



PHOTOS: WILLIAM ALLISON

Bruce Thompson of LBCC Loss Prevention shows off the surveillance system in the Public Safety office.

ONE WEEK, TWO THEFTS

Over \$1000 of belongings stolen in two days

“Prevent theft – Secure locker before leaving locker room”

This is what students are faced with upon entering and exiting the locker rooms in the Activity Center. However, locks didn't stop a determined thief from cutting the metal lockers open in the women's locker room on Friday, Jan. 10. The break-in occurred between 9 and 10 a.m.

According to Bruce Thompson, loss prevention coordinator at LBCC, several lockers were broken into with either bolt cutters or heavy gauge diagonal cutters. After cutting the metal lockers themselves, rather than the lock, the thief got away with a purse belonging to a part time faculty member.

The staff member reported that cash, credit cards, IDs, an iPad, and a phone were taken. While the security footage has provided little information, Albany Police Department has a few leads and is tracking the iPad through Apple's Find My iPhone (or iPad, in this case) feature. Find My iPhone, which uses GPS and Wi-Fi to determine the device's position, can remotely display a message, lock, erase, and of course, track the device.

Backpack stolen, suspect arrested

LBCC Public Safety says the locker break-in wasn't the only theft during the first week of winter term. Around 3:30 p.m. on Thursday, Jan. 9, a former female student picked up a backpack containing books and an iPad from outside the bookstore. After ditching the bag in a women's bathroom in North Santiam Hall and leaving with the belongings, she and her male accomplice went to the Heritage Mall, attempting to sell the iPad. Once the iPad connected to Wi-Fi, it sent out a signal to the owner, who also has Find My iPhone activated.

The male returned to LBCC and tried to sell the books that were in the stolen bag at the book buyback. The books were still in the plastic shrink wrap. According to Lawrence

Lajoie, bookstore manager, employees were on the lookout for these particular books and police were notified, leading to his arrest.

It is unknown at this point if the two events are related. Many students have expressed concern about leaving their most expensive belongings in the open, with the fear that this very event would happen. The bookstore has this policy to prevent theft during the busiest times of the year.

“I think it's a useful idea but it puts people at risk,” Heather Hutchman said. “I've always been uncomfortable leaving my bag outside the bookstore.”

Students aren't the only ones left stunned by the theft either.

“I'm shocked,” Lajoie said. “It's the first time since I've been here, and I started five years ago.”

Increasing security measures

After the theft of student artwork from the North Santiam Hall Gallery in May 2013, LBCC Public Safety decided to install more cameras, hoping that the increased security would deter future crimes. The quality of the new cameras is significantly better than the ones that were already in place, some are even wireless. These new surveillance tools aren't cheap however, which limits the college to how many they can install.

Some have suggested that dummy cameras be installed to at least make criminals think twice, but Thompson doesn't like this idea.

“If something happens and I get asked for footage, how will I explain it then?” he said. “We're adding cameras as quickly as the budget will allow.”

To prevent thefts from happening outside the bookstore, criminal justice student Jessica Olson suggested adding a “cubby space inside the bookstore where students could leave their bags and know that they are being watched.”

While they are not inside the store, there are lockers

available for free just outside the bookstore. Lajoie said that tokens will be handed out at the door for students who wish to use the lockers. To prevent this from happening again, LBCC Public Safety has installed an additional camera outside of the bookstore and the bookstore is looking to expand the lockers, allowing more students to secure their belongings.

Olson also said that it is “discouraging that theft and criminal behavior can so easily taint campus life.”



The locker that was broken into.

STORY BY WILLIAM ALLISON

WHAT YOU CAN DO TO PROTECT YOURSELF

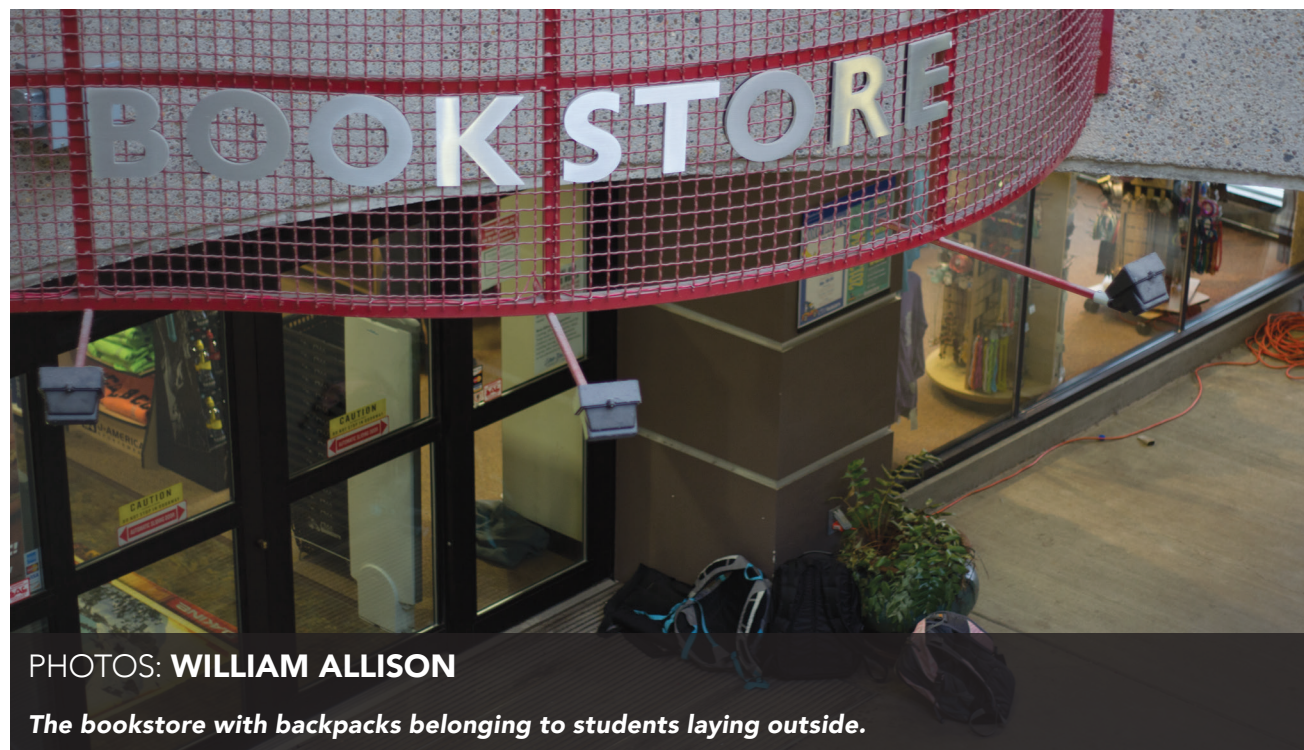
While there may be times that students absolutely must have their valuables out of their possession, there are ways to prevent being a victim of crimes like these.

- If your electronics have the ability to be tracked or remotely locked if they're stolen, activate these services.
- Going into the bookstore? Take your electronics with you.
- If you must bring your valuables into the locker room, make sure they're hidden and no one sees you put them in the locker.
- Don't show off your new devices, it makes you a target.
- If you don't need it with you, leave it at home.

CAMPUS PUBLIC SAFETY MISSION

“The Linn-Benton Community College Campus Public Safety Office exists to provide a safe and secure environment where members of the LBCC community study, work and play. Our efforts will foster a safe environment supportive of the College's goal in educational excellence. Campus Public Safety seeks to bridge the gaps and establish relations between the College community and the communities in which we reside.

Campus Public Safety Officers shall be courteous, friendly, tactful, diplomatic and use good judgment when dealing with members of the campus community, visitors and/or guests. LBCC Public Safety Officers will remain firm, professional, equitable and pleasant in their designated duty to administer college policy and student conduct rules.”



PHOTOS: WILLIAM ALLISON

The bookstore with backpacks belonging to students laying outside.

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LETTER FROM THE EDITOR**

JANUARY 15, 2014 • VOLUME 45 • EDITION 13

EMPLOYMENT SERVICES HAS NEW LOOK

On Dec. 20, Career Services launched their new online employment system, Career Connections. A user-friendly site, Career Connections links current students, alumni, faculty and employers together.

In 2000, LBCC Student Employment posted their first job online. Over the past 14 years, Employment Services has posted over 100,000 jobs with 75,970 referrals for part-time and full-time positions. They have seen over 1,700 students and alumni hired from these. Since the launch of Career Connections powered by Symplicity,

Employment Services have seen 80 out of the 970 registered employers and 180 out of 3,150 registered students log on, post jobs, update information and apply for jobs.

"[We're] very proud of the site," said Janeen Phillips, Career and Employment Specialist at LBCC. "It is going really well for [having] only been live for less than a month."

Career Services available through Career Connections:

- View, sort, and apply for local, regional, and national job listings.
- Look at employer profiles, save favorites, and be notified when these employers post jobs.
- Create résumés on your own or using templates and have them sent directly for job applications or if you choose, make available to be viewed by employers.
- Volunteer to put your résumé in a career specific "virtual book" for employers to seek and find candidates (ex. Nursing Graduate book, etc.)



PHOTO: ELIZABETH MOTTNER

Janleen Phillips helps a student with a job search.

- Review job search skills resources and sign up for workshops.
- Access Career Fair event details and participating employers.

"Career Connections has local and regional jobs," said Marci Johnston, Career and Employment Specialist at LBCC.

Career Connection is easy to use and offers enhanced features for students, employers and LBCC faculty. Employment Services is available to help guide students and employers through the new site and offer the tools to be successful in seeking employment. Johnston and Phillips are available to help create résumé and cover letter, refine job searches, and aptitude surveys to help select fields of education and employment.

Enhanced features for students:

- Job search services and resources available 24/7. Login using your Student ID.
- Database with job opening in areas of interest or related to your major.
- Job Finder matches your career interest and experience with jobs; Job Blasts alert you to openings.
- Students create an online presence with Student Profile and make it and resume viewable to employers.
- View employers' profile, connect with them and save in their favorites.
- Upload résumé or use the Résumé Builder to create a new résumé and apply to jobs within the system.
- Search for Career Connections local jobs or use NACELink which is a national employment database.
- Show Announcements about Career Fairs and other important information

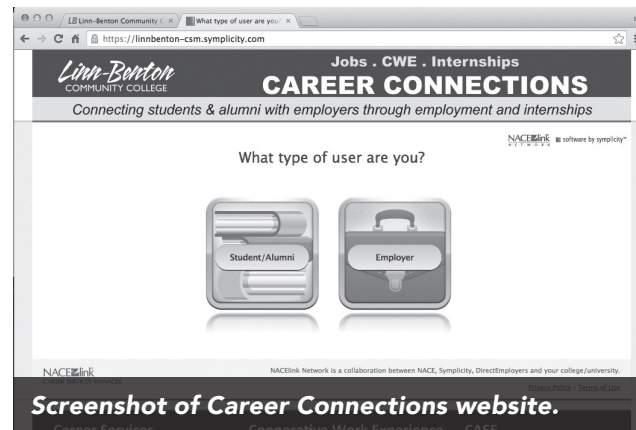
"I like it. It's pretty easy and self explanatory. I like that you can upload your résumé on it," said Jalesa Malabanan a student at LBCC. "It has local listings and some from other states as well."

Enhanced features for Employers:

- Create an online presence so students can connect to you and you can connect with students.
 - The ability to post jobs 24/7 and track responses.
 - View students' résumés and contact them directly.
 - Collect résumés or application materials as a package or have them sent to you when a student applies.
- "Employers are happy with the new site. It is easy to use and they are able to access it 24/7," said Phillips.

Enhanced features for Faculty:

- Faculty can login and register if you have a Student ID.
- View job postings and promote to students.
- Promote Career Connections to employers you have been



Screenshot of Career Connections website.

working with or that you know are hiring to help your students gain the skills they need in their field or find additional income while in school.

