchise. 📍



THIS WEEK IN SPORTS



OREGON STATE™ BASEBALL



The Beavers are off and running again. The OSU baseball team completed their first home series against Wright State which began Friday, Feb. 28 and ended Sunday, March 2.

This was the eleventh straight year that the Beavers have won their first home game of the season and they did it with authority. The Beavers won 7-0 behind right fielder Dylan Davis' four RBI's. Returning star pitcher Andrew Moore allowed just two hits in his first game back to Goss Stadium.

OSU continued the series going 1-1 in the doubleheader Saturday. Game one went in favor of the Beavs. It looked to be another blowout until Wright State rallied briefly in the top of the ninth scoring three runs, but couldn't get enough to force the second half of the inning. Beavers won 6-4. The second of the two games didn't turn out so well. The Beavers were only able to score two runs and they both came in the second inning. Wright State won their only game of the series 6-2, but the Beavers would finish off in style.

The finale of the four game series was tied 1-1 heading into the bottom of the fifth inning, and then the Beavers showed Wright State why they are ranked fifth in the country. Twelve runs were scored in the next three innings with two back-to-back five run innings in the sixth and seventh. Beavers would go on to win 13-2. Sophomore pitcher Ben Wetzler made his first start of the year. He allowed just four hits and only one run in 7.2 innings pitched, picking up right where he left off last year.

Next up at Goss Stadium will be the Huskies from Northern Illinois University. The Huskies have just one win in their first nine games of the season, so look for the Beavers to handle business. It will be another four game series with one game Friday, March 7, another doubleheader on Saturday, March 8, and the final game Sunday, March 9.

Pay close attention to freshman shortstop Trevor Morrison as the season progresses. Morrison is batting .304 and leads the team in runs scored he is second on the team in hits this season. 📍



Are you tired of sitting in classes all term, especially during the beautiful spring days?

Well then get active next term by signing up for one of these PE classes and take a class OUTSIDE for a change.

Class	Instructor
PE180G Advanced Volleyball: Womens	J. Frazier
PE190H Advanced Basketball	R. Falk
PE180F Bowling	H. Renouf
PE185GS Soccer	T. Guerra
PE 185M Beginner/intermediate Golf	STAFF
PE 185U Sand Volleyball	J. Frazier
PE185V Ultimate Frisbee	T. Guerra
PE185A Circuit Weight Training	C. Falk

STORY BY COOPER PAWSON

BEAVERS BASEBALL SCHEDULE

Date:	Who:	Time:	Where:
Friday March 7	Northern Illinois	5:05 p.m.	Corvallis: Goss Stadium
Saturday March 8	Northern Illinois	Game 1: 12:35 p.m. Game 2: 3:00 p.m.	Corvallis: Goss Stadium
Sunday March 9	Northern Illinois	1:05 p.m.	Corvallis: Goss Stadium
Tuesday March 11	Ohio State	5:35 p.m.	Corvallis: Goss Stadium

TRAVEL at the Tripp FILM SERIES

ANGRY PLANETS: VOLCANOES

All LBCC students and staff are FREE with ID!

Sunday, March 9 • 2 - 4 p.m.



Angry Planet host Peter Rowe explores the intense beauty and danger of active volcanoes in Costa Rica, Mexico, Congo, Vanuatu, Italy, Hawaii & Indonesia, & the gripping stories of its people.

Russell Tripp Performance Center

Linn-Benton COMMUNITY COLLEGE PERFORMING ARTS DEPARTMENT

\$8 adult, \$6.50 senior and students, \$3 under 18

ONLINE: www.linnbenton.edu/russelltripptheater

BOX OFFICE: 1-4 p.m., Wed-Fri week of performance

PHONE: 541-917-4531, or at the door



www.linnbenton.edu/russelltripptheater • 541-917-4531



Looking for your lucky charm?

Advertise with The Commuter!

541.917.4452
commuterads@linnbenton.edu
<http://lbcommuter.com/advertising>



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, OR 97321. Phone 541-917-4690 or via Oregon Telecommunications Relay TTD at 1-800-735-2900 or 1-800-735-1232. Contact should be made 72 hours or more in advance of the event. LBCC is an equal opportunity employer & educator.



First 25 LBCC students are FREE!

Winter Light!

Thursday, March 13 • 7:30 p.m.

Featuring Linn-Benton Community College
Concert Choir • Re-Choired Element Chamber Choir
Musical Theater/Opera Workshop
A cappella groups: Blue Light Special • The Sirens

James M. Reddan, Conductor • Penny Bazanele, Accompanist

Russell Tripp Performance Center

Linn-Benton COMMUNITY COLLEGE PERFORMING ARTS DEPARTMENT

\$10 Adults • \$7 Seniors & Students • \$5 under 18 (with adult)

ONLINE: www.linnbenton.edu/russelltripptheater

BOX OFFICE: Mon-Fri, 1-4 p.m., concert week only and one hour before performance.

www.linnbenton.edu/russelltripptheater • 541-917-4531

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, OR 97321. Phone 541-917-4690 or via Oregon Telecommunications Relay TTD at 1-800-735-2900 or 1-800-735-1232. Contact should be made 72 hours or more in advance of the event. LBCC is an equal opportunity employer & educator.

The LBCC Commuter Presents: The Willamette Valley 2014



Let your voice be heard!

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

Best Of 2014 Survey

Please turn this in to The Commuter office [room F222] by April 9th to be entered to win!

Best Pizza:

Please choose only one.

- Ciddici's
- Pizza King
- PizzAmoré
- American Dream Pizza
- Woodstock's Pizza Parlor
- Cirello's Pizza
- Other (specify): _____

Best International Food:

Please choose only one.

