THE COMMUTER

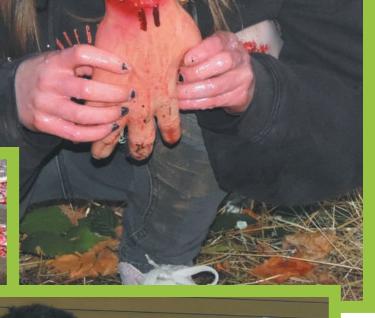
Thun!

Linn-Benton Community College • Albany, Oregon

Volume 44 | Issue 6







Zombies gathered Saturday, Oct. 20, to chase down runners at the Albany Parks and Rec 5k Zombie Run. LBCC's Dan Stone helped apply zombie makeup before the run began early Saturday morning.

See more photos inside on page 8 and even more photos online at: commuter.linnbenton.edu





Photos by Trey Stewart



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THE **COMMUTER STAFF**

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

> **Editor-in-Chief:** Sean Bassinger

Managing Editor: Justeen Elliott

News Editor: Nora Palmtag

A&E Editor: Ian Butcher

Sports Editor: Michael Rivera

Webmaster: Marci Sischo

Page Designer: Ashley Christie

Graphics Editor: Mason Britton

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> **Photo Editor:** William Allison

Staff Photographers: Michael Kelly

Video Editor: Michael Rivera

> Adviser: Rob Priewe

Cartoonists: Mason Britton, Jason Maddox

Copy Editors: Justin Bolger, Gary Brittsan, Michelle Strachan

Staff Writers: Tiffany Curran, Dale Hummel, Will Tatum

Newspaper Distribution Facilitator:

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



The Commuter

@lbcommuter



Web Address: commuter.linnbenton.edu

Phone: 541- 917-4451, 4452 or 4453

Address: 6500 SW Pacific Blvd. Albany, OR 97321

Meningitis Outbreak on the Rise

Justeen Elliott

Managing Editor

There are now 284 reported illnesses, including three for joint infections and 23 confirmed deaths in the meningitis outbreak. So far the outbreak has spanned 16 states: Florida, Idaho, Illinois, Indiana, Maryland, Michigan, Minnesota, New Hampshire, New Jersey, New York, North Carolina, Ohio, Pennsylvania, Tennessee, Texas, and Virginia.

According to the Center for Disease Control and Prevention (CDC), they are investigating a multi-state fungal meningitis outbreak among patients whom received contaminated steroid injections. Several patients have suffered from strokes, which are believed to have resulted from their infections.

The investigation also includes fungal infections associated with injections in a peripheral joint, such as a knee, shoulder or ankle. The CDC and public health officials are referring any patients who have symptoms that suggest possible fungal infection to their physicians, who can evaluate them further. Patients who received injections in peripheral joints only are not believed to be at risk for meningitis, but they could be at risk for joint infection.

The CDC and physicians that people sickened with this illness are unclear as to when they will recover. Many people have died within days of the infection, while others within weeks after being hospitalized. The drugs used to help treat meningitis can also be very dangerous if not carefully monitored and adminis-

At least 12 people have filed separate complaints in federal and state courts seeking damages from the compounding pharmacy that produced the steroids, New England Compounding Center of Framingham, Mass. Attorneys are predicting that the number of lawsuits will increase exponentially within the next few weeks. Several of the plaintiffs whom received injections but have not been diagnosed with meningitis, roughly 14,000 people, could also create future law-

Attorneys are scrambling to get potential clients, even in states where the

outbreak has been relatively contained. Attorneys are using Google as a way to advertise. If people search on Google for "fungal meningitis," it will bring up tons of paid ads for client-seeking attorneys from all around the country. Most of the ads are the same, with statements like "Protect your loved one's rights" and "Contact us immediately." Those infected and those who received the shot have up to one year to file a claim.

Andrew Paven, a spokesman for New England Compounding, has declined to discuss the company's legal situation.

"While the company is cooperating with both federal and state authorities to determine the cause of contamination, and at the same time professionally and efficiently manage the recalls that have been initiated, we will refrain from commenting on legal issues both existing and hypothetical," Paven wrote in an e-mail on Oct. 19.

Many attorneys are warning their clients that if they are able to win favorable judgments or settlements, New England Compounding is unlikely to have enough funds or enough liability insurance to sufficiently compensate them. If New England Compounding declares bankruptcy, it could further complicate the deadlines for patients seeking legal redress.

It isn't just the New England Compounding that is under scrutiny, but Medicare is also making people doubt the safety of the nation's drug supply.

Back in 2007, Medicare revoked compounded drugs produced for the mass market without oversight from the Food and Drug Administration as safety risks and revoked coverage of compounded inhaler drugs for lung disease.

Lawmakers and consumer advocates are raising questions about Medicare's role, including an apparent lack of coordination between Medicare and the FDA, the two most powerful agencies within the federal Health and Human Services

FDA records show that back in 2006, Health and Human Services issued a warning letter to the New England Compounding Center for producing anesthetic creams, but officials were unable to say if Medicare was alerted.

Medicare officials are looking into whether the program paid for drugs that have sickened patients.



Duck and Cover

On Thursday, Oct. 18 at 10:18 a.m. LBCC participated in the Great Oregon ShakeOut, an earthquake preparedness drill. Students across campus took cover under their desks and participated in a group discussion about what to do in the event of an emergency.

William Allison



An evening of music with Eric Whitacre

Featuring choirs of the mid-Willamette Valley under the direction of Grammy award winning composer and conductor Eric Whitacre. Special performance by Grammy award winning soprano Hila Plitmann.

> Tuesday, October 30, 2012 7:30pm **LaSells Stewart Center, Corvallis**

Tickets available online at: www.communityoutreacinc.org Ticket costs range from \$15 to \$35









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Campus News Wednesday, October 24, 2012



Left: The Arcimoto, an alternative fuel vehicle

Below: Some of the alternative fuel vehicles brought onto

photos by William Tatum



Rev Your Engines Alternative Fuel Vehicles on Campus

William Tatum

Staff Writer

Several alternative fuel vehicles were on display at LBCC last week for the national Odyssey Decade of Difference event.

The event was part of the National Alternative Fuel Day and included a Compressed Natural Gas truck from Northwest Natural Gas, a plug-in Prius hybrid from John and Phil's Toyota, an electric Nissian Leaf from Jack Scoville, a propane-powered Chevy Avalanche from Co-Energy Propane, and the SRK three-wheeled electric vehicle prototype from Arcimoto of Eugene.

According to their website, goals for this year's event included heightening awareness for AFVs and advanced technology vehicles, strengthening partnerships among industry related organizations, establising the NAFTC's role, our partners, and sponsors as leaders in the AFV industry, and support Odyssey events at the national and local levels to ensure that Odyssey will again be the largest one-day event promoting the use of alternative fuels and energy efficient vehicles.

Bryan Schiedler was instrumental in organizing this event on LBCC's campus last week. The new field of alternative energy research will be the focus at the soon-to-be completed Advanced Transportation Center, and was one of the focal points of the event.

This center will be the missing puzzle piece in Willamette's push towards alternative energy sources for transportation, and will eventually provide fuel points and vehicle maintenance for local freight-liners. In addition, the facility will train people to repair and maintain the new technology and infrastructure.

Schiedler wanted students to know that these skills are highly sought after and provide an opportunity for local entrepreneurship and local participation in improving the environment, increasing national energy security, and most importantly, reallocating the \$450.8 billion on foreign oil towards local reinvestment.

Alternative energy will create the American jobs needed to reinvest in America and get our economy growing again.

Schiedler and the Odyssey program represent an "all of the above" approach to ending our nation's dependence on foreign sources of energy. Schiedler admitted that compressed natural gas needs infrastructure to be useful, and that we need the educational foundation to create the infrastructure.

This new program seeks to provide access to instruction for these and other alternative energy skills. "It is time to start talking about how our energy policies are affecting our economy," said Schiedler.

Beyond energy independence, the new center will also provide training for Emergency Medical Services on how to deal with electric vehicle accidents in much the same way as EMS is currently trained on how to deal with traditional combustion engine accidents.

Dan Lara, a speaker at the event, spoke of a local Albany company that produces the kind of batteries that will power the future's electric vehicles. He said as tech improves it will reach a point where it hits a break-even point, and it will quickly proliferate. While other national battery manufactures recently fell into economic turmoil, he thinks that it is worth the risk because of the potential for widespread adoption of electric vehicles in the

Lara also spoke about the 1,000 mile range of a co-energy dual-fuel propane/gasoline full-size work truck that gets around 16 miles to the gallon. Because it uses propane, which is now roughly half the price of traditional fuel, it offers a chance at reducing the costs of transportation without having to sacrifice towing or work capacity.

He thinks that dual-fuel vehicles are at the price point where they have become attractive for consumers. For him "green energy" is not just an environmental policy, but also an economic one.

Green energy technology represents the future in much the same way that petrol-fuels did nearly a century ago. The industries and nations that invest now will be the ones that reap the rewards in the future.

The highlight of the event was the Eugene-based Aricomoto company. Their three-wheeled electric vehicle seemed like something right out of a science fiction novel.

The vehicle is targeted at urban commuters and offers a range of 40-120 miles per charge depending on the battery size users want. Rated for 1,000 pounds of weight load, this isn't your grandfather's golf cart, but rather represents a sea change in the kinds of EV being offered at the lower end of the price spectrum.

Compared to the Tesla's \$100,000 price, the Aricomto, which is classified as a motorcycle, costs only \$17,500.

You're Invited To Travel Abroad

Danya Hayder

Contributing Writer

LBCC's travel club is planning a trip to Paris and Barcelona this spring. As you can imagine, they are very excited.

