

THE COMMUTER

Your Community Compass

COMMUTER.LINNBENTON.EDU

Destination: Japan

Justeen Elliott

News Editor

Japan has many different attractions to choose from. The best ones near the southern part of the country would have to be the temples.

Since the March 2011 Japan tsunami, many people think that Japanese citizens are helpless and unhappy, but that is not the case. It is actually quite the opposite. The people are still generally happy, friendly, and take pride in everything that they do.

It has now been months, since the media began painting the picture of an entire country strewn with garbage in their narrow streets, that many people are suffering without work, and ancient temples are in ruins. Japan isn't like that at all; it has been reborn. They are doing as great as ever.

Businesses are thriving, the temples are always full of people, both locals and tourists, and trees are getting ready to bloom in the spring.

According Jason Hedrick, a travel agent at Portland's Azumano, "I believe that Japan is a safe country to travel to again," said Hendrick. "Not only would traveling there help prove to others that it is safe, but it will also help their economy boom once again."

Greetings: on Pg. 7



Livestock
pg. 2










Bullying Problem
pg. 5



Alcatraz
pg. 11



 THE COMMUTER
 @LBCOMMUTER
 LBCC COMMUTER

Wednesday(2/1)  Showers 50°/31°	Thursday(2/2)  Partly Sunny 50°/30°	Friday(2/3)  Partly Cloudy 50°/32°	Saturday(2/4)  Sun and Clouds 51°/31°	Sunday(2/5)  Clouds and Sun 51°/32°	Monday(2/6)  Partly Sun 53°/32°	Tuesday(2/7)  Partly Clouds 52°/42°
---	--	--	---	---	---	---



WEATHER
Source: accuweather.com

CONTACT US AT: COMMUTER@LINNBENTON.EDU

THE COMMUTER STAFF

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

Editor-in-Chief:
Jill Mahler

News Editor:
Justeen Elliott

Sports Editor:
Kyle Holland

Opinion Editor:
Jennifer M. Hartssock

A&L Editor:
Carli Gibson

Editorial Assistant:
Kelly Griffith

Webmaster:
Marci Sischo

Page Designer:
Ashley Christie

Advertising Manager:
Natalia Bueno

Advertising Assistant:
Dorine Timmons

Cartoonists:
Mason Britton, Lizzy Mehringer

Photo Editor:
Kody Kinsella

Staff Photographers:
Ari Nunez, Marcea Palmer

Adviser:
Rob Prieve

Copy Editors:
Justin Bolger, Gary Brittsan,
Amanda Hayden

Staff Writers:
Sean Bassinger, Ian Butcher

**Newspaper Distribution
Facilitator:**
Mason Britton

Cover by:
Ashley Christie

Letters Welcome

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



The Commuter

@lbcommuter



LBCC Commuter

Web Address:
commuter.linnbenton.edu

Phone:
541-917-4451, 4452 or 4453

Address: 6500 SW Pacific Blvd.
Albany, OR 97321

LBCC's Livestock Judging Team

Alyse Armstrong
Contributing Writer

For the past year and a half, five other students and I participated on LBCC's Livestock Judging Team.

For those of you whom have never heard of livestock judging, it is a competition where students from schools across the country evaluate classes of livestock that have been judged by a committee of professionals, who decide the official placing and how many points students should be docked for not placing the class as the officials did.

There are four animals in each class and contestants rank the animals from best to worst. Species that are evaluated in livestock judging include beef cattle, sheep, swine, and occasionally goats. Certain classes at each contest are designated as reasons classes; this means that students must create and give an oral presentation to one of the officials that describes the animals in the class and then explains why they were placed in the class the way they did.

An entire livestock judging contest normally takes about eight hours and is mentally grueling. Awards are given both to individuals and teams who excel in individual species and oral reasons.

Students begin training as freshmen, and work diligently to improve their skills for a full year before they begin to compete in contests as sophomores. To prepare for livestock judging contests, teams



Kody Kinsella

Livestock judging at the Linn County Fair.

must practice evaluating livestock and giving oral reasons several times a week and must sacrifice several weekends to improve their skills.

Most competitions are held thousands of miles away from Oregon and require the team to spend time missing school, in order to travel and compete. With a significant amount of practice and traveling across the country to several different competitions, team members are extremely busy and have little time for homework.

The Linn-Benton Livestock Judging Team began their season this year before Fall term began by attending a competition in Wichita, Kan. where they won the beef cattle division and placed fourth overall.

Excited about their success and wanting to

maintain their competitive edge, the team practiced relentlessly and pushed one another to be better. One of the larger competitions LBCC's team participates in is the North American International Livestock Exposition hosted in Louisville, Ky.

At the Louisville contest, the team was ninth in oral reasons, and sheep, and were tenth in beef and overall. Pleased with their success LBCC's team spent two weeks over winter break practicing, and worked harder than ever to perfect their skills. During the first week of winter term, Linn-Benton's Livestock Judging Team traveled to Denver, Colo. for the National Western Stock Show their final and toughest competition.

The team had a great day in Denver, they were ninth overall, fourth in sheep and goats, and Cody Lacy was fifth in the car load contest.

Over the course of the season, the team bonded and gained a sense of comradery both in and outside of practice. Drawn together by their busy schedules, competitive nature, sleep deprivation, and, most importantly, their love of the livestock industry, the LBCC Livestock Judging Team began to view each other as family.

While many of you may not know much about livestock judging, you should know this, it is an activity that challenges critical thinking skills, improves public speaking, teaches life skills, draws teams together and has a practical application to real life in the agricultural industry.



LINN-BENTON COMMUNITY COLLEGE PRESENTS

FREEDOM RIDERS

**FEB. 8TH
12PM - 3:30PM
FORUM AUDITORIUM**

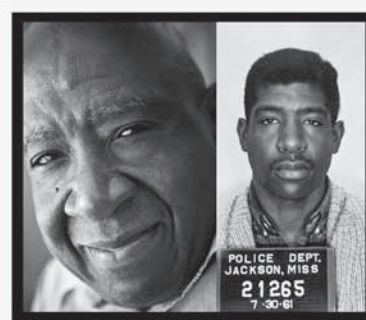
**SPEAKER (12-1)
DR. ROBERT SINGLETON**

**DOCUMENTARY (1:30-3:30)
AMERICAN EXPERIENCE DOCUMENTARY
FREEDOM RIDERS**

THREATENED.
ATTACKED.
JAILED.



**FREEDOM RIDER SPEAKER
DR. ROBERT SINGLETON IS AN
ECONOMICS PROFESSOR AT
LOYOLA MARYMOUNT UNIVERSITY
IN LOS ANGELES. HE BECAME
INVOLVED IN THE CIVIL RIGHTS
MOVEMENT AND IN 1960 BECAME
PRESIDENT OF THE NAACP CHAPTER
AT UCLA. HE HELPED RECRUIT AND
PARTICIPATED IN THE FREEDOM
RIDERS MOVEMENT IN THE
SOUTHERN UNITED STATES.**



PERSONS HAVING QUESTIONS ABOUT OR REQUESTS FOR SPECIAL NEEDS AND ACCOMMODATIONS SHOULD CONTACT THE DISABILITY COORDINATOR AT LINN-BENTON COMMUNITY COLLEGE, RCH-105, 6500 PACIFIC BLVD. SW, ALBANY, OREGON 97321, PHONE 541-917-4690 OR VIA OREGON TELECOMMUNICATIONS RELAY TTD AT 1-800-735-2900 OR 1-800-735-1232. CONTACT SHOULD BE MADE 72 HOURS OR MORE IN ADVANCE OF THE EVENT. LBCC IS AN EQUAL OPPORTUNITY EDUCATOR AND EMPLOYER.

Mark Your Calendars: FAFSA and Graduation Deadlines

Alan Boone

Contributing Writer

Here are some important upcoming deadlines to mark in your calendars.

Application deadline for Spring Term graduation: Feb. 3.

FAFSA application deadline for 2012-13 school year (This is if you plan on attending school between July 1, 2012 through June 30, 2013). Online applications need to be submitted by 11 p.m. on June 30, 2012. Any corrections or updates must be submitted by 11 p.m. on Sept. 23, 2012.

Deadlines for OSAC private scholarships must be in by 11 p.m. on March 1, 2012.

Oregon Opportunity Grant applications must be in by 11 p.m. on Feb. 1, 2012.

OSU Priority registration deadline: Feb. 1, 2012

LBCC Priority deadline dates for admission:

- Summer 2012: April 6, 2012.
- Fall 2012: June 22, 2012.
- Winter 2013: Oct. 5, 2012.
- Spring 2013: Jan. 11, 2013

LBCC school code: 006938
OSU School Code: 003210

Pastega Leaves Rich Legacy

Kay M Roth
Contributing Writer

Mario Pastega, who passed away on Jan. 20, was a true patron of life. He was 95 years old. Pastega spent many years in the Willamette Valley, moving to Corvallis in 1961, after purchasing the local Pepsi plant. A shrewd businessman, who went on to own three plants, Pastega sold his plants last year after 63 years in the business.

While well-known in the business world - he was named to the Beverage World Hall of Fame in 2002 - Pastega was also known for his compassion and his community service. It was in the capacity of philanthropist that many people throughout the valley came to know the gentle man, who always wore a Greek fisherman's cap. He gave to organizations throughout the valley to help people lead better lives.

A strong supporter of education, Pastega was a trustee on the Oregon State University Foundation and made numerous donations to the college over the years. He was also a trustee of the Corvallis Public Schools Foundation when it was formed in 1996. That year, he also endowed the Golden Apple Award, an honor given to three outstanding teachers and a staff member in the Corvallis district. He also endowed similar awards at Western Oregon University and Linn-Benton Community College.



Justin Bolger

Mario Pastega

One of the other organizations Pastega supported was Albany Civic Theater. "Mario was a very generous man. He loved the arts and really enjoyed life to the fullest. He will be missed by many," said Dr. Brad Townsend, the director of athletic bands at Oregon State University and an active volunteer at ACT. Pastega donated money to ACT in Townsend's name three years ago, following that donation up with others in the name of area actors.