- Momiji
- Ginza
- Taki Teriyaki
- Rigoberto's
- Los Dos Amigos
- Novak's
- Nirvana
- Other (specify): _____

Best Burgers:

Please choose only one.

- Hasty Freez
- The First Burger
- King Kone
- Other (specify): _____

Best Veg./Vegan Food:

Please choose only one.

- Nearly Normals Gonzo Cuisine
- Laughing Planet Cafe
- Café Yumm!
- First Alternative Co-op
- Other (specify): _____

Best Sandwiches:

Please choose only one.

- No Baloney
- Big Town Hero
- Sidekicks
- Other (specify): _____

Best Breakfast Spot:

Please choose only one.

- Sunny Side Up Café
- Broken Yolk
- Original Breakfast
- CD & J's
- Other (specify): _____

Best Local Coffee Spot:

Please choose only one.

- The Beanery
- Coffee Culture
- Coffee Spot
- Human Bean
- Other (specify): _____

Best Local Spot to take a Date:

Please choose only one.

- Tadena Landing
- Timber Linn Park
- Sybaris Bistro
- Corvallis Water Front
- Other (specify): _____

Best Local Brewery:

Please choose only one.

- Calapooia Brewing Co
- 2 Towns Cider House
- Block 15
- Flat Tail
- McMenamins
- Other (specify): _____

Best Local Barber Shop:

Please choose only one.

- Walkers
- Pizazz
- Dave Lynch's
- Mel's
- Other (specify): _____

Best Bike/Bike Repair Shop:

Please choose only one.

- Cyclone
- Downtube Bicycle Works
- CK Cycles
- Bike & Hike
- Corvallis Cyclery
- Peak Sports
- Other (specify): _____

Best Local Place With Live Music:

Please choose only one.

- Calapooia Brewing Co.
- Rhythm & Brews
- Imagine Coffee
- The Peacock
- Other (specify): _____

Best Places for Outdoor Activities:

Please choose only one.

- Mary's Peak
- McDowell Creek
- Peavy Arboretum
- Bald Hill
- Other (specify): _____

Best Local Salon or Spa:

Please choose only one.

- Blush Salon
- Marrakesh
- The Retreat Day Spa & Salon
- Epic Day
- Other (specify): _____

Best Local Tanning Place:

Please choose only one.

- Pacific Bronze & Bliss
- Escape Tanning
- Rasta Tan
- Other (specify): _____

Best Local Game/Card Shop:

Please choose only one.

- Matt's Cavalcade of Comics
- Wicked Comics & Collectibles
- Game Exchange
- Pegasus Games
- Other (specify): _____

Your Email: _____

Did You Know:
That you can take this survey online and still be eligible to win prizes?
Visit lbcommuter.com for more info or just scan here.



5TH ANNUAL UNITY CELEBRATION

Decked out with roof lights and sophisticated food arranged on the white cloth and joined by an audience in button-down shirts and dresses, LBCC's Diversity and Achievement Center was turned into a formal award-presenting locale.

On Wednesday, Feb. 26, the DAC held the 5th Annual Unity Celebration. The celebration included the establishment of the Gary Westford Community Connection Award. It also featured the presentation of the Analee Fuentes Award and poetry performances.

After a quick intro given by Javier Cervantes, director of Diversity and Community Engagement, he invited Dana Emerson to open the ceremony by introducing the Gary Westford Community Connection Award.

"About everywhere you go on campus, it has Gary's work in it," said Emerson, who teaches communication courses at LBCC. "He doesn't give because he has to, he gave because he wants to."

Emerson then listed some outstanding art projects Westford has done at LBCC, such as the art displays in North Santiam Hall and other buildings.

The Westford Community Connection Award was established not only for his contribution and effort to our community, but also to inspire others in achieving more diverse and creative community connections.

"One good thing about being old is that I'm here to see changes," joked Westford, a retired Art faculty member. He encouraged students in the audience, "You are in great hands at LBCC."

The second award was The Analee Fuentes Award. It was established in 2013, and honors students, staff, and faculty who have supported and dedicated their efforts to diversity and social justice.

This year, Jordan Hagle, president of the Gay Straight Alliance won the student award. Christine Baker, who works with international students at the Admission and Registration office, won the

staff award. And the faculty award honored Fred Stuewe and Dean Dowless, who teach welding and fabrication.

A group photo was taken with all the nominees, and Baker finally let the tears go from her watery eyes.

Baker held the award in front of her chest and wiped the tears. "I still can't believe this just happened," she said. "I can't believe they picked me."

In addition to the awards, Tim Black and the LBCC Poetry Club drew the audiences into their poetry performances.

Black, a communication professor and adviser for the Gay Straight Alliance at LBCC, interpreted diversity and social justice through his poems. His powerful delivery included words such as "negro" and references to sex. Black worried about the strong language used at such a formal event. However, Cervantes was very open and responded, "Any language is appropriate."

Six student members from the LBCC Poetry Club recited a series of poems about the blues. In order, each individual read a poem, followed by guitar music. The club members transformed their poetry into a mini concert. ♪



Students from the Poetry Club gathered before the unity celebration.

STORY AND PHOTOS BY
YULING ZHOU



Tim Black recites his poems.



Gary Westford gave a talk during the Unity Celebration.

Study Jam

Study

March 15 & 16 10 a.m. - 5 p.m.
Albany Learning Center & Library
Math Angle 12 p.m. - 4 p.m.

March 16 10 a.m. - 4 p.m.
Benton Center

March 15 10 a.m. - 4 p.m.
Lebanon

Free Food & Drinks

PERSONS HAVING QUESTIONS ABOUT OR REQUESTS FOR SPECIAL NEEDS AND ACCOMMODATIONS SHOULD CONTACT THE DISABILITY COORDINATOR AT LINN-BENTON COMMUNITY COLLEGE, RGH-106, 6600 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. LBCC IS AN EQUAL OPPORTUNITY EDUCATOR AND EMPLOYER.

