

The Summer Barometer

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FALL CAMP: Oregon State football fall practices begin this Monday.

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President Ray on Penn State sanctions

Oregon State President Ray discusses Penn State case

By Warner Strausbaugh
THE SUMMER BAROMETER

The committee gave Penn State a \$60 million sanction, a four-year football postseason ban and a vacation of all wins dating back to 1998. Penn State must reduce 10 initial and 20 total scholarships each year for a four-year period. The athletic program will also be put on probation for five years and must work with an athletic-integrity monitor of NCAA's choosing.

The chair of the NCAA Executive Committee was none other than Oregon State University President Ed Ray.

Ray started as a member of the Division I Board in 2007, representing the Pac-10. He then was put on the Executive Committee immediately because of his economics background, and was eventually asked to become chair of the executive committee, so he could lead the search to find a new president for the NCAA, which ended up being current president Mark Emmert. Ray's duration as chair of the Executive Committee comes to an end this month.

The Daily Barometer's Warner Strausbaugh sat down with Ray to discuss his involvement in the most unprecedented case in NCAA history. Note that some of President Ray's answers have been shortened due to space.

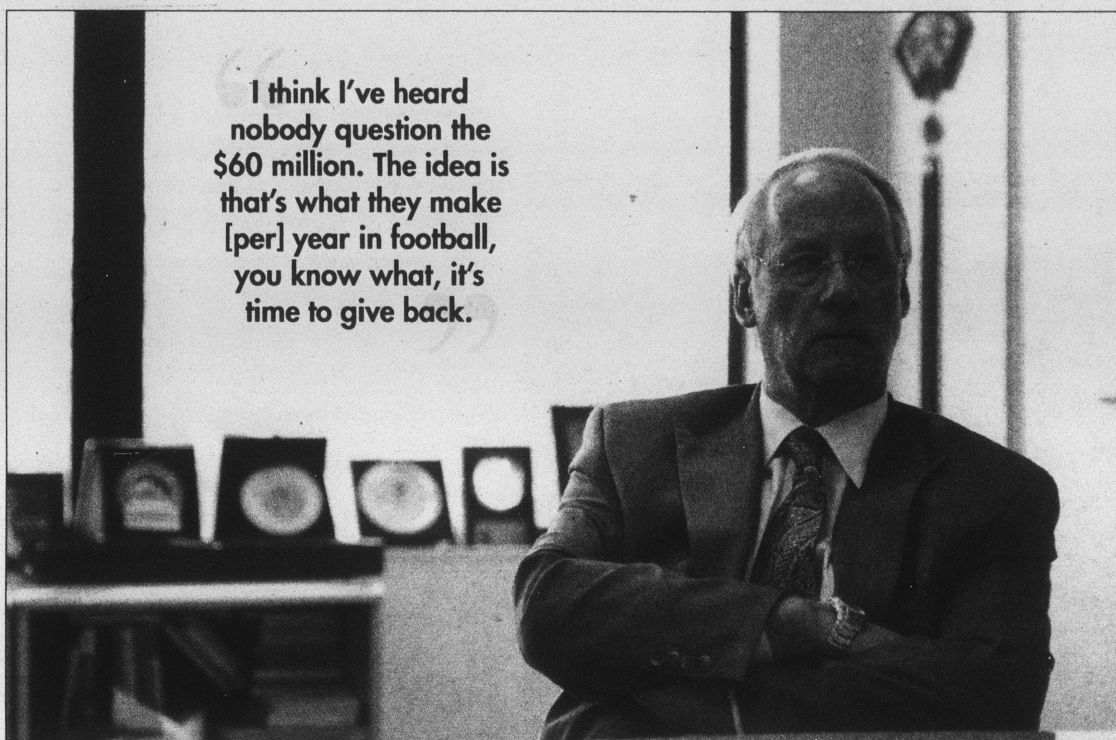
WS: At what point did the Executive Committee decide that action did need to be taken, that the NCAA needed to step in?

RAY: Well, we took up the issue after the Freeh Report came out, and it's important to remember that Penn State University and its board commissioned the Freeh Report. And when it was put out, [they] didn't editorialize or sugarcoat it, they just made it available to everybody without prior approval. And they accepted its findings.

So it was clear once the Freeh Report had come out [that] there were certainly matters revealed there that suggest really inappropriate behavior at every level of the university. Certainly in athletics, but also higher up in the university.

It was clear to us when that report came out and the university accepted its findings that if we went through the traditional enforcement process

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NEIL ABREW | THE SUMMER BAROMETER

Oregon State University President Ed Ray is the Chair of the NCAA Executive Committee and was heavily involved in the unprecedented case of Penn State University, which resulted in \$60 million sanction and four-year bowl ban.

I think I've heard nobody question the \$60 million. The idea is that's what they make [per] year in football, you know what, it's time to give back.

Vitamin C intake should increase

Linus Pauling Institute director leads study on increasing RDA for vitamin C

By Michael Mendes
THE SUMMER BAROMETER

An article in the scientific journal Critical Reviews in Food Science and Nutrition has analyzed a set of studies and concluded that the recommended dietary allowance for vitamin C should be increased from 90 milligrams to 200 milligrams, and that there is strong evidence from many studies that increasing vitamin C intake can have a protective effect against heart disease, stroke and cancer.