Last season, Pastega came to see one of his last performances at ACT, when he attended "The 25 Annual Putnam County Spelling Bee." Sitting in his customary front row seat, Pastega settled in to watch the show. Word spread backstage and one of the characters, who usually drank a generic soda on stage, instead walked out with a Pepsi in hand. He went down the stairs and instead of drinking it himself, he handed it to a smiling Pastega.

"We will miss this kind man," said Christi Sears, one of the directors at ACT. "He was very generous and love to come and get lost in our productions."

Pastega was well-known at the house that bears his name - the Mario Pastega House on the campus of the Good Samaritan Regional Medical Center in Corvallis. With his wife, Alma, Pastega donated \$350,000 to start construction on the house in 2002. Until his health began to fail, Pastega would stop at the house, available to families with loved ones in the hospital, to visit with people, often times without anyone realizing who he was.

A member of the Good Samaritan Hospital Foundation's Board of Trustees since 1981, Pastega co-chaired the funding drive to build the Ralph Hull Regional Heart Center in 2002.

A community event that Alma spearheaded and Pastega continued to support is the annual Pepsi Lights. Each holiday season, the Pepsi plant in Corvallis becomes a winter wonderland of holiday cheer that is free to the public. Many families have made it a holiday tradition to drive through the Pepsi parking area to enjoy the festive light display.

Pastega will be missed by many in the area, who came to know the businessman as a friend, a mentor and an all around nice man.

Water Prices on the Rise

Nora Palmtag
Contributing Writer

The City of Albany plans to raise the price of water and sewer service, in order to meet debt payments and earn enough money to keep the systems running, according to the city staff. According to the Democrat Herald, the sewer rate was not raised last year as the council used \$840,000 from the Pepsi settlement to subsidize the sewer fund.

The average water rate will be increased by \$1.15, or three percent across the board, in February. "The increase is expected to yield an additional \$110,000 in water revenue, during the rest of this budget year, which ends June 30," per Shepard in city council meeting this week.

The sewer rate increase of nine percent will be required on July 1, but will not be considered for vote until May of this year.



Continue reading the complete story online at: <http://wp.me/p14GZu-4VP>

More information on how to be prepared in the case of another weather emergency is available online at:
<http://wp.me/p14GZu-4WI>

Walmart Debuts in Albany

Amanda Hayden
Copy Editor

Jan. 25 was the opening day for the new Walmart location at 1330 Goldfish Farm Rd Se, Albany, OR. Inside were a few hundred people, surrounded by sprays of balloons. There were three obvious groups of people, and their dress defined their station that day.

The store had pre-arranged for all of the bright blue-shirted employees to stand in a horseshoe shape, probably for a variety of reasons. It is safe to say they probably didn't want shoppers easily sneaking by before the registers and doors were even manned. More importantly, it was obvious to the average ceremony attendee that there were plenty of employees available to help celebrate and tend to the needs of their new customers.

While at the podium to welcome new business into the community, Albany Mayor Sharon Konopa said, "We're not just a little spot on the map in Oregon." She went on to explain that this is just a part of the area's natural transition from a farming community, into one of the state's important notable places.

Janet Steele, Albany Area Chamber of Commerce president, had only positive expectations for the new store, "Not only will the additional shopping and employment opportunities now be a permanent fixture in our area, but the corporation also put many financial improvements into the area, including their store and the local traffic upgrades. The yearly property tax income alone will be another contribution to our area."

After donations were announced, and distributed to ten area organizations. It was smooth sailing on to the final part



Amanda Hayden

Customers fill the new Albany Walmart opening day.

of the quick opening ceremony. Albany Chamber of Commerce Ambassadors, most of whom are current area business owners, along with Race Robbins, cut the ceremonial ribbon. This opened up shopping to all customers.

The new location is designed with wider aisles and an improved layout, for shopping convenience. The layout is based on commonly-purchased items. The color palette has also been improved, not only for more of "an inviting shopping experience," but also color-coded, based on merchandise areas.

All new Walmart stores are also focused on energy efficiency. Built with a focus on energy-efficient technology, to reduce waste and energy use. The store has been designed with skylights, requiring 75 percent less lighting per day, and LED lights are used the rest of the time, which is 70 percent more efficient than their fluorescent counterpart. The result: Very little lighting costs.

The flooring is made from recycled materials. The store will utilize a recycling program. The toilets and sinks are low-flow models, to reduce the amount of

water waste.

Aside from the generous contributions made during the ceremony, there were also plenty of free drawings around the store for items such as: an elliptical machine, an Xbox 360, a baby crib, and a mountain bike.

David Fuller, the Walmart market manager for areas ranging from South Salem to Eugene, is "very proud of the energy efficiency example this new store has, and the fact that the store will have the improved price and selection area residents can take advantage of 24 hours a day."

One of the new store's employees, Devin Monfils, has been cross-training through the many departments (a skill Walmart prides itself on) for three months, traveling to various stores. He said, "It will be great to have less of a commute each day."

For the upcoming Superbowl weekend, Tony the Tiger will also be at the store to welcome customers as a special treat. The store is well-stocked, well-staffed, and ready to show Albany what it has to offer.

<http://rhythmandbrewscafe.com/>

RHYTHM & BREWS

LIVE COFFEE & MUSIC

Rhythm and Brews Coffee House
A Great Place To Study
Hang Out With Friends

Show Your Student ID and Receive 10% Off
All Coffee Drinks

Espresso Drinks, Scones, Muffins, Bagels
Loose Leaf Teas, Sandwiches and more

Open 7:30am til 9pm Mon-Fri
Open 9am til 9pm Saturday

We are located at 229 3rd St SW in Albany,
Just behind City Hall and half a block down
3rd off of Ellsworth St.
541-924-5668

First Alternative
NATURAL FOODS CO-OP

How to EAT LOCAL in the Winter

THE LOCAVORE'S WINTER TABLE

Saturday, Feb. 25th, 1-5 p.m.

Discover the abundance of food available in winter and how to use it!

Discussion • Workshops • Tastings

Free! Sign up today.
Call 541-753-3115. Childcare provided.

Sponsored by First Alternative Co-op

NORTH CORVALLIS
29th & Grant
(541)452-3115
Open 7-9 Daily

SOUTH CORVALLIS
1007 SE 3rd
(541)753-3115
Open 7-9 Daily

www.firstalt.coop



Art student Spike Keenan

Kody Kinsella

Advice from Weiss

How Thirteen Words Transformed A Student

As a Career Counselor of some years now, I am always interested in what helps a person determine who they are and what they want to do with their time, in this life. And I always find inspiration in those stories where a single moment, or event, help make that determination. This is such a story.

Spike Keenan's work of typography is at once inspiring and haunting; and the three African boys she portrays appear so alive they seem to be observing and questioning us, even as we observe and appreciate them.

The work started as a class project in Analee Fuentes Art 131 class. Fuentes had taken the class to hear a talk at LBCC's Diversity Achievement Center by communications instructor Dana Emerson. Emerson gave a lecture and lead a discussion on stereotypes and labels. As part of the discussion, students were asked to come up with words they associate to the label "gangster." Thirteen words were given, and Spike remembers feeling uneasy with the largely negative language.

Later, when she faced the task of creating a work of art, based on those same words, Spike says she felt "horrible," and told Fuentes she just couldn't do the project. "This isn't the way," she remembers saying. To which Fuentes said, "Yeah, when people look closely at your art, they'll see it's made of those words, and that will be quite a lesson."

And so it began. Inspired and challenged, Spike began searching for an image to further develop the idea that had begun to germinate within her. She found a photograph of three young, African boys, and with the technique of typography, began to use the words of negativity and separateness to create a beautiful image of children looking out upon their world with wide, wondering eyes. Every bit of the picture is made using those thirteen words Spike found so detestable, and thought she could never bring herself to use.

Looking back on the work, which now hangs in the office of LBCC president, Greg Hamann, Spike says, "We have beautiful people that we put negative stereotypes to. We're all on planet Earth together. We're all on the same team, whether we know it or not." Her artwork certainly makes this thought clear to all who view it.

About herself, Spike now says, "I've always been an artist, but when you are told all the time that you can't be that because you can't make a living, and all the other reasons people give, you doubt yourself. You doubt what you know about yourself. But when you create some art, and it means something to others, and you win an award or two for doing it, then it feels okay to say: 'I am who I am. I am an artist,' and just be it."

There are so many things that we mean when we use words like "career," "profession," "job," and "vocation." Sometimes we mean a way to make a living. Sometimes we mean a way to make a difference. And sometimes we mean a way of taking something that, on the surface seems ugly, and show the beauty and meaning we can derive if we care to look in a deeper, more universal way.

Mark Weiss has been a counselor at LBCC for 20 years. The purpose of this column is to answer students' questions about the college, academic advising, and how to be successful at LBCC. Please send your questions to mark.weiss@linnbenton.edu or stop by the Career and Counseling Center in Takena Hall.



Mark Weiss
Counselor

OPINION

Sex AND THE Campus

When It Comes to Sharing...

Jill Mahler

Editor-in-Chief

In relationships, sometimes you can feel like your playing a numbers game. How many times a week is normal? How many days should you wait to call ... wait before you say I love you? Not to mention, there is the enviable conversation in every relationship, where you are faced with revealing how many partners you have had.

In a world where a premium is placed on being open and honest, how do you know what to share about your past and what to keep to yourself? And even if you are selective about whom you invite to share your bed with, previous experiences and partners are bound to haunt you in your present. So how do you know if you are actually coming out on top?

Expressing one's sexuality is no longer taboo. This expression is translated into our everyday life - from how much we reveal in our fashion and in conversations to how we act. We attempt to express ourselves in every conquest. It is natural and healthy to desire a streamlined relationship, where you are free to express yourself, but revealing our past fully can also become a hindrance.

As a general rule of thumb, you need to know about your partners previous encounters, at the very least how many people they have been intimate with. How else do you expect to protect yourself if you do not know how healthy or exposed your partner is? However, the amount of information from your past you reveal or ask of your partner is in your discretion. Revealing what you like and dislike should be a welcomed topic, but steer away from making comparisons and subjecting yourself into a limited view of what you like. Each relationship provides you with the ability to discover new avenues of yourself, define yourself as a person and what kind of partner you are.