SECURITY MORE THAN MEETS THE EYE

Students on the LBCC campus may only know about security from what meets the eye. But the nine men and women that patrol campus do much more than what is on the surface.

The Safety and Security Department located in the Red Cedar Hall works 24/7 to keep students, staff, and visitors safe. Duties go beyond tasks that have been known to annoy students, such as writing tickets in the parking lot and enforcing designated smoking areas.

All of the officers working on campus are certified by the Department of Public Safety Standard and Training. Each has passed a full background check, including fingerprinting and drug testing prior to certification.

Officers are trained and certified in CPR and first aid, so they can act as a first response to any medical calls on campus. They work very closely with the Albany Police Department to ensure disruption or intruder calls are responded to quickly and efficiently.

The security officers are educated on administration and campus rules, attending monthly team meetings to discuss any issues or topics to be aware of. They also attend monthly meetings with the safety

committee to ensure they are enforcing and following OSHA requirements.

LBCC is part of the Threat Assessment Team which is a board of members invited to join based off individual skill sets they can bring to the table. Members consist of: Linn County mental health representatives; Albany, Corvallis, and Lebanon Police Department representatives; and LBCC faculty and staff. Their joint goal is to educate on how to identify, assess, and plan a course of action for potential threats on campus.

"The whole point of us being here is to keep it safe to study and to work," said Marcene Olson the Director of Safety and Loss Prevention.

Most of the campus rules of conduct enforced by the department are dictated by the requirements of the Department of Education. According to Olson, LBCC complies with all federal and state regulations and undergoes annual audits. Failure to comply with any section of the audit can result in a \$34,500 fine per violation.

"We try really hard to reach all requirements because we don't have that kind of money and fines like that would drive the cost of education up."

Duties of the department include but are not limited to: escorts to the parking lot, responding to suspicious activity, natural disasters, collection of hazardous materials, and managing insurance claims.

The department is responsible for updating all safety protocols on the website. One of the requirements in which LBCC complies is to post a public record of crime on campus via an annual crime report. Olson says that some weeks are better than others when it comes to incidents on campus.

"It varies, sometimes we might have 10 events in a week and sometimes we have two."

Olson asks that students on campus be active bystanders and report anything that makes students uncomfortable or threatened. There is a 24-hour number to reach an officer after business hours.

"We encourage people to report things they see and hear."

Keeping the safety department informed allows them to better focus their efforts to improve the safety culture on campus. 📍

STORY BY
ALLISON LAMPLUGH



CORRECTION

The Commuter would like to make a correction regarding the article "Park Backwards, Get Fined" in our 18th edition on Feb. 19. In the pictures that were used with the article, the security vehicle that was pictured had broken down. The vehicle had to be pushed, in the snow, into the parking spot. Given the weather and vehicle conditions, the vehicle was not able to be parked in a forward position or within the lines of the parking spot.

The Commuter apologizes to LBCC Public Safety office and staff for any embarrassment created from the use of the pictures of their vehicle. We did not verify the background of the photos before we ran them.

Sincerely,
Elizabeth Mottner and Tejo Pack
Co-Editors-in-Chief

ADVICE FROM WEISS

Question: When do I register?

Answer: This week. Registration is available to all admitted students sometime this week, so many students have already chosen classes. To know the exact time and day you can begin registering, click "Check Your Registration Status" in the Student section of your WebRunner account.

If you don't know how to access your WebRunner account you can go to the help desk in the library, or stop by the student help center in Takena Hall.

Question: I'm having trouble dealing with Financial Aid. They say they've been emailing me, but I haven't seen any emails. It's my first time at this college, and I don't want things messed up.

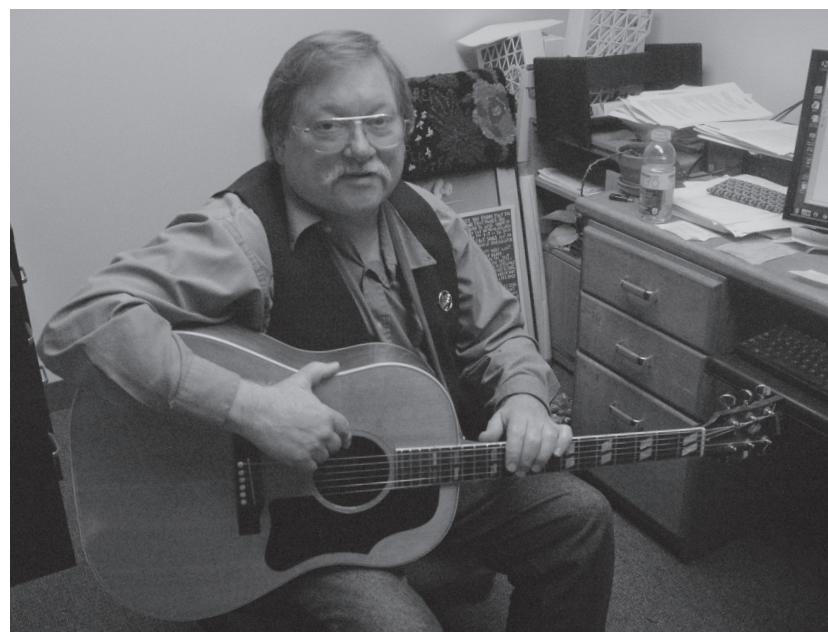
Answer: And they probably have been emailing you. I'm going to make a guess that you don't know you have

a student email account, besides your personal email account.

The college generates a gmail account for all students, and we send all information from Financial Aid, Admissions, Registration, etc., to that account.

