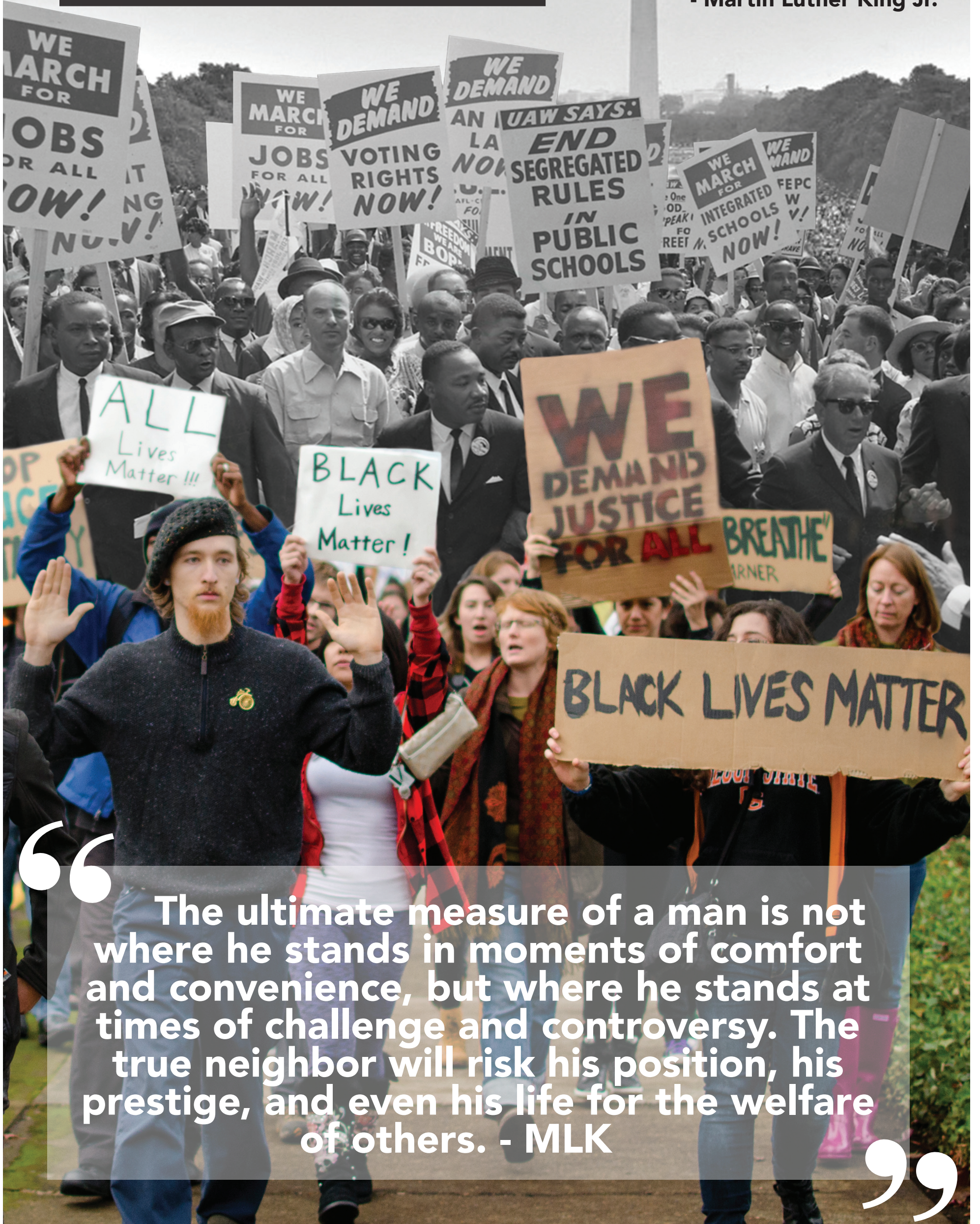


LINN-BENTON
COMMUNITY COLLEGE

COMMUTER

VOLUME 46 • EDITION 15
JANUARY 21, 2015

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."
- Martin Luther King Jr.



“ The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy. The true neighbor will risk his position, his prestige, and even his life for the welfare of others. - MLK ”



HORTICULTURE CLUB

STORY AND PHOTO BY
GEORGIA DUNN-HARTMAN

The Horticulture Club on campus is an integral group of students who are led by their Advisor Stefan Seiter, Instructional Assistant Miriam Edell, and President Sunny Green. The main work area for the club is located in LBCC's organic garden and greenhouse.

The Horticulture Club as an integrative team finds ways to provide the members active opportunities to explore and expand upon their shared interests in revitalization projects for the city. In partnership with the Albany Police Department, Albany Parks and Recreation and the Masonic Society, their current focus is the upcoming Waverly Lake-Masonic Cemetery clean up happening Jan. 31 at 9 a.m.

"We are in the process of making cuttings and



transplants for the Parks & Recreation Department," said Green.

The cuttings, which are a low maintenance pseudom plant from the "living green roof" at LBCC, will be

planted in all the Albany city parks. The green roof of White Oak Hall is layered for a rooftop oasis, beginning with black plastic, followed by gravel, piping for irrigation, and then dirt. The top layer is where the plants grow, having been placed in trays.

"Our club is great because we teach others how to grow their own food, save seeds for the future, and have fun while learning," said Green.

The club meets in the greenhouse every Tuesday at noon. To join the club, simply head out to the west side of campus past the athletic building, give Green your contact information and stay up to date on the clubs projects and events. ♡

FOLLOW GEORGIA @GEIRYDER



CLUBS ON CAMPUS

STORY AND PHOTOS BY
RICHARD STEEVES

LBCC clubs gathered in Takena Hall Wednesday, Jan. 14 from 10 a.m. to 1 p.m. for LBCC's second annual Club Expo. The goal of the club expo was getting more students signed up for and involved in clubs on campus.

Clubs on hand for the event included: American Association of University Women (AAUW) Student Club, Anime Club, Black Curtain Society, Board Games Club, Campus Ambassadors Christian Community, Gender-Sexuality Alliance, Horticulture Club, Linn-Benton Legends, Phi Theta Kappa, Speech & Debate Club, Students For Life, and Student Leadership Council.

Each club had a table set up with active members ready and willing to answer any club related questions. Some clubs offered candy or trivia games to engage prospective members. The Gender-Sexuality Alliance Club gave out free condoms to promote awareness of safe sex.

Student Outreach Coordinator Jordan Hagle planned and organized this year's expo. Hagle, LBCC student and Gender-Sexuality Alliance Club member, was working at the Gender-Sexuality Alliance Club's table trying to recruit new members.

