

# THE COMMUTER

Your Community Compass

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## 10 Years Later

Carli Gibson  
A&L Editor

**B**eginning Oct. 5, at the Gretchen Schuette Art Gallery, on the Chemeketa Community College campus, an art show entitled "Where are we now?" will be taking place. The art show contains 11 different artists' work, reflecting on 10 years after the events of 9/11. The two opening receptions on Oct. 5 run from 12:30 to 2:30 p.m. and again from 7 to 9 p.m. One of the many artists that will be displaying their work is LBCC's own Gary Westford.

**LBCC Art Instructor Gary Westford's oil painting "Wreck" will be on display in the Chemeketa Community College art gallery.**

Westford: continued on Pg. 13



**Campus BBQ**  
pg. 3

**Parental Control**  
pg. 6



**On the Ball**  
pg. 10



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### WEATHER

Wednesday-10/5 63° Showers	Thursday-10/6 66° Cloudy	Friday-10/7 68° Partly Cloudy	Saturday-10/8 71° Partly Sunny	Sunday-10/9 68° Rain	Monday-10/10 68° Showers	Tuesday-10/11 64° Rain
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Warning: These are only predictions. This is Oregon. Source: [accuweather.com](http://accuweather.com)

## THE COMMUTER STAFF

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

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### Letters Welcome

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



The Commuter



@lbcommuter



LBCC Commuter

Web Address:  
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Phone:  
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Albany, OR 97321

# Pastega Shows Appreciation

**Amanda Hayden**

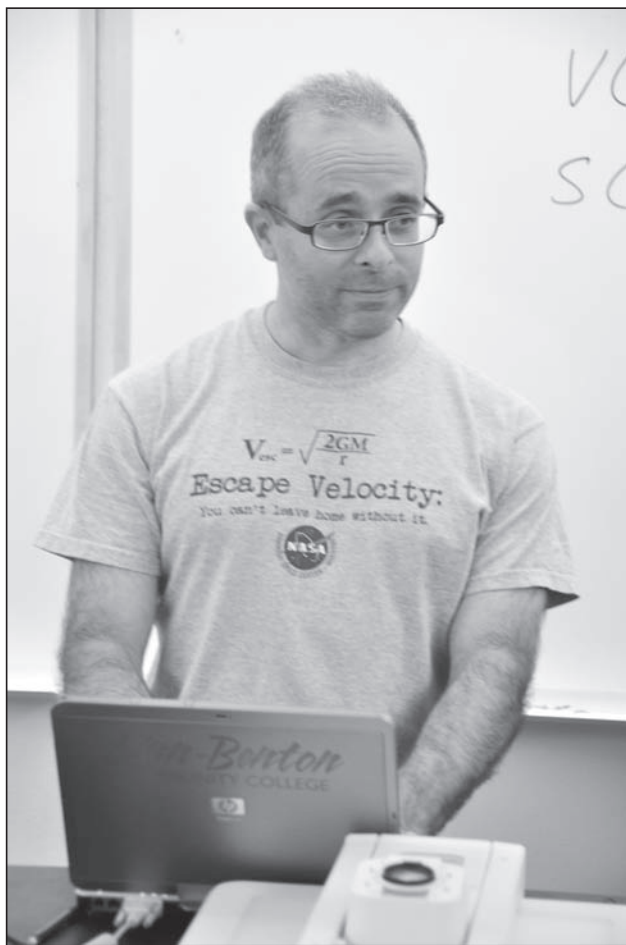
Copy Editor

The LBCC Foundation began an annual tradition in 2000, when Mario Pastega (retired owner of Pepsi-Cola Bottling Company

in Corvallis) created a way to honor specific LBCC employees. Every year, two awards are given (one for faculty and one for classified staff) to show appreciation for their contributions to the LBCC community.

A representative for The LBCC Foundation

office said, "All nominations received are high-quality options, which makes for a difficult decision among the candidates." This year, Greg Mulder and Sandy Fichtner received LBCC's annual Pastega Awards, at the fall in-service on September 13.



Kody Kinsella



Kody Kinsella

### Greg Mulder, Physical Science

Greg Mulder (LBCC physical science faculty member) received the Pastega Faculty Excellence Award as acknowledgement from other faculty members for all the effort he puts into his program here. Mulder has been employed at LBCC since 1997. He served as Physical Sciences Department Chair for the 2000-2002 school years, and again from 2010 to 2011. The nominations for Mulder all pointed to his passion for his career, and his ability to always come up with new ideas. "I am humbled," he said. "I work at the best place in the world and life is good." Below are a few quotes from Mulder's nominations:

- "In the past few years, Greg has brought in over \$450,000 worth of new equipment into the college through grants, contracts and partnerships."
- "Greg formed the student ROV club, a club that crosses disciplinary boundaries with students from physics, computer science, engineering, machine tools, welding and mechatronics.... [The club placed] third this year behind Purdue University and a team from California."
- "Greg also started a summer research project at Paulina Lake in central Oregon for his ROV students. The project now serves at-risk high school students from rural Oregon, using the ROV to teach about robotics and to explore a caldera on the lake floor."
- "Managers would much rather be chasing to keep up with their employees than pushing them – and chase after Greg I do. He does not know the meaning of 'we can't do that.'"

### Sandy Fichtner, Developmental Studies

Sandy Fichtner, the recipient of The Pastega Classified Excellence Award, has been employed with LBCC since 1992, beginning in Family Resources. Soon after, she transferred to the Developmental Studies department. Since 1995, Fichtner has also taught developmental studies courses as a part-time faculty member. Below are a few comments from nominations for Fichtner:

- "Sandy single-handedly organized a 'Get Organized' fair for the first Welcome Day event held last year."
- "Because of increased use of the Study Skills Zone, Sandy helped to develop a stronger peer-mentoring program in collaboration with the tutoring coordinator."
- "Sandy also helped redesign the Study Skills portion of the Learning Center website. Students can now easily find resources to help them independently solve common student challenges."
- "Many students have said that Sandy has helped them make major breakthroughs in the development of their reading, writing and study skills, all the while helping them to build their self-confidence and self-esteem."
- "Sandy serves the needs of our students, staff and faculty with a wonderful attitude, kind heart and compassion. She always has a smile on her face and a can-do attitude."
- "We are blessed to have Sandy as part of the department team. The only people luckier to have Sandy here are the students."

Aside from the honor of being recognized by their peers, the winners also receive a \$1,000 honorarium, and their names will be added to the Mario and Alma Pastega Faculty and Staff Excellence plaques in the LBCC College Center Distinguished Staff Gallery.

## Picnic in the Courtyard

Nora Palmtag  
Contributing Writer

To welcome you back, the Student Life and Leadership Council and Food Services are hosting an all-campus picnic.

This annual tradition celebrates the beginning of a new school year for new and returning students. Enjoy a lunch of meat or vegetarian burgers with sautéed onions and mushrooms, potato salad, chips, cookies, and a beverage.

There will be informational tables from different departments, including:

- **AAWCC** – American Association of Women in Community College, which is celebrating their 25th Anniversary. The AAWCC is always looking for new blood, whether male or female, in their mission “to inspire, champion, and celebrate the talents within each of us.”
- **TNT** – Think Non-traditional Club, which was formed to support men and women, who have chosen non-traditional careers, such as women in engineering and men in nursing.
- **The Learning Center and Library** – will be giving out resource information. Check them out for tutoring, research, and technical assistance with class work.



Tony Brown

Students and staff enjoy last year's courtyard picnic.

- **And More** – the Associated Veteran Community, Student Life and Leadership, and Phi Theta Kappa. Also, the Bookstore will have a wheel of prizes for students.

After lunch, visit some of the informational tables and discover the many student activities and programs that LBCC has to offer. This event is made possible through the collaborative effort between Student Life and Leadership and Food Services. We would love to see you all there.

*Linn-Benton*  
COMMUNITY COLLEGE

# ALL CAMPUS PICNIC COURTYARD LUNCH

**Wednesday  
Oct 5, 2011  
11:30 a.m. - 1 p.m.**

**\$3.50/students • \$4.50/staff**

**Meat or vegetarian burgers with sautéed onions and mushrooms, cheese, potato salad, chips, cookie and a beverage.**

This event is made possible through a collaborative effort between Student Life & Leadership and Food Services. LBCC is an equal opportunity educator and employer. Persons having questions about or requests for special needs & accommodations should contact the Disability Coordinator at LBCC, 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.

## New Year, New Schedule



Amanda Hayden  
Copy Editor

The Linn-Benton Loop Bus, which is a major method of transportation for many students, has undergone a schedule adjustment. After recent public hearings, it was determined that a few minor changes were needed to allow drivers their required 15 minute breaks. Effective Sept. 20, the biggest changes are in the route and stops in downtown Albany, and fewer stops at the North end of 9th Street in Corvallis. The “flag stops” will also remain in effect, where the bus will stop if flagged down from the stop. Please retire your old bus map/schedules, and pick up a new copy as soon as possible.

New schedules available on The Commuter website: [commuter.linnbenton.edu](http://commuter.linnbenton.edu)

## See your work in print?

Both letters to the editor and guest columns are welcome.



Submit your work to  
[commuter@linnbenton.edu](mailto:commuter@linnbenton.edu)

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

LBCC's Diversity Achievement Center & Student Leadership Council Presents:

*Celebrate LBCC's Diversity with this campus wide event!*

# Diversity Day

## Face to Face

**Many activities and prizes!**

*Displays, Field of Flags, Universal Peace Dance*

*Club tables and Courtyard Lunch!*

**Wednesday, October 19 2011  
11:00 a.m.—2:00 p.m.**

*Music show in Hot Shots Cafe*

**Bring a non-perishable food item for the LB Lunch Box and help support your community!**

“We all should know that diversity makes for a rich tapestry, and we must understand that all the threads of the tapestry are equal in value no matter what their color.”

