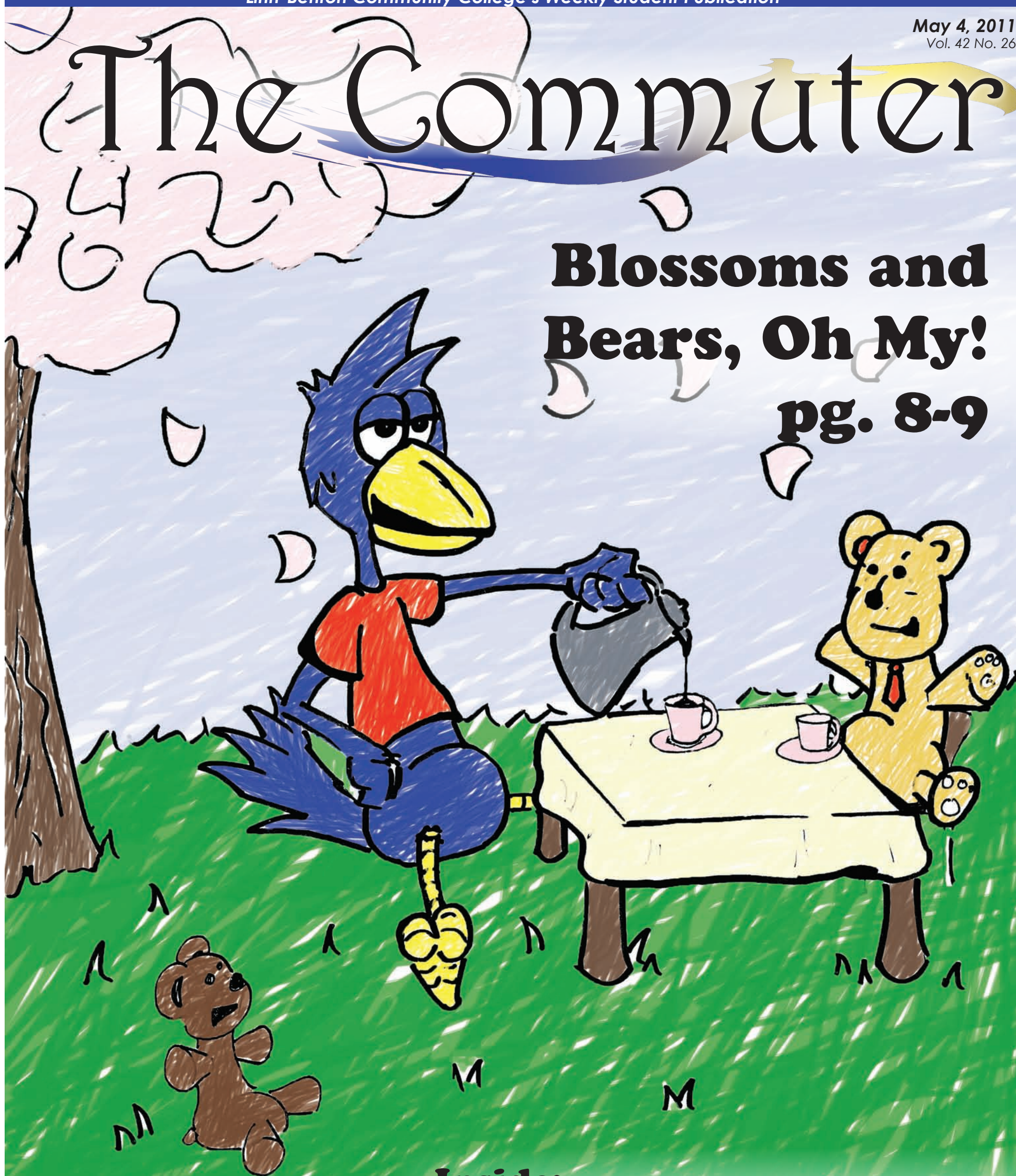


The Commuter

**Blossoms and
Bears, Oh My!**
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Inside:

Roadrunner: Origins pg. 4

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Re-Tweet Tips pg. 13



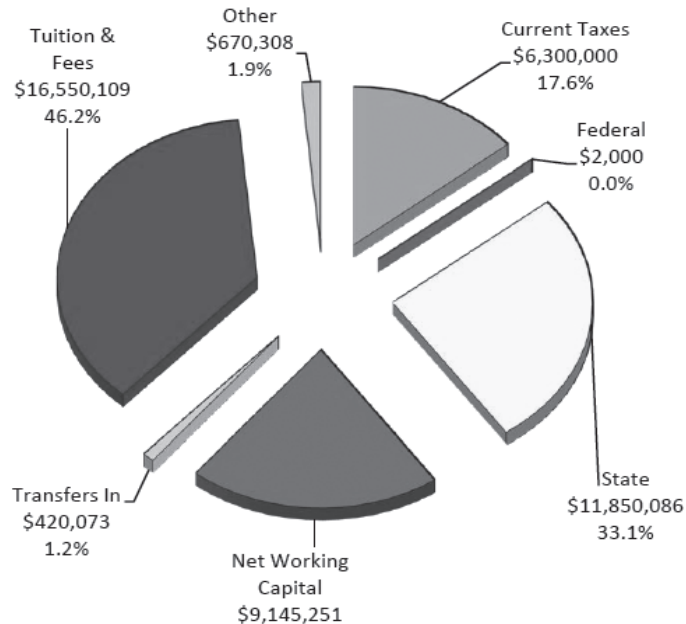
Planning to March at Spring Graduation?

The ordering deadline for caps and gowns passed at midnight April 22. If you missed it, don't panic! You will be able to obtain one on June 1, 11 a.m. - 4 p.m. and June 2, 9 a.m. - 1 p.m. in Admissions, Takena Hall. Bring your head size (for cap), height (for gown) and \$30 -- cash only.

According to the Admissions Department's Anya Corbitt, there is no need to register yourself or your invited guests to attend LBCC's Commencement Ceremony this year. If you wish to register anyway, you may do so at: <https://lbccgrad.eventbrite.com>. This is for graduate registration only. Again, there is no need to register guests.

Commencement will be held June 9, at 7 p.m., at the Linn County Fair and Expo Center--3700 Knox Butte Road East, Albany, OR. Come and celebrate your achievement!

Resources for Current General Fund Budget



source: LBCC 2010/11 Budget

Tiffani Day

Contributing Writer

Beginning Summer term, students can expect to pay \$91 per credit.

Of the \$5.2 million gap in LB's budget, 40 percent will be filled by increasing tuition by \$7.

The only other way to increase revenue and limit budget cuts, is through investments, which takes time.

President Greg Hamann said, "Get the community to invest in the future through LB."

Grants are not an option to fill the gap, because grants are awarded toward something specific. Grants are not, "Part of the day-to-day operation," Hamann commented. Investments would go directly to the general fund.

"A decade ago, community colleges had capacity they weren't using," said Hamann. He continued, "If you're at capacity, but you don't have a seat to fill, it helps the student, but doesn't add any revenue."

Right now, enrollment is

projected to decrease by 2 percent, and the state funds have decreased by \$1,200. "If there's more money, you can have more students," said Jim Huckestein, Vice President of Financial Operations.

This year, LB may experience one of the largest graduating classes to date, and as the economy continues to improve, more students may opt for employment rather than education. These two factors may contribute to the projected decrease in enrollment.

To control the budget, Hamann said, "We are being intentional about how big we are going to be." There are two ways to control LB's size: limit seats in classes and limit admission. These avenues may be a Catch 22. Last term, there were 400 students admitted that couldn't get a single class. "That's not the solution," Hamann finished.

For a complete list of tuition and fees: www.linnbenton.edu/go/tuitionandfees. For President Greg Hamann's statement on the budget: www.linnbenton.edu/go/presidents-message.

Academic Success Seminars on the Chopping Block

Ben Davis

Staff Writer

The Academic Success Seminars have their heads on the chopping block, and their fate depends on you, student reader.

As it stands, the seminars are free and open to the public. They are held weekly at each of LB's three campuses and cover a range of topics to assist students in achieving their academic goals.

But low enrollment is causing the Developmental Studies Department to reconsider the seminar's freebie status, and their very existence.

"We're considering charging a small fee for

the seminars to increase their 'seeming worth,'" said Chris Barclay, an Instructor in the Developmental Studies Department.

The latest seminar, held on Tuesday, April 26, focused on Time Management and Organizing for Success.

"The topic isn't very sexy," admits Barclay, who hosts the Benton Center seminars in the Learning Annex, "but it's really important because so many people struggle with it."

Barclay used PowerPoint slides, tri-fold displays, and handouts to offer realistic solutions to common problems like organization, prioritizing, and conquering procrastination.

Some attendees were first-timers, there for

the specific topic being covered, but some were regulars, like Angie Erickson, following early graduation from high school in February.

"My Mom signed me up for these," said Erickson, "but they seem to be helping."

According to Barclay, attendees include beginning college students, graduate students, and everything in between.

"We have the whole gambit -- whatever your education level, it's a great place to sharpen your skills," said Barclay.

The upside of smaller turnouts is the personalized interaction with the instructor and an informal, intimate atmosphere.

You can register for the seminar on Webrunner

under Study Skills, or just show up and sit in. They are quick, casual, and you just may learn something you've been missing that could make all the difference.

The Developmental Studies Department is also considering reformatting the seminars for eLearning online, and they are open to ideas.

If you have any suggestions or would like to find out more about the Academic Success Seminars, please contact Chareane Wimbly-Gouveia, or drop by the Learning Center.

Remember, it's hard to ask for help sometimes or even recognize that you need it, but there are a lot of people here at LB who really care, and want to help you succeed.

Academic Success Seminars

Boost Your
COLLEGE
KNOWLEDGE!

Just drop in, or sign up in WebRunner
under "Study Skills."

www.linnbenton.edu/go/webrunner

Improve Your Memory by Learning Actively

Wednesday	May 4	Lebanon Center	LC-202	1:30 - 2:20 p.m.
Wednesday	May 4	Albany Campus	WH-225	3:00 - 3:50 p.m.

Tips to Overcome Procrastination

Tuesday	May 10	Benton Center	BC-232	5:00 - 5:50 p.m.
Wednesday	May 11	Lebanon Center	LC-202	1:30 - 2:20 p.m.
Wednesday	May 11	Albany Campus	WH-225	3:00 - 3:50 p.m.

Academic Success Seminars are organized by the Learning Center.
For more information and to sign up, visit WebRunner under "Study Skills" or call 541-917-4684.

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 Linn-Benton Community College, RCH-105, 6500 Pacific Blvd. SW, Albany, OR 97321, phone 541-917-4690 or via Oregon Telecommunications Relay TDD at 1-800-735-2900 or 1-800-735-1232. Contact should be made 72 hours or more before the event.

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COMMUNITY COLLEGE

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Valley Writers Series Hosts Corvallis Author Rick Borsten

Dineen Charest
Staff Writers

The room was dead silent. The audience's hands covered their open mouths, afraid to hear what was next. Rick Borsten's voice trembled and gruffly mimicked a character from his new novel.

"...But Tremain did not think he was brave enough to lie quiet and motionless while a grizzly gnawed on his ass."