The instructor, Robert Harrison, chose the destination of this trip because of the art, the history and the affordable price. The fact that the departure date was after finals was another key to this decision.

Students going on the trip share a love for travelling in general. One student, Kelsey Prudhomme, is looking forward to seeing the cool buildings and learning the history. Another student, Story Edison, is looking forward to visiting museums and the catacombs in Paris.

The trip is planned for March 21 through March 30 and includes a tour through the city of Paris, a guided sightseeing tour, a visit to the Louvre and Montmartre, a river sightseeing cruise,

a visit to Perpignan, and a trip to Barcelona, including a sightseeing tour city walk.

If this sounds like something you would like to do,



please contact Harrison through his instructor website, as there are still available seats. The more people that sign up for the trip, the better the pricing. Of course, when you have a trip like this, you see fundraising. This trip is no different.

The group is raffling a bundle of different equine prizes. There are eight prizes with values from \$30 to \$750. These prizes start out with a horseriding lesson and get as large as stud fees. If you are interested in this raffle, please contact Kelsey Prudhomme at yellowkpony@gmail.com.

They are also having a Christmas Extravaganza during winter term. Be on the lookout for more details about this in the near future.

Andrew Wadlow preparing food at the Commons Cafeteria.

LBCC Culinary Arts Fall Banquet "Farm to Fork"

LBCC News Service

Tickets are on sale for the annual Farm to Fork Fall Banquet at Linn-Benton Community College to be held Friday, Nov. 9 at 6:30 p.m. in the college's Commons cafeteria, second floor Calapooia Center, 6500 Pacific Blvd.

The annual banquet includes brussel sprout slaw salad, Ninkasi braised beef and Northwest chicken galantine, sautéed local greens, and roasted potatoes. Vegetarian entree choice includes duet of potato gnocchi with chanterelle rosemary sauce and barley risotto. Dessert is fresh fall fruit with Chantilly-filled puff pastry gallette.

The meal includes Ninkasi brewed beer and a non-

Farm to Fork Banquet

When: Nov. 9 at 6:30 p.m. Where: LBCC Commons

\$24, must purchase in advance **Available at:** CC-214 or (541) 917-4385

alcoholic beverage choice. Tickets are \$24 per person and must be purchased in advance through the LBCC Culinary Arts Department, located in the Calapooia Center, room CC-214, or by phone at 541-917-4385.

All proceeds support the LBCC Culinary Arts program. For more information, contact LBCC Culinary Arts at 541-917-4385.



LBCC Receives \$20,000 Grant for Reverse Transfer Program

LBCC News Service

106.3 KL00 FM

1340 KLOO AM

1240 AM KEJO COMEDY 990 AM

Linn-Benton Community College will receive \$20,000 as part of a \$450,000 two-year grant program awarded to the state of Oregon.

The "Credit When It's Due: Recognizing the Value of Quality Associate Degrees" grant is funded by the Bill and Melinda Gates Foundation, Helios Education Foundation, Kresge Foundation, Lumina Foundation, and USA Funds.

LBCC's portion of the grant will be used to help build its Reverse Transfer Program with Oregon Statue University, part of a new pilot program between Oregon's public community colleges and universities offering students the option to obtain an associate's degree after transferring to university.

This past summer, LBCC and OSU took the first steps to implement the program, allowing students who are enrolled in the college's degree partnership program to be awarded an associate's degree from LBCC upon completion of equivalent courses at OSU.

LBCC and OSU will track the student's progress after they transfer, and once the student has met requirements for the LBCC associate degree, they will be awarded the degree by combining their OSU and LBCC class credits.

LBCC President Greg Hamann said the agreement will help students achieve their graduation goals, and enhances the strong ties already in place between the

"By working together, OSU and LBCC create an opportunity neither of us alone could do," Hamann said. "So much of our future depends on us working together for the good of our students."

"There are several advantages to receiving your associate degree," said OSU President Ed Ray. "For students who are struggling to afford and/or complete the four-year degree, unexpectedly receiving their associates degree has been shown to be an enormously effective inducement to continue," said Ray. "In fact, it appears to be the most effective inducement. It also reinforces for all potential transfer students the value, and the possibility, of pursuing and achieving the

The reverse agreement also benefits LBCC by the college receiving credit for the degree completion, reflecting the investment of time, resources, and support the college has provided.

Student Services Is There to Help

Ron Borst

Contributing Writer

Don't panic. Help is

New students at LBCC are often overwhelmed with the requirements, choices and demands of college life.

The Student Services Office offers help in these situations. LBCC Student Services, located in Takena Hall room

107, tackles and solves most issues students may face at LBCC. The Student Services Office helps all students register,

obtain veteran's services, handle student life, and coordinate financial aid. In addition, LBCC students help with admissions, counseling, graduating, and overall student success. The office also balances LBCC's diversity by maintaining issues with an open mind and providing solutions for student

The core idea is to integrate all of LBCC's resources with all of the students attending the college to achieve a high graduation rate. The focus on completion is a high priority.

"In the previous status quo, enrolling as late as the end of week two was acceptable," said Bruce Clemetsen, vice president of student services at LBCC. "But now attention to completion dictates starting on time."

Another perspective of Clemetsen's office is the attention to part-time students and successful graduation. The majority of students at LBCC are deemed part-time, and therefore deserve the attention. "Statistics indicate a higher level of struggle at 20 credits and above, so we encourage part-time and full-time students to succeed," Clemetsen said. "Performance is important."

OSU School of

Oregon State

Arts & Communication

Student Services Office

Office: Takena Hall 107 **Phone:** 541-917-4806

Email: halev@linnbenton.edu Office Hours: weekdays 8 a.m. - 5 p.m.

vices office also assists students with CWE and service learning curriculums, international Studies, and career employment. The office helps coordinate local and national business with student programs.

These partnerships include both Albany high schools, community apprenticeships, Wah Chang, Oregon State University, and Snap-On Tools. "60 percent of local high school grads come to LBCC," said Clemetsen. The partnership with Wah Chang is an open CWE co-op work experience and is extremely successful.

When asked about the best part of his job Clemetsen said it was helping a group of diverse students achieve academic and life success. "We can always do better," he said.

The student services office focuses on better communicaiton with students. Part of this includes the following tips from Clemetsen:

- 1. Be prepared to use a computer at college.
- 2. File for financial aid as soon as FASFA is filed.
- 3. Obtain a transcript (needed to confirm prerequisites).
- 4. Prepare. Don't take college lightly.
- 5. Focus. Keep personal and academic life in perspective.

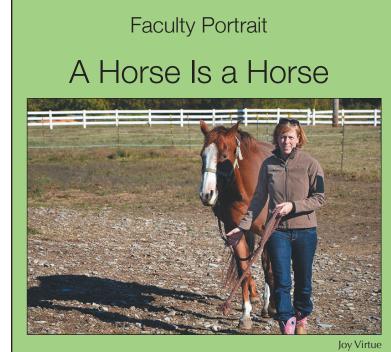
"We are always busy," said Secretary Vicki Hale. "But always available for LBCC students."

If you're a student who has any question regarding any aspect of student success at LBCC, seek out the Student Services office in Takena Hall or online at www.linnbenton. edu/student-services.

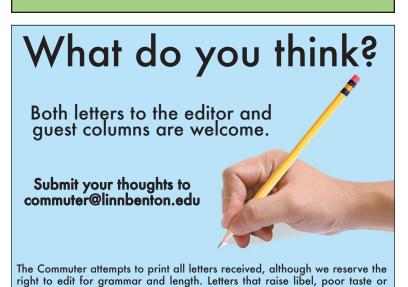


Costumes

www.cosusymphony.org



Jenny Strooband, department chair of the Horse Management and Equine Science program at LBCC, walks Esther, one of the schoolowned horses she cares for, to the barn to saddle her up. Esther is an English pony that she is training Western style to "slow her down." There are five school-owned horses; Strooband takes responsibility for three of them.



privacy concerns will not be printed

Wednesday, October 24, 2012



Meet The Media Guru/ flickr.com

Jane McGonigal advocates video games as a world influence during a presentation.

Gamer Girl Talks TED

Austin Harris

Contributing Writer

"World of Warcraft" can save the world. "Call of Duty" is another matter.

Wednesday's Oct. 17 TED (Technology, Entertainment, Design) Talk, held in the Fireside Room, focused around Game Designer Jane McGonigal's view on cooperation in the video game world and how it can apply to the real world.

Filmed in February 2010 at the TED 2010 convention, Jane McGonigal, director of game research and development at the Institute for the Future, spoke about the importance of online gaming, the interpersonal skills learned there, and how gaming can save the world.

Focusing around the hypothesis in her 2011 book "Reality Is Broken: Why Games Make us Better and How they Can Change the World," online gaming and virtual realities are played a reported 3 billion hours weekly, equating the time dedicated to a full-to-part time job per gamer, leading to the development of interpersonal skills, such as higher collaboration ability.

As McGonigal showed in her presentation, the game "World of Warcraft" (WoW) fleshes out these skills. With each mission in the game requiring players to work together to succeed, cooperation is greatly fortified.

Because of this heightened skill, "gamers are a human resource with the ability to save the world," McGonigal said.

But how? By introducing "Epic Wins," the experience of achieving a nearunreachable goal, into the real world may teach people how to collaborate more effectively, especially students—even more-so for college-age students, a main demographic in gaming culture.

Upcoming TED Talks

Come to TED talks every week in the Fireside Room from 12:10-12:50 p.m.

10/29: Ken Robinson: The Learning Revolution 11/15: Wayne McGregor: Physical Thinking A Choreographer's Creative Process

11/26: Hans Rosling: The Magic Washing Machine

Brene Brown: Shame

Topics for 11/8 and 11/20 TBD

For our LBCC faculty, these TED Talks are important as well as innovative when it comes to student education. After the video was presented, the attendees discussed the topic at hand and how to apply it in the classroom.