-Maya Angelou (American Poet, b.1928)

This event is made possible by the Student Leadership Council and Diversity Achievement Center. LBCC is an equal opportunity educator and employer. Persons having questions about or requests for special needs and accommodations should contact the Disability Coordinator at LBCC, RCH-105, 6500 Pacific Blvd. SW, Albany, Oregon 97321. Phone 541-917-4690 or via Oregon Telecommunications Relay TTD at 1-800-735-1232. Contact should be made 72 hours or more prior to the event.

# ONE DAY SALE

THURSDAY, OCT. 6

# \$5 T-SHIRT



While supplies last!

# WHAT'S NOT TO LOVE?

# DON'T FORGET

The Last Day to Return your Books for a FULL Refund is:

**Oct. 7\*** \* w/ your receipt & proof of dropped class.



# LBCC Bookstore



Gretchen Groesbeck

Joy Hobbes helps Nikki Acosta at the LBCC Bookstore.

# Snapshots AROUND Campus



Marcea Palmer

LBCC Bookstore employee Jennifer Hirst explains the book rental program to a student.



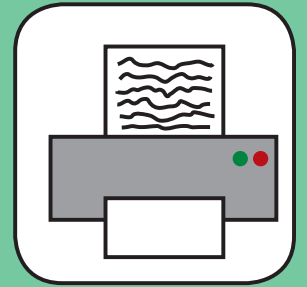
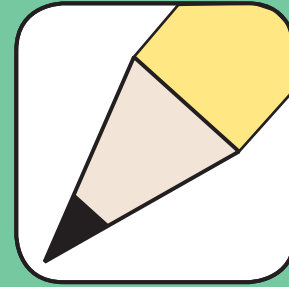
Jill Mahler

A student sits in Madrone Hall reading The Commuter.



Bryana Bittner

Linzee McCulley, second year culinary arts student, helps to prepare lunch.



## Write. Snap. Edit. Print.

The Commuter is constantly looking for new additions to our staff.

Here are some of the positions we have open:

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

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

**Workstudy Positions:** Please consult Financial Aid to determine if you qualify for a Workstudy position. If eligible, please consult Advisor Rob Priewe.

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

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

**Design Assistant:** Interest in graphic design and page layout. Help put the paper together.

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



THE COMMUTER

## Winners Announced!

Congratulations, to the following winners of The Commuter's Welcome Day raffle. Please stop by the The Commuter office to collect your prize, featuring our new logo.

Jason Yali

Deanne Boyd

Dayla Cherry

Lorraine Runge

William Palmtag

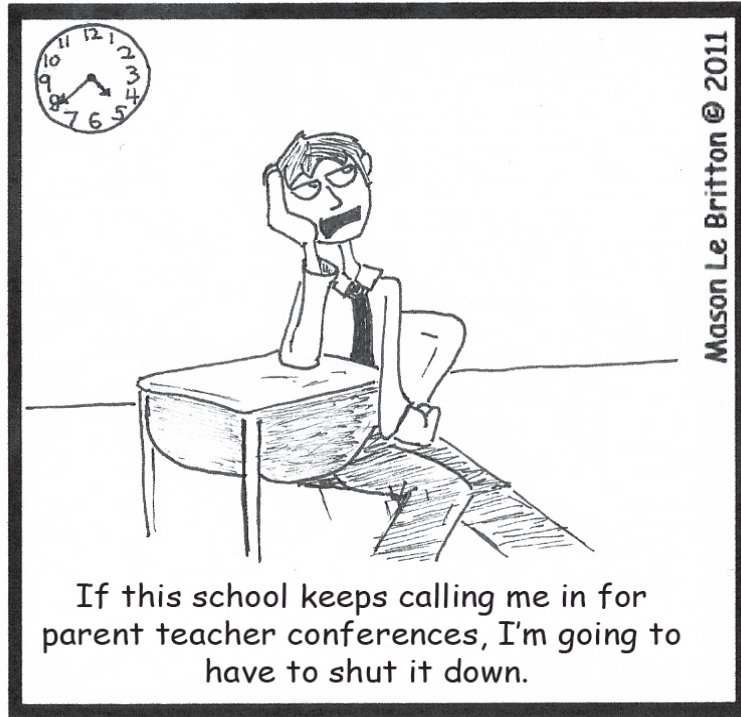
# Parents Charter Own Education Plan

**Justeen Elliott**  
News Editor

What would you do if your parents had the ability to shut down your school when they didn't like the way that it was being run?

Well, that's the case in California, Mississippi, and Texas. In the last two years, those three states had enough parent signatures to pass a law called the Parent Trigger Law, which means if the parents don't like the way the school is running, they have the ability to shut down the school and make it into a charter school. Charter schools are publicly funded independent establishments by teachers, parents, or community groups under the terms of a charter with a local or national authority.

The Parent Trigger Law states that if 51 percent of the parents of students enrolled in a school sign the petition, they can trigger a change. The law states parents are allowed to fire teachers and the principle at failing schools, which will allow them the possibility of turning the failing school into a charter school. Backers of the Parent Trigger Law have said this is a way for the parents to feel more involved and to intervene with the schools that they have entrusted their children into. Twenty-two other states are considering passing a law just like this.



Of course to everything there is an opposition. The teachers' union is arguing the parents don't have the experience the career educators do to make these kinds of big policy changes.

So far, the law has only been used once to turn McKinley Elementary School in Compton, California, into a charter school. The McKinley Elementary is challenging the petition. The parents, however, say they had good reason to change the school because more than half of the students weren't meeting state standards in math and reading.

McKinley Elementary is taking all of the parents to court, saying that the petition is invalid because the signatures were obtained improperly and therefore, are invalid. The case is now in court and the teachers' side has called the Parent Trigger Law a "lynch mob" legislation, which is someone acting without the authority.

Proponents are campaigning that just because they have signed a petition, they don't have to do anything else. Instead, they want the parents to educate themselves and to rally, organize, and meet up with each other to figure out what the next step should be. They have even started handing out a Parent Power Handbook, which is a notebook filled with hints about how parents can stay involved and remain active in the day-to-day operations of their children's school.

This Trigger Law gives thousands of parents a voice about what kind of education their children should receive, but this also means that they have more of a responsibility than before.

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## Australian Women Allowed in Combat Zones

**Justeen Elliott**  
News Editor

It's official. Women are now allowed to serve along men in front line combat zones in the Australian Military. This new plan will be phased in over a five-year period.

This means women will be allowed to apply to serve as Navy ordinance disposal divers, airfield and ground defense guards, in the infantry and in armored units, as well as some artillery roles. This also means women will be judged in the same manner as men. They won't be judged on their gender, but on their ability to do their job ... like it should be in the first place.

As of right now, the military created teams of female Marines and soldiers who patrol with their male counterparts in Iraq and Afghanistan and interact with local women in ways the military said would be culturally unacceptable for male soldiers. Australia is also one of only a few countries in the developed world with no restrictions for women in combat. Canada, New Zealand, and Israel currently allow women to be eligible for all military roles.

While this is a great thing for Australian Military women, the critics are calling it a "political gimmick."

According to Neil James, the head of the Australian Defense Association lobby group, the government is jumping the gun on research currently being carried out by defense officials about



isafmedia/ flickr.com

**Australian soldiers, (L-R) Corporal Amanda Wright, Corporal Cindy Veenman and Captain Karin Cann are regulars outside the wire of Multinational Base Tarin Kowt.**

women's abilities in the military context.

In the United States, women are allowed to serve in combat zones. They are allowed to serve as combat fighter pilots, be aboard Navy ships, and have some support roles that are likely to expose them to combat situations. The U.S. Navy also opened up job positions to women on submarines. However, the U.S. Department of Defense's policy excludes women from assignments to units that engage in direct combat on the ground, but some women have served in combat with ground units in the wars in Iraq and Afghanistan.

Currently, women are eligible for 93 percent of roles, including artillery duties and with the lifting of the ban, women will be able to fill-in the remaining 7 percent, as long as they are physically and psychologically qualified. Along with combat roles, they will be eligible to serve in Special Forces units if they can meet the entry standards.

A 2008 armed forces survey, found that 85 percent of female service members had been deployed to a combat zone or drew extra pay funneled to members of the military who serve in dangerous or hostile areas.

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The Commuter  
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 LBCC Commuter

# Scream "I'm Alive!"



Jennifer M. Hartssock  
Opinion Editor

This is a message to anyone who has found himself or herself wondering when life will get better, or if it can get better.

Because of consciousness, we are aware of the tragedies in life. Sometimes we may wish we weren't so in-tuned to our surroundings, or inner-thoughts, needs, and so-forth. We just need a break from thinking. There are those of us who shelter our brilliant minds with cloaks

of ignorance, substance abuse, or simple-life dealings. Sometimes we sleep through the entire day to cease existing for just a little bit.

Let me tell you: This is a waste of your potential. Not all of us have the ability to change the world on a grand scale, but every single person has the freedom to change their mindset. Yes, consciousness is a painful experience at times, but it can also bloom beauty and integrity and love and compassion.

Change the world for yourself by changing it for others. Turn off the soap operas, tear apart the gossip-infested magazines, and quit caring about material bullshit and how much money you can make at your job. Go outside and breathe the air, and do something to improve someone's life. Play

music downtown, give time and money to charities, contemplate life and strive to understand science, biology, sociology, and religion. Get a grasp on culture, sub-cultures, genres, and personalities.

Love the world, but don't let it remain stagnant. Do something worth your consciousness. Do something worth your awareness of existence.

Sweep the streets with music, poetry, and laughing.

Swim in the river. Feel grass between your toes.

Help those who can't do these things based on limited living conditions or geography.

Make their lives better. Enhance your own.

Get a grip on what's real, and don't let go.

# Dear Conscience, How does a sensitive person gain thick skin?



Ashley Christie  
Shoulder Devil

Justin Bolger  
Shoulder Angel

I'm the devil, and as you can imagine I'm not the most popular person around the office. But you know what? I'm okay with that.

Why?