Everyone laughed. Borsten's story-telling ability was as apparent as his writing ability.

The Valley Writers Series hosted a reading by Borsten on April 28 at Linn-Benton Community College. This was the second time Borsten had visited LBCC.

As the room of 32 people sat listening to Borsten, one could sense his uneasiness. He appeared to be a timid, mild-mannered person.

However, as soon as he started reading excerpts from his newest novel, his voice changed. His whole demeanor changed. At this moment, a fearless Borsten emerged. It was almost as though he became his characters. His hand motions and expressions changed with the voice of each character.

You could feel the intensity of the moment, especially when he read about Dolores Ludlow, a character in one of his newest novels. Borsten describes her as a "tough, strapping, 6-foot 3-inch lesbian eco-warrior and a former college basketball star, who has an overdeveloped sense of justice for the downtrodden."

Borsten started writing in his senior year of high school after a serious basketball injury broke his larynx and damaged his vocal chords. Not knowing if he was going to be able to speak again, he turned to writing, something he has always loved doing.

After 40 minutes of reading, Borsten was available for questions.

One audience member asked Borsten about researching his books.

"I find it really cool, but like it better if I don't have to research it," said Borsten. He admitted that he gets caught up in the



Dineen Charest

Read more by Rick Borsten

- Rainbow Rhapsody
- The Great Equalizer

researchandfindshimselfavoidingwriting.

How difficult was the process of getting his first book published? "It was horrible back then when I started. I think it is even more difficult now," Borsten said.

"The first thing you do is try to find an agent, then they ask you to send 30 pages and you just spent five years working on the whole thing and they only want 30 pages. Then, when you finally get a response back after six to eight weeks, it says, 'We really admired your writing, but there were some structural problems.'"

"I think the letter they write to everyone is a template - it says, 'I really like your writing, but we don't think we can sell it commercially,'" said Borsten.

Luckily for Borsten, he finally found an independent agent who would work with him.

Corvallis Author Rick Borsten (center) having a laugh with fans after being invited to do a reading for Valley Writers Series on April 28 at LBCC.

The one thing Borsten hates is finishing a book because, as he said, "That is when the hurdles start. However, when you finally get the book published and you are holding the copy in your hands, it is the best feeling in the world."

Borsten's advice for new writers: "Read every day - find really good books and read. Look up books that have won awards; read poetry. Also write at least five days a week. If that is hard, then start small - write at least 30 minutes a day and then expand it."

Jane White, a fan of Borsten, summed up the discussion when she said, "I loved 'The Great Equalizer.' I probably read this 20 years ago and still remember it, and his second novel 'Rainbow Rhapsody' has really courageous writing in it. He is a phenomenal writer."

Paul Tannahill Likes a Good Challenge

Amanda Hayden
Contributing Writer

You know how Clark Kent was reporter by day, and superhero extraordinaire by night? Similarly, this juxtaposition shows through Paul Tannahill's personality, despite the similarity in his passion for hidden challenges and a need for improvement.

Not only is he the eLearning Systems Administrator for LBCC (a name he came up with, to replace the un-thrilling title of "Media Technician 4"), but he has several interesting hobbies.

His professional experiences began with an interest in the military, fresh out of high school. He was inspired to instruct, after seeing how Marines do things. After four years of enlistment, he left to work for the Federal Bureau of Prisons. He felt compelled to improve the educational method because of the "procedural style" of training that he found excessive. Instead of direct lecture, he helped to create more of a visual aid/graphic approach to gun training.

In 1999, Tannahill suffered an ear injury, requiring a tympanoplasty to the right ear drum. After recovery, he began instructing on various computer applications, and noticed a disturbing symptom. After an eight-hour day, he was "mumbling in class."

He learned that the surgery on his ear had included permanent manipulation of some nerves, including some for his tongue. He says this was life-altering, "I side-stepped out of the career path I had chosen for myself." It was a difficult pill to swallow.



Carli Gibson

Paul Tannahill

He took a three-year position as a land surveyor in Linn and Benton counties, and in this time, Tannahill put much thought into his passion for teaching. He wondered if there might be an option relying less on spoken instruction. "How do I get back into that?" he kept asking himself.

After work as a course-builder at OSU, using the Blackboard platform, he was offered a position at LBCC just over three years ago. It was an easy decision for him, especially because the political environment is much less prevalent at LBCC. He said, "I love what I do. If I could afford to do this job for free, I would." He is able to implement a respected Marine Corps motto: "Improvise, adapt, and overcome." He is ultimately responsible for making sure Moodle is constantly transforming to meet the needs of its customers: teachers and students.

Outside of the workplace, Tannahill has even more unique interests. Among them, two have really gotten major focus. He loves mountain biking, and even said, "I could show Bear Grylls how to do it!" He likes the adrenaline and passion involved in the sport. Even lesser-known is the hobby of geocaching. He says he is privy to many secret locations, including where he claims is the location of "the best swimming hole in the world." His geocaching name is "pablomac," and he has many followers on youtube and twitter, as well as heading up SWAG (Santiam Willamette Area Geocaching). He even loves combining the hobbies: He takes a bike to find the hidden treasures.

It is evident that Tannahill thrives on a sense of adventure, whether in the workplace, or teetering on a cliff's edge. The sense of accomplishment is definitely what keeps this man on his feet, and inspired to always search for ways to improve what he can.

Let Your Voice Be Heard!

Stop Tuition Increases! Fight for Your Funding!

the Hot Shot Cafe 1-3pm on Thursday May 5th
or email sae.lbcc@gmail.com

Cooking It Up with the Power of Whole Grains

Alison Jelden

Contributing Writer

Three simple rules for food: Eat, eat food, and eat mostly plants.

Organic food eaters follow these guidelines to healthy eating. It means you should eat, eat food that hasn't been genetically modified (GM), and eat fresh green food coming from the ground. Last week at Oregon State University, a pair of speakers set out to raise awareness while urging audience members to try whole grains in their homes.

The lunch-and-learn seminar took place at noon Friday, April 29, in the large east conference room of West Dining Hall. Those who attended learned about three simple recipes that are gluten-free and include organic whole grains.

Ann Marchant, dietitian and nutrition consultant for Student Health Services at OSU, and Tara Sanders, dietitian for University Housing and Dining Services, demonstrated how to prepare, cook, and enjoy whole grain foods.

The types of whole grains featured were amaranth, cumin, quinoa, and buckwheat.

"All the grains we're featuring have eight amino acids, protein, and are gluten-free," Marchant told the audience while cooking the grains.

The audience learned how the human body digests. Vitamin K, vitamin B and fiber all produce fatty acids called probiotics. Probiotic are microorganisms that live on fibers. So if you eat good fiber, then you are digesting good fatty acids.

One of the organic recipes they suggested helps keep you full longer. Amaranth fruit bar is a good snack to eat when you're not hungry but still looking through the refrigerator for something to eat. The bar is so chewy that it makes you work to eat it.



The featured whole grain salad is buckwheat tabbouli. Created by Tara Sanders, dietitian at Oregon State University for campus housing, demonstrated how to make the salad at the lunch and learn seminar for whole grains food at west dining hall in the large east conference room on Friday, April 15 at noon.

Photos by Allison Jelden

More Information

Contact: Tara Sanders

email:

tara.sanders@oregonstate.edu

Phone: 541-737-3915

Another healthy recipe is black bean quinoa salad. This salad provides vitamin C and iron; vitamin C helps us absorb iron. Men and women should always eat vitamin C to reduce cardiovascular disease. Vitamin C can be found in tomatoes, kiwi, oranges, and many other fruits and vegetables.

The third organic recipe they talked about was buckwheat tabouli, which is full of garlic, parsley, dried fruit, onions, garbanzo beans, lemon juice, and olive oil. Oil is another good substance to absorb nutrients. Oil is a fat, but fat

is a host that absorbs all the nutrients from fruits and vegetables.

Those in the United States are accustomed to high sweets, sugar, and salt, they noted. If you have high sodium levels, it only takes two weeks to get rid of the high salt taste from food.

Organic food also can help your immune system. For example, research shows that quercetin in onions helps with seasonal allergies.

Marchant and Sanders collaborated for the seminar and lunch. They said they started to provide more whole grains in the dining hall, but

students didn't know unless they looked at the menu. There also are 20 different kinds of fresh fruit at West Dining Hall.

Over the last three years, they added, big changes have occurred in students' desire to eat whole grains.

"It was really helpful to taste what they were making," said Andrew Coryell, audience participant. "I'm not familiar with grains, so knowing how to cook them is important. Black bean salad is my favorite because I'm always looking for different ways to eat a salad besides using greens."

The Legend of the Roadrunner

Rachel Runyon

Contributing Writer

While hanging around Linn-Benton Community College, has the question "Why the Roadrunner?" run through your mind?

Being that a big, blue giant bird is LBCC's spirit animal, whose caricature is on just about every item associated with the college, you might think that the Roadrunner's back story would be readily accessible. But digging up its history can prove to be elusive.

Gregg Burgess, a student ambassador in Student Life and Leadership, said that in the early 1970s, when he was a teen, his father was a brick layer who had a hand in constructing the walls of LBCC's main campus in Albany, especially the circular ones.

Burgess recollected that the rumor amongst his peers at the time was that the name "Roadrunner" was a nickname given to students, due to the amount of traveling they did to attend classes before the main campus walls went up.

You see, during the late '60s, when

the college was first founded, LBCC was not contained under one roof. It was comprised of many different buildings, housed on different sites. Students were zip-zapping, going hither and yon, piecing together their education.

Is this how the Roadrunner was born?

According to Greg Hamann, president of LBCC, it is. In an email he wrote, "Because classes were scattered among these various buildings, students had to 'run the roads' between classes. Thus, the original 'road runners' were NOT birds but instead students rushing to get from class to class."

Hamann volunteered to wear the Roadrunner mascot costume during his first Spring In-Service at LBCC about a year ago. How did Hamann describe his experience? "HOT!"

Joe Sherlock, manager of publications and web at LBCC, attended that same in-service where President Hamann initially "strutted his stuff." Sherlock related his surprise and amusement when Hamann finally

revealed his true identity, having no clue Hamann was the man behind the beak during the meeting.

Sherlock has a personal connection with the image of the Roadrunner. He is an editorial cartoonist by trade, and has created many of the known renditions of its image. During a meeting with Sherlock, he presented a printed booklet dated 1971 with an early Roadrunner image on the front; a simple black silhouette.

The Roadrunner icon has evolved through many characterizations over the past four decades, including a mere shadow, a friendly looking goof, and the moxie-filled character drawn by Sherlock within the last year. (You know, the one with the "I dare you" smirk and cool hair/plumage?)

Different departments and publications use different renditions of the icon for different purposes. Take, for example, an image of the Roadrunner pulling it up with Benny Beaver in a brochure about the Degree Partnership Program with Oregon State University.

Those who have shaped its face



include Sherlock, students and LBCC's Graphic Design Department.

The mascot's costume has also seen its fair share of redesigning. It was just this year, that the all-blue, affable costume was retired. Its replacement has white feathers on its abdomen in the shape of a tank-top, and wonderfully bared teeth.

Where does this bird roost when not posing for pictures, or whooping it up with fans on the court? Why

in Student Life and Leadership, of course! Yep, not only is this his nesting ground, but student ambassadors bring the Roadrunner to life.