Communication is as powerful as you allow it to be. Communication can set you free from internalizing your world, but you should know how to use it. Although your past is what made you who you are, your present should take over and be your focus. The partner you are with should be your priority. This is the sacrifice every single makes when they become a couple. When you allow your partner in fully, they are more likely to feel comfortable to discuss your past and theirs, since there are no past feelings left to compete with. Allow yourself to release the ghosts of relationships past and take on those of the present and

Dear Conscience,



Who are some of your personal heroes?

Jill Mahler

Shoulder Devil

My heroes are those who know how to get business done. Gang members are heroes, full of incentive and goals. Just watch them as they parade around fighting for territory like dogs.

I also really admire individuals who set out with "good" intentions and end up right where I want them - slaves to my will.

Take, Richard Gatling for example, an American inventor known for his invention of the Gatling gun, the first successful machine gun. It was like winning the lottery when I heard him say, "It occurred to me that if I could invent a machine - a gun - which could by its rapidity of fire, enable one man to do as much battle duty as a hundred, that it would, to a large extent, supercede the necessity of large armies, and consequently, exposure to battle and disease [would] be greatly diminished."

You know what they say: The road to hell is paved with good intentions. No one that ever wore a toga (that means you Gandhi) was ever heroic. You become a hero when you set aside pesky morals and really start living. Conqueror and devour.

Another hero I celebrate is a classic: Darth Vader. You give a guy nice third degree burns and break his sanity and voila - you have a brilliant villain ... I mean hero. And nothing is better than a cool voice box. Listen to me when I tell you, being a hero is mostly a mental thing.

Once you have planned your big debut, nothing can stand in your way - not even bullets or ethics, but you have to be dedicated. Dissolving once you have water splashed on you, or when those red and blue lights flash, is not the heroes' way.

Jennifer M. Hartsock

Shoulder Angel

Everyone is a hero in my golden book. I notice every contribution to mankind, no matter how small. Even the things you do every day! Waking up - this is such an unselfish, heroic move. You're choosing to engage in life! Eating breakfast - fueling your body with nutrients. Even if they can't consciously thank you, every cell is truly smiling. And even the lazy college student who skips class to nap is heroic! He's sacrificing education to allow such a complex, hard working organism to regain its strength!

What did Socrates, Plato, Albert Einstein, Leonardo da Vinci, William Shakespeare, Charles Darwin, and Mahatma Gandhi have in common?

They were all vegetarians! The faces of animals - ugly and cute - proved to these men that their livelihoods matter! I cannot put into words how unconditionally considerate this is. Seriously, it is impossible.

But on a different note, Leonardo de Vinci was a genius for his diversity of discipline. Albert Einstein created the theories of special and general relativity. Charles Darwin developed the theory of evolution by means of natural selection. Isaac Newton was one of the greatest influential scientists.

Through his literature and TV shows, Carl Sagan translated high-conceptual laws of the universe into common terms for the general public. William Shakespeare expressed the true nature of the human condition in his literature. And the Dalai Lama was a true advocate for love, kindness, and compassion.

These, and many others, are heroes.

Have questions? We have answers.

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

"Dear Conscience" does not necessarily reflect the views of any of The Commuter staff.

Today's
Salon & Spa

Chocolate pedicures only \$25!
Free haircut with any color service
Through the month of February

Ask for Erienne or Karli

541-967-8663

317 1st Ave W

Albany, OR 97321

Hours: M - F 9am - 7pm Sat 9am - 3pm

Bullying: A Problem in Society

Carli Gibson
A&L Editor

This is the beginning. The beginning of what I hope will bring change. What I am about to share with you are a series of misfortunes as told from the lives of others.

Bullying: it's not a stranger to anyone, whether you were once a bully, or if you have been the one to accept the emotional, or physical blows from others. Maybe you were lucky enough to escape the misfortune of being taunted, teased or beaten up.

I recently came across a young 12-year-old student from Calapooia Middle School, Aleya Spitz. She is probably one of the most important reasons for the purpose of this article. Spitz is positively one of the most bubbly, sweetest young ladies I have ever met, but despite her carefree personality, even she has her struggles.

For Spitz, bullying isn't something new. She is a seventh grader now, and has had to deal with snide remarks about her weight and the often-dirty look from a fellow classmate, since her sixth grade year began.

Recently, an event happened that made Spitz realize the bullying is starting to get worse.

While Spitz went to use the restroom before lunch, she had set down her lunch pail outside her stall. While in the stall, she heard familiar voices enter the restroom — one of them belonging to her bully. Once Spitz heard the girls leave, whispering and giggling, she left her stall to discover her lunch pail was missing.

Spitz went to talk to a teacher. They suggested looking in the garbage. "I looked in the garbage and there it was!" agitated Spitz said, her untouched lunch spoiled in the school garbage.

"I feel so uncomfortable," Spitz remarks. "[Bullying] makes you feel bad. It makes me want to cry."

When Spitz went to talk to an administrator about the problem, they set up a meeting between her bully and her. Spitz's mother, Mary Ann Spitz, said, "All he did was ask [the bully if she had done it] — she said no, and that was the end of it. I was upset when nothing was done; we're sending a message that it's okay to bully. It's upsetting that kids can get away with it."

Although Mary Ann Spitz agrees that because there was no real evidence against her daughter's bully, there could be no punishment given. However, she still she wonders why they couldn't have said something more to her daughter's bully. Especially considering that the school has had problems with that student in the past.

"He could have given her a warning of some sort," she said.



Carli Gibson

Mary Ann Spitz and her daughter Aleya, of Albany.

The faculty also overlooked the fact that this isn't Spitz's first account being harassed by her classmate.

"It makes you feel like no one cares," Spitz adds. "The principal didn't even know my name; he kept calling me something different."

Spitz also offered some insightful advice for others who are being bullied: "Go straight to the person you know will do the most [about it]."

This is a problem found in many bullying cases. Children's cries for help are being ignored because administrators don't find it to be that big of a deal, when really kids are trying to stop this before it escalates even further. Lately it seems the only time bullying gets any attention is after it's too late, when the bullying becomes physical, or a child has committed suicide.

"It makes them feel better," Spitz says while explaining why she thinks people bully, "but I don't know how it could make them feel better about themselves when they're making someone else feel worse."

"I don't think bullying is ever going to stop," Mary Ann Spitz commented. "Putting the word out there is the best thing; there should be steps to control it."

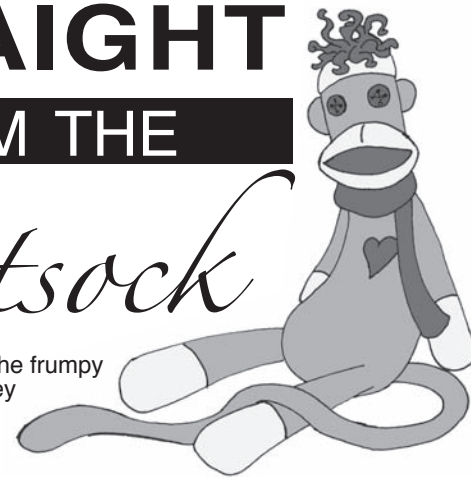
Spitz had a different idea. Spitz wants her Leadership class to talk to other classes, student-to-student, because she sees that teachers can't always make a difference, so she wants to give it a try with the help of her classmates.

Children should not be ignored. Their cries, no matter, should be heard and dealt with. We need to stand up as a community, as a nation, and fight this, because your child, your sibling, your loved one could be the next victim of a bully.

STRAIGHT FROM THE

Hartsock

Brain stuffing from the frumpy
sock monkey



Good Intentions, Bad Outcomes

Jennifer M. Hartsock

Opinion Editor

Are there events and actions that have been carried out by us, or bestowed by others upon us, initiated by consideration, yet led to destruction? When a moral or philosophy swallows us whole, we don't want to be the only ones who can participate; we want others to have the ability to partake, as well. This can be a number of things: better living conditions, God's praise, wholesome relationships, happiness. Perhaps we just want the world to be a happier place for all, and do what is in our power to get it for those who can't get it for themselves.

Sometimes, we end up making things worse.

UNICEF is a worldwide organization that seeks to provide better living conditions for over 150 countries. Most Americans support UNICEF; they are a legitimate organization that have the means to make effective changes. However, many Catholics do not support UNICEF. In order to provide safe and healthy conditions, UNICEF also offer contraceptives and contraception education. Many Catholics believe that contraception hinders the "natural law" of procreation. In their hearts, contraception gives us the means to abuse or ignore this law. However, the loss of their support takes a negative toll on decreasing starvation, disease, and overpopulation in undeveloped counties.

On our own soil, those who support abstinence-only sex education are concerned with the wellbeing of young people. They want to encourage monogamous relationships and prevent out-of-wedlock complications. However, students who receive abstinence-only education are more likely to have unprotected sex if they do choose to have sex, increasing the risk for STI's and teen pregnancy.

Tourists who visit Africa have handed children candy, trying to provide a kind gesture. However, these sweets cause cavities, and without dental care for miles in each direction, this kind gesture has caused tooth decay.

In Vietnam, some U. S. troops brought Christmas toys to an orphanage. On their way, they threw candy to kids along the road, attempting to share some joy with these children. Later on, Civic Affairs advised the troops to only give candy to an adult or parent. In reality, these parents were angry that strangers were giving their children sweets that they couldn't afford, themselves, and that using that trading that candy for food was now out of the question.

In order to refrain from wanting to do the right thing, but not knowing how, each organization you support or don't support, or the laws you vote for or against, and even the daily decisions you make, should always be carefully researched first. This way, it is more likely that your intention of doing the right thing is actually the right thing for everyone.

The New Threat to Internet Freedom: A©TA

Sean Bassinger
Staff Writer

Right when we thought the worst was over, another threat involving intellectual property rights takes the stage. What's even more shocking is that it's been in the works since October 2007, according to the Electronic Frontier Foundation (EFF).

ACTA, short for Anti-Counterfeiting Trade Agreement, is now being considered a greater threat than SOPA and PIPA ever were — especially because of the stealthiness this "agreement" displays.