Access to Career Connections is available on the LBCC website. Click on the Current Students tab and then click on the Work link. From there, click on Student Employment (New System). Current and past students can create a profile using their Student ID. Once the profile has been approved, students can begin using Career Connections. Most questions will be answered by hints and there is an online manual available in the Document Library. Employment services are available by phone or email. On that note, email is the key, keeping it up to date and checking it regularly.

"Email is important. The system relies heavily on email, so it is important to check your email regularly," said Johnston.

The goal for 2014 for Career and Employment Services is to come into classrooms and Department meetings to demonstrate how to best utilize Career Connections.

Happy job searching and best wishes on a long and enjoyable career. 📍

STORY BY ELIZABETH MOTTNER

ADDITIONAL INFORMATION

Login:

For students - linnbenton.edu/current-students/work

For employers - linnbenton-csm.symplicity.com/employers/

Contact:

Phone - (541) 917-4780 option 4

Email - careerconnections@linnbenton.edu

SLC PRESIDENTIAL ELECTIONS



Hey everyone!

It has been such a privilege to serve as your student body president for the past two years! This term will see something different in the form of elections for your next student body president and vice president! I am very excited about the upcoming elections and the candidates we have so far who I know

will represent our school with integrity and enthusiasm!

When I first joined student government here at LBCC I was a little apprehensive. I was new to the campus and didn't really know anybody. I had never been in student government before and had little experience with managing and attending meetings. During the course of my two years of service here at LBCC, I have met some of the most amazing people who have helped me grow not only as an

individual but also as a public speaker, student, friend and leader. This position has taught me the value of speaking up for those around you and the power of your own actions. I have always heard the phrase, "Be the change you want to see in the world," but never truly understood the magnitude of those words until I became a part of student government and was awoken to the power each individual has to affect change.

To our next President and Vice President, get ready for a whirlwind of learning! You will attend a great deal of meetings that will open your eyes to the ins and outs of Linn-Benton Community College. You will have the opportunity to speak on behalf of the student body and advocate for student engagement. This position will be what you make of it and I encourage you to take those words and this position to heart and truly be the change you want to see in the world.

Good luck and happy campaigning to all our candidates! 📍

Amanda McCown
Student Body President



VOTE OR VOTE

It's that time of year again where LBCC Student Leadership Council is encouraging students to register to vote and be apart of the Vote OR Vote campaign. "Vote OR Vote" campaign is ran by students all over Oregon to get their voices heard. LBCC is one of the many colleges that is involved and partnered up with the OSA (Oregon School Association) to make school more affordable and collect the interest of students in Oregon.

The reason behind the name "Vote OR Vote" is because Oregonians only have one choice, and that is to vote. LBCC is asking students to register to vote for this year's election which will take place on May 20 for primary election and on Nov. 4 for general elections.

On March 8, they will announce who the running candidates The legislature voting happens every two years and has a big impact on colleges. The reason why LBCC is involved in this campaign is because the legislature decides on all the college funding; tuition, books, educational purposes and many other funds.

"LBCC has a voice in what they want and they want to be heard," states Mike Jones, LBCC SLC Legislative Affairs Director.



LBCC has been involved in the Vote OR Vote campaign for awhile now and still pushing hard to get LBCC students to register and to vote so they can get their voices out.

The spring of 2012 was the last time that the voting for legislature took place. There were approximately 2,500 voters from LBCC and last fall there was about 1,500 from LBCC who registered to vote for this next election. It is important that many students from LBCC and other colleges register to vote for your benefit financially and to get what you want heard. SLC will be hosting "days of action" where you can register to vote and get more information this Wednesday and Thursday (Jan. 15 & 16) and a week or two starting spring term.

If you have not voted in a few years but still would like to, the SLC recommends to register again, just incase any of your personal information has changed since you last voted. Again, it is very important to vote so we can get Linn-Benton student voices heard for lowering tuition, books costs and many other expenses! For more information go to orstudents.org or visit oregonlegislature.gov.

STORY BY **AMANDA JEFFERS**



PHI THETA KAPPA

The Alpha Tau Upsilon chapter of Phi Theta Kappa is proud to host a general membership meeting on Jan. 31 from 11 a.m. - 12:30 in the Vineyard Mountain room (CC-213). This meeting also includes information for perspective members in the world's largest honor society. Attendees of this meeting can gain insight into the benefits of being a member of Phi Theta Kappa. Topics that are

included for discussion will include: Honors in Action, College Project (SALTMONEY.ORG), Competitive Edge, and general information about Phi Theta Kappa. All students are encouraged to join the Alpha Tau Upsilon Chapter for this information session and general membership meeting. Pizza and refreshments are to be served.

LBCC PRESS RELEASE

NEW LIGHT AT THE D.A.C.

The Diversity Achievement Center has added a new tool to help students at LBCC. The D.A.C. has a new HappyLight.

"I have suffered from seasonal depression for years. My sister gave me a two-pack happy lite for my birthday which has turned out to be the best gift ever, the gift of happiness. After just 30 min of use I felt better. I use one at home when I read or watch TV and one at work near my computer," said Jen from Verilux.com reviews.

A HappyLight is a natural spectrum light that is similar to daylight. This allows the light to help with winter depression and seasonal affective disorder (S.A.D.). Full spectrum lights help fight fatigue and helps insomnia. The human body takes clue from natural light when to sleep and wake and during the darker months, lights like the HappyLight will help with the blues, lethargy and maintaining natural cycles.

"I have used these for a few years - I keep one at my desk and one at home. Not only does it help me focus and concentrate more I find it much easier for my body to know when to go to sleep at night," said Amanda K.

The D.A.C. offers a quiet and relaxing place to study or socialize between classes. There are five computers available to do school work or catch up with friends and family. Tables, chairs and sofas are free to lounge in and read, or play games that the D.A.C. has available. Music is played softly in the background, ranging in style to from salsa, latin and hip-hop.

So stop by and enjoy this hidden gem of a lounge and get a dose of HappyLight to chase away the winter blues, make new friends and enjoy the comforts the D.A.C. has cultivated for the students of LBCC.

STORY BY **ELIZABETH MOTTNER**



PHOTOS: **ELIZABETH MOTTNER**

Students enjoy the HappyLight at the D.A.C.

DON'T BE S.A.D.

1. Go Outside
2. Exercise
3. Have Sex
4. Read
5. Sleep
6. Light Therapy Lamp
7. Eat Healthy
8. Take Vitamins
9. Let Go Of Stress
10. Be Nice



Get the word out!

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PROJECT 66 - JOURNAL OF STUDENTS

Have you ever wanted to be published in a book or journal? Thanks to the efforts of LBCC instructor Tim Black, students will have the opportunity to do just that.

The project, entitled "66," will be a compilation of 66 works from a variety of mediums. Students can choose to submit within the categories of fiction, poetry, digital art, and photography and can rest assured that no matter the work, it will be considered.

When asked about limits to content and what is acceptable or not Black explained, "We're looking for a variety of submissions. As the Simpsons mentioned, beauty is truth and truth is beauty, but sometimes the truth is harsh and disturbing."

There will be no limits to language or theme. The same applies to the pictures and art. Nudity is fine, as long as it's artistic. Everyone can feel what is appropriate and what isn't.

"As long as the content could be reasonably defended as artistic, I'd personally have no problem printing it," Black said.

Black went on to explain that the system is structured in an idea of all fairness.

"This is double-blind," he said. "There has been an email address created and another staff member or student will remove all identifying markers before I see them, so as to put the art first and the person second – and to make it as fair as possible."

Black also explained that there will be no limit to the number of submissions they are willing to except. "My hope is to get too many submissions."

Whether or not this will be a recurring project each year, Black was unsure. "For now, though, I'm just working hard to make this first time as successful for our students as possible." ♡

STORY BY **TEJO PACK**

AT A GLANCE

Submissions should be sent to:
lbcc.66submissions@linnbenton.edu

Submission Notes:

Fiction: Up to 2 Stories

Poetry: Up to 3 Stories

Photography and Art: Up to 3 works, each with a title. JPEG Format. Include a short, third-person biographical note in your submission.

2014 CLUB EXPO

On Thursday, Jan. 9, the SLC hosted 2014 Club Expo. The Expo was held in Takena Hall and went very well.

The traffic in Takena Hall was very brisk and the tables were busy with students checking out the various clubs. Takena hall allowed the Expo to remain out of the elements. SLC who hosted the event was very happy with the attendance and interest the Expo garnered.

"All in all, I think the event was a real success. All of the clubs that I talked with had a lot of interest that day," said Nick Baker, SLC's student event planner. "One club (AAUW), was a prospective club before the event, and they garnered enough interest that they could be a club."

The Expo had 13 clubs attend this year and the ROV team had a table to present what they do. Look for another Club Expo in the near future.

"I plan on doing one soon! I don't know exactly when we will do another, but we will keep working on it," said Baker. ♡

STORY BY **ELIZABETH MOTTNER**



PHOTOS: **TEJO PACK**

Students from Mechatronics put on a show with visually stunning displays.



PHOTOS: **TEJO PACK**

Club members from LGBT share a laugh.



PHOTOS: **TEJO PACK**

Students get a chance to discover what clubs are all about at LBCC.

LBCC COLLEGE NIGHT

Thinking about attending college or looking to improve your job skills? Plan to attend College Night at Linn-Benton Community College Monday, Feb. 3

Preregister online at www.linnbenton.edu/college-night for this informative event.

Visit with faculty advisors about LBCC programs and explore your career options. Learn how to finance your college career and how you can earn college credits while still in high school.

"A Look Beyond the Books" will showcase clubs, co-curricular programs, theater, music, short-term training programs and more from 4:30 to 5:30 p.m. in the Forum

building, room F-104. Campus tours will be offered from 5 to 6 p.m.

Information on LBCC's degree partnership programs with Oregon State University and Oregon Institute of Technology will be available. Learn about special admissions programs and meet current LBCC students.

College Night is free and open to the public. Register online or call the LBCC Admissions Office at 541-917-4847.

For special needs and accommodations, contact the Office of Disability Services at Phone 541-917-4690 or via Oregon Relay TDD at 1-800-735-2900 at least 72 hours in advance of the event. ♡

AT A GLANCE

Monday, Feb. 3 from 4:30 to 7:30 p.m.
Albany campus, 6500 Pacific Blvd. SW.
www.linnbenton.edu/college-night
(541) 917-4847.

LBCC PRESS RELEASE

THE FLIP SIDE OF SPRING BREAK

A time to give back

Not sure you are looking to party this Spring Break? Linn-Benton Community College students may want to consider an alternative Spring Break. It could be a great choice for you!

From March 20 to March 30, there are 10 days in order to give back and help others. Many of these volunteer opportunities allow the spring breaker to travel and see other states or countries and spend time with other similar-minded students. Travel to areas of natural disasters or third world countries. Make lifelong memories and friends and explore new cultures as you volunteer and offer help to others in need.

Join Habitat for Humanity or United Way and travel to areas that are in need of help, either teaching children, building schools, parks or houses. More and more students are finding volunteering a great alternative to the traditional Spring Break.

Many organizations offer a pre-planned trip to the areas in need. Housing and sometimes food are included in the price. Or local chapters can direct the spring breakers to projects within Oregon. Each organization will offer tips and packing information for the various locations that are offered for travel. During your free time, you are able to enjoy and explore the area.

Habitat For Humanity

Habitat for Humanity offers two different opportunities, Collegiate Challenge and Global Village, for students to volunteer with a group of friends or individually as an alternative to traditional Spring Break activities. Students spend a week working to build or rebuild homes and other projects in the community to help improvement projects. Projects include building houses and structures or helping clean up after natural disasters.

"When you work alongside people of a different culture and spend time with them, you realize that we all have the same basic hopes, wants, dreams and needs," said Shelia Crowley of Habitat. "What Global Village does is help people in the developed world and the developing world learn that they really aren't all that different from each other."