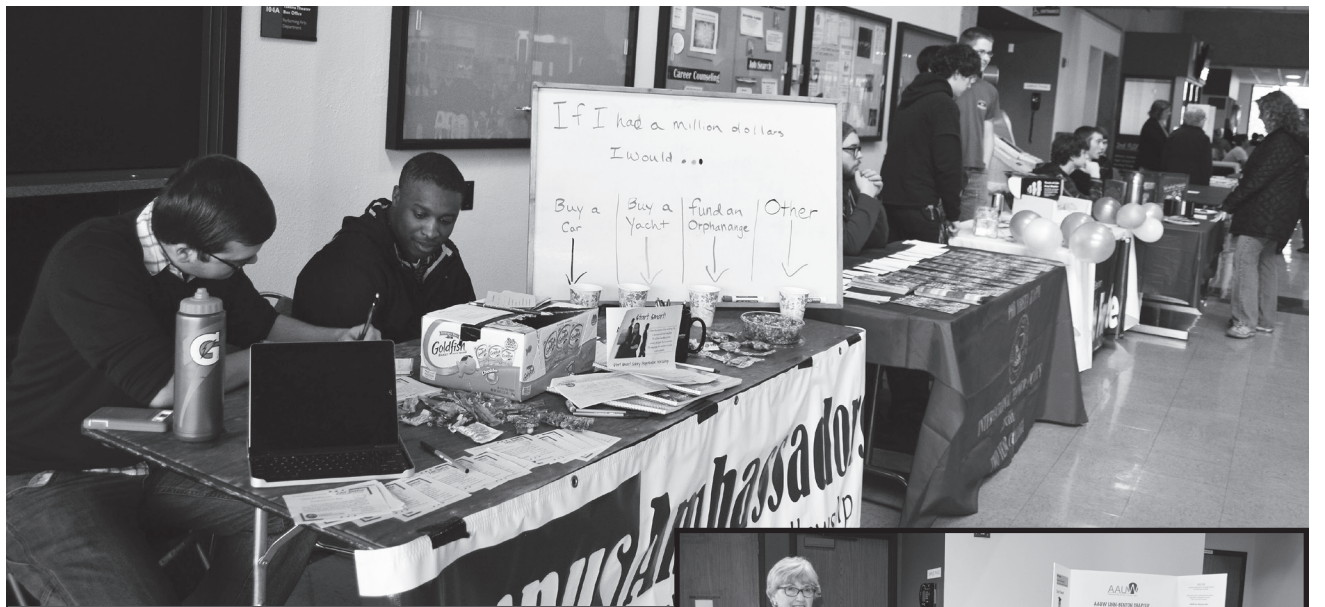
"This and Welcome Week are the biggest events for club signups," said Hagle.

With each club getting a full sign up sheet of fresh signatures, this year's expo helped attract future club members.

"This has been one of our more successful outings," said Kyle McConnell, president of the Black Curtain Society, the theater club on campus.

If you would like to start your own club, the process is fairly simple. There is a petition form that can be found on the LBCC website that requires eight LBCC student signatures and a contracted faculty or staff member as an advisor.

The Council of Clubs meets every other Wednesday from 1-2 p.m. in McKenzie Hall R-118, where each club



David Baugh and Andy Southard entice future members of the Campus Ambassadors Christian Community club with trivia and snacks.

has a representative with voting power to approve new clubs and other various club related matters.

For further information on starting your own club or joining an existing one contact Jordan Hagle at slcoutreach@linnbenton.edu. ♡

FOLLOW RICHARD @RSTEEVES84



Karlene McDowell woman's the American Association of University Women table.



Lucas Nicolas, Kyle O'Brien, and James Tow man the Students For Life club table.





COLUMN BY
ANDREW
DONALDSON

LIFE'S JOURNEY



WE ALL MATTER

Though I meant it when I said that the easiest thing in the world to do is to say hello, I do understand how scary this exact endeavor can be. People are not always as kind or as welcoming as we hoped they would be.

Just as we tend to give human characteristics to animals, both real and inanimate, we all often forget that not everyone views the world the same way we do. This projection can sometimes make reality feel like it is crashing down around us.

It doesn't have to be this way. Realize that every person you see, no matter how cool or popular they may pretend to be, is insecure at times. Everyone has walls, and no matter how haphazard or irrational they may seem to you, it is not your job to forcefully attempt to crash through them.

Start small. By simply sharing a hello you are showing another person that you see them, that they are indeed a part of your world. If the person ignores you, or worse, treats you poorly, know that this is a reflection of some innate character flaw they are battling rather than a judgment of you. Believe it or not, the people who shun others simply based upon outward appearance are usually the ones battling the heaviest insecurities.

Every person in the world wants to be loved; every person wants to know that they matter. Even the ones who push people away do so out of fear of rejection. We have all been there.

It is sad that every human alive has experienced moments of self-doubt and low self-worth so powerful that running away seems the only logical choice, but it is a common experience. We did it as children when we threatened to run away from our parents, and we all still experience it from time to time, even today.

What I ask in these moments is for you to stop and think about what you are specifically running from. I would wager that it is not all of humanity. Rather, it is more than likely a certain moment in time that went the opposite direction you hoped or expected it would.

Learn from these moments. Take a step back, and ask yourself why they went the way they did. Did you hope that your crush thought about you the way you think about them, even when they hardly knew you? Did you hope for an invite to an event even though no one knew you actually wanted to go? Did you expect an instant connection with someone who believes that the simple act of opening up to another person is a risk?

Life is truly about lessons. It is about us stepping back and learning from what happened in any given

moment. Most important, it is about us learning to tell the difference between what we control in that moment and what we don't.

Trust me when I say that not everything is going to go as you hoped it would; life is not supposed to be easy. We would not grow to become our best self if everything was handed to us. All of us are meant to struggle, to have doubt and fear, anxiety and stress. We experience these things because they best help us figure out not only who we are, but also what we truly want out of life.

Every person possesses the power to make the world a better place. Choose to face and understand your pain instead of hoping for a miracle to come knocking on your door. This means leaning on and opening up to others; just know that sometimes the ones we choose to lean on are not strong enough in that moment to support our weight.

Whenever this happens don't give up. Instead, keep searching. I promise that the world is full of people willing to help. It just so happens that sometimes you need to do the work necessary to find them. 📍

FOLLOW ANDREW @AWD_ONE12

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COLUMN BY
MARK WEISS

ADVICE FROM WEISS

Q: I need help. Help with my class work. But I take my classes away from the campus, and it doesn't really work for me to go to the Learning Center or the tutors.

A: Sounds like you may be taking classes at one of our centers in Corvallis, Sweet Home, or Lebanon. It's important to know that many of the same services that are available at the Albany campus are also available at the centers. Just in smaller amounts.

The centers have writing and math help, tutors, counseling, and accessibility resources, just in smaller amounts than we have available in Albany. You can find out how to access these services by going to friendly folks at the front counter of any center. They will get you to the help you need.

Q: I'm closing in on graduation. Does that just happen automatically, when I'm done?

A: Nope. You have to request graduation. Here's how to do it: Go to our home page. type "forms and

applications," in the search bar. Then click on "forms related to graduation." The graduation request form is a very simple one. The deadline to turn it in, for a June graduation, is Jan. 30.

Q: I've been studying up on my math at the Kahn Academy online. I think I can do a higher math class than I got on my placement test. What do I do about that?

A: You are always welcome to re-test in math, or in reading or writing, if you think you can place higher. You'll need to pay a \$5 fee, but if it raises your math level you will have saved yourself hundreds of dollars. You can stop by RCH-111 to make an appointment to re-test.

