



**FEATURED IN THIS EDITION:**

**OCTOBER 30, 2013 • VOLUME 45 • EDITION 7**

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# IT'S YOUR LIFE: MANAGE IT

Multiple weeks of fall term have gone by. During this time, we have seen how diverse Linn-Benton is. People with various, complex backgrounds, come to attend classes. At LBCC, there are high school graduates, single parents, and older students looking to develop new skills. Transitioning from whatever life was before to college, is a hard one, with all sorts of stressors. It can be especially tough to manage time around school, work, and family. Many students struggle to find the right strategy.

When students come to the conclusion that they can't manage their time wisely on their own, they look to outside help, to someone like Charles Madriaga. Madriaga, of the LBCC's counseling center, has been a college counselor for fifteen years. He's seen his fair share of students who come in for help, for time management related issues and he's the perfect person to go to for advice. "The first question you need to ask yourself," Madriaga said. "Is what keeps you out of balance; what pushes you over the top?"

In many cases, it's a person's job that creates the rift between school and other priorities. The two are intertwined. "You can't afford to attend college if you don't earn your money from your job, but sometimes you can overwork yourself needlessly," Madriaga said. Some students who have difficulty managing their time with school and work, don't have a budget set up. By calculating college fees and living expenses, it's possible to work fewer hours. Madriaga recommends talking to a supervisor to set up a schedule that will better accommodate school hours.

There are many different ways to manage time. Ever tried a time-management technique that was suggested and it didn't click? It's because all students are wired differently. "Don't force yourself to use a strategy or tool that's not effective for you," said Madriaga. "Do what you are used to." If paper planners and personal calendars don't work, maybe you should download a planner app for iPhone or Android, that alerts you when there are assignments due and tests to study for. Plan times in your comfort zone.

However, life doesn't need to be planned out months ahead. LBCC freshman Tim Whiteford Jr. knows this from experience, "I keep track of exams and assignments in my planner, but when it comes to my personal life, I keep all that scheduling in my memory. It's easier for me to keep my personal life separate from college so I feel less stressed." Keeping two separate schedules may be simpler but there are the downsides. "There are times where my personal life and my studies conflict, and to compensate I have to do my work much later, which makes me lose the concentration I've built up. To counter this I create routine in my life which provides the structure necessary for me to have a balanced schedule," Whiteford said. Having routine in your life will help limit the random variables that conflict with your schedules.

When students feel lost, they are under the impression that they have to get back on track by themselves. There



PHOTO: JOSEPH SEREWIS

Counselor Charles Madriaga plans his day to help students.

are many resources at LBCC that will help students find their way again. The Learning Center is one of the best places students can find someone to help you. Most know about the math, writing, and reading tutors as well as the computer lab. There is also a study skills group that will help you perfect your test-taking skills, organization, planning, or whatever needs to help improve time management.

***"The best thing students can do is give themselves relaxation time between classes, work, and assignments."***

Linn-Benton wants to see students succeed. Take advantage of all the free resources that are here to help.

Life doesn't only need to be about work and school. "When planning schedules, make sure that there is time for family or friends, having fun is important," Madriaga says. "All work and no fun are extremely unhealthy. After all the work you accomplish, you need to reward yourself."

Students aren't the only ones who have to worry about time management. LBCC writing instructor Timothy Black has dealt with the same issues. "My son Jake has a three hour class in Lebanon on Fridays that I take him to," he said.

"What I'd like to do is go home, sit in front of the TV and pet my cat, but what I end up doing is grading assignments when waiting for my son." Black turns disadvantages into advantages by making the best of a situation. Grading essays is less fun than watching TV, but finishing them earlier gives Black more time to relax later.

From Black's perspective in the front of the classroom, he notices that students share similar problems that we can't see for ourselves. "A lot of students are so driven that, if not given any time to decompress, they get so stressed out that they start to slip," Black said. "The best thing students can do is give themselves relaxation time between classes, work, and assignments." Whether it be watching TV, hanging out with friends, or even a nap, anything that gives you time to rest is beneficial to your well-being.

Using time management days, weeks, and even months ahead won't mean a thing unless plans are acted upon. Stay motivated. Ask yourself, are you here to better yourself? To better your family's situation? "Find a way to remind yourself that what you are doing here at LBCC is an investment for the future," Madriaga said. "Don't lose track of your goals." 📍

STORY BY JOSEPH SEREWIS

# GETTING TO KNOW YOUR DIVERSITY ACHIEVEMENT CENTER

"A student driven and respectful learning environment free of hate. One that encourages diversity of thought and the inclusiveness of culture and ideas. A center where everyone can be themselves."

According to director Javier Cervantes, that statement means what it is to be a member of the Diversity Achievement Center on the LBCC campus. The Diversity Achievement Center is referred to by many as simply the DAC. This society-oriented group seeks to maintain objectivity with a neutral but united stance, while encompassing the broadest sense of diversity and inclusiveness.

The DAC is well known on campus for its many wonderful moments in the past, such as the recent Cherry Blossom Festival, their rendition of The Chinese New Year and their celebration of St. Patrick's Day. Along with many other student chosen events over their time here at Linn-Benton. Nearly any cultural event is willing and able to be handled by the DAC.

That's not all the members of the DAC are willing to take on. So as not to limit themselves to only community ideas, the center also plays host to matters concerning both

government and business legislation.

The DAC truly covers all sects of cultural diversity. The center gives a definitive outlet to anyone looking to deliver their message of goodwill and unity, while gaining knowledge of the diverse world around us. If you're looking to expand your horizons or just have a peaceful place to relax, the Diversity Achievement Center has you covered!

"You put yourself out there and talk to people. You are dedicated to your time here," DAC member Jeny Marquez said. "Unfortunately not enough people know about us and what we try to do here. But if we work hard we can get there." Inspiring words from a community driven member of our campus.

When asked about her opinions of the DAC's new administrative assistants, Marquez said, "Raven [Womack] has a good vibe and makes conversations easy. He makes you feel very welcome and relaxed."

Look for the DAC's newest upcoming event this month as they bring us El Dia de los Muertos (the Day of the Dead) on Oct. 30 and Nov. 1. 📍

## More Information

If you would like to learn more or perhaps join yourself, please take the time to stop in and speak with the center's director, Javier Cervantes, or the administrative assistants to the center, Raven Womack and Cathy Zarate. The DAC is located in F-220, on the second floor of the Forum Building next to The Commuter.

Director Cervantes can also be reached at cervanj@linnbenton.edu and is the Director of the Office of Diversity and Community Engagement.

The DAC hopes to hear from you soon.


STORY BY JUSTIN SHOEMAKER



# DIA DE LOS MUERTOS

**Día De Los Muertos en LBCC**  
**Day of the Dead @ LBCC**

All events are scheduled in the DAC-F220:  
TUESDAY, OCTOBER 29, 12 Noon  
Art Professor Analee Fuentes: Día de los Muertos:  
Not Your Grandmother's Oktoberfest



10/30-31 Creating an 'Ofrenda/Altar' All Day  
11/1 Hot Chocolate & Dead Bread (Pan De Muerto), Noon  
**ALL EVENTS ARE FREE & OPEN TO THE PUBLIC**

Persons having questions about or request for special needs and accommodations should contact the Disability Coordinator at Linn-Benton College, RCH-105, 6500 Pacific Blvd SW, Albany, OR 97321, Phone 541-917-4690 or via Oregon Telecommunications Relay TDD at 1-800-735-2332. Contact should be made 72 hours in advance of the event. LBCC is an equal opportunity educator and employer.

Each culture has a different way of recognizing the departed with funerals, memorials or other alike ceremonies, however in some cultures there are types of ceremonies that are actually holidays, and celebrate the life that the departed lived.

The subject of death in North American society is not focused intensively for an extended amount of time. If someone passes on, we grieve for a period and try to move on, because we believe that they are gone forever, that their spirit has left the Earth, never to return. Unlike their northern cousins, Central and South American cultures celebrate the lives of those who have passed on with a two day event each year, Dia de los Muertos.

This year, the Diversity Achievement Center will be hosting the events dedicated to the Latin American holiday called, Dia de los Muertos or Day of the Dead, celebrating the lives and memories of those who have died.

It was started in Central America, originating by the Mayans and adopted by the Aztecs. Before the Spanish conquest, the Mayans and Aztecs celebrated the cycle of life and death. For example, their calendar is circular, because of how they interpreted the cycle of life and time. Life for them did not have a beginning, nor a finite end.

Art instructor Analee Fuentes will be presenting an overview of what the holiday means to Latin Americans, what takes place and how people celebrate the lives of family or friends that have passed on.