With Habitat for Humanity students travel to places throughout the United States and the world, working with local communities. Most locations will have recreational locations nearby for students to enjoy their free time in national parks, beaches and city centers with arts and entertainment available. A safe place to prepare meals, sleep and shower will be provided. Be prepared to bring

AT A GLANCE

When: March 20 - March 30
Where: sky's the limit
Information:
Global Village - www.habitat.org/gv
Collegiate Challenge - goo.gl/bUjxY3
UnitedWay - www.unitedway.org/take-action/alternative-spring-break/
Cross Culture Solutions - goo.gl/tvp93B

TRAVEL TIPS

Pack for all types of weather
 Pack completely to avoid price gouging
 Follow guidelines/lists given to by organization traveling with
 Bring a camera
 Bring plenty of small gifts to give to children
 Bring a sleeping bag and pillow

sleeping bag and pillow, and clothing for all types of weather. Most locations you will arrive on Sunday and depart on Saturday. Volunteers will work eight hours a day. Supplemental medical insurance is available if needed. It's best to read all the frequently asked questions.

"It was the most fulfilling and rewarding thing I have ever done in my life," said Mariam McFadden in an online testimonial. "It was unbelievable not only to be in my homeland, but also to be able to learn and to help. And to do it with such a diverse group of people from all over the U.S., from the Ukraine, from Armenia — it was the most enriching experience I could imagine."

Contribution fees range from \$0-\$4000 plus travel and spending money for food and recreation. Budget about \$10 a day for food if you prepare meals with a group of volunteers. If students plan to eat out, their budget will need to increase to cover costs. Students must be at least 16 years old. Most evenings are free, but some will offer you planned events.

Some locations that Habitat for Humanity have events during LBCC's Spring Break:

West Palm Beach, Fla. – Located near the beach to enjoy sunny weather.
 Macon, Ga. – Close to Atlanta and beaches in Savannah.

Local area offers rich music history.

Wailuku, Hawaii – Close to beaches, parks, shopping and outdoor activities.

Kalispel, Mont. – Loads of outdoor recreation available in the area including Glacier Park.

Goldsbtor, N.C. – Close to beaches to enjoy the sunny weather.

Spring Lake, N.J. – Helping Hurricane Sandy victims on Jersey Shore.

Taos, N.M. – Close to ski areas, pueblos to explore and outdoor recreation.

Beaumont, Texas – Near the Gulf of Mexico, great cuisine and warm weather.

Pernambuco, Brazil – Building low-income houses and play soccer during free time.

United Way

According to the United Way Alternative Spring Break website: "For more than seven years, United Way has provided students with an opportunity to give back during their spring break. Through unique collaborations between United Way and partners like Deloitte, MTV and Participant Media, hundreds of students were able to volunteer through life-changing United Way Alternative Spring Breaks in 2013. Since its inception, over 2,500 students have traded in their swim suits for tool belts and participated in Alternative Spring Break in dozens of communities across the country, contributing more than 77,000 hours of volunteer service."

United Way also hosts groups to help with community activities, such as maintaining youth camps, construction or rebuilding homes, and working with youth in Boys and Girls Clubs.

This year, United Way programs are available in New Jersey, Washington, D.C., Baltimore, and San Francisco during the week starting March 23. Participant fees range from \$250 to \$350, which covers food, lodging and transportation to and from the work site, plus the cost of travel, food and spending money.

"We did not give up our spring break, we took advantage of it," noted a student named Tom, who worked in northern New Jersey in 2011.

Volunteering during Spring Break offers a chance to help out and change lives, meet new people, explore new places and take a break from daily life. Consider signing up with for a new adventure and celebrate Spring Break in an alternative style. 📍

STORY BY **ELIZABETH MOTTNER**

EMERGENCY COMMUNICATIONS WITHIN YOUR GRASP

We've all seen the news of earthquakes, storms, and fires that ravaged the nation every year. When the power goes out and cell service goes down, how do you think the authorities communicate? Ham radio is not just for your old uncle in the back room, or the weird guy down the street with all the antennas on his house, it is a proven communications system that is the most reliable form of electronic communication in the country.

Have you ever wondered how the police and fire department talk to each other during a major event? Look toward your local ham. Hams were there during the 1964 Alaskan Earthquake, helped out during the 9/11 terrorist attacks, and are always present when there is a flood, fire, or even community events. Throughout the country you can find groups called Amateur Radio Emergency Services (ARES). This collection of technically trained men, women, and children have the knowledge and equipment to assist most, if not all, community communications whether they are providing communication for a 5K marathon or assisting authorities in a violent storm.

Ham radio is not the same as C.B. radio. An F.C.C license must be acquired in order to legally operate an amateur radio. However, it is now easier than ever to obtain a ham

"ticket." The removal of the need to know Morse code has made study for this license an easy journey.

There are classes in the area you can attend to join the ranks of this special group of "second responders" who aid emergency responders in their work during emergency events. The Benton County ARES group is offering classes to help interested people obtain technician level amateur radio operators licenses.

The classes will be in the public conference room in the Law Enforcement Building. There will be a test session to get the license. The class is free, but it will cost \$15 for the testing fee. Please register for classes by contacting John Stanley. Due to the nature of these classes, it is strongly suggested that the books are purchased before going to class.



PHOTO COURTESY: STRYKERRADIO.COM

Ham radio can be a life-long hobby for everyone and is a great way to communicate with people from down the street to across the world. Today's ham has access to internet linking radio, digital communication and even the International Space Station. This is a great way to find out what ham radio can do for you. It's not just your grandpa's hobby anymore. 📍

STORY BY **DALE HUMMEL**



COURTESY: **CONSTANTIN FILMS**

When it comes to movies that are full of fantasy action with tons of special effects, comedy and an underlying love story which demonstrate a wide range of acting, people are bound to be drawn to it. While watching the newly released movie, *The Mortal Instruments: City of Bones*, audiences will get all the action and fantasy their hearts desire, but not in a way that is completely comprehensive or even remotely enjoyable.

The story of the movie begins with a girl named Clary Fray, who discovers that her mom has mysteriously gone missing without any warning. She quickly learns that she is the descendent of a long line of warriors who protect our world from demons who are able to shapeshift and remain hidden until confronted. In order to find and save her mom, Clary joins forces with others like her and heads into a dangerous alternate New York called Downworld. There's a plot twist around every corner, teenage humor, and the everyday teenage hormonal sexual tension that characters seem to experience in every action packed movie.

"The action flick is overly long, complicated and, even by teen romance standards, cringe-worthy in its cheesiness," said Stephanie Merry, of the Washington Post.

I would agree with this statement. The first thing to annoy me was how fast the plot moved. It launched into Clary

developing her character right after the disappearance of her mother, but we are rapidly bombarded by new characters. Not only are there characters that have no backstory, or very little back story, it's left unclear how they are all connected, how they are unseen to humans and why they live in an abandoned institution that seems to have a hidden and unspoken rule that no one but warriors may enter.

"The acting for the most part is decent enough, though the dialogue is predictable and a little clichéd at times. We do get to see Clary transform from a regular teenager to a Shadowhunter wearing short dresses, a leather jacket and thigh high boots," said Peter Keough, of the Boston Globe.

From what I experienced, the movie seemed like a mashup of *Bridge to Terabithia*, *Harry Potter* and *Men in Black* that seemed to incorporate humorous parody of all the love triangles and fantasy adventures we have experienced in the new generation of movies such as *Twilight* and any zombie movie made in the last three years.

"Everything chugs along briskly and reasonably entertainingly until running off the rails a bit with a wildly over complicated finale," said Bruce Ingram, of the Chicago Sun-Times.

This movie does not take a large amount of brain power

MOVIE REVIEW:
The Mortal Instruments: City of Bones

STARRING: Lily Collins, Jamie Campbell Bower, Robert Sheehan

DIRECTOR: Harald Zwart

GENRE: Action, Adventure, SciFi

RATED: PG-13

OVERALL RATING: ★★☆☆☆

REVIEW BY **LEX PORTER**

to follow what occurs throughout the movie, however it would be in anyone's best interest to not be distracted while watching the movie. Due to the loose ends toward the end of the film, new characters, demons and love triangle, it is easy to miss important scenarios and issues that arise constantly. There will be double takes for the viewer, jaw dropping scenes and the occasional uncomfortable and unsettling realization. 📍

THE BIG SUBJECT



ART WORK: **KENDRA LARSON**

"The Spring"

Landscape painting is an expanding and intricate topic. There is a new exhibit on display titled, "The Big Subject". Its objective is to describe and portray the idea of what nature is, "an environment much larger than human scale – on a mere panel hung on the wall."

A landscape painting often includes small elements that are close up and in the foreground, while the view moves into the distance to the horizon and up to the sky as far as our eyes can reach, almost stretching your imagination with your eyes.

The Arts Center of Corvallis will be presenting, "The Big Subject" which includes a showcase of a couple landscape paintings for anyone to view.

"The Big Subject" invites viewers to look more closely at our world. The landscapes of Sandy Roumagoux and Kendra Larson, depict how modern life interacts with the sense of how fragile nature is.

While some landscapes can be sweet and pastoral, Sandy Roumagoux's work is bold and daring. Her paintings are interpretations of faith, war and nature.

"Much of what I do is predicated upon a personal fundamental acceptance of the "divine absurdities" of existence, and the duality in our existence of love/hate, violence/peace, silent/sound, night/day," said Roumagoux.

Having been called political, she feels politics and art cannot be separated, that both politicians and artists have a message that resonates with the public while both make promises.

"The subjects of my paintings are influenced by my growing up on a farm where I was raised by avid environmentalists and gun lovers," said Roumagoux.

Kendra Larson, one of the other landscape painters, said that each generation's cultural understanding of nature is reflected in its approach and execution of landscape painting.

AT A GLANCE

What: "The Big Subject": landscape painting by Sandra Roumagoux and Kendra Larson

Where: The Arts Center, 700 SW Madison, at Central Park, Corvallis OR 97333 (free parking available)

When: January 24 – February 27, 2014

Reception: January 30, 5:30 – 7:30

Brown Bag Art Talk: February 6, noon

Hours & Website: Tuesday through Saturday, noon – 5 PM, www.theartscenter.net

Larson works in the 19th Century tradition of representational landscape painting, her work becomes entirely contemporary by highlighting the material properties of the paint through its application. She employs 21st Century contemporary use of color and materials.

"In my art practice, I find that chaos, awe and fear are revealed in ways I could not plan when I begin a piece," said Larson.

She has also found inspiration in books including: *My Abandonment* (Peter Rock) and *Sometimes a Great Notion* (Ken Kesey).

"In these stories, as in my painting, I have found that the Pacific Northwest is unique in that there our cultural identity, spirituality, and sense of history is strongly intertwined with the environment," said Larson. 📍

PHILLY CHEESESTEAK

Lebanon doesn't have a large variety of food to choose from. Most of the choices are, Mexican, Chinese, Pizza, fast food or Subway®. When a sign was raised in the Lebanon Plaza that a new sandwich shop was opening, I had to check it out.

During and after high school, I had the opportunity to travel to New York. To this day, I remember the full flavor of the Philly cheesesteak sandwiches, the soft warm bread, the melted cheese oozing down my face with each succulent bite. Since that time, I have tried to find a restaurant to emulate that experience to no avail.

Finally, after all these years, the closest experience to that had opened in my neighborhood.

Ivan's Philly Cheese Steak opened at the beginning of December just before the big freeze of 2013. I don't think people ventured out during the snow and ice, unless it was absolutely necessary. But I digress.

"On the East coast, Philly cheesesteak sandwiches are a whole sub-culture," said Curtis Horton store owner. "I did a lot of research and wanted to have the freshest ingredients."

The quality of food that is being created at Ivan's demonstrates how much care goes to each of the items that they make.