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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.



A SIMPLE LESSON ON SAVINGS

STORY BY
ANDREW DONALDSON

I find that being surrounded by people smarter than myself benefits me in numerous ways. The reason for this is that the simplest being that this means I always have people “in the know” for any situation that may arise. Though this has been helpful throughout my life, I find that the most common stressor these days is money, especially since I live month-to-month.

While I consider myself to be fairly astute when it comes to budgeting, three of my best friends excel in the world of finance. So it stands to reason that these three are who I turn to when I have questions.

One of these friends, Nick, has a dual undergraduate degree in economics and chemistry. After dropping out of a doctoral program in chemistry, he found that his life’s path steered him towards finance.

Since I know many people share my monthly concerns, I thought a conversation Nick and I had about savings accounts warranted sharing; specifically how investing through them is actually costing you money every year.

That’s right, having money in a savings account is actually costing you money over the long term. Let me share how this is possible.

Banks operate as the middlemen in our world,

matching buyers and sellers while making sure to take a rather generous percentage for themselves through interest, charges, and fees. Though buyers and sellers vary depending on the product, most times sellers are common Americans hoping to save a few bucks for a rainy day fund, that new car, or a down payment on a new house. They do so by putting their money into savings accounts.

Banks offer these sellers interest on their “investments.” For the average account this is usually less than .02 percent. The banks then turn around and loan this pooled money out to buyers at an interest rate somewhere in the realm of 5 - 15 percent.

As you may begin to see, what seems like a fantastic idea on the surface is actually a bit of false advertising for people who believe the banks are helping them grow their money. Though banks are one of the safest places for your money, they actually do little more in terms of growth than simply placing it under your mattress. In fact, the only real difference between the two is that your money has at least some protection at a bank.

Don’t get me wrong, safety is a good thing. In fact, I believe that you must have three to six months worth of bills stored in a bank to protect yourself should anything

catastrophic happen. My argument though is that truly “investing” through a savings account is impossible. This is due to inflation, a factor of economics that is essentially set by our nation’s top bank, the Federal Reserve. Though how it is done is beyond the scope of this article, know that the Fed’s currently try to keep inflation at about 2 percent yearly.

What this means for you is that, every year, your money actually loses 2 percent in “buying power.” Simply put, due to inflation, what costs \$1,000 at the beginning of the year now takes \$1,020 to purchase only 365 days later. Can you see the problem? The .02 percent your bank pays you actually means a loss of .18 percent every year in your money’s value.

Though it may seem unfair, know that there are things that can be done to counter all of this. In fact, LBCC has a great resource at your disposal: SALT. Next week I’ll delve a little deeper into this program and expand a bit on the world of investing. My goal is to help you gain a little more control over your money because, no matter what you may have been told, it is your money. ♡

FOLLOW ANDREW @AWD_ONE12

SPORTS BULLETIN

LB Basketball

vs. Lane Wednesday, Jan. 21 7:30 p.m.

at. Mt. Hood Saturday, Jan. 24 4 p.m.

OSU Basketball

vs. UCLA Thursday, Jan. 22 6 p.m.

vs. USC Saturday, Jan. 24 3 p.m.

UO Basketball

vs. USC Thursday, Jan. 22 8 p.m.

vs. UCLA Saturday, Jan. 24 1 p.m.

CAMPUS BULLETIN

Blood Drive Thursday, Jan. 22, 9 a.m. to 2:20 p.m.

The American Red Cross Blood Drive will be held in the Calapooia Center, Cascade View A and B - 203 and 205.

Art Show Wednesday, Jan. 28, noon to 1 p.m.

The show “Viviendo Muerto!” featuring the work of marquetry artist Christian Barrios will be shown in SSH Gallery along with a reception talk.

Inclusive Environments for Transgender and Gender Nonconforming People Wednesday, Jan. 28, 1 p.m.

A moderated panel discussion on creating a more inclusive and welcoming environment for transgender and gender nonconforming people will be held in the library. After providing some general background information about transgender and gender nonconforming people and the issues they face, the discussion will focus specifically on improving customer service interactions.

Friday, Jan. 30

For students planning to graduate this spring, applications are due.

Saturday, Jan. 31, 9 a.m.

The Horticulture Club will be beautifying the Waverly Lake-Masonic Cemetery.



TO WEAR OR NOT TO WEAR?

STORY BY
MELISSA JEFFERS

One particular item of clothing has become increasingly popular, especially on campus. At Linn-Benton you can’t walk across the quad without seeing someone wearing leggings. That’s right, leggings are everywhere.

“[Leggings are a] popular dress fashion trend for women right now and seem to have replaced denim as a casual wear staple. Leggings also give winter short skirt wearers an option to keep their legs warm,” said Chareane Wimbley-Gouveia, Learning Center coordinator.

Leggings aren’t what they use to be. During the Renaissance period leggings were called hose. Hose were worn by both men and women, and wearing them showed their status in society.

There are many types of leggings such as: standard, jeggings, thermal leggings, stirrup leggings, and footed leggings.

In the 80’s, pop singers such as Cyndi Lauper and Madonna and films such as “Flashdance” brought the leggings into mainstream. It wasn’t until 2006 that leggings reclaimed their fame and took over the scene.

“Personally I always make sure my leggings fit correctly, so that they’re appropriate for wearing out in public,” said SLC President Adelaine Carter.

The way in which leggings are worn can be misconstrued by passer-byers. Instead of being an article of clothing to keep warm, they have become a provocative item.

“As far as wearing leggings to school I think it’s

perfectly acceptable. They are a warm comfortable clothing option that’s perfect for a cold and rainy climate like Oregon,” said Carter.

Wearing leggings in the 21st century aren’t what they once were. Some say they do serve a purpose regardless of the provocative nature. Whether you choose to wear them for comfort, style or just because, you should consider what others see when you wear them in public. Each day we are criticized by the people around us. It’s unintentional, yet it happens.

“Leggings are fine to wear as long as you don’t wear them as pants,” said student Rebecca Chandler.

“Leggings are fine with boots or Uggs,” said previous student Lex Porter.

Women have fought for equality and not to be objectified, but wearing barely anything down below you’re asking for the unwanted attention. Dress for the career you want, and don’t attract the wrong kind of attention. However if your career doesn’t require business attire and actually requires leggings then you’re set for success! ♡

FOLLOW MELISSA @MJEFFERS8




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STORY BY
CHRISTOPHER
TROTCHIE

LBCC THEATER DEPARTMENT: COMMITMENT TO COMMUNITY

For the last 40 years the LBCC Theater Department's works have helped to create a plethora of impacts both here and in the community. Ranging from educational to an emotional response, the department is helping children and adults engage in and be entertained by the works of art.

This interview with Dari Lawrie, this year's playwright, is a first look at the creative process of the new Children's Theater presentation "Follow Coyote." The story takes a mystic twist as the "Coyote," a Native American spiritual character, descends upon lost children on the Oregon Trail.

Q: How long have you been attending LBCC?

A: This is my fifth term at LBCC. I'm an English and a Theatre major. I was formerly a Waldorf school teacher in Corvallis.