What is the significance of a college mascot? It may hold different meanings to various people. For Sherlock it is this:

"I think seeing a costumed mascot invokes a sense of fun."

And in college, a little bit of fun, is often just what we need.

Snapshots Around Campus



Riley Rieke gets a push and a smile from his friend Jayden Sears to add to his day. April 7 was an especially sunny day at the Periwinkle Child Development Center, allowing the kids to have fun and play outside.



Justeen Elliott

Ceramics instructor Jay Widmer demonstrates how to make a clay vase at the LBCC Benton Center on April 18.



Amanda Hayden

Stephanie Hendrickson brings humor to the campus blood drive, a possibly stressful event. Donors are willing, but some are still anxious. Hendrickson has been working for the Red Cross for 2.5 years, and is on her way to becoming an x-ray tech/ radiologist.

Commuter Seeks Editors for Next School Year

The Commuter

For journalism and other students looking to step up their involvement at LBCC's student newspaper, now is the time to apply.

The Commuter is accepting applications for editor-in-chief, as well as the other positions on staff, such as managing editor, photo editor, webmaster, and arts and entertainment editor.

Editor-in-chief applicants will be interviewed by the Student Publications Committee on Wednesday, May 18, beginning at 3:30 p.m. The 10-member committee consists of LBCC students, faculty, and staff, and meets each spring to appoint a new Commuter editor-in-chief.

The duties of The Commuter's editor-in-chief include:

- Appointing and managing the newspaper's staff of editors, reporters and photographers.
- Coordinating the work of the staff, including assigning and editing stories and photos.
- Leading staff meetings and other newspaper activities.
- Representing the newspaper in the college community.

The next editor-in-chief, who will succeed current editor Justin Bolger, starts the position over the summer and continues through the 2011-12 school year.

The deadline to submit editor-in-chief applications is Monday, May 16.

Applications for staff positions are available at The Commuter office in Forum 222, or from the newspaper's adviser, Rob Priewe. His office is in North Santiam Hall, room 114.

For more information about the application process or duties of the various Commuter staff positions, contact Priewe at 541-917-4563 or rob.priewe@linnbenton.edu.



Student Leadership Council Wants You!

Linn-Benton COMMUNITY COLLEGE

- Be involved in your school
- Be a leader
- Represent your fellow students
- Represent your student body
- Earn tuition grants

Pick up your Student Leadership Council Application, available now in the Student Life and Leadership office on the first floor of the Student Union building.

Completed applications are due Friday, May 6, 2011 by 4 p.m. in the Student Life and Leadership Office.

OPINION

Dear Conscience,
My friend likes someone who is a jerk, and yet she won't give him up. What can I do? I don't want to see her get hurt.



Ashley Christie
Shoulder Devil

You don't want to see your friend get hurt; that's so sweet. Quaint, but sweet. She's going to get hurt. If it's not this jerk, it'll be another. But you know what? She's a big girl and she can handle it. You don't like this guy. Make that clear to her. Tell her how much you hate him. You don't need to give any reasons; if you're really her friend, your word alone should be enough. You were there before him, and you'll be there after. She'll do one of two things: a) agree with you and thank you for your honesty (this will not happen) or b) yell and scream at you that you're wrong and never talk to you again – until he breaks her heart, and she realizes you were right. I'd tell you to try to trap the guy to show her what a jerk he is and speed up the process, but that would take a lot of time and energy. He's not worth that. He'll reveal his true nature to her in due time. She'll come back, in tears, asking for forgiveness, and you'll give her a hug and tell her there's nothing to forgive. You won't even say "I told you so." — although you will be thinking it while trying to hide your smug smile. In the end, you can try to protect your friend, but she's going to make her own decisions. A lot of them are going to be wrong. All you can do is be there to catch her when she falls and try not to point and laugh too hard. She'd do the same for you!

Justin Bolger
Shoulder Angel

That's just some good lookin' out. You're a good friend, and I want you to know that. That said, the Devil's methods are a little quaint this time around. It's time to pull out your flaming sword and become the angel of justice. There are times even the pure of heart have to get their hands dirty; this is one of those times. Be smart about it; make a plan, set up a trap. Here are a number of options:
Diversionsary Dude: This requires that you find a man who meets all of your standards without you falling for him (I believe in you.) All you have to do is introduce the two over a tasty meal and then you get an emergency call that requires your departure. The rest will take care of itself – proof that he is a forgettable toolbag.
Counter-Woo: Get all kinds of dolled-up, scour his Facebook page for his likes/dislikes, and take him out yourself. This will prove he's a cheating toolbag.
Bear-Trap: It only takes one. Place it on the corner of your friend's lawn where the jerk will inevitably cross because he's too lazy to use the sidewalk the whole way to her door. He'll never pick her up, proving he's a flaky toolbag. I'm positive at least one of these will work. You just have to understand that there are two options here: Allow your friend to be jaded or take the darkness upon yourself. This monster will inevitably taint the soul of your friend, ruining her for love. Are you willing to do what's necessary to save her?

Are Student Sleeping Patterns a Cause for Concern

Drew Wilson-McGrath
Staff Writer

To sleep or not to sleep? That is the question. College students inevitably ask themselves that question quite a bit. When a term consists of four or more classes with an average of two hours of homework a night per course, work, and a healthy dosage of social interaction ... who really has time to sleep?

Both the quality and quantity of sleep directly influences our quality of life. It does not take scientists or doctors to make one understand that without sleep, many facets of our lives become harder; our appetites either grow immensely, or diminish, resulting in noticeable weight loss —or gain — depending on the individual.

Excessive yawning, drowsiness, moodiness, sore muscles, and clumsy behavior are just a few of the more obvious effects of sleep deprivation upon the human condition. However, we rarely attribute these side-effects to poor sleeping habits.

We continuously blame it on our intense course load, the crappy hours we get at work, or the fact that we drank too much over the weekend. And though we often claim to be tired, few of us actually act upon that claim and take a damn nap.

Studies by McKinley Health



Our Healthy World with Dineen

IS STRESS MAKING YOU FAT?

Dineen Charest
Contributing Writer

It's Wednesday morning, you wake up late, jump in the shower, your heart and mind racing. You have five minutes to get out the door and to school. Flushed and frustrated, you jump in your car. The seat belt is tighter than normal; looking down at your midsection you can't understand why you have put on an extra 10 pounds in the last month.

One of the simple explanations for the weight gain could be elevated cortisol levels.

Cortisol is a steroid hormone which is produced in the adrenal glands. It helps the body use sugar (glucose) and

Center (Univ. of Illinois at Urbana-Champaign) dating back to 2008 show that the typical college student only gets an average of six hours of sleep a night. This in turn generates what many refer to as "Sleep Debt"; an accumulation of the hours spent awake that should have been spent sleeping in order to promote good health and mental fitness.

Sleep debt is hard to make up. Sleeping in an extra couple hours on Saturdays and Sundays after a weekend spent drinking and otherwise indulging in social activities doesn't cut it. Caffeine unfortunately, is not a cure all, though many college age students depend on it for sanity.

If the recommended amount of sleep in a night were eight hours, and the average college student only received six, an individual can rack up as many as 730.5 hours of sleep lost on a yearly basis. Four years of that nonsense equates to a total of 2,922 hours of sleep whisked away by university education.

How on earth is a student that fits the six-hours-a-night model supposed to gain back almost 3,000 hours of sleep lost while spent furthering their education, but decreasing their health and mental well-being? We can not very well ignore our obligations to ourselves to succeed in the college system, just because we want to rest our eyes.

One solution would be to suggest that all sleep deprived students start taking fewer credits per term, say only nine or twelve instead of the average 15.

This would in turn give an individual less stress

and potentially more time to sleep. However, taking at least 15 credits a term and passing each class for your entire college career is what gets you out of there, degree in hand after four years. A fifth year to some is simply out of the question, based on affordability; it's not like books are getting any cheaper.

Sleep deprivation is linked closely to many severe health conditions ranging from high blood pressure to heart attacks, stroke, chronic depression, even heart failure.

Some of these symptoms may take years to develop. For some the roots of various sleep disorders was grown early in their college years.

Michael J. Brues, PHD, writes for WebMD. In an article regarding sleep deprivation and its effects on the human psyche and physical health, Brues states that: "Studies show an increased mortality risk for those reporting less than either six or seven hours per night. One study found that reduced sleep time is a greater mortality risk than smoking, high blood pressure, and heart disease."

But telling busy college students that lack of sleep can result in lower GPA's, reduced awareness and reaction time, emotional instability, and severe health issues is a topic that normally falls on deaf ears.

If we gave to much thought to sleeping, we wouldn't get any homework done.

The fact of the matter is, it's 1 a.m. on a Tuesday morning and some students still have two hours of homework to do, and class before 9 a.m. The solution: Four credit courses dedicated solely to a part of pre-school and early elementary education that should have never been kicked to the curb; nap time.

fat for energy. It also stimulates insulin release to maintain blood sugar levels.

However, when your body is under too much physical or mental stress, the adrenal glands work overtime and elevate your cortisol levels. Not only will this increase your appetite for sugar, fat and salty foods, but studies have shown that stress and elevated cortisol tend to cause excess visceral fat (the intra-abdominal fat that surrounds the organs) and it is much harder to lose.

How do you help reduce the stress and calm down your increased cortisol levels?

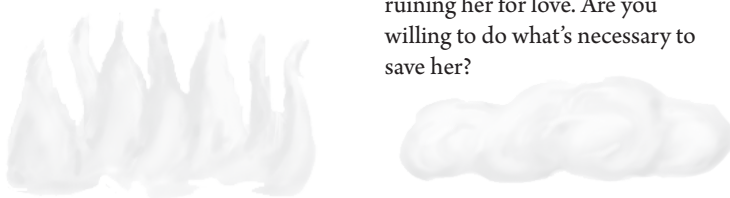
There are many natural ways to assist in reducing cortisol levels.

First, when you find yourself feeling stressed, start doing a technique called soft belly breathing. Some refer to this as 'baby breathing;' if you watch babies sleep, their tummies rise and fall.

This practice of taking deep slow breaths into your abdomen, instead of your chest, allows the body to send a signal from your abdomen to your brain telling it "everything is okay." It helps stop the stress signals and lowers the chance of elevated cortisol levels.

Second, seek the use of herbal adaptogens, herbal products that help increase resistance to stress, fatigue, anxiety and trauma.

Most of the herbal adaptogens to help reduce stress and cortisol levels can be found in combination at a local health food store. Unlike prescription medications, they have little to no side effects. However, never self-medicate and always check with your physician before taking any natural supplement. If your physician is not well versed in herbal supplements, seek the advice of those who are.



Have questions? We have answers.

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

Revelry Is the Wrong Response

Osama bin Laden is dead. After a decade, it seems very strange to say that.

I would like to thank our soldiers and intelligence agents who made this victory possible. Their hard work and skill keep our country free. Likewise, I hope this brings some measure of peace to the friends and families of the thousands of people killed globally under bin Laden's orders.

However, I cannot help thinking that much of our reaction to his demise is the wrong kind of response. The world is a much better place without him, but I don't really think the riotous celebrations in the street are what people should be doing.