This week's TED Talk facilitator, Jonathan Paver, lead the discussion by outlining the incorporation of "Epic Win" goal-oriented learning in schools.

At the end, when asked about availability to the student body, Paver explained that the TED Talks are open to all, and not just the faculty.

And seeing how there were very few students attending, TED Talks are a great medium for student-teacher conversation and can pave the way, through collaboration, to the future of education here at LBCC.

Linn-Benton Opera Guild Preview: Don Giovanni

LBCC News Service

The Linn-Benton Opera Guild will preview the operas "Don Giovanni" by Wolfgang Amadeus Mozart, on Tuesday, Oct. 30 at 7:45 p.m. at 303 Benton Hall, Oregon State University campus, Corvallis.

OSU music professor Angela Carlson will tell the story of the opera and play recorded excerpts from the score. Admission is free to Linn-Benton Opera Guild members as well as students of LBCC and OSU. Cost for the general public is \$5.

Performance dates will be Nov. 2, 4, 8, and 10 at 7:30 p.m. at the Keller Auditorium, 222 SW Clay, Portland. The opera will be sung in Italian with projected English trans-

LBCC and the Linn-Benton Opera Guild will host a bus ride to the closing performance on Saturday, Nov. 10 for those interested. Round-trip coach fare is \$45 per person per opera or \$175 per person for the season. Cost for opera tickets is not included, and seating reservations are required.

The bus will leave LBCC's Benton Center parking lot at 4:30 p.m., arriving at Key Bank (Third and Ellsworth, Albany) at 4:55 p.m., then to Super 8 Motel (1288 Hawthorne Avenue, near I-5 Market Street exit, Salem) at 5:30 p.m. The bus will return immediately following the performance.

Tickets to the opera must be purchased in advance through the Portland Opera Box Office, 503-241-1802 or toll-free at 866-739-6737 Monday-Friday, 9 a.m. to 5 p.m. or by visiting Portland Opera website at www.portlandopera.org.

For more information about the Linn-Benton Opera Guild or to make bus reservations, call Betty Miner, Opera Guild coordinator, at 541-757-8949.

Halloween Events on Campus

Luis Martinez

Contributing Writer

What are "boo" going to do on Halloween?

With Halloween right around the corner, there are many festivities and events planned around LBCC that you might want to check out, including Dia De Los Muertos and the Harvest

The Diversity Achievement Center, located above the Hotshot Cafe and next to the Commuter office, will hold the Dia De Los Muertos celebration. Dia De Los Muertos is an important cultural celebration in Latin America in which families and friends honor those who have passed and celebrate their lives.

Student Life and Leadership will host their

Harvest Pie Festival

Where: Student Life & Leadership Office

Oct. 31

11:30 a.m. - 1 p.m. Time:

annual open house to allow students an opportunity to see who their student leaders are while learning about how to get involved. They are also, at the same time, hosting the Harvest Pie Festi-

The Dia De Los Muertos event will be held on Wednesday, Oct. 31, from 11:30 a.m. to 1 p.m. in the DAC. LBCC art instructor Analee Fuentes will be doing a presentation on the history of Dia De Los Muertos to start off the day.

Dia De Los Muertos

Where: DAC When: Oct. 31 11 a.m. - 1 p.m.

They will build an altar where you can bring a picture of your loved ones and/or something that they really enjoyed. The altar will be open in public and everyone is invited to bring a memory of the person they'd like to have remembered. It is decorated with marigolds, sugar and skulls.

Throughout the day, people are welcome to come in and share stories about their loved ones. "It's an opportunity to commemorate people who have passed on. It's a way to remember them with a living altar," said Javier Cervantes, LBCC's director of diversity and community engagement and supervisor of the DAC.

An important note to the students: Do not bring original photos, so that there is not a chance to misplace them. Instead, bring copies, and if that is not possible, the DAC will have a scanner to copy them.

The Harvest Pie Festival will be held on Oct. 31, from 11 a.m. to 1 p.m. There will be prizes handed out and pie available to attendees. It will also be Halloween-themed, so come in your costumes to have a good time.

For more info contact: Student Life and Leadership, Lynne Cox, 541-917-4848 Diversity Achievement Center, Javier Cervantes, cervanj@linnbenton.edu

OPINION commuter.linnbenton.edu

Approach Anxiety

Ian Butcher

A&E Editor

et's be honest – this is something Lthat we all have to confront at one point or another. You see someone you're interested in and want to go talk, but you're terrified of actually walking up to them.

You start doubting yourself, worrying about what you will say, terrified that you'll get shot down. You're basically walking up to a total stranger, and you're afraid of what the outcome will be. This is something we like to call approach anxiety.

Today, we're going to figure out some methods of overcoming this.

You are your own worst enemy. You are the one who paints the picture of the worst case scenario in your head. When it comes to approach anxiety, you're holding yourself back. When that fear kicks in before you go over to that person, more often than not you start to reason with yourself and talk yourself out of going over and talking to them.

"No they couldnt be interested in me." "No they must be taken." "No, I've got to do this thing over here."

While you're busy debating with yourself, no one is actually being approached. If you let this fear take hold of you, you're frozen by indecision. And while you're busy pontificating with yourself, you've likely missed your window of opportunity with that person.

If you start to feel this fear kick in, don't let it lock you up. Just follow the three-second rule. As soon as you see someone you are interested in, you give yourself three seconds before you have to walk over to them.

You can let the fear take hold for those three seconds, but as soon as they're done, it's time to get a move

The three-second rule stops you from being stuck in your own fears for an elongated length of time; it causes you to act on your impulses and face

Once you've mastered this, approach anxiety will seem like a distant memory. Being able to act on your impulses and take charge of your own emotions is an important tool not just in the dating sphere, but in life in general. And if you get shot down, hey at least you gave it a shot.

Counselor

Response to "7 Ways to Get in Trouble with the Law in College"

Dale Hummel

Staff Writer

he transition from high school to college is an important step for most young people. Advancing from childhood into an adult life can be quite an experience. The opinion article in the Oct. 3, 2012 issue of The Commuter gives a list on things NOT to do when a young person makes the transition. The author of the article, Mike Rivera, had a list of actions that isn't advisable for anyone on

It is obvious that starting a fight, sexual offences, relieving yourself in public, and starting fires are frowned upon, and not only is it strongly advised anyone not do these things; you could get arrested for them. The weapons part of the article, however, is a little incorrect.

According to Mindy McCall, a clerical specialist with the LBCC Security Office, it is forbidden for employees to have weapons on

She did say that students are only allowed to carry a sidearm if they are properly licensed and the weapon kept out of sight. Knives are only

PAID ADVERTISEMENT

allowed if they fold and are less than two inches long. It is preferred, however, that ALL weapons are left at home or in the student's vehicle for safety reasons

The Oregon Court of Appeals can regulate the law, according to Capt. Tami Wood of the Linn County Sheriff's Office, but only in regards to The Second Amendment. Local government cannot make rules and private policy can't trump Constitutional rights of the public.

It is fact that guns can cause damage, but with the wrong person behind the wheel, so can a vehicle. Statistics also show that the worst shootings happen in a "gun-free" area. In most cases, people who carry a weapon with a concealed carry permit are decent and responsible individuals. But like any other group of people, we all need to be attentive and vigilant to our



Advice from Weiss

uestion: I'm a degree partnership student, and while I was over at OSU, I heard that a student there had committed suicide. I was surprised. I haven't been around people who felt like that. Could this happen at LBCC too?

nswer: You probably have been around people Awho were feeling suicidal and just didn't know it. Suicidal feelings are hard to talk about in a culture that praises life and accomplishment as much as ours does. In our culture, talking about negative feelings

(depression, disappointment, anger, shame, failure) is unusual. We have no cultural norm for having these kinds of conversations. Consequently, we often miss the beginning signs of suicide in those around us, and unfortunately, that means that, every so often, someone completes suicide.

So, what do we do? Certainly, LBCC has counselors at all of our campuses, and we hope that anyone who is feeling down, depressed, or suicidal will come talk to a counselor. We also hope that if you know someone who is feeling this way, that you will come talk to a counselor.

But the truth is, it takes a community effort to stop suicide. All of us need to become educated about the signs and symptoms that can lead to suicidal thoughts, how to talk to someone you believe may be having these thoughts, and how to get help.

On Nov. 2, the Active Minds Club and the Suicide Prevention Coalition are sponsoring a talk on how to recognize the signs of suicide and what to do about it. The talk will be given by Counselor Lynn Bain and will be in NSH-207 at noon. I urge anyone concerned with the issue of suicide in our community to attend and become educated about what suicidal feelings can be recognized and what can be done to help.

Mark Weiss

Counseling

Mark Weiss has been a counselor and adviser at LBCC for 20 years. The purpose of this column is to answer students' questions about the college, academic advising, and how to be successful at LBCC. Please send your questions to mark.weiss@ linnbenton.edu or stop by the Career and Counseling Center in Takena Hall.



DeFazio Stands With Students

Peter DeFazio

Art Robinson

On Financial Aid

Supports increased funding for Pell Grants and voted to reduce interest rates for direct student loans.

Wants to eliminate the Department of Education, ending all federal student loans and Pell Grants.

On a Woman's Right to Choose

Believes politicians should not interfere with a woman's personal medical decisions about her pregnancy or her access to birth control.

Would end safe and legal abortion even in cases of rape and incest.

On Climate Change

Believes humans are contributing to global warming and supports immediate action to reduce harmful greenhouse gas emissions.