Q: What is "Follow Coyote" about?

A: "Follow Coyote" is a coming-of-age story. It is about a boy and his nagging sister who become separated from their wagon train and travel on to Oregon with the help of a coyote, a one-eyed trapper, and his son. The boy, William, has to master certain characteristics in his personality and use them to best effect to "save the day."



Q: Have you ever written a play before?

A: I've written four children plays: One based on the Greek myth about Prometheus who created man, in which Pandora and Epimetheus sing and dance a number from Grease; a medieval holy grail quest based on a 13th century story "Parsifal;" a remake of "Twelfth Night" by Shakespeare but at sea with lesbian girl pirates and lots of other mixes of romance. That one is for teenagers. And this one is my fourth. They are all a combination of comedy and drama. Comedy makes what I want the children to experience in the drama palatable, kind of like bait on the hook.

Other than that I've written two ten-minute adult plays, both comedies: One about revenge and one about addiction. That was fun because I had exactly twelve hours to write each one and the actors and directors had twelve hours to rehearse before it was performed. CRAZY. I did that in the local "Play in a Day" event put on for local artists.

I've been so lucky to have had all my plays performed except Twelfth Night on the High Seas which I like the best, so I hope it happens. That one could actually be for immature adults too, but I wrote it with teenage angst in mind. I think it is funny.

Q: What do you hope to accomplish with the creation of this all-new play?

A: There is some exciting theatre happening at LBCC. The LBCC Theatre Arts program is pioneering some uncharted ground right now, which is exciting to me because the arts need to breathe. If we just do the same thing over and over, what are we saying and doing? Dan Stone is an incredible artist as is evident in any of his plays, but this year he and the rest of the talented Theatre Arts Department have moved into Devised Theatre and Engaged Theatre. Effectively, there is a movement toward creating theatre which is relevant to our community, which gives a voice to our community, and which engages individuals in unique and empowering ways.

It started with that incredible play based on the stories gathered from our local veterans which was produced in the fall, "Tango Mike," and now the doors are flung open for me as a writer, which I am so honored by. In

the spring, the play will be student-directed One-Acts. Lots of opportunity is being offered to students to not only act.

Q: Do you remember when you first became interested in theater arts?

A: As a Waldorf teacher I used theatre as a medium of instruction. I also wrote a play for my students each year, dependent on the curriculum and the personalities and stage of development of the children, which we produced together. Writing a play was not as hard as I thought.

At first I felt more intimidated by theatre than any other aspect of Waldorf teaching, but quickly discovered how incredibly fun it can be. If one is most interested in the process when working with children in theatre arts, one can never fail. Of course, in the case of "Follow Coyote," we are presenting a story to the children in a theatrical form, which is a completely different thing, but wonderful in its own right.

Q: What part of the process is the most difficult?

A: The hardest part is the research. I always spend much, much, much more time in research than in writing the actual story. Sometimes I know about the topic, and I know what the heart of the story will be but I'm not sure of the vehicle – the story. But really, I can just snatch it out of the air at that point, because the foundation is already there. With the ten-minute plays there was absolutely no research and the hardest part was that I had no time to edit, and I'm an English major so I love editing.

Q: Will you be directing Follow Coyote?

A: Tina-Marie Ivey, part of the theatre arts faculty, is directing the play. It will be exciting to see what she makes of it. Writing is just one facet of creating the story, and it might end up looking very different than I imagined. That's one of the fun things about theatre, it moves and changes. There are some talented student actors as well. It's not my play anymore and I can't wait to see it!

FOLLOW CHRIS @CHRISTOPHER999



ARTS & ENTERTAINMENT



COURTESY: ADVENTUREPRO GAMES

GAME REVIEW:

Dungeonmans

DEVELOPER: Jim Shepard
PRODUCTION: Adventurepro Games, LLC.
GENRE: Roguelike, RPG, Indie
RATED: N/A

REVIEW BY **MATHEW BROCK**



All hail Steve III, legendary hero and graduate of the esteemed Dungeonmans Academy! Only he has the training necessary to delve into the deepest of dungeons, slay the mightiest monsters, and uncover the most magnificent of treasures! Let us rejoice, for he will be our salvation - what's that? He was slain by magical man-eating turtles, you say...? Ahem, all hail Steve IV, legendary hero and graduate of the esteemed Dungeonmans Academy!

"Dungeonmans" is a humorous, roguelike RPG created by Jim Shepard of Adventurepro Games, LLC. After tour a of Kickstarter, Steam Greenlight and Steam Early Access, "Dungeonmans" has been officially released and is receiving ongoing updates. For those interested in game development you can also join Shepard as he works on the game's future updates live at twitch.tv/playdungeonmans.

As far as roguelikes go, "Dungeonmans" helps set the standard for dungeon crawling, monster smashing, loot grabbing RPGs. You start the game by naming the land and founding the Dungeonmans Academy, a school for would-be heros and adventurous dungeoneers, more commonly referred to as dungeonmans. You then create a character and set off for the nearest dungeon. Story-wise that's all there is to it, aside from a few comical conversations with NPCs.

The Dungeonmans Academy is the most unique feature of the game, as it allows you to give your new characters better starting gear and stats as you upgrade it. As you explore dungeons you'll find various artifacts that can be brought back to upgrade the academy or be passed down to future dungeonmans. It's very satisfying to watch the academy grow as you retrieve books to expand the library, lab equipment for the alchemy department, and artifacts to study in the museum. There's also a graveyard to immortalize fallen heros with statues, which grows fairly quickly due to the nature of the game.

"Dungeonmans" features many standard roguelike game mechanics such as permadeath, turn-based

combat, and randomly created dungeons. Every time you die, that's it for your character and you must create a new one. You can also recover the remains of fallen dungeonmans to gain bonuses like extra stat points, experience, or powerful equipment which can be wielded by your current hero or stored in the academy's vault for later use by future dungeonmans.

Character creation begins with you picking a name and choosing from a selection of starting stats. You then pick a class, some perks, and finally choose from an assortment of well drawn sprites to serve as your character's appearance. The classes don't really mean much, as you can access all abilities as you level up and put skill points into their respective trees. They're more helpful for quick starts or learning the game, and you'll likely end up always choosing the "Dungeonmans" class once you get the hang of things.

Abilities in the game tend to mirror more conventional RPG tropes, but with a bit of humorous flavor. For example, the fighter class is called the fighters and specializes in mastering weapons by using abilities like Advanced Crushology to wield two handed weapons and wearing "real" armor as opposed to light or medium armor. One of the most interesting classes is the Southern Gentlemen which have a rage resource that is drained in real-time when used. This gives a great sense of urgency to the game's otherwise slow turn-based combat.

The game is difficult but fair. Most of the time you'll be able to realize exactly what you did to get yourself killed and resolve to be more cautious with your next character. If you entered a dungeon and were immediately killed, it's safe to assume you must have wandered into an area you weren't ready for. You'll learn quickly that some battles simply aren't worth fighting and that there's really no shame in falling back and finishing the last part of a dungeon when you're good and ready.