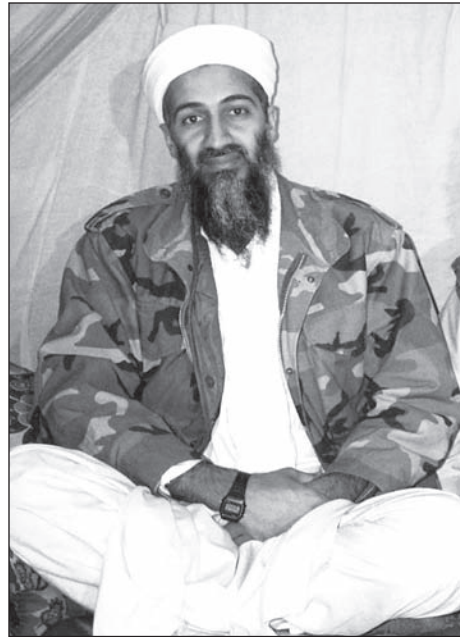
Personally, I feel that a celebration like that would be appropriate for the deaths of people like Stalin or Hitler – people who killed millions and could have possibly taken over much of the world. While he was certainly a dangerous mass-murderer, bin Laden spent the better part of the past decade hiding in a cave. He was not a global leader with a large-scale military behind him. He wasn't exactly making the world quake in fear. What's more, he was never dangerous enough to destroy our country or any of our allies. He was like a small, non-poisonous snake: scary and capable of inflicting extremely painful wounds, but never really a danger to our lives. Such large-scale revelries make him seem more important than he was.

What's more, a friend also pointed out that celebrating is a little naïve, seeing that al Qaeda and many of bin Laden's supporters still exist. Obviously, I hope the death of that scum takes the fight out of al Qaeda and all its affiliates and splinter groups, but I am concerned that it will not.

The last reason glee is the wrong response is the fact that we are celebrating death. The whole reason we were trying to capture this man is because he had killed thousands of our people in the late '90s and early 2000s. Of course, after we began hunting him, he killed thousands of more



Adam LaMascus
Opinion Editor



people around the globe. Even though he is dead, it hasn't ended the fight against extremism, and surely thousands more will die before it ends, if it ever does, in fact, end. The death of bin Laden is certainly something to be glad about, but as somebody skillfully put it: "[Now] is a [time] for somber and mature reflection, not glee."

We have a tough battle ahead. Declaring war on an abstract ideal is always somewhat ridiculous, especially declaring war on such an omnipresent idea as "terror." However, we are committed and are striving to make the world a safer place. Let's just remember the innocent people who have died and are dying from a war they didn't choose. May they rest in peace. Let's also remember the brave people who are putting their lives on the line to fight people like bin Laden. May they continue to perform their jobs honorably and with courage, and come home safely. Their sacrifice is unbelievable.

Upon defeating Napoleon at the battle of Waterloo, the Duke of Wellington surveyed the carnage and said: "Nothing except a battle lost can be half so melancholy as a battle won."

See students reactions to Osama bin Laden's death online at:
commuter.linnbenton.edu

BACK *in the* DAY

Adam LaMascus

Opinion Editor

This day in history ...

May 4, 1776: The traditional home of the otherwise minded ...

Rhode Island declared independence from the British Empire, becoming the first of the 13 American colonies to do so. On a side note, Rhode Island is also the last state to ratify the Constitution.

May 5, 1925: Survival of the fittest ...

Tennessee high school teacher John Scopes is charged with violating the Butler Act, a law created by Rep. John W. Butler (head of the World's Christian Fundamentals Association) making it illegal to teach anything about evolution. Scopes is found guilty, but the case is thrown out due to mishandling. I was under the impression that the Founding Fathers wanted a separation of church and state to prevent things like this.

May 6, 1527: Cry Havoc and let slip the dogs of war ...

The Imperial Army of Charles V of the Holy Roman Empire assaults and captures Rome. The Imperial soldiers proceeded on a three-day looting rampage, destroying much of the city. Approximately 45,000 civilians are either killed or exiled, and about 1,000 surrendered militiamen are murdered. However, 189 Swiss Guard soldiers fight a desperate battle on the steps of St. Peter's Basilica, allowing Pope Clement VII to escape. Only 42 of the Swiss Guard survive. This date is considered by many to mark the end of the Renaissance. Also, in memory of their heroism and resolve, it remains a tradition for the Swiss Guard to induct their new members on May 6.

May 7, 1920: Soviet honor ...

The Soviet Union signs the Treaty of Moscow, granting the Democratic Republic of Georgia its independence. Six months later, the Soviets invade and conquer Georgia. Jerks.

May 8, 1794: Justice is served?

Antoine-Laurent de Lavoisier, (the man who discovered and named oxygen and hydrogen, known as "the father of modern chemistry") is accused of treason, arrested, tried, found guilty, and guillotined all in the same day. Gee, I'm sure that case wasn't stacked against him.

May 9, 1941: A great victory ...

The German submarine U-110 is captured by the British Royal Navy. This is important because the U-110 has one of the Enigma cryptography machines onboard. With this machine, the Allies are able to crack encoded German messages, a major help in winning the war. The Enigma machine is an incredibly fascinating and complicated piece of machinery – I want one.

May 10, 1864: Less than useful ...

Union forces attack the extensive Confederate trench systems at Spotsylvania Courthouse in Virginia. The attacks are largely a failure, though Col. Emory Upton designs an innovative new method of attack. Two days later, the Union uses Upton's strategy to launch another massive attack on the Confederate line. This second attack results in some of the most intense fighting in the Civil War; almost a full 24 hours of continual hand-to-hand-fighting. The attack is unsuccessful.

Thought for the week:

"A great people may be killed, but they cannot be intimidated."
-Napoleon Bonaparte

Common Knowledge | OR AT LEAST IT SHOULD BE

Professors Are People, Too



Gaby Scottaline
Contributing Writer

I know it may sound lame to come to a professor's defense, but sometimes students have to realize our instructors are people, too. They, like us, are people who have feelings that can be hurt, and they experience embarrassment and sadness. They are not emotionless robots who enjoy torturing us with confusing material (most of the time). They are people who have devoted their lives to teaching us the skills necessary to be successful. Perhaps, if we consider this for a moment, we would be

more inclined to cut them a smidgen of slack? I mean, yeah, their syllabi might be confusing, and some might have hearing problems or a slightly grumpy demeanor at times, but they are still our superiors.

I don't know if I feel this way because I was raised by parents who taught me to honor my superiors, or if it's just common knowledge, but I have seen the wisdom in this.

Now, I must confess to disliking a professor. Her syllabus was awful and I never could figure it out. However,

this did not give me a license to be rude. The same rules applied.

I believe it should be a common practice to respect those who are older or hold a higher status than we do. It's courteous, and it'll benefit us greatly in the end. Maybe it's difficult for you to be mindful of professors' humanity, but I think if you just iced your ego and let the swelling go down, things like becoming agitated with the professor and causing a verbal dual in the middle of class would vanish. You will no longer feel

the incredibly overpowering urge to humiliate your superiors. Come on, since the class will not be tested on your opinion, there is very little point in arguing about what the professor teaches. Most teachers appreciate input; none appreciate disrespect.

So remember this: it's always fun to laugh about your professor's lame stories, grading policies, or convoluted syllabus, but when it comes to real big-kid behavior, we should act our age and respect our professors.

Charity Blossoms



Justeen Elliott
Contributing Writer

The cherry tree is the bride
the tossed bouquet; I caught with a glance.
This was one of many haikus written by Whitney Smith that was presented on a bulletin board along with statistics and facts about the tsunami.

The Japanese Cherry Blossom Picnic, inside the DAC, showed students why the cherry blossom is the most celebrated tree because it announces that spring is here. The blossoming of the trees creates pandemonium. Also, if there is a full bloom on the trees then that means that there will be bountiful crop to come. The meaning of the cherry blossoms is beauty of life and fleeting of nature. The festival varies each year, but it usually begins in mid March and ends in April.

"After the tsunami, we thought it would be a good idea to have an event to help support Japan," smiled Megan Rivas, one of the members of the DAC.

Throughout the event, they showed many videos that were taken by citizens of the tsunami while it was happening. In the videos, you saw a car driving on a water stricken road and then five seconds later you see water following the car. Soon after that you see many cars float on by, followed by an upside down boat, and then after four minutes, you see a fully intact building get swept by. After the tsunami and the many earthquakes, the toll for people missing is 13,145 and 14,117 are dead.

There was also three OSU Japanese students,

Ayako Tabeya, Reimi Kawada, and Yuki Kawakami, that attended and were able to ask any questions that people had about the cherry blossom tradition.

The food that they served for lunch was a typical Japanese style meal. It was vegetable yakisoba noodles, cabbage lettuce salad with miso dressing and for dessert, green tea ice cream!

This is the first year for the Japanese Cherry Blossom Picnic and they hope to make it an annual event.

"We began folding the cranes on April 1st and have done 1,000 of them," Rivas said. "We made sure we did 1,000 exactly. Once you've folded 1,000 cranes, you make a wish and our wish is for everyone to reach out and help others."

They even had a representative from the Red Cross there. Lynda Lopez Morton was accepting donations of any kind; cash, check, or credit to go towards the Japanese Relief Fund.

"The only things that we are not able to accept are item donations. We have to turn a lot of things down and have to tell people that they can hold a yard sale instead and then they can donate all of the proceeds from that to the Red Cross," Lopez Morton stated.

If anyone would like to become a Red Cross volunteer, want free disaster preparedness information, or wants to donate money than they can do so by their website www.redcross.org or they can go to the main office in Albany at 3388 SW Pacific Blvd.

See more photos online at:
commuter.linnbenton.edu



Kody Kinsella



Kyle Holland

Megan Rivas gets the Japan Relief Event started with a reading from a Japanese counting book to the PCDC preschoolers. The Japan Relief Event was held in the DAC Friday, April 29.



Kody Kinsella



Kody Kinsella

Above: Jeanett Emerson and event leaders dish up food for the Japanese Cherry Blossom Picnic.

Left: Megan Rivas speaks to the student audience about Japan.

Bears Around the World Have Tea at LBCC

Amanda Burd
Contributing Writer

The 5th Annual Teddy Bear Tea, "Bears Around the World," took flight flawlessly.

The Teddy Bear Tea was held on Thursday, April 28 in the LBCC Commons and was hosted by the LBCC Foundation. They had seating for 160 people and it's estimated that 140 people attended. The gathering consisted of tasty treats from around the world, various speakers, raffles and auctions, and hot air ballooning teddy bears. The Foundation achieved their goal of raising \$3,000.

People of all ages filled the Commons, all dressed in their best tea attire. There were lovely spring dresses and hats everywhere you looked. The Foundation did a great job of making sure everything appealed to both children and adults. Many kids' eyes widened when they saw the colorful cake pops on the food table in the midst of Italian pizza, Asian vegetable rolls, French creme puffs, Hawaiian chicken salad sandwiches, and teddy bear shaped shortbread cookies. There were squeals of joy when a ticket number was read off for one of the kids-only raffle baskets and it belonged to one lucky little girl. The most obvious kid friendly aspect, though, was all of the teddy bears! Teddy bears in baskets on the table, teddy bears hanging from the ceiling in hot air balloons, teddy bears in chairs, on stage, in t-shirts! And one giant teddy bear on the live auction table that everyone had their eye on...