Believes global warming is a hoax and wants to stop any federal or international action to tackle climate change.

www.defazioforcongress.org

Paid for by Peter DeFazio for Congress, 541.485.1622

Wednesday, October 24, 2012

letter to the editor



Drive Less Connect Helps Students Commute to Class, Work, and Beyond

hat if you could cut your gas bill in half? Carpooling to class has many advantages, and reducing the

How to get started:

Create your pro impact on your wallet is definitely one of them. Adding just one person to your car could cut the bill for your route in half by sharing the cost of gas.

A free, local online tool called Drive Less Connect (DriveLessConnect.com), which launched last year, can help you match up with others who are headed your way for school, work, or even one-time trips, such as going to visit your parents for the weekend or to Portland with friends. Drive Less Connect has over 925 local users!

Many LBCC students and staff members commute to campus from local communities such as Corvallis, Lebanon, Sweet Home, and even farther.

Drive Less Connect can help these commuters find each other and communicate through the site's secure messaging feature. There is also an online calendar to log the trips you take using any transportation option (biking, bus, carpool, etc.).

And you'll be eligible to win great local prizes such as gift cards to restaurants like First Burger in Albany or a Dutch Bros. gift card to help you power through late-night study sessions.

- Create your profile at DriveLessConnect.com by clicking "Register Now." (Remember, it's all free!)
- · Click on "Ridematch" to create a trip. Click on "Calendar" to log your trips.
- Click on "Ridematch" then "Manage Your Trips" to view potential rideshare matches and check messages from other users.

Any questions? Call Cascades West Rideshare in Albany at 541-924-8480.

Brent McDonald, who works for the City of Corvallis and lives near the LBCC campus in Albany, has been hoping to find a carpool match between the two destinations. "My reasons for exploring any options are pretty obvious," he said. "Have you seen the price of Diesel lately? I also have a desire to be sustainable and protect the environment whenever possible."

Tarah Campi

Transportation Options Outreach Coordinator tcampi@ocwcog.org 541-924-8480

www.DriveLessConnect.com www.cwride.org

The Commuter **Advertising Department** Students SHOP!! Students BUY!! Need help finding your customers? AMPUS NEWS **BCC** Rules Be In this time of economic struggle, AA YUOY Could Be you must INVEST a Here little to make a lot! WANT TO JUMPSTART YOUR Jumpers advertising rates online at lbcommuter.com/advertising/ Contact Commuter Ads at 541-917-4452 commuterads@linnbenton.edu

Dear Conscience,



Illegal downloads aren't so bad, are they?

Mason Le Britton

Shoulder Devil

Tllegally downloading all your Lentertainment is probably the best choice. I wouldn't have it any other way. Things always taste sweeter when you don't pay for it. Like candy or strippers, or Candi the stripper.

Lets go through the pros and cons or illegally downloading your stuff. Well, a pro is it's free.

Sometimes it is easier to find. Plus you get to feel like quite the badass. You could even go around calling yourself a pirate, though you wouldn't be nearly as cool as a real pirate.

As for cons, well it might be a crummy quality. Some things can be pretty hard to find too. Oh there is that illegal part too.

Stealing is not that bad right? I mean sure consequences suck, but that's why you shouldn't get caught. If you do get caught you can always blame it on "not knowing it was bad" or on bad judgment. Heck blame it on me, I'm known for getting people into all of the troubles.

If you enjoy stealing so much Halloween is coming up, which means kids running around with bags full of candy.

It makes for easy pickings, far easier than trying to find that song you can't go without, in a decent quality. I know what my plans are on Halloween; perhaps you'll join me.

Danya Hayder

Shoulder Angel

You don't have to download things illegally. Really, there are places to find music. Have you heard of Pandora, the Internet radio?

Yes, we angels know technology, and we simply disagree with anything illegal. That includes downloading.

Do you want to deal with getting caught? Yes, there are people who get caught for illegal downloading. (I bet you thought all those things about police catching online pirates were all just lies).

Nope, folks – this is a crime. It's as serious as robbing a store. What? You don't like my example? Well, isn't it the same thing? The only difference is you don't have to threaten people

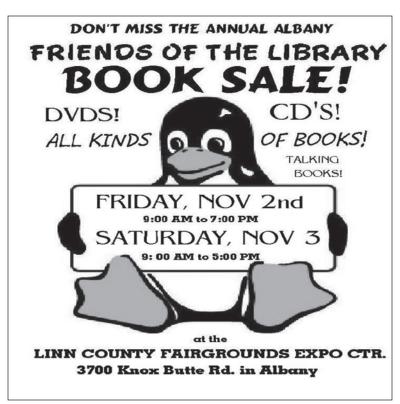
You're taking someone else's things. It's their music they spent hours on just for you to listen and buy their CD. They must have spent some amount of money on all those movies you like, and they do spend their precious time working on those twists and plots for books. They're doing all this work just so you can see it. Then, you go off and download it illegally. It's almost like you just ripped them off for all their hard work.

Next time you're thinking about downloading something illegally, just think about those others. They put everything into the item they're selling; otherwise, you wouldn't want to download it illegally, so please don't steal it.

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.



Dale Hummel

Wednesday, October 24, 2012

commuter.linnbenton.edu



William Allison

Truck crashes into bridge on First Street in Albany.

Bridge Gives Truck a Semi-Close Shave

William Allison

Photo Editor

It was just before 1:30 p.m. on Wednesday when traffic on First Street in Albany was brought to a halt. A tractor-trailer driven by Robert Grimes of NWF Express, a furniture company based out of North Carolina, became lodged under the low clearance bridge.

Grimes, who has been driving trucks for about six years, states that he was unaware of the warning signs, and could not see the 11-foot railroad trestle due to the sun shining in his eyes.

About an hour and a half after the incident, employees of the Willamette-Pacific Railroad arrived and notified the police officers on scene that they had inspected the bridge and two trains needed to pass over the bridge. A short time later, short trains passed over the stuck truck.

After three hours, AA Towing was finally able to finish unloading the trailer, which was full of furniture on its way to Corvallis, and start pulling it out backwards at the rate of a few inches per second.

By the four-hour mark, the unintentional roadblock was removed and the road reopened. According to Albany Police, Grimes was cited for careless driving and failing to obey a truck route. There were no injuries.

Zombies Run a Muck in Albany

see more photos online at commuter.linnbenton.edu

Clockwise from right: Dan Stone gets the crowd ready for the run. Stone applies makeup to a zombie volunteer.

Another volunteer gets his head wound applied.

Runners take off from the starting line in downtown Albany.

Two joggers outrun a zombie bride.







Calling Attention to Suicide Prevention

1-630-482-9696

William Tatum

Staff Writer

One of the most devastating events a community or family can go through is when someone commits suicide.

This past week, a young man took his life outside of a fraternity house in Corvallis. While it is unknown who this young man was or why he felt the way he did, it is an important time to stop and reflect on the rise of suicide around the nation, its potential causes and the means of preventing future tragedies.

Ten years ago, a family's life changed forever after the sudden suicide of a beloved son, Daniel Bain. A college student at Western Oregon University, he suffered from mild depression and assured his mother he would never kill himself.

No one realized that, despite his claims, that Daniel was deeply depressed. He took his life without telling anyone, with no forewarning and no typical signs. Months later, Linn Bain, sitting at work, received a call that she lost her son.

Since then, Linn Bain says she has seen students struggling with loneliness, alienation and sorrow on a daily basis. She wanted to reach out to them and prevent future tragedies.

Linn Bain started meeting and talking with others who also lost loved ones, and they soon realized there were no support groups for survivors of suicide; they started a support group of their own called Suicide Awareness and Prevention.

In the past six years, over 60 people have attended the meetings and they have distributed hundreds of pamphlets on awareness and prevention. Over the years there have been tragedies, but this community has lost fewer since the founding of Suicide Awareness and Prevention.

While efforts like those of Linn Bain provide necessary support for individuals who have fallen through the cracks, organizations like hers face a litany of challenges, including finding individuals who need help.

Community members in pain need to know of groups like this. Suicide Awareness and Prevention has held meetings at many venues and tried numerous titles to get them in, but ultimately very four attendance.

This is surely a sign that information is not being passed on by

Hotline Support

Depression Hotline:

Suicide Hotline: 1-800-784-8433 1-800-273-8255 LifeLine: **Trevor Project:** 1-866-488-7386 1-800-246-7743 **Sexuality Support: Eating Disorders Hotline:** 1-847-831-3438 1-800-656-4673 Rape and Sexual Assault: 1-650-321-5272 **Grief Support:** 1-800-843-5200 **Runaway:** 1-800-843-5678 1-800-621-4000 Exhale: After Abortion Hotline/Pro-Voice: 1-866-439-4253 **Benton County Mental Health General Access:** 1-541-766-6835 **Benton County Mental Health Crisis Number:**

those of us who might be best placed to let a person in pain know: Help is available and you shouldn't be ashamed.

The Suicide Awareness and Prevention group disperses copies of their materials, cards and pamphlets around campus. Every week some get picked up, keeping hope alive that they are reaching some students. They are also are trying to reach students online through social networks and the like. More is needed though, and thankfully there are larger institutions raising awareness.

According to Steve Clark, the vice president for University Relations and Marketing at Oregon State University, the college has, over the last several years, expanded its efforts to provide counseling and psychological services to students for these reasons. OSU has also embarked on several initiatives designed to help inform individuals of good mental health practices and signs to be aware of when it comes to indicating poor mental health. In order to be more informed about good mental health and to facilitate an

atmosphere of acceptance, the university has increased the number of speakers, events and lectures taking place around campus. They have also hired additional staff for their student outreach program.