Enemy design is very strong, with monsters often having interesting and game-changing abilities. For example, there

are monsters that constantly create barricades, making it difficult for melee-based dungeonmans to reach other enemies. There are also monsters that can drag you across the room and into a crowd of other monsters that will proceed to cut through your rangermans medium armor like cardboard. Later in the game there are even monsters that will steal items in your inventory, perhaps snatching your vital health potions.

Aesthetically the game manages to capture the feel of old school roguelikes, but with a modern shine that makes it feel smooth without losing that classic charm. Many abilities have interesting animations and make even some of the most mundane abilities feel very satisfying to use based on the visual effect. The excellent soundtrack also plays a big part in setting the mood of the game. The music often shifts from a calm melody as you wander through a dungeon, to the fast beat of a boss battle, to the sad song of your eventual defeat. It really captures that old-school RPG vibe.

Overall "Dungeonmans" is a fantastic roguelike game with interesting gameplay, a killer soundtrack, and more puns and in-jokes than you can count. It's easy to pick up and play and fun to come back to after sweating off the rage of losing a valuable dungeonmans. Whether you're a long time fan of the genre or someone looking to give it a spin for the first time, you can check this game out on Steam or the game's official website for \$14.99. 📍

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A "WILD" NIGHT

STORY BY
ROB PRIEWE

CORVALLIS -- Oregonians love Cheryl Strayed. Even some of the snotty, elite backpacker society who have hated on her best-selling book "Wild" since its release two years ago.

Readers' adoration of Strayed was on full display last Thursday from the moment she sheepishly popped on stage from behind the curtain midway through the introduction at OSU's LaSells Stewart Center.

An hour before her talk, the overflow crowd filled every spot in the 1,200-seat auditorium, with hundreds of others left to stand in the aisles or sit on the floor. Sadly, those who hadn't hustled to find a seat had to retreat to the lobby, where hundreds more watched the hour-long talk by live stream.

Strayed's upbeat speech ranged from grueling tales along the Pacific Crest Trail and her transformational journey from near self-destruction, to funny moments behind the scenes with Reese Witherspoon and Laura Dern, who've both been nominated for Academy Awards for their roles in the movie version of "Wild."

Mostly, however, Strayed fondly remembered her mom, the most "essential" person in her life. It was her mom's death that precipitated the downward spiral that eventually led Strayed to hike 1,100 miles of the epic and challenging Pacific Crest Trail, otherwise known as the PCT.

Strayed's story was familiar to most of the Oregon State University crowd, about three-quarters female, who nearly unanimously indicated they had read "Wild," seen the movie or done both. In her talk, Strayed recounted elements of the story, eliciting both laughter and near tears, sometimes in the same anecdote.

"It really is about my mom, and her life ... and what her death meant to me."

For example, Strayed shared her own college experience and the naïve manner in which she decided to attend the University of St. Thomas in St. Paul, Minn. After looking at various brochures, she settled on St. Thomas largely because the people pictured in the pamphlet seemed the "least weird-looking."

Upon being accepted by the only college to which she applied, she learned that parents and grandparents also could attend classes ... for free. Her mom took that opportunity to get the college education she always wanted.

"It was every student's dream," Strayed joked. "Would any of you bring your

mom to school?!"

Going to college together, however, strengthened the already-impenetrable bond Strayed had with her mom after growing up with an abusive, alcoholic father and living "off the grid" in northern Minnesota. Her mom was her best friend, her confidante, her inspiration.

But on campus, Strayed said, her mom wasn't to acknowledge her unless Cheryl spoke first. Of course, that embarrassment quickly disappeared. Her mom was a straight-A student, hungry to learn, and redefining her own life.

At the same time, Strayed said, "My mom knew where I had to be at that point in my life. Suddenly I understood who I was, like I never had before."

So it was that senior year spring break that their lives took a terrible turn, when her mother, 45, was diagnosed with lung cancer. Seven weeks later, she was gone.

Her mother's death catapulted Strayed, then 22, into binges of alcohol and drug abuse, wanton sex, and "violent, tyrannical" behavior that destroyed her first marriage.

"In my sorrow, I lost my way."

Four years after her mom died, purely by chance she saw a guidebook for the PCT. And amidst her heartbreak she threw herself relentlessly into her spiritual quest for redemption and renewal.

Strayed said she couldn't honor her mom by "wrecking" her own life. Full of regret, she needed to start doing the right thing.

She recalled a short scene at the outset of the movie that takes up only a few pages of the book. And yet, it

sums up her quest.

She is standing in a hotel room the morning her hike is to begin. All her gear is laid out on the bed. She had never packed a backpack in her life. After she squeezes everything into the enormous bundle she realizes it's too big.

She can't budge it.

"What was I thinking?!"

It was upon reflection years later that the moment's deeper meaning became apparent, she said. "I learned what it means when we have to bear what is unbearable."

And go on, one step after another.

"You can only figure out how to bear it yourself."

At one point of the trail her feet were blistered and bloody.

"My feet hurt so bad that I forget about my heart."

Alone, sometimes scared, often frustrated and exhausted, she persisted. To the end of her journey, at the Bridge of the Gods, which connects Oregon and Washington over the Columbia River.

It almost seems trite, she said, to start life anew at the Bridge of the Gods. No editor would allow her to make that up.

Yet that's where her trek concluded in 1995, and her new journey began. One that she's sure would make her mom proud.

Strayed began writing "Wild" in 2008, "when I could really tell what happened." By then she had already published her novel, "Torch," was remarried and had two small children.

She's been overwhelmed by the success of "Wild," the movie and the hundreds of emails and letters from appreciative readers. Their kind words far outnumber the caustic reviews from those who have criticized her hike along only part of the 2,600-mile PCT.

They're critical because she didn't do the whole trail, she didn't know what she was doing or even what to pack. And the notoriety of "Wild" will attract all manner of people to the trail, spoiling it for hikers.

They miss the point, she said. It's not a book about backpacking. It's about conquering heartbreak and starting over.

People ask her, "What would you say to your mother now?" Strayed said she used to tell people she'd say what you'd expect, "I love you, mom" or "I miss you."

In the movie, her mom is played by Laura Dern. In real life, her mom wasn't much taller than five feet. Strayed described Dern as beautiful, tall, willowy.

If she met up with her mom now, Strayed said, she would flatter her by saying, "Laura Dern is playing you in a fucking movie!"

One of the key moments from the film is when Dern's character, stricken with cancer, says, "I never got to be in the driver's seat of my own life. I was always a daughter, or a wife, or a mother ..."

Strayed smiled as she described her own cameo in the movie. It happens near the start. She is driving the pickup that drops Reese Witherspoon, aka Cheryl, off at the hotel in Mojave, Calif., the night before her hike.

Months later, Strayed said, the irony dawned on her: "In the movie of my life, I got to be in the driver's seat." ♡

wild

FROM LOST TO FOUND ON THE PACIFIC CREST TRAIL



Cheryl Strayed

COURTESY: CHERYL STRAYED

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"I would not make it in math if it were not for my tutor." LBCC Student

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Then & Now Commuter CAROL MENKEN



THEN PHOTO: PETE PORTER

NOW PHOTO: JARRED BERGER

This article was published in The Commuter by former student journalist Pete Porter on Jan. 18, 1978.