Food: ★★★★★

Let me start with the food. All the sandwiches are made fresh to order. The meats, vegetable and cheeses are all fresh. It is grilled and blended together to give them a mouth full of flavors. The bread that is used only has two distributors on the West coast. The bread for the sandwiches is soft, yet still holds all the ingredients.

I recommend the combo sandwich from the specialties. It has steak, melted cheese, and jalapenos grilled together on a soft roll. If spicy is a little too much, then try the teriyaki. The teriyaki has a unique flavor. The one ingredient that I would prefer to have on the teriyaki is pineapple.

If you're a Philly cheesesteak expert, you will find this close to what any restaurant offers on the East coast. They even have wiz. But make certain that you ask for it. And for those who don't know what wiz is, then you will have to try it on your sandwich.

Customer Anna Fletcher said that a friend recommended her. "This is the best sandwich around," she said.

They have fresh homemade soups. The one soup that is highlighted every day is the clam chowder. "It is an award winning soup," said Ian Bannon, executive chef. The soup is loaded with vegetables and most importantly, clams.

They also hand-cut their chips and fries that comes



PHOTOS: TED HOLLIDAY

Philly cheese steak sandwich.

with the sandwiches.

"Almost everything we make is fresh," Horton said.

Service: ★★★★★

Walking into the restaurant for the first time, you will be greeted by Ivan's friendly staff. They are willing to describe and explain the entire menu. The chef's and managers all recognize their customers and ensure that everyone has a great experience.

This is not a fast food restaurant where you will be in and out in less than a minute. If you have a short lunch break, like ½ hour, then I recommend calling ahead or getting it to go. Otherwise, take your time. The food arrives hot, fresh and takes a while to eat.

The only thing that would make the service better is if they offered catering. "That might be something we may add at a later date," said Shane Sebree, store manager.

Atmosphere: ★★★★★

The staff is friendly and there are places to sit, there is some improvement on the interior of the restaurant. Several of the chairs are loose when sitting in them. There are still some remnants from the previous business that was at the location. The nice thing is that they do offer places to sit down. You can also watch all the food being prepared and cooked.

Price: ★★★★★

The price of the food is not fast food prices. The average sandwich is around \$6 for a six-inch sandwich and just over \$10 for a 12-inch sandwich. I recommend the six-inch to start. The sandwiches are loaded. I struggled finishing eating my six-inch and chips.

Overall: ★★★★★

The overall experience is fabulous. Lebanon needed something to spruce up the food diversity. Ivan's brings this an a whole lot more. 📍

STORY BY TED HOLLIDAY

AT A GLANCE

The cost ranges from \$3 to \$11

Restaurant hours are from:

11 a.m. to 8 p.m. on Sunday to Thursday

11 a.m. to 9 p.m. on Friday and Saturday.

Catering is available.

2790 South Santiam Highway

Lebanon, OR 97355

Phone (541) 570-1800

DANCE CLUB

Whether dancing is performed as a solo, duet or larger group, there is no doubt that this timeless art form will hold the attention of anyone.

This year marks the 5th-annual LBCC Dance Club showcase, and the club has recently hosted auditions this past weekend. The club students have been eager to get started on rehearsals in order to prepare for their showcase in the spring.

Due to weather conditions during winter break, the club had to postpone original auditions times, which caused a slight set back, but the group quickly collaborated and were able to pull together a time and place for hosting auditions.

The dance team consists of students who both: lead the club, choreographed for the club, and students who dance and volunteer to help organize the club. It is a team effort and the students all seem to enjoy the company and experience of dancing together.

Jacob Birchard, a student and dancer at LBCC has been with the dance club for about a year. He said that the dance club provides many excellent opportunities to branch out and meet new people as well as perform in a theatrical setting.

"My role is that of a performer and dancer. Whenever dancers are needed, I'm there," said Birchard, "my favorite part about the dance club is all of the awesome choreography that we get to do. I'm seriously blown away by some of the stuff our choreographers come up with."

This weekend the club is gearing up for tryouts in order to place dancers in routines they'll practice for the showcase later in the year.

These "tryouts" are merely an opportunity for the group to see how people dance, their style and how well they learn a short routine. In the end everyone is chosen for a routine, and no one is left out of a dance.

The dancers are taught a couple different dances to perform as a group in front of the choreographers, so that they can assess them and see what the dancers bring to the group.

Once tryouts have finished, choreographers will divide up the participants through dance assessment sheets and place them in dances accordingly. This whole process sets the foundation for the entire club, rehearsals, and the showcase.

Kalyn Wilson, one of the club leaders this year, has been with the dance club for three years and has danced most of her life.

"I think the dance club provides students with a creative outlet that's affordable as well as a way to get exercise and make new friends," said Wilson.

Wilson takes part in dancing, choreographing, and organizing events and fundraisers for the club.

"I love being a part of the club and it's awesome to see the routines I created come alive on stage, as well as the dancers enjoying themselves. I am most excited about the high-energy and creative show we will be putting on this year," Wilson continued. "I think the dancers as well as the audience will have a lot of fun."

The club is planning a spring showcase in April that presents a variety show of all the dances the club and its members have been practicing. It's one of the biggest highlights of the year for the club.

If a student has missed the opportunity to attend tryouts, the club has said that they are still willing to take new members. If people wish to join, then accommodations will be made in order to get the new members on track and up to speed on club information and the routines. 📍

STORY BY LEX PORTER

ARTS AND ENTERTAINMENT

LBCC Calapooia Gallery Features Student Artist Audra Mote

Through Jan. 31. The LBCC Calapooia Center is open from 8 a.m. to 5 p.m. and evenings when events are scheduled.

SSH Gallery Features Corvallis Photographer Dave McIntire

An exhibit of photographs of Mount Rainier by Corvallis photographer Dave McIntire will be on display Jan. 9-31 in the South Santiam Hall Gallery at Linn-Benton Community College, 6500 Pacific Blvd SW, Albany.

NSH Gallery Features Four Oregon Artist in Invitational Exhibit

Four Oregon artists are exhibiting paintings and sculptures in the fourth annual LBCC Invitational through Feb. 28 in the North Santiam Hall Galleries at Linn-Benton Community College, 6500 Pacific Blvd. SW, Albany.

Albany Civic Theater presents "Paradise Lost and Found"

Jan. 17-18, 23-25 @ 7:30 p.m. Jan. 19 @ 2:30 p.m. Albany Civic Theater, 111 First Ave. W. - \$12/adults, \$9 student/seniors ticket/additional information:www.albanycivic.org

Benton Center Acoustic Showcase

Jan. 17 noon-1 p.m. - BC Student Lounge



#22 George Karakey IV



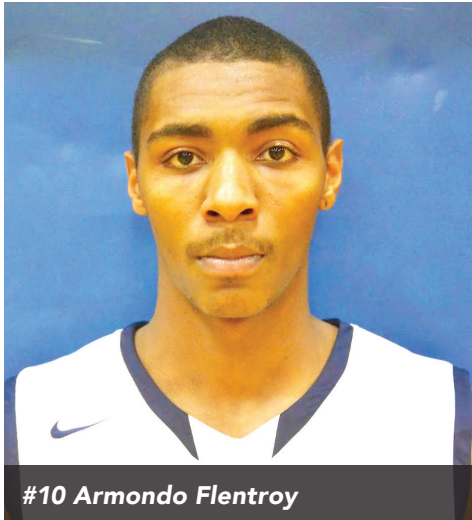
#24 Justin Layton



#23 Braden Monnot



#15 Adam Moore



#10 Armondo Flentroy



#21 Greg Ellis



#14 Trever Cooley



#11 Colton Anderson

THE FRESH TWELVE

Spotlight on Freshman

How do you get 12 individuals that have never played together to play as one? This is just one question a coach might ask himself when acquiring an entire team of incoming freshmen.

Not Randy Falk. Coach Falk, who has been coaching for 23 years, has been down this road before. He understands what it takes for a team of new players to succeed in this league. The fact that this is a two-year school, this happens on occasion.

Fortunately, for Falk, there are a few players that have either played together or know of each other from playing high school ball in the same city but at different schools. Adam Moore and George Karakey are both from Stayton, Ore. and both played for Regis High School together. Armondo Flentroy and Jeremy Warren, both from Portland, knew each other previously as well.

"This doesn't necessarily translate on the court but it definitely translates on a team chemistry standpoint," said Falk. "At any given time, any of the five on the court can be productive together, the issue is finding a consistent five that plays well together," said Falk of his team of freshmen.

"We've had a rough start but we are coming together really well now," said Moore. "We all work really hard and we get on each other when we make mistakes."

The 6-foot-6 forward Moore has become the most consistent freshmen so far, leading the team in field goals attempted (126) and made (73), which amounts to just under 58 percent from the floor. The RoadRunners have seen significant contributions from guys like Flentroy and Warren. All three have begun to assert themselves as leaders on and off the court.

"At this point the team is in the midst of establishing, understanding roles of each

player individually, and simply trying to build chemistry within the team," said Falk.

In history, look back to one of the greatest group of freshmen to step on the court together, the 1991 University of Michigan basketball team, more commonly known as "The Fab Five". Granted, these five freshmen were some of the best college basketball players at that time in the country, but a comparison can be made between that team and the RoadRunners from a team building standpoint. The freshmen from Michigan became leaders of their team not just with skill alone, but by committing to their school, their coach, and their teammates. They had to put their individual goals aside in order to achieve success as a team. This goal is becoming the most important thing for this young RoadRunner team to succeed as well, especially on the defensive side of the court. This was one of the biggest concerns Falk has.

"We are not doing a good job of pressuring the ball and that has to be one of the things we improve immediately if we are going to have any expectations on continuing to improve," said Falk.

Offense is also a concern though, shooting just 44 percent as a team and we are ranked 28 in average points scored at 72.54 per game. But as they say a good defense is the best offense.

"All and all I believe the team is coming along very well chemistry wise so far and we will continue to improve," Falk reiterated.

The "Fresh 12" will continue to improve in every aspect of their games as the season goes on and it will be exciting to see how much progress they make over the next two months.

If all goes well, the majority of these players will return and LBCC maybe looking at a very strong and consistent team next season. Until then, continue to come out and support "The Fresh 12" through the good times and the bad. ♡



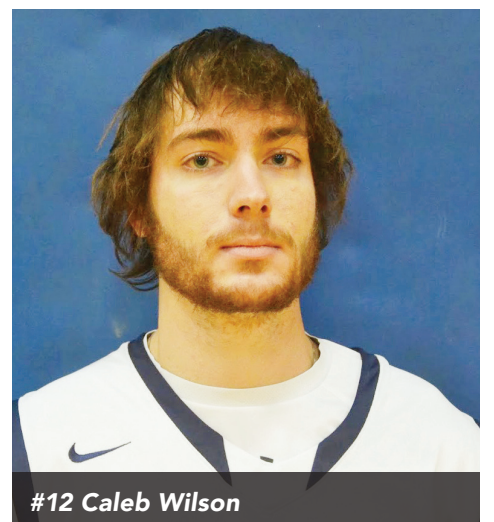
#33 Wesley Stark



#34 Taylor Vicknair



#35 J.D. Warren



#12 Caleb Wilson



PHOTO: COOPER PAWSON
 Coach Randy Falk calls out a play.

PLAYER PHOTOS:
 WES STARK

STORY BY:
 COOPER PAWSON

UO SLIPS

Eyes on the Prize

Ducks slip, losing the last three games and their ranking in the AP and Coaches Poll. With half a season to go, the Ducks set their eyes on the NCAA tournament.

After winning thirteen straight to open the season, ranked 10 nationally at the time, and leading the nation in scoring, were beaten by number 12 ranked Colorado 100-91 on January 5. Oregon was looking for their first 14 game winning streak to start a season in over 60 years. Lead by Askia Booker's 27 points the Buffalo's beat Oregon at their own game, scoring points. It was a high scoring game and the Ducks struggled to find their defensive identity. The Ducks were lead by UNLV transfer Mike Moser, who scored 24 points and had seven rebounds.