When asked why, people who attempt suicide often respond that they felt alone, isolated, misunderstood or generally not cared about. We as community members must strive to provide an environment that is accepting and accommodating, else we are complicit in the tragedy.

Casual words often strike deeper than bullet or blade. When not delivered with care (or when delivered with malice), words push some people over the edge. In the same way, a simple smile, kind word, or comforting gesture makes all the difference.

Individuals like Daniel Bain and the young man who died this week were community members. it's our responsibility to foster an open and accepting an environment. We must act when community members experience emotional pain.

Vice President Clark agrees. "As Corvallis residents and OSU community members, we should be on the look-out for others who may be suffering and be informed enough to let them know that there is help available." he said.

Tragic events like those last week are unfortunately all too common on college campuses, and in cities – big and small – all around the nation. According to research from Ian R.H. Rockett, an epidemiology professor at West Virginia University, death by suicide has increased by 15 percent between 2000 and 2009. Suicide is now ranked as the first cause of injury above car accidents, accidental poisoning, falls, and other violent deaths; this is unacceptable.

Over the last 10 years, we have become even more connected, all the while, more of our community members feel disconnected, isolated, and alone.

In a phone conversation, Clark acknowledged how our fast and frenetic communication methods, including texting and Facebook, inerfere with essential interpersonal communication needs. "Go physically visit a person or a pick up the phone and call them," said Clark. "It may be time for us to slow down a little and talk to people face-to-face, or at least by phone. Even with a voice call, you can hear sadness and sorrow that might otherwise go missed in text."

Wednesday, October 24, 2012



Waves from the Pacific crash into the rocks in Yachats, Ore.

glennwilliamspdx/flickr.com

Harvesting Oregon Wave Power

D Mary Mahoney

Contributing Writer

The Oregon Coast is in the vanguard for something new: Wave Energy Parks.

If you saw the presidential debate, you would have heard that natural energy is a hot topic right now. In a global economy struggling to develop clean and sustainable forms of energy, the Oregon Coast may be an ideal location in for wave energy resource development.

Wave energy converters are devices designed to capture the energy of ocean waves. The captured energy is transferred from the converter device via cabling to an electronic grid on the sea floor. The electricity then travels to land via a giant cable on the ocean

Compared to other shores, wave power on the West Coast is tremendous. According to the National Oceanic and Atmospheric Administration, there are concerns regarding the little experience in the design, construction and operation of such systems along the world's coastlines, so we have little to guide us in the Pacific Northwest. The organization concludes that the impact of wave energy farms to the environment could be extensive.

There are currently over one hundred wave energy conversion devices in development all over the world. Before these devices are commercialized they must be tested for how well they handle the sea and their efficiency in transforming wave energy into electricity. Their impact on the marine environment must also be studied.

The Northwest National Marine Renewable Energy Center, a partnership with Oregon State University and the University of Washington, was recently awarded a \$4 million grant to build a grid-connected test site for testing wave energy conversion devices. The grid test site will be located in either Newport or Reedsport.

According to Anthony Casson, NN-MREC's Public Relations Representative, an essential factor in the selection for the site is finding a community that supports wave energy projects.

"The people in these communities love the coast and care very much about what happens," he said. "Many have lived their entire lives here. We want their involvement; we welcome their opinion and value them."

Casson also noted that the fishing industry is a big stakeholder in this project, and they are also keeping them as informed as possible. He added how they need to know if there are people out there who don't want this at all.

John Holloway of the Oregon Anglers and the Recreational Fishing Alliance wrote in a letter to the Federal Energy Regulatory Commission on wave energy parks in Oregon:

"We find the process almost totally lacking in accountability and definition. This rush to market appears to be similar to the process that was used to site the hydro dams ... There is no comprehensive plan."

Last week, the NNMREC completed preliminary testing of a wave energy converter device using the "Ocean Sentinel," a converter test station situated in Newport, Ore. The station was PowerBuoys and would be the largest connected to a wave energy converter

developed by Wave Energy Technology, a New Zealand company. The Ocean Sentinel can test and measure the amplitude of waves, energy output, ocean currents, and the speed of the

The WET-NZ wave energy converter was recently removed from the ocean before winter weather arrives. Casson was aboard a ship with media and other interested parties that went out to sea to view the converter. "On the boat trip out to see the converter there were six to eight-foot swells, everyone on the boat got sick - including me," said Casson. Swells will be over 30-ft in the winter.

This August, OPT received approval from the Federal Energy Regulatory Commission to build a wave park on the Oregon Coast. Theirs is the first license issued for a wave power station in the U.S. OPT's project consists of ten PowerBuoys (wave energy converting devices). Each buoy will be anchored to the sea floor with three anchors and connected to an electronic grid. The plan is to have the ten buoys in place

Placing large objects in the sea near the coastline brings up concerns of lost viewshed. Viewshed is a term used to describe a scenic place worthy of preserving. The PowerBuoys will be eight meters above water and located far enough out at sea to hardly be seen from the shore. They will also have lighting for ships to see them at night.

OPT is also working on a proposal to develop a commercial wave park at Coos Bay. The park will consist of 200 wave energy project in the world.

Community Snapshot

Riding the Waves

Alexsandra Dos Reis takes a break from the icy water to catch her breath during an OSU surfing class.

Ana Gonzalez

Want to see your photo in print? Send us your best shots with a little information to commuter@linnbenton.edu and it could be published.

Smoke-free Campus Means Smoke-filled City

Shou Xu

Contributing Writer

The sentence "Welcome to our nonsmoking campus" pops out on Oregon State University's website if you search for the words "smoke free."

The OSU President's Office officially announced that their campus will be a smoke-free campus starting Sept.1, 2012.

"It is our collective hope that our OSU community, affiliates and visitors will be well-educated of the policy and enjoy the health benefits of being in a smokefree environment," says OSU's website.

With this policy change, OSU joins hundreds of campuses around the U.S. that have already enacted such bans. Nearly two months later, students and staff express what they think of these changes.

"I know it's healthy, and the campus looks cleaner these days," said Thomas Herzig, a nonsmoker. "But it seems like the policy didn't change anything for me

When asked whether the new policies may help smokers quit, nonsmoker Stephanie Sieg claimed it may, but said that we choose our own lifestyles.

"It just doesn't allow people to smoke on campus," she said. "I still see some people smoke on Monroe St. or Western Ave."

According to Lisa Hoogesteger, director of Healthy Campus Initiatives, smoking receptacles have been placed around the perimeter of campus for people to discard their smoking-related trash. Otherwise, all other expenses, including advertising, are within budget.

"This policy was made to create a healthy environment for learning. It's good for everyone's health," said Hoogesterger. "Also, in surveys of other colleges and universities that have established a smoke-free policy, there has not been a decline in student enrollment or applicants seeking employment."

When asked why the policy took a long time to carry out, Hoogesterger said they needed time to gather feedback from departments, organizations, and individuals on the OSU Corvallis campus, as well as other campuses and organizations that had a smoke-free policy.

Chen Huo, a smoker from China, admitted that this policy has its advantages, but that many people still smoke on campus.

"Of course, I'm not going to join them," said Huo. "But the university should have some kind of punishment for people who do not obey this policy. Otherwise, I think it's not fair for us who obey."

Qian Ma, another smoker, thinks the policy is horrible. "All it brings me is inconvenience, and a lot of my friends who smoke feel the same way," said Ma. "First, I won't quit smoking just because of this policy. Second, people who don't smoke are not actually avoiding the secondhand smoking situation."

When asked how to really solve this problem, Ma said schools should learn from airports since facilities are set aside for smokers. "What the university is doing isn't contributing to make the environment better," said Ma. "Honestly, the places where people go to smoke now are dirty and horrible, even though we did our best to keep them clean."



SIDIELIMIES

Upcoming Games

LBCC

Volleyball

Oct. 24 vs. Mt. Hood 6 p.m. @ Home

Women's Basketball Oct. 27 @ Clark College 4 p.m. - Away

Oregon State

• Volleyball

Oct. 26 @ Utah 6 p.m. - Away

Oct. 28 @ Colorado Noon - Away

Women's Soccer Oct. 26 @. Washington State 3 p.m. - Away

> Oct. 28 @ Washington 1 p.m. - Away

Men's Soccer

Oct. 26 vs. UCLA 1 p.m. @ Home

Oct. 28 vs. San Diego State 2 p.m. @ Home

• Football

Oct. 27 @ Washington Away

Oregon State Beavers Make History, First 6-0 Record Since 1907

Mike Rivera

Sports Editor

It was history in the making at Reser Stadium tonight and a great day to be part of the Beaver Nation.

Two back-to-back home game sellouts and going 6-0 for the first time since 1907, the Oregon State Beavers showed how defense wins bowl eligibility as they beat the Utes, 21-7; this is the earliest that the Beavers have ever made bowl eligibility.

First Quarter, third and eight, Trevor Wilson's pass is intercepted by Michael Doctor. After Vaz hooks up with Cody Hamlett for a 12yard gain to the Utes 3-yard line. The Beavers set up Storm Woods for a 3-yard run followed by a 1-yard carry for a touchdown. With the extra point good, the drive went for 16 yards on three plays as Beavers lead 7-0 with 57 seconds left in the first quarter.

In the beginning of the second quarter, the Beavers stump the Utes when a routine sack turns into a forced fumble since Wilson can't hold onto the ball. Defensive end Dylan Wynn crawls and struggles to break free as he recovers the loose ball at the Utah 10-yard line.

After Vaz connects with Wheaton for five yards, a penalty is called for roughing the pass, moving the ball to the Utes' 2-yard line. Again, Storm Woods has an easy in, pushing forward for a 2-yard rushing touchdown, the second of his day. Beavers cap a two-play, 10-yard drive with an extra point to put the Beavers ahead.