The study was authored by Balz Frei, the director

of OSU's Linus Pauling Institute in association with researchers in France and Denmark. Frei is also a professor of biochemistry and biophysics.

RDAs are the nutritional statistics on food labels, decided by the Institute of Medicine's Food and Nutrition Board. In the case of vitamins, they are commonly expressed on the label as a "percent daily value per serving."

"The discussion is as follows: Is vitamin C's only function to prevent the deficiency disease scurvy, or does it have other functions as well?" Frei said.

Current RDAs are engineered only to prevent scurvy, which is characterized by the body having trouble

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Data breach on campus

OSU still looking into data breach, 21,000 individuals involved notified

By Kevin Larsen
THE SUMMER BAROMETER

A vendor at Oregon State University is currently under investigation by Oregon State Police for copying information from a check register database without consent.

This decision could have potentially compromised the privacy of 21,000 former students and employees at OSU.

The possible threat to those 21,000 individuals includes some social security numbers. Names, OSU identification numbers, dates, check numbers and the amount of checks could have also been taken.

The copying of data occurred on three separate occasions, and the data was taken back to the vendor's business. Authorities did not permit the copying of the data, and the data is now in Oregon State's possession.

Aaron Howell, director of Business

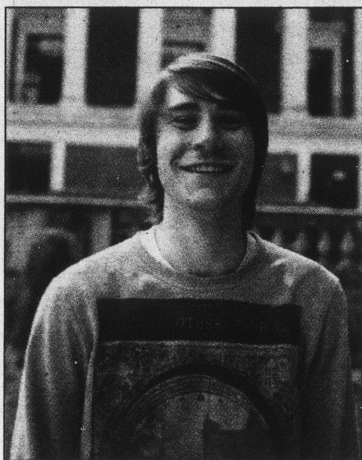
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What are your thoughts on the London Olympics so far?



"I'm going to be excited once track and field starts. The archery competition was pretty interesting."

Joy-Marie Gerould
Pre-environmental engineering



"On Hope Solo's comments to Brandi Chastain: I don't really worry about Olympic controversies, rather the actual competition."

Evan Anderson
English



"I've been really disappointed in Michael Phelps. Not just the fact that he isn't doing well, but in his interviews, it just seems like he doesn't want to win. I don't know what it is with his attitude."

KidSpirit Staff



"I'm not one of those chest-thumping patriots, but I do appreciate sports in general, and I always want the best person to win."

Deb Mott
Assistant director of MU

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Analysis: Fewer U.S. gun owners own more guns

A decreasing number of American gun owners own two-thirds of the nation's guns and as many as one-third of the guns on the planet — even though they account for less than 1 percent of the world's population, according to a CNN analysis of gun ownership data.

The data, collected by the Injury Prevention Journal, the United Nations Office on Drugs and Crime, the General Social Survey and population figures from the U.S. Census Bureau, found that the number of U.S. households with guns has declined, but current gun owners are gathering more guns.

The United States tends to have better data on gun numbers than other countries, for instance Somalia or the Democratic Republic of the Congo, which may account for the high percentage, according to Alan Lizotte, dean and professor at the School of Criminal Justice at The University at Albany.

However, within its own borders, the U.S. gun owning population is on the decline and those gun owners are stockpiling more firearms.

"Those who own guns, own more guns," said Josh Sugarmann, the execu-

tive director and founder of the Violence Policy Center, a Washington-based gun control advocacy group. Last year the organization released an analysis of figures from the General Social Survey, which found that both the number of households owning guns and the number of people owning guns were decreasing.

Politicians from both parties have tip-toed around gun control after the Aurora, Colorado, movie theater massacre to avoid political implications in the upcoming election. However, studies suggest they are bowing to a smaller number of American gun owners.

Those gun owners tend to live in swing states, explained Lizotte.

"You can see where [the gun debate plays out] in the presidential election," said Lizotte. "Where rural states are swing states and urban states are not."

A study published in the Injury Prevention Journal, based on a 2004 National Firearms Survey, found that 20 percent of the gun owners with the most firearms possessed about 65 percent of the nation's guns.

A 2007 survey by the U.N.'s Office on Drugs and Crime found that the United States,

which has 5 percent of the world's population, owns 50 percent of the world's guns.

The number of households owning guns has declined from almost 50 percent in 1973 to just over 32 percent in 2010, according to a 2011 study produced by The University of Chicago's National Opinion Research Center. The number of gun owners has gone down almost 10 percent over the same period, the report found.

The concentration comes, in part, because guns are "marketed by and large to people who already own guns," Lizotte said.

He also said that guns are specialty items, like tools in a tool box, so those who own guns are more likely to buy additional guns for different hunting purposes, for instance.

"If you use a 12-gauge shotgun to shoot a rabbit, the rabbit won't exist after you shoot it," Lizotte said. Therefore a gun owner who is a hunter will use a different gun for different types of hunting, for instance a small-caliber rifle instead of a high-powered shotgun.