"The staff of admissions and registration put together a basket for the live auction that had a huge teddy bear in it and it was valued at 505 dollars," Paulette Myers, the event's coordinator said. "It ended up being purchased for 460 dollars. It was the biggest competition of the night."

Attendees were all surprised and giddy when they won a basket. "I am very excited I won a basket! I didn't think I would," said 10



Tame Camp (Center), Baylie (left), Rylie (right) Tame says that her girls have loved this tea party ever sense their grandma took them all three years ago. they have been coming every year now.

photos by Kody Kinsella



year old Sabrina Grato. It was Sabrina and her mother, Lise Grato's, first time attending the tea. "It was a very fun event with great food and fabulous selection of baskets from different businesses," said Lise Grato. Sabrina Grato agreed with her mom, "I want to come back again!"

The reason the Foundation puts on the Teddy Bear tea every year is to try and raise as much money as they can for the students of LBCC. The Foundation provides funding to various things associated with LBCC, from sports to clubs to academic needs. With the economy in its current state, these funds are becoming increasingly

important. LBCC President Greg Hamann was a speaker at the event and spoke of the increasing need for more funds. "This past year we served about 25,000 students and that's about a 30 percent increase over the last three years," Hamann explained. "At the same time, we've seen about a 25 percent decrease in funding."

An LBCC mathematics major, Coquille Rex, also spoke at the tea, and described her journey during her attendance at LBCC. She explained how she has a family and just wasn't sure she'd be able to go back to school, but she found a way to. The third speaker, LBCC Foundation President Martha Wells,

used Coquille as a model of so many other students who feel the same way, and are able to use LBCC to overcome the idea that they can't go back to college. "Our ability to fund scholarships for students becomes increasingly the responsibility of people like you, for whom we are eternally grateful," Wells said to the tea attendees.

The LBCC Foundation supports many different students and programs throughout campus, and they deserve a huge thanks from all of us. Here's to hoping next year's tea is just as successful as this year.

See more photos online at:
commuter.linnbenton.edu



the Ode to ONION[®] News Parody

Tennessee Mascot Fired for H-word

Ben Davis
Staff Writer

An eight-year-old English bulldog named Brutus was relieved of his duties as the Pickneyville Middle School (PMS) mascot last week after humping another male bulldog named Sparkles at a basketball pep rally.

Under pressure from the "Don't Say Gay" bill advanced by the Tennessee State Senate, which will make it illegal for any teacher or school official to discuss homosexuality with students K-8, PMS teachers were unable to explain to the eighth-graders attending the pep rally what was happening when Brutus mounted Sparkles.

"Ew, he's gay, Brutus is gay!" cried students as teachers and counselors scrambled to silence them and evacuate the rally. The pandemonium lasted nearly half an hour as students pressed questions that would be illegal to answer.

PMS principal Richard Denial issued this statement Friday:

"What Brutus did was uh, well, he was, um, happy. Brutus is very happy, but he'll be moving on from PMS to avoid this kind of, um, confusion, over, um, reproduction in the future. He, uh, well, I don't know what to say. What can I say here?"

The incident has caused such uproar among parents that the Tennessee Bureau of Investigation (TBI) is launching a provisional investigation into the conduct of the teachers in order to ensure no synonyms for homosexuality were used during the debacle.

TBI spokesman Buster Humphrey commented "We're reviewing the situation for any use of the H-word and the G-word by school personnel. To either confirm or deny these concepts exist would technically be in violation of measure SB49."

If found guilty, teachers could face up to six months in prison, where they will learn firsthand that homosexuality does not exist.

Senator Stacey Campfield (R- Tenn) had been pushing legislation on the issue for over six years, when finally it was passed through to the senate floor last week.

Campfield's crusade is reportedly the result of enduring a harsh southern childhood as a boy with a traditionally female first name.

Apparently life ain't easy for a boy named Stacey, either.



madeleinehearn/flickr.com

A Philosophy of Cigarettes

Joel DeVylde
Contributing Writer

What a drag...

People always want to know why I smoke cigarettes. When faced with an often condescendingly phrased question to that effect, I seldom ever answer it seriously. There is too much to say, too much that most people wouldn't seriously consider that would have to go into an explication of the issue. However, in this article I'm going to suspend that trend for a moment and give a few thoughts on the issue.

First, we should look at societal perception of addiction. It is commonly thought that social consensus is a somewhat accurate division of the less-harmful addictions from the more harmful ones. Using this logic, we can see why addiction to heroin is a deal-breaker in many friendships while being a blatant Facebook addict is a laughing matter.

I would argue that this distinction essentially constitutes a false dichotomy. Society's fascination with partially hydrogenated oil and high-fructose corn syrup (think Taco Bell and Rockstar Energy Drinks) is no less harmful than its flirting interactions with tobacco. Are unprecedented epidemic-level outbreaks of obesity and diabetes negligible? Are their causes, things like fourth-mealin' it nightly and Amping up before class, so laughable? Not by health standards.

We are similarly engaged in a full-scale cultural addiction to transport by means of fossil fuel consumption. How many more people would still be alive if there were no car accidents? And what, on the individual level, in a land where we can grow our food locally and participate in local activities, is the motivation for owning and operating cars, trucks and transport ships in the first place? Is it convenience - a large-scale fumbling for an elusive sense of control?

These years of buy and sell

It may be that health standards and mortality rates are not the final criteria for the social

acceptance of a practice, but the separations between "good" and "bad" addictions are by no means arbitrary. They are determined by societal consent, and in a neocapitalist society, consent is bought and sold on both an individual basis (direct advertising) and on a large-scale collective level (deals worked out between legislators and lobbyists).

Government propaganda campaigns invoke "big tobacco," but I haven't heard anything about "big fast food," or "big caffeine." As a result, consent is being produced, assembled and shipped with unprecedented freedom. The difference between a "good" addiction and a "bad" one might just be a few hundred thousand dollars correctly spent.

What is happening here? What have we created? A universe of perceived ideals fueled and impassioned by perceived needs. Large-scale addiction.

The Western man needs to drive and drive fast in a car he often can't afford in order to prove that he is a sexually attractive entity. The Western woman needs clothes with a brand on them from far, far away to prove that she can be attractive too.

Why addiction (in the first place)?

Essentially, we have all, at least partially, subscribed to the subjective worldview. We all know, deep down, that the one thing that is truly meaningful is our intangible and inexpressible self; we know that we can never quite say what we mean or convey what and who we are in the depths of our souls.

Experientially, however, we are confounded by the realization that the force contained in our self is not a sufficient means by which to live. There are, in fact, other selves (and, arguably, a semi-static physical world) to deal with! The subjective self takes over from there and asserts needs. We crave a manifest denial of our insecurity, a tangible affirmation of our illusion that we are really in control, and these physical assertions of ego often very quickly become addictions.

This explanation also shows why addictions aren't as evidently prevalent in some religious groups. Many of these groups at least nominally reject the idea that subjective truth is the most accurate and/or advantageous representation of reality, substituting other methods of deriving truth. For fundamentalist Christians, higher truth comes at least partially from a literal interpretation of the biblical narratives.

I've come to look at addiction as symptomatic of a widely held cultural subjectivity and the resulting subconscious assertion of personal needs as a mission that will hold that subjectivity intact as source of higher truth by which to live. From an inter-subjective or transcendental absolutist viewpoint, all addiction is simply an arbitrary advancement of the self as the most important thing in the universe.

Smoking - it's not just for dummies

That brings us back to cigarettes. Most of the criticism being directed toward people who smoke tobacco could also be applied to proponents and supporters of many other areas of culture. Where are the anti-sugar advocacy groups? Just because the government spends millions discouraging smoking doesn't make it a more dangerous addiction than drinking soda or driving a car.

And though many will make the case no addiction is a good thing, I don't believe we can even begin to deal with the complexity and variety of our society's addictions without first examining our internal inflation of the self as an entity and subsequent feeling of the loss of control. Maybe addiction is both a grasp for that sense of control and an expression of the futility of that grasping motion.

So as long as we remain complicitly certain that real truth comes from within, we will remain in self-perpetuated cycles of progressively more damaging "self affirmations." But honestly, what else is there?

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Campus Events

Ongoing

Juried Student Art Exhibit

North Santiam Hall Galleries
Sixty works by 42 student artists are on view at the annual Juried Art Student Exhibit. The exhibit was open to students who have taken art classes at the college during the 2010-11 academic year. The media on exhibit include paintings in oil, watercolor and acrylic; drawings in pencil, ink, and pastel; photography; glass; ceramics and mixed-media sculpture. The exhibit runs through June 3.

Wednesday 5/4

Courtyard Lunch: Bratwurst Bar!

11:30 a.m. - 1 p.m. • The Courtyard
Don't miss the fun brewing in the courtyard and support the LBCC clubs and organizations! Lunch will include bratwurst or vegetarian sausage, all the fixings, chips, cookie and the beverage of your choice. The cost is \$3.50 for students and \$4.50 for college employees. This event is made possible through a collaborative effort between Student Life & Leadership and Food Services. Your support today will benefit the LBCC Soccer Club.

Student Art Show Reception + Awards Ceremony

Noon - 1 p.m. • North Santiam Hall Gallery
Come celebrate LBCC's students and enjoy the artwork they've created.

Thursday 5/5

Student Leadership Recognition Ceremony

6 - 8 p.m. • Holiday Inn Express, 105

Opal Ct NE, Albany

If you are a student leader, whether in the Student Life and Leadership Office, Diversity Achievement Center or a member of one of our many clubs and organizations, please plan on attending with your family and friends! This evening is for you.

Ian Priestman Plays On

7:30 p.m. • Calapooia Brewery Pub in Corvallis

See your instructor live out his rockstar fantasy! Priestman will play folk, jazz, rock, pop, country and requests.

Active Minds Meeting

Noon • NSH-110

All are welcome to a meeting of Active Minds, the LBCC Chapter of the national psychology club for/by students. Bring your creativity and desire to make a difference right here, right now.

Friday 5/6

Day of New Reign

Outgoing ASG and Incoming ASLC Day of New Reign

Annual Mother's Day Plant Sale

11 a.m. - 2 p.m. • Greenhouse

The LBCC Horticulture Department and the Horticulture Club present the Annual Mother's Day Plant Sale.

Saturday 5/7

Ian Priestman Plays On

8 p.m. • 2nd Street Beanery in Corvallis

See your instructor live out his rockstar fantasy! Priestman will play folk, jazz, rock, pop, country and requests.

Tuesday 5/10

Home Baseball Game

1 p.m. • Baseball Field

Opponent: Clackamas CC

Wednesday 5/11

Spring Fling/Courtyard Lunch: Cheeseburgers!

11:30 a.m. - 1 p.m. • The Courtyard

Enjoy fun and exciting activities, college resources tables and a special performance! Also, come out to the courtyard for some mouth-watering cheeseburgers and support LBCC Clubs and Organizations! Lunch will include hamburger or vegetarian option, all the fixings, chips, cookie and the beverage of your choice. The cost is \$3.50 for students, \$4.50 for college employees. This event is made possible through a collaborative effort between Student Life & Leadership and Food Services. Your support today will benefit the ROV Co-Curricular Program.