In the second quarter (11:40 on the clock), Utah's Wilson shows some life, completing a 14



MJ Kelly

Benny the Beaver greets eager members of Beaver Nation at Saturday's game.



Next Game: Oct. 27 at Washington

and 25-yard pass to move into Beaver territory. On second and eight, Wilson throws a strike down the middle, in double coverage, to TE Jake Murphy for a 18 yard touchdown. This capped a 10 play, 88 yard drive to get the Utes on the board, 14-7.

After a scoreless third quarter, Vaz leads a drive down the field, connecting with Kevin Cummings on big gains and a pass to Wheaton setting the Beavers up on the Utah 2-yard line. Woods takes a sweep into the end zone to extend the Beaver's lead to 21-7. The drive went 67 vards on seven plays.

Late fourth quarter, Sean Martin picks off Wilson to end the game. As Vaz takes his last knee, smiles can only be seen as the Beavers wait to see their No. 7 ranking the next day.

Get ahead without leaving your faith behind...now with a new iPad.

Corban University now issues a new iPad to students enrolling in their bachelor's completion programs.

Your new iPad comes loaded with everything you'll need, no more heavy text books!

Corban University offers these affordable programs online or on campus:

Bachelor in Psychology: Family Studies

Bachelor in Business: Organizational Leadership

Bachelor in Business: Healthcare Administration





Bulletin Board

Sampus

Wednesday

Courtyard Lunch: Chili

Courtyard · 11 a.m. to 1 p.m.

Nothing like something warm as fall weather sets in! Cost: \$4 for students and \$5 for all others. Sponsored by Student Life & Leadership and LBCC Food Services.

One Woman, One Vote:

 $DAC \cdot Noon to 2 p.m.$

Join us in this important election year to remember the sacrifices women endured to earn the right to vote. "One Woman, One Vote" is narrated by Susan Sarandon and documents the 70-year woman's suffrage battle. Discover more about the passage of the 19th Amendment to the U.S. Constitution. Light food and beverages. This is sponsored by the Non-Traditional Career Program.

LBCC Women's Volleyball Game: Activities Center Gym · 6 p.m. to 8 p.m. Vs. Mt. Hood Community College.

Thursday

Veterans Club Meeting:

SSH Conference Room · 11:30 a.m. to 12:30 p.m.

TED Talks:

Fireside Forum · Noon to 1 p.m.

10/29

"October Baby" Movie:

 $DAC \cdot 3 p.m.$

The LBCC Students for Life Club will

be hosting a free showing of "October Baby."

Wednesday

Harvest Pie Festival:

Student Life and Leadership · 11 a.m. to 1 p.m.

Join Student Life and Leadership for our annual open house and harvest celebration. Meet your student leaders. Check out fall to connect students. Free pie and prizes! This year's festival is Halloween-themed, so dress up and enjoy the celebration!

Dia De Los Muertos:

DAC · 11:30 a.m. to 1 p.m.

Veterans Club Meeting:

Thursday

SSH Conference Room · 11:30 a.m. to 12:30 p.m.

The Great PCT Hike Slide Lecture: Benton Center BC 205 · Noon to 1 p.m. Join Alsie and Mary Campbell as they recount their adventures hiking the

Pacific Coast Trail this summer. Free

Active Minds Meeting: NSH 207 · Noon

and open to the public.

Active Minds, the psychology club dedicated to raising awareness of mental health issues on college campuses, is having a meeting. Come and bring your creativity, and help us create a campus community that cares.

Last Day to Charge to Agency:

2 p.m. to 3 p.m.

Wednesday, October 24, 2012

Wednesday

LBCC Women's Volleyball Game: Activities Center Gym · 6 p.m. to 8 p.m. Vs. Clackamas Community College

Veterans Club Meeting:

SSH Conference Room · 11:30 a.m. to 12:30 p.m.

Friday

The History of Veteran's Day:

DAC · 11:30 a.m. to 1 p.m.

Learn the history of why the United States honors its veterans with a special holiday.

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

Nord from your local

Hello, I'm Adriana Villegas, your Diversity Achievement Center (DAC) Coordinator. As part of SLC at LBCC, my position in the council is to help coordinate student events in the DAC. At the DAC, I help lead the team, and together we prepare events for our student body. Our main focus a the center goes along with SLC in serving each one of you.

This year the DAC is starting fresh with a bigger core team. We have two returning members: Megan Rivas, Raven Womack and new member Stephanie Nguyen. Also, Javier Cervantes serves as the director of diversity and community engagement, and is the supervisor of the DAC. Jeannette Emerson is another one of our biggest supporters in making events happen. One of the great things about the DAC is the welcoming environment. It is a place to gather, to relax, take a nap, chat, have lunch, do homework, and use the computers. You can even meet people and make new friends. Plus, you have the option to start your own event with the help of the core team, so feel free to visit us and we will get you started.

Some of the events we've had so far this year have been: Welcome Back to the DAC. This was our kick-off for the year. Together we introduced a new school year with a remodeled space in the center that was improved over the summer. Another successful event was Color the Vote by Megan Rivas. She put together this event to promote VoteORVote to our diverse student body. Last week, it was Latino Heritage Month, a week for the center to commemorate the eight South American countries that annually celebrate their independences within the month from Sept. 15 through Oct. 15. Also last week, Raven Womack had an

event on the basics of sign language. He invited children from the Periwinkle Child Center come, learn, and enjoy a new language: sign language.

As the month of October concludes, we will be having an event on Oct. 31, to elebrate Dia De Los Muertos (Day of the Dead). LBCC art instructor Analee Fuentes will keynote a presentation on the history of this tradi-

tional event honored in Latino culture. Given the proximity to Halloween, it allows us a chance to remember our past friends and relatives. Also, we will build an altar on Oct. 31 through Nov. 2. The public is welcome to contribute with their past loved ones' pictures and

their favorite items like food, snacks, or other passions that

represent their memory. I invite you to participate in the events at the DAC or even just come by and chill. It is truly a great experience spending time in the DAC, where there are students like you and me. Whether you grew up in town or in a different country, we want you all to come share your diversity. It is my mission to continue spreading the greatness about diversity on our campus with each event we put together, as it is not only my job but a passion I have developed.

I also invite you all to keep an eye out for other events the SLC is planning for you. As a council we work together to support your ideas. Come be a part of LBCC and its student leadership opportunities. Get involved and share your story. We are a college with many stories to be told to impact and make a difference. Your voice matters.

Let us all celebrate diversity!

Adriana Villegas Delgadillo

COMMONS FAR MENU FOR THE WEEK OF: 10/24-10/30

Wednesday: Hazelnut-Arugula Pesto Pasta with Grilled Chicken, English-Style Fish and Chips, Squash Enchiladas*. Soups: Mulligatawny and Cuban Black Bean*.

Thursday: Beef Goulash* with Spaetzle, Lemon Chicken over Rice, Gnocchi Bar. Soups: Chicken and Rice* and Loaded Potato Chowder.

Friday: Chef's Choice

Monday: Pork Vindaloo*, Herb Crusted Chicken with Braised Kale, Falafel. Soups: Creamy Chicken and Mushroom and Minestrone.

Tuesday: French Dip, Moroccan Chicken*, Thai Vegetable Stir Fry. Soup: Albondigas* and Roasted Vegetable Chowder.

Items denoted with a * are gluten free

assifieds

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

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

Merchandise & Customer Assist (#10006, Albany) Restocking merchandise on the floor. Reset planograms, set & take down sale ads. Greet customers and assist with finding merchandise. Keeping floor and dressing rooms neat and tidy. Assist cashiers when needed. \$8.80/hr

RDC Loss Prevention Manager (#10010, Lebanon) Responsible for supporting and developing safety and health programs, systems and policies that will ensure uniform and consistent implementation of all applicable Federal/State/Local health and safety regulations. The programs, systems and policies that are developed should also assist in the reduction of employee and visitor inci-

Bank Teller I & II (#9994, Albany) FT Performs basic teller activities including: paying out, receiving and keeping transaction records. Entry level teller position requiring previous cash handling experience. Basic math and organization skills - Compliance with Bank Secrecy Act and other Banking regulations. \$8.80 - \$13.24 / hr

Various Seasonal Sales Positions (#9966, Albany) Various seasonal sales related jobs that are local. Access Student Employment database to read description and

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.

JOB OPPORTUNITY

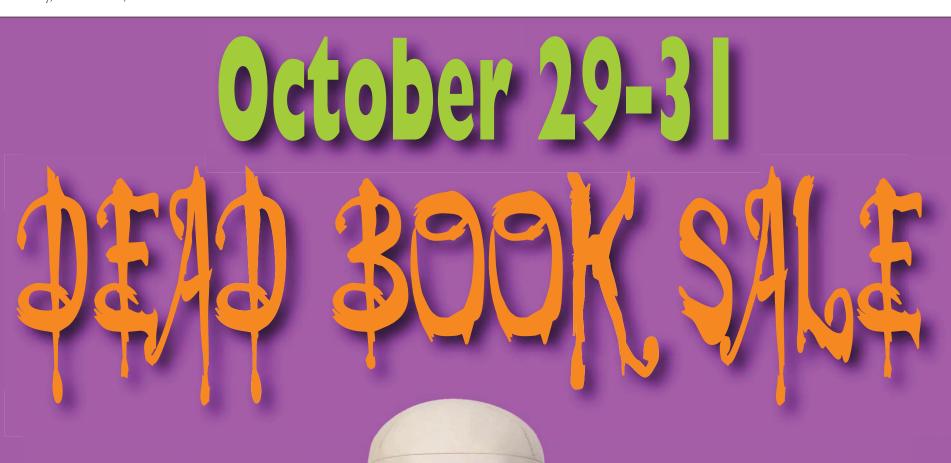
NANNY WANTED

for active school age child. 3 days a week from 5pm-8pm. Must have valid drivers license. 541-619-0016

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ARTS & ENTERTAINMENT Page 13 Wednesday, October 24, 2012

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New Film Is Crazy Good

Ashley Christie

Page Designer

We're all allowed to indulge our inner psycho once in awhile, aren't we? If it's wrong to laugh uncontrollably when someone's head explodes after getting hit with a crossbow, I don't want to be right.