Both studies also found that men were more likely to own guns, though the General Social Survey found that male gun ownership is down

almost 20 percent since 1980. The Violence Policy Center's analysis of the General Social Survey data also found that part of the reason the gun owning population is declining is because those weapons are largely owned by white males, a group whose population is aging.

One in 10 women own a gun, the General Social Survey found.

Still, while it is possible to collect accurate data on the number of guns in the United States using manufacturing, import-export and life-cycle data for the guns, the federal government has little idea of who the guns owners are, gun policy experts said.

"The federal government doesn't have good data on anything on guns and that's been done on purpose," said David Hemenway, director of the Harvard Injury Control Research Center and senior author of the Injury Prevention Journal study. "The gun lobby has lots of power ... [their] goal is not to have any sort of registration system."

"We asked, 'Where'd the guns go?' The answer — it looked like the people that had lots of guns were buying more guns," Hemenway said.

— CNN

New health care benefits for women begin Wednesday

New health care benefits kick in Wednesday requiring coverage of preventive services and screenings largely affecting women — another facet of the Obama administration's controversial health care law.

Beginning August 1, all new and non-grandfathered insurance plans will be required to cover a wide range of early detection services, including mammograms and cervical cancer screenings, without co-payments or other cost sharing requirements.

"The top killers of women will now no longer go undetected," said Sen. Barbara Mikulski, D-Maryland, who spearheaded the push on Capitol Hill to include the requirement in the health care overhaul.

"We eliminate the barriers to care," Mikulski emphasized, arguing that the most important deterrent to women seeking medical attention has been the cost of insurance co-pays and deductibles.

While Americans remain sharply divided over the Affordable Care Act — President Barack Obama's signature legislative accomplishment — several specific provisions already in effect have proven to be popular with the public. Among other things, the law also allows children to remain on a parent's health plan until age 26. It also prohibits the denial of coverage for pre-existing conditions, and eliminates the maximum lifetime dollar limit for an insured individual's care.

While insurance plans in effect before

the law was enacted in March 2010 are not required to follow the new rules yet, policies used by 90 percent of the largest U.S. companies will lose their grandfathered status by 2014, according to Mikulski's office.

Most health insurance plans, however, already cover preventive care, industry representatives tell CNN. Some do not require any co-pay for these services.

"In fact, not only do health plans cover these services, they encourage policy holders to get recommended preventive care, such as preventive tests/screenings and immunizations," said Robert Zirkelbach, a spokesman for America's Health Insurance Plans, the national trade association representing the health insurance industry. "Promoting prevention and wellness has always been a top priority for health plans."

The new policy requires insurers to cover a comprehensive set of preventive services, including both prenatal and postnatal care, breastfeeding supplies, domestic violence counseling, and screening for gestational diabetes.

But by far the most controversial aspect of the new policy is its contraception coverage.

Under the new rules, all employers — including religiously affiliated institutions — must cover Food and Drug Administration-approved contraceptives such as birth control pills and the so-called Plan B "morning after" pill. While

churches are exempt, hospitals and schools with religious affiliations must comply.

While the new policy goes into effect on Wednesday, religious groups will have a year-long extension to implement the rule.

Religiously affiliated groups have voiced strong opposition to the mandate. Several prominent organizations affiliated with the Catholic Church, which opposes abortion and the use of contraceptives, consider the plan to be an infringement of their religious liberties.

Attempting to assuage critics, the Obama administration announced earlier this year that employees covered by religious organizations will have access to free contraceptives provided by "third-party administrators" or other independent entities.

Rep. Jeff Fortenberry, R-Nebraska, has authored a measure in the House of Representatives known as the Respect for Rights of Conscience Act, which the congressman says would protect the religious liberty and conscience rights of those opposed to the contraceptive mandate. That legislation is still pending in the Energy and Commerce Committee.

Similar legislation in the Senate was voted down in March. The so-called "conscience" amendment sponsored by Sen. Roy Blunt, R-Missouri, failed on a mostly party-line vote, effectively killing it.

— CNN

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The Daily Barometer

RAY

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— normally we would do an investigation — we would be replicating an incredibly exhaustive effort by the Freeh Group, which is probably deeper and more extensive than any investigation the NCAA has ever done — and they had unprecedented access to documents at Penn State.

WS: Some would argue that a two-year death penalty would be less severe than the sanctions that were handed down. What do you think about the death penalty versus what ended up happening?

RAY: Life has taught me not to decide what other people should have done. All I know is we really focused on the facts at hand that the institution, its board and the NCAA could see from the Sandusky investigation, the trial and the Freeh Report. We put together a package that we thought had the right balance of punitive actions and corrective actions and asked them, "Do you want to consent or do you want to go a different route?"

But I will say to this point, we never talked about the death penalty or this other package. It was always about a package that presumably would include all of the corrective things, because they're sensible and helping them get to a better place...

So for us in the Executive Committee and the Division I Board, the question was: Should the death penalty be part of a package? Not an end in itself...

Overwhelmingly, we voted no, but there were votes for the death penalty, so it wasn't unanimous.

WS: The words "unprecedented" and "non-traditional" have been thrown around a lot with this case, a lot of it because of using the Freeh Report and not an NCAA investigation, but also because of it not having to do with what's happening on the field. With this, it wasn't something that was happening on the field, so why did the committee and the Division I Board still feel necessary to have the four-year bowl ban, to have the scholarships reduced over the years, to have the probation for the program?