One of the big keys to success at our college is to have your student email connected to your personal email, then you will see all your messages in your regular email. You can get this done by stopping by the help desk in the library or at the student help center in Takena Hall.

Mark Weiss



Hot Jobs!! Hot Jobs!! Hot Jobs!!

28 Jobs Posted on Career Connections in one week!!
Here are just a few...

EDUCATION MAJORS - Learning & Enrichment Instructor (#167), Basic Skills/GED Teacher (#163), Preschool Teacher (#158), Wobbler Teacher (#159), Camp Skills Instructor (#155).

Search listings using Keywords: Machinist, Mechanic, Draftsman, Engineer, Manager, Agriculture or other emphasis.

To apply for these jobs, visit Career Connections at www.linnbenton.edu/career-connections



DID YOU KNOW?

There is a family home in Northern Italy that has narrowly missed being crushed by a giant landslide-boosted boulder on three separate occasions: once with the boulder stopping only feet from the house. The family has no plans on moving.

VEHICLES WANTED

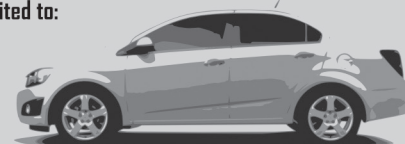
LIMITED TIME OFFER

WHAT WE NEED:

The LBCC Automotive Department is looking for cars and light trucks model year 2000 through 2014 that have known heating or cooling issues which need to be diagnosed and repaired.

These issues include but are not limited to:

- + Overheating
- + Overcooling
- + Poor Heater Performance
- + Coolant Leaks
- + And other cooling system related issues



Note: other vehicles may be considered on a case-by-case basis.

WHAT WE OFFER:

At the LBCC Automotive Department, all the repairs done on your vehicle will be performed by students under the supervision and guidance of their professors. To that end, all labor is computed into a nominal fee to cover our consumables and all of the parts used in the repair are charged at only 10% over cost.

IF INTERESTED, CONTACT:

Steve Fiorito
541.917.4999 Ext. 4595
steve.fiorito@linnbenton.edu
2000 W. Oak Drive
Lebanon, Oregon



LIBERALLY LENIENT

Sanctions before military action

It has been a little over a week since the official ending of the Winter Olympics, and it appears that Russia is not ready to relinquish the spotlight just yet.

Over the weekend Vladimir Putin decided it was time to finally make good on his promises of a united Russia, by invading Ukraine's self-governing republic of Crimea.

Historically unification through totalitarianism has been short lived, a fact that Putin is obviously choosing to ignore. Instead he has decided to go sledging, claiming that what he is doing is in the best interest of Russian speaking people.

According to the New York Times Putin says he "reserves the right to use all means at our disposal" to protect this "endangered" group. It is unlikely that there ever was a real threat to Russian speakers of Ukraine; but what is known, undoubtedly, is when it comes to invading Ukraine, Russia has no right.

Since 1991 and the Act of Declaration of Independence of Ukraine, Russia has had no say in what Ukrainians do. Ukraine is independent of Russia, a fact that was (and is) recognized by 68 countries.

All this is to say, invading a sovereign state based on a supposed protection of language is an idea brimming with feces.

As usual when a country does something reeking of excrement, the world police (aka America) are on the case. Don't get me wrong - America is a country founded on independence, and we all have strong feelings on protecting that ideal here and abroad; but it is irritating when people's first reaction is to put boots on the ground.

"Regardless of the niceties he uses in his language, what we are seeing is completely reminiscent of Afghanistan. The ideas of re-conquering in the name of mother Russia feels all too familiar."

Sen. John McCain and Sen. Lindsey Graham within a couple days were already calling for such action, an idea that is without reason.

Foreign policy typically begins with sanctions, and this seems to be the preferable route. Colin Powell once said, "War should be the politics of last resort." That statement seems to carry with it a level of concern not shared by some in the Republican Party.

As stated by Charles King when talking about future action in an opinion piece for the New York Times, "First, the European Union, the United States, and Russia must all agree that the principal goal is to prevent greater violence." To this point violence between the militaries of Russia and Ukraine has been null. As long as this continues to be true - and Russia stays put and leaves the rest of Ukraine alone - military force is completely extreme and most definitely unwanted.

"Obama cannot and will not confront Russia militarily — not in the nuclear age," says Nicholas Burns, a global correspondent for the Boston Globe. I tend to agree. It is one thing as a unified collective to sanction and isolate Russia for their unjustified invasion. It is completely another to go to war with them because of it.

It is our responsibility as a world power to ease into such a delicate situation. Russia has chosen accelerated action, and it would behoove us to resist the inclination to do the same.

Obama seems to be taking the positive and progressive road by sending John Kerry over with a promise of a billion dollars in aid to Ukraine, and by boycotting the G-8 that was scheduled to take place in Russia. He has also spoken of reprisal, something that if Putin keeps on his current course, could become the next reality.

Putin is unwilling to remove military action from the table, and it is this stance that will continue sanctioning. He has attempted to make the invasion sound like a peaceful situation and the west's reaction as ridiculous.

Regardless of the niceties he uses in his language, what we are seeing is completely reminiscent of Afghanistan. The ideas of re-conquering in the name of mother Russia feels all too familiar. Perhaps it is this similarity of situations that is driving some to quicker action, but we must remain vigilant.

In the past we as a country have responded to situations by being brash. No one Republican or Democrat can deny that this has come back to bite us in the ass. We now have the opportunity to turn around perceptions of our home on a global scale and instill a new sense of pride to its people.