Because I'm better than they are, and I don't need their approval. If they don't like me, they can go to ... well ... you know what I mean.

The world is a miserable place and listening to those insignificant haters is just going to make it worse. They're just jealous anyway.

You need to realize that you don't need anyone else. That deflated ego of yours needs a major boost if you're letting others poke holes in your self-confidence.

Just do what I do. Every morning, I look in the mirror and remind myself that I am awesome, I am the best, I am always right and everyone else is always wrong, and red is so definitely my color.

Okay, so that last bit may not apply to you, but the rest is solid advice.

Ultimately, people suck. They're going to talk – always have, always will – and every last one of them has an opinion about what you're doing "wrong." I've discovered that the ones who talk the most are the ones I liked the least to begin with. So why care what they think, anyway?

Those who matter won't judge you for petty, superficial things.

Look, the only person in this world who you have to please is yourself, so give the rest of the world a single-finger salute and a big "forget you!"

Fortunately, this is a case where you can have your cake and eat it too. You don't have to give up being a caring person to gain a defense against nay-sayers.

All too often, people think you have to become distant to be mature, to remove your humanity in order to be strong. This is not the case, although I'll be the first to admit it's difficult to do it right.

You're not looking for flesh of steel. If you want to be extra durable, a more elastic exterior is the way to go. An armor that deflects everything will make you cold, while a more pliant one adapts to the ebb and flow, allowing you to hang on to your human side.

With that said, what is thick skin even made of? What makes a person able to stand resolute for what they believe in, but also allows them to gracefully admit being mistaken? Confidence. Think of thick skin as a form of confidence.

Define yourself. Become the person you most respect.

Along the way, you'll realize the difference between the trivial criticisms of others and who you really are. When you know who you are, no one can tell you otherwise.

However, you should also be aware of the difference between a shining confidence and an inflated ego. It's too easy to get a holier-than-thou attitude, so it'd be wise to consider the views of others as well. Therein lies another difficult balance.

Hey, good luck to ya!

# Advice from Weiss

**Question:** How do you get hooked up around here. Feels like I just moved away, but I grew up just one town over.

**Answer:** Making connections is one of the things that most helps students succeed at college, but it's not necessarily an easy thing to do.

Many of us go through a single school system from kindergarten through high school, and have at least some people we know that whole time. Or, if our family moves, we may experience to school systems and two sets of friends. But most of us experience a fairly consistent group of friends, teachers, and support system during those years.

Then comes college and everyone scatters. We may have very few friends that go to the same college as we do, and even if there are some, they may have a very different schedule, so we may see little of them.

So, here are some suggestions for how to feel connected at LBCC:

1) The Hot Shot Cafe. It wasn't open the first week, but is open now. A great place to talk, study, have a mocha, and just hang out.

2) Student Life and Leadership. Located right next to the Hot Shot, the SL&L office is where you can find out about what kinds of student clubs exist, how to join, how to create a new club, and how to help out with student government. Student Life and Leadership is a place that can make a difference for you, and a place where you can make a difference.

3) The Library. It's quiet, so you can get deep into work that feels important to you. It's comfortable, so you can

relax. And most importantly, the world's information is there. Right there for you. Much of it in written form, but librarians are the greatest guides you'll ever find for mining information on the internet. It is amazing how much help you can get, and how much your college experience can be enhanced at a library.

4) Athletics. LB has teams in men's and women's basketball, women's volleyball, men's baseball, and now, men's and women's soccer. You can try out for the team, or help out with the team, or just show up for games and have some fun.

5) The Learning Center. It's a great place to settle in between classes, but also has a writing help desk, a math help desk, an ESOL help desk, and tutors for every subject imaginable. It's a good place to make connections with students and staff, and a great place to get whatever help you need to do well in your subjects.

Those are the five I'll suggest for now, but the staff at LBCC is well aware that students need to have an easier way of gaining sense of community and belonging than they often do. And doing something about this is a college wide goal. If you'd like to help with that goal, come see me in the counseling office. I'm looking for some folks who'd like to help find ways to bring students together... And, please, write to me with your questions about the college and student success.

Mark J. Weiss  
Counselor

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.



Mark Weiss  
Counselor

## Have questions? We have answers.

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

# PERSPECTIVES

## What was your favorite grade in school and why?



"Freshman year. I wasn't in Albany."

Kayla Gardner



"Senior year. It was simple."

Derek Jaques



"Sixth grade. I was elected Mayor of the class and got to run EVERYTHING!"

Kaitlin Keenon



"Sophomore year. The trouble was fun."

Taylor Porter



"Junior year. I was on the robotics team and that's when the West Albany and South Albany [High School] teams merged."

Autumn Greenley

## OCTOBER

7	Fri.	Umpqua C.C.	6 PM
8	Sat.	SWOCC	1 PM
14	Fri.	Pierce C.C. Crossover	TBA
15	Sat.	Pierce C.C. Crossover	TBA
19	Wed.	Mt. Hood C.C.	6 PM
21	Fri.	Chemeketa C.C.	6 PM
26	Wed.	New Hope Christian	6 PM

## NOVEMBER

4	Fri.	Umpqua C.C.	6 PM
5	Sat.	SWOCC	1 PM
9	Wed.	Clackamas C.C.	6 PM
17	Thur.	NWAACC Championships	TBA
18	Nov.	NWAACC Championships	TBA
19	Sat.	NWAACC Championships	TBA
20	Sun.	NWAACC Championships	TBA
20	Sun.	Sophomore All-Star Event	TBA

### HOME/AWAY

*Linn-Benton*  
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# LBCC VOLLEYBALL ROADRUNNERS



**Brought to you by the Student Life and Leadership and the Diversity Achievement Center and your friends at the Commuter!**

## Hot Shot Café Grand Opening



Wednesday October 5th  
(limited hours during the week of October 3rd)  
Proceeds from the shop are used for student services.

## Differences in World Cultures: A STUDENTS' PERSPECTIVE

A look into cultural diversity through the eyes of LBCC students.

This week:

**CHINA, PHILIPPINES, &  
AUSTRALIA**

Join us for soup and discussion as we explore experiences from other countries & cultures.

**Friday, October 7th  
11:30-12:30**

**DIVERSITY ACHIEVEMENT  
CENTER**

**FORUM 220 917-4461**

This event is made possible by the DAC. LBCC is an equal opportunity educator and employer. Persons having questions about or requests for special needs and accommodations should contact the Disability Coordinator at LBCC, RCH-105, 6500 Pacific Blvd. SW, Albany, Oregon 97321, Phone 541-917-4690 or via Oregon Telecommunications Relay TTD at 1-800-735-1232. Contact should be made 72 hours or more prior to the event.



# Evola Leads by Example

**Scott Landgren**  
Sports Writer

Chances are if you were to walk into a LBCC volleyball practice, you would see and hear a couple of different things.

First off, you would hear some girls yelling where the ball is at. You would also see a girl running to every loose ball, setting the lead by example.

The last example is of sophomore setter and right side hitter Julianna Evola.

"She has a very consistent leadership style, she does the work, she is not really vocal, but she can be when she needs to be," said Head Coach Jayme Frazier when asked to describe what Evola brings to the team.

Evola was born in San Diego, CA but moved up to the Portland area before she started high school. Growing up she had a normal average sized family. She has one older brother and one younger sister and they were a very athletic family pretty much at birth.

Her older brother plays baseball and tennis at a school in Mesa, Arizona and her little sister by one year is playing softball at Western Oregon University.

"My parents started me out in pretty much every sport from an early age, but I really did not start volleyball until the fourth grade," said Evola.

Growing up, tennis seemed to be the big sport in her family, until one day in the fourth grade when she discovered volleyball. Her and her sister did lots of sports growing up because of how close their ages were, but Evola set her sights on volleyball because it was something no one in her family had really done before, as well as she wanted to form her own identity.

Judging by where she is right now she made the right choice in perusing volleyball.

After moving to Portland with her family, Evola attended Westview High School, where she was one of the top players on her team. One week during her senior year of high school Evola was named Player of the Week of all the 6A high schools in the Portland area and to this day that is one of her proudest volleyball accomplishments.

After graduating from Westview, Evola thought her playing career was going to come to an end and she was going to pursue a degree from Oregon State University. Jayme Frazier had contacted her about coming to play for LBCC and Evola learned about the dual enrollment program with OSU and fell in love with that idea of taking classes at OSU and LB and continue her volleyball career.

She loves playing here at LBCC and she is getting better and better the more she plays.



Kody Kinsella

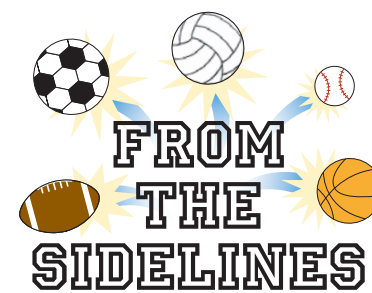
Sophomore setter Julianna Evola (4) in action on Sept. 30 in a match against Mt. Hood Community College.

Evola does not want her playing career to end after this season, she hopes to get the chance to play at a Division 2 school somewhere and continue playing the game she loves.

When asked about what she saw while she was recruiting Evola, Coach Frazier said, "She was a tall setter with an amazing ability to attack, she really fit my style really well. I like how dynamic she was and the fact that she was

willing to learn and very coachable."

So far, the 2011 LBCC volleyball season has been a success for the whole Roadrunner team as well as for Evola. Her play in the early part of the season has been noticed as she was named to all-tournament teams. A recent ECU tendon injury forced Evola to miss about a week of action, but she is back now and playing through an injury that will make her a stronger player.



**Kyle Holland**  
Sports Editor

## LINN-BENTON

### Women's Volleyball

9/28/11- LBCC defeats Clackamas (25-18,25-17,25-21)

9/30/11- LBCC defeats Mt. Hood (25-20,25-21,25-12)

After another strong week, the Lady Roadrunners sit alone atop the standings in the south division improving their league record to 3-0 and 21-4 overall.