Drafting Major Designs Undefeated Start for Hoopsters



STORY BY
PETE
PORTER

Six-foot-four inch Carol Menken stands tall as a person, as a basketball player, and as a good sport.

The jovial LBCC sophomore is accustomed to people remarking about her height and staring up at her.

Many opposing players of the Oregon Community College Athletic Association are looking up at Menken this year and secretly wishing they were standing in her basketball shoes.

The former Jefferson High School athlete is rapidly developing into a basketball standout. She is currently setting the OCCAA on fire with her shot blocking, scoring, and rebounding.

To illustrate Menken's hoop potential, consider her two best games.

Against Central Oregon, she sank 7 of 15 field goal attempts, hit 4 of 5 free throws, scored 18 points and captured 26 rebounds.

Menken's best game, thus far, was against Umpqua Community College. She netted 11 of 19 field goal attempts, an astounding 11 of 12 charity tosses, and collared 25 rebounds.

Unmentioned are the numerous blocked shots - a Menken trademark.

The 20-year-old hoopster is one of the main reasons why LBCC coach Dave Dangler's squad is undefeated this season.

"In our first three games, in my opinion, Carol has been the cement that has held us together," said Dangler. "She doesn't play spectacularly at times but does a good steady job."

Dangler stressed that her scoring, rebounding, and ability to trigger the fast break were a major factor in LBCC's outstanding start to this 1977-78 hoop campaign.

But Menken gives Dangler much of the credit for her improved play over last year.

"Dave is constantly telling me to take advantage of my height and shoot the ball from over my head," she said.

Off the basketball court, what are some of the remarks she hears concerning her lofty stature?

"The all-time favorite remark is, 'How's the weather up there,'" replied Carol. "But I've fixed that though."

The enterprising drafting major personally made several iron-on T-shirts in Jim Tolbert's screen printing class last term. The shirts read: "The weather's fine."

"I spread them around," continued Menken. "All the tall people get them."

Youngsters sometimes remark: "You're the tallest person I've ever seen in my entire life." Quick witted Carol usually asks such an individual if they would like her autograph.

"I've learned to make a game out of it," she added.

Others are enjoying Menken's success-on and off the basketball court, namely her parents, Richard and Nancy Menken of Jefferson.

Although Carol lives in Albany now while attending LBCC, two brothers and one sister are proud of their sister's basketball achievements.

"In about the eighth grade, I grew something like six, seven, or eight inches in one year," stated Carol. "I kept

telling my mother to quit drying my pants in the drier because I thought it was shrinking them."

Menken stated she was actually growing out of her clothes that fast.

"Through high school I grew progressively about an inch and a half a year."

Grinning, Carol said, "I don't know when I'm going to stop growing."

Dangler praised Menken for her hard work this fall, preparing for the hoop season. She has developed rapidly and is very unselfish and competitive.

Besides basketball, what does Carol enjoy?

"I like to do pantomime, the Shields and Yarnell type stuff, with my roommate Ruth Justus, just for fun," she replied.

Menken also stated she likes to sew, "Out of necessity, rather than a hobby."

"I like to travel," she added. "I enjoy camping and just taking off in my 1974 Pinto and going somewhere."

This transportation takes her to Salem where she attends Christian Center Church.

What are Menken's future plans?

"I won't have any problems finding a job in drafting. I'll work for a while and get rich," she responded with a smile.

"Seriously, later I'd like to get into architecture or interior design," Carol added.

Meanwhile, Carol and RoadRunner teammates are off to their best start ever. And they have some positive goals.

"Our first goal is to win our games and be able to go to regionals in Montana," concluded Carol.

She is tall and lofty aims, but Carol doesn't miss the goal often. ♡

FROM ROADRUNNER TO OLYMPIAN



INTERVIEW BY
JARRED
BERGER

This week 37 years ago, former Commuter journalist Pete Porter wrote a profile on then LBCC basketball star Carol Menken. Menken began as an ordinary LBCC student. She graduated from Jefferson High School in 1975 and enrolled at Linn-Benton pursuing graphic arts. She became an extraordinary alumni when she brought home a gold medal in 1984.

Towering at 6' 4" Menken joined the LBCC women's basketball team in her third year. It was the first year ever that LBCC had a women's basketball team. She helped the lady RoadRunners get off to a fantastic start.

Menken planned to join the Navy following high school but was told by a recruiter that there was a height restriction and she was too tall. After attending for one year she deemed herself not good enough as an artist and changed her major to drafting, essentially becoming a freshman again.

During her third year, 1977-78, she was asked to join the women's basketball team, mainly because of her height. Outside of high school P.E. class she had never played basketball before and admits she had no intentions of doing so. That year the team played in the regionals in Kalispell, MT, becoming her most memorable experience as a RoadRunner.

"We took a van and drove to Kalispell," she recalled. "Our coach was Dave Dangler so we had these shirts made up that said 'Dangler's Dandies' and we all wore them as we were heading in our van to Montana."

When featured in the 1978 article, she was asked what her future held. She answered as many college students do, "To get a job and make a lot of money." She currently has a successful career as the advertising sales manager for HOPE 107.9, but she never planned to join the elite few that can say they have won a gold medal.

Life happened, and she walked through doors that opened.

After graduating LBCC, OSU offered her a partial scholarship where she majored in broadcast communications. She joined the lady Beavers and her basketball career excelled.

"My journey as an athlete started at Linn-Benton but it became more than what I was just 'doing' at [OSU]," she explained.

In her sophomore year, her talents landed her a full scholarship through her junior and senior year.

"Two of the three years I was at Oregon State we won our regional tournament by upsetting the Ducks in the finals," she said proudly.

At that time, the Beavers had never defeated their in-state rival during the regular season.

While at OSU she met Ken Schaudt, the men's basketball manager. They wed in 1982, becoming Carol Schaudt. Her marriage would come just before one of the biggest highlights of her life: The 1984 Summer Olympic Games in Los Angeles.

"There are events in your life that are defining moments, the Olympics was definitely one of them. When you have a gold medal nothing is the same anymore, you are always viewed through that lens."

It wasn't a straight shot, the path to the gold took picks and rolls. In her senior year at OSU she tried out for the 1981 U.S. National Team, established that year for the first time. At the time the WNBA didn't exist, so she spent six years playing in Italy.

"While I was playing for the National Team I was contacted by an agent in L.A. who told me the Italian Women's League had opened up just that year to have women play on it."

There were 16 teams in the league and she was invited to try out for one of them. Because she made it onto the 1983 National Team she automatically got invited to try

out for the 1984 Olympic team.

"The most challenging part of the Olympic process was definitely the tryouts," she said. "Once we got to Los Angeles and competition began we were definitely the most dominant team. The actual Olympics were not that stressful, we won every game by 25-30 points."

Menken and Team U.S.A. won the gold medal after defeating South Korea 85-55.

"I was very honored to have been chosen to be a part of the team because the chemistry was very special," she said. "We had a team where everyone was committed to the team-concept of making one another better and always being available for whatever role we were called upon to take."

