

THE COMMUTER

LINN-BENTON
COMMUNITY COLLEGE

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OCTOBER 14, 2015

An abstract painting with vibrant colors and brushstrokes, featuring a mix of red, orange, yellow, blue, and grey tones. The brushstrokes are thick and expressive, creating a sense of movement and depth. The overall composition is dynamic and non-representational.

3 Modernist Abstraction

4 Let's Talk Social Media

6 One Student's Harrowing Tale

COMMUTER

Cover Credit:
Melissa Chandler

On the cover:
"Rogue" by Dori Litzer

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

Letters always welcome.

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CAMPUS VOICE

Students and staff were asked what class they are least looking forward to this year. This is what members of the campus had to say.



Jake Lucas, an Audio Tech major, said, "Writing 121. I suck at writing. It literally puts me to sleep."



This is Ben Munger's first term at LBCC. A music major, he said, "Destination Graduation, because it doesn't apply to my major."



LBCC SEM division secretary is an alumnus of both South Albany High and LBCC. She said that when she was attending school it was, "Math... anything math."



General Science major Rebecca Pearson said, "Biology, I took it in high school and didn't like it. It's always been my worst subject."

Brittany Snider, a second year Sociology major, said, "Science in the spring. All my science classes, I've been putting them off."



Watch out for next week's topic: The class students are looking forward to taking the most.



STORY AND PHOTOS BY
RICHARD STEEVES
@RSTEEVES84

NEED A JOB?

Student positions open in the LBCC foundation

Do you need a job? Are you taking at least six credits this term? The college Foundation office has several student positions open to help with college fundraising efforts.

Working hours are Monday through Thursday, 5:30 to 8:30 p.m., with an occasional afternoon shift, contacting LBCC alumni by phone.

The Foundation is also looking to fill three data entry positions for day shift hours. Positions begin Oct. 26 on the Albany campus, and include paid training.

To be eligible, students must be enrolled in at least six credits

or more at LBCC, and be in good standing.

For more information or to apply, drop by the LBCC Foundation Office, Calapooia Center, room CC-105. Applications packets are also available online at www.linnbenton.edu/careerconnectionshowto, search "Phonathon Student Caller 1."

LBCC NEWS SERVICE

CAMPUS BULLETIN

- Tim Wise, White Like Me & Colorblind - Wednesday, Oct. 14 at 2 p.m. Forum 104
- Great Oregon Shakeout, Earthquake Drill - Thursday, Oct. 15 at 10:15 a.m. Albany Campus

GREENHOUSE SECURED

Horticulture steps up to fund new cameras in the greenhouse

Horticulture club donates funds to install security cameras in the greenhouse located north of WOH building.

The acquisition of cameras is an effort to protect students and staff, not only from theft, but also cast a view on an otherwise secluded

area of campus.

Specifically noting an occasion where the cameras have provided evidence that netted two individuals responsible for the theft of a greenhouse worker's computer and smartphone, Sunny Green, president of the Horticulture Club, finds

comfort that a crop of mysteries that have sprouted up around the greenhouse, such as missing tools, disappearing materials, and vandalism to plants will get weeded out.

The club is also looking into purchasing solar-powered cameras for areas located on the northwest side of campus. The area known as "The Farm" is a chunk of land that the club uses to cultivate vegetables, fruit, and other edibles.

"There was some theft with people uprooting whole plants, but the primary consideration for the solar cameras is safety," said Green.

By having cameras installed in and around the farm area, the goal is to protect students working on their own in the gardens. The area is far enough from the main campus that the potential for someone to get hurt and not be able to call for help is concerning to some.

There have been reports of vagrants visiting the garden for naps and snacks. If at any point safety becomes a concern, contact campus security or the police.



Sunny Green works in the Lbcc Greenhouse.



STORY & PHOTO BY
CHRISTOPHER TROTCHIE
@CHRISTOPHER999

Help the Horticulture Club

Our events that are planned as of now:

- Oct.25th Mt.Pisqah mushroom festival
- Oct.27th Wren Davidson Speaker native healing herbs noon-1
- Oct. 28th Harvest festival 4-8pm (chelsea is trying to get permission for a haunted room at fireside)
- Nov. Will be installing the fungi garden, preparing for a succulent sale the first week of December. Also preparing the farm for winter.

ART GALLERY RECEPTION

Linn-Benton faculty Dori Litzer featured in SSH gallery

This fall the South Santiam Hall Gallery features "Ourselves, Our Environment and Modernist Abstraction" created by Dori Bartholomew Litzer, LBCC art instructor.

One painting featured in the gallery is called "Caribe" and it was inspired by the Caribbean. Litzer wanted to honor the warmth and the water with this piece. She also wanted to challenge the usual scenic pieces and painted it vertical.

Recent work reflects both an interest in modernist abstraction and a

compulsion to visually express aspects of the environment. Modernism aims to break with classical and traditional forms. Abstract art doesn't attempt to represent external reality, but seeks to achieve its effect using shapes, forms, colors, and textures.

Litzer's "Reflections" series was inspired by a koi pond she has at home. She photographed it and created not one, not two, but five paintings.

"I was drawn to the water, the koi pond and I just started painting," said Litzer.

"It was a great subject for Modernism."

On Thursday, Oct. 15, there will be two receptions held in SSH gallery. The first reception is noon to 1:30 p.m. and the second reception is 5 to 7 p.m. During both receptions Litzer will be present to share her art and express her passion with the crowd.

Litzer's art will be featured in SSH gallery until Oct. 30. The art gallery is open Monday through Friday from 8 a.m. until 5 p.m. All visitors are welcome to stop by to view Litzer's paintings.

To see more of Litzer's paintings, she also has paintings on display in the Calapooia Gallery or you can visit her website at dorilitzerart.com.



STORY AND PHOTOS BY
MELISSA CHANDLER
@MJEFFERS



LET'S TALK SOCIAL MEDIA

There are two sides to every post



PHOTO BY HANNAH BUFFINGTON

Older generations say that young adults have succumbed to the materialistic life of social media. But much like everything else in this world, there are pros and cons to social media.

Social media has brought on a whole new killing field for bullying. Cyber-bullying has become an issue among teens. The fact that school administration has no control over what students post online has resulted in a growth of online slander and peer discrimination.

While some assume that social media is all about self-promotion and smack talk, it was intended to be so much more than that. It was meant to provide a global connection, a way for the world to interact in new, more creative ways.

Walking through campus, the majority of students, and even some faculty, have their noses buried in their phones. Between Snapchat, Instagram, Twitter, and all the other medial platforms, young adults are constantly occupied.

To some, this could be referred to as a technological apocalypse. Social media has taken over, the world and its residents have transformed into robots. Walking, tweeting, selfie-taking robots. The fact that we rely on the Internet so much worries some people.

The option to be anonymous makes it possible to say anything, disregarding any sort of emotional consequence. People who abuse this option are often referred to as "trolls," but instead of being under a bridge, they are behind a computer screen.

Beyond trolls, there are the wannabe politicians

“Just think before you post. Be kind. Be creative, and post positivity.”

online. The wannabes post offensive matter on sensitive subjects and rave over human rights or political issues on every status update. Anyone can express their opinions freely, once again disregarding any consequence.

The Internet often becomes a distraction from the outside world. With all the posting and chatting in the social media sphere, has the world forgotten how to interact in person? In ways, these platforms have taken away the world's ability to socialize beyond a screen. The world wants fast, easy access to anything and everything whether it is online or outside the Internet realm.

With that in mind, the Internet has undeniably changed the world. The way people receive news has changed. The way people share life events. The way people express their creativity.

Self-promotion doesn't have to be bad. Posting

pictures about the adventures you go on, taking a selfie on a good hair day, or updating your Facebook friends about new life events should not be frowned upon. Confidence and being proud to share something personal should be applauded.

Although smack talking and bullying has increased due to anonymous websites, the advertising against such hatred has grown along with that.

The Internet has been a revolution in the aspect of advertising and motivation. Whether it is a campaign to raise money for starving children, a video to support gay marriage, or a fundraiser for breast cancer, you're most likely going to hear about it on the Internet first.

Businesses have taken advertising of their merchandise to a whole new level with social media and online shopping. It allows them to reach a wider range of clientele without spending a boatload of money doing so.

The Internet may have its not-so-lovely parts, but that doesn't mean it can't be enjoyed.

Just think before you post. Be kind. Be creative, and post positivity.



COLUMN BY MARINA BRAZEAL @MARINABRAZEAL

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Halloween with all the treats and none of the tricks

North Corvallis: 29th & Grant
South Corvallis: 1007 SE 3rd St.

DID YOU KNOW?

You shouldn't watch "The Empire Strikes Back" before watching "A New Hope."

THE COMMONS
Cafeteria

... MENU ...
10/14 - 10/20

Wednesday: Pulled Pork Sandwich, Turkey Cutlet with Gravy, Squash Enchilada*. Soups: Creamy Chicken and Mushroom, and Tomato Garlic and Herb*

Thursday: Swiss Steak, Grilled Chicken with Pesto and Roasted Tomatoes*, Macaroni and Cheese Gratinée. Soups: Spanish Chorizo and Chickpea*, and Dilled Potato Chowder.

Friday: Chef's Choice

Monday: Beer Braised Chicken with Bacon and Hazelnuts, Grilled Steak with Beurre Rouge*, Thai Tofu Yellow Curry with Steamed Rice*. Soups: Potato Sausage and Kale*, and Coconut Curried Carrot*.

Tuesday: Tuscan Pork over Creamy Polenta*, Cajun Catfish Sandwich, Kolokopita. Soups: Beef Vegetable*, and African Sweet Potato*.

Menu is subject to change without notice.
Items denoted with a * are gluten-free

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

FALL INTO THE KITCHEN

Three recipes to get you through a rainy fall day

At this point, most everyone at Linn-Benton Community College has nestled into their schedules and adapted to any new changes. The homework-flow, although heavy at times, is steady for the most part, leaving a little more time to stop and savor the season. A perfect place to be on a rainy fall day is the kitchen. Whether it's hosting a dinner party or just making breakfast for one, who doesn't love stepping away from the textbooks for a while to do a little cooking?



CHILI AND CORNBREAD SKILLET

"Chili and Cornbread Skillet - I Heart Nap Time." I Heart Nap Time. PURR, 4 Sept. 2014. Web. 12 Oct. 2015.

Ingredients:

1 pound ground beef
1 15 oz can black beans
1 15 oz can chili seasoned tomatoes
1 15 oz can chili beans
1 10 oz can sweet corn
1 10 oz can tomato sauce
1 15 oz box cornbread mix (plus ingredients on the box - egg, milk, oil)
1 cup shredded sharp cheddar cheese, plus some for garnish

Directions:

1. Preheat the oven to 400 degrees.
2. In a 12" oven safe skillet, cook ground beef until no longer pink and drain.
3. Add black beans, tomatoes, chili beans, corn and tomato sauce. If you want an extra kick of spice, add 1-2 teaspoons of chili powder. Stir together and bring to a low boil. Simmer for ten minutes.
4. While the chili is simmering, mix up the cornbread using the box mix plus the ingredients it calls for, such as eggs, milk, and oil or butter.
5. Add the cup of shredded cheddar and gently stir just enough to incorporate.
6. Remove chili from heat and drop cornbread batter by spoonfuls over the chili, gently spreading to the edges.
7. Bake for 20 minutes, or until the top is nice and golden brown. Check the cornbread for doneness before dividing into bowls and serving.



SAUTEED APPLE- PUMPKIN OVEN PANCAKE

"Sautéed Apple- Pumpkin Oven Pancake." RecipeGirl. 22 Aug. 2007. Web. 11 Oct. 2015.

Ingredients:

3 tablespoons butter, divided
4 large thinly sliced apples
4 tablespoons firmly packed light brown sugar
1 1/2 teaspoons ground cinnamon
4 large eggs
2/3 cup canned, unsweetened pure pumpkin purée
2/3 cup whole milk
2/3 cup all-purpose flour
1 teaspoon vanilla extract
1/8 teaspoon salt
powdered sugar for dusting

Directions:

1. Preheat oven to 425°F.
2. In a large skillet, melt 2 tablespoons of the butter over medium-high heat. Add the apples and sauté just until tender, 5 to 7 minutes. Sprinkle with 2 tablespoons of the sugar and 1/2 teaspoon of the cinnamon, and stir to coat the apples. Remove from heat.
3. Place 10 or 11-inch round soufflé or casserole dish in the oven to heat for 5 minutes. Carefully remove the dish from the oven, add the remaining 1 tablespoon of butter, and tilt the dish to coat the bottom. Spoon the sautéed apples over the bottom of the dish.
4. In a blender, combine the eggs, pumpkin, milk, flour, remaining 2 tablespoons sugar and 1 teaspoon cinnamon, vanilla, and salt, and blend for a few seconds, just to incorporate. Scrape down the sides of the jar and blend again to incorporate.
5. Pour the batter over the hot apples. Bake until puffed and golden brown, 20-25 minutes. Dust with powdered sugar and serve immediately.



BUTTERNUT SQUASH SOUP

"Butternut Squash Soup Recipe." Allrecipes. Web. 11 Oct. 2015.

Ingredients:

6 tablespoons chopped onion
6 cups peeled and cubed butternut squash
3 cups water
4 cubes chicken bouillon
1/2 teaspoon dried oregano
1/4 teaspoon ground black pepper
1/8 teaspoon ground cayenne pepper
2 (8 ounce) packages cream cheese



COLUMN BY
KATHERINE MILES
@KATEMARIEMILES

Directions:

1. In a large saucepan, sauté onions in margarine until tender.
2. Add squash, water, bouillon, oregano, black pepper and cayenne pepper.
3. Bring to boil; cook 20 minutes, or until squash is tender.
4. Puree squash and cream cheese in a blender or food processor in batches until smooth. Return to saucepan, and heat through. Do not allow it to boil.

CHOICE: ALEX FENTON'S STORY

Choices are abundant in life; some are made in an instant while others take time and deliberation

One of the hardest choices, LBCC student, Alex Fenton has faced came after an ATV accident on a family camping trip in 2009. The crash left him paralyzed from the middle of his bicep to the tips of his fingers on his right arm.

For Fenton to be able to move forward in his life he would have to leave his right arm behind.

After numerous surgeries and living with the weight of his arm hanging in a sling around his neck--causing further damage to his body--Fenton chose to have his arm surgically removed just above his elbow Aug. 25, 2014.

The accident happened when Fenton took an ATV to the top of a nearby mountain in search of cellphone reception. He hoped to contact his girlfriend; the two were working through a disagreement that took place just before the trip. On the way down the mountain, after his call, he struck a tree at high speed, forever changing his life.

"The last thing I remembered was talking to my girlfriend on top of the mountain at 10:40 a.m.," Fenton said.

"I told her I loved her, and then I woke up two weeks later."

"We had an argument the day before I left for camping and I didn't talk to her for a few days. I told her I loved her, and then I woke up two weeks later."

Fenton never broke a bone during the crash, but the pain associated to the damage his nervous system suffered would redefine anguish for him. A burning-hot-crackling sensation made him feel as if his arm was in a fire. The pain in his arm kept him awake most nights and filled the background noise of the day. Fenton could find no reprieve from the pain in an arm that

had no feeling.

Throughout the years following his accident, Fenton kept faith his arm would heal and the physical pain associated with his injury was part of the healing process. Doctors were hopeful the nerves that were damaged would heal in time and life would return to normal.

That day never came.

The difficulty in treating Fenton's condition stemmed from an inability to diagnose the cause of the pain. Doctors labeled Fenton's ailment as a form of "phantom limb pain" associated to his nerve damage. Most times the only way to treat similar kinds of pain involves heavy medication that often results in an incoherent state of existence for the patient.

Fenton chose to deal with the pain without medication even though his condition persisted at all times. He chose to keep living life the best he was able to.

"I knew it was time to drop the arm the day I went and saw a specialist," he said. "It was April [2014] and she just told me it's done, there was nothing else I could do. So I took that information to my family and told them I'm going to cut it off."

Fenton's friends and family came together to support his decision. They rallied to help him as he transitioned into a better state both physically and mentally.

Randi Reynolds is Fenton's friend and co-worker at GameStop. She is impressed with the way Fenton is able to work

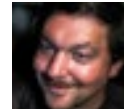
around not having a right hand.

"He's as great as the drummer from Def Leppard; he relearned every song of life, and played them even better than before! Mostly meaning, he knows that he'll never have the same life, but no matter what, it's not going to stop him from doing the exact same things before his accident."

Fenton's sister Chrizma Hosler agrees. She's not sure how she would handle such a drastic change in her life, but she is amazed at how her brother can keep a smile on his face as he pushes through difficulties. She believes he is setting a good example to others on choosing to be positive.

"He works, he's in school, he's social, and he makes sure to keep a good outlook on his life ahead," Hosler said. "He's struggled with some things, which is understandable, yet he still has a smile on his face everytime I see him."

One thing is for sure, Fenton is ready to take on school and it is fair to say he has dealt with extenuating circumstances in his life before. So with his positive attitude, and a new kind of determination, Fenton's story will continue on.



STORY & PHOTO BY
CHRISTOPHER TROTCHIE
@CHRISTOPHER999



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110th Season

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David Hattner, guest conductor

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CANDLELIGHT VIGIL

Students, faculty, and community members show their support for UCC and Roseburg



PHOTO BY CHEYNE WILLEMS

Following the tragic events of the Umpqua Community College campus shooting, LBCC students and staff alike looked for a way to grieve. More importantly, they looked for a way to share their support.

On Wednesday, Oct. 7, candlelight vigils were held at LBCC campuses in honor of the victims of the UCC shooting on Thursday, Oct. 1. The vigils were held at the Albany campus, the Benton Center in Corvallis, and the Lebanon Center.

At the Benton Center, the vigil was comprised mostly of guest speakers, each of whom shared their personal thoughts and feelings about the horrific events at UCC. Among the speakers was Pete Bober, former director of the Small Business Center

and the Community Education and Workforce at UCC. Bober retired in 2013, but having worked at UCC, the events of the last week have weighed heavily on his heart.

"It truly has been a sad week at UCC," said Bober. "It's been surreal." LBCC Student Poet Laureate Dari Lawrie read a poem titled "The Story Never Ends." According to Lawrie, the poem was inspired by the events at UCC.

Near the end of the vigil the names of the nine victims were read aloud along with details about their lives. Among the victims was Kim Saltmarsh Dietz, 59, of Roseburg. Dietz was attending UCC with her daughter, who was not harmed in the shooting. Quinn Glen Cooper, 18, of

Roseburg, graduated high school this past June. The shooting took place on his fourth day of college.

Army veteran Chris Mintz, 30, was also mentioned. Mintz was shot seven times when he tried to talk the shooter down and defuse the situation.

Simultaneously, at the Albany campus, students and staff gathered. Lina Demorais, SLC legislative affairs director, opened the vigil with a speech stating that we were there to honor UCC with our music and our silence.

Robin Havenick, LBCC English teacher, stepped up after a moment of silence and read a poem written by a grandfather who had visited a Holocaust museum with his grandchildren.

After some music from speakers set up in the courtyard, Reid Hankweiz, a student, and friend of several UCC students, took the microphone and spoke about his friends who were present at the shooting, and the aftershocks rippling throughout the community.

The Commuter apologizes, but a correspondent was not available to cover the events that took place on the Lebanon campus.

The candlelight vigils ended after giving all the attendees the chance to share their thoughts, feelings, and support for UCC and the victims of the shooting.

STORY BY

KYLE BRAUN-SHIRLEY
& MORIAH HOSKINS



PHOTO BY MORIAH HOSKINS



Dari Lawrie addresses the attendees.



PHOTO BY SHANE BAGLEY

ARTS & ENTERTAINMENT



COURTESY: COMEDY CENTRAL

TV SERIES REVIEW:

South Park

NETWORK: Comedy Central
CREATED BY: Trey Parker and Matt Stone

Wednesdays at 10p.m.

RATED: TV-MA

OVERALL RATING: ★★★★★

REVIEW BY **STEVEN PRYOR**

Nearly 20 years have passed since “South Park” first started making waves on Comedy Central. Since that time, Trey Parker and Matt Stone’s irreverent animated series continues to be a juggernaut of satirical comedy entering its nineteenth season.

While the familiar, intentionally-crude cutout animation hasn’t changed all that much from Stone and Parker’s original “The Spirit of Christmas” short film, “South Park” is still masterful at skewering current events and modern pop culture staples. In the course of the first few episodes of the new season, the series has taken on Caitlyn Jenner and Donald Trump’s presidential candidacy in a raw and savage manner as only it knows how.

The newest episode deals with an effort to rejuvenate the town after its brand of topical humor is mocked

by Jimmy Fallon. Their solution is to develop the area around Kenny McCormick’s home into a bustling arts and entertainment mecca while preserving said home as a “historic destination,” complete with a Whole Foods Market.

While “South Park” is no stranger to over-the-top mockery of such subject matter, this season features some shakeups to the familiar formula. Much as with last season, there are fewer episodes than previous seasons, but stronger continuity. Kyle Broflovski’s usual moral crusades are met with more derision by other characters than in previous seasons, especially by Eric Cartman.

A new character has been created in the form of a “P.C. Principal” from a local college fraternity. Said character can best be described as the human manifestation of

political correctness gone mad, as well as the latest escapade for Stan’s father, Randy Marsh.

Yet even through all the crude humor and scathing social commentary, the world of “South Park” can often have a surprisingly heartfelt side to it. Amid the gentrification of his surroundings, Kenny ultimately decides to adapt and help provide for his working-class family in the episode mentioned above.

In a similar manner, “South Park” has definitely adapted to suit the needs of its viewer base, helping us laugh at people and situations when very little about some of them is funny. Much like the rustic mountain town’s newly-christened arts and entertainment district of “SoDoSoPa” proclaims, there is a feeling of satirical escapism that keeps us coming back. “Welcome to South Park, welcome home.”



COURTESY: COMEDY CENTRAL

TV SERIES REVIEW:

Moonbeam City

NETWORK: Comedy Central
STARRING: Starring the voices of Rob Lowe, Elizabeth Banks, Will Forte, and Kate Mara

CREATED BY: Scott Gairdner

Wednesdays at 10:30p.m.

RATED: TV-14

OVERALL RATING: ★☆☆☆☆

REVIEW BY **STEVEN PRYOR**

Has 1980s nostalgia peaked? That seems to be the silent question emanating from the early episodes of “Moonbeam City,” a parody of the sort of crime dramas that were popular during that decade. “Miami Vice” being the one that obviously stands out the most.

Sadly, “Moonbeam City” not only lacks the wit and intelligence that made those series work, it ultimately fails at being a decent comedy.

The setting of the titular Moonbeam City is a pastel-colored landscape that appears to have been ripped from the album covers of Duran Duran. Dazzle Novak (Lowe) clashes with his commanding officer Pizazz (Banks), rival officer Rad (Forte), and his own ego amid a cityscape full of gangsters, drug addicts, and thugs.

From the above description, it’s clear that Moonbeam City hides a grimy dark side beneath the veneer of neon lights and synthesizer music. That said, the animation is atrocious. The character movement is stiff, and the

designs of the set pieces are so garish that it’s comparable to viewing reruns of “Jem and the Holograms” (itself being rebooted this year) on strong allergy medication.

Despite a host of comedic talent in the voice cast, the main characters seem to lack any real qualities to endear them to the audience. Rather than try to model Dazzle after any given detective in the series that “Moonbeam City” tries to satirize, creator Scott Gairdner is attempting to ape the narcissism and faux-suave nature of funnier series like “Archer,” somehow missing that Archer had sympathetic qualities about him.

Pizazz’ expression seems to be fixed in a permanent scowl as she chastises Dazzle and other officers for their incompetence and negligence. Rad embodies an effeminate stereotype of the time, which can make one nostalgic for Will Forte’s more amusing characters on “Saturday Night Live.”

The only character with any redeeming qualities is

Chrysalis (Mara), seemingly the only competent officer in a city full of drunks and selfish imbeciles. Sadly, the show uses this as a vessel for the other characters to treat her horribly, and she gets less screentime compared to the other characters.

Above all, “Moonbeam City” can’t seem to decide whether it wants to be a tongue-in-cheek parody of 1980s cop shows and pop culture, or one that has a dark tone for its voice talent as a glorified vanity project for them all. This is a key reason why adult animation is often a hard sell when not produced in Japan, with few exceptions.

With 20 years having passed since the visceral and beautiful “Ghost in the Shell” was first released and spawned a host of spinoffs and imitators, there is room for “Moonbeam City” to improve. Until then, it’s little more than a poorly-animated star vehicle that’s stuck in neutral.

NATURE & ME

Michelle Soutar

I see the streams
Streams of tears.

I see the mountains
Mountains of agony.

I see the sky
A sky full of shattered dreams

I feel the wind
The wind to carry me forward

I see the future
A future without tears
Without agony
Without shattered dreams
Without the need to be forward
Forward away from the now.

The now without a
Stream, mountain, sky, and wind.

The now with a brighter future.

WHY BUDDHISM WORKS

Mark J. Weiss

Western scientists, social scientists, and religionists
All believe that it's not enough to understand.
Finding the truth is just a first step, for them.
They must communicate, demonstrate, and explain
Their understanding of life, and the doings of humans.

It started with teachers and prophets speaking. Then giving classes.
And now, for more years than Methuselah took breath, writing.
Writing and writing. First on cloth. Then in books. Then professional
journals.

Like ants building an eternal mound of knowing, they build ever faster.
And with the advent of professional journals, they now build upon each
other;
Much like their buggy counterparts.

As more and more is written, more and more journals are needed.
And to begin distinguishing one thought from another,
And, in the best interests of attaining accuracy in moundfulness,
Now, all thought must be supported.
Data. Evidence. Proof.

No thought is worthy, no matter how obviously useful to the mound,
Or, how descriptive of non-mounding behavior,
Unless it is supported.

Like those frenetic ants, these kings of knowledge
Work to the death to find data, speech, and followers.

And then there is Buddhism, where breath and attention is all you need.

Of course, Buddhists are allowed to speak, teach, write,
And collect evidence.
But none of that is required in the pursuit of understanding,
The wise use of knowledge,
Or in helping others.

You accomplish all by attending to breath.

"The greatest gift you can give another is your attention,"
Says my Vietnamese Monk,
And I believe him.

"All you need for healing is within you already,"
And I believe.

"It's time to reclaim your inheritance of peace, and simply relax."
And I Breathe and believe.

"if you don't believe in this moment,
That's perfectly fine.

You don't need belief, just your breath; and to be mindful. "

MEDUSA

Amanda Blevins

My darling, your snakes are showing.
Your scales, they flicker.
Heartbeats grow thicker
when you enter a room.

Eyes closed,
you glide by them.
Cold-stoned expressions
once gazed upon you with
nothing short of affection
now stuck in perpetual disgust.

What crimes were committed
to merit a life that hurt this much?

You'd think it was treason,
some blood soaked act of aggression,
what else could justify an eternity of degradation?

No.
It was but a one-night stand
with a handsome fisherman.
A night in which you, Medusa,
stormed his seas!
Made waves through the atmosphere
As you discovered the depths of your own oceans
in exchange for someone else's definition of innocence.

But of course,
when word spread of your "adulterous act,"
how else were they to react
but to strip you of your pink, tender skin.
Split your tongue while they made
false declarations that to this day
still echo 'cross our shores.

So Medusa, darling,
Do not bare a 4am walk of shame.
Instead, release your snakes from their ties.
Your scales may flicker,
but at least they reflect more color
than the hearts of those cased in
stone-cold lies

FOR RELEASE OCTOBER 14, 2015

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis



COMIC BY CAMERON REED



DID YOU KNOW?

If you're too drunk to drive, you are too drunk to sext.

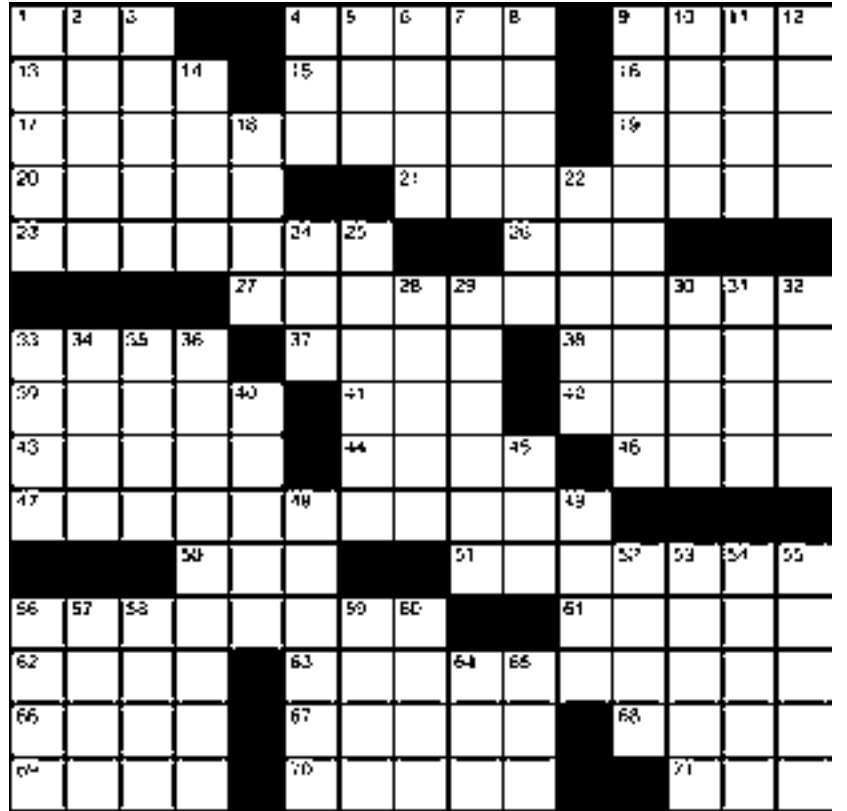


NETFLIX RECOMENDATION

"The Sixth Sense"

The movie that put director M. Night Shyamalan on the map. Eerie and suspenseful, "The Sixth Sense" is nice to watch this time of year.

- ACROSS**
- 1 Volkswagen Type 1, familiarly
 - 4 Yemeni neighbor
 - 9 Old-timey oath
 - 13 1956 Gregory Peck role
 - 15 Add a lane to, say
 - 16 University of New Mexico athlete
 - 17 Irish city in a recession?
 - 19 Watched warily
 - 20 One with a stable job?
 - 21 Like dotted musical notes
 - 23 Cellphone accessories
 - 26 Body work, briefly
 - 27 Result of a Czech checkup?
 - 33 Catches some rays
 - 37 Home ec alternative
 - 38 Louisville's KFC Yum! Center, e.g.
 - 39 Dessert pancake
 - 41 Part of USDA: Abbr.
 - 42 Spirited diversions
 - 43 Febreze targets
 - 44 It's on the house
 - 46 Not as pricey
 - 47 North African dieter's light fare?
 - 50 Originally called
 - 51 Jackhammer sound
 - 56 Malady
 - 61 Thrill to pieces
 - 62 Bibliog. catchall
 - 63 South Korean sailors?
 - 66 Cartoon maker of explosive tennis balls
 - 67 Pile up
 - 68 Jib or mizzen
 - 69 Where to store hoes and hoses
 - 70 Tense with excitement
 - 71 Genetic material
- DOWN**
- 1 Western movie star?



By Dan Margolis

10/14/15

- 2 Crewmate of Chekov and Sulu
- 3 Eva or Zsa Zsa
- 4 Part of BYOB
- 5 Prefix with day or night
- 6 Fusses
- 7 Small salamander
- 8 Present from birth
- 9 Like a political "college"
- 10 Fiesta Baked Beans maker
- 11 Collude with
- 12 Extinct bird
- 14 Goopy clump
- 18 "It's not too late to call"
- 22 Waterway with locks
- 24 JAMA subscribers
- 25 Much of Libya
- 28 "Diary of a Madman" author
- 29 Hubbub
- 30 Bone-dry
- 31 26-Across materials
- 32 Fresh talk
- 33 Craig Ferguson, by birth



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10/14/15

- 34 Pakistani language
- 35 Eye-catching sign
- 36 Rained gently
- 40 City on the Ruhr
- 45 Cosmetics-testing org.
- 48 Playground piece
- 49 Originate (from)
- 52 Wistful word
- 53 Golden Horde member
- 54 Ordered pizza, perhaps
- 55 Car named for a physicist
- 56 Wet septet
- 57 Scratching target
- 58 Attended the party
- 59 Big Mack
- 60 Fly like an eagle
- 64 "It's no ___!"
- 65 "Dropped" '60s drug

SUDOKU

THE SAMURAI OF PUZZLES By The Mephram Group

Level:

- 1 2
- 3 4

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

SOLUTION TO TUESDAY'S PUZZLE

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

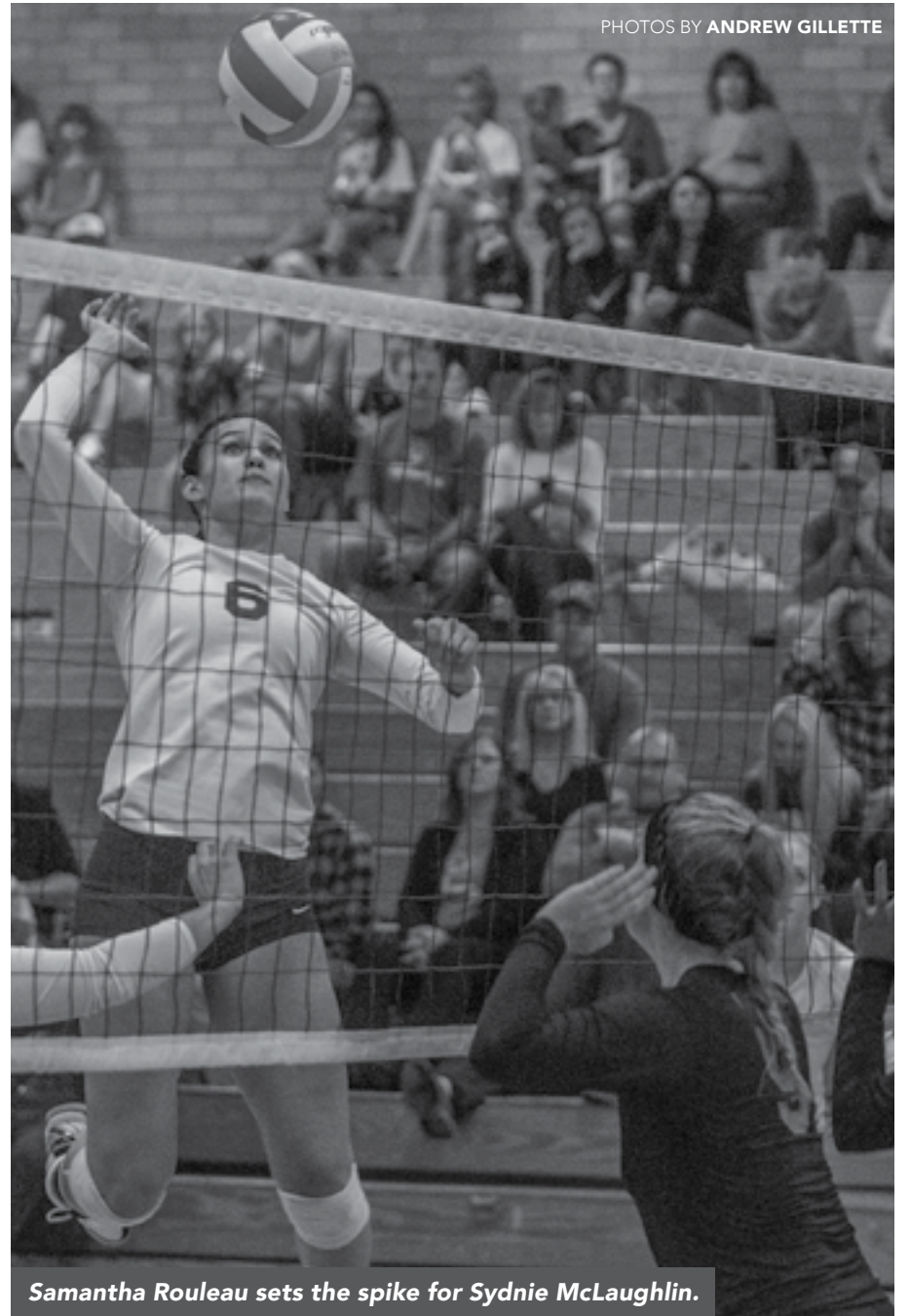
2	7	1	6	4	9	5	3	8
6	5	8	3	1	7	9	2	4
9	4	3	8	2	5	7	6	1
4	8	9	1	3	6	2	0	7
7	1	6	2	5	8	3	4	9
3	2	5	7	9	4	1	8	6
5	3	7	4	8	1	6	0	2
8	6	2	9	7	3	4	1	5
1	9	1	5	6	2	8	7	3

10/14/15

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Malie Rube dumps the ball against Umpqua.



PHOTOS BY ANDREW GILLETTE

Samantha Rouleau sets the spike for Sydnie McLaughlin.



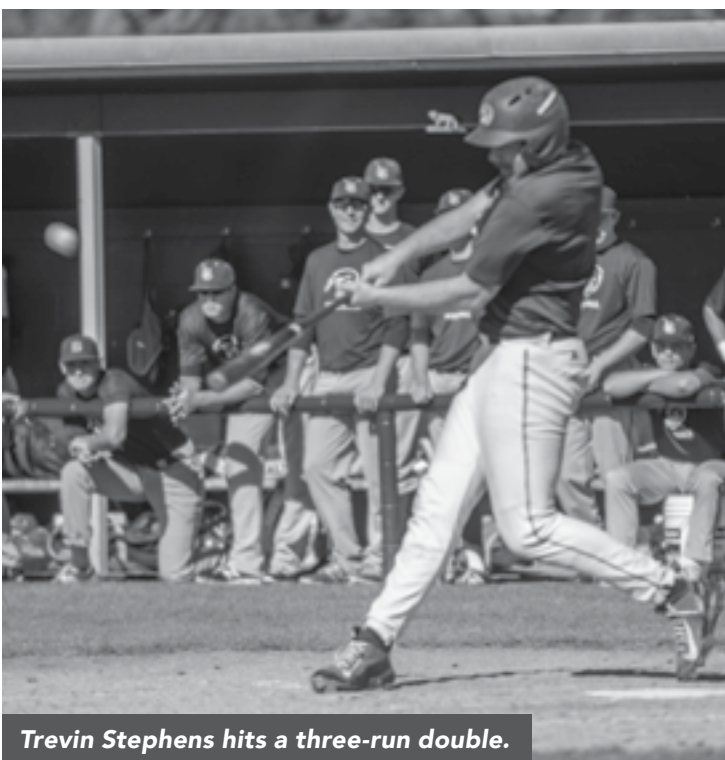
Cara Wonsley lays down a hard spike.



Jacob Rappé catches a force out at first.



Baseball team celebrates with Sam Stevenson after his home run.



Trevin Stephens hits a three-run double.

SPORTS BULLETIN

LBCC Volleyball

Lower Columbia Crossover Tournament

Oct. 16-17 Walla Walla
vs. Linn-Benton 1p.m.

Oct. 16-17 Lower Columbia
vs. Linn-Benton 4p.m.

Oct. 16 -17 Linn-Benton
vs. Shoreline 5p.m.

OSU Football

Saturday, Oct. 17
at Washington State
Pullman, Wash.
1 p.m.

UO Football

Saturday, Oct. 17
at Washington
Seattle, Wash.
7:30 p.m.

STATE OF THE UNION

The disappointment surrounding Ducks and Beavers football

Oregon State (2-3 0-2) and Oregon (3-3 1-2) are both coming off games they'd like to forget.

Oregon State went down to the desert and lost 44-7 to Arizona.

Seth Collins played his worst game since playing Michigan in the Big House and perhaps the worst game of his young career. He looked every bit the true freshman that he is. Collins finished with an ugly stat line, 8 for 24 and 56 yards passing with one interception. He also added ten carries for 56 yards, and a rushing touchdown.

Growing pains were expected from the Beavers and Collins. The defense was just as bad as Collins was. They gave up 44 points in three quarters before coach Rich Rodriguez brought in his subs.

University of Oregon lost in double-overtime 45-38 to Washington State. They blew a ten point fourth quarter lead and lost to the Cougars for the first time since 2006.

Charles Nelson started as safety, which could be considered a desperate move. Not to say it isn't the correct move, but if they were going to play Nelson on defense, it should have been all season long and not as a Band-Aid for the struggling secondary. He joins another former offensive player, quarterback Ty Griffin on the defensive side of the ball.

Royce Freeman led the way for the Ducks with 292 all-purpose yards. Freeman and Taj Griffin were the only

two bright spots for the second week in a row during what was a forgettable day at Autzen Stadium.

Both teams aren't looking good and are on similar paths, but are coming from two different directions.

The Ducks are coming back to Earth after a phenomenal six-year run that includes two National Title appearances, three Rose Bowl berths (two wins) and four Pac-12 titles.

Oregon State is on its way up, because the Mike Riley era sucked the life out of the Beaver program. There was an expected learning curve for Gary Anderson, Seth Collins, and the defense that replaced most of the starters from last season. Anderson's expectations were low as Riley left the cupboards bare with little returning talent.

The Duck's secondary is young and inexperienced, and Oregon State's entire defense is trying to come together as a unit. It should be no surprise then that

Oregon is in last place at 38.7 and Oregon State is number ten at 29.8 points allowed per game in the Pac-12.

Junior linebacker Rommel Mageo is leading the way for the Beavers with 41 total tackles and two sacks. The entire defense only has six sacks total. It is hard to do anything on defense when you can't get pressure on the opposing quarterback. It allows for quarterbacks to pick apart your secondary like Arizona's Anu Solomon did.

Oregon has had success getting pressure and sacking quarterbacks. They have 17 sacks as a team. However, once the ball is in the air, things don't go as well.

Oregon and Oregon State both have struggles at the quarterbacks position.

Vernon Adams was supposed to be the answer to replacing Marcus Mariota. That has not gone well. Adams broke his right index finger against Eastern Washington and the quarterback situation has been in flux since the injury. Jeff Lockie hasn't looked nearly as good as he did in the Spring Game when he went 9-9 and looked unstoppable. You aren't going to beat teams in the Pac-12 if you are struggling at quarterback and on defense.

Collins was expected to beat opposing teams with his feet and develop as a passer as the season progressed. Until the threat of him throwing the ball worries teams, it is going to be hard for the offense to find success.

A healthy Vernon Adams is what Oregon needs to get back on track on offense. Only Mark Helfrich, Adams, and team insiders know the likelihood of that.

The defense is going to continue to struggle for Oregon, unless Kenny Wheaton has some eligibility left and is going to walk through the door and recreate "The Pick" against Washington this Saturday.

While the Civil War is a long way down the road, it isn't a stretch to think both teams are going to continue to struggle.

If either team is going to win, it is going to be ugly and close. For that reason, this year's Civil War might have some extra incentive for the winner.

The 118th edition of the Civil War might be the biggest since the 2009 game when Oregon beat the Beavers on the way to their first Rose Bowl berth since 1995. Both teams are struggling on offense and defense, so the 2015 Civil War might decide who gets into a bowl game and who stays home. While it isn't a Rose Bowl berth, any year that a team doesn't get into post-season play will be considered a failure. On the flipside, either team making it to a bowl this year will be seen as a step in the right direction.

Not only would Oregon State like to keep Oregon from a bowl game, but they would also like to snap the current seven game losing streak they have against the Ducks.

The 2009 game was known as "The Civil War for the Roses." This year's edition might be known as "The Civil War for the Hawaii Bowl."

The Hawaii Bowl doesn't have the same ring to it, but both schools will happily go instead of sitting at home, wondering where their season went wrong.



COLUMN BY
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