Next week

10/7/11 Away vs. Umpqua 6:00 p.m.

10/8/11 Away vs. SW Oregon 1:00 p.m.

### Men's Soccer

10/2/11- LBCC 1 PCC 4

Rocco Lizzi had the lone goal for LB, as the men's team opened the season with a tuff loss to PCC.

Next week

10/9/11 Home vs. WOU 2:00 p.m.

### Women's Soccer

10/2/11- LBCC 3 PCC 3

In their first ever game the LB women's soccer team let a 3-1 lead slip away, but held on for the tie to start the season out on a positive note. Goals were scored by Taryn Beatty, Holly Roush, and Adriana Villegas.

Next week

10/9/11 Home vs. OSU 11:00 a.m.

## OSU

### Football

10/1/11 OSU20 Arizona State 35

Sean Mannion threw for a record 44 pass completions on 66 attempts, including a touchdown pass to senior James Rodgers, but was inevitably not enough as the Beavers fell yet again sinking to 0-4 on the year and 0-2 in the PAC-12.

Next week

10/8/11 Home vs. Arizona 12:30 p.m.

### Women's Soccer

9/30/11 OSU 1 USC 0 OT

10/2/11 OSU 0 UCLA 1

Next week

10/7/11 Away vs. Arizona State 7 p.m.

10/9/11 Away vs. Arizona Noon

### Men's Soccer

9/30/11 OSU 2 Washington 1

Next Week

10/7/11 Home vs. San Diego State 7 p.m.

10/9/11 Home vs. UCLA 1 p.m.



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# Soccer Teams Set Sights on Goals

## Men's Club Has High Hopes

**Kyle Holland**  
Sports Editor

What started out as a standard P.E. soccer class back in 2009, has developed into a highly competitive club team with a bright future. The 2011 men's soccer team at LBCC is coming off a strong ending to last year's season, setting the bar for high expectations coming into the upcoming season.

Coach Art Mota's men's team is currently in the lower tiered Division 2 of the Cascade Collegiate Soccer League (CCSL). The team struggled a bit during the early part of last season, but they ended the season on a winning streak, giving Mota a reason to believe this year will be different.

"This year's expectations are high, and our goals are to win the division and get promoted to division one next year," Mota said.

The team has seven returning players from last year's team including their captain Max Sampson. Sampson is a strong defensive midfielder, whose leadership and hard work have started to rub off on the rest of the team.

"He's a good kid and a good example for teammates; you always know he's going to give you his best effort out there," Mota added.

Also returning from last year's team is

Amedee Ngarukige from Rwanda. Ngarukige plays in an attacking mid-field position in Mota's 4-4-2 layout and will be a key role in the offense for LBCC.

"We are expecting an outstanding season from him and are looking to him to get our offensive attacks going," Mota said.

This season looks to be a strong season for the Roadrunners, as they face some tough competition throughout the valley. Check the schedule for home games and come cheer on your schools team as they take on the competition.

### Men's Roster

1. Jacob Stevens
2. Juan Solis
3. Gabriel Lizzi
4. Austin Shick
5. Blake Paltz
6. Max Sampson
7. Cesar Pablo Reyes
8. Sergio Cervera
9. Eric Barrera
10. Amedee Ngarukiye
11. Ariel Barrientos
12. Bryan Chilcote
13. Brian Persons
14. Sean Stasiak

## Women's Club Kicks Off

**Kyle Holland**  
Sports Editor

2011 marks the inaugural season for the women's soccer team at LBCC. Coached by Art Mota, the ladies are ready to embark on what looks to be a tough season. The team is set to face some stiff competition this year, but they are not letting that get in the way of their hard work and dedication.

The team will also compete in the Cascade

Collegiate Soccer League (CCSL) like the men, but will face clubs like UO and OSU, which have been playing together for many years.

Mota expressed that "we are expecting a tough challenging season with tough competition from well-established schools; it should be interesting to see how we match up."

The lady Roadrunners will rely on their captain Taryn Beatty for not only creating offense from her striker position, but also her maturity and leadership will be a key role for the first year team.

"She's a good player and a great example for the other girls," Mota said in describing his newly appointed captain. "She's always ready to work hard and lead by example."

A recent addition to the team from Germany is Anika Killian, who's no stranger to the game. She had this to say about the upcoming season, "I am super excited to be a part of this amazing team and to hopefully establish the woman's soccer program at LBCC."

Having the two club teams on campus is a great opportunity for players to keep playing at a competitive level. The teams would like to welcome students and staff to come to the

### Women's Roster

1. Andrea Torres
2. Lori Moore
3. Kaitlin Keenon
4. Inna Hubenya
5. Jaime Hoefer
6. Anika Kilian
7. Adriana Villegas
8. Melinda Harris
9. Taryn Beatty
10. Laura Torres
11. Holly Roush
12. Monica Kuntz
13. Gabrielle LaFranchi
14. Guadalupe Salgado
15. Nayelli Herrera

Both the men's and women's club teams still have open spots on the roster. If you would like to find out more information on either team, contact coach Art Mota in the student life and leadership office.

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# SCHOLARSHIP WORKSHOP

Unsure which scholarships to apply for?  
Need help finding scholarships that work for you?  
Need information on the FAFSA and Pell Grant?

**Please join us for this free, informative event!**

Wednesday and Thursday  
**OCTOBER 12TH AND 13TH**  
12:00pm - 1:00 pm

## DIVERSITY ACHIEVEMENT CENTER

Forum 220 (541)917-4461

This event is made possible by the Student Ambassadors and the Financial Aid office. LBCC is an equal opportunity educator and employer. Persons having questions about or requests for special needs and accommodations should contact the Disability Coordinator at LBCC, RCH-105, 6500 Pacific Blvd, SW, Albany, Oregon 97321, Phone 541-917-4690 or via Oregon Telecommunications Relay TTD at 1-800-735-1232. Contact should be made 72 hours or more prior to the event.

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## Campus Events

### Ongoing

#### Annual Art Faculty Exhibit

South Santiam Hall and Calapooia Center Galleries

Featured in the show are several colorful oil paintings by Department Chair Dori Bartholomew Litzer; recent watercolor paintings, photographs and mixed-media by Analee Fuentes; large-scale oil paintings by Gary Westford; and wood-fired ceramics by Jay Widmer from his 2011 Alsea Anagama firing. Also on view are pastel concept drawings of "A Christmas Story" by performing arts instructor Dan Stone, and platinum photographic prints by gallery coordinator Rich Bergeman. This is the 17th year for the exhibit, which runs through Oct. 28.

#### WOU Art Faculty Exhibit

NSH Galleries

A wide-ranging exhibit of artwork by a dozen Western Oregon University Art Faculty is on view at LBCC. This is the second of annual shows at LBCC featuring art faculty from Oregon's six state universities. The gallery is on display until Dec. 2.

### Wednesday 10/5

#### All Campus Picnic Courtyard Lunch - Hamburgers

Courtyard • Lunch time

This annual tradition celebrates the beginning of a new school year for new and returning students. Enjoy a lunch of meat or vegetarian burgers with sautéed onions and mushrooms, cheese, potato salad, chips, cookie and a beverage. The cost is \$3.50 for students and \$4.50 for employees. After lunch, visit the informational tables and discover the many student activities and programs that LBCC has to offer. This event is made possible through a collaborative effort between Student Life & Leadership and Food Services.

#### Physical Science Department Speaker Series

MH 113 • Noon - 1 p.m.

Dr. Jennifer Field, Department of Environmental and Molecular Toxicology, Oregon State University presents "Analyzing Drugs in Wastewater: A New Tool for Drug Epidemiology"

### Thursday 10/6

#### Wear Pink Day

Campus

In celebration of Breast Cancer Awareness Month, the second annual "Wear Pink" day has been scheduled. Lori from Marketing will be on hand to take our picture as we had last year. Let's support, honor and celebrate all those that have been stricken by this disease.

### Friday 10/7

#### Last Day to Charge Books to Financial Aid

#### Last Day to Drop With a Refund in Person

#### Tuition Due Date in Person

#### Active Minds Meeting

NSH 109 • Noon

LBCC's psychology club is meeting this week. Help us change the conversation about mental health on college campuses. Bring your creativity and your passion.

### Sunday 10/9

#### Last Day to Drop with a Refund via WebRunner

#### Travel at the Tripp Series "Yellowstone Trails and Tales"

Russell Tripp Performance Center • 2 - 3 p.m.

Join filmmaker Sandy Mortimer as she presents the first film in the LBCC Travel at the Tripp film series. The film captures some of the most intimate scenes of otters, coyotes, wolves,

bears, moose, fox, mountain sheep and elk in the wilds of Yellowstone National Park.

### Wednesday 10/12

#### Club Fair/Courtyard Lunch: Oktober-feast!

Courtyard • Lunch time

Don't miss the activity brewing in the courtyard! Lunch will include bratwurst or vegetarian sausage, sautéed onions & peppers, sauerkraut, condiments, chips, cookie and a beverage. The cost is \$3.50 for students, \$4.50 for employees. Do you want to become more involved on campus? Come visit the Club Fair and learn about LBCC Clubs and Co-Curricular Programs and how you can join! This event is made possible through a collaborative effort between Student Life & Leadership and Food Services.

#### Physical Science Department Speaker Series

MH 113 • Noon - 1 p.m.

Coquille Rex, Jacob Clarno, Sundeep Kaur, and Brady Fry present "LBCC Student Undergraduate Research Experiences: From robots and deep-sea volcanism to mapping faults to modeling phytoplankton"

#### Scholarship Workshop

Diversity Achievement Center • Noon - 1 p.m.

Come to the Diversity Achievement Center and learn how to fill out scholarship applications and get awarded other "free money" for college. Awards vary from \$100 to thousands of dollars. Learn what selection committees are looking for. Free to attend. This event is sponsored by Financial Aid and The Student Ambassadors.