Later that week the ducks were upset for their second loss in a row on Jan. 9 against the unranked Cal Golden Bears 96-83. California's freshmen guard Jordan Matthews lead the game in scoring with 32 points as the Bears rolled past the Ducks for the 12th consecutive time. Oregon was lead by guard Joseph Young, a junior transfer from Houston who scored 29.

Sunday night, Jan. 12, the Ducks lost their third straight game against another non ranked conference foe in Stanford 82-80. Oregon had its chances late to tie the game up but failed to do so with two missed jumpers from guards Johnathan Lloyd and Dominic Artis. According to an article by The Associated Press coach Dana Altman was quoted, saying "After having a pretty good six-week stretch, we had an awful eight days here." The feeling is mutual for all Oregon fans. As a result the Ducks were bumped out of the latest AP and Coaches Poll on Monday January, 13.

All is not lost for the ducks, the season is only half over and they sit just two spots out of the Top 25. If the season were to end today they would most likely still get a nine or a ten seed into the NCAA tournament. With a few players back from last years tournament run and three great transfers, Oregon is posed to put together another win streak this season. Oregon is shooting over 40 percent from long range and almost 50 percent from the field, only one team in the nation is shooting better in both categories then the Ducks. Their next game comes against in state rival Oregon State Sunday January, 19 in Corvallis at Gill Coliseum. This will be the first meeting for the two Oregon schools this year with Oregon sweeping both games last year and are 5-1 under Altman against Oregon State. Oregon also has 2 games against number one ranked Arizona left on its schedule that can propel them back into the spotlight before seeding begins for the Final 64. Tickets can still be picked up from third party sites such as Stub Hub for around twenty dollars. ♡

STORY BY **ANDREW GILLETTE**



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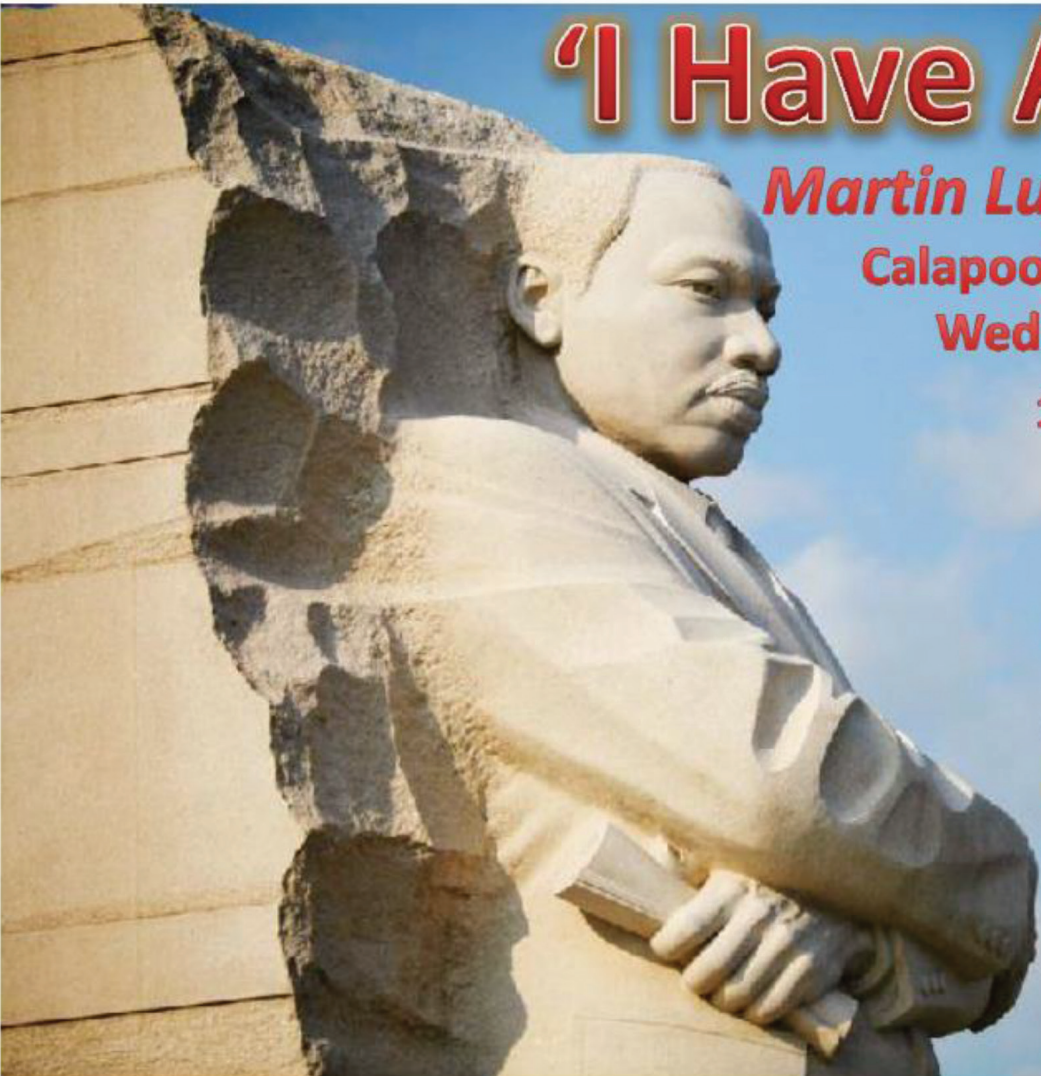
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'I Have A Dream'
Martin Luther King Jr. Event
Calapooia Center Cafeteria
Wednesday, Jan. 15th
12:30 – 1:30

Commemorating the 54th anniversary since this iconic event, the DAC will be showing a film taken the day Martin Luther King delivered the speech that changed history. Come be a part of his dream come true.

A reception will follow at 1:30 in the DAC-F220 with a birthday cake and light refreshments.

Diversity & Community Engagement



Diversity Achievement Center

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 TTD at 1-800-735-1232. Contact should be made 72 hours in advance of the event. LBCC is and equal opportunity educator and employer.

POETRY CORNER

I am home

Thankful, yes thankful. Not spiteful
Nor scornful, nor hateful, but grateful.
To this heart I am faithful.
For before this beautiful swan chose to
Perch upon my gloom ridden soul,
A life had not breathed a flicker of
Light on the darkside of love's moon,
Which is now whole. A winged chain
Connects our beings, floating us
Above and out of time. Viewing our
Troubles as they are, Speckles on the
Earth, that is our love.
I gaze upon her betrothfully, while
Streams of focus bind our eyes in knots,
I realize; In this moment, in this place,
In this time, in this space, I am home.
-Josh Lowe

Untitled

Sorrow has born in me a kingdom of anguished gods,
Titans of disparity that walk among my mind.
Like the ancient sea so dark and deep my heart has succumbed to
fathomless defeat.
The darkest night may well as shine like the highest light in the most
divine of times
For no mere darkness could describe the bleak black ash that
knows my rhyme.
If but one in this world could so know me well as to heal that thing which was
destroyed full well,
I would look on them in timid faith for they are seeing
unexpected glory,
for never has one cured he who was with such curse and folly.....
-Justin Shoemaker

Tenebrism

Figures emerging from shadows
Momentary enlightenment
Yet each model drifts apart
Never to be seen again
Each body moves into its own enshrouded alley
Submerged in onyx black mist
The obsidian unconsciousness
Enter stage right,
Bright yellow gems
Amorphous in contemplation
Four jewels lock their gazes
They become a pair
As they investigate
They dissipate the sublimous substance
Slowly become sentient, yet comfortable
With each other's bodies
Spotlights of truth leave nothing to hide
Characters now illuminated
Figures emerging from shadows
-Jake Lilley

A reading of Dr. Martin Luther King Jr.'s "I have a Dream" speech
January 15
Noon to 1:00 p.m.
Albany City Hall Plaza

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DEFAZIO ANNOUNCES FORUMS TO DISCUSS DISASTROUS TRADE DEAL

Rep. Peter DeFazio has announced two public forums next week to discuss Fast Track Authority and the Trans-Pacific Partnership.

Rep. DeFazio will be joined by a panel of experts at both locations to discuss the environmental impacts and U.S. job losses that could result should the Trans-Pacific Partnership trade deal be approved.

Fast Track Authority grants power to the executive branch to negotiate free trade agreements with little input from Congress. When a free trade agreement is submitted

under fast track procedures Congress must pass it within 90 days with an up or down vote, no amendments, and limited debate. In the absence of fast track authority, Congress can fully consider these agreements, determine the economic impacts, and amend them to protect American jobs and workers.

Rep. DeFazio opposes both Fast Track Authority and the Trans-Pacific Partnership. ♣

AT A GLANCE

Tuesday, January 21st
5:00 p.m.-6:30 p.m.
Boys and Girls Club, 1112 NW Circle Blvd., Corvallis

PRESS RELEASE

DUAL ENROLLMENT NIGHT



PHOTO COURTESY OF LBCC MARKETING

Rob Camp and Dionna Hodge dual enrolled students.

Students interested in becoming dual enrolled at LBCC and OSU have an opportunity to attend an informational meeting. Information sessions for the LBCC and OSU Degree Partnership Program will be held through Linn-Benton Community College Jan. 16, 23 and 29.

Thursday, Jan. 16 session will be from 5:30 to 7 p.m. in the Fireside Room, 2nd Floor Calapooia Center building, Albany campus.

Session two is Thursday, Jan. 23 from noon to 1 p.m. in the Vineyard Mt. Room, 2nd Floor Calapooia Center, Albany campus.

And session three is Wednesday, Jan. 29 from 3:30 to 6:30 p.m. at the LBCC Benton Center student lounge, 757 Polk Ave., Corvallis.

There is a \$60 application fee and once a student is admitted into the Degree Partnership

Program students will be required to attend an orientation. Dual enrollment is a great way to save on money on classes that are eligible at both schools, reap the rewards of smaller classroom sizes and more personal interaction with faculty.

All sessions are free and open to the public. For more information, contact LBCC Admissions at (541) 917-4811. ♣

LBCC NEWS RELEASE AND STAFF

AT A GLANCE

Jan. 16 at 7 p.m. in the Fireside Room, 2nd Floor of the Calapooia Center

Jan. 23 at 1 p.m. in the Vineyard Mt. Room, 2nd Floor of the Calapooia Center

Jan. 29 at 6:30 p.m. in the Student Lounge of the Benton Center

ADVICE FROM WEISS

Students, friends, colleagues,

The purpose of this column is to answer questions about student success, college processes, and academic advising. My hope is that you will write in with questions to weissm@linnbenton.edu... But given that this is the first week of the term, and there hasn't been time to write in, I thought I'd give you three important tips that every student should know.

1. The second Monday of the term is the last day to add or drop a class perhaps, the most important date of the term, besides final exams. This is because if you withdraw from a class after next Monday you will still have to pay for it and, more importantly, the class will count on your permanent record as a non-completion. Students using financial aid must be especially careful about dropping a class by Monday, because dropping any later than that can create a problem in receiving aid next term. Please see an adviser or counselor if you'd like more information.

2. LBCC sends all of its communication to your student email account. But here's the thing, there are always some students who don't know they have a student email account, and they miss important information about their records, their academics, or their financial aid, and risk their continued progress with the college.

The best way to handle this is to have your LBCC email tied to your personal email. You can get this done by stopping by the library. There are folks from media there who will help you get your email setup, and then you'll never miss out on information critical to your success at the college.

3. If you find yourself struggling with a class, or just worried about your ability to succeed in a class, stop by the Learning Center (located right above the library). There you will find free tutoring, a math help



desk, a writing help desk, and other services. We also have learning centers at our Benton Center and Lebanon Center, for students taking classes in those locations.