RAY: Our sense, and one of the reasons we were interested in taking up this case, was because this wasn't just a lack of institutional control of athletics, where people are cheating, coaches are lying or whatever... The sense here was that it was beyond lack of institutional control of athletics. This went to the issue of institutional control of the institution. That if you read the constitution and by-laws of the NCAA, we talk about responsibility and accountability for acting with integrity, civility, honesty, being collaborative, being forthcoming to protect the core values of all intercollegiate athletics. This university violated these basic values. Not just through what happened in connection with athletics, but at the university large.

So why punish athletics at all? Maybe you shouldn't be involved at all? Well I've told people, and this is just my opinion of why I felt comfortable with us getting involved, if you think about it, starting in 1998, think about vacating the victories, the bowl wins and so forth. Beginning in 1998, people knew or had a good idea that inappropriate behavior was going on at the expense of innocent young children. And that powerful people who you would expect to look after them failed miserably... So starting in 1998, they did not do the right thing so they could get football victories, so they could attract scholarship students that, so they could go to bowl games, so they could establish the kind of victory records that they did...

I think I've heard nobody question the \$60 million. The idea is that's what they make [per] year in football, you know what, it's time to give back. So let's take that money and make sure it goes into an endowment for programs to help abused children, maybe save children from further abuse as well...

But the issues of the scholarships and the probation were really all about [the idea that] winning at any cost is not acceptable.

WS: I saw an Outside the Lines interview with the Big Ten Commissioner [Jim Delany] and he said athletic directors were concerned about how steep the punishment was. Where does the NCAA go from here?

RAY: We're proposing penalty guidelines that are more severe than the penalties that would've been assigned to cases historically... We had a meeting in August of 2011 with basically 50 university presidents and chancellors, where we basically said, "We're done. This is not acceptable. We don't like where we are. We want things to be judged more quickly, and we want the consequences to be more substantial."

And so I think we are moving in that direction, but we're going to do it in a very clear way, where everybody's going to know what the risks are for particular kinds of violations.

WS: Using the Freeh Report as opposed to an NCAA investigation, is that a one time thing, or is that something that could happen again?

RAY: Well it's unusual because if you think about it, what did we do? We went to a consent decree, they signed it, we signed it... on the basis of a report that they commissioned and that they put out in the public without trying to editorialize or sugarcoat. And they accepted the findings of the Freeh Report... I don't know that in other cases people will be as forthcoming or as collaborative.

When we talk about the death penalty and whether it should be in or out, there were a couple people who said, "Well look, Rod Erickson and the board governors at Penn State, they've been incredibly open and transparent and forthcoming. The Freeh Report was commissioned by them. They had unprecedented access to university email and files, and they just put their report out there. That needs to be acknowledged." So some people said, "I might favor the death penalty if they hadn't been so forthcoming."

WS: [Penn State head football coach] Bill O'Brien was on ESPN doing a media circuit, and he actually said he needed to leave Bristol and go back to State College because he said there were so many coaches recruiting his players on campus. Did you guys anticipate that at all, just having it being a free-for-all with all these coaches trying to recruit players?

RAY: What we focused on was not all of the ramifications of trying to mitigate the harm to players [who] had no involvement, and in no way did we want to see [them] harmed by this anymore than was unavoidable. That's why we took unprecedented action to say that student athletes who stayed there, as long as they were in academic good standing, whether they played on the football team or not, could keep their scholarships. And for those who wanted to transfer, instead of the usual "You have to sit out for a year, you could lose a year of eligibility," we [wanted to] make sure they were held harmless as much as we could hold them harmless.

The point of that flexibility that we gave the student athletes was all about caring about the student athletes. There's almost nothing you can do in this life that doesn't have other consequences.

WS: Any closing thoughts?

RAY: I'll go back to what I said at the press conference and this is the fundamental story here that I hope doesn't get lost — and we're talking sports so that's always the case — the real story is that very powerful people who should've cared and taken care of innocent young children failed to do that. That's the tragedy. That's the biggest tragedy. It's not whether they have 15 scholarships instead of 25.

To read the full interview with President Ray in its entirety, go to dailybarometer.com

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VITAMIN C

Continued from page 1

synthesizing working connective tissue, which occurs at critically low vitamin C levels.

Linus Pauling himself was a strong advocate for the other health effects of vitamin C, and got his body used to eating large amounts of it throughout his life by slowly building up his intake. In his later years, he ate 18 grams of the vitamin per day — 200 times more than the current RDA. Most animals are able to produce vitamin C, but humans are among those who cannot and need to acquire it through their diet.

Vitamin C is also a known antioxidant, a compound that could guard against oxidative stress in the body. Oxidative stress has been implicated in contributing to the above chronic diseases, though this alone does not prove the vitamin's efficacy. The researchers cited a wide range of studies that produced evidence supporting the idea that vitamin C intake can lessen the severity of risk factors for those diseases, and proposed several alternative mechanisms unrelated to vitamin C's antioxidant activity by which the vitamin may affect chronic disease risk factors.