A famous idiom referring to handling things carefully says we should use kid gloves. It's ironic because the way in which we handle this situation may also involve kids. Kids who will be affected long after we're gone — our own. ♡



COLUMN BY
TEJO PACK

CONSERVATIVE CORNER

The World's Policeman



COLUMN BY
DALE HUMMEL

Since the beginning of our country we have prided ourselves in the fact that we, as Americans, are free and have been blessed with God-given rights including life, liberty, and the pursuit of happiness. Our constitution guarantees this. The United States was the first country in modern history to exercise our form of government successfully. Democracy is a wonderful thing, but unfortunately it is not for everyone. Some governments may have a modified form of democracy or none at all. One of the biggest problems our elected officials and leaders face is to have the wisdom of knowing when to help out in another country's problems and when to keep to ourselves.

In cases like the attack by the Japanese on Pearl Harbor and the terrorist attacks on 9/11 the choice seemed just and right. Defending American soil and the defense of American lives is always important and a worthy reason for our country to activate America's armed forces. Unfortunately, our reasons for going to war or to have our military participate in "police actions" may not always be as worthy and just as some of us would like it to be.

World War I and II both seemed like worthy causes for the United States to be involved with. The Korean Conflict and the Vietnam War had different reasons for fighting. During WWII Americans fought against Hitler's army and the Japanese Empire. However, in Korea and Vietnam it wasn't that simple. After WWII we began a new kind of conflict known as the Cold War. It was not necessarily a war of bombs and bullets, although munitions were definitely used. It was mainly a war of democracy vs. communism, socialism vs. capitalism, and them vs. us. It began a war of conspiracy, paranoia, accusations, and fear. I joined the U.S. Army in 1986, and we were always preparing to do battle against the communistic forces of the Soviet Union. However, with the fall of the Berlin Wall it was thought that communism may also have fallen. Now, of course, our military of today had a new enemy to prepare for: terrorists and terrorist cells.

"Even though Osama Bin Laden is no longer on this Earth, in the long run he and his network of terrorists have won the battle of the mind. It appears now, unfortunately, that communism may be once again rearing its ugly head."

The war against terrorists and terrorism is one of those wars that is fought both in the battle field of the Middle East and in our own backyard. Because of 9/11, we are threatened by inspections, searches, and sometimes improper "pat-downs" in search of devices that could be used to turn a plane into a missile. Even though Osama Bin Laden is no longer on this Earth, in the long run he and his network of terrorists have won the battle of the mind. It appears now, unfortunately, that communism may be once again rearing its ugly head.

When the Iron Curtain fell some of its states broke away from the Soviet Union to create their own governments. Some did well; some weren't so fortunate and suffered with corrupt governments and protests for years. Ukraine is one of these countries struggling to establish a government that will make all of its residents happy. It is becoming quite a challenge. Ukrainian elections have been suffering from various degrees of malpractice for the last few years according to independent.co.uk. The website went on to say that the elections "were marked by the abuse of state resources, lack of transparency of campaign and party financing, and the lack of balanced media coverage."

Last Sunday, the Russian Army moved in and took control of a badly out-numbered military base at Perevalne. No shots were fired and nbcnews.com said that the Ukrainian soldiers were feeling overwhelmed with sheer numbers, rocket propelled grenades at the ready, and the fact that many of the people in the area are pro-Russian. The Ukrainians just laid down their weapons.

Is America going to help Ukrainian President Viktor F. Yanukovich fight the Russians? That is something we will find out. Like with Syria, I believe the last thing we need to do is help another country fight a civil war. With the national debt over \$17 trillion and growing, the cutbacks in our military going to pre-WWII levels, and the decline of the quality of our military personnel, the last thing we need is to engage in more wars we can't win or afford.

I have no problem with our military fighting a just and moral battle for freedom and democracy. However, we have been fighting long enough. It's time we pulled back, regrouped, licked our wounds, and took care of our own. Isn't it about time we stopped being the world's police and kept our noses to ourselves this time? We have enough troubles of our own to deal with. Let's deal with them. ♡

Please send opinions and responses to:

The Commuter
Room F-222
6500 Pacific Blvd. SW
Albany, OR 97321

Editor-in-Chief:
commuter@linnbenton.edu

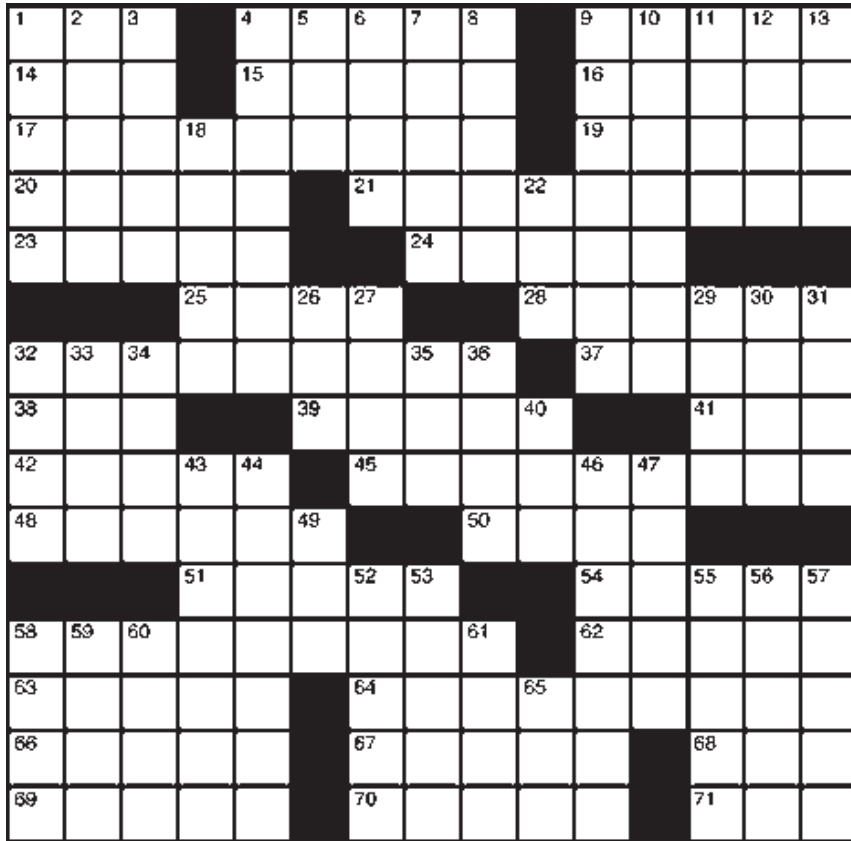
Opinions expressed in The Commuter do not necessarily reflect those of the administration, faculty and students of LBCC. Editorials reflect the opinions of the authors.