If you have a Campus Event, please e-mail them to [commuter@linnbenton.edu](mailto:commuter@linnbenton.edu).

## In The Community

### Friday 10/7

#### Greg Brown

8 p.m. • WOW Hall

Tickets are \$28 in advance, \$30 day of show.

#### Cherry Poppin' Daddies with The Sawyer Family

7 p.m. • WOW Hall

Tickets \$16.50 in advance, \$19 day of show.

### Saturday 10/8

#### Astronautalis

8:30 p.m. • WOW Hall

Tickets are \$10 in advance, \$12 at the door.

### Sunday 10/9

#### Yealawolf with DJ Craze, and Rittz

8:30 p.m. • WOW Hall

Tickets \$15 in advance, \$18 at the door.

#### Oregon State Flying Club Open House

Corvallis Airport

More information at: <http://flying.oregonstate.edu>

### Tuesday 10/11

#### New Volunteer Orientation!

6:30p.m. • WOW Hall

Training is provided for all ages. Orientation takes about an hour, everyone is welcome!

If you have a Community Event, please e-mail them to [commuter@linnbenton.edu](mailto:commuter@linnbenton.edu).

## Periwinkle Book Fair Scheduled

### Press Release

Periwinkle Elementary School will be hosting its annual book fair from Oct. 17-24 in the school library. This year's theme is "To the Book Fair and Beyond."

Kickoff will be Monday, Oct. 17 from 4-8 p.m., with special events taking place in the gymnasium. Beginning at 4 p.m. there will be a read-aloud and activity presented by the Evergreen Aviation Museum Aerospace Book Club. Scott Keeney of the Albany Public Library will be doing a read-aloud beginning at 6:15 p.m.

Door prizes will be awarded at the end of the evening and include kites, black-bird and space shuttle models and a 30-minute flight. The kites and models were donated by A Step Above Hobbies located in Albany and the flight instruction was donated by the Oregon State Flying Club.

The winner of the flight will fly with a certified instructor in a two-seat airplane. The public is also invited to an open house hosted by the Oregon State Flying Club at the Corvallis Airport on Sunday, Oct. 9. Further information about the group can be obtained at <http://flying.oregonstate.edu>.

Periwinkle Elementary is located at 2196 21st Avenue SE. For more information, visit the school website at [www.albany.k12.or.us/periwinkle](http://www.albany.k12.or.us/periwinkle) or call 541-967-4600. This is not a district-sponsored event.

## Classifieds

**Deadline:** Ads accepted by 5 p.m. Friday will appear in the following Wednesday issue. Ads will appear only once per submission. If you wish a particular ad to appear in successive issues, you must resubmit it.

**Cost:** Ads that do not solicit for a private business are free to students, staff and faculty. All others are charged at a rate of 10 cents per word, payable when the ad is accepted.

**Personals:** Ads placed in the "Personals" category are limited to one ad per advertiser per week; no more than 50 words per ad.

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

### Help Wanted

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

**Guest Services** (#9213, OSU football games) Work Saturdays for 8 hrs doing ticket taking, ushering, directing traffic, etc.

**Customer Service** (#9219, Albany) Several seasonal jobs available including receiving, checkers, carts, soft lines, hard lines and toy replenishment. Apply now!

**Cook** (#9224, Albany) On-call with temporary part-time during holiday season—potential full-time position in the future.

**Caregiver** (#9221, Lebanon) Must pass background check and have some experience working with elderly adults in a care setting.

### Student Resources

**Stall & (or) Pasture Boarding**--- Self-care only 1-1/2 miles from LBCC. Call (541)619-4437

**Could you use \$1000+ toward your education?** Want to make a difference in the community? Check out [www.studentsinservice.org](http://www.studentsinservice.org) and if you are interested visit Greg Burgess or Art Mota in the Student Life and Leadership (Forum 122, next to the Hot Shot Café)

**Need help with your writing?** I offer line editing and developmental editing for writers. English & Writing Tutor-Tutoring Center. Critique & Editorial Services-Submit writing at: [Jennifermhartsock.wordpress.com](http://Jennifermhartsock.wordpress.com)

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Contact should be made 72 hours or more in advance of the event.

## THE COMMONS FARE 10/5-10/11

### Wednesday:

Dishes: Cassoulet, Fish en Papillote, Carey Pocket  
Soups: Saffron Chicken and Minestrone

### Thursday:

Dishes: Pork Chop Stuffed w/ Herbs & Hazelnuts, Poached Chicken, Tempura Vegetables w/ Rice  
Soups: Spanish Chicken and Beer Cheese

### Friday: Chef's Choice

### Monday:

Dishes: Roast Pork Jus Lié, Shrimp Fried Rice, Macaroni & Cheese Gratinée  
Soups: Chicken Noodle and Cream of Broccoli

### Tuesday:

Dishes: Chicken Chasseur, Cajun Fish Sandwich, Spinach-Feta-Caramelized Onion Omelet  
Soups: Creamy Chicken Mushroom and Lentil



## Our Healthy World

with Dineen

Already Fatigued? Help is here!

### Dineen Charest

Staff Writer

Last week you were motivated, energetic and excited to be back in school. However, this week it's rough getting out of bed.

By the time you got to school, you've already spent 15 minutes choosing an outfit, sent out seven texts to friends, sat in front of your computer, checked your email, Twitter and Facebook, made the kids' lunches, then stopped and grabbed breakfast from one of the eight menu items at the closest fast food restaurant.

You run to your class and sit down, already feeling fatigued. The day has just started. You think, "How on earth am I going to do this all over again tomorrow?"

There are some basic scientific fixes to help keep your strength and stamina elevated all day.

The University of Minnesota conducted a study on stamina. They found that people who were asked to choose from an assortment of things to buy had less stamina and did worse on math problems than those who just looked at the options. It is better to give yourself less choices. Say out loud, I will wear my orange sweatshirt and light blue jeans today instead of looking in your closet, then trying to decide amongst the sea of clothes.

Try to space out using electronics, or power it off completely for an hour a day. Technology is great, but a British experiment showed an IQ dip of 10 points in those people who juggle several technology tasks at one time (like emailing, texting and talking on the phone.)

Throughout the day take a leap of joy. Literally, jump up and down like you won the lottery. "This not only helps to get our heart rate up, but allowing yourself to be silly releases feel good endorphins and helps to get us in a better state of mind," says Elizabeth Lombardo PhD, author of "A Happy You: Your Ultimate Prescription for Happiness."

Bring the color orange into your wardrobe. You can wear orange socks, accessorize with orange jewelry, carry an orange notebook or sticky notes, even set an orange on your desk for an afternoon snack. Colors such as red, yellow and orange are energizing because they activate our brain circuitry and gives us feelings of liveliness.

The smell of mint helps people to exercise longer and complete tasks faster and more accurately. Use a mint lotion, chew mint gum, drink mint tea, or keep an ounce of fresh mint on hand to put in drinks and salads. Even grow a spearmint plant indoors year round (brushing your fingers through the leaves releases the scent) suggests Pamela Dolton, PhD, a senior research scientist at Monell Chemical Senses Center in Philadelphia.

When using social networking sites, field your negative messages and embrace the warm ones, when we receive nice messages from loved ones it releases a chemical called oxytocin, which gives us feelings of well-being.

Make a list of accomplishments, even if they are small, at the end of each day. Look at them every morning. Studies have found that people who record performed tasks feel a sense of accomplishment, which induces a positive mood associated with more energy.

So tomorrow, show up to class smelling like mint, wearing bright orange, jump up and down laughing, and have a list of accomplishments pasted on the front of your school binder.

One suggestion, make sure to hand your instructor a copy of this article before he or fellow classmates suggest you seek psychiatric help.

### Steven Pryor

Contributing Writer

Workplace comedy is generally an acceptable format for a sitcom. Shows like "The Office", "30 Rock", and "Parks and Recreation" offer good insight on how certain jobs function, while delivering subtle humor that people can identify with.

However, if done incorrectly, it can turn off the viewer and detract from the entertainment experience so much that it becomes utterly painful to endure. This is precisely the case with "Bob's Burgers."

"Bob's Burgers" does not give the viewer any real reason to laugh, and offers very little incentive to care for the characters or whether or not their business of a hamburger stand succeeds.

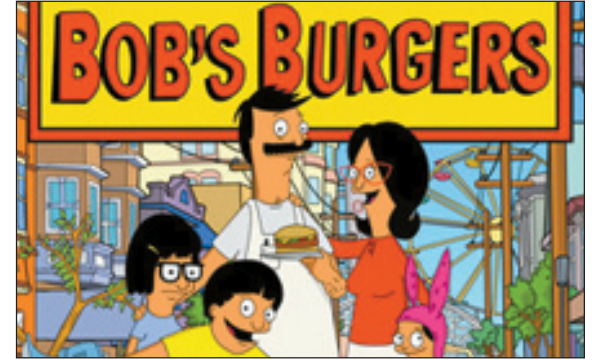
Much like Seth McFarland's series of animated sitcoms ("Family Guy," "American Dad," "The Cleveland Show") it tends to rely on tasteless dialogue and sickening visual humor to induce chuckles out of people watching it. However, it lacks those programs' ability to execute those sort of jokes with any sort of finesse or context pertaining to a laugh and ends up coming off as lazy writing.

Most stories have very little to do with actually trying to run the titular business and tend to rely on plots regarding animal rights, human remains possibly being used in the hamburger meat, sensual Capoeira instructors, and the father taking a side job as a taxi driver to pay for his daughter's extravagant thirteenth birthday party.

The animation is relatively unimpressive. Granted, I wasn't expecting it to resemble a high-quality Disney film, but I was hoping that it would have some evidence of production values. It appears to have been made in the 1980s rather than the 2010s, and strongly resembles the infamous Philips CD-i video games "Hotel Mario," "Zelda: Wand of Gamelon," and "Link: The Faces of Evil."