Official trials have not found vitamin C to decrease chronic disease risks; however, the authors argue that the current method for determining the RDA for a vitamin is flawed, primarily because it is the same trial used for testing newly developed drugs, which are handled differently by the body than vitamins.

"Medicines are foreign compounds that are very quickly metabolized and excreted," Frei said. "It's completely different for essential [micro]nutrients. The body retains these compounds because they are essential for normal biological functions."

"The medical community has essentially concluded that vitamins have no role in chronic disease prevention."

According to Frei, even very high levels of vitamin C are rarely, if ever, dangerously toxic because the body's regulatory mechanisms ensure cells don't overdose on this particular vitamin.

Frei first got involved with vitamin C research as a postdoctoral research associate in 1986. In 1999, he was first invited to give a presentation at the Food and Nutrition Board's discussions on vitamin C RDAs.

"It's an ongoing process. The RDA used to be only 60 milligram per day for both men and women."

Michael Mendes, news writer
news@daillybarometer.com

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Editorial



Don Iler
American Hero

Small town apology

I suppose it's easy to be derisive of a small town. It's much easier than trying to find what is true or beautiful about it, especially a small town in America.

Because small-town America still has an air of tacky familiarity, it isn't wrapped up in the same romantic foreignness that would make a village in a different country seem quaint or charming. Instead, we judge its remoteness and bland accoutrements unsparsingly.

Yes, there is a wide road heading east of town that devolves into a parade of ugly strip malls leading to the gates of the Super Walmart, but there are also quiet residential streets lined with maples, where cars drive slowly and acquaintances shout out their windows to say hello.

There's a place where the sidewalk ends at a meadow of grass and ponderosa pine, and mountains loom in the distance. There's that time in a bar when you overhear a conversation about crop prices and what the hunting has been like.

Somewhere between all of that and the quiet nights lying in bed where the only sound heard is the distant cry of a freight train, I've come to find something unpretentious and true about our American spirit — something I thought had been lost in between the Kardashians and skinny kids in V-neck T-shirts consuming Pabst Blue Ribbon and decorating themselves with the ironic flotsam of decades past. It may not be profound or great, or even worth writing about, but La Grande feels genuine in a way that many places don't anymore.

Things are slower here. People talk in slow draws and at least do a decent job of pretending to take an active interest in you and your family. Your name matters for something here. If you mess up, you can bet that people will read and talk about it.

There is no booze and drug-filled #YOLO, "what happens at Shasta, stays at Shasta" ethos here. What you do is what you do, and if you don't want to be known for doing it, you better not do it.

Since I've been here, the paper has run three ads from young men apologizing to the community for stupid things they did. There have also been advertisements thanking people for their support in sending the wrestling team to Japan, for extra help after a relative died, and notices sent to the paper about line dancing and the class of 1952 meeting for lunch. There is an earnest feeling here that is refreshing.

I don't want to sound like an apologist for small towns. There is plenty to find wrong here, from rampant homophobia to the same child abuse and drug addiction you would find anywhere. There is blind, silly patriotism, wolf poaching, and only Christian or country music on the radio.

Small towns are far away from everything else, at times breeding in a pool of white bread and mayonnaise insularity. But there is more to like here than to get upset about. Maybe it's quiet and boring in La Grande to most, but as I've said to friends who go to school in places bigger than Corvallis and who find our fair city boring, if you get bored here, then you're a boring person.

I've hiked in beautiful places, gone swimming in rivers and drank beer in beer gardens surrounded by aspens. I've seen some rodeos and some small-town parades. I've both talked and avoided talking about politics.

And I've never once felt sorry about getting sent out here.

Don Iler, summer contributor

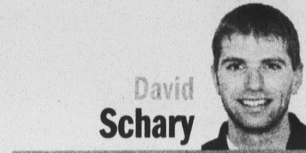
Your priorities determine your physical wellness

Professionals at the University of San Diego define physical wellness as a process of adopting knowledge, skills and values that enhance health. Essentially, it encompasses anything relating to your body. Physical wellness is everything from eating your vegetables to brushing your teeth. This is a broad term which allows for individual interpretation.

Despite all the different kinds of physical health, unhealthy habits still trump healthy habits. In fact, it seems each year we move further away from physical wellness.

For example, unless you have been living in isolation for the past decade, you are aware of the obesity problem sweeping the country. Roughly two-thirds of Americans are obese or overweight. That is over 202 million people. This is the same number of Americans who have one or more risk factors for cardiovascular disease.

But focusing only on obesity, or any other health problem, will not move one closer to being physically well. For the past 20 years, researchers have scientifically documented the health risks of inactivity, poor diet and excess weight. The research has been noticed; everyone knows what is healthy and unhealthy. The problem is no one cares.



David Schary
Focusing on health - @David_Schary

Policy makers are not helping. For the most part, they just point to the same statistics over and over again, like a used, scratched CD struggling to get to the next verse. But instead of motivating us, the astronomically high numbers discourage us. A number like 202 million seems impossible to reverse. The discouragement suffocates the motivation to address the cause.