The Commuter encourages all students, staff, faculty and administration to be engaged in conversations and discussions on current topics.

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

- ACROSS**
- 1 Big bird of myth
 - 4 Spiny desert plants
 - 9 Bathysphere's domain
 - 14 Thurman of "Batman & Robin"
 - 15 Underway
 - 16 Like one in the sulks
 - 17 Shows off one's connections
 - 19 What the truth sometimes does
 - 20 When repeated, soothing words
 - 21 Top of the charts
 - 23 Tanning site
 - 24 Strips off
 - 25 "Buzz off!"
 - 28 Next-generation relatives
 - 32 Modernized pre-1949 auto
 - 37 Hold dear
 - 38 Stat for Mariano Rivera
 - 39 No-no
 - 41 Tell a whopper
 - 42 Mag with relationship quizzes
 - 45 Metropolitan distance unit
 - 48 Way up or down
 - 50 Do in, as a dragon
 - 51 Wild Australian dog
 - 54 Pub order
 - 58 Aptly named Nevada border community known for its casinos
 - 62 Powerful explosive, familiarly
 - 63 Three-time Tony winner Uta
 - 64 Lunchbox sandwich protector
 - 66 Eyeball-bending pictures
 - 67 Somewhat wet
 - 68 Physician's org.
 - 69 Wavy dos
 - 70 At exactly the right time
 - 71 Agreeable response



By Clive Probert

03/5/14

- DOWN**
- 1 Littlers' littlest

- 2 Nebraska city on the Missouri
- 3 Caravan beast
- 4 Rhythmic flow
- 5 Congo's cont.
- 6 Ring-tailed critter, to Crockett
- 7 Refill to the brim
- 8 "Who's there?" response
- 9 Hamlet's love
- 10 Flowed swiftly
- 11 Cyprus currency
- 12 "To whom it actually does concern" letters
- 13 Wall St. institution
- 18 Uneven, as a leaf's edge
- 22 "Big" London attraction
- 26 ABA dues payer
- 27 Gillette's ___ II razor
- 29 Wyo. neighbor
- 30 Idle of Monty Python
- 31 Hide's partner
- 32 "In a few ___"
- 33 Equine gait
- 34 Tabula ___: blank slate
- 35 Japanese sash
- 36 Two lowercase letters have them

Last Week's Puzzle Solved

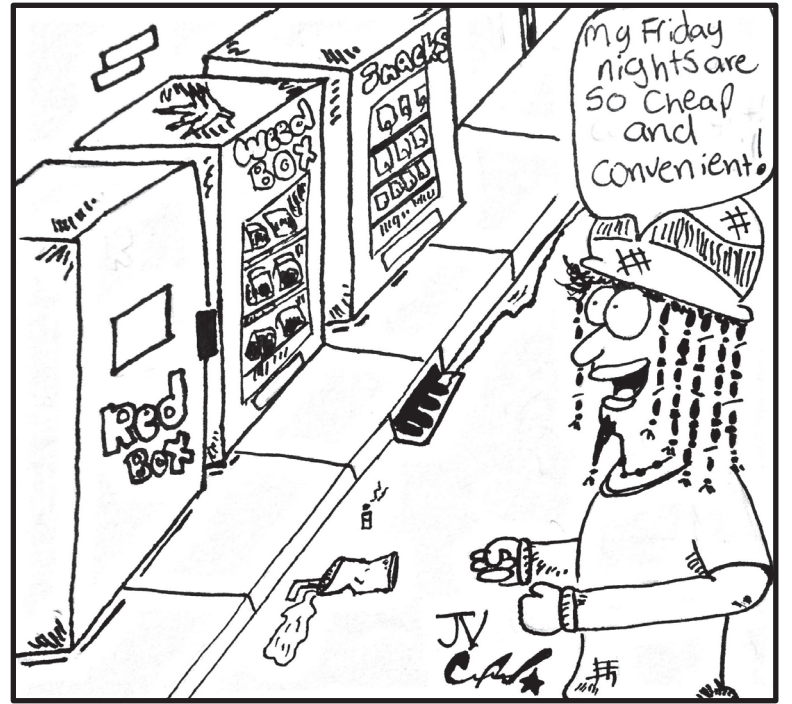
H	U	M	P		A	L	E	C	K		A	S	A	P		
O	R	E	O		C	A	D	R	E		T	E	R	I		
F	A	S	T		D	I	G	I	N		R	E	N	T		
F	L	A	T		S	C	R	E	E	N		I	D	E		
A	S	S	E	T				S	E	R						
					R	U	M	B	A		L	E	M	O	N	S
H	E	H	S		O	U	C	H		A	S	N	O	T		
A	D	O			B	E	D	H	E	A	D		E	R	A	
R	I	T	Z		S	E	A	L		C	Y	A	N			
D	E	P	A	R	T		D	R	A	W	L					
					E	N	D	U	P			C	U	S	P	S
H	O	P	I		S	E	A	B	I	S	C	U	I	T		
A	L	P	E		H	A	R	E	S		K	E	P	I		
L	I	E	S		I	R	E	N	E		E	D	E	N		
F	O	R	T		E	L	A	T	E		D	E	S	K		

(c)2013 Tribune Content Agency, LLC 02/26/14

- 40 Olive ___
- 43 Heavily weighted exam
- 44 Points in the right direction
- 46 It's unpleasant when things end on one
- 47 Like some poetry
- 49 NBC show that launched many comics' careers
- 52 Doodad
- 53 French ___ soup
- 55 Held in check
- 56 Picture holder
- 57 Frat party wear
- 58 Look for bargains
- 59 Weak-ankle support
- 60 Ice cream thickener
- 61 Spectacular
- 65 Baton Rouge sch.