Again, please write to me with any questions you may have. I'd love to hear from you. ♣

*Sincerely,
Mark Weiss*

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LETTER FROM AN EDITOR

I am taking a moment to speak to our readers about Conservative Corner and Liberally Lenient opinion pieces that are run weekly in The Commuter.

First and foremost, we apologize if any of our readers were offended by last week's opinion articles. The views held by the opinion columns and pieces that are published in The Commuter are their own. The Commuter does not necessarily share or support the views or ideas that are expressed in these columns, as stated at the bottom of the Opinion pages.

The Commuter is here to serve the LBCC community. We do our best to not censor or negate content that is submitted by the students, faculty or staff, as long as that content is presented respectfully. Each member of our community is welcome to submit work to be published in the paper. Most will be considered, edited (for grammar, AP style, and length) and published. If a piece is not published, the author will be notified why.

As far as the Conservative Corner, Liberally Lenient and Ironically Independent, the columns are designed to express opinions from several points of view and to generate topics of conversation among the various mindsets that are held, in a respectful way. Will you agree with it all the time? No. These columns are not intended to inflame or cause anger, though we do understand that sometimes. Please keep in mind, that there are many views and ways to accomplish the same goal.

"It is just that we should be grateful, not only to those

with whose views we may agree, but also to those who have expressed more superficial views; for those also contributed something, by developing before us the powers of thought." -Aristotle

Recently, some of the responses to both columns have been less than respectful, making personal attacks on the authors. As much as you have a right to response, we do request that it be done on the topics and not in personal attacks on the authors who are brave enough to speak publicly of their views.

At this point, Dale Hummel has been submitting opinion pieces for The Commuter for the last two years. He is a member of The Commuter team and willingly expresses his thoughts and opinions and speaks freely to anyone who wishes to converse with him. At the end of last academic year, Tejo Pack began writing Liberally Lenient and the two columns have been responding to one another, sharing two points of view on the same or similar topic.

We have welcomed responses at the bottom of each one of the two columns, inviting other responses and viewpoints. The number of submissions this year has been zero. A few have made comments on our website in response to these columns. So to those out there that are so enraged, who do not agree with one point or both, who do not think that a view has been researched or supported, I invite you to put those words into action and submit a letter or column for The Commuter to print. To do so, please keep the personal attacks out of it and focus on the topic



and support it with your own research. Submissions can be sent to commuter@linnbenton.edu.

"All roads indeed lead to Rome, but theirs also is a more mystical destination, some bourne of which no traveller knows the name, some city, they all seem to hint, even more eternal." - Richard Le Gallienne 📍

Sincerely,
Elizabeth Mottner

DEMOCRACY

Is the choice of our very own Democratic governments elected officials in the right hands? I sincerely do not believe that everyone has the capacity to make good political choices. I am sure many agree, a nation's proletariat choosing their elected heads must be viewed as foolhardy with an inborn potential of destabilizing that selfsame government through careless if not ignorant use of that power.

We look to the beautiful and talented to entertain us, the wise and skillful to teach us, and the virtuous and strong to protect us. We look to the wicked and tyrannical to harm us, the ignorant and deceitful to confuse us, and the careless and arrogant to oppose us. So why would anyone think that all these voices together can lead us? I believe Socrates may have addressed this matter best in Plato's "The Republic."

Socrates' "philosopher king" describes how rulers of a just city are selected from a class of guardians. They need to be older, strong, wise, and wholly unwilling to do anything other than what is advantageous for the city. Socrates said that if one could choose to live under the rule of a leader both virtuous in all ways and capable of doing the greatest good for all concerned; then wouldn't one be acting in the realms of evil to do otherwise? If one could be governed by justness, virtue, goodness and piety, wouldn't one be made cowardly, foolish and envious if they didn't?

Many of us cannot truthfully agree that we are wise and learned enough in the necessary functions that make a Democratic government, (or any government for that matter) capable of sustaining itself. Also it must be considered how far any government must go to remain virtuous and protect its people.

I think most folks would be forced to admit that their opinion on matters of this scale may not carry any substance

as understood by those few who have knowledge of the functions in government. These reflections bring two concerns to bear. The first being that societies rarely seek to govern themselves and so have no place governing others. The second concern is that a government is only as able as those that head and control its workings. In a vote system where the common man's power is as great as any other man's, the entire system is built on the ignorance of a drastic percentage of its constituency. Would an aristocracy whose rulers have the capacity to make good political decisions be a better government than democracy?

If this was concerning only comparison of aristocracy versus democracy, I would say that the values of democracy outweigh the problems of aristocracy. Aristocracies suffer from one fatal commonality, each relies on a privileged few having power over many. This ruling class will misuse this position. Since aristocracy pass power on through lineage thereby insuring that power is kept by the same chosen few and without insuring wise, just or virtuous rule. Sir John Dalberg-Acton said, "Power tends to corrupt and absolute power corrupts absolutely." Aristocracies subject a nation to the villainies of tyranny, fear and oppression.

The question asked is not easily undertaken and answering will require us to suspend our sense of belief as it asks us to imagine that there are people who are without flaws. These numerous flaws, include hate, greed, sloth, unwarranted rage or lust and deception. Any of these flaws can, and usually do, lead an aristocracy to ruin. This would be the case if our imagined aristocracy wishes to exist for any length of time. Americans freely elect a powerful man as their leader and then verbally attack him with impunity. The culture of America is freedom and liberty through the tool of citizenship. The right to criticize, hold unpopular

beliefs, protest, and independent thought. There's an old adage, "It's good to be king" but the "King" should tread lightly in Democracies like America where scrutiny and persecution are popular pastimes. Perhaps the phrase "Uneasy lies the head that wears a crown" is more apropos.

Plato made a clever argument to why the notion of the commonality holding power to achieve the goals of its democratic government seems backwards and inane when viewed through a more focused view of mankind and using newly any methods of social scrutiny. To think that anyone wishing you or anyone else harm could have the power to affect everyone's greater good is enough to leave one wondering why it was thought advisable to begin with. I believe our appreciation of the Democratic and Republican forms of government stem from not having established any government with greater capability. Many current forms of government focus on keeping the status quo. This mentality strengthens its nations "middle" class and consumer power often at the expense of national progress and social concern.

Plato gave us his own words which still shine through our history as a priceless amount of philosophical insight on many diverse matters of the human condition and social design. Plato dreamed of philosopher kings who would rule in wisdom and by the very essence of virtue be truly majestic and loved by all. Unfortunately Plato's philosopher kings would have to meet the criteria laid out in our imagined aristocracy. This would make the whole affair seem outside the bounds of human capability.

Democracy is in opposition to Plato's philosopher kings. Something to think about. 📍

STORY BY **JUSTIN SHOEMAKER**

WEATHER

 SOURCE: **WEATHER.COM**

WEDNESDAY MOSTLY SUNNY 52/28 	THURSDAY MOSTLY SUNNY 53/27 	FRIDAY CLOUDY 52/29 	SATURDAY CLOUDY 53/33 	SUNDAY CLOUDY 51/33 	MONDAY PARTLY CLOUDY 52/35 	TUESDAY PARTLY CLOUDY 52/34
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Editor-in-Chief:
commuter@linnbenton.edu

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The Commuter encourages all students, staff, faculty and administration to be engaged in conversations and discussions on current topics.

LIBERALLY LENIENT

COLUMN BY
FRANK CLARK

Domino Effect

Jan. 1 was an historic day for America. For the first time, for anywhere in the world, recreational marijuana was able to be sold commercially to anyone 21 or older for any purpose and though only in the state of Colorado this is an American benchmark in the making. On Jan. 1 Colorado opened the doors of 24 medical dispensaries turned retail pot shops to eager customers who lined up block after block, waiting in the freezing Colorado weather of wind and snow. In the first day, Colorado experienced over a million dollars in revenue sales, with many stores running out of product with an unprecedented demand from consumers. Since the opening day Colorado issued an additional 136 licenses for retail pot sales, so many more stores will be opening soon. Some cities in the state such as Colorado Springs, have actually banned shops from setting up, leaving 74% of shops (over 100) initially residing within the Denver metro area. Washington who has also passed legislation for legalization, will begin retail sales in a few months and attempt to follow Colorado's leadership with similar regulations, though Washington residents may still be restricted on growing their own in small amounts, without commercial licenses. The plan for Washington is still largely being formed but will no doubt be similar to Colorado, who is blazing the trail of this new frontier.

So what does this mean for Americans in general, not just for Colorado and Washington residents? I saw the first domino fall with legalizing occurring when Oregon became the first state to allow a medical marijuana program with Measure 67 in 1998. Since then more than twenty states have followed suit in implementing medicinal programs or have gone even farther and decriminalized it. I knew it was just a matter of time before states stepped forward to full legalization. This is simply a repeat of history like we saw with the prohibition of alcohol. And though change takes a long time to occur and is a lengthy process in our democracy, once it does change its permanent and we are arriving at this juncture with the issue of marijuana legalization in this country.

But what about the federal government and the fact that it is still federally illegal? It won't be long before the feds are forced to jump on the bandwagon, or at the very least get out of the way of progress. Attorney General Eric Holder came out back in August in response to the states of Washington and Colorado formerly legalizing and informed the governors of both states that the Department of Justice would allow the states to create a regime that would regulate and implement the ballot initiatives that legalize the use of marijuana for adults. So in other words, the feds gave Colorado and Washington a thumbs up with a "Trust but verify approach" to which they currently reserve the right to file preemption lawsuits considering that marijuana is still illegal under the Controlled Substance Act. These measures are just to ensure that the states use regulatory approaches though, two which both states strongly agree. I do not foresee the feds going forward with restrictive actions against the state. If they were that concerned they would not have allowed it to get as far as it has nor is it really their choice in this land of democracy where 58% of Americans are now in favor of legalizing marijuana, a new majority of voters.

Sooner or later this approach cannot work however and the feds will be forced to either make marijuana legal or at very least allowing states to decide, removing Cannabis as a controlled substance. In the current the language of the judicial system it states that marijuana is illegal in the U.S. yet "legal" in a couple states which is a complete contradiction to the hierarchy of the judicial system and will eventually be subject to change as being unconstitutional.

As we see occurring in Colorado, as anticipated, it is a very profitable market. Colorado not only has a 10% sales tax but an additional 15% + added to pot specifically, like a tobacco tax making the total taxes over 25%. The first 40 million of tax revenue collected goes automatically to education construction and infrastructure. The market is projected to nearly doubling that figure leaving cities like Denver in daze over potential budget surpluses.

Once Colorado and Washington begin to rack up loads of cash other states will no doubt seek legalization in spite to the success generated by the legal states. Medicinal states will most definitely be first, most prominently right here at home in Oregon and in California which have recently voted to legalize and lost the ballots by measly margins in the last election cycle will surely pass by 2016-18. The dominos will exponentially begin to fall as people watch and experience progress within Colorado and Washington and realize that it's not all bad of an idea and can have some really good benefits. Besides the surplus of money coming in thru taxes to which they can use at their disposal for positive things like education, states will experience less crime surpassing the black market, doing a due diligence not to create criminals nor imprison individuals out of what was recently viewed as nonviolent drug offenders and are now entrepreneurs and farmers.

There are no legitimate arguments that combat the positive effects of marijuana on the American public. The old perspectives are either proven as farce like such Reefer Madness campaigning or this generation, my generation, must just be adequately proficient enough to handle such a substance contrary to such historical perspectives which demonized the plant. I'm not sure but there was obviously a combination of efforts to illegalize the substance in the first place because of competition between other legal substances such as alcohol and tobacco; conflicts between governments (U.S. and Mexico); and most notably conflicts between industry such as logging and petroleum. It was in conflict with hemp to which the U.S. government had required farmers to grow for WWII efforts before being abruptly halted and made illegal even though it is not in anyway a mind altering substance but yet has remained prohibited due to the fact it belongs to the cannabis family. If you think that there is money in recreational pot I would guess that industrial hemp may adhere to a market at least twice that with the ability to make thousands of products and hundreds of uses. If America acts we can create jobs and stimulate economic growth in a vast new industry that is environmentally friendly, efficient, and renewable (currently the only industrial nation not allowed to grow hemp). States like Oregon may prove very habitable for growing such a crop with a potential to make not just millions but billions.