In their primary forms, SOPA and PIPA aimed to regulate intellectual property rights. As a side effect, the Internet as we knew it — if either

law had passed — would have been destroyed. What followed — initially prompted by Wikipedia — were millions of individuals stepping out, taking a stand and blacking out entire websites in protest.

Just hours later, SOPA and PIPA were indefinitely "postponed" until further notice. This was a great victory for creative entrepreneurs, artists and writers.

But like a sleeping giant secretly regaining their strength, ACTA rose from the depths. Yes, these "treaties" were enacted to put an end to counterfeiting products (namely potentially harmful medications and inferior duplicates of other popular products). But why all this secrecy for so long?

Quite simple — like SOPA and

PIPA, there are hidden implications surrounded by (yet again) vague text, and manipulated by intellectual property holders.

As stated on StopACTA.info, "The main problem with this treaty is that all the negotiations are done secretly. Leaked documents show that one of the major goals of the treaty is to force signatory countries into implementing anti file-sharing policies under the form of three-strikes schemes and net filtering practices."

Because SOPA and PIPA were shelved, U.S. domains and ISP providers won't be affected by ACTA, correct?

Unfortunately not. In fact, we signed into the damn thing awhile back. Other governments on board

include Canada, Australia, Japan and the entire European Union.

What's even more sickening is how we — just like the SOPA and PIPA acts — simply receive more terrible excuses to celebrate these "agreements" in the name of holy "bipartisanship." The Bush Administration started this mess in the United States, but the Obama Administration continues to finish it. According to CNET in 2010, Both administrations agreed that information regarding ACTA would not go public due to issues with "national security."

Arguably, this sounds more like "Hollywood security" as opposed to "national security."

Free members of the Internet — creators, innovators and

entrepreneurs — must once again stand up for what they believe in, and make sure the world's governments don't succeed in their mission to restrict global transparency.

As more individuals create lives for themselves through independent channels, media conglomerates realize their industrial age business models are obsolete. It is our right to stand up and secure our personal future, and ensure the individual success for those who want it. Members of the European Union are being urged to contact their leaders and put an end to these injustices.

As for us Americans, I believe it's time we make some more calls to Congress. As our nation's representatives, they should realize what they're signed up for.

Balancing Act

Heidi Halemeier Takes on Responsibilities On and Off the Court

Kyle Holland
Sports Editor

The Linn-Benton women's basketball team has had an up and down season to say the least, injuries and lack of consistency have been plagued the team all year.

One solid and consistent player however, has been sophomore Heidi Halemeier. Halemeier has been the rock in the middle for the team, averaging 9.7 rebounds a game, which is good for fifth in the entire NWAAC conference.

Her story doesn't just involve pulling down rebounds and taking on the biggest player her team faces each game though.

If you have ever been to a women's basketball game or practice for that matter here on campus you probably have noticed a not so shy and very cute little boy romping around cheering on the Lady Roadrunners. His name is Carter and besides being the biggest cheerleader the team has, he also has one of the hardest working mothers on campus.

Halemeier was a star athlete at Santiam High School, where she won state titles and received over 50 scholarship offers to play basketball and continue her career. Her life however, changed in a different direction when she realized she was pregnant with her soon to be son.

After taking a year off and reflecting Halemeier was determined to get back to school and back on the court. She reached out and was able to land a scholarship here at LB and has not looked back since.

"Bringing her in was a huge recruit for LB, she's one of our best players," Head Coach Teresa Guerra said of her star recruit.

Being the only true post player the team has put a lot

of pressure on Halemeier's shoulders, especially with some unfortunate injuries to her teammates, but dealing with adversity and pressure seems to come easy to Halemeier.

"She has a lot of pressure on her, but she steps up to the challenge. Her work ethic is amazing, balancing school, the team, and her son. You can see in her eyes how happy he makes her though," said Alicia Love, friend and teammate of Halemeier.

Stepping up to a challenge doesn't seem to slow Halemeier down, if anything it seems to motivate her as a student athlete.

"Having a child was an eye-opening experience for me, I matured and realized the importance of life while understanding every day is going to be a challenge," Halemeier said.

When she's not balancing homework, or practice, or her son, or work at Allan Bros. most likely you will see Halemeier on the couch watching "Cake Boss" or in the kitchen making something she just saw on "Cake Boss."

"I am a cook fanatic!" she said.

Her dream is to someday open a coffee/dessert shop where she can show off all her baking inspirations. Her son's birthday is weeks away and she already has the Ninja Turtle themed dessert planned out.

Halemeier is an inspiration to a lot of students with children, who sometimes finds the balancing act a struggle to deal with. Her positive attitude both on and off the court are remarkable and have helped the team stay positive.

"She faces more adversity being a mom and an athlete, but she is doing a great job and has a great outlook on life that is great to have in our program," Guerra said.



Marcea Palmer

Heidi Halemeier looks for an open teammate on an out-of-bounds play.

OSU vs UO Basketball Highlights

Alan Boone
Contributing Writer

Women's Basketball:

Oregon State pulls out for the win over University of Oregon 67-60. Freshman Ali Gibson received a career high 23 points with 8 field goals and 5 three point shots. Junior Patricia Bright earned her second career double with 11 points and 12 rebounds. Junior Sage Indendi had a season-high 14 points. She also had a season-high of six field goals, and needs one more three-pointer to move into fourth place for career three-pointers. Oregon State is now 11-2 when opponents score 60 points or less.

The last time Oregon State beat Oregon two times in a row was during the 2008-09 season. The last time the Beavers defeated the Ducks at home consecutively was during the 2002-03 and 2003-04 seasons. Oregon State hasn't won a pair of consecutive conference games since 2008-09. 3,719 people showed up to watch the game, the most for a single game since the 2006-2007 season. Oregon State continues its homestand, hosting Colorado in the inaugural Pac-12 matchup on Thursday at 7:00 p.m. in Gill Coliseum.

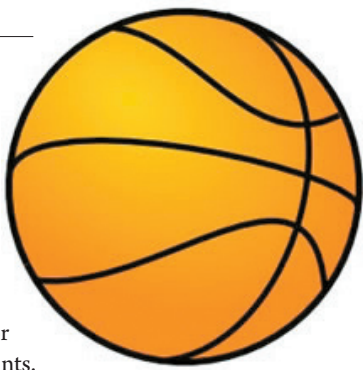
Source: <http://www.osubeavers.com>

Men's Basketball:

The Beavers came out on top against the Oregon Ducks, winning 76-71 at Matthew Knight Arena in Eugene. Jared Cunningham scored 27 points leading the Beavers to a 14-7 overall record with a 4-5 record in the Pac-12 conference.

Oregon state was trailing 28-23 at halftime and came back with a jolting rush, to score 40 points in 14 minutes in the second half. This win at McArthur Court broke their 13 consecutive losses on the road. The Beavers remain 8th in the Pac 12 conference trailing the Ducks by 2 games.

Source: John Hunt (The Oregonian) on <http://www.oregonlive.com>



OSU 2012 SUMMER SESSION

Schedule
of classes
is available
online.

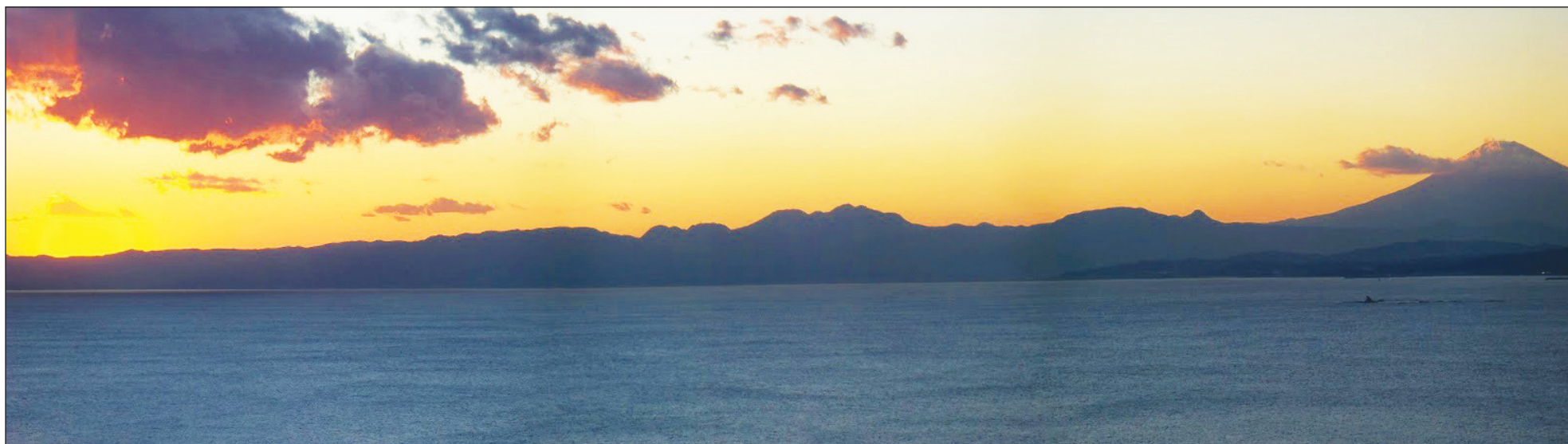
summer.oregonstate.edu

Find us on
Facebook

Follow us on
Twitter

10 weeks until OSU Summer Session
registration begins on April 15.

Oregon State
UNIVERSITY



Justeen Elliott

Greetings from Japan

continued from Cover

Walking through various businesses and malls, visitors can see that each business is full of all sorts of people.

The people are very friendly and will help tourists, even without being asked for help. Whether they're locals, military, or citizens, they're always willing to help.

"Every time I see someone who looks like an American, or that looks confused, I always try and point them in the right direction, or if I'm able to, help take them to their destination," said local Yokosuka native Akina Del Rosario. "Since I know how hard the train stations are, I try to help people as much as I can."

There are three major cities near Yokosuka: Kamakura, Enoshima, and Yokohama.

Kamakura has around 20 different temples. Two of the major ones are Daibutsu and the Hase-Dera Temple.