ADVENTURES OF
R.J. AND JAMES

"The Future of the Oregon Medical Marijuana Program"



CREATED BY:
JAKE VAUGHAN & CAMERON REED



DID YOU KNOW?

Charles Dickens left his wife, the mother of his 10 children, for an 18 year old actress.

CAMPUS BULLETIN

March 7 at 3 p.m. - The Student Leadership Council will be putting on a talent show in the Russell Tripp Theater in Takena Hall. Talent submissions must be made by March 3 to the SLC Office on the first floor of the Student Union. Prizes will be awarded.

March 8 - South Albany High School's A cappella will perform at the Russell Tripp Performance Center. Times to be announced.

March 9 at 2 p.m. to 4 p.m. - "Angry Planet — Volcanoes" is producer/director Peter Rowe's newest film and a spin-off of his 39-program television series seen around the world. While making the Angry Planet series Rowe climbed and filmed numerous volcanoes, from Italy to Iceland to Costa Rica. "Angry Planet — Volcanoes" is the sum of this intense experience.

March 13 at 7:30 p.m. to 10 p.m. - Choir concert at Russell Tripp featuring LBCC choral groups and Chamber Choir, along with A capella groups Blue Light Special and The Sirens.

March 14 at 7 p.m. to 9 p.m. - 10 dances, 10 regional choreographers, 10 interpretations, and live music at the Russell Tripp Performance Center.

March 15 at 7 p.m. - The Enliven Foundation will be holding a Texas Hold'em Tournament fundraiser at the Lebanon Elks Lodge at 633 Park Street. Registration starts at 6 p.m., with a \$25 buy-in.

March 15 - 16 at 10 a.m. to 4 p.m. - Study Jam will be held in the Learning Center.

THE COMMONS FARE

MENU FOR THE WEEK OF:
3/5 - 3/11



Wednesday: Theme Day! A Taste of South America, Matambre (Rolled and Stuffed Flank Steak)*, Bahian Shrimp with Walnut Coconut Sauce and Rice*, Stuffed Aji Poblano (Peppers stuffed with roasted corn, black beans and quinoa)*. Soups: Crema Anaranjada (Butternut Squash and Coconut)*, Calidillo de Congrio a la Neruda (Creamy Fish)*.

Thursday: Chicken Crepes, English-Style Fish & Chips, Vegetable Hash with Poached Egg and Hollandaise*. Soups: Shrimp Bisque*, Vegetable and Wild Rice*.

Friday: Chef's Choice

Monday: Braised Chicken, Omelet Bar*, Sweet Potato Empanadas. Soups: Chicken Tortilla*, Dilled Potato Chowder.

Tuesday: Pork Vindaloo, Chicken Breast (student will decide preparation), Vegetable Lasagna. Soups: Borscht*, Cream of Broccoli.

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

THE COMMUTER

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

Letters Welcome

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

Address:

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

Web Address:

commuter.linnbenton.edu

Phone:

541-917-4451, 4452 or 4449

Email:

commuter@linnbenton.edu

Twitter @LBCommuter

Facebook The Commuter

Google+ LBCC Commuter

Our Staff

Editors-in-Chief:

Elizabeth Mottner
TeJo Pack

Managing Editor:

William Allison

News Editors:

Denzel Barrie
Allison Lamplugh

A&E Editor:

Alex Porter

Sports Editor:

Cooper Pawson

Photo Editor:

Yuling Zhou

Opinion Editor:

Dale Hummel

Poetry Editor:

Kent Elliott

Copy Editors:

Andrew Gillette
Alex Reed

Social Media Editor:

Jarred Berger

Video Editor:

Theo Hendrickson

Webmaster:

Marci Sischo

Page Designer:

Nicole Petroccione

Design Consultant:

Eric Robinson

Adviser:

Rob Priewe

Advertising Manager:

Natalia Bueno

Assistant:

Nick Lawrence

HOROSCOPES

BY: MADAME FAULK

Capricorn: Dec. 22 - Jan. 19

As the glowing monkeys fly away, you completely relax! Wait. This is week 9? What, where, how... You run into the Learning Center and ask Virgo what, where and how. Smiling, Cancer throws a blue ballon at you.

Aquarius: Jan. 20 - Feb. 18

Seriously, it is time to prepare for finals. Papers are due. Why did your middle name have to become Seriousness now? Suddenly you see Capricorn and Sagittarius all covered in blue and can't help but laugh. Freedom!

Pisces: Feb. 19 - March 20

The rain brings you strength, preparing for the last two weeks of class. It also drove off those pesky golden monkeys. Don't forget to use the blessings of the help desks!

Aries: March 21 - April 19

Put down the joke book, it is time to study! The sunny yellow of the daffodils brings a spot of happiness to the gray days. Pisces has threatened to drag you to the math help desk by crossbow if you don't put the book down.

Taurus: April 20 - May 20

The golden monkeys are now space monkeys. The sun battles off the rain and brings about a rainbow that chases away your blues. Time to face the upcoming finals.