Reading by Jed Wyman

Noon • CC-205

Corvallis author and composition instructor Jed Wyman will be reading from his works.

Friday 5/13

Remaining Tuition Balance Due

Deadline to Withdraw from a Full-term Class

Priority Registration for Summer Term Begins

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.

Help Wanted

See Student Employment in the Career Center (Takena 101) or see our website at www.linnbenton.edu/go/StudentEmployment. LBCC is an equal opportunity institution.

Part-time Summer School + Part-time After School Assistant

(#8976, Corvallis) If you have a year of certified child care experience or one-year college level training, First Aid, CPR & valid Food Handler's card, this is your job! Pay is \$10/hr.

CWE Student Technical Support Assistant

(#8974, Albany) Want a

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.

job that gives a computer student great experience and credit working with Oracle applications? Pay is \$10.85-11.70/hr DOE.

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

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



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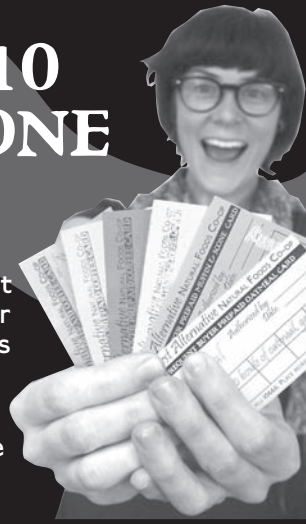


Tell us what you're thinking and keep up-to-date on the latest news. Plus, check our website for more stories, pictures, videos, and blogs at commuter.linnbenton.edu.



LBCC Diversity Achievement Center presents

Creative Journal Making Workshop


Wednesday
May 11, 2011, 4-7 p.m.
Diversity Achievement Center,
Forum, Second floor, F-220

Join us for a 3-hour workshop and learn how to prepare the foundations of an art journal. Leave with a repurposed hardbound book ready to become your personal journal and repository for your personal images, photos, collages, writing and drawings.

This event is free but sign up for this event is required. Only 24 seats are available. Sign up in the Diversity Achievement Center, F-220.

Linn-Benton COMMUNITY COLLEGE



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Roadrunners Take One of Two from Rival

Kiger Plews

Staff Writer

The Linn-Benton Roadrunners baseball team traveled to Eugene this past Saturday to play a double-header with division rival Lane Community College. LB split the two games, winning the first 13-0, and losing the second in a hard fought effort 3-2. The two games were the only ones of the week for LBCC, as poor weather prevented them from hosting Chemeketa earlier in the week.

Linn-Benton 13, Lane 0 (Game 1)

The Roadrunners came out swinging in game 1 of the series. LB recorded 16 hits in the game, while the pitching staff held the Titans to just four hits. Sophomore Travis Iverson picked up the victory on the mound for LBCC to move to 3-2 on the season, while freshman pitcher Dawson Phinney was credited with loss for LCC, despite striking out six batters on the day.

"We played clean in the first game and Travis pitched awesome," Coach Greg Hawk said.

Lane 3, Linn-Benton 2 (Game 2)

The Titans were able to overcome four errors in the second game to up-end the Roadrunners. LB scored two runs in the top of the third to take a 2-1 lead, but Lane responded by scoring runs in the bottom of the seventh and eighth innings to jump ahead for good. Sophomore pitcher Nick Phillips got the win for the Titans and LB sophomore A.J. Burke was dealt the loss, falling to 6-2 on the season.

"We could have had a sweep of Lane, but we just couldn't hold on to the lead over the final few innings in game two," Hawk replied when asked about the second game of the double-header.

With the split in Eugene the Roadrunners moved to 14-16 overall and 8-10 in the South Division of the NWAACC.



Kellen Sparkes slides into home.

Ryan Ziegler

Linn-Benton now sits four games back of Lane for the division's last playoff spot.

This week the Roadrunners travel to Mt. Hood on Tuesday,

make up last week's games with Chemeketa on Thursday at home, and finish the week with a long road trip south to face SWOCC in Coos Bay.

Coach Hawk said of the six games this week, "This is a huge week for us in trying to make a solid playoff run."

MOTO MAN RIDES AGAIN

Cottage Grove Bike Rally

Chris Brotherton

Staff Writer

Spring is here, and it is motorcycle rally season! So why not hit a free one?

The Cottage Grove chapter of the Star Riders, a Yamaha-riding group, puts on the annual Bike Fest in downtown Cottage Grove the first Saturday in May, rain or shine.

This will mark the seventh year that Chapter 339 of the Star Riders group has put on their little shindig, and it just keeps getting bigger every year.

They block off a street in downtown Cottage Grove to make room for all the vendors, food booths, and the games bikers play. Someone always there to sew patches on your jackets, and of course, people will be on hand to sell you new patches.

The games are a favorite among spectators. Since this is a family friendly event, so are the games. In one game the passenger tries to eat a small donut that is dangling off a string as the driver tries to run the bike as slowly as possible under the donut without putting their feet down.

There is also a bike show, with a \$100 prize for the best in show, and other cash prizes for first place in three different categories. Once again, any make of bike is welcome to participate in the show.

The Star Riders have also set up a poker run — a staple of bike rallies, in which you ride to different establishments collecting a playing card at each place. The rider who has the best hand at the end, wins. However, the Star Riders are also giving a prize for the lowest hand.

Star Riders chapter 339 chapter puts together a great rally. They aren't sissy about it either. Regardless of weather or even the unexpected presence of the local outlaw motorcycle gang (the Mongols), the bike fest goes on.

For more information, visit the website at www.star339.com

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“Prom” Is Better Than Yours

Ashley Christie
Page Designer

Prom. Whether that word makes you think back fondly on your youth or cringe in disgust, it will always elicit a reaction and amusing anecdotes.

Disney's latest live-action movie, “Prom,” is about, well, a high school prom. It follows several students on their paths to the big event.

There's Nova, class president and all-around over-achiever, who's responsible for the event, and Jesse, the too-cool-for-school bad boy with a heart of gold, who's ordered to help Nova with the decorations. There's also Tyler and Jordan, the most popular couple in school and shoe-ins for king and queen. Mei and Justin have been in love

since sixth grade and have their entire futures mapped out. Then, there's Simone, a sophomore who dreams of being asked to the exclusive senior-only soiree. And finally Lloyd, a loner with no date and no prospects.

The cast is filled with stars from Nickelodeon and Disney shows that I'm sure the tween audiences would recognize. I didn't know a single one of them, so I won't bother listing their names.

“Prom” has been met with abysmal reviews. Seriously. Nell Minow of the Chicago Sun-Times called it “Less engrossing than a Clearasil commercial and more synthetic than a Rebecca Black video.”

Ouch!

Okay, it's cliché-ridden and more predictable than a Nancy Meyers rom-com, but it's not that bad.

If you're expecting something edgy or a real-life depiction of high school, this isn't the movie for you. It's a Disney movie about prom. Of course, it's sweet and glossy and watered-down. Tom Horgan of the



Minneapolis Star Tribune described it best as “pure bubble gum, from its shiny wrapping to its mushy insides to its fleeting aftertaste. And sometimes, there's nothing wrong with chewing bubble gum.”

Like real prom, this movie had its moments. For instance, a disillusioned Lloyd comparing prom to the Olympics: “You wait four years, three people have fun, and the rest live on with shattered dreams.” Or Nova's sense of satisfaction when a nearby high school steals her prom theme but their posters are in black and white and hers were full color. (Honestly, what were they thinking?) And I was impressed by how many creative ways there were to ask someone

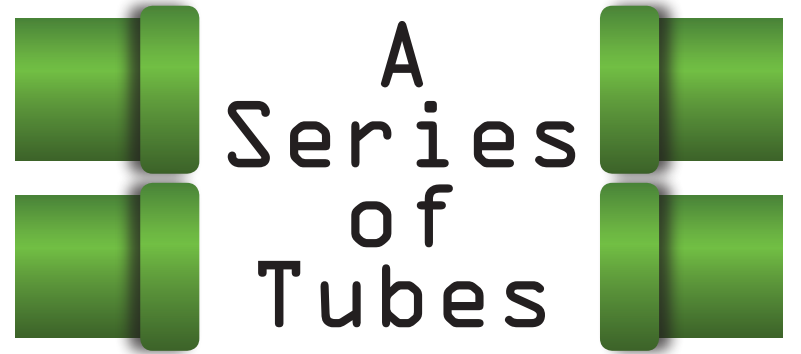
ask someone, “Will you go to prom with me?” No, you need a big romantic gesture with the question “Prom?” spelled out in rose petals or post-its.

I went to see “Prom” for the same reason I listen to Taylor Swift and keep a Scooby-Doo poster on my wall – it's just fun. Being a grown-up is hard, and it's nice to revert back to your 12-year-old self every once in a while—even if it is only for a couple hours and a bad movie.

By the end, after hearing the bad music, getting over the date drama, and seeing the pile of discarded heels against the gym wall, my need for nostalgia is satisfied; I can go about my day. “Prom” isn't great. Honestly, it's not even that good — but it could be worse.

Prom

Starring: Aimee Teegarden, Thomas McDonell
Rated: PG • Runtime: 103 min.



Your Guide to the Interwebs

Do U Tweet?

Marci Sischo
Webmaster

So: new column! Every week, I will endeavor to bring you cool things from the Internet, explain confusing things about the Internet, and use this space to shamelessly promote my favorite LOLcats and rage comics.

If you don't know what either of those things are, no worries. We'll get to them. This week, though, I want to talk to you about Twitter.

I know, I know. I can hear you rolling your eyes. “Twitter's dumb,” you say. “Twitter's just people talking about what they had for breakfast and junk.”

I'm not gonna lie, there's a lot of trivial crap on Twitter. But the thing is, if all you ever see on Twitter is what your buddy's having for breakfast and which of your friends is drunk-tweeting from the john, then you're doing it wrong.

The trick to Twitter is in who you're following. For example, I follow writers and professional journalists, as well as several of my favorite websites. As a result, my Twitter feed is full of industry news, tips and tricks from agents, publishers, published authors, and commentary from people who work in the business I want to work in. In return, I get to talk to professionals, and pump them for information and advice.

Even if you have no particular professional interest in Twitter, you can still fill your Twitter feed full of interesting commentary, links to good reading, and fresh information on the things you're interested in.

The first thing you need to know about Twitter is the hashtag. That's this little guy: #. You'll see him in front of initials, words, and phrases, like so: #OBL. Click that thing, and you'll be taken to a page full of the latest tweets on Osama bin Laden, updating live and in real time. A lot of what you'll read there will be complete twaddle, but a lot of it will be amusing commentary and breaking news, too.

There is a hashtag for absolutely everything. Into knitting? There's a hashtag for that: #knitting. Are you a fan of #BurnNotice? Love #Steam-Punk? Trust me, if you're a fan of it, there's a group of people chatting about it on Twitter.

And speaking of chatting, the next thing you need to know about is Tweetchat. Groups of people get together on a regular basis on Twitter to chat with each other about their favorite topic. These chats are organized around a pre-selected hashtag.