"Seven Psychopaths" is the new and completely original dark comedy from writer/director Martin McDonagh.

Marty (Colin Farrell) is a screen writer with writer's block. His girlfriend kicks him out, so he crashes with his best friend Billy (Sam Rockwell). Billy is in the dog-kidnapping ... I mean dog borrowing business. He and his partner Hans (Christopher Walken) "borrow" dogs for a couple days then return them for a reward.

One day, Billy grabs the wrong dog, a shih tzu belonging to gangster Charlie (Woody Harrelson). Everyone one is a bit psychopathic, some more than others, and the epic battle over the dog just may be the inspiration Marty needs for his next script.

McDonagh has interesting ways of telling stories. Because we're following Marty and his struggle to write a screenplay, there's a little movie-within-a-movie element. The characters tell you what should be in a good movie, then the film goes on to have those elements.

For example, while driving in the desert Billy sees a large pile of rocks and announces that it'd be a great place for a final showdown and ... surprise! Where do you think the final showdown takes place?

The characters, and the cast they got to portray them, sell this movie. I have never seen characters like this! Farrell's Marty is meant to be the straight man, the one the audience can relate to. He serves his purpose and Farrell is good, but Marty lacks the depth of the other characters and falls a little flat at times.

Walken and Harrelson are incredible. Walken's Hans is a quaker and a pacifist. His backstory makes him an incredibly layered character, and you can understand how he became the psychopath he is. Harrelson is wacko from the beginning, but he loves his doggie so much. It's sweet and enduring, and you almost feel sorry for this psycho.

But these three are only appetizers leading up to the greatest character and stand-out performance of Sam Rockwell.

Holy crap on a cracker! Marty's friend Billy is totally bat-shit, cuckoo for Cocoa Puffs, wickity wack cray-cray. And I can't imagine anyone else but Sam Rockwell in this role. It's ... beautiful. The only word to describe the performance is awesome. He delivers these monologues and speeches that almost make sense while he's talking, but then he stops and you realize that no, he's insane. Rockwell steals the movie, and like most psychopaths, shows no remorse.

Now, my sense of humor tends to lean more towards the absurd. This is a very dark comedy and not for everyone. The gratuitous violence and copious, almost Tarentino-esque, amounts of blood aren't for everyone.

There are some characters in this movie that I have entirely no idea why they exist. I don't understand why one of the psychopaths carries around a white rabbit, but I still find it hilarious that he exists in this world. If you prefer your movies to be easily explainable, this one probably isn't for you either.

If you liked "In Bruges," (McDonagh's first feature film), you'll enjoy "Seven sychopaths," "Bruges" never found commercial success even though critics loved it. "Psychopaths" should find a wider audience with the help of it's star-

I was thoroughly entertained by "Seven Psychopaths," but not everyone will be. If you like realism or plausibility, I'd stay away. My only thought walking out of the theater was "WTF was that!" But I laughed a lot and had a lot of fun.

See more film reviews online at: imamovienerd.wordpress.com

Who Are You Supposed to Be? **Get Some Halloween Costume Tips**

Ian Butcher

A&E Editor

"What am I going to do for my costume this year?"

This is the question that seems to plague us all at some point or another during the magical month of October. While I'm not here to help you figure what costume you're going to wear, I'd like to give you some advice of what not to do when it comes to your costume.

If you're doing a couples costume, don't make your girl-

I have nothing against couples costumes. In fact, those are usually some of the most inventive and funny costumes around. However, I know a guy who made a horrible mistake one year. He decided that it would be funny if he and his fiancee dressed up as the MythBusters.



Yes, he dressed up as Adam Savage, and she dressed up as Jamie Hyneman. She even wore the mustache. Note to all guys: If you're planning on doing a couples costume, never make your attractive significant other wear a mustache; that has fail written all over it.

If your costume involves a prop, make sure it's one that can take some abuse.

I made this mistake last year. I got the brilliant idea of dressing up as the title character from "Scott Pilgrim vs. The World." Those of you who have seen the movie know that he plays the bass. I thought it would be hilarious if I brought my bass with me and made it part of my costume.

It turns out that when you're at a crowded party with a bass hanging around your neck, it's really easy for it to get thrashed around and knocked into walls. Moral of the story: Don't make anything you value part of your Halloween

Make sure your costume enables you to interact with the

I had a friend who, at a Halloween party last year, decided to come as Kratos from the "God of War" video games. As you know (or maybe you don't), Kratos is shirtless and covered nearly head-to-toe in red and grey body paint.

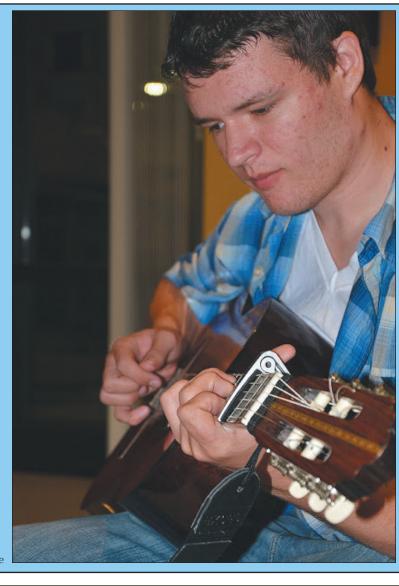
While this made for an awesome costume, the fact that my friend was shirtless and covered in body paint made it next to impossible to move through the crowded party without getting paint on someone. And don't even get me started on how difficult it was for him to sit down.

Point is, make sure your costume enables you to actually interact with other people without having to worry about parts of it rubbing off on them if they get close to you.

Student Portrait

Adam's Song

Adam Thompson, a history major, works at the Hot Shot Cafe on campus. He has been playing guitar for about four years and writes most of his own music. He sometimes quizzes cafe patrons by playing the first few bars of some songs. His favorite artist is Raul Midón.



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Wednesday, October 24, 2012

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Poetry Spotlight

Escape by Nora Palmtag

Perching, watching, waiting, soaring, moving from limb to limb Is it night or day, why do I care?
Lifting away from the cares of each day
Am I awake or asleep in my cozy escape from life?

I see you looking for me, You cannot see me, away from you, As I soar I see the thing I want But it is not mine I cannot reach it but I will.

A mother I will become who bears the burdens of life I will you more that you are
That you can make yours more than you are
And they can make theirs more than they are.

But here I sit Alone in the night High above you Waiting for the day To bring on the burdens of life.



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HOROSCOPES

ARIES 3/21-4/19

I hope you are feeling fine. This week, you will be striving to make some lifestyle changes that will make you healthier. An older person will give advice you disagree with, but you will come to understand the benefits of their wisdom.



<u>TAURUS</u> 4/20-5/20

Your enlightenment is finally extending to practical matters. This week, you'll be motivated to take care of that to-do list that has been ignored. Expect a confrontation with somebody who lives by a different value system. Be respectful and embrace the opportunity to practice self-discipline.



<u>GEMINI</u> 5/21 - 6/21

You will be finding your limits, but will discover that they do not bind your ideas. People around you are supportive and motivated by your confidence and creativity, even though you might be feeling a little depressed. Put off important decisions if you have the luxury.



<u>CANCER</u> 6/22-7/22

You are getting tired of thinking, and starting to wish there was somebody else you could share your thoughts with. Inability to make small talk seems to stymie proper human relations. Your sense of value is askew, and your sense of style will piss off an elder.



$\frac{\angle \mathcal{EO}}{7/23-8/22}$

Some of those new ideas you've been hearing are starting to integrate well with your existing world view. This new clarity will give you confidence to make important decisions. This is good because your finances need some attention.



VIRGO

A big life change will mark the beginning of a new period of independence for you. There are many new responsibilities you must get accustomed to. Listen to advice from someone older and wiser. You are excited and full of energy. Conserve that energy and go with the flow this week.



$\frac{LIBRA}{9/23-10/23}$

Interpersonal relationships have been rough, and that will probably continue. Bury your nose in a book, and let time heal the wounds. In other areas of life, things will fall in place nicely, but this is due to chance more than skill. Don't get over-confident.



<u>SCORPIO</u> 10/24-11/21

You are making great strides toward lofty goals. Some frustrations are inevitable along the way, but you are heartened by all the support you are getting. Romantic engagements may not develop as hoped. You may have to break from routine to achieve self-fulfillment.



<u>SAGITTARIUS</u> 11/22-12/21

You will be moving efficiently along this week, but somewhere along the line, your sense of value and appreciation will be lost. This will make it difficult to accomplish your tasks, which will trigger frustration. You are getting over-ambitious. Take your time and be patient. Patience takes discipline, and this is a talent you posses.



<u>CAPRICORN</u> 12/22-1/19

You are staying focused on the really important things in life. It's hard not to when everything seems to be falling apart. You need the kind of patience that will have you turning to religion or philosophy for support. The career path, however, is looking good and will help getting past the tough times.



AQUARIUS 1/20-2/18

You probably aren't feeling at your mental peak this week, so let sleeping dogs lie. No need to create new problems if you don't have to. You'll have plenty of energy, but will inevitably ruffle some feathers with your drive. Be patient.