Daibutsu's main attraction is the giant bronze Daibutsu statue. It was built in 1252, and the name means "Great Buddha." For only 200 yen (roughly \$4.00), visitors can climb inside to see what the interior of the statue looks like.

The other major temple is the Hase-Dera Temple. This temple originally belonged to the Tendai sect of Buddhism, but eventually became an independent temple of the Jodo-shu sect.

Enoshima is an interesting place to visit. The Enoshima Lighthouse Observatory is there. The lighthouse on the island takes a couple hours to walk to, and along the way visitors may view various businesses, meeting some of the monks that are walking about. They might even pet some of the random cats that are lounging along the way. Once at island's peak, the view is breathtaking. Visitors can see for miles and miles, and if lucky enough to get there at dusk, they will have an excellent view of Mt. Fuji. The lighthouse has been around for well over a century, and is a new landmark on the highest point of Enoshima Island. It is 59.9 meters high, at only 119.6 meters above sea level.

The most awe-inspiring attraction in Yokohama is the Cosmo Clock 21. The Cosmo Clock 21 was built in 1989 and is the world's



Justeen Elliott

Above: The view from the Enoshima Lighthouse Observatory.

Left: A praying monk sculpture

Below: The Cosmo Clock 21



Kent Elliott

largest clock (369 feet). When it opened in 1989, it was the world's largest Ferris wheel; it is now the second largest, behind the Singapore Flyer, in Singapore. The Cosmo Clock has 60 passenger cars, each capable of carrying eight people, and takes about 15 minutes to complete a full rotation.

The view from the clock is spectacular. Once at the top, visitors

can see the nearby theme park from above. With the lights on, it makes the view, so much more beautiful. If lucky enough to experience the ride when it is exceptionally dark outside, it is even more lit up than the usual breathtaking view.

It is safe to say that Japan isn't still suffering after the tsunami and all of the recent earthquakes. They're doing just fine.

Love Love Teriyaki Is Super Super Good

Alex Porter
Contributing Writer

Many people love the exotic foods of other countries, the tastes and smells of places we could only dream of visiting. There are our Middle Eastern foods, of tangy flavors, spices that seem like they engulf your lungs in pure spicy delight. We have our multiple Spanish restaurants, with the zesty sauces and sizzling hot cuisines.

One popular franchise of restaurants in both Benton county and Linn County are Japanese restaurants. There are approximately four Japanese restaurants in Albany and four in Corvallis. In Albany, Oregon, one of the most talked about Japanese restaurants is one called, "Love Love Teriyaki."

Right when you walk into the restaurant you can already smell the steaming white rice, and the smell of soy sauce and the tangy teriyaki sauce. Every once in a while you hear the ding of bell signaling a fresh plate is ready.

Robert Southern, a resident of Corvallis, enjoys eating at Love Love not only for the setting, but for the food.

"I just love to hang out here, it's always usually quiet, nothing to hectic or overzealous," said Southern, while waiting for her spicy teriyaki chicken, "it's just a nice place to come and sit and talk with the greatest food on the planet."

It's almost like one of those cliché cartoons, where you see the smell and your nose follows then the rest of your body floats toward the source.

"The only problem I have with the place is

that I live in Corvallis and have to wait till I get to school in Albany in order to have it," said Southern.

The environment of the place is completely calm and serene. There's not a lot of chaos and people, soft music playing in the background, framed pictures of Japanese scenery and symbols are lined up along the wall create a familiar feel of Japan might feel like.

The food is portioned so well that no matter what someone may order, they always leave nice and full. The menu has an assortment of dishes ranging from Orange chicken, which includes rice and love salad and teriyaki chicken to vegetarian dishes.

The prices for most dishes of any sort range from \$7-\$8. Considering the portions they give, the prices are a pretty good deal.

Love Love Teriyaki

Where: 2195 14th Ave, SE
Albany

Hours: 10:30 a.m. - 9 p.m.
Mon.-Sat.

More Info: (541)926-4142
loveloveteriyaki.com

Nathan Chan, an employer at Love Love teriyaki has been working at the restaurant for about 6 months.

"I think our food has a very unique taste about it," said Chan, "I wouldn't say that it tastes exactly like regular Japanese food, because in Japan their cuisine is a little more crazy and unexpected."

HOROSCOPES



ARIES 3/21-4/19

Setbacks are irrelevant because you are a champion and nothing can bring you down.



TAURUS 4/20-5/20

Nothing will worry you this week, you won't have time to worry about anything.



GEMINI 5/21-6/21

It's alright to let the dark side come out every once in awhile, as long as it's fun.



CANCER 6/22-7/22

There is someone out there that needs you right now, but you don't need them.



LEO 7/23-8/22

Take pride in your accomplishments, we know you want to.



VIRGO 8/23-9/22

Others may find you annoying, they just don't understand how awesome you are.



LIBRA 9/23-10/23

You have a lot on your plate lately, it could take awhile to balance your time.



SCORPIO 10/24-11/21

Keep moving, don't stay still for too long. Wouldn't want to be caught pants down.



SAGITTARIUS 11/22-12/21

If you put your mind to it, there is a 50/50 chance you will do something about it.



CAPRICORN 12/22-1/19

You are some sort of goat-fish. I don't understand you, but you seem to make it work.



AQUARIUS 1/20-2/18

It is a time of great wetness in the area, you must be loving it.



PISCES 2/19-3/20

An enigma of constant struggle, but at least you have friends to rely on.

BACK *in the* DAY

This day in history ...

February 1, 1887-Start the Machine

The term "Hollywood" is registered with the Los Angeles County recorder's office. And look where we are now.

February 2, 1887-Again and again and again

Groundhog Day is celebrated for the first time. Bill Murray is kicking himself right now.

February 3, 2002-That sports thing

The New England Patriots win their first Super Bowl. And if I was a sports fan that would mean something.

February 4, 1938-Then and Now

Disney releases the first full length animated film, "Snow White and the Seven Dwarfs." It's good thing Disney is still the shining beacon of quality.

February 5, 1783-A lot of insurance claims

A massive earthquake rips through Southern Italy. Fortunately, Ezio was there to help with the relief effort.

February 6, 1952-What have you done?

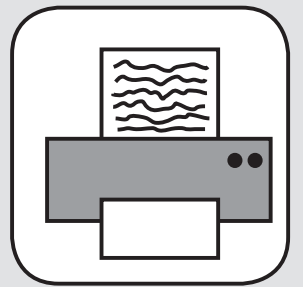
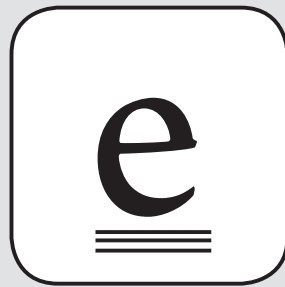
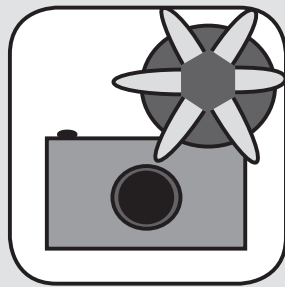
Elizabeth is crowned queen of England. In her rule, she had such an impact on politics.

Poetry Spotlight

Coffee

by Neil Davidson

sip by simple simmering sip,
warmth, like a caress, subdues
morning frosts,
and gentle,
although slightly bitter,
(a bit like telling the truth, really);
it touches the heart,
the soul,
and maybe even the mind,
(if only a little bit).
that punctuating embrace,
of a new day's beginning;
the dot of exclamation, lying
underneath long
stroke of sunrise,
and morning by morning
I am awakened,
by yet another simple pleasure.



Write. Snap. Edit. Print.

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

We're looking for:

Features/News Writers, Photographers, Sports Writers, Design Assistants, Photography Assistants, Production Assistants, and Videographers

Applications available in The Commuter office (F-222).

Call (541) 917-4451 for more info.

Unplanned pregnancy? Take control.

Options PRC is committed to providing accurate information and compassionate care to those facing unplanned pregnancies.

We offer free, confidential services including:

- ✓ Pregnancy test
- ✓ Information on your options
- ✓ Local physician referrals
- ✓ Limited obstetrical ultrasound

Take control of your unplanned pregnancy.



Corvallis 541.758.3662 Albany 541.924.0160

possiblypregnant.org



FIGHT FOR FUNDING!