Apart from the subpar writing and animation, the characters seem very mean-spirited. They often tend to solve

## "Bob's Burgers" Past Sell-By Date



conflicts with coarse language and physical harm, and do not seem likable in any way.

Bob, played by H. John Benjamin, tries to do his best for his family, but often comes off as very disillusioned and ornery. Linda, played by John Roberts, attempts to be a loving wife, but instead assumes a randy and perverted disposition that would be more appropriate for an actress such as Jane Lynch.

Tina, played by Dan Mintz, is a very unconvincing eldest daughter due to Mintz making no effort to attempt a female voice. Louise, played by Kristen Schaal, often makes very brash statements and performs actions that are near insane, yet is never reprimanded for them. Gene, played by Eugene Mirman, is overexcited. He is an optimist, but the methods and phrases he uses to show it border on madness.

It is generally a very dated series that has the opportunity to be a funny and insightful series, but it never takes the steps to do so. Despite the fact that it got a fairly unflattering score from review database Metacritic, its ratings were strong enough for it to be renewed for a second season. I do not recommend watching this series in the future to anyone.

"Bob's Burgers" is a series that is poorly animated, clumsily written, and has characters that are generic and entirely despicable.

"Bob's Burgers" airs Sundays @ 8:30 p.m. of FOX

## Health Tip

### What to Eat When You're Feeling Rundown

#### Jill Mahler

Editor-in-Chief

With college starting, piles of homework and the days ending sooner, it can feel overwhelming. Sometimes finding the energy for the day is as realistic as unicorns and flying pigs. Several factors may be at play, such as not having enough sleep, procrastinating, stress, etc. However, if after time progresses and your body has adapted to the change of returning to class, and you still feel like your dragging on, diet may be to blame.

Breakfast is an important part of starting the day off right and kick starting your metabolism.

According to Nathan Schiller of qualityhealth.com, the following is a guideline to follow to potentially increase energy:

#### Breakfast

##### Oatmeal

According to the American Dietetic Association, oat products are some of the best sources of soluble fiber. You can combine oatmeal with raisins, honey, and yogurt for extra flavor and energy.

##### Bananas

This fruit is packed with potassium, which helps your muscles contract. One per day prevents stiffness that comes from sitting at a desk.

##### Orange Juice

This drink is ideal for the morning and is extremely high in vitamin C, which helps you get the most iron out of other foods.

#### Meals

##### Pasta

When athletes "carbo-load" before a game, they usually eat a big plate of spaghetti. It's extremely high in complex carbohydrates and low in calories, fat, and sodium.

##### Salmon

This fish is high in protein, and its high concentration of omega-3 fats and B vitamins can boost your cardiovascular health.

##### Beans

A small, powerful vegetable packed with protein, fiber, vitamins, and minerals, beans can be used in creative ways. Add them to soups, burritos, pastas, and dip spreads. In 2005 the Department of Agriculture recommended that Americans eat three cups of beans per week.

#### Snack

##### Dried fruit

These high-energy, low-fat snacks are easy to pack and almost never go bad. Try a medley of apricots, figs, and raisins. However, be aware that some commercially packaged dried fruits contain sulfur dioxide, which has been shown to increase your risk of asthma.

##### Almonds

Ounce-for-ounce, this is the most nutrient-dense nut. Research has shown that adding two ounces of almonds to your daily diet increases your intake of vitamin-E and magnesium.

##### Yogurt

Quick, easy, and delicious, yogurt is available in a variety of flavors. One cup of low-fat yogurt contains almost 13 grams of protein and 17 grams of carbohydrates-just what you need for great energy.

Check out The Commuter's new look at  
**COMMUTER.LINNBENTON.EDU**  
and keep up-to-date on all the latest  
campus news.



Kody Kinsella

LBCC Art Instructor Gary Westford in front of his piece "Onramp."

## Westford Shows in Salem

continued from Cover

Westford has had a passion for art since a very young age, and by the age of nine had published artwork in "The Local Tribune."

Although he was published at a young age, Westford considers himself a "late bloomer" when it comes to art because he didn't begin studying it until his senior year at San Francisco State.

"At age 22, I had become interested in the idea that change was possible," said Westford, which is why he decided to become an instructor.

Although Westford uses painting as a response to his concerns, he likes his paintings to "keep the doors of perception open." He likes viewers

to make their own interpretations of his paintings. Westford also strives to create the best painting that he possibly can, describing his work as a "blood, sweat, and tears investment."

His painting that will be displayed in the gallery is titled "The Wreck of Hope." While talking about inspiration for his painting, Westford mentions that we live in a "throw away culture." With all this new technology, we have so many implications. Although it is there to help us, it can get us into trouble.

Westford is excited to have his artwork placed in the "Where are we now?" exhibit, which says he is among some of the greatest artists in the Northwest.

"I'm greatly honored to be one of

the artists in the exhibition," he says.

Among Westford, the other artists contributing to this show are Rita Alves, Robert Bibler, Scott Blake, Aaron Bowles, David Tinman Edgar, Catherine Epstein, Tatiana Garmendia, Carol Hauser, Thomas Rude and April Waters.

For a taste of Westford's work, you can view two of his other paintings in the gallery located in South Santiam Hall.

"Where are we now?" will be open until Nov. 30. Chemeketa welcomes the public to join them in reflecting the changes made by this major historical event.

For more information on this event check out the gallery website: [www.chemeketa.edu/programs/art/](http://www.chemeketa.edu/programs/art/)

## "What's Your Number"

Carli Gibson

A&L Editor

Do you have an ex that's an ex for a reason? Like, they're just not going anywhere in life ... or they're just plain losers?

Ally Darling (Anna Faris) has been there too. In "What's Your Number?" Ally does something a little different than anyone I've heard of.

When Ally reads an article in a magazine saying women who have slept with 20 or more men are likely to never get married (and she finds herself at the number 20). She decides to rethink her love life. Ally starts tracking down all her exes. When she realizes how hard it is, she decides to get help from her charming, lady-lovin' neighbor, Colin (Chris Evans), who's surprisingly good at digging up the past.

This movie did have typical romantic comedy ending, but that doesn't make it any less funny.

The on-screen chemistry between Faris and Evans was obvious from the beginning; they really brought it to life. Of course, throughout the movie, their characters both deny having any attraction to one another and continue to track down Ally's exes.

"What's Your Number?" wasn't quite as funny as I had hoped it would be, but it definitely wasn't boring; I still laughed quite a bit. There just wasn't as much humor as I had expected. Though, Faris did have a lot to live up to with her previous comedies, "House Bunny," and the "Scary Movie" movies. However, Faris still did a fantastic job.

Having not been in a popular comedy before, I didn't know what to expect from Evans, who previously starred in the action movies "The Fantastic Four" and "Captain America." Evans was fantastic. He played the perfect part of the laid-back ladies' man, with his sarcastic comments there to guide the movie through.

Although I wouldn't dub this the funniest comedy of the year, I would put it in the top five. This movie was worth the watch and the price.



**GAMERS LOG: Gears of War 3** Mason Le Britton © 2011  
Groovysweet.wordpress.com

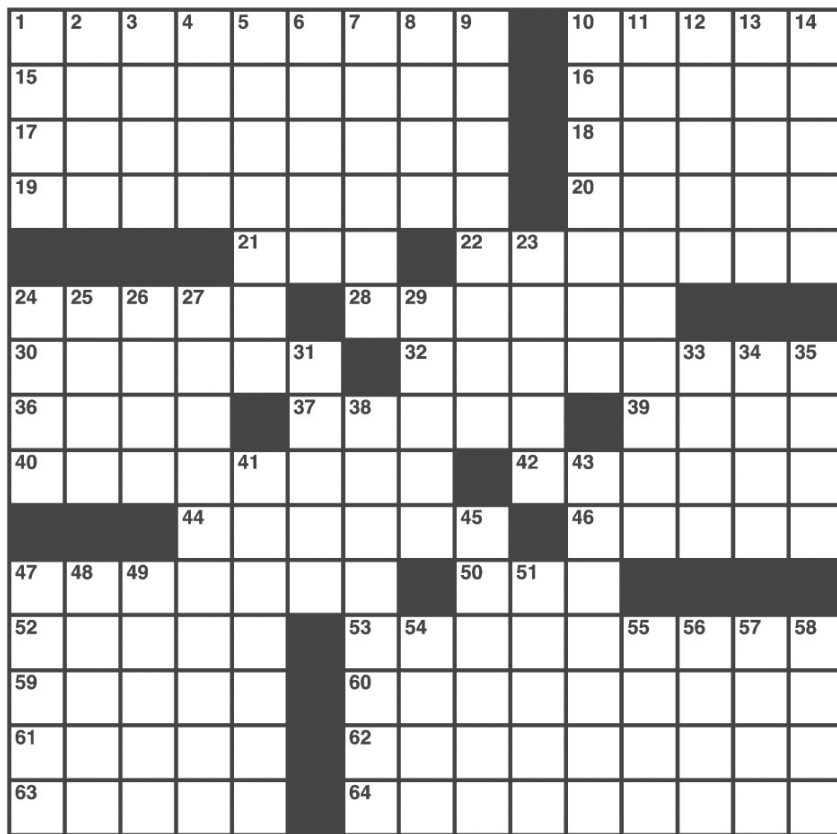
 The gameplay for Gears of War 3 is essentially the same as before, which is great.	 While some things stayed the same, plenty has changed...	 The world is dying, and the COG is the last hope, oh and nobody likes you.	 The Locust have fled to the surface, and are laying low... or are they?	 Meanwhile Lambent have been popping up everywhere, and have become a huge threat.
 The ladies take up arms and prove themselves to be as tough as the guys, if not more.	 On the downside squad members tend to get themselves in trouble..... Sam.	 Overall, the game offers new enemies, weapons, and many other surprises.	 If you're a fan of first person shooters, and/or Gears of War, GoW3 is a must play.	 Now if you'll excuse me, I'm going to get myself some Saw action!

## Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

### ACROSS

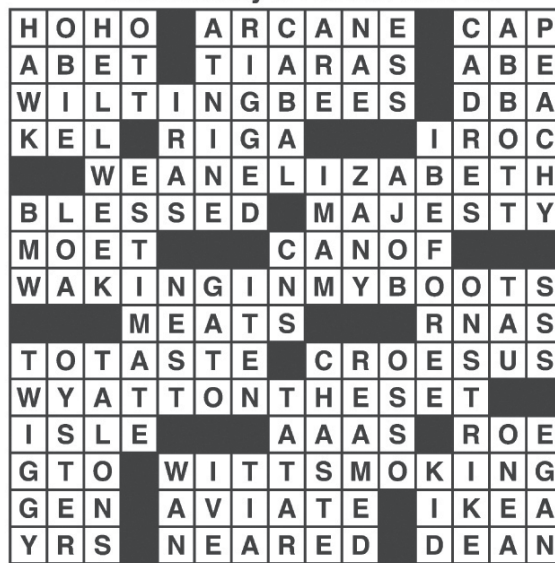
- 1 War and more
- 10 R.E.M. vocalist Michael
- 15 Strain
- 16 Turkic inhabitant of Russia
- 17 Place with trays
- 18 Director Kurosawa
- 19 Aide's job
- 20 Doctor's orders
- 21 Rolls on the lawn
- 22 Hard to nail down
- 24 Social blunder
- 28 Eritrea's capital
- 30 Ness et al.
- 32 Cosmetic surgeries
- 36 Vegan entrée
- 37 Imported cheeses
- 39 Cajun pod
- 40 Sherry, often
- 42 Buffalo Bill's Wild West Show costar
- 44 Grab before someone else does
- 46 It merged with Kmart in 2005
- 47 Film that's out of order?
- 50 PC panic button
- 52 Mammal of Madagascar
- 53 Seeking advancement at any cost
- 59 Take out \_\_\_: borrow money
- 60 Eastern Canadian province grouping, with "the"
- 61 Saltpeter, to a Brit
- 62 Smithsonian collection
- 63 Spirited horse
- 64 Nielsen ratings subjects



By Samuel A. Donaldson

- 2 Actress Gardner et al.
- 3 Court call makers
- 4 Cologne crowd?
- 5 Prepares
- 6 Has an \_\_\_ grind
- 7 Yucatán's capital
- 8 "\_\_\_ Brockovich"
- 9 Child actor's chauffeur?
- 10 Height
- 11 Tolerates teasing gracefully
- 12 Formal answer to "Who's there?"
- 13 End of a pentamerous serial
- 14 TiVo option
- 23 Will Rogers prop
- 24 "\_\_\_ grip!"
- 25 Crooked
- 26 High wind
- 27 Unwavering
- 29 Messy situation
- 31 Hairlike parts, such as those that help geckos cling to walls
- 33 St. with counties named Comanche and Choctaw
- 34 Uncle Remus's \_\_\_ Fox
- 35 Speaks
- 38 One with immunity
- 41 Buried
- 43 One leading a spartan lifestyle
- 45 Marine bird
- 47 Blueprints
- 48 Ignited again
- 49 Cry on cue, say
- 51 U.S.: county :: U.K. : \_\_\_
- 54 Moniker
- 55 Flaky mineral
- 56 Latin 101 verb
- 57 Colleague of Lane and Olsen
- 58 Those, to Teresa

### Wednesday's Puzzle Solved

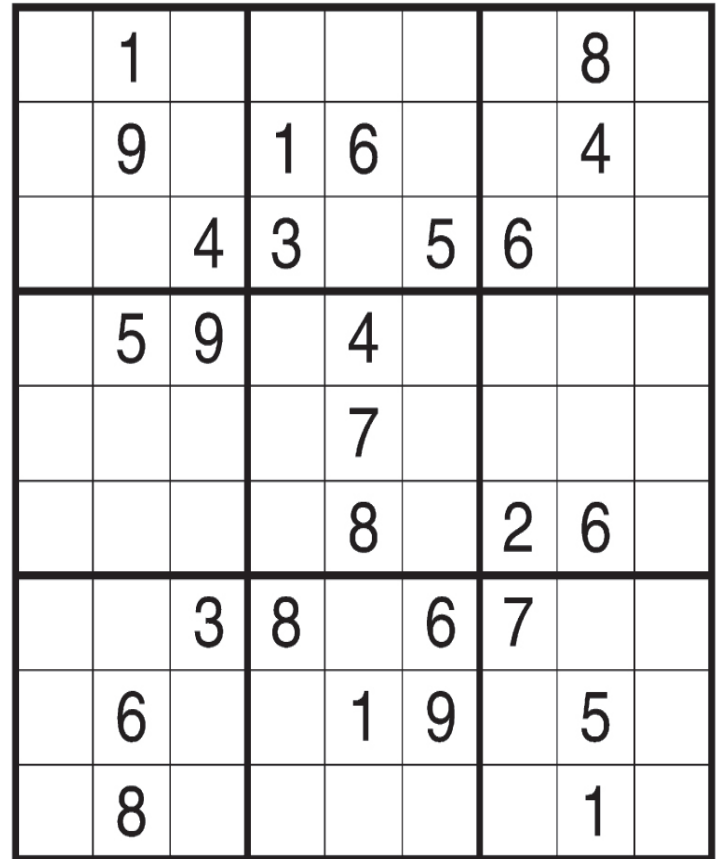


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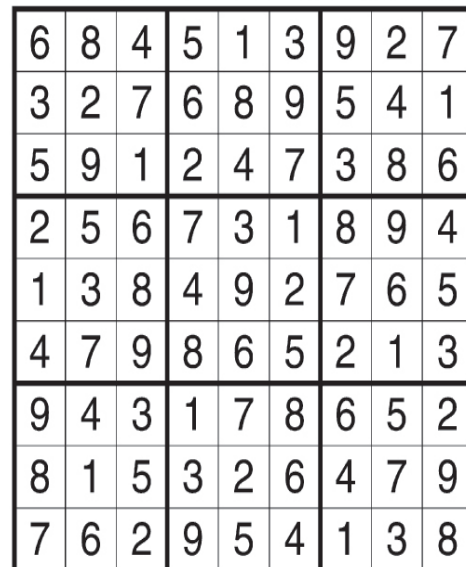
# SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level:  1  2  3  4



### Last Issue's Puzzle Solved



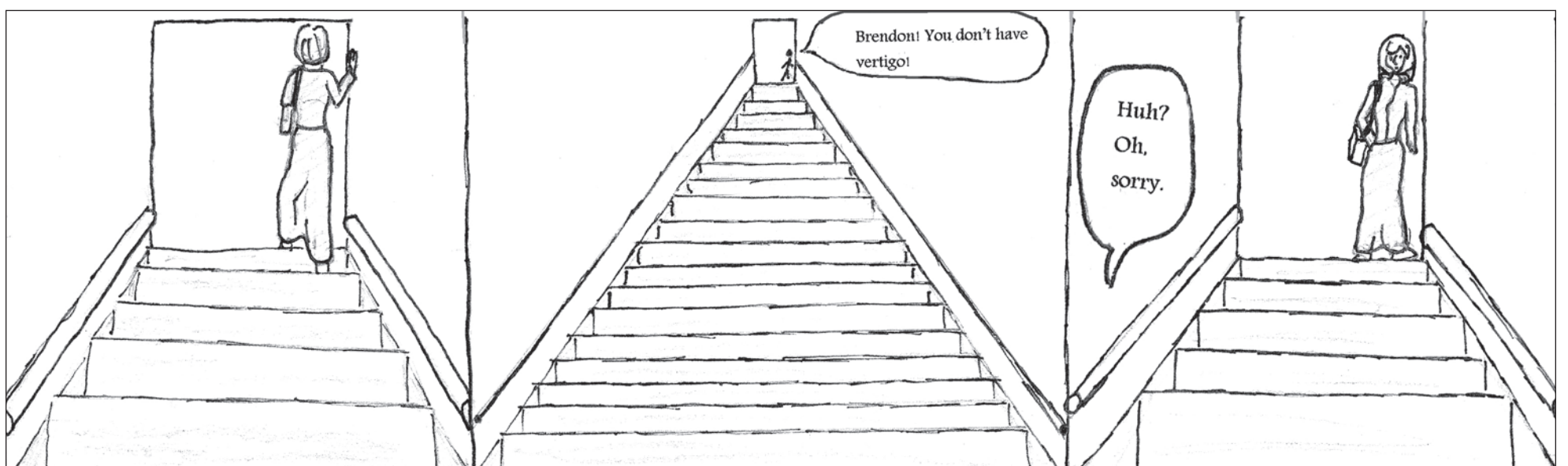
Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit [www.sudoku.org.uk](http://www.sudoku.org.uk)

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## Noir Du Jour

An LBCC student-generated comic

By Lizzy Mehringer



## Poetry Spotlight

### When Innocence Bids Farewell By Gabriel Trovati

When Innocence Bids Farewell  
Blooming within the swells of her fledgling song  
I am joy  
That tender breath cascading a crimson slope  
I'm her tiny hands

I'm the miracle of eye's wide wonder  
Can you feel my rhythm?  
This deepening cadence psalm  
Resounding within your caverns

Wicked men, with swift arrows of hate  
Slaughtered the frolicking fawn of her sighs  
The only thing I loved  
Left to wither with vermilion sieged from her blossoms

All dolled up like a toy she'll never own  
Yet her true canvas drips like wax in her mascara  
Littering her gentle cheeks  
With the spoils of their pleasure

Barely out of diapers, now in high heels  
No one will feel the soft patter of her soul's yearning  
Or the resounding willows on the banks  
Of where the wind dwells within her heart's pastures

A shredded womb, chapped and lacerated with cracking whips  
Adorned with a neck-laced noose, leashed like a mongrel dog  
Property of the reaper, she bids me farewell  
Forced to be a woman, she's only four years old



## BACK in the DAY

This day in history ...