$\frac{\mathcal{P}_{ISCES}}{2/19 \cdot 3/20}$

You are feeling very conflicted about the relationship you are in. Perhaps your heart is ready to jump, but obligations such as school and work get in the way. If you can envision a happy future, then this is a good time to make a commitment.



By Jason Maddox An LBCC student-generated comic







Wednesday, October 24, 2012

ACROSS

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- 1 Hide
- 11 Video CD file format
- 15 "Land sakes alive!"
- 16 Hipbone prefix
- 17 Overdid it
- 18 Woodworking groove
- 19 Helpful contacts
- 20 Hares' tails
- 21 Brickell and Falco
- 22 "__ no idea!"
- 23 Cooperative after-dinner offer
- 24 One in a hole
- 27 Does over, as an ascot
- 29 Player's lament
- 30 Voice of Mr. Magoo
- 33 Island off the Tuscany coast
- 34 Artificial movie background
- 35 Old Italian capital 36 French capital?
- 38 Jeep in the movie "Cars"
- 39 Department store section
- 40 Fit one within another
- 41 Rapid river thaw
- 43 Lukas of "Witness"
- 44 Score settlers?
- 45 Like a cool fall
- morning 47 Rx amt.
- 50 "High Voltage" rock band
- 51 West Coast racing venue
- 53 Carolers' offering
- 54 Shaq, 15 times
- 55 Shipping
- deduction 56 Like Hail Mary passes

DOWN

- 1 Flightless bird2 Steinbeck title site
- 3 Hundreds of centuries
- 4 Nevada summer hrs.
- 5 Basketball two-hander

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By Frederick J. Healy

- 6 Green vehicle
- 7 Sun screen? 8 Pond floater
- 9 Diamond stats
- 10 Rx specification
- 11 Large group with upper and lower segments
- 12 Many a kilt, essentially
- 13 Down source
- 14 Foolish
- 21 "Popular Fallacies" essayist
- 22 Revival meeting shout
- 23 "Never let _ said ..."
- 24 Stopped running
- 25 That femme 26 Winter Olympics
- competitor 27 Church
- practices 28 9-1-1 respondents,
- briefly 30 Rolling Stone co-founder Wenner
- 31 Push for
- 32 Nutmeg or sesame

Last Week's Puzzle Solved

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- 34 Bearing 37 Unpleasant
- duty 38 Coastal plant
- 38 Coastal plant with collard-like leaves
- 40 French "gn"
- sounds, e.g. 41 "Out of the
- question" 42 Warming drink
- 43 Try to strike
- 45 Cake with a kick

- 46 Protein-building
- polymers 47 Longtime Yugoslav president
- 48 Laurel in films
- 49 Ranch chum
- 51 NBC show that began its 35th season in Sep. 2009
- 52 Defense advisory gp.

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Last Week's Puzzle Solved

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

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

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An LBCC student-generated comic

By Mason Britton







Good Vibrations

Sol Republic Headphones Rock

William Tatum

Staff Writer

There are some new Sol Republic headphones available in the bookstore that meet or exceed the all-too-popular Beats brand headphones. According to Will Vansickel, the LBCC Bookstore electronics buyer, these headphones are nearly identical or better than Beats in terms of sound quality.

Unlike most headphones, these have interchangeable headbands and cables allowing for personalization of your audiophile headphones. There are several different colors available in the Bookstore like red, blue, pink, yellow and black. On their website and soon in the bookstore, students can purchase college series bands, enabling you to rock out while letting everyone know the Beavers rock!

These headphones aren't just customizable at the physical level, but also feature customizable software. There are three sound engines available: Tracks v.10 is designed for the everyday user; Tracks HD is for the more refined listener looking for near-DJ-quality headphones; and the Tracks ultra for better bass, clearer highs and DJ-quality response.

Instead of a one-size-fits-all mentality, Sol Republic offers students a unique product in terms of its personalization. Vansickel wanted students to know that this company has wonderful customer service. When his wife's earbuds broke on one side, he sent them an email with a picture of the product and the receipt; less than a week later, he received a replacement set of earbuds.

Going beyond just amazing sound quality, great customer service and high quality craftsmanship, these headphones are manufactured locally in Woodburn, and the headquarters is based out of San Francisco. There is no better feeling than supporting local business and getting a great product.

The fact that LBCC Bookstore staff use these headphones seals the deal, so you know they must be good. If you are in the market for new headphones before you drop \$200 on Beats, check out Sol Republic's first. The headbands are bendy-flex and warrantied for up to 1,000 days against breakage.

Affleck's "Argo" Attracts Audiences

lan Butcher

A&E Editor

Say what you will about Ben Affleck the actor, but Ben Affleck the director is shaping up to be one of the best directors working today. It goes without saying that "Argo" only gives further credence to this statement.

"Argo" is set amidst the Iranian hostage crisis of 1979 as six people escape from the American embassy and take refuge with the Canadian ambassador. CIA Specialist Tony Mendez (Affleck) is given the task of getting the six Americans out of the country before they are found and killed.

Mendez comes up with a cover story that the six Americans are a Canadian film crew scouting locations for a science-fiction film. Mendez must go to Hollywood and make this fake film seem like the real deal before going into Iran to get the six out.

If there was ever a shining example of white-knuckle tension for two hours, "Argo" would be it. Affleck is able to craft a masterful thriller that cranks the tension up to 11 with seeming ease. Mendez works down to the last second to try

and create a fake movie while the Iranians are getting closer and closer to finding the Americans.

This fantastic race against time is helped by the tremendous cast Affleck put together. Bryan Cranston (who is in everything these days) is great as Mendez's partner at the CIA.

The two standouts of the cast, though, are John Goodman and Alan Arkin as Mendez's partners in Hollywood. They portray the bigger-than-life people you would expect to find in Hollywood while still nailing the smaller, more human moments that the film requires of

What's more amazing is how this film is based on a true story and, on the whole, sticks pretty close to what really happened. Affleck's attention to detail is the best compliment I can give "Argo." He goes to painstaking lengths to create America in 1979. This attention to detail only draws you in further, so when the tension kicks in, you are on the edge of your seat.

"Argo" is one of the most tense, heartfelt, best-directed, and all-around best movies released this year. Don't be surprised if this is mentioned during awards season. Overall, "Argo" gets a 4.5/5.

Franchise's Fourth Film Falters

Sean Dooley

Contributing Writer

The last thing I wanted to do for my first official film review was make it scathing. Generally, I'm more on the team of directors and writers than critics when it comes to the filmmaking industry. However, "Paranormal Activity 4" forced my hand and I decided to call their bluff.

Bluff being the key word here that becomes the theme of the film, and more specifically the scare tactics used, as in the rest of the "Paranormal Activity" films.

The film continues the story of Hunter Rey in his new adoptive home, now named Wyatt Nelson. It starts with Wyatt (Aiden Lovekamp) in a soccer game and introduces the viewer to the rest of the Nelson family. From the game, we jump to older sister Alex Nelson (Kathryn Newton) providing her boyfriend Ben (Matt Shively) a video tour of the backyard, when in the treehouse we are introduced to neighbor boy Robbie (Brady Allen).

In a way I feel like "Paranormal Activity 4" should have scared me, but it just made me wonder how Alex or Ben didn't see the boy sitting there in the tiny treehouse.

Now introduced to little Robbie, the ghost encounters ensue now that Robbie's mother Katie (Katie Featherston) has found herself sick in the hospital and matriarch of the Nelson household, Holly Nelson (Alexondra Lee), volunteers to let Robbie stay as long as necessary.

Besides the low believability of the "found footage," the acting, the writing, or the sparse presence of a ghost or demon, the only shining light I found in



this movie was comedic relief that most every horror movie tries to at least provide in a few scenes in order to lighten the mood. More specifically from Ben, although Alex did have a line about a Prius I did find quite humorous.

The idea of found footage is to get the viewer to feel like they are in the movie and experiencing the movie for themselves, but I left the film feeling more isolated. There is no connection with the characters and the film abandons the feeling of truly being scared of a ghostly or supernatural presence.

The potential was there for the soundtrack to be a great starting block, but that's where the potential ended and the disappointment started. The scare tactics in the film had the same effect as the music: Everything goes silent and "too quiet" feeling. The potential was there, but it failed, proving anti-climactic.

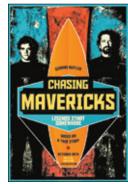
This was disappointing to me, as it is one of my favorite aspects in horror films when used effectively.

As a horror film, if the method of lulling someone asleep then startling them awake with something scary needs to have balance, and "Paranormal Activity 4" used too much lulling and not enough startling, as instanced by the first 45 minutes of the film.

If you're looking for a film that is trying to beat a dead horse, or just slapping a number "4" on the same film, then you have found what you're looking for. If you're like most people though, I suggest you rent it on Redbox so you if you waste your money, it will only be \$1.20 and not \$10-\$15.

Or, if you feel so compelled to spend theatre prices this Halloween, I recommend you buy a month of Netflix and make it worth your money with films like "The Omen" (1976), "Halloween" (1977; the Rob Zombie one isn't bad either, but I highly recommend the original), or "Carrie" (1976), as you will find those to be scary, more believable, fun, yet not an unintentional parody of itself. I give "Paranormal Activity 4" a generous 1.5/4.

THIS WEEKEND AT THE MOYIES



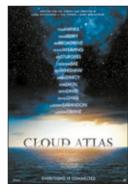
Chasing Mavericks
Rated:PG
Genre: Surfing



Silent Hill: Revelation Rated: R Genre: Horror



Fun Size Rated: PG-13 Genre: High School



Cloud Atlas
Rated: R
Genre: I'm not really sure

Sources: IMDb, Yahoo! Movies, Fandango.com

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Source: accuweather.com