For true change to take place, we need to look past the scary numbers and examine why we are in a physical wellness drought. There are the easy culprits, like fast food chains and video games, and while no one should eat a 2,000-calorie double bacon cheeseburger or play eight straight hours of Xbox, they are not the cause.

A lifestyle is governed by priorities. For the most part, you will do what you value and avoid what you do not.

In a given population, there are general patterns of priorities. For example: eating, sleeping, working

and communicating are all basic human priorities. For the longest time, our overarching priorities resulted in good health. But then something shifted.

In the United States, we still have the same basic priorities, but something higher up changed. Instead of wanting to enhance the quality of our life, we chose to enhance the quantity of our life. We chose to prioritize our "stuff." We have a constant desire for new toys, gadgets, cars, vacations and houses. And as a result, we obsess over the money to buy the "stuff," at the expense of our well-being.

The shift occurred between 1950 and today. But it happened slowly; an essentially unnoticeable move that was nearly impossible to pinpoint. But if you look back, it becomes painfully obvious that we are no longer in the same place.

For example, in today's dollars, the median household income in 1950 was \$25,000. In 2011, the median household income was \$40,000. The increase was not because of better salaries, but because of an increase of double income households.

When adjusted for inflation, there has not been a big increase in the cost of commodities. So why was there a need for two incomes? There has been a huge jump in the amount

of commodities consumed.

Let's consider a house. In 1950, the average size of a house was 983 square feet; in 2004 the average was 2,349 square feet. Within this house, you would find one television and a radio. Now, there are three televisions, two computers, a video game system and most likely an iPad.

The point is that our desire for accumulating stuff has led the typical family to work more, stress more and feel the need to escape more. If everyone is working, grabbing fast food at the end of the day is more enticing than cooking a meal yourself. If you are stressed from working a job you hate, eight hours of Xbox on Saturday helps you forget and relax. Our unhealthy habits are merely a result of our chosen lifestyle.

In order to reclaim our physical wellness, we need to re-evaluate our priorities. Instead of looking at statistics, we need to look at our hearts, because we reap what we sow. Currently, we like our stuff more than ourselves, destining us for a future of expanded waistlines and shorter lifespans.

David Schary is a Ph.D. candidate in exercise and sports psychology. The opinions expressed in his columns do not necessarily represent those of The Daily Barometer staff. Schary can be reached at forum@dailybarometer.com.

Looking back on what Ron Paul truly stood for

At the end of this year, Ron Paul will retire from his illustrious career in the House of Representatives. The "Champion of Liberty," as he's commonly referred to, has made one last attempt to end the Federal Reserve, possibly his most supported policy.

Recently, Paul authored a bill in the House to audit the Federal Reserve, which passed with flying colors. The Senate has yet to vote on the bill or even author its own with revisions.

As expected, Federal Reserve Chairman Ben Bernanke has spoken against the bill, on terms of political pressures facing the Fed. The Fed conveniently has an exemption in which it can have closed-door mon-

etary policy discussions.

The Wall Street Journal also paraphrases Bernanke as saying, "Central banks are more effective at supporting the economy and keeping prices stable if they make decisions based purely on economic reasons."

Bernanke is correct in saying prices are stable under a central bank, but it's because the prices are arbitrarily picked. The private sector yields not only stable, but fair prices. Businesses keep prices relatively stable in an effort to keep customers happy. Industries with

very unstable prices — like the oil and gas industries — constantly get grievance from the public. Apple, however, with relatively stable prices, doesn't get the same treatment.

The free market finds the correct price through supply and demand, something neither Bernanke nor any other legislator can calculate. Arbitrary prices worked wonders in the USSR also — another reason to let the free market work here.

The Federal Reserve has done nothing but erode the value of the dollar since its inception, including the "quantitative easing" we've seen in the past few years due to the economic downturn.

This easing has really brought our

economy back to life — oh wait, no it hasn't. The Fed has been printing money to "stimulate" the economy under the direction of Bernanke and no good has come of it, except higher prices.

Paul's bill has come in an attempt to reign in the Fed's senseless actions. The bill calls for a review of the Fed and its policies. One government agency and one private company already examine the Fed's policy, but only to record and report the actions, not evaluate the outcomes.

Paul's bill, although a step in the right direction, probably won't accomplish his ultimate goal of

See PELLIS|page 5

Educational TV nothing more than entertainment

Although there are those who try to deny it, television offers nothing more for the average viewer than thoughtless entertainment. Obviously, shows like "Jersey Shore" or "America's Got Talent" make no false pretenses about this, but so-called educational television, from channels like Discovery or The History Channel, is lying when they claim anything of value can be learned from watching their programs. Whether young children or adults, nothing on television provides any sort of academic or educational value, education programming included.

Just recently, studies have proven that for children under 2 years old, any television viewing, even educational, is detrimental to a child's development. With the development of children's television franchises claiming to increase intelligence, social skills or both, investigation of these claims has proven these shows do more harm than good.

From ages 2-5, kids watch around 32 hours per week of television, according to a study by the University of Michigan. Kids ages 6-11 watched less, at 28 hours per week. With shows like "SpongeBob

afternoon?"

These problems don't disappear with age, though. Not only are the effects of habitual television apparent even into young adulthood, educational programs for adults (sometimes labeled "infotainment") have ceased to have any substance whatsoever. The same study by the University of Michigan shows that heavy television watchers have a harder time with school, all the way up to age 26, whether from attention deficit issues or an increased likelihood to drop out. These studies emphasize that there is a difference between "excessive" television watching and more appropriate amounts, although the truth is the vast majority of those watching television today are excessive watchers, at upwards of four hours of television per day.

On stations like the Discovery Channel, shows like "Mermaids: The Body Found," a pseudo-documentary in the same genre as "The Blair Witch Project," and reality shows based on different manual labor jobs make the majority of programming far from educational, even infotainment fails to describe these programs. In the case of "Mermaids:

afternoon?"

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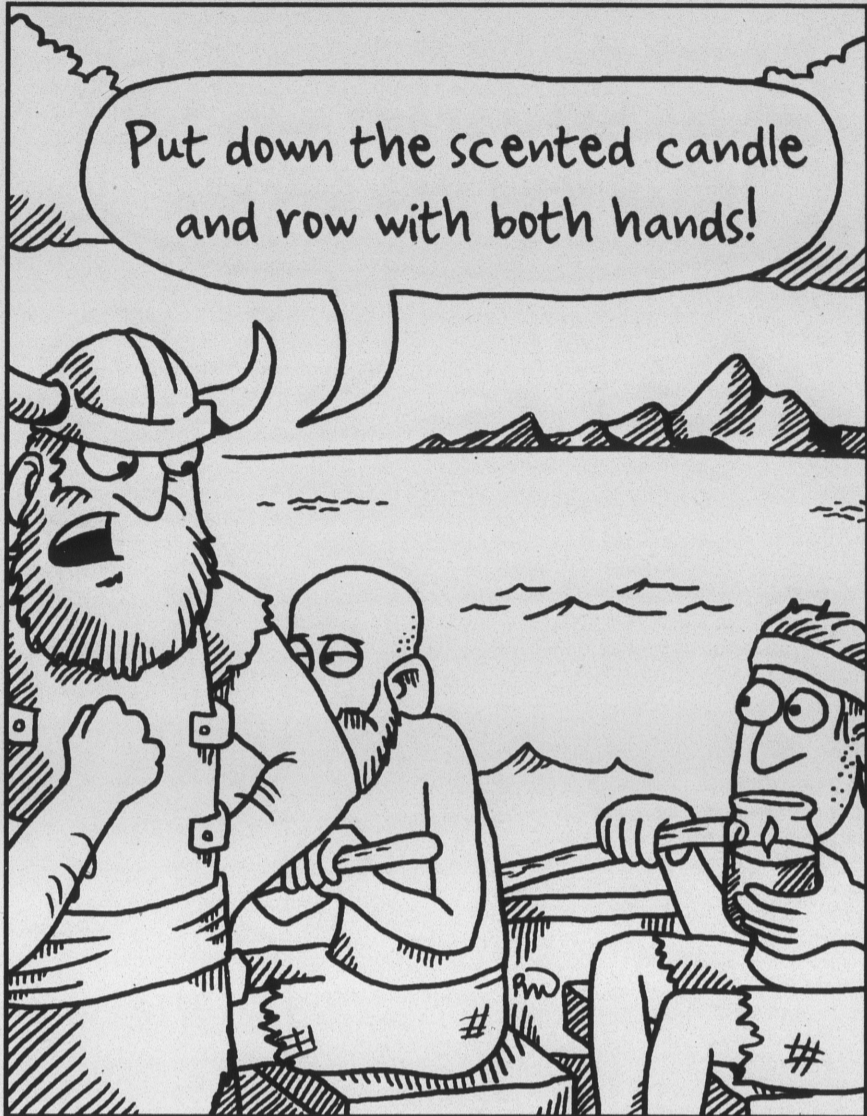
The Body Found," the show should have been on a science-fiction channel. What information does a fake documentary give about a fake creature? How does that educate the public on the wonders of the natural world?

The History Channel is also a perpetrator of this confusion, airing the highly popular series "Ancient Aliens." Based on absolutely no evidence, the show claims most of ancient history and anthropology has been guided by extraterrestrial beings. The show's popularity on a supposedly educational channel is disturbing, considering the outlandish claims and outright lies all the "experts" pedal forth. Any amount of research into these claims shows they are complete bunk and completely contradict mainstream academic research and opinions. It's hard to understand how these programs are considered educational.

It was once thought that television may have an educational purpose for both children and adults. Perhaps some, in very small doses on the right channels (those not funded by millions of dollars meant

See ENBYSK|page 5

At Random by Ryan Mason



RYAN MASON IS A SOPHOMORE IN GRAPHIC DESIGN

PELLS

Continued from page 4

abolishing the Fed altogether. The first problem is Paul's limited time left in Congress.

Yes, his son Rand has a seat in the Senate, but he has not shown the same enthusiasm for ending the Fed that his father does. We shouldn't expect Rand to pick up where his father left off.

Another reason the bill won't do much to end the Fed is that a government agency will be used to audit and evaluate the policies. When the government is the problem, we can't turn to it to end itself. A government that has destroyed the dollar since creating the Fed can't be expected to change its mind and just abolish the Fed.

The Federal Reserve continues to drain the economy every day. Before its creation, the dollar was backed by silver or gold, depending on the year. Gold and silver work well because they have real, intrinsic value. Dollars are just pieces of paper that we agree hold a value. Gold, silver and any other raw material work well to back the dollar because we can use them in so many different ways.

Dollars facilitate our exchanges and are not real assets. Real assets allow us to trade, build or use in some other fashion. Paper dollars don't provide any intrinsic value, except to burn and use as heat (don't actually burn a dollar bill, that's a felony). We only use dollars as an easier way to facilitate our trades of real assets.

Ever since the onset of the Fed, the dollar has been stripped of its backing of gold and silver ever so slightly until its final string was cut by President Richard Nixon.

Paul's bill to audit the Fed won't bring us back to the gold standard, nor will it abolish the Fed, but it's a step in the right direction. We need more people to support this movement and actually "End the Fed."

Drew Pells is a junior in business administration. The opinions expressed in his columns do not necessarily represent those of The Daily Barometer staff. Pells can be reached at forum@dailybarometer.com.

ENBYSK

Continued from page 4

to get you to buy stuff), educational programs can have benefit.

With our television viewing habits here in the United States, however, it's hard to justify any benefit from these shows, whether you're 2 or 52 years old. Reading still seems to be the best way to learn about the world.

Amanda Enbysk is a junior in geology. The opinions expressed in her columns do not necessarily represent those of The Daily Barometer staff. Enbysk can be reached at forum@dailybarometer.com.

Chick-fil-A OK to play

There's always an interesting debate in government: the distinction between morality and equality.

Is it "right" to allow someone to burn the American flag as a form of expression, regardless of the symbolism and (possible) hatred involved in the act?

Is it "right" to defend the speech of Ku Klux Klan members, the Nazi party and other radical groups of "hate"?

Is it "right" to allow the Westboro Baptist Church to protest and rally at soldiers' funerals, justifying the deaths as God's vengeance against the military's acceptance of gays?

Generally, no; not many would morally accept or stand for any such practices. But constitutionally, as a matter of freedom of expression and equality, each of these prior cases is perfectly defensible.

Removing moral distinctions is the only proper and fair way in legislating the law. To say one viewpoint deserves certain rights, certain privileges and protection would spit on the very equality our nation continues to strive for.

And somehow, we get to Chick-fil-A.

Chick-fil-A Chief Operating Officer Dan Cathy said, "I think we are inviting God's judgment on our nation when we shake our fist at him and say, 'We know better than you as to what constitutes a marriage.'"

Along with other related comments, soon after, the city of Chicago rejected Chick-fil-A's application for a new restaurant. Similarly, in Boston, another restaurant application was denied.

One could argue there is an overreach of government in

this situation, where the city denies a building permit — altogether acceptable in qualifications — on the basis of a moral and ethical disagreement, rather than any legislative reasoning.

And the rebuttal would say, to rightfully deny the restaurant from opening up, they would say anti-gay groups should not and cannot be accepted.

A pathetic and hollow defense for denying the restaurant permits. This is purely an overreaction (rather than an overreach) to mere comments, mere freedom of speech and opinion. Had Cathy remained mum on his critique of this shifting American worldview,

would anyone, or as we could say, did anyone think twice when stepping into the store?

Chick-fil-A is not turning away homosexual couples, if they could even be identified in public.

Chick-fil-A is not staging a public rally, protest or display in front of their doors, handing out petitions and flyers to actively fight against gay marriage.

Chick-fil-A is simply run by a man who does not agree with gay marriage. There has been some speculation that top board members within the company actively fund anti-gay political groups and events. Still, even beside the fact that our courts have determined political contributions are a form of free speech, such a claim, at least one that would claim merit to the building rejections, would require the city to evaluate every other business within the region. But that wouldn't happen. Nor would anyone want that to happen.

Instead, today, with nothing

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Democratic stars on tap for DNC Convention

U.S. Senate candidate Elizabeth Warren of Massachusetts will speak in a headlining role at the Democratic National Convention, the Obama campaign said Monday.

A rising star in the Democratic Party, Warren will speak in primetime just before former President Bill Clinton, who will enter President Obama's name into the nomination.

Of the prime speaking slot, Warren said, "It will be an honor to share the convention stage with President Clinton on Wednesday, and to talk about what is happening to America's families."

She continued in a statement released by Obama for America, "I grew up in a hardworking family, in an America that was investing in kids like me. President Obama is committed to making sure that America has a level playing field for all our families and to ensuring that every kid has the opportunity to make it. When I worked with the President to create the Consumer Financial Protection Bureau, I saw firsthand his commitment to building a future for our children and our grandchildren. Mitt Romney and the Republicans want to

go back to the same policies that broke this economy. It is time to move forward."

Warren will face off against incumbent Sen. Scott Brown, a Republican, in a heated Massachusetts battle for the U.S. Senate in what is expected to become one of the most expensive congressional races this year. Brown is fighting to keep the seat he won in a special election to replace the late Ted Kennedy.

Warren, who served as an adviser in the formation of the Consumer Financial Protection