Fuentes is of Latino heritage and is Mexican-American. She is proud to be doing a presentation about an event that even she celebrates, with some of her deceased family.

"Since it is so close to Halloween, many people associate the idea of Dia De Los Muertos as part of the tradition but they are two very different things," said Javier Cervantes, the director of the DAC.

"Dia De Los Muertos does not have a scary factor, it just pokes fun at the living, it's a humorous affair."

In the past, the presentation of this holiday had been a big event, including dancers, music, and even the Woodburn mariachi band. Unfortunately, due to budget cuts, the event have been downsized.

The event is spread throughout the week, Oct. 30-31. In the DAC, an ofrenda (altar/offering) will be created. The offering is made up of images and objects of those who have passed and decorated with flowers and candles. The DAC welcomes anyone to bring a photo or object to place among the offering. The items will be returned, so please include name on copies of images and objects.

The final part of the event ends on Nov. 1 when the DAC will have hot chocolate and pan de muerto, or dead bread for the public to enjoy.

"It's a cultural experience," said Cervantes. "We want people to be open minded and to be able to discuss death in a different way."

STORY BY **LEX PORTER**

# HALLOWEEN HAPPENINGS

**It's that time of year again when kids and adults alike get to dress up and seek out tons of candy. For those who are looking for a bit more fun or fright, here are some Halloween things to do throughout the Willamette Valley.**

## Trick-or-Treating/Parties:

**Eastside Christian Church Harvest Party and South Albany Community Church Trunk N' Treat**  
1910 Grand Prairie Road SE • Albany, OR 97322  
ECC 5-7 p.m. - SACC 5:30-7:30 p.m. on Halloween

**North Albany Village trick-or-treating**  
Trick-or-treating in the North Albany Village  
4-6 p.m. on Halloween

**Heritage Mall Safe and Sane Trick-or-treating**  
Heritage Mall on 14th Ave SE in Albany  
(541) 967-8238  
5-6:30 p.m. on Halloween

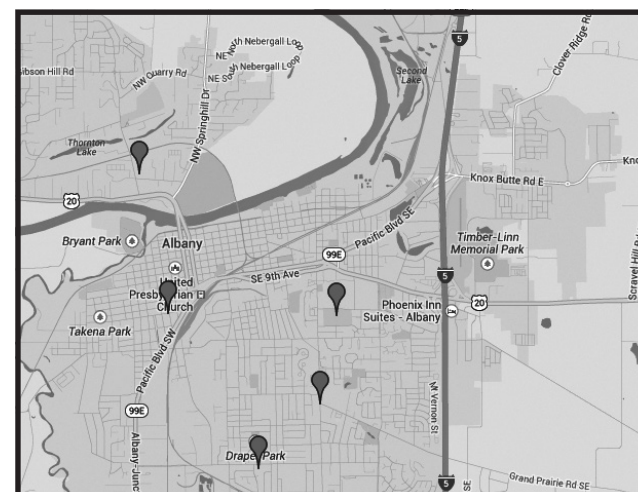
**Calvary Baptist Harvest Celebration**  
800 34th Ave SE • Albany, OR 97322  
(541) 926-5662  
Events 6-8 p.m. on Halloween

## Corn Mazes/Pumpkin Patches:

**Bose Family Farm**  
35765 Cyrus Road NE • Albany, OR 97322  
Corn Maze: \$6 per person, Open until dusk on Wednesday, 9 p.m. on Halloween  
Pumpkin prices vary by size

**The MaIZE**  
16511 NW Gillihan Road • Portland, OR 97231  
Regular Maze: \$7 for adults, \$5 for kids.  
Open 10 a.m.-10 p.m. Wednesday and Thursday.  
Haunted Maze: \$10 per person.  
Open 7-10 p.m. Wednesday and Thursday.

**Willamette Valley Pie Company**  
2994 82nd Ave. NE • Salem, OR 97305  
Corn Maze: \$7 for adults, \$5 for children.  
Open noon-5 p.m. Wednesday and Thursday.  
Pumpkin prices vary by weight



## Haunted Houses:

**Morningstar Grange Haunted House**  
28794 Morningstar Road NE • Albany, OR 97321  
(541) 905-4113  
\$4 per person, or three non-perishable food items.  
Open 7-10 p.m. on Wednesday, 7-11 p.m. on Halloween.

**House of Fear**  
1206 Washington St. S.W. • Albany, OR 97321  
Free, donations accepted.  
Open 5-10 p.m. on Halloween.

# THE OREGON HEALTH PLAN:

# HEALTH CARE FOR EVERYONE

## FOR ADDITIONAL INFORMATION

**Oregon Health Plan Fact Sheet:**  
[http://www.oregon.gov/oha/OHP2014/OHP2014\\_OregonHealthPlanClients\\_FAQ.pdf](http://www.oregon.gov/oha/OHP2014/OHP2014_OregonHealthPlanClients_FAQ.pdf)

**Fast-track enrollment for the Oregon Health Plan:**  
<http://www.oregon.gov/oha/healthplan/Pages/fast-track.aspx>

**OHP Access to Health Care Coverage and 800 numbers for help:**  
<http://www.oregon.gov/oha/healthplan/pages/splash.aspx>

**Oregon Health Plan Plus:**  
<http://www.oregon.gov/oha/healthplan/pages/clients/main.aspx>

**In The Oregonian:**  
[http://www.oregonlive.com/health/index.ssf/2013/10/oregon\\_has\\_cut\\_tally\\_of\\_those.html](http://www.oregonlive.com/health/index.ssf/2013/10/oregon_has_cut_tally_of_those.html)

Low income students, as well as community members, friends or family, many who are without health insurance, can apply for health insurance. In case some people are not aware, The Oregon Health Plan (OHP) no longer has a wait list!

There are included links in the additional information box for official information. The third link in the information box, is a link that will provide 800 numbers to call for help applying for the OHP, Fast Track Enrollment, and benefit or plan information.

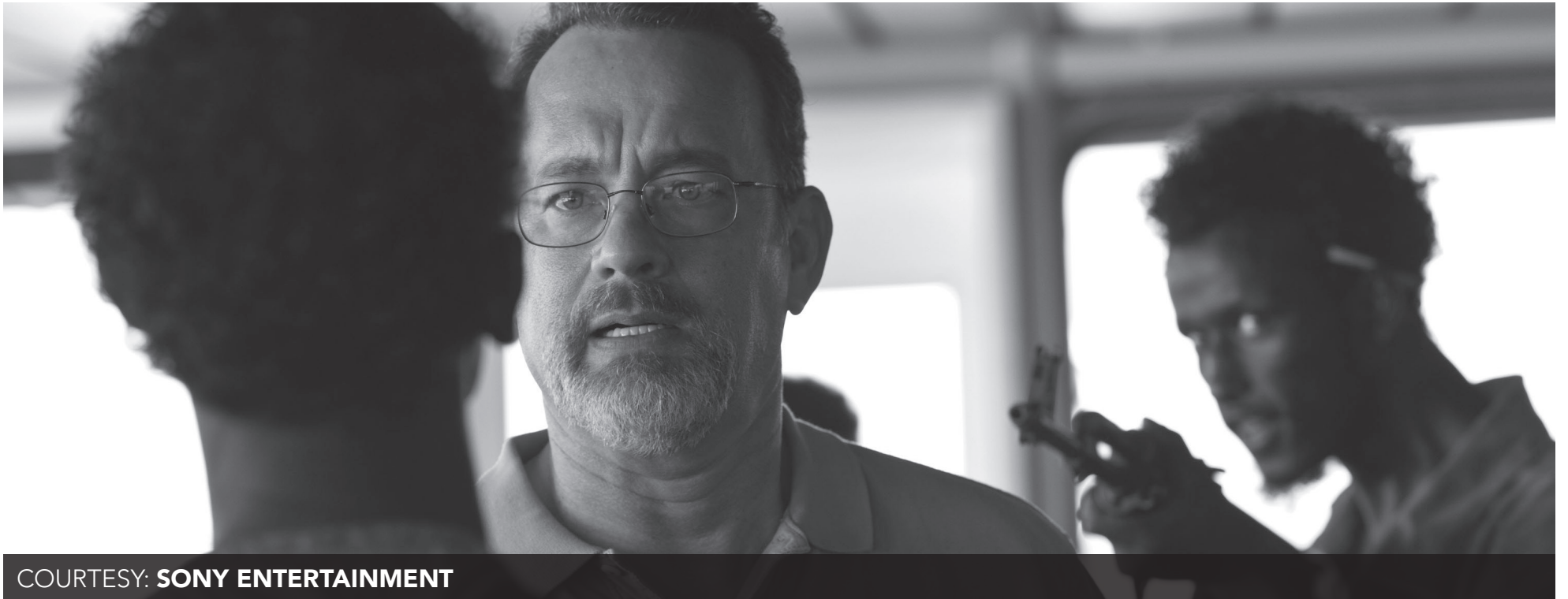
To make it easier to enroll for anyone on Supplemental Nutrition Assistance Program (SNAP), formerly known as

food stamps, there is a fast-track enrollment process that is truly easy. It is one page with a few questions and signature, no additional verification needed. In the beginning of late September, SNAP clients began receiving letters with the one page application and will all be automatically enrolled if they fill it out, sign and return it.

The new program, called Oregon Health Plan Plus, has better benefits (such as including basic dental services). All current OHP members will automatically receive the improved benefits and will be part of Oregon Health Plan Plus.

STORY BY **LBCC NEWS WIRE**





COURTESY: SONY ENTERTAINMENT

Modern piracy on the high seas is the focal point in director Paul Greengrass' new thriller "Captain Phillips." The film tells the incredible true story of Richard Phillips and the crew of the cargo ship Maersk Alabama, as they fight to survive being held hostage by Somali pirates in 2009.

It is a taut, white-knuckle thriller throughout, filled with edge of your seat suspense. A large portion of credit for this film goes to the actors, namely Tom Hanks (Cpt. Phillips). Hanks adds another impressive performance to his already stellar filmography. Hank's portrayal as the captain looking out for the safety of his crew over his own is phenomenal. The calm, cool way Hank conducts himself during the pirate raid is exceptional acting.

The true surprise performance is Barkhad Abdi (Muse). Abdi is terrifying in his performance as he portrays the pirate leader and as a youth renegade looking to make his mark with a hair trigger. The scenes where Hanks and Abdi

clash is something to behold. Abdi is able to hold his own against the veteran Hanks, striking fear into Hanks as well as the audience.

While the performances are sure to be heralded, the cinematography is the heart of the film. Cinematographer Barry Ackroyd's camera work is exhilarating. The sequence of taking over of the ship is masterfully shot, creating tension and a sense of hopelessness. Ackroyd doesn't give the audience a fly on the wall view, instead puts us right in the action. The camera shakes creating a surreal and unpredictable atmosphere.

Director Greengrass is no stranger to action, directing two of the "Bourne Identity" films as well as "United 93." But now adds an impressive character study with "Captain Phillips." Greengrass focuses in on the performances of the actors, allowing them to showcase their talents and take the characters to new levels.

"Captain Phillips" is sure to be recognized in numerous

### MOVIE REVIEW:

#### **Captain Phillips**

**STARRING:** Tom Hanks, Barkhad Abdi, and Barkhad Abdirahman

**DIRECTOR:** Paul Greengrass

**GENRE:** Action, Adventure, Biography

**RATED:** PG-13

**OVERALL RATING:** ★★★★★

REVIEW BY **DEVIN STAEBLER**

categories come award season, and rightfully so. The film runs in at a little over two hours, but maintains your attention through the entirety. The gas is pushed to the floor and doesn't let up. This is a must see for everyone. ♡

## IN TRUE POETIC FORM

The LBCC Poetry Club has just finished work on their new Poetry Wall. This artistic collaboration by the club features various aspiring writers, displaying their ability as wordsmiths in poetic prose and form for the enjoyment of the campus students and staff.

The LBCC Poetry Wall was a creation of club member Kiera Lynn, who is the current Poet Laureate on campus. She is a supporter of Word Mob, a group who will be performing a poetry slam at the Benton Center on Nov. 8 at 7 p.m. in the student lounge.

The Poetry Club boasts over a dozen regular members and a large collection of fellow poetry advocates and writers involved in its activities and events.

The club is advised by instructor Robin Havenick. She energetically teaches the importance of the written word and enjoys helping in nearly any way she can. ♡



Poetry club members write on the Poetry Wall.

STORY AND PHOTO BY  
**JUSTIN SHOEMAKER**

### Lamentations of a Procrastinator

By: Josh Lowe

Oh! The bane of my sanity!  
You mock, taunt, haunt and flaunt your dominance  
Over my insufferable tiny pea brain.  
Black and Blue.  
Leaving me bewildered and worn, untidy and torn.  
I run, hide, petrified, for as long as I can,  
Droplets of liquid fear run down my  
ghost colored cheeks.  
The arms of fate strike one.  
Hidden no longer, I've been found!  
Help! I can run no longer!  
This wicked malicious force has arrived at the  
forefront of my existence to tear me apart!  
I can hide no longer. I give in.  
Let's take this midterm.

## NEW BOOK ON NORTHWEST NEWSPAPER HISTORY

CORVALLIS, Ore. – Two long-time journalists give a detailed account of the rich history of newspapers in the Northwest in a new book just published by Ridenbaugh Press.

"New Editions: The Northwest's Newspapers as They Were, Are, and Will Be" by Steve Bagwell, managing editor of the McMinnville-based News-Register, and Randy Stapilus, former Idaho reporter, examines the newspaper business in Idaho, Oregon, and Washington. Bagwell has taught media classes at Oregon State University since 1998.

Print newspapers nationally face an uncertain future as readers increasingly turn to the Internet for their daily news fix. Major changes are in the pipeline at most of the major dailies.

The book by Bagwell and Stapilus reviews every newspaper produced in Idaho, Oregon, and Washington, and there are a lot more than most people might think covering the papers' predecessors and evolution into their current form.

"New Editions" traces individual papers' transformation

from locally, often family-owned publications to the ownership consolidation of larger groups, and the reasoning behind publishers' and editors' decisions on whether to produce online editions. Many of the region's editors and publishers offer their own comments and observations on the present and future of Northwest newspapers.

"New Editions: The Northwest's Newspapers as They Were, Are and Will Be," is available at bookstores and online at <http://www.ridenbaugh.com/index.php/ridenbaugh-book-store/new-editions> ♡

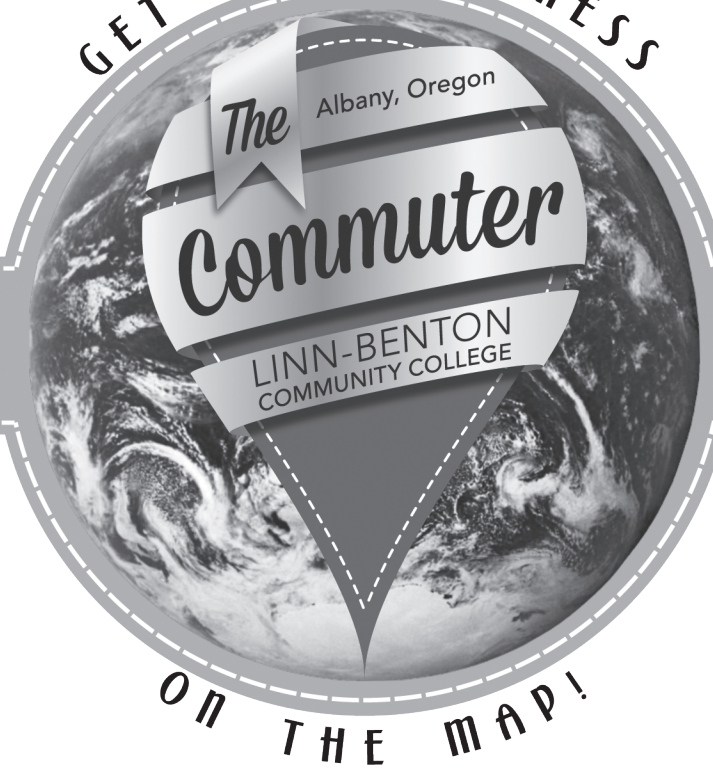
BY: **ANGELA YEAGER**

SOURCES: **STEVE BAGWELL, SBAGWELL@NEWSREGISTER.COM AND RANDY STAPILUS**

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- 1,000+ Faculty and Staff
- Plus Web-Based Advertising on lbcommuter.com

### Distribution Range:

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Albany



Lebanon Center  
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Sweet Home

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### Why The Commuter?

When you advertise with The Commuter, you get quality, service, and value that you won't find anywhere else. As a non-profit, college-based organization, all of the proceeds from advertising go back into funding Linn-Benton community college and its many students. This supports education at the source and allows many students to attend college that may not be able to otherwise. In this way, not only are you making an investment in the future of your company, but in the future of Oregon as well.

### Contact Us Today:

**541-917-4452**

commuterads@linnbenton.edu  
6500 Pacific Blvd. SW, Albany, Oregon 97321

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1 PHOTO: WES STARK



2 PHOTO: JARRED BERGER



3 PHOTO: YULING ZHOU



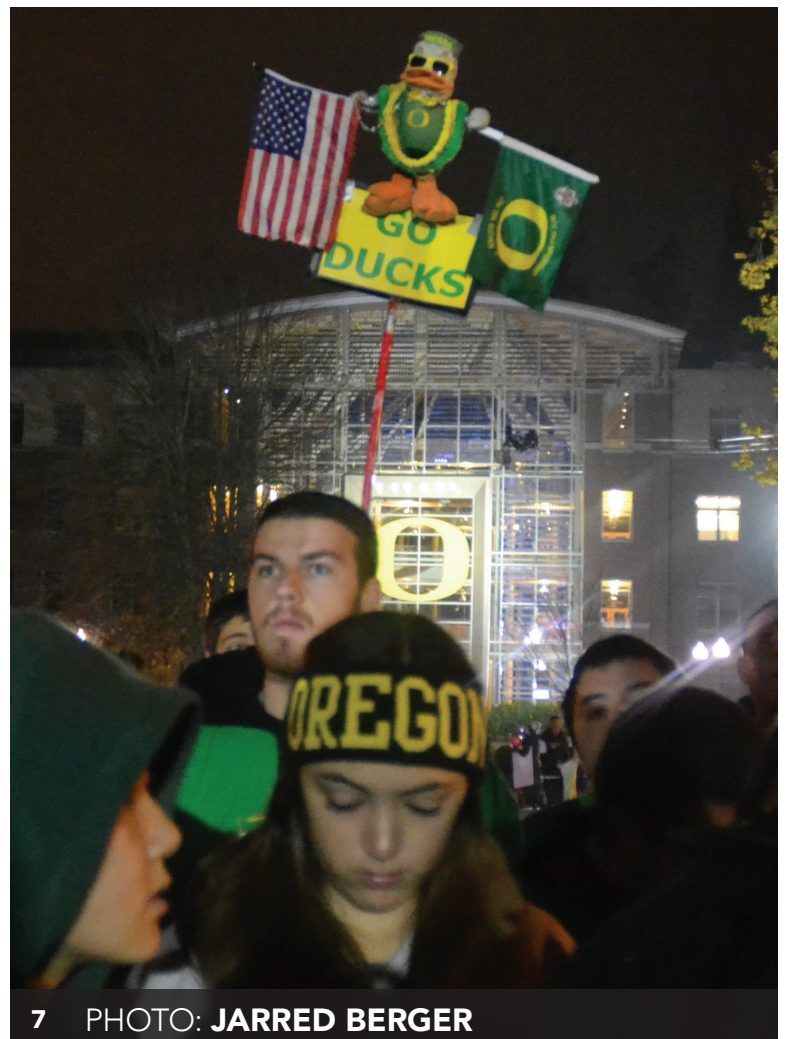
4 PHOTO: CALEB WILSON



5 PHOTO: WES STARK



6 PHOTO: JARRED BERGER



7 PHOTO: JARRED BERGER

**LINN-BENTON COMMUNITY COLLEGE AND THE UNIVERSITY OF OREGON**

1. Matt Wheeler focuses in while land surveying near the Activity Center on the Albany campus.
2. Brottlund is an instructor at LBCC. He teaches Writing 115. He earned his master's degree in English from the UO in 2010, with an emphasis in 19th Century Victorian Literature. He likes to collect umbrellas, he has a collection of over 200.
3. Pam McLagan teaches Writing 121 at LBCC in Albany. She has been teaching for over 26 years, 16 of which at LBCC. McLagan earned her master's degree in interdisciplinary studies at OSU.
4. Holly Fisher has been the athletic trainer at LBCC for four years. She graduated from the University of Utah with a Master of Science degree in exercise physiology. She has done many different jobs with her degree and enjoys her place here at Linn-Benton.
5. Tom Bohmaker has been working with LBCC for nearly 30 years. He spends most of his time now behind of the scenes at the Activities Center making sure everything runs smoothly. "I have enjoyed working for LBCC. I have had the opportunity to help influence students' lives," he said.
6. On Saturday the college football pre-game show known as ESPN College Gameday arrived at the campus of UO. The three-hour live show airs Saturdays starting at 6 a.m., Pacific time, on ESPN. This photo, taken at about 8:30 a.m. shows the crowd swelling to about 10,000 as the show neared conclusion.
7. UO students celebrate the arrival of ESPN's Gameday coverage.



# OSU FOOTBALL



PHOTO: MICHAEL DECHELLIS  
*Touchdown scored by Storm Woods (#7).*

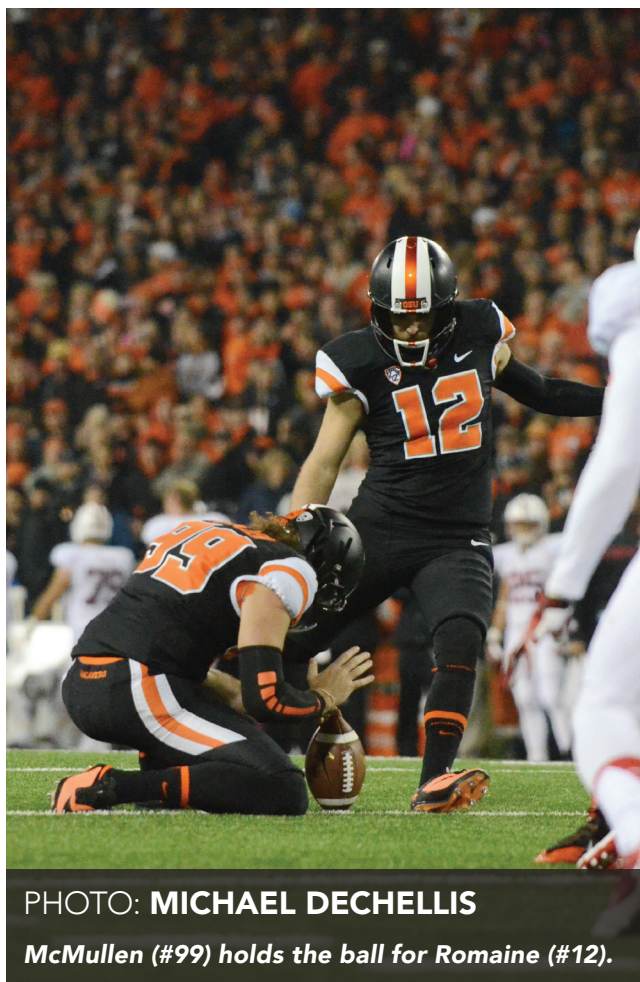


PHOTO: MICHAEL DECHELLIS  
*McMullen (#99) holds the ball for Romaine (#12).*



PHOTO: WILLIAM ALLISON  
*Storm Woods (#7) pushes and dives for the touchdown.*



PHOTOS: WILLIAM ALLISON  
*OSU fans cheer on the Beavers.*

## BEAVERS FALL SHORT

The Beavers were tested in every aspect of their game this past weekend. Stanford was the superior team and they proved it in Corvallis, defeating the Beavers 20-12.

It was fourth and goal on the Stanford seven yard line. Sean Mannion dropped back and delivered an incomplete pass to Kevin Cummings, giving Stanford the ball back with one second on the clock. If the pass was completed, it would have given the Beavers a opportunity to take a shot at the two point conversion, and chance for the tie.

Mannion struggled all day long to get the ball out. He was consequently sacked eight times. That was almost as many sacks as he has taken in the previous seven games combined. His total for the year is now 17.

Mannion threw for 271 yards and one touchdown. This was very much below his season averages, which were at 427 yards and just over four touchdowns per game heading into the match up with Stanford.

The Beavers are now 6-2 overall and 4-1 in conference play. With the loss to Stanford, they are no longer ranked in the BCS Top 25.

Oregon State will take on USC this Friday night at 6 p.m. at Reser Stadium. Then, they are going on the road the following week to play the Sun Devils of Arizona State. 📍

STORY BY COOPER PAWSON



# ALL HALLOW'S EVE TREATS

As the children and adults scurry around, preparing for All Hallow's Eve or Day of the Dead festivities, here are some quick and nummy treats.

Who doesn't love caramel apples? Well, perhaps a dentist. This recipe is a twist on old fashion caramel apples. Depending on tastes, white chocolate, milk chocolate or dark chocolate can be used to hold a myriad of topping choices. Some favorites are Oreos and coconut; Skor bar; almonds, raisins and coconut; dried fruit and nuts; or be creative and come up with some new flavors.

Brookies are another example of getting to eat the pie and cake together. This recipe is a bit of a spin on it, adding in mint to the chocolate cookies. Here again, there really is not a way to make this one healthy, so if keep for those special occasions! There is a cheater's way to do this one, but honestly not nearly as decadent (follow the directions on the back of the box of brownies and buy a tube of chocolate chip cookie dough). Don't cheat, it is worth taking the time to make it with some love and recipe will get the oohs, ahhs and demands for more. Enjoy! ♡

COURTESY OF **ELIZABETH MOTTNER**



COURTESY OF **COOKINGCLASSY.COM**

By: Elizabeth Mottner

### Mint Brookies

<b>Cookie:</b>	<b>Brownie:</b>
1 1/4 c packed brown sugar	1/2 c butter
2 tbsp sugar	1 c sugar
1/2 c butter - soft	2 eggs
2 tsp peppermint extract	1 tsp vanilla
2 large eggs	1/4 tsp baking powder
2 3/4 c flour	1/3 c dark/dutch cocoa powder
1 tsp baking soda	1/2 c flour
1 tsp baking powder	1 tsp salt
1 tsp starch	
3 tsp cocoa powder	
1/2 tsp salt	
1 (10 oz) Andes mint chips	
1/2 c mini semi-sweet chocolate chips	

**Directions:**  
**Cookie:** Mix sugar, eggs, peppermint with mixer until fluffy. Add in dry ingredients slowly and mix together. Fold in Andes and chocolate chips.  
**Brownie:** cream sugar and butter together. Add in eggs and vanilla, mixing thoroughly. Add in cocoa, flour, and salt. Blend together.  
 Grease muffin tins. Fill 1/3 of the way with brownie mixture and then add in cookie batter until is 2/3's full. Bake at 350 on lower level of oven for 20-30 minutes. Begin to check at 20 minutes. If cookie tops is getting to brown, place tin foil over top. Drizzle top of brookie with white chocolate chips with a drop of mint extract added.

Adapted from: [www.cookingclassy.com](http://www.cookingclassy.com)

### Homemade Caramel Apples

<b>Ingredients:</b>	<b>caramel:</b>
10 small granny smith apples	1 c butter
12 oz chocolate chips - white, milk or dark	2 c white sugar
assorted toppings	1 1/2 c corn syrup
10 twigs (oak/maple) or craft sticks	2 c heavy cream
	1 tsp vanilla

**Directions:**  
 Insert sticks into center of the apples. Butter two 13x9 baking pans and prepare space in refrigerator.  
**Caramel:** Cook until sugar is melted and begins to boil, stirring constantly. As sugar begins to caramelize, it will begin to turn brown. You can add in 1/4 cup water to help sugar dissolved, but it will take longer to caramelize. Add in butter and whisk vigorously. Once all the butter is melted, remove from heat and slowly add in cream, stirring constantly. Whisk until it is smooth and thick. Allow caramel sauce to cool 5-10 minutes then submerge apple into caramel 1/2-inch from the top of the apple. Allow a small pool of caramel to drip off apple before placing it on the baking pan. You will need to work quickly before the caramel cools too much to spread evenly. Place in refrigerator for 30 minutes or until caramel sets. Melt chocolate chips in microwave or over double boiler. Dip caramel apples into chocolate and then roll in topping of your choice. You can use white, milk or dark chocolate chips and topping ideas include chopped up nuts, coconut, and mashed candy bars or cookies.

## Macheth- Movement into Darkness

**November 1, 2, 7, 8, 9 • 7:30 p.m.**  
**November 9 • 2 p.m.**

Shakespeare's tragic story of murder, betrayal and witchcraft told through music and movement, with no dialog.

\$10 Adults • \$7 Seniors and Active Military (with ID)  
 \$5 under 18. **Seating is limited.**  
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# UNDERSTANDING PARTISANSHIP

To help clear up any misunderstandings on the separation of these two governmental concepts, I have endeavored to try and explain the most commonly used forms of these references in the U.S.

Nonpartisan is a term commonly used to describe rules for how candidates find themselves on a ballot and should not in any way, involve party politics.

This generally entails having a primary election where all announced candidates appear on the ballot, and the two highest voted individuals advance to the general election. On the general election ballot, there is no party designation for the candidates.

Nebraska is the only state to use nonpartisan state electoral ballots.

Nonpartisan also sometimes describes certain interest groups who either sponsor ideas that are not closely associated with a particular party, or do not fully endorse all the platforms of a candidate. Some examples of this would be the League of Women Voters, or Common Cause.

Also, this may refer to a process of redrawing district lines for congressional or state legislative matters, which sometimes entails a commission choosing members based on matters beyond their association with a party. To truly

have a non-partisan decision, we would have to seriously evaluate where these electives are coming from.

Bipartisan is a word being heard more often in American government and its voters are commonly use to described actions taken by, or supported by, members of both major parties. Often used by many in government and media to refer to a broader spectrum of ideas, bipartisan is referring to something that goes through a legislative process, and then becomes bipartisan, because some measure of each party voted in favor of the bill - even though very often there is a very clear line up of Party A strongly supporting the bill, and Party B opposing it. What this means is, when looked at as a whole, the American electorate is highly bipartisan.

No more than a fifth of Americans are completely unattached to one of the two parties. Of them, about two-thirds of independents say they lean to one or the other side of the major parties. Independents who lean to a party, usually vote for the candidate of that party.

Democratic leaning independents favor governmental activism in the economy and support policies promoting economic equality. Republican leaning independents oppose those things in favor of ideals like the market will provide and concepts of no compromise.

In spite of assertions to the contrary, Independent voters do not dominate US politics or determine the results of most elections. At least 80% of the American independent voters identifying with or leaning towards either the Democratic or Republican Parties themselves, vote that same party and support its ideas and platforms.

Greg Zoeller, attorney general of Indiana had this to say on the matter, "There is an important separation between being non partisan and bipartisan. Judges, prosecutors, sheriffs and the attorney general are elected trusts, but in order to gain and maintain public confidence, one must remain nonpartisan in the work they perform. The heated partisanship of an election cycle must cool down between the election and taking the oath of office to uphold the law. The credibility of our system of justice depends upon how well we rise above politics in carrying out the duties of our offices."

Of course, the meaning of bipartisan changes a great deal outside the U.S., where there are usually at least three substantial parties contesting elections. I doubt the term is used very much at all, and certainly would not have any of the U.S. connotation of including everyone in the support base. ♣

STORY BY JUSTIN SHOEMAKER

# ADVICE FROM WEISS



COLUMN BY  
MARK WEISS

Dear Readers,

Today's advice comes from a meeting in my office. A student came in last week to talk because he was worried about a friend who was very depressed. The student was worried that his friend could become suicidal.

I won't go into any of the details of that conversation, but want to let you know how to access help in case you know of someone (or are someone) who could use some support.

• There are three groups that provide crisis service and a crisis hotline that anyone can call. They are:

Community Outreach (541-758-3000) a private/non-profit agency,  
Linn County Mental Health (541-967-3866)  
Benton County Mental Health (888-232-7192).

• There is a national hotline for suicide prevention: 1-800-273-TALK. And although a national service might seem more distant and possibly less effective, these folks have a particularly strong track record.

• For domestic violence issues call the Center Against Rape and

Domestic Violence at 541-754-0110.

• In a crisis, you can always call 9-1-1.

• LBCC's counselors. Available in Takena Hall in Albany, 9-5 daily. And, with slightly reduced hours, in our centers in Corvallis and Lebanon. Although the first mission of our counselors is Career Counseling and Advising, a counselor can always be reached to help if a student is in great distress.

• LBCC Safety and Security. In Red Cedar Hall.

• For support if a suicide occurs, call 541-760-1875 or 541-752-4376.

• Active Minds: LBCC has a student club dedicated to student-to-student outreach and awareness. It's called "Active Minds," and it's part of a national organization of college clubs that have proven to be unusually effective in helping students.

Active Minds meets every other Thursday at noon, in NSH-109. The next meeting is November 7th. Psychology instructor, Greg Jones, is the club adviser. His office is SSH-115, if you'd like to find out more about the club. ♣

*Friends of the Albany Library*

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PHOTOS: YULING ZHOU

(Left) The lobby was filled with revelers dressed as their favorite Harry Potter characters. Attendees bought wands, books and other items before the concert Sunday afternoon, at the annual Halloween with Harry concert presented by the Corvallis-OSU Symphony Orchestra at the LaSells-Stewart Center.

(Right) Rob Birdwell served as guest conductor at the event, which featured the movie music of composer John Williams.



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The Commuter encourages all students, staff, faculty and administration to be engaged in conversations and discussions on current topics. Please send opinions and responses to Editor-in-Chief, commuter@linnbenton.edu or  
The Commuter  
Room F-222  
6500 Pacific Blvd. SW  
Albany, OR 97321

## CLASSIFIEDS

**Wanted:** Bass player and drummer for Eugene classic rock band. (Vocals an advantage) We currently perform live to a high standard of proficiency. The band consists of older, mature musicians but we welcome inquiries from younger competent types. Car pooling is available from Albany. Telephone Ian 541-497-3808

**Wanted:** Basic instruction in Cubase music software. Telephone Ian: 541-497-3808

**For Sale:** Antique Oak Desk - \$50. Text for pictures 541-908-4937

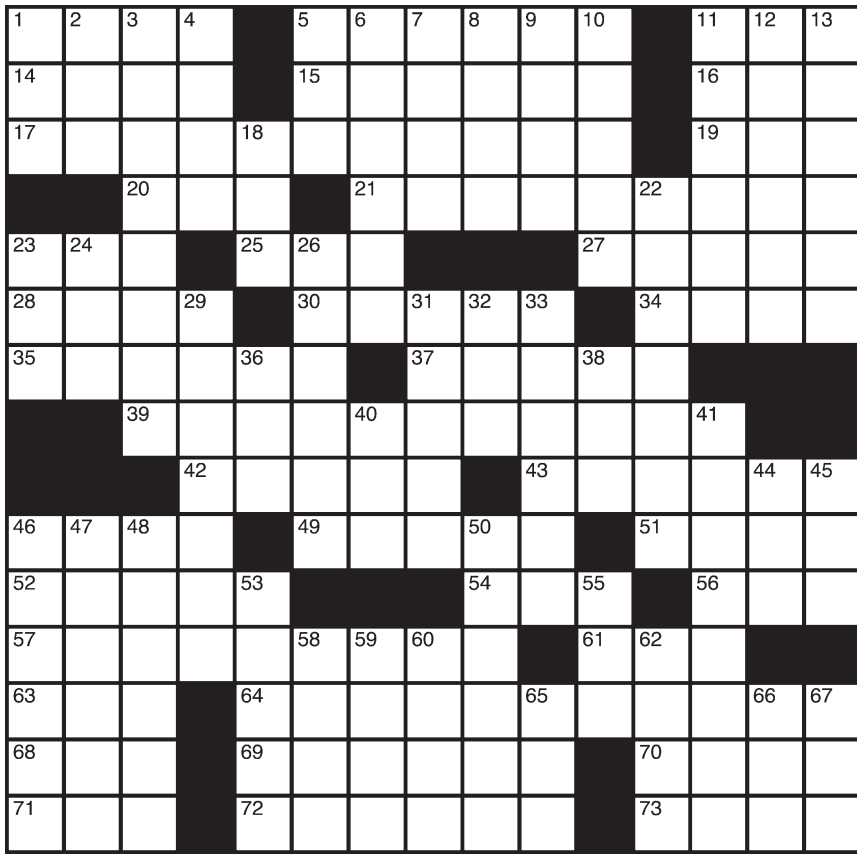
**For Sale:** Stunning 1.33 kt Diamond Ring - \$500 OBO. Text for pictures 541-908-4937



### Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

- ACROSS**
- 1 Clods
  - 5 Got a chuckle out of
  - 11 Roulette bet
  - 14 Lawyer's assistant, for short
  - 15 Vox \_\_\_: voice of the people
  - 16 Architect I.M.
  - 17 Ending from Ali
  - 19 Plumbing pipe initials
  - 20 Very long time
  - 21 Ending from Nixon
  - 23 Civil War soldier
  - 25 Unhittable serve
  - 27 Proverbial waste maker
  - 28 Ship's front
  - 30 Dilbert creator Scott
  - 34 Poet's "at no time"
  - 35 Abandon on an isle
  - 37 Superman and Batman wear them
  - 39 Ending from the Elephant Man
  - 42 Parcels (out)
  - 43 Car window adornments
  - 46 Atlas pages
  - 49 Boss's nervousness-inducing note
  - 51 Banjo support of song
  - 52 "It's \_\_\_!": warning shout
  - 54 Humanities major
  - 56 Archer's wood
  - 57 Ending from Lennon and McCartney
  - 61 Miss. neighbor
  - 63 Salt, in Quebec
  - 64 Ending from Beyoncé
  - 68 One: Pref.
  - 69 Copenhagen's \_\_\_ Gardens
  - 70 Hullabaloo
  - 71 Beginning for this puzzle's five endings
  - 72 Annie, for one
  - 73 Sibilant "Hey, you!"

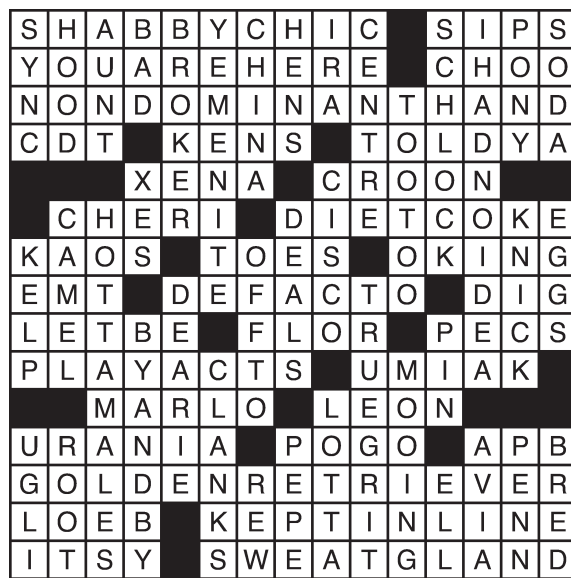


By Jeff Stillman

10/30/13

- DOWN**
- 1 Make a choice
  - 2 Backrub response
  - 3 Not a child of bondage
  - 4 Pudding starch
  - 5 King Kong, e.g.
  - 6 Sounded ghostly
  - 7 Until
  - 8 Bird feeder filler
  - 9 Movie lioness
  - 10 Roadside depression
  - 11 Go up against
  - 12 Spend, as time
  - 13 Haggle
  - 18 Genetic letters
  - 22 Plunder
  - 23 Turntable no.
  - 24 Time in history
  - 26 Ear passages
  - 29 Carpentry tool
  - 31 \_\_\_ of mistaken identity
  - 32 "Oh, brother!"
  - 33 "Itsy bitsy" waterspout climber
  - 36 Plains native
  - 38 Suffix with phon-
  - 40 Born, in society pages
  - 41 Refs' whistle holders

#### Wednesday's Puzzle Solved



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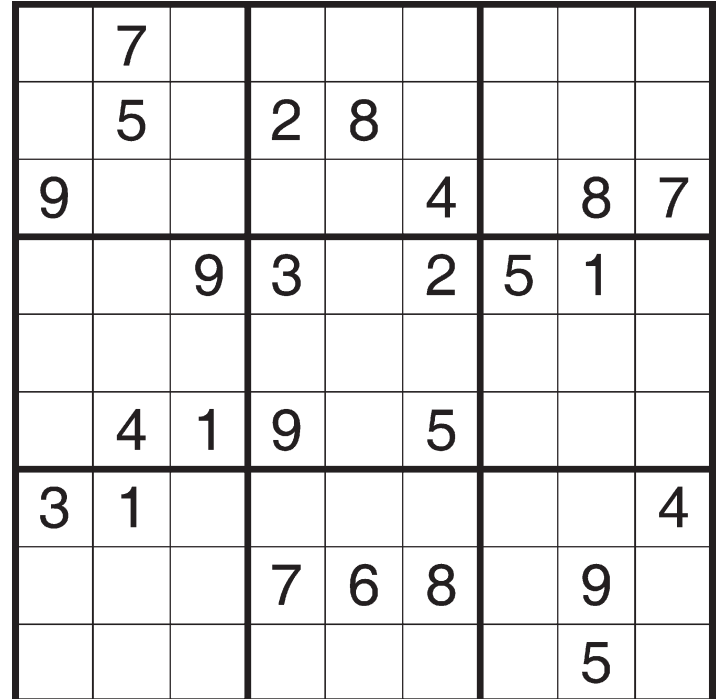
10/23/13

- 44 Grant's opponent
- 45 Put in stitches
- 46 2009 World Series MVP Hideki
- 47 Goddess who advised Odysseus
- 48 Bout before the main event, briefly
- 50 Garam \_\_\_: Indian spice mixture
- 53 Meal, in Milan
- 55 Mai \_\_\_: cocktail
- 58 Bear's home
- 59 "We'd appreciate your answer," on invitations
- 60 "This is bad!"
- 62 Vault
- 65 Half a sawbuck
- 66 Comedian Bill, informally
- 67 Repair quote: Abbr.

# SUDOKU

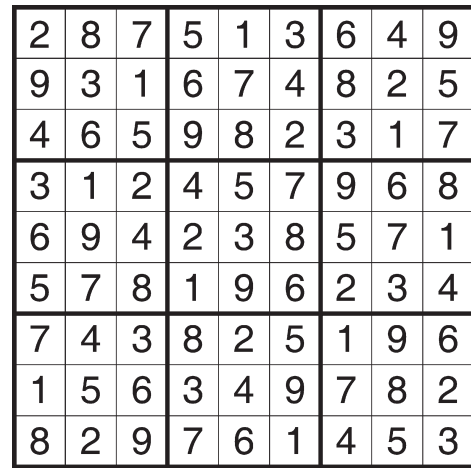
THE SAMURAI OF PUZZLES By The Mepham Group

Level:  1  2  3  4



SOLUTION TO WEDNESDAY'S PUZZLE

10/30/13



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

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## BULLETIN BOARD

**Fall Term Veteran Pizza Feed** Oct. 30 from 11:30 a.m. - 2 p.m. In the Vineyard Mt Room CC-213 Veterans ONLY please

**LBCC SLC Harvest Pie Festival** Oct. 31 @ 11 a.m. - 1 p.m. — In front of SLC Office in Courtyard

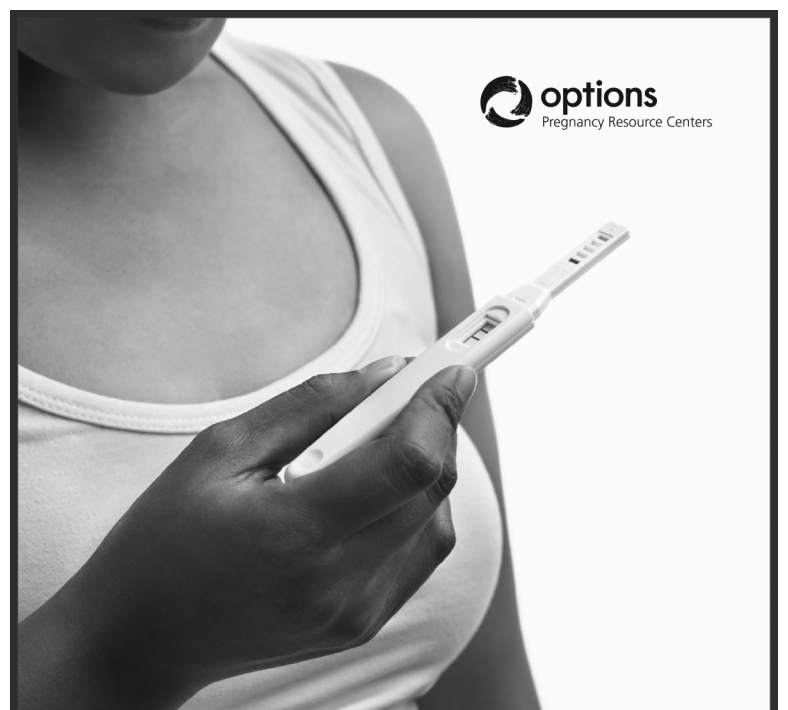
**Oregon Shakespeare Festival Actors Visit** Nov. 8 — LBCC Forum 104. For more Info email: [robin.havenick@linnbenton.edu](mailto:robin.havenick@linnbenton.edu)

**US Poet Laureate** Nov. 5 @ 6 p.m. — Billy Collins will be at the Eugene Public Library

**"Tribute to Veterans"** Nov. 9 @ 2 p.m. — Lebanon High School Auditorium Cost: Free-contributions accepted

**Linn-Benton Community College's "Farm to fork" Fall Banquet** Nov. 15 @ 6:30 p.m. — Tickets are on sale now. The event will be at the college in the Commons cafeteria. Tickets are \$24 per person and must be purchased in advanced through the LBCC culinary arts department in room CC-214

**Poetry Class** Nov. 9 @ 4 - 6 p.m. — A two hour poetry class at WOU with Henry Hughes (a published award winning poet) and a past Falls City council member. Cost: \$15



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**THE COMMONS FARE**  
MENU FOR THE WEEK OF  
10/30 - 11/5

**Wednesday: Brazilian Seafood Stew\*, Prime Rib with Popovers, Tempura Vegetables. Soups: Creamy Chicken and Mushroom, and Vegetarian Vegetable.**

**Thursday: Moroccan Chicken\*, French Dip, Vegetarian Gnocchi. Soups: Billy-Bi, and African Sweet Potato\***

**Friday: Chef's Choice**

**Monday: Poached Chicken Breast, Spice-Rubbed Beef with Compound Butter\*, Saffron Risotto with Eggplant and Tomato\*. Soups: Tom Kha Gai\*, and Creamy Tomato.**

**Tuesday: Paella\*, Pan Seared Pork Chops with Apples, Onions and Bacon\*, Falafel. Soups: Beef Barley, and Potato Cheddar\*.**

**Monday-Friday 10 a.m.-1:30 p.m.**

# HORRORSCOPES

BY: **DANYA HYDER**

**Scorpio: Oct. 23 - Nov. 21**  
Mixing chemicals in your "secret" lab? As a mad scientist, please keep all of your, ahem, 'failed' experiments close. Wouldn't want the killer robot spider on the loose, right?

**Sagittarius: Nov. 22 - Dec. 21**  
Hiding craftily in the bushes with your crossbow? As the new generation of Waldo, you've decided having others find you is really dull. Finding others instead is much more entertaining with your crossbow!

**Capricorn: Dec. 22 - Jan. 19**  
Energized as ever, happily jumping down from the stakes and scaring people is fun. As a pumpkin headed scarecrow, Halloween is a blast! Enjoy running amuck, people buy tennis shoes for running, right?

**Aquarius: Jan. 20 - Feb. 18**  
In raging storms, you happily guide sailors as a nice merfolk. They never end up on land again, but is that truly your problem? Guiding others makes you feel a lot better.

**Pisces: Feb. 19 - March 20**  
For some strange reason, the "Jaws" theme song keeps playing when you're in the room. As a pie-eating shark, you don't understand why people still keep running away from you. Eating pie is simply healthier than eating a person.

**Aries: March 21 - April 19**  
Sad to say, you're stuck in a giant robot pumpkin for Halloween. If only you hadn't tripped and forgotten how to open the locked hatch. Hopefully, someone will notice if you continue to stomp about the courtyard.

**Taurus: April 20 - May 20**  
Sleepy Hollow is better to visit when clouds have coated the sky and some wolf is howling. A headless horseman has a big job, scaring people is tough work. Yet, the reward of terrifying screams is well worth it.

**Gemini: May 21 - June 21**  
Gaze into your crystal ball, the test answers will eventually show. A gypsy has tough work on Halloween, but you've got your crystal ball. Now, if only you could figure out how a Great Pumpkin is walking about.

**Cancer: June 22 - July 22**  
You're the new innocent villager, and for some strange reason Halloween is just getting weirder. A pumpkin head, creepy sounds, headless horsemen, and who is in those bushes? Luckily, you bought your tennis shoes.

**Leo: July 23 - Aug. 22**  
Helping others is the only reason you bought the stakes. As the kind hunter, which you are, Halloween is another time to help others. Don't forget the silver.

**Virgo: Aug. 23 - Sept. 22**  
Are you slowly stomping your way through the courtyard? It's not your fault you have to run only on electricity and rusted bolts. As Frankenstein, you have no worries of why there's a robot spider on the loose.

**Libra: Sept. 23 - Oct. 22**  
Drink blood or howl at the moon, the choices are so hard. As a Vamp-Wolf, you still have so many tough choices. Perhaps a mad scientist could fix some of your so difficult choices.

## THE COMMUTER

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 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:

### Address:

The Commuter Office  
Forum 222  
6500 SW Pacific Blvd.  
Albany, Oregon 97321

### Web Address:

commuter.linnbenton.edu

### Phone:

541-917-4451, 4452 or 4449

### Email:

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# BACK IN THE DAY

BY: **WILLIAM ALLISON**

**On Oct. 30, 1879**, Daniel M. Cooper patented the time clock.

**On Oct. 30, 1972**, 45 people were killed when two trains collided on the south side of Chicago, Ill.

**In October of the 1910s**, Halloween parties were focused mainly on festive costumes, games and foods.

**In October of the 1950s**, Halloween became more a holiday that was aimed more toward children and trick-or-treating really started to spread.

**On Oct. 31, 1864**, Nevada officially became a state.

**On Nov. 1, 1962**, "The Lucy Show" first aired.

**On Nov. 2, 1950**, Charlie Brown and friends first showed up in newspapers when Charles Shultz's "Peanuts" comic debuted.

**On Nov. 2, 1947**, Howard Hughes' Spruce Goose flew for the first and only time.

**On Nov. 3, 1957**, The first animal, a dog named Laika, was launched into space on the Soviet Union's Sputnik II.

**On Nov. 3, 1921**, Milk drivers, who were on strike, dumped thousands of gallons of milk throughout the streets of NYC.

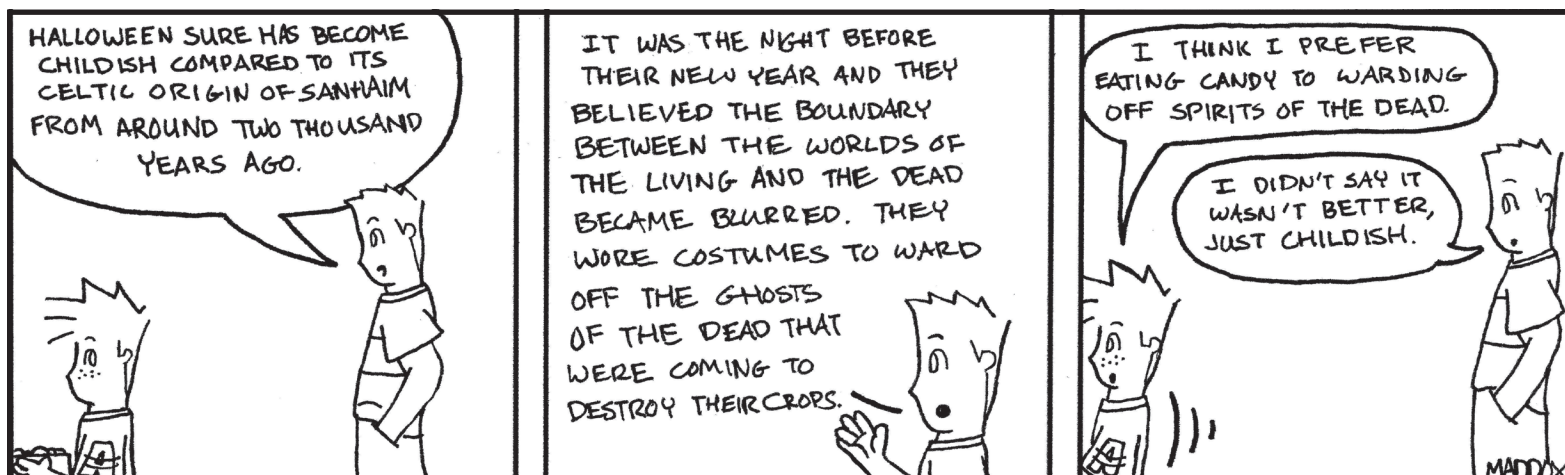
**On Nov. 4, 1922**, The U.S. Postmaster General declared that all homes were to have mailboxes or relinquish delivery of mail.

**On Nov. 5, 1605**, Guy Fawkes was arrested after attempting to blow up the British Parliament in the "Gunpowder Plot."

**On Nov. 5, 1935**, Monopoly, the board game, was launched by Parker Brothers.

# THREE'S A CROWD

BY: **JASON MADDOX**



## THE COMMUTER STAFF

COVER ILLUSTRATION: DAVID NARVAEZ (DAVIDNARVAEZ.LINNBENTONGRAPHICS.COM)

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# 'RUNNERS

## JAMIE & THE LADIES CONTINUE THEIR RHYTHM

STORY AND PHOTOS BY **COOPER PAWSON**

The RoadRunners participated in the annual Dorian Harris Halloween Classic this past weekend. All teams wore matching Halloween costumes. There were ghosts, Captain Americas, and even a team straight out of an '80s workout video, colorful spandex and all.

Our team had another promising tournament outing, going 5-1. Their only loss came from a five-set battle against Tacoma. The final was 15-11 in the final set. "Another tight match," coach Jayme Frazier said.

LBCC finished by winning the consolation championship against Chemeketa in the double elimination tournament.

Abby Hardie and Rylee Hickman received all-star recognition for the tournament. This was Hardie's second all-star recognition in the last two tournaments. She is becoming a leader of this team.

The women's volleyball team will resume league play against Chemeketa this Friday, Nov. 1 at 6 p.m., the match will be at Chemeketa CC. The RoadRunners will return home for their first home game in over a month on Friday, Nov. 8 at 6 p.m. against Umpqua CC. 📍

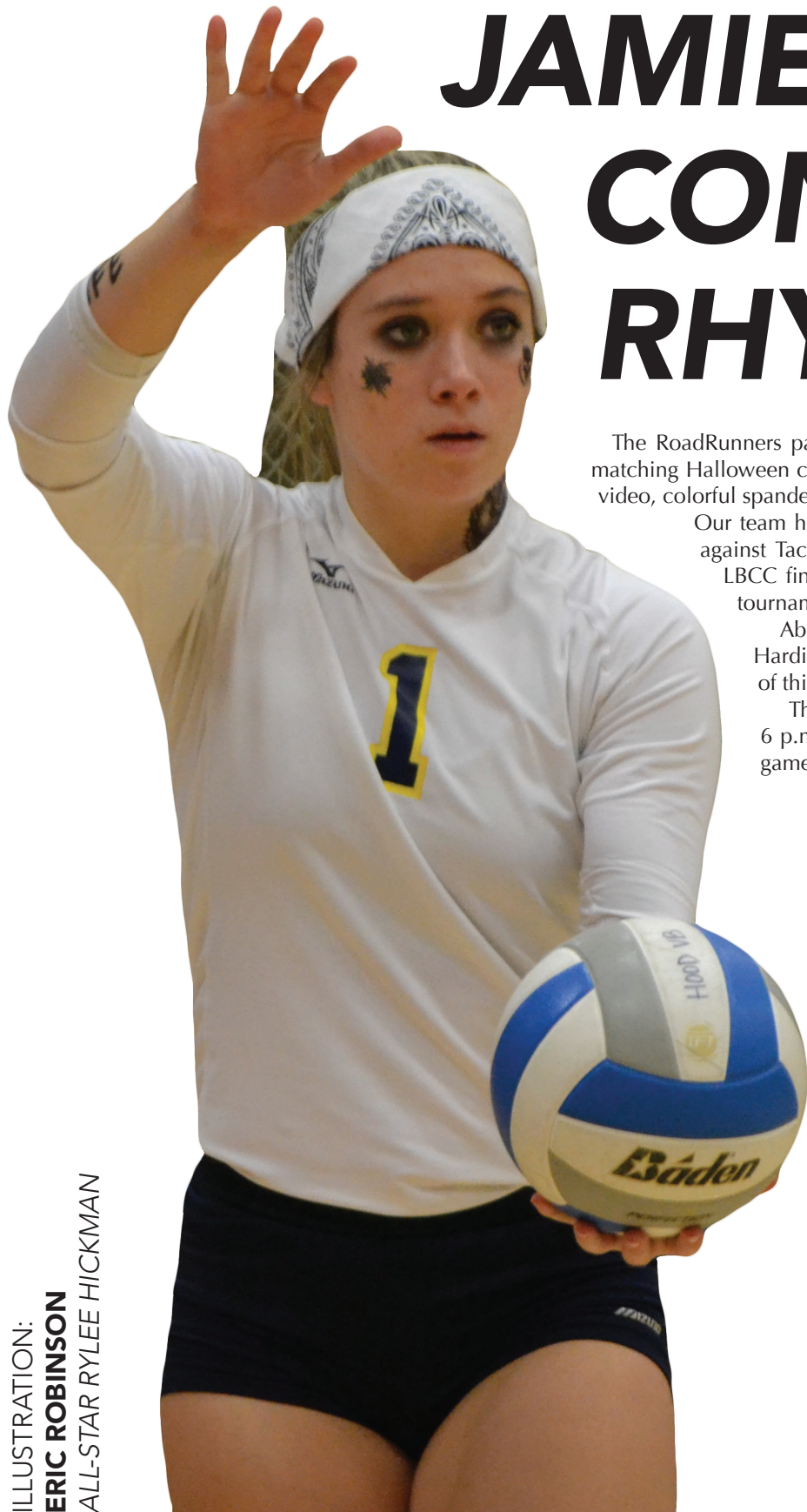


ILLUSTRATION:  
**ERIC ROBINSON**  
ALL-STAR RYLEE HICKMAN



*Samantha Kelsey and Kaci Nonnenmacher await the serve.*



*Paige Kelsey fakes a spike.*



*All-Star Abby Hardie.*