### Oct. 5, 1902 - Super-size it!

McDonald's founder Ray Kroc was born. His first word is "cholesterol."

### Oct. 6, 1889 - Voulez-vous choucher avec moi?

The Moulin Rouge opens in Paris. Dammit, now I've got that song stuck in my head. It's just so darn catchy!

### Oct. 7, 2003 - Rise of the Governor

Arnold Schwarzenegger is elected governor of California. Wait, this really happened? I could have sworn I saw this one already.

### Oct. 8, 1871 - Great balls of fire

The Great Fire of Chicago broke out destroying about 17,450 buildings that were rebuilt. Oh, the "second city," I totally get it now.

### Oct. 9, 1876 - Can you hear me now?

Alexander Graham Bell and Thomas Watson make the first long-distance telephone call - a whole two miles! Do you think there were roaming charges?


### Oct. 10, 1959 - Prepare for take-off


Pan Am Airways becomes the first global airline service. Ah, the good ol' days - when the cost of a ticket included drinks, a meal, and the chance to ogle young women in short skirts.


### Oct. 11, 1975 - "Live, from New York ..."


George Carlin hosts the first episode of "Saturday Night Live." You know, back when the show was funny.


## ~ ~ ~ HOROSCOPES ~ ~ ~


**ARIES**  
3/21-4/19  
 You walked into the start of the week like you were running into a brick wall. It gets better from here. Don't worry.


**TAURUS**  
4/20-5/20  
 You bring fun and glory everywhere you go. People at work are glad you exist, so kudos to you, champion.


**GEMINI**  
5/21-6/21  
 The waters keep getting rougher. It's tough, but you should take it in stride. Remember who your friends are.


**CANCER**  
6/22-7/22  
 What has eight legs and is synonymous with your demeanor recently? A crab.


**LEO**  
7/23-8/22  
 It's time to kick back and read a book. No, I don't mean in the relaxing sense. Crack open a textbook or three.


**VIRGO**  
8/23-9/22  
 Someone you care about is missing you lately. Keep this in mind when times are rough. Gosh darn it, people like you.


**LIBRA**  
9/23-10/23  
 You're an open book when it comes to telling others your life tale. Be moderate, or risk being an annoyance.

**SCORPIO**  
10/24-11/21  
 You are hardcore. Work, family, and school - you've got it handled as well as you breathe air, homeslice.

**SAGITTARIUS**  
11/22-12/21  
 It's time to pump you up. The weather's down, but your drive is up. Get out there and go running or whatever.

**CAPRICORN**  
12/22-1/19  
 Entrepreneurship is the name of the game. Take this opportunity to sell, sell, sell. This could mean your job or ideas.

**AQUARIUS**  
1/20-2/18  
 Hey, Hey, Aquarius. It's week two. Where have you been? Let's turn up that focus of yours.

**PISCES**  
2/19-3/20  
 Regardless of being under the weather, you push on with your work and studies. You are an inspiration to us all.

**Fried Bananas**  
Groovysweet.wordpress.com

An LBCC student-generated comic

By Mason Britton

Mason Le Britton © 2011

# “50/50”: Heartfelt Awesome

Ashley Christie  
Page Designer

Cancer is not funny. Life, on the other hand, you have to laugh at – or else you’d cry.

When Will Reiser sat down to write the semi-autobiographical “50/50,” he didn’t try to write a comedy. He tried to write a real and honest story about a man with cancer. The result, like life, is emotional, poignant and, at times, really funny.

“50/50” stars Joseph Gordon-Levitt as Adam, a late twenty-something diagnosed with spinal cancer, and is about his struggle with the disease. He has lots of support from his best friend Kyle (Seth Rogen), his girlfriend (Bryce Dallas-Howard), his mother (Angelica Huston), and his therapist (Anna Kendrick).

This film was fantastic. Everything worked together and you just want to give it a big hug at the end.

The story felt real. Partly because this really happened to the writer, but the characters and the dialog all felt grounded in reality. These were people you know, these were conversations you could easily imagine yourself having.

This wasn’t another “Terms of Endearment” or “A Walk to Remember” or some other sappy, over-dramatic piece of mush. “50/50” proves that just because a film is about cancer doesn’t mean it has to be a chick flick.

Casting was another big reason why this film worked so well. Gordon-Levitt is an incredibly underrated actor. He’s been turning in stellar performances since his days as an alien on “3rd Rock From the Sun.”

He gives Adam real depth as he copes with coming to terms with his own mortality. His character is a fully-



fleshed-out, three-dimensional character that you root for and care about. You really care about Adam; not all actors can make you do that.

Rogen, Reiser’s bestie in real life, was the real surprise in the film. He was funny, unannoying and completely un-Seth Rogeny. He’s obviously meant to be the comedic relief of the film and he plays the same guy he plays in every other movie he’s ever been in, but in “50/50” it was a lot more watchable. You really like him, even if he is a womanizing jerk who uses his best friend’s disease to pick up women.

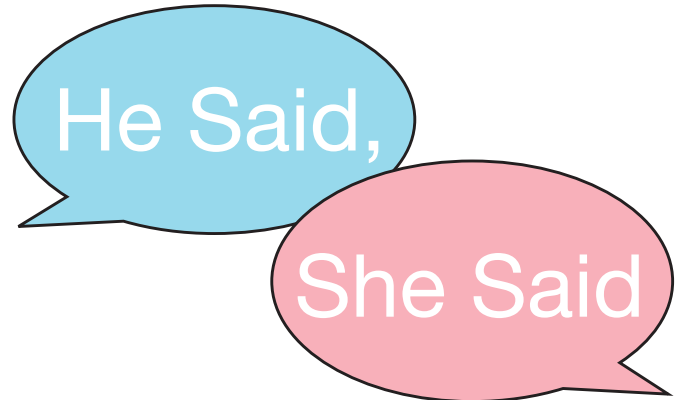
Gordon-Levitt and Rogen have a great chemistry together which makes their on-screen banter work so well.

You can tell that these two characters really care about each other.

The women of the film hold their own against the men. Dallas-Howard, as Adam’s philandering artist girlfriend, is really good at playing characters you can’t help but hate. And Kendrick is doing an excellent job at choosing roles that make your forget she’s that girl from “Twilight.” Although Huston is under-utilized as his overbearing mother, it’s easily forgiven.

“50/50” is an uplifting and touching film about life and death and finding humor wherever you can. It’s a must-see for anyone who enjoys a beautifully-scripted story and well-rounded characters.

# Sex AND THE Campus



Jill Mahler

Editor-in-Chief

Communication is the foundation for any successful relationship. So why does it seem we have more misunderstandings when it comes to communicating with the opposite sex? Why can we tell our closest friend whatever we are feeling and what we are thinking, but stumble with the person we share a bed with?

According to curiosity.com, the difference in discourse styles is formed by how relationships developed in childhood. Girls’ friendships were built on discussing and sharing experiences and secrets, while boys tended to focus on “activities rather than conversation.” This translates into their future relationships. “Women communicate through dialogue, discussing emotions, choices and problems. Males remain action-oriented – the goal of communication is to achieve something.” In short, women want men to work at understanding where they are coming from, while men struggle to mind read.

The question isn’t who is more complicated or more at fault. Communication barriers are a constant issue in relationships. The trick is to understand the natural divide between each other, then focus on how to effectively communicate despite those differences.

In Deborah Tannen’s book, “You Just Don’t Understand: Men and Women in Conversation,” men use conversation as a way of asserting independence. Women use language as a tool for intimacy.

There are simple techniques to implement into your relationship to decrease the chances of a misunderstanding arising.

- When confused, ask for clarification.
- Maintain eye contact.
- When giving each other directions, pretend as if your mate is a stranger. You will invest more energy into making sure they don’t get lost. The same applies in relationships. Be as clear as possible.
- Avoid being passive-aggressive and withholding your feelings. It will get you nowhere.

Remember, it doesn’t matter what road you travel down when you end up at the same destination.

# “Dream House” Built on Solid Foundation

Carli Gibson  
A&L Editor

Although “Dream House” wasn’t what I had expected, I’m glad I saw it.

The movie, starring Daniel Craig, Naomi Watts, and Rachel Weisz, begins with Will Attention (Craig) leaving his job as an editor to be able to spend more time with his wife (Weisz) and family and to begin writing a novel. When the family moves into their “dream house,” they soon discover the brutal crime that took place five years ago.

After learning about this crime, the family is freaked out, thinking that the man who committed the murder is now stalking them, but what they soon learn could change their lives forever.

The previews for this movie made it seem like it would be a

horror or thriller type movie, however the movie turned out to be more along the lines of a suspenseful murder mystery, and I wouldn’t have asked for it any other way!

The main twist in this movie was a little obvious, but they didn’t beat around the bush with it; they stated very specifically what was going on. Which, at first, I wasn’t a fan



of. I like having to try and figure out the twist of a movie on my own. However, throughout the movie, you realize that it was for the best, there wasn’t any time to waste figuring it out on my own!

Craig, Watts and Weisz were all very well cast. Craig, who’s most popular for his role as James Bond in “Casino Royale” and “Quantum of Solace,” played perfectly the role of a loving father and husband in a complex situation. Weisz, who’s most famous for “The Mummy” film series, plays Craig’s wife Libby, who is portrayed as a loving mother. Watts, popular for her role in “The Ring” and “King Kong,” played Ann Patterson, the awkward neighbor, who seems to know more about the house than she wants the family to

know.

“Dream House” isn’t mind boggling or jaw dropping, but it is a good movie. It has some mystery, some suspense, a good amount of action, and all the other factors that make a good movie. It’s worth the ridiculous amount that the movie theater charges and is overall a good watch.

COMING ATTRACTIONS



**Real Steel**  
Rated: PG-13  
Genre: Rock'em Sock'em



**The Ides of March**  
Rated: R  
Genre: Political Thriller

Sources: IMDb, Yahoo! Movies, Fandango.com