SUPPORT YOUR COMMUNITY COLLEGE &

HELP STOP TUITION INCREASES

MEETING

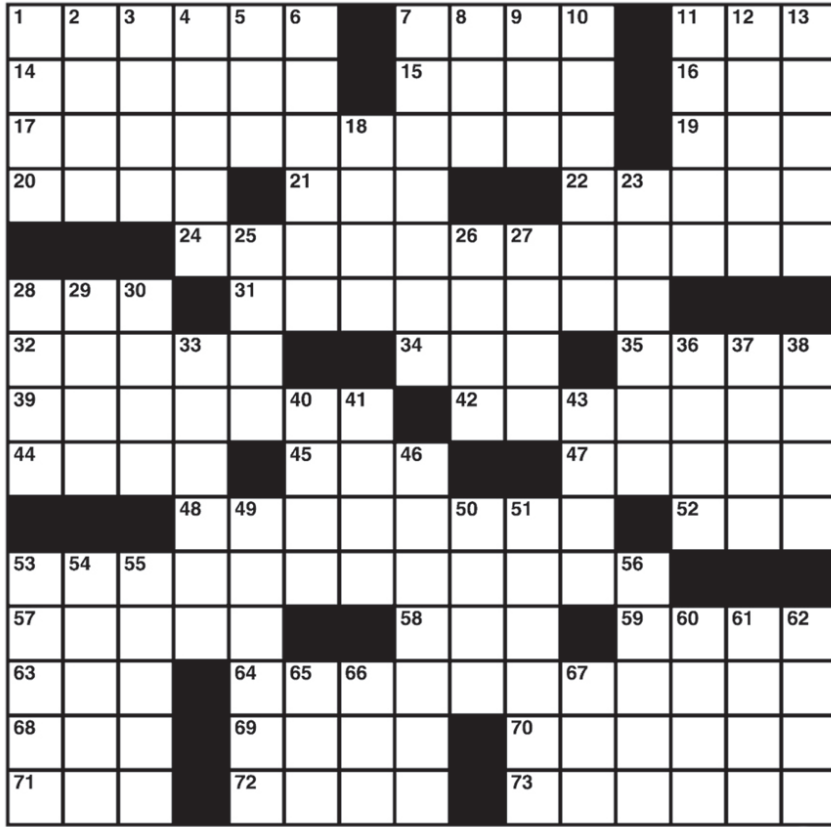
Wednesday, February 1st

10 am & 12 pm

@ Hot Shot Cafe

ACROSS

- 1 FBI sting that began during Carter's presidency
- 7 In this way
- 11 Tapped-out message
- 14 Sheep herder
- 15 Old World Style sauce maker
- 16 Hawaiian Punch rival
- 17 All-big-gun battleship
- 19 It might be pale or brown
- 20 Blackguards
- 21 Powerful health care lobbying gp.
- 22 Budget noodle dish
- 24 Deeply ingrained habit
- 28 TV sched. notation
- 31 Most piquant
- 32 Extremely cold
- 34 Birthplace of "Wayne's World," briefly
- 35 Cheese in a ball
- 39 Shanghais
- 42 Gap subsidiary
- 44 "The Time Machine" leisure class
- 45 Org. with the blog Greenversations
- 47 Further off the beaten path
- 48 Convenience store
- 52 Hard-rock filler
- 53 Cuba or Puerto Rico, e.g.
- 57 Parisian's "Presto!"
- 58 Family nickname
- 59 "___ the hint!"
- 63 Lat neighbors
- 64 Human fingerprint, and what's hidden in five puzzle answers
- 68 ___ Percé: Pacific Northwest tribe
- 69 Irish Rose's beau
- 70 Prepare to slip off
- 71 Museum filler
- 72 Barbecue site
- 73 Singer Sheena



By Kelsey Blakley

- 2 Afghanistan's Tora __ region
- 3 Huskies' burden
- 4 School group
- 5 Help
- 6 Serious threat
- 7 Unauthorized absentees
- 8 Broom rider
- 9 Exclamation with a shudder
- 10 Buddha's teachings
- 11 SeaWorld celebrity
- 12 Carrier of crude
- 13 Dramatic segment
- 18 Songwriter Tori
- 23 Show up
- 25 University founder Cornell
- 26 Pebbles' pet
- 27 "Little" Dickens girl
- 28 Pay-as-you-go rd.
- 29 Cook, in a way
- 30 Gucci of fashion
- 33 Mink or sable
- 36 Pop, to baby
- 37 Parade rtes., maybe
- 38 Vidal's Breckinridge

Last Week's Puzzle Solved



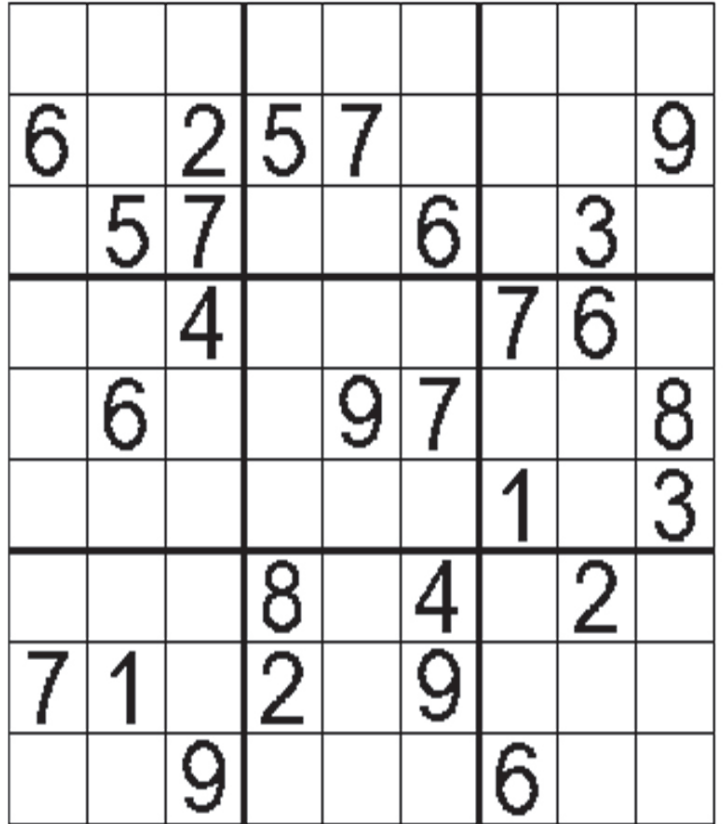
(c)2009 Tribune Media Services, Inc.

- 40 Remain undecided
- 41 Pirouette
- 43 Inflict on
- 46 Gathered up
- 49 When Rome wasn't built?
- 50 Play to ___: draw
- 51 Off-color
- 53 Trump with a cameo in "The First Wives Club"
- 54 Not even tipsy
- 55 "Faust Symphony" composer
- 56 Physicist Bohr
- 60 Swarm insect
- 61 Nestlé cereal beverage
- 62 High schooler
- 65 Jazz org.?
- 66 Balloon filler
- 67 Italian "a"

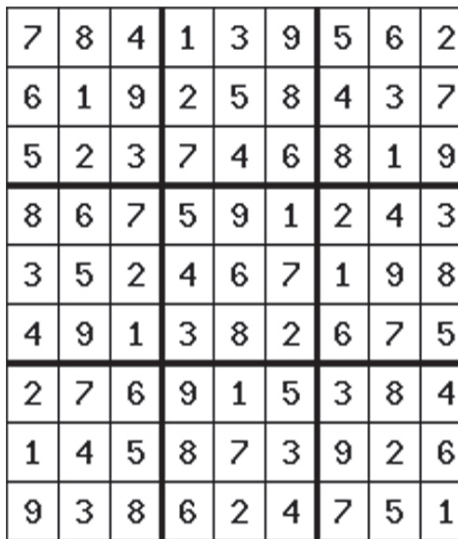
SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level: 1 2 3 4

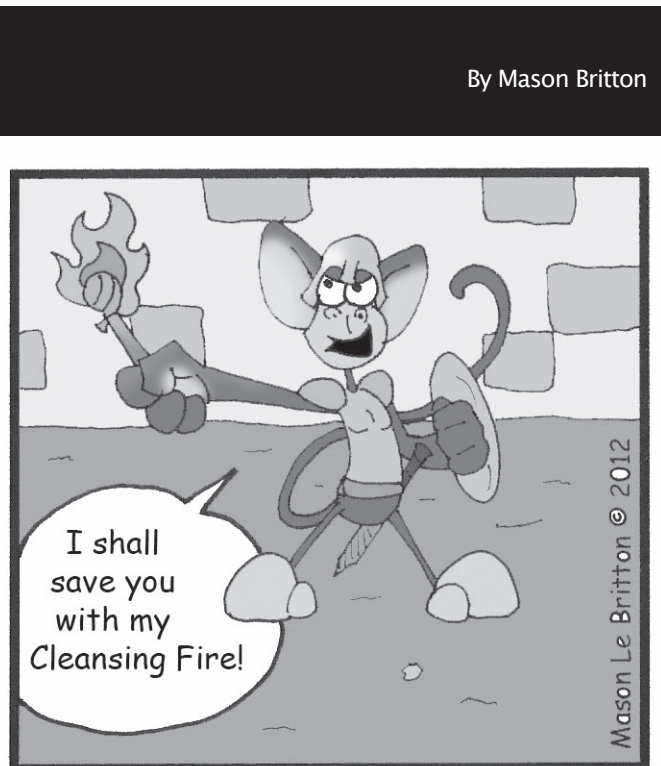
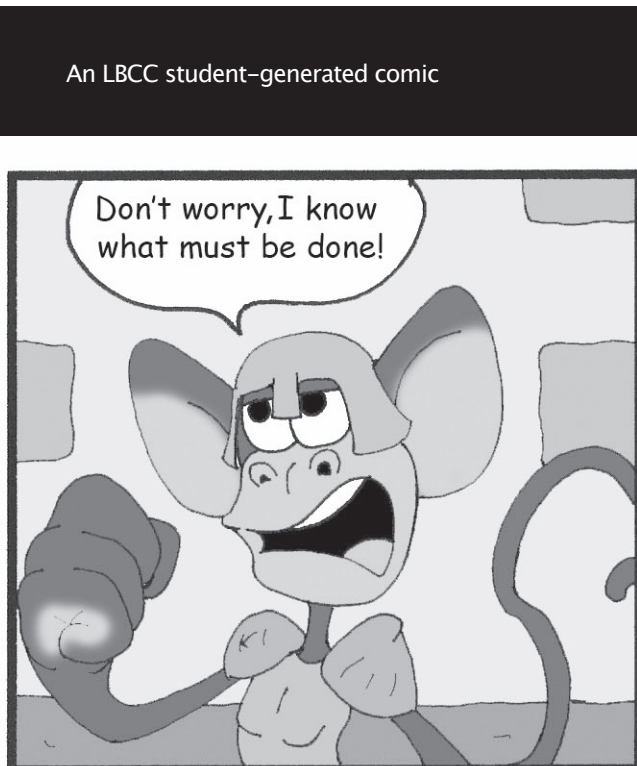


Last Issue's Puzzle Solved



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

© 2010 The Mepham Group. Distributed by Tribune Media Services. All rights reserved.



An LBCC student-generated comic

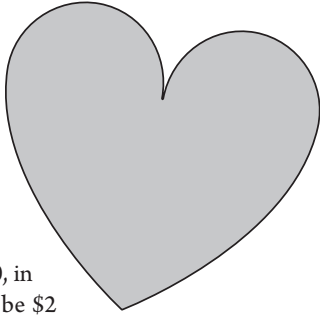
By Mason Britton

Fried Bananas
Groovysweet.wordpress.com

Mason Le Britton © 2012

Celebrating Valentine's Day on Campus

Kelly Griffith
Editorial Assistant



Get ready to show your sweetheart how you feel this Valentine's Day in more than one way! No need to visit the florist during such a busy time, when you can get flowers here on LBCC campus.