To participate, you simply add the hashtag to your tweets. All the tweets with that hashtag show up in one feed, and you can follow the conversation just as if you were chatting on an instant messenger.

Tweetchat makes this easier by automatically adding the hashtag to your tweets, so you don't forget, and feeding you all the comments with that hashtag in real time on one page. There are chats for hundreds of different subjects, easily found by searching at Google, or Twitter itself.

These days, everyone is on Twitter, so the next trick is to follow your favorite people. Got a favorite news anchor, celebrity, or blogger? I follow Rachel Maddow and Keith Olbermann, the Rude Pundit and Batman, just for starters. (I used to follow David Tennant, but I had to drop him because whoever he's got running his account will not shut up. Some people are just annoying on Twitter. Protip: Don't follow those people.)

Finally, you'll need to do a little work on organizing your Twitter feed. It won't take long before you're following dozens, or even hundreds of people, and trying to keep up with all that will drive you nuts. Organize the people you follow into Twitter lists, and then use a tool like Tweetdeck or Hootsuite to separate lists into their own sections. Both are good and do just about exactly the same thing. I prefer Hootsuite because it's browser-based, and I can access it from any computer. Tweetdeck is a program you download and run on your desktop. They're both easy to use and let you build separate sections for each of your Twitter lists, or sections based on search terms, hashtags, and more.

Twitter is exactly what you choose to make of it. A few quick searches at Twitter's site will find you topics you love, tweeted by people you admire. Jump in at the deep end and start chatting and interacting with other fans and hobbyists, and you'll be making new friends in no time. Before you know it, Twitter will become one of your Internet mainstays!

Follow The Commuter on Twitter:
@lbcommuter, and check out the latest news
at #lbupdates

redbox review

Burlesque (Rated: PG-13 • Runtime: 119 min.)

Ashley Christie
Page Designer

It's a passion. It's an emotion. It's a fashion. It's “Burlesque.”

I love it when a movie surprises me and is better than I thought it was going to be. I rented “Burlesque” expecting a poor excuse to showcase Christina Aguilera's acting talents.

Her acting may still be in question, but the movie is a lot of fun and I had a good time.

Aguilera stars as Ali, an Iowa farm girl who moves to LA in the hopes of being a star. She stumbles into a burlesque club owned by Tess (Cher) and is mesmerized by the bright lights and tight corsets. Ali bides her time hanging with the bartender (Cam Gigandet) and working as a waitress at the club until she can get on the stage and prove herself.

I know it all sounds really familiar



and tired, but I think the casting really helps.

First, unlike other Micky Mouse Club alums, Aguilera can really belt it out, which makes up for her so-so acting. The entire time, I felt like I

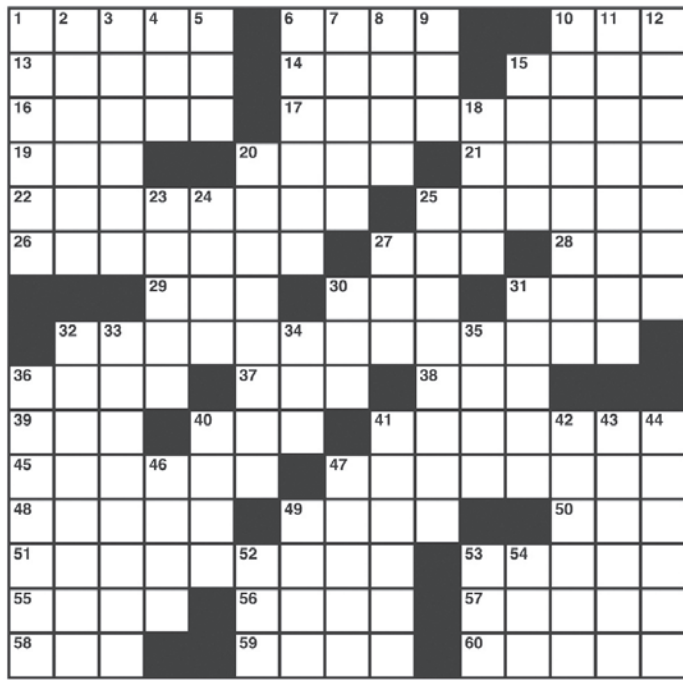
was watching the story of Aguilera, not Ali, but in the end that didn't really matter.

As for Cher, she's fine, though it's not the oscar-winning performance she's capable of. I was always very aware that I was watching Cher. Gigandet is good as Aguilera's love interest. Stanley Tucci helps Tess run the club and is perfect — as always. Peter Gallagher pops up as Tess' ex-husband. Eric Dane, Alan Cumming, and Kristin Bell round out the star-studded cast.

The movie isn't perfect by any stretch of the imagination. The story is unoriginal and the acting is mediocre. But the songs are good and the two leads can really sing. Cher proves she still has the vocal chords (and body) of a 25-year-old.

It will make you laugh and tap your toes. You'll get just as swept up into the world of burlesque as Ali.

- ACROSS**
- 1 Angle
 - 6 Like disco dancers
 - 10 "Wow"
 - 13 Explorer ___ de León
 - 14 Structural sci.
 - 15 Nightclub in a Manilow song
 - 16 Atlanta university
 - 17 Health nut?
 - 19 Prefix with dermal
 - 20 PC support person
 - 21 Village paper?
 - 22 "Make him an offer he can't refuse," e.g.?
 - 25 Toy in a holster
 - 26 Eightfold
 - 27 Winter mo.
 - 28 Arg. neighbor
 - 29 IM provider
 - 30 Arles assent
 - 31 Get ready, briefly
 - 32 Where hogs go hog-wild?
 - 36 Satirist Mort
 - 37 Blood classification letters
 - 38 "___ who?"
 - 39 Longoria of "Desperate Housewives"
 - 40 Source of 20s, for short
 - 41 Spokane university
 - 45 Comfort for a griever
 - 47 DVDs?
 - 48 Concert venue
 - 49 Takes to court
 - 50 Tolkien tree creature
 - 51 Cocktails at an exotic resort club?
 - 53 Bugs chaser
 - 55 Greek love god
 - 56 Lighten up?
 - 57 Stiller's comedy partner
 - 58 Form 1040 ID
 - 59 Lhasa ___
 - 60 Slangy turndown, and a hint to how 17-, 22-, 32-, 47- and 51-Across are formed



By Merle Baker

- DOWN**
- 1 Swimwear brand
 - 2 California city near Vandenberg Air Force Base
 - 3 Consecrate using oil
 - 4 Big name in 40-Acrosses
 - 5 Mystery writer Josephine
 - 6 Reproductive cell
 - 7 In the cooler
 - 8 Deep wound
 - 9 Polo Grounds hero
 - 10 "I don't get it"
 - 11 Gastronomes
 - 12 Gone from the plate
 - 15 Photoshop command
 - 18 Author Hunter
 - 20 Turnpike collection spot
 - 23 Small game bird
 - 24 Resting atop
 - 25 Two-wheeled artillery wagons
 - 27 "A ___ of Wine, a Loaf of Bread ..."
 - 30 Notable 1969 bride

Wednesday's Puzzle Solved

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

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- 31 Food in a flat box
- 32 11-Down, e.g.
- 33 Battered repeatedly, in slang
- 34 ThinkPad maker
- 35 Camp shelter
- 36 Bun seeds
- 40 Rent-___
- 41 Attends
- 42 Tarzan, e.g.
- 43 Biological divisions
- 44 Down a sinful path
- 46 Additions
- 47 Zaps in a microwave
- 49 Salon sound
- 52 Pocatello's state: Abbr.
- 53 Brit. record label
- 54 Latin law

SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level: **1** 2 3 4

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

Last Issue's Puzzle Solved

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

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

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MUSICSCOPES

ARIES
3/21-4/19
"Born This Way" by Lady Gaga: Badass though you are, you're really feeling Lady Gaga. You have to admit, she's a pioneering go-getter. Also, the Gaga is very catchy.

TAURUS
4/20-5/20
"Never Gonna Give You Up" by Rick Astley: Yeah, you're just getting Rick-rolled this time around. What? Do you want a cookie? Too bad. I'm never gonna give it up.

GEMINI
5/21-6/21
"Propane Nightmare" by Pendulum: Pendulums swing back and forth, uh, like your mood. Sometimes they explode like, uh, there's propane, and well, it's not very dreamlike.

CANCER
6/22-7/22
"Down With the Sickness" by Richard Cheese: You're not really feeling up to snuff. This week you're merely the lounge-room parody of a disease that was once very cool.

LEO
7/23-8/22
"Thundercats Theme" by Bernard Hoffer: Leos are on the move. Feel the magic. Hear the roar. Thunder! Thunder! Thunder [Leos], hooooo!

VIRGO
8/23-9/22
"White Flag" by Dido: Has there ever been a more tranquil song of going down with the ship? Captain, today you are the self-sacrificing champion of love.

LIBRA
9/23-10/23
"Money" by Pink Floyd: You're a frugal planner, and that pays off. Just keep on keeping things in balance. The reason the world functions: that's you.

SCORPIO
10/24-11/21
"Mambo No. 5" by Lou Bega: Always the need to beat those men and/or women back with a big stick - this is your curse. Everyone else wishes they had your problems.

SAGITTARIUS
11/22-12/21
"Highwayman" by Loreena McKennitt: A tragic tale of a struggling, failing, lusty hero ... This has Sagittarius written all over it. Good luck with that.

CAPRICORN
12/22-1/19
"Speak Now" by Taylor Swift: Home-wrecker! There you are, interrupting a wedding because you were not the early bird. It's just a typical Saturday, huh?

AQUARIUS
1/20-2/18
"Barbie Girl" by Aqua: Once again, you're screwed by your name, Aquarius. Without your plastic, you'd be nothing more than a cabbage patch doll.

PISCES
2/19-3/20
"The Way of the Warrior" by Hammerfall: This was the most epic song I could find, but it still doesn't do your life endeavors justice. You are too full of greatness.

Poetry Spotlight

6 Word Poems

by Charlie Upton

Do I really hate to love?

Do I really love to hate?