The dominos have begun to fall and it is just a matter of time before the West Coast drops and the rest of the country follows suit, with the Bible belt and southern states being the last, but every day progress is being made. The City of Portland, Maine, recently legalized use and New York is taking steps to move forward medicinally while also decriminalizing. These are huge steps for the East Coast who has in the past been predominantly skeptical compared to the "liberal" West Coast. And as all of this unfolds we will see that marijuana is not a harmful substance to society and though it will take a generation or so to weed out the stigma, America will realize that we all worried over nothing and that we are better with the change; economically, socially, and constitutionally. 📍

CONSERVATIVE CORNER

COLUMN BY
DALE HUMMEL

Is Mary Jane That Attractive?

There was a time when the use of marijuana was represented by hippies, beach bums and stoners. Well, those children of the joint have grown up, received an education, and found a way to gaze through the smoke and are now attempting to rewrite the law on what may or may not be harmful. Twenty of the 50 states have already approved the medical use of marijuana and two of the 50 have passed the recreational use of the drug, according to the Washington Post, with Oregon, Alaska and California in the wait.

Marijuana is not a new substance, there are records dating back to 2727 B.C. regarding the use by Chinese Emperor Shen Nung. It was also familiar to the Ancient Greeks, Romans and in the Middle East. The Spaniards are reported to have imported it to Chile for its fiber use. Cannabis has been used in North America as hemp for rope, clothing, and paper. As deamuseum.org tells us, marijuana and hemp is used in a variety of products, including drinks, candy, coffee, body lotion, makeup, and even shampoo.

It is becoming more obvious that marijuana is gaining popularity, especially in liberal states, but does it come without a cost? Like anything else that is smoked, there is a negative side to pot. Dr. Daniele Piomelli, a professor of pharmacology at the University of California, tells us on www.420magazine.com that "there is no question that it is dangerous. Smoking is not a natural way of consuming any substance." She goes on to say that excessive smoking can be as or more dangerous than tobacco use. "It can do a lot of things to the body. The smoke itself, the tar and irritants and toxins and all sort of different things that have nothing to do with the reason why people smoke marijuana, which is for the euphoria, the 'the high'- they are all problematic."

Another problem with the recreational use of pot is the "cultural attributions." Dr. Piomelli also says "the issue is that cannabis produces inhibition of movement, relaxation, sexual arousal, sensory heightening, and euphoria. All these are phenomena that are not in line with the work ethics of our society."

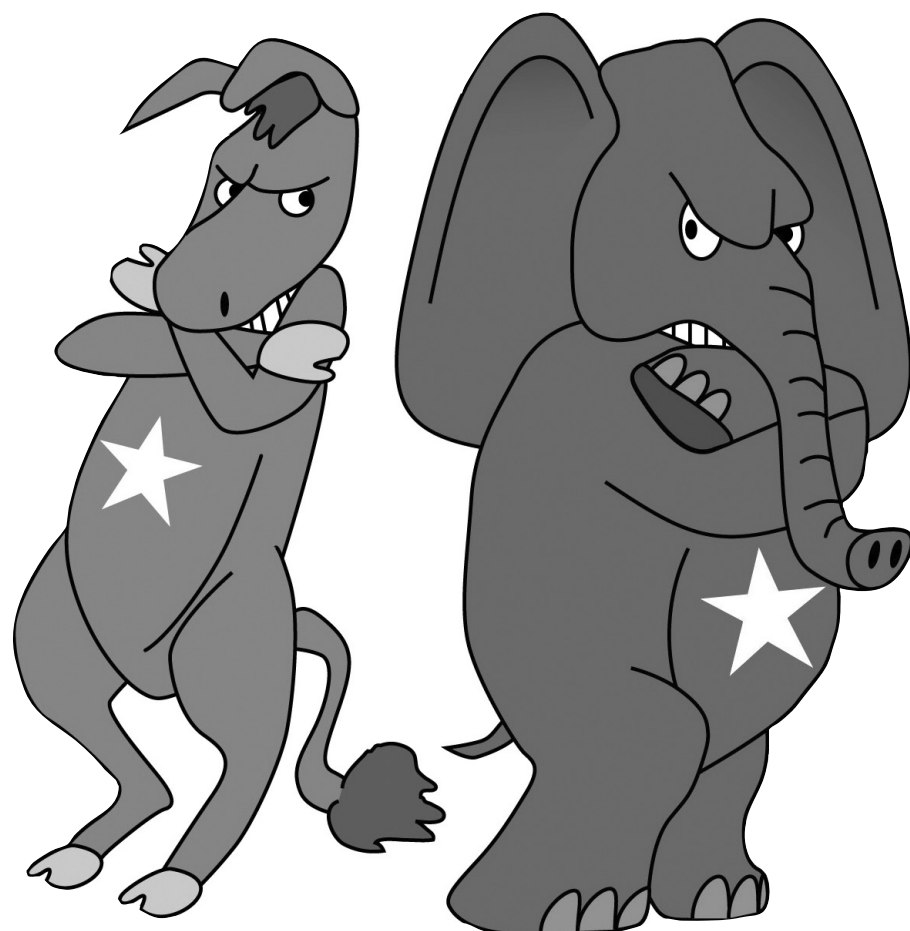
A problem with the symptoms associated with the overdose of marijuana is that it seems most users have become desensitized to the effects. As www.drug-overdose.com informs us, contrary to what most people believe, marijuana can be addictive. A person who takes in too much of the drug may not act like the person in the 1937 film "Reefer Madness," but everyone acts differently to different chemicals. If one person smokes and can perform day-to-day functions like a normal person, does that mean someone else who smokes won't plow into a busload of children because they were high?

Many proponents of the controlled substance claim that there are no negative side effects and only positive reasons for smoking it. Medical and personal research has shown that medical marijuana is useful in easing the pain for some ailments. I know people who can't take "traditional" drugs to combat pain; however, they do use special strains of the plant to ease their suffering. I don't have a big problem with marijuana as a medication, as long as it stays that way and is regulated as such. I don't need Spicoli to go speeding down the road in a smoke-filled van and kill someone while trying to reach his next joint just because recreational marijuana is legal.

Legalizing medicinal marijuana in more states isn't necessarily a bad thing. I am worried, however, that the more states that legalize pot for medicinal use will legalize it for recreational use and put more people in danger by the hand of someone who has smoked too much and is not responsible for the outcome of his or her euphoric high. I smoked pot in my early twenties, and I recall how it affected me and my friends. It's a feeling I don't miss and I'm thankful for outliving it.

The only good thing about making marijuana legal would be the money from the sales and taxes, but would anyone risk the danger of having a stoned kid at the wheel of a 1500-pound vehicle just for a few dollars of tax revenue?

Despite the popular opinion of the controlled substance, pot isn't as "harmless" as many think and the idea of just anyone walking into a pot store buying something and driving anywhere is frightening. If Oregon passes the "pot law," just think of the chances that you could become the victim of someone who just wanted to get high. 📍



Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

- ACROSS**
- 1 Cpls.' superiors
 - 5 EMT's skill
 - 8 "Cultured" gem
 - 13 Spy novelist
Ambler
 - 14 Bread buy
 - 16 Exhorts
 - 17 ___ IRA
 - 18 SeaWorld
attraction
 - 19 Fathered
 - 20 Exhortation to the
engine room
 - 23 Prepare, as tea
 - 24 Down Under
runner
 - 25 Had some wallop
 - 33 Dreamer's
acronym
 - 36 House division
 - 37 Loud cry
 - 38 Inventor's starting
point
 - 40 Princess's
headgear
 - 43 Worry
 - 44 Ford of the '70s
 - 46 Festive affair
 - 48 Cause of
Cleopatra's
undoing
 - 49 Self-important sort
 - 53 Brother in a
monastery
 - 54 Phi Beta ___
 - 58 Interviewer's
booby trap
 - 64 Kind of jacket
named for an
Indian leader
 - 65 Ambiance
 - 66 Way to get out
 - 67 Send payment
 - 68 Give some lip to
 - 69 Shine partner
 - 70 Test for purity, as
gold
 - 71 Doris who sang
"Que Sera, Sera"
 - 72 Burpee product

1	2	3	4	5	6	7	8	9	10	11	12
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64					65			66			
67					68			69			
70						71				72	

By David W. Cromer

1/15/14

- DOWN**
- 1 Feudal workers
 - 2 Tile installer's
need
 - 3 Information on a
book's spine
 - 4 Carry with effort
 - 5 Hoofbeat
 - 6 Minute skin
opening

- 7 Event at a track
- 8 Exercises done in
a prone position
- 9 Southernmost
Great Lake
- 10 Indian tourist city
- 11 Clarinetist's need
- 12 Drug "dropped" in
the '60s
- 15 Lost luster
- 21 Train in a ring
- 22 Dr.'s group
- 26 Simple bed
- 27 Colorful
Japanese carp
- 28 Some Kindle
reading, briefly
- 29 TV dial letters
- 30 Romance writer
Roberts
- 31 Sticks by the pool
table
- 32 Web address
letters
- 33 Tears
- 34 Work on a
column, say
- 35 Restaurant host's
handout
- 39 Justice Dept.
enforcers
- 41 Part of a
cheerleader's
chant

Last Edition's Puzzle Solved

S	I	L	E	N	T	I		B	U	R	I	A	L	S				
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W	E	S	T	E	N	D		O	L	D	F	O	G	Y				

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1/8/14

- 42 Baba of folklore
- 45 Taxi's "I'm not
working now"
sign
- 47 Ships like Noah's
- 50 Prior to, in
poems
- 51 Mamas' mates
- 52 Spuds
- 55 Impish fairy
- 56 Model's asset
- 57 Tossed a chip in
the pot
- 58 Popular jeans
- 59 Units of
resistance
- 60 Soprano's
chance to
shine
- 61 Campus area
- 62 ___ Minor:
constellation
- 63 "No problem"
- 64 Second
Amendment
backer: Abbr.

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SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level: 1 2 3 4

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

SOLUTION TO LAST EDITION'S PUZZLE 1/15/14

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

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

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CAMPUS BULLETIN

Jan. 10 - 19, The Majestic Theater is hosting the Venus in Fur with several dates for plays.
Jan. 10, 11, 17, 18 at 7:30 p.m. and Jan. 12, 19 at 2:30 p.m. Tickets at \$14 for adults, and \$12 for students/seniors. Visit majestic.org for more information.
Jan. 16, at noon in the NSH 210 the first meeting of Active Minds club for winter term. Everyone is welcome. Bring your creativity!
Jan. 24 - Feb. 27, "THE BIG SUBJECT" landscape painting by Sandra Roumagoux and Kendra Larson art show at The Arts Center, 700 SW Madison, at Central Park, Corvallis OR 97333 Tuesday through Saturday, 12-5 p.m.

Wash Your Paws Pet Grooming

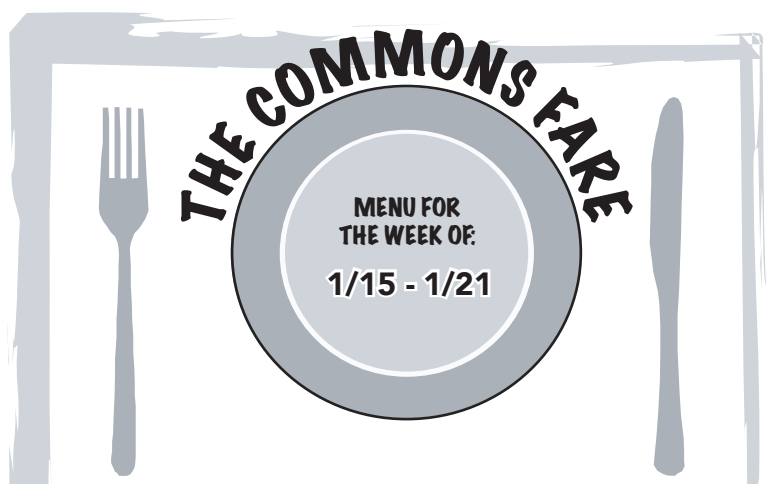


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Wednesday: Pork Ragu over Noodles, Chicken Cordon Bleu, Tofu Thai Green Curry with Steamed Rice*. Soups: Turkey Chowder, and Split Pea*.