After reaching the peak of her basketball career she retired in 1984. She bought a home in Corvallis with her husband, eventually having two children, Brian and Laura. They now live in Philomath.

Both their children are athletes, Brian competed in track and Laura played volleyball.

"It's very satisfying, not just that they become great athletes but that they have become great people, that they are good quality people that care about others. That's probably the thing that I'm most proud of."

Menken remains humble in her success as an Olympian offering advice to aspiring athletes.

"Discovering something I was good at was a way I built confidence and that confidence has carried over in all aspects of my life. I think that most successful athletes are not always the most physically talented athletes. A lot of it is the mental aspect of it, how you view things, how you view yourself, and how you endure disappointment and hardship." ♡

STORY BY JARRED BERGER
AND ALLISON LAMPLUGH

FOLLOW JARRED @JARRED_BERGER



STORY BY
CALEB
CLEARMAN

DOUBLE TROUBLE LB LOSES IN DOUBLE OVERTIME

Linn-Benton suffers double overtime loss in visit to Portland CC.

After starting league play with a 1-1 record, Linn-Benton looked to move up in the rankings by picking up a second win. Portland came into the game with a 6-9 record overall and 0-2 in league play. Coming into the game Linn-Benton knew Portland was going to be tough test.

"We knew PCC was going to play very tough and wouldn't let up," said sophomore Trevor Cooley.

After a closely contested first half, Portland led at halftime by a score of 27-25. After turnovers hurt the RoadRunners in their last two games, the team looked to play cleaner basketball and limit easy fast break points for Portland.

Linn-Benton suffered a major blow when forward

Trevor Cooley, NWAC's leading scorer so far this year, broke his wrist. Cooley came into the game averaging 24 points and has been a vital part of the RoadRunners offense this year. Despite his injury Cooley kept playing and contributed 14 points.

So far this season, a group of returning sophomores has led LB. Adam Moore has been a key player for the RoadRunners and scored 15 against Portland. Taylor Vicknair added another 11 shooting 3-3 from three-point territory. Brandon Monnot scored 11 points to go along with 7 rebounds.

After trailing early Linn-Benton was able to get back in the game. After only shooting 31 percent from the field in the first half, LB was able to get better shots.

The game was closely contested in the second half and went to double overtime. The RoadRunners got a

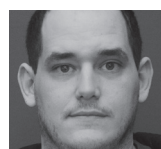
stop on defense at the end of the first overtime and were able to send the game to another extra period. In the end Portland got control of the game and won 77-74.

"We had a good game plan and executed well, we just couldn't pull it off," said Cooley.

Cooley will visit a specialist for his wrist and will know more on a timetable for his return. Other players will look to fill in for Cooley and capitalize on more playing time.

After another tough loss, the RoadRunners will look to rebound against Lane. Linn-Benton will travel to Lane on Wednesday, Jan. 21. Tip off is at 6:00 p.m. 📍

FOLLOW CALEB @CLEAR_MAN10



STORY BY
ANDREW
GILLETTE

HOT OFFENSE AND COLD DEFENSE

Oregon's chance of going to March Madness is a long shot after starting conference play 2-3.

Although the Ducks have led the Pac-12 in scoring this season, highlighted by Joseph Young's energetic play, they just so happen to be second to last in defense. While Oregon is putting up points by the truck load this season, they have had troubles containing offenses.

"We didn't guard," Coach Dana Altman said in reference to the two games in Washington. "We scored enough points in both games, but defensively we didn't do a good job. We have a lot of work to do."

The team as a whole is rebounding well and also hasn't been turnover prone all season, however they are allowing teams to score over 70 points a game for the season. Jordan Bell has already secured the team season record for blocks half way into the season and the team is on pace to swat more balls away than it has in the last decade.

The problem lies in Oregon's pressure on the backcourt. They have continued to give opposing guards too much space to operate their half court offense which allows open three point attempts and cuts to the basket.

The Ducks may need to slow the tempo of the game down, allowing their guards to get into better position

in the half court to properly defend opposing guards.

If Oregon is to be successful in securing a seed for the post season they are going to need to focus their efforts on defense, not offense, over the next few weeks. Oregon has two home games coming up this week against UCLA and USC respectfully. Both teams are struggling this season and both teams rank 9th and 10th in points allowed in the Pac-12 just above Oregon.

Shootouts are expected in Matthew Knight Arena as Oregon looks to bounce back into contention this week. 📍

FOLLOW ANDREW @ANDREWJGILLETTE



STORY BY
COOPER
PAWSON

BEAVS GO 1-1 ON THE ROAD

The Beavers finish their two-game road trip with a decisive win against WSU 62-47 on Saturday, Jan. 17.

In the first game of the two, OSU fell to the UW Huskies 56-43 in a game highlighted by the reuniting of former NBA stars and teammates. Gary Payton II of OSU, who is the son of Gary Payton, and Shawn Kemp Jr. of UW, son of Shawn Kemp, brought the former teammates together in the same arena for the first time in many years. Both played for the Seattle Super Sonics for the majority of their careers. They were the next best dynamic duo of that era, after Michael Jordan and Scottie Pippen.

Unfortunately it wasn't highlighted by their sons, Payton II finished with a miniscule four points for the Beavers and Kemp Jr. added eight points in the Huskies win.

OSU couldn't get anything inside. The powerhouse center of Washington, Robert Upshaw, did his job and contained the paint. Upshaw ended the game with 15 rebounds and six blocks to go with his 12 points on the

offensive end. His point total can be attributed to his many trips to the free throw line as OSU Coach Wayne Tinkle implemented the "Hack-n-Upshaw" defense for the better part of the second half.

After the loss in Seattle the Beavers turned it around two days later and picked up their second road win of the season and moved to 3-2 in Pac-12 play. Road wins are the key for this team being that they had obviously found the right formula for winning at home, where they are currently 10-0.

"It shows that we have toughness and character," said Tinkle. "To bounce back after a subpar performance the other night, and we've been struggling on the road, so for these guys to come out and really stick to the plan and give it everything they had, shows what we have."

OSU guard Langston Morris-Walker had an outstanding game by contributing over a third of the teams total points with 22, and added 11 total rebounds.

"Coach is always preaching tempo. We just slowed it down to our tempo the whole game. We didn't want them to get 80 points," said Morris-Walker. "We know

we have to slow it down, defend and rebound. That's exactly what we did."

Payton II, the only other Beaver to score in double figures, picked up a double-double of his own, following his almost absent game in Seattle. Payton II grabbed 13 rebounds to go along with his 13 points and five steals. Payton II has 144 rebounds this year and is averaging 8.5 a game, ranking him third in the Pac-12. His five steals brought his total to 50 on the year, increasing his lead to 11 for most steals in the Pac-12. The next closest is Delon Wright out of Utah with 39.

"A lot of people thought there wasn't going to be a lot coming this year, but these guys have been going at it day in and day out. They are believing," said Tinkle. "We still have a long ways to go, but I couldn't be more proud of the heart that they've shown."