Gemini: May 21 - June 20

As you stare into space, you see Pisces' monkey flying off. Aries has thrown the joke book at you as they dash off to the Learning Center.

Cancer: June 21 - July 22

Scorpio kidnapped you as they teleported to the Library and ended your record of "number of days you have avoided the Library." You will have to begin again, but perhaps it is best that you not start the next record until after finals.

Leo: July 23 - Aug. 22

You found out the line was actually to vote in the elections. You feel great, you voted! Now you wonder what Cancer's plot was really about. Oh well, time to study, or not. The baseball game looks pretty interesting.

Virgo: Aug. 23 - Sept. 22

The philosophy instructor heard all your questions and has dragged you into the Learning Center and placed you behind a desk to help all of those philosophy students prepping for those papers due. You have discovered the meaning of your garden!

Libra: Sept. 23 - Oct. 22

Drat! You found out you won a golden monkey from Pisces that has dragged you off the Writing desk. As you watch it fly away, your name is called. What paper?

Scorpio: Oct. 23 - Nov. 22

Suddenly you find yourself in the Library with Cancer. Shrugging, you head over to Philosophy section to find the answers to all of Virgo's questions.

Sagittarius: Nov. 23 - Dec. 21

You find yourself all blue. Drat, Capricorn! Thankfully, it is raining, so now you look like an runny, oversized cookie monster. Cookies! You'll need sugar to prepare for the next two weeks.

THREE'S A CROWD

BY: JASON MADDOX



DID YOU KNOW?

The first evidence of the human-dog friendship dates back 26,000 years, when a 10-year-old boy, accompanied by a large wolf-like canine, left footprints inside the Chauvet cave in France.

SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level:

- 1 2
- 3 4

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

		4			2	8	6	
			5		6	9		
3								2
			2					1
	1		7	8	3		2	
7					9			
8								6
		2	6		4			
	5	1	8			3		

SOLUTION TO PREVIOUS PUZZLE

9	5	4	7	1	2	3	6	8
7	3	2	6	4	8	5	1	9
6	8	1	9	5	3	4	7	2
8	2	9	4	6	7	1	5	3
4	1	3	5	2	9	6	8	7
5	7	6	8	3	1	9	2	4
2	4	8	1	9	5	7	3	6
1	9	7	3	8	6	2	4	5
3	6	5	2	7	4	8	9	1

Not-So-Sunny San Diego

Sun, Sand, SERIOUS Journalism, was the tagline of this year's Associate Collegiate Press National Collegiate Journalism Convention, but sun was something attendees rarely saw. Despite flooding rains and near hurricane-strength winds, the staff of *The Commuter* learned some valuable things from the 2014 NCJC.

Rob Priewe, *Commuter* adviser and journalism instructor, was very pleased with the four-day event. "This was an outstanding conference. Not only did it reinforce traditional values of journalism -- accuracy, integrity, accountability -- but it also impressed upon students the need to adapt to changing technology to improve reporting, research, and informing readers."

With session topics ranging from journalism ethics to improving your website and design, there were speakers who interested everyone in attendance. Seven of LBCC's student journalists, along with Priewe, attended many of these sessions and gained a large amount of knowledge that will be used to improve upon *The Commuter*, both in design and content.

While there were sessions that weren't as expected, there were others that easily made up for the less-than-stellar ones. These are the ones that *The Commuter* staff took the most from.

"The leadership training was the most valuable experience for me. Knowing how to direct and influence our team in a forward-thinking positive manner will only help us grow further," said Tejo Pack, one of *The Commuter's* co-editors-in-chief.

William Allison, managing editor, enjoyed a session about Scroll Kit, a free software that is an easy-to-use tool for creating web pages. "Holy moly! This is some amazing software," Allison said on Twitter.

In addition to the numerous courses and sessions, there were also daily keynote speakers, such as Margaret Sullivan from *The New York*

Times, Nicholas Whitaker from Google, and other sponsors that provided a vast amount of helpful information and inspiration for those who attended. Though the final keynote speaker, Robert Hernandez, was unable to make it due to weather issues, there was a live Twitter conversation where he allowed people to ask him anything, all while he was flying 35,000 feet above the earth. This showed student journalists just how powerful social media and technology can be as a journalism tool.

"This is a dynamic time for journalism, the media, and students; and the skills and issues addressed at this conference reinforced the challenges that journalists face every day," said Priewe.

The one feature of the convention that stood out the most to *The Commuter* staff was the professional critique. *The Commuter* was given an opportunity to sit down with Melissa Lalum, adviser for the *Daily Sundial* at CSU Northridge, who gave an in-depth critique of the paper.

"Having a fresh pair of eyes look at our paper and give honest feedback about what isn't working for her in our layout was eye opening," said News Editor Allison Lamplugh.

Overall, the experience and networking — not just with other schools, but also each other — were the things that the staff found to be most valuable.

"Speaking with students and advisers from other two-year colleges, I was amazed at how much support *The Commuter* has," Co-Editor-in-Chief Elizabeth Mottner said. "Many colleges have 250 square-foot newsrooms and only one or two PCs to get their paper written and designed." 📍

STORY AND PHOTOS BY
THE COMMUTER



Some of the *Commuter* staff hamming it up in San Diego.



Mission Bay during the storm.



2014 SUMMER CLASSES

YOU CAN DO IT ALL THIS SUMMER

SUMMER IN CORVALLIS. IT'S A BEAUTIFUL THING.

There's no other time of year at Oregon State when you can pull off such a productive balancing act – taking classes in order to graduate on schedule, completing major course work and still having time to work or travel. Because OSU's summer term is split into multiple course lengths (called sessions) that last from one week to 11 weeks, you really can do it all this summer.

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

Oregon State
UNIVERSITY