Thursday: Beef Stew, Turkey Club with Pasta Salad, Huevos Rancheros*. Soups: Beef Vegetable*, and Dilled Potato Chowder.

Friday: Chef's Choice

Monday: HOLIDAY

Tuesday: Beer Battered Fish Sandwich, Prime Rib* with Popovers, Broccoli and Cheddar Frittata*. Soups: Shrimp and Corn Chowder, and Tomato Basil*.

Items denoted with a * are gluten-free Monday-Friday 10 a.m.-1:15 p.m.

HOROSCOPES

BY: **DANYA HYDER**

Capricorn: Dec. 22 - Jan. 19
Patiently doing your homework, when you saw Scorpio with a catapult. Time to put off things when someone is carting around a catapult. Grab some popcorn, and happily enjoy the show!

Aquarius: Jan. 20 - Feb. 18
Already getting bombarded with homework assignments? You will be doing just fine with those! After being able to beat last term, you got this!

Pisces: Feb. 19 - March 20
You have no idea what awaits you. You might end up working, join a club, or figure out how to complete the square. Math may not work too well with you this week, but you still can join that new club.

Aries: March 21 - April 19
Working hard at not being clumsy today? Luckily for you, those trees are not jumping in front of you this week! Now, if only you could figure out why anyone would give a Scorpio a catapult.

Taurus: April 20 - May 20
You've been working too hard, and sighed when Scorpio was near. You learned two new things today: never sigh around Scorpio and how to fly. Luckily you were able to fly for free!

Gemini: May 21 - June 20
Shall you crash through your homework or take your time? Luckily for you, Libra is getting better with these types of decisions; talking may or may not help, depending on how you feel today.

Cancer: June 21 - July 22
You decided to avoid the homework, and see if you could help Gemini by giving Scorpio a catapult. Procrastinating will not help when the homework turns out to be useful on that quiz next week. Try to procrastinate less this term.

Leo: July 23 - Aug. 22
With all the rain, you are still completely happy with everything! Good job at being at optimist! Helping others figure out problems, may solve your own- maybe.

Virgo: Aug. 23 - Sept. 22
All the winter vegetables are now leaving, planting spring fruit will help brighten your day! Getting new plants, may make you feel better, but always remember the small stack of homework next to the flower pots.

Libra: Sept. 23 - Oct. 22
You finally finished all of your homework ahead of time! Good for you! Wondering why Taurus is flying through the air may give you thought for the whole day.

Scorpio: Oct. 23 - Nov. 22
You were gifted a catapult, and decided to start off the new year by letting someone learn to fly! Causing mischief still, is how you can get through the days. Be happy causing your mischief!

Sagittarius: Nov. 23 - Dec. 21
As the term begins, papers already start piling up for homework. Target practice may have to be put on hold. Luckily, you will be able to get your work done!

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.

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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:

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BACK IN THE DAY

BY: **WILLIAM ALLISON**

On Jan. 15, 1943, The Pentagon, located in Arlington, Va., was dedicated as the world's largest office building just outside. It covers 34 acres of land and has 17 miles of corridors.

On Jan. 15, 1987, The first home video preview was included on Top Gun. It was a 30-second ad for Diet Pepsi.

On Jan. 16, 1985, "Playboy" magazine announced that it would end the 30-year tradition of stapling centerfold models in the bellybutton.

On Jan. 17, 1871, Andrew S. Hallidie was granted a patent for a cable car system.

On Jan. 18, 1993, The holiday celebrating Martin Luther King Jr. was celebrated nation-wide for the first time.

On Jan. 19, 1966, Gandhi was elected prime minister of India.

On Jan. 19, 2000, The first WWF restaurant opened in Times Square in New York City.

On Jan. 20, 1885, L.A. Thompson was granted a patent for the roller coaster.

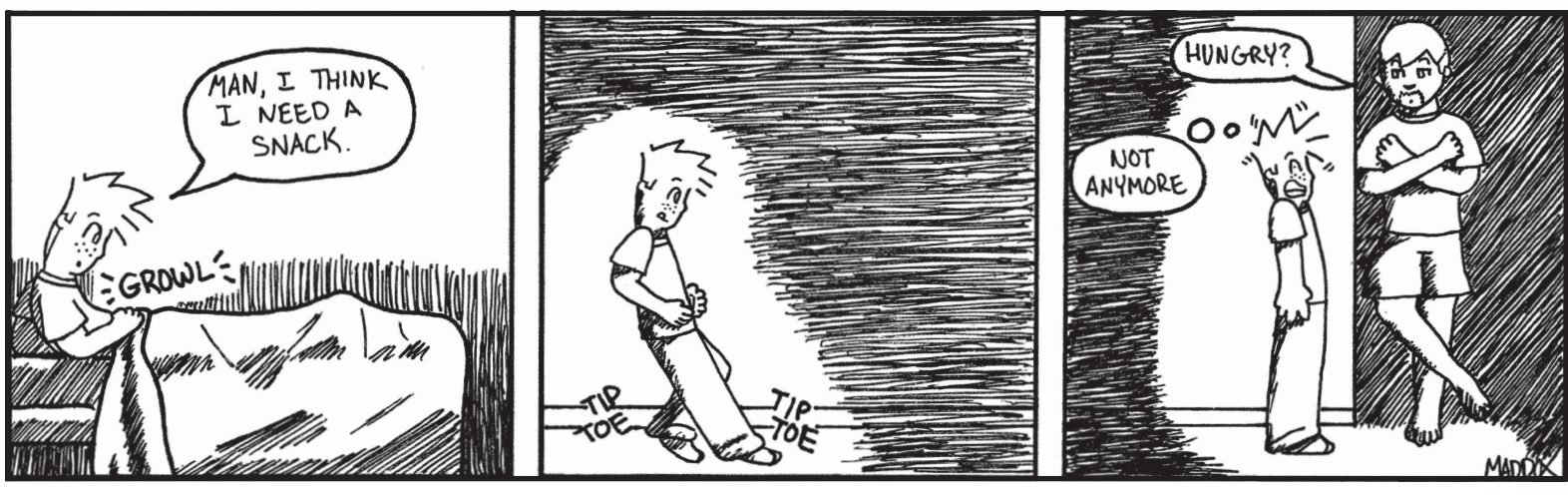
On Jan. 20, 1986, Britain and France announced their plans to build the Channel Tunnel, also known as Chunnel. It was completed in 1994.

On Jan. 21, 1970, The Boeing 747 made its first commercial flight. It went from New York to London for Pan American.

On Jan. 21, 1998, Monica Lewinski, a former White House intern, said on tape that she had an affair with Bill Clinton.

THREE'S A CROWD

BY: **JASON MADDOX**



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HEALTHY SNACKS TO START THE NEW YEAR

Many people begin the new year with promises to themselves to eat healthier yet still enjoy tasty and fulfilling foods. To this purpose, below are three yummy snack recipes to help you meet your goals.

The first recipe is a quick and easy cookie. It has no dairy, fat or gluten in it so it is very healthy. This recipe can be personalized and changed by using other dried fruit, chocolate chips and nuts and changing out the spices for ginger, nutmeg and/or cloves.

Recipe number two is full of fiber, protein and Omega 3. This would be great to take along on a long hike or bike ride. Suggestions to mix this recipe up would be to scatter nuts or fruits over the top.

Or toss with capers or drizzle with balsamic vinegar. ♡

Banana Apple Oat Cookies

- 3 mashed banana
- 1/3 c apple sauce
- 2 cup oats
- 1 c almond milk
- 1 c raisin
- 1 tsp vanilla
- 1 tsp cinnamon

Preheat oven to 350 degrees. Peel and mash banana in a mixing bowl. Add n apple sauce and mix well. Mix in oats and then almond milk. Add in raisin, vanilla and cinnamon. Mix thoroughly. Spoon walnut size balls onto ungreased cookie sheet and back for 15-20 minutes.

Adapted by Elizabeth Mottner

Almond Butter Protein Bars

- 1 cup GF rolled oats
- 1/2 cup almond butter
- 8 medjool dates pitted
- 2 T chia seeds
- 2 T flax meal
- 1/4 cup water

In the food processor grind the oats into a coarse consistency. Add the remaining ingredients and mix until a sticky dough is formed. Roll into walnut size balls or bars in an 8 x 8 pan. Bake at 350 for 15 minutes. Chill in the fridge for about 30 minutes to an hour.

Adapted from: Foodgawker.com

Roasted Cauliflower Florets

- 1 head cauliflower
- 1 Tablespoon Olive Oil
- 1 Tablespoon melted butter
- 1 Teaspoon Coconut Oil
- 1 teaspoon sea salt
- Options
- Granulated garlic
- Grated parmesan cheese
- Capers
- Balsamic vinegar

Preheat oven to 425 degrees. Cut up into bite size florets. Melt butter and coconut oil, then add in olive oil, salt and garlic. Whisk thoroughly. Toss in florets and coat in mixture. Place on lined baking sheet and roast for 45 minutes, turning pieces 3 or 4 times. All pieces should be golden brown. If desired, toss with parmesan, capers or balsamic vinegar as additional flavors. Serve hot.

Adapted from: Food.com

LB NAMES NEW COMMUNITY ED DIRECTOR



PHOTOS: PHOTOGRAPHER

Caption.

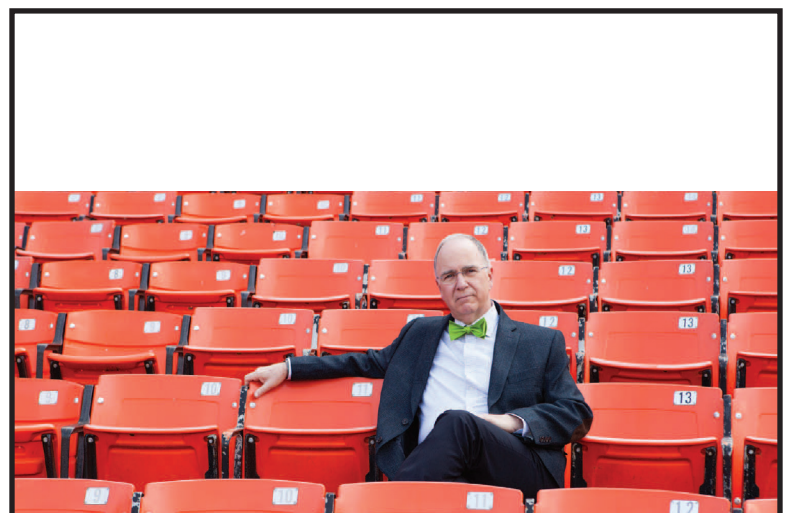
Chris Nystrom has joined Linn-Benton Community College as director of Community Education for Linn and Benton counties.

Nystrom's professional experience includes leadership roles at the Lane Community College's Small Business Development Center, the Eugene Area Chamber of Commerce, and in the private business sector in technology and professional services. She also has served as a speaker for multiple international organizations.

Nystrom has a bachelor's degree in business finance from California State University, Chico, and an accreditation from the United States Chamber of Commerce Institute for Organizational Management.

With a passion for education, Nystrom is dedicated to offering current, relevant classes that enable people to expand their interests and accomplish personal goals. She has created community and business development programs that have received awards statewide, nationally and internationally. ♡

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