The LBCC Poetry Club meets every Tuesday from 3-4 p.m. in the Hotshot Cafe. For more Poetry Club info visit their website at: insidetheheartwalls.blogspot.com

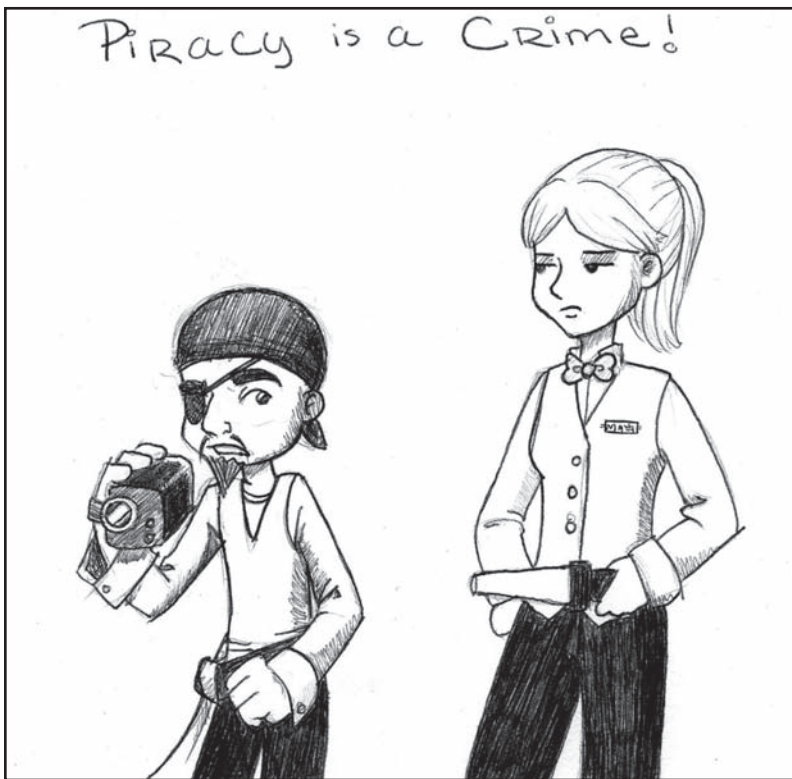
Student-Submitted Art

email your own artwork to commuter@linnbenton.edu




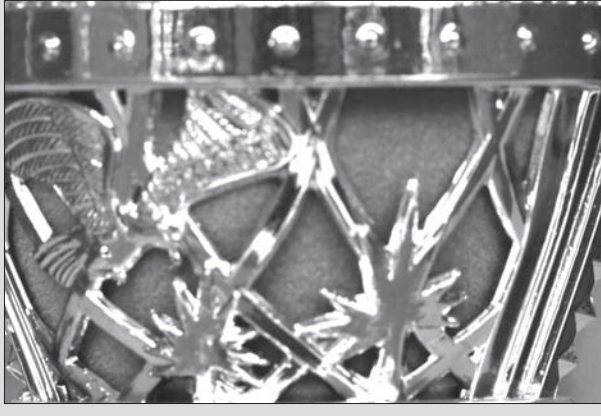
by Jessica Severance
Wire Dancer

By Maggie O'Reilly
An LBCC student-generated comic



Where on Campus?

Do you know where this picture was taken?
Answers must be emailed to commuter@linnbenton.edu by 8 a.m. the following Monday. One winner will be drawn from correct entries each week and will win a prize.

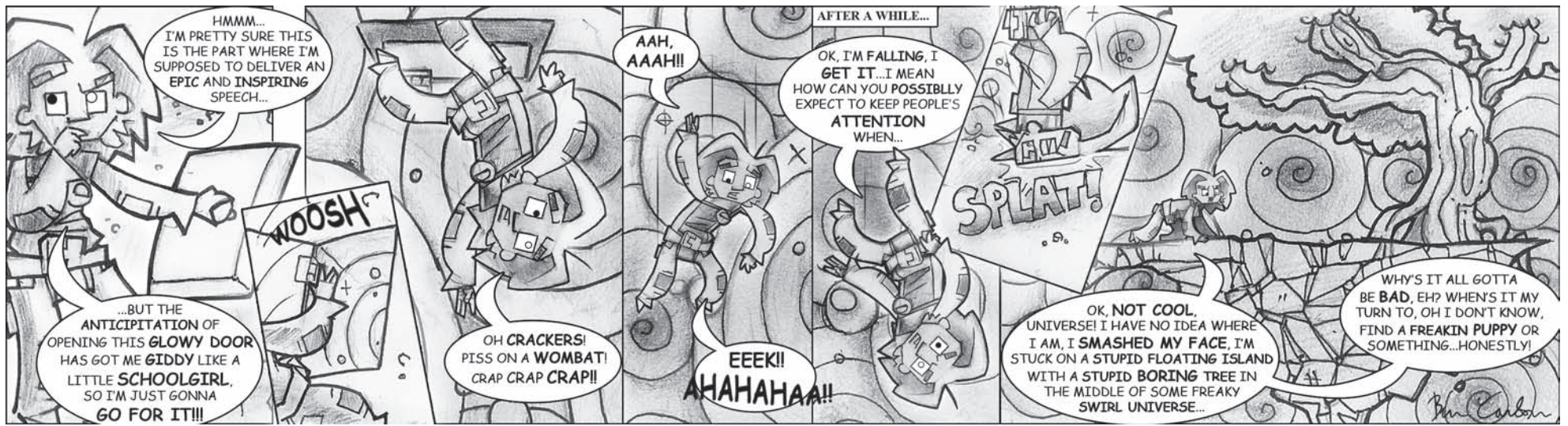
Last Issue's Answer: The rings on the tables in the Hot Shot Coffee Shop.
Last Issue's Winner: Sorry! No winners this week. Better luck next time.

Tony Brown

MINUS GRAVITY

An LBCC student-generated comic

By Ben Carson



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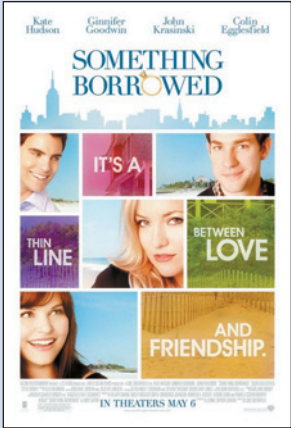
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Letters Welcome
The Commuter encourages readers to use its "Opinion" pages to express their views on campus, community, regional and national issues. The Commuter attempts to print all submissions received, but reserves the right to edit for grammar, 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

COMING ATTRACTIONS



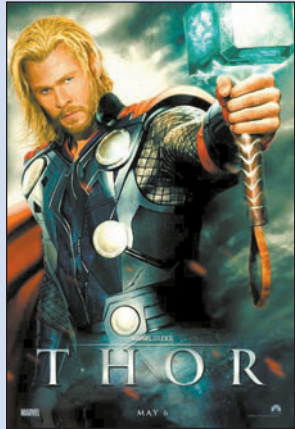
Something Borrowed

Rachel (Ginnifer Goodwin) meets Dex (Colin Egglesfield). Rachel likes Dex. Rachel's best friend Darcy (Kate Hudson) meets Dex. Dex proposes to Darcy. Rachel still really likes Dex.

Rated: PG-13 • **Runtime:** 113 min. • **Genre:** Chick Flick

Thor

Thor, the latest Marvel superhero to hit the big screen, is an egotistical warrior from Asgard who is exiled to Earth and soon finds himself defending it from monsters from his own planet. Starring Chris Hemsworth, Natalie Portman, and Anthony Hopkins.



Rated: PG-13 • **Runtime:** 114 min. • **Genre:** Superhero



Jumping the Broom

Sabrina and Jason are getting married. Now, all they have to do is convince their very different families to play nice and not kill each other before the ceremony. That shouldn't be too hard, right?

Rated: PG-13 • **Runtime:** 108 min.
Genre: Feuding Families

Sources: IMDb, Yahoo! Movies, Fandango.com

The Commuter
Fashionista

**International Edition:
Saree and Henna**

Maya Sharuma
Staff Writer

India; it is a culture of beauty in food, languages, diversity and civilization. Although I've never explored India, I've always been fascinated by its mystical, mesmerizing culture. Perhaps it's because of my heritage. Yes, I've got Indian blood in my veins!

As done in a previous column, I'd like to present an item of Indian traditional clothing, the Saree, and the body art created by Henna.

Though western fashion can be seen in cities like New Delhi, the capital of India, many still wear saree as everyday clothes. In fact it's been worn for the past thousand years ever since Indus Vally Civilization.

The saree, sometimes spelled sari, is also popular in Southern Asian countries like Nepal, Bangladesh and Malaysia. The word sari comes from Sanskrit meaning 'strip of cloth.' The length ranges from four to nine meters, and is draped over the body in different styles, leaving the midriff bare. It's worn over a two undergarment -- a petticoat (called a "lehenga" in parts of India) is the bottom portion, and a short, tight-fitting blouse (called a "choli") is the upper portion.

Sarees are as diverse as is the Indian culture, created in a countless number of designs. Each region has its own style, but the one most common is wrapped around waist with one end draped over the shoulder. While the majority of women wear sarees made of cotton, wealthy women wear sarees of silk. Younger women choose sarees of bright colors. Some are made in a single color and decorated with beads, while others have two or three colors and a beautiful motif. Other fabrics choices are satin and chiffon Saree.

Another attractive tradition is Mehndi or henna body art. Henna been used to dye hair, skin, fingernails, and fabric, among other things. Henna lasts about one to



Tela Chhe/flickr.com

An intricate henna design is shown above while a traditional saree is modeled at the right.

four weeks, so it's like a temporary tattoo.

In ancient Egypt, the fingers and toes of the pharaohs were stained with henna prior to mummification. In Indian culture, however, henna is used commonly used in body art for wedding ceremonies.

When I tried henna, the paste smelled like a medicinal herb, and somehow it soothed me. And it didn't hurt like a permanent tattoo! I used henna that came in a small tube. If you want to try henna, here are some tips.

1. Draw whatever design your heart desires on the hands or feet. (In fact, you can print Henna on any part of the body. I personally like drawing floral designs, but use your own creativity!
2. After the henna is applied, wait for about 15 to 20 minutes.
3. Scrape the paste off when it gets dried out completely.
4. Wash your hands with soap. However, do not wash the design area, because the earlier you wash the design area, the lighter henna appears to be.
5. Then, there you have it, a beautiful henna tattoo!

Though there is a minor controversy, I have to warn you about black henna. According to Health Canada, PPD (paraphenylenediamine)

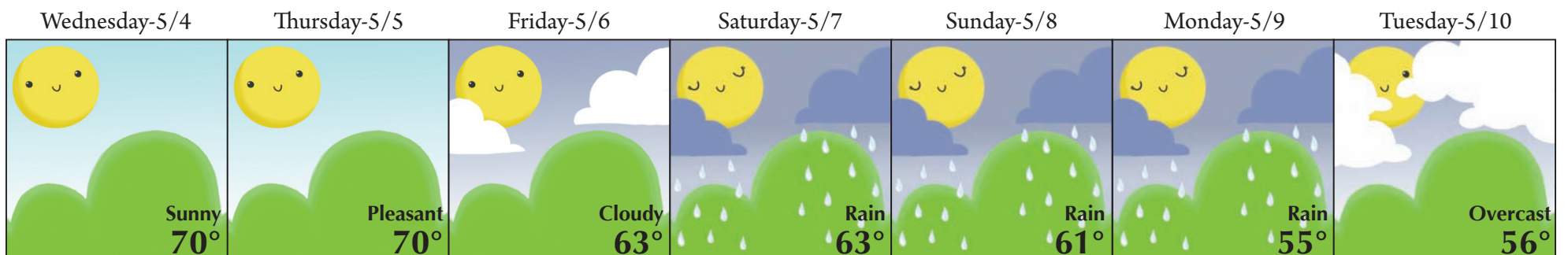


Worldizen/flickr.com

which is added to black henna may cause skin damage. Red henna is considered safer, so I recommend using it instead.

Rich in culture and heritage, India enchants the eyes and the minds of many. In that respect, I introduced only a glimpse of its legacy. I'm certain India will keep captivating the hearts of others as it captivates mine.

Weekly Weather Predictions



Warning: These are only predictions. For up-to-date forecasts, please look out your window. Source: accuweather.com