Flowers will be sold on campus Feb. 6-10, in Takena Hall from 9 a.m.-3 p.m. The cost will be \$2 for one flower and \$10 for six flowers.

If you happen to miss these dates, flowers can also be purchased in the Student Life and Leadership office on Feb. 13 from 9 a.m.-3 p.m., while supplies last. Delivery of flowers will be Feb. 14 from 9 a.m.-3 p.m.

"Valentine's in Vegas" is also another way to show that special person how much you care. This is a fundraiser put on by the Benton County Historical Society.

Tickets will be \$40 per person, which includes an excellent buffet dinner and \$100 of play money for casino games.

Upcoming Events

Wednesday 2/1

Takena Hall 10 a.m. - 1p.m.
College Transfer day!

L.B. Campus 8:30 a.m.
Winter Banquet tickets go on sale!

Friday 2/3

7 p.m. Calapooia Brewing Company
Tyler Fortier performs!

Deadline to apply for Spring Term graduation!

Sunday 2/5

1:30 p.m. CH2M Hill Alumni Center
Crossroads International Film Festival

comes to town! Both matinees and evening shows will be available! \$8 for adults; \$6 for students.

Monday 2/6

Benton Center 7:30 a.m.- 9 a.m.
Blood draw for cholesterol and glucose readings! Cost: \$10 for first time, \$20 for repeat customer, \$22 for male PSA test.

Thursday 2/9

10 P.M. Bombs Away Café
Bustin' Jieber performs!

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

Wednesday: Chicken Fried Steak w/ Country Gravy, Hazelnut Arugula Pesto Pasta with Grilled Chicken, *Vegetarian Chili w/ Sour Cream and Cheese and Cornbread. Soups: Tom Kha Gai (Ginger Coconut Chicken) and Corn Chowder

Thursday: Beef Liver w/ Bacon and Onions or Dirty Rice w/ Fried Chicken Livers, Chicken Cordon Bleu, *Cauliflower and Potato Curry w/ Basmati Rice. Soups: *French Onion, Loaded Potato Chowder

Friday: Chef's Choice

Monday: Pork Piccata, Beef Goulash (GF) w/ Spaetzle, Vegetable Studel. Soups: Corn Chowder and Vegetarian Vegetable (GF)

Tuesday: Chicken & Biscuit, Fish Tacos (GF) Vegetarian Quiche. Soups: Chicken and Matzo Ball Soup, Puree of Potato and Leek (GF)

Items denoted with a * are gluten free

LBCC Hosts College Night

Nora Palmtag
Contributing Writer

Thinking of a new career or want to start college for the first time, improving the skills you already have? Do you want a chance to win free credits to start your new life? Would you like a free meal, while you consider your options?

Come to LBCC on Monday, Feb. 6, from 4:30 to 7:30 p.m. on the Albany campus. College night is free and open to the public, so let friends and family know about this great opportunity to advance your career or change your life and get paid to do it.

There will be a showcase of programs featuring theater, music, physical sciences, and short-term training, including pharmacy tech, polysomnographic technologist (sleep disorder tech), diagnostic imaging tech, and phlebotomy tech (blood extractor), between 4:30 and 5:30 p.m. in the Forum building, room F-104.

A tour of the campus will be conducted between 5 and 6 p.m.

Between 5:30 and 6 p.m., there will be free pizza and drinks served.

The Commons will be open at 5:30 for pre-registration, where you can visit with faculty advisors to learn more about LBCC programs and to explore career options. Also, learn more about how to finance your college career and how to earn credits, while still in high school.

What is financial aid? How, when, and where do I apply? How is need determined?

Information will be available about LBCC's degree partnership programs with OSU and OIT. Learn more about special admissions programs and meet current LBCC students. Learn about scholarships that may be available to you. So many scholarships are not awarded each year, due to lack of participation.

You can discover the disability accommodations, which many of our students take advantage of. Find out what documentation you will need to use the disability services.

Information sessions will be held from 6 to 7:30 p.m. Where do I get help? How do I choose classes? How much does college cost? What can I do for fun? How do I choose a major? There are so many questions to ask, so come prepared to ask them.

From 5:30 to 7 p.m. there will be tables set up to get information about the different degree programs available to you.

According to Kim Sullivan in admissions, there will be a drawing for two three-credit awards, approximate value of \$270 each, which can be won by anyone attending the open house.

Please register for this event at www.linnbenton.edu/go/college-night and those with disabilities with special requests should contact the Disability Coordinator (541-917-4690) or via Oregon Telecommunications Relay TTD (800-735-2900) or (800-735-1232). Please make any requests at least 72 hours before the event.

Freedom Riders on Campus

News Release

Dr. Robert Singleton, one of the original Civil Rights Freedom Riders, will speak at Linn-Benton Community College on Wednesday, Feb. 8 from noon to 1 p.m. in the Forum building, room F-104, 6500 Pacific Blvd. SW, Albany.

Singleton, an economics professor at Loyola Marymount University in Los Angeles, will tell of his experiences with the Freedom Ride, being arrested and jailed and what it meant to him then and now. A question and answer session will follow.

In 1960, Singleton was named president of the NAACP chapter at UCLA. He helped to recruit for, and ultimately participated in, the Freedom Riders movement in the south, where the riders set out to challenge Mississippi and other southern states to comply with two U.S. Supreme Court decisions ruling racial segregation unconstitutional in interstate travel.

On July 30, 1961, Singleton, along with more than 300 Freedom Riders, was arrested in Jackson, Mississippi, where the riders were tried, fined and

incarcerated at Parchman Penitentiary.

This event is free and open to the public, and sponsored by the LBCC Diversity Achievement Center. For more information, contact the center at 541-917-4461.

Here is a link to an article about one of Dr. Singleton's recent speaking engagements: www.uidaho.edu/newsevents/item?name=facing-history-and-ourselves

The Freedom Riders documentary will also be shown in Forum 104, at 10 a.m. and 2 p.m. on Feb. 8.

Classifieds

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

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

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

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

Help Wanted

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

Piledrivers Apprenticeships (#9461, Oregon & SW Washington) These apprenticeships will develop skills, knowledge and experience in many areas including motors, pumps, foundations and footings, concrete & bridge construction, pile driving, rigging and signaling. (Oregon and SW Washington)

Workforce Developer/Job Navigator (9464) This job travels between Clatsop/Tillamook counties and uses skills in job placement marketing and communications. Full-time.

Cook (9463, Albany) If you have cooking skills, want to work part-time and enjoy the elderly, this could be a good job for you? On call, with flexibility.

Shift Supervisor (9462, Lebanon) If you have either one year experience in retail, food, restaurant or customer service -or- a 2-year degree, this would be a great job for you! Starts full-time in late February or beginning of March. Must be able to relocate.

Persons having questions about or requests for special needs and accommodations should contact the Disability Coordinator at Linn-Benton Community College, RCH-105, 6500 Pacific Blvd. SW, Albany, Oregon 97321, Phone (541)-917-4690 or via Oregon Telecommunications Relay TTD at 1-800-735-2900 or 1-800-735-1232.

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

Give me books, fruit, French wine and fine weather and a little music out of doors by somebody I do not know - John Keats

“Red Tails” Flies High

Kay Roth

Contributing Writer

“Red Tails” is a darn good movie. I went to see it at the Pix Theater in downtown Albany and thoroughly enjoyed the experience. Not only is the theater very comfortable, but the movie itself was a great work of art.

Anthony Hemingway made his feature film directorial debut in fine fashion with this film. “Red Tails” is based on the first African-American squadron, who fought for the United States during World War II. Before they could fly, they had to fight the discrimination that drew them second-hand planes and kept them off the front lines.

George Lucas is the executive producer, and I think this film was a good switch from the high adventures of his well-known blockbusters, while still maintaining their high standards.

“Red Tails” is a hit in my book, and one of those movies that is best seen on the big screen.

First developed in 1988, Lucas originally intended a larger-than-life film – think Lawrence of Arabia – or a trilogy (sound familiar?). Instead, the film was put on hold. Several years later, Lucas began working on it again, deciding to focus on the battles instead of the entire story. This time he interviewed some of the remaining



Tuskegee Airmen and even got the opportunity to look at many original log books.

The film looks at World War II through the eyes of African-American airmen who had to prove they could fly as good, work as hard, and prove themselves worthy of flying combat missions. As the action swirls around them, they also find time for friendships and, in one case, love.

The biggest name in the film is Cuba Gooding, Jr., who portrays Major Stance, the man that goes to bat for the Red Tails time and time again. Movie-goers might also recognize Daniela Ruah, who has a reoccurring

role in “NCIS: Los Angeles.” Terrence Howard (“Law & Order: LA”), Tristan Wilds (“90210”), and Bryan Cranston (“The Lincoln Lawyer”) are some other recognizable faces in the film.

Criticized by some, loved by others, “Red Tails” is a great tribute to a group of airmen, who put their lives on the line, as they proved to their fellow fliers, their officers, and America that they were as good, if not better, than the other airmen who defended their country.

This is one of those don't-miss movies, and one that is on many people's short list of films to see this winter.



“Alcatraz”: An Island of Suspense

Carli Gibson

A&L Editor

It's not often that a TV series comes out and actually sticks to the promises it keeps to be suspenseful, comedic, and entertaining, which is why watching the first episode of “Alcatraz” surprised me.

The first episode focuses on Detective Rebecca Madsen (Sarah Jones) and Diego Soto (Jose Garcia, most famous for the series “Lost”) trying to solve a kidnapping. It didn't take too long for them to find out who the kidnapper was in the episode, but if you think the mystery is solved just by finding out who did it, then this show will prove you wrong.

There's more than just the mystery of this kidnapping. There's mystery behind the kidnapper (Jeffrey Pierce) himself, and thanks to flashbacks that take place throughout this suspenseful hour-long show, we find out that this isn't the kidnapper's first crime because he's from (this may come as a shock! Drum roll please!) Alcatraz!

Another piece that made this show interesting was that Soto, although working on the case with Madsen, is not a detective. Soto is a historian, who specializes in the study of Alcatraz, and he's also into “studying” comic books. This makes him seem like one who would be least likely to help solve a kidnapping case, but turns out Soto's knowledge of history and comics helps track down where the kidnapper and the boy he kidnapped may be.

It's no surprise that this show turned out so well. The creators of this show (Elizabeth Sarnoff, Steven Lilien, Bryan Wynbrandt) had previous experience working on “Lost” and “Kyle XY,” both popular and with good reviews. The actors for this show were also very well chosen, each playing their role perfectly – no awkward, out of place, or obvious acting.

Overall this show is very well done. I was easily sucked in to it, and sat on the edge of my seat the entire time wondering what was going to happen next. So take a break from your studies (because you're all studying, right?) and turn to Fox on Monday night at 8! You'll be glad that you did.

Neeson Shines in “The Grey”

Kyle Holland

Sports Editor

Liam Neeson is back in “The Grey,” this time leading a group of down-and-out oil workers through the depths of hell, as they try and survive a plane crash in the middle of Alaska.

Neeson is in the midst of a three-year run of lead roles, portraying him as a series of badass, take-no-prisoners characters that would make Chuck Norris weep. Most will remember his role in “Taken,” a film that no doubt ruined most teenage girls' chances of ever going to Europe alone.

“The Grey” was directed by Joe Carnahan, who first teamed up with Neeson when he directed “The A-Team,” where Neeson played Hannibal.

In this film, Neeson plays a professional hunter paid by the oil companies to shoot off the computer-generated wolves that make the “Twilight” wolves look like cartoon characters from Adult Swim. Neeson is sent out with a team on a small plane, which is no match for the Alaskan weather and crashes in the middle of nowhere.

The grungy survivors are left for dead, except for having Neeson to lead in a journey for survival. The weather and wolves provide all the suspense you need, as the men are ultimately pitted into an all-out predator vs. man adventure.

“I was scared and on the edge of my seat the whole time, hoping they would make it out alive. I don't want to see another wolf again,” said audience member Kandis Snyder after seeing “The Grey.”

The film is intense, even with the simple plot that we've all seen before. Neeson's character gives the film an emotional and tough-guy appeal.

Rotten Tomatoes, an aggregate movie review website, said this about the film: “The Grey’ is an exciting tale of survival, populated with fleshed-out characters and a surprising philosophical agenda.”

As with any film that portrays dead animal carcasses and



man vs. beast battles, this one also comes with a bit of controversy. On Jan. 19, The Province featured an article about the movie buying four wolf carcasses from a local trapper, two for props and two for the cast to eat. It didn't take long for groups like PETA and WildEarth Guardians to start drives to boycott the film.

Open Road (the film's production company) responded by placing a fact sheet about the gray wolf on the film's official website. Carnahan has responded by downplaying the significance of the violent wolves portrayed in the film, instead highlighting the significance of man's interior struggle for survival.

Amazingly, the film took just 40 days to film and is based on the short story “Ghost Walker” by Ian Mackenzie Jeffers.

The film is worth the watch, especially on the big screen on a dark wintery night. There are plenty of twists and even a little religious controversy throughout the film. Each character brings a special piece to the film that brings the audience into the film on a personal level.

As far as an R-rated film goes, “The Grey” lives up to the rating. There's plenty of gore and language to earn its rate.

With the Oscars around the corner, there will be plenty of buzz on other films, but this one is worth getting out to see while it's still on the big screen.

The 2012 Jeffers Choral Composium

Featuring the OSU Chamber Choir
Dr. Steven Zielke, Director

FRIDAY FEB. 10

Q&A with OLA 6:30PM

Composing and Life as a Composer

Informal Talk, Q&A Session

Benton Hall, Rm. 303, FREE

SATURDAY FEB. 11

CONCERT 7:00PM

Steven Zielke, conductor

The OSU Chamber Choir will perform a selection of Gjeilo's works with Gjeilo at the piano

First United Methodist Church
1165 NW Monroe, FREE

Presented by Music at Oregon State University with funding from the Ron Jeffers Fund for Choral Innovation.



Ola Gjeilo,
Guest Clinician

Oregon State
UNIVERSITY

Give me books, fruit, French wine and fine weather and a little music out of doors by somebody I do not know - John Keats

“Incredibly Close” to Greatness

Lacey Smith
Contributing Writer

From the opening credits, “Extremely Loud and Incredibly Close” forces the audience to be overwhelmed immediately. The silhouette of a falling man, surrounded by a sea of floating papers suddenly brings everyone back to 9/11 or ‘the worst day,’ as the film calls it. There is no more emotionally evocative event in this generation’s history, and “Extremely Loud” doesn’t let you forget it.

Based on the book by Jonathan Safran Foer, the film follows Oskar Schell, played by former “Jeopardy! Kid’s Week” Champion Thomas Horn, as he tries to reconnect with the father he lost on 9/11, Thomas Schell (Tom Hanks). After finding a key among the empty suits in his father’s closet, Oskar is convinced his dad left him one last ‘reconnaissance mission’ to find what the key fits.

His journey takes him all over New York, encountering a variety of people, accompanied only by a tambourine, camera, and The Renter (Max Von



Sydow), a silent man living with his grandmother (Zoe Caldwell).

While Oskar’s awkward personality and mannerisms made him “hopelessly unsympathetic virtually from start to finish” for critic David Nusair, for others, it made his confusion in dealing with loss more endearing. While he is intelligent far beyond his years, his quest for logic in an illogical world presents him with obstacles.

Director Stephen Daldry sought the advice of child psychologists who had worked with the children of 9/11

victims immediately after the attack to develop the personality of Oskar, and to make the unique way he deals with loss believable.

Horn’s performance carried the film remarkably. Oskar’s physicality was captured completely on the mark. The gangly, spastic movements and insecure posture never seemed put on, just instinctual. His matter-of-fact speech and emotional vulnerability allows the audience to be simultaneously impressed by and sorry for Oskar.

In an interview with Matt Lauer, Horn explained using a specially built on-set room to get into character. He would spend around 20 minutes just thinking about Oskar, and “When [he] felt the character had entered [his] body,” he was able to go do his job.

The one moment that seemed off for both actor and character was a slam-poetry-like monologue, where Oskar tells The Renter the story of his father and his mission. While the writing was good, and the performance was solid, it seemed far too much like Anis Mojgani, renowned slam poet, had taken over completely, in syntax, mannerism, and word choice.

Sandra Bullock was phenomenal as Linda Schell, Oskar’s mother. Despite relatively little screen time, and what seemed like a frighteningly hands-off approach to parenting, Bullock brings a genuine complexity often missing from movie mothers. The moments between Oskar and Linda are some of the most bittersweet in the film.

Cinematography-wise, the art-film aesthetic was paid close attention.




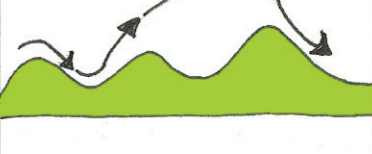

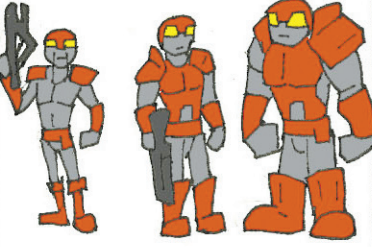
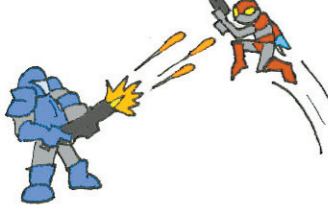



Every color is vivid, every camera angle very decisive, and there was no small amount of imagery and enveloping. For critic, Tim Brayton of Agony and Ecstasy, it was done in “the most garish, obvious way,” which has some merit. If the movie pulls you out of the story for a moment to say “Look, this is so creative and totally artsy,” it’s somewhat detrimental to the overall impact.

The really obvious imagery, musical cues, and filming style does one job really well, and that’s to make every sad moment as poignant as possible. As audience member Anthony Rock summarized, “My crying quota is filled for the month.”

Overall, as a movie, “Extremely Loud and Incredibly Close” does its job. It makes you laugh, it is an emotional catharsis, and it’s entertaining. The acting is pretty top notch, and though the directorial style is a bit heavy handed at times, no story about 9/11 is going to be easy.

Extremely Loud and Incredibly Close
Rated: PG-13 | Runtime: 2h 9m

Gamer’s Log: Tribes Ascend closed Beta Mason Le Britton © 2012
Groovysweet.wordpress.com

 <p>Friday, I was accepted into the closed beta. After a quick update to my graphic drivers, I was able to get in the game.</p>	 <p>Tribes Ascend is a fast paced PC shooter, where skill and practice is the key to victory.</p>	 <p>All the weapons in the game are projectile-based. Which means they have flight time, so you must aim in your target’s path, not at them.</p>	 <p>On top of the aiming, there is the movement. You can break 200 mph traveling across the map, thanks to the skiing mechanic.</p>	 <p>Three game modes are in at the moment. Capture the flag, team deathmatch, and rabbit.</p>
 <p>There are 12 classes/loadouts in game, with 3 more to come by the time the game launches.</p>	 <p>Each loadout varies in armor type, weapons, and mobility.</p>	 <p>I will catchup... Next paycheck.</p> <p>Most of the classes need to be unlocked. This can be done either with RL money or in-game tokens from playing.</p>	 <p>That’s right extra grenade</p> <p>There is also an experience tree, where you can unlock small perks, such as extra ammo, health, and energy.</p>	 <p>Stop Moving!</p> <p>The game takes a lot of practice to line up shots. But aside from all the deaths, it is a great game.</p>

Advice from the Campus Coupon Queen

Your Guide to Clipping Costs

Learn about saving with internet coupons in this week’s “Couponing 101.”

Find it at the Commuter website at:
wp.me/p14GZu-4Wn

COMING ATTRACTIONS

 <p>The Woman in Black Rated: PG-13 Genre: Ghosts</p>	 <p>Big Miracle Rated: PG Genre: Whale of a Tale</p>	 <p>The Innkeepers Rated: R Genre: Horror</p>
--	--	---

Sources: IMDB, Yahoo! Movies, Fandango.com