The Beavers home record will be tested once again as they face Wooden Award candidate and star freshman Kevin Looney and the UCLA Bruins. 📍

FOLLOW COOPER @LBCCSPORTS

AUSTIN PETERS



For many, basketball is a favorite sport but for Austin Peters, it was his first word. It could be said that it has been a passion of his since day one.

The Linn-Benton freshman forward was raised on basketball. Peters' father first introduced him to the sport.

"Before me, it has been kind of a long carried on tradition in my family to play basketball," said Peters.

He wasn't going to be the first to break that tradition.

In his earlier years, Peters played for an AAU team called Team Flight. He then went on to play for Summit High School in Bend, Ore. One of his favorite memories was when his team beat their long-time rivals, Mountainview, for the first time in school history.

After high school, he attended Oregon State University for his freshman year of college. He joined the rowing team and was a part of the choir program. This wasn't

enough for Austin though. He wanted to play basketball and that's when he decided to walk on at Linn-Benton.

He's glad he did, as he loves being a part of the team. He's great friends with everyone. His teammates best describe him as funny, talkative and outgoing.

Head Coach Randy Falk has nothing but great things to say about the team's new addition.

"He's a terrific teammate that works hard. The guys love him."

After LB, he plans to transfer back to OSU working towards a degree in Communications and possibly a minor in music. When not on the court, Austin plays guitar, sings, and enjoys watching the Los Angeles Lakers. 📍

STORY BY PAIGE HARKLESS

CREATIVE CORNER

"The Monster in my mind"

Drifting into a wakeful sleep.
 My mind taking on the form of my most haunting
 desires.
 I'm floating above my body.
 Watching in my minds eye.
 I do so many crazy unspeakable things.
 They make my heart cringe.
 In that wakeful sleep
 I am hurting those that hurt me.
 I am crazy in love,
 showing my every inner whim and desire.
 Never taking my eyes off of my main goal.

To be free.
 To act and not regret.
 To not care how others feel.
 To be brutally honest.
 To be rude and not care.
 To not care how others see me.
 To let those that are mean get what they deserve.
 In my minds eye everyone gets what they deserve.
 No mercy.
 I don't care.
 I am free.
 I wake up from a haunting blissful nightmare.

By Michelle Soutar

"Always Laughing"

Laughing through the pain
 Smiling like I was never hurt.
 What can I say,
 I'm just a normal girl.
 Hiding emotions like its what I'm suppose to do.
 The world is big,
 But what I feel seems larger then it all.
 Large enough to take my hopes and my dreams.
 To a whole new level of mystery.
 Laughing through the pain of yesterday.
 Trying not to let the past change my future.
 What can I say,
 I'm just a normal girl.
 The fears and tears of the past.
 Try to drag me down.
 So I take in the pain and laugh it off.
 Like sun in the rain.
 So happy its over.
 Happy the past was then.
 I am in the now.
 So I'll leave the past where it belongs.
 No longer laughing through the pain.
 Simply laughing through the trials of today.
 A smile and a laugh can change everything.

By Michelle Soutar

"Earned"

Signed Sealed Delivered Its theirs
 They can keep this job
 I can grow my own corn on the cob
 Live off the land like my ancestors had
 Did not have a part time pad
 They just stayed true to their land
 Sowed and owed
 Life from dirt,
 Forced to put in work to live
 But owned everything they needed
 Never a though of what one had not
 Because all you need is a roof and a cot as long as the
 food is hot.

By Kent Elliott

"I WILL"

I'm seeing life for the first time,
 I'm seeing the bad and the good,
 It's hard to understand but true.
 I have to be and accept myself for who I am
 before;
 I ask anyone else to accept me.
 Denying who I am and what I need to work on;
 To better myself is something that I just can't
 afford to do anymore.
 It's what I require to be happy.
 So next time I smile it won't be fake.
 Next time I laugh it won't be a fake laugh,

To make others content.
 Next time I listen;
 I will listen as a friend and nothing more.
 Next time I say I love you;
 It won't be a pressured response,
 It will be because I love that person.
 I won't be scared to speak my mind.
 I won't be afraid of who I am.
 I will trust blindly and if I fall;
 I will get back up and try again.
 Because getting back up is all I can do.

By Michelle Soutar

JK



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Los Angeles Times Daily Crossword Puzzle

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 - 10 Environs
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 - 17 Hard to find, to Caesar
 - 18 ___ Gay: WWII bomber
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By Marti DuGuay-Carpenter

1/21/15

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Last Edition's Puzzle Solved

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C	U	R	E			A	O	N	E		C	N	O	T	E
I	T	S	Y			H	M	O	S		A	G	N	E	S

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3/24/14

- 41 Sales manager's concern
- 44 Like the "A" in a Hawthorne classic
- 47 At the outer edges of the normal curve
- 49 "Sting like a bee" boxer
- 50 Bloodhound or boxer
- 52 White House family
- 53 Ledger entries
- 56 8-Down's milk source
- 57 Cosmetician Lauder
- 59 Spanish kiss
- 60 Iditarod transport
- 61 Battery fluid
- 62 Good name for a tree-lined street
- 63 Dead heat

THE COMMONS
Cafeteria

MENU
1/21-1/27

Wednesday: Beef Stew, Shrimp and Grits*, Vegetable Phyllo Pie. Soups: Beef Noodle, African Sweet Potato*

Thursday: Ginger and Soy Poached Chicken with Steamed Rice, Roasted Pork Loin*, Portabella Sandwich. Soups: Saffron Chicken and Orzo, and Tomato Basil*

Friday: Chef's Choice

Monday: Creamy Mushroom Braised Chicken, Pan Fried Pork Cutlet with Balsamic- Tomato Sauce, Tofu Thai Curry with Steamed Rice*. Soups: Chicken and Wild Rice*, and Loaded Potato Chowder.

Tuesday: Paella*, Grilled Steak with Bearnaise*, Spinach Lasagna. Soups: Chicken and Matzoball, and Creamy Pumpkin*.

Items denoted with a * are gluten-free

Monday-Friday 10 a.m.-1:15 p.m.

SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level:

- 1
- 2
- 3
- 4

SOLUTION TO LAST EDITION'S PUZZLE

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

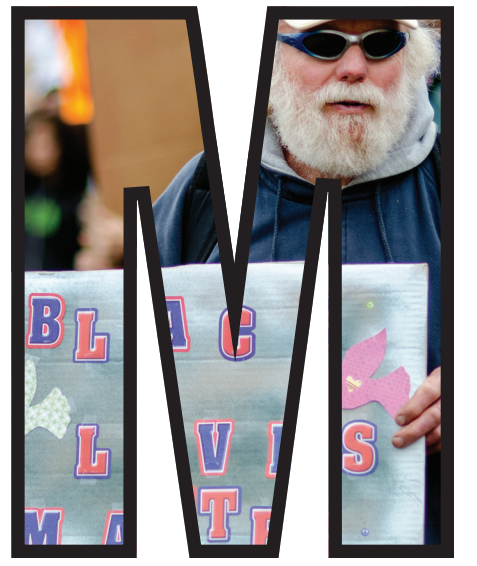
Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk

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

“ ..to work and fight until justice runs down like water..”



THE



...and righteousness like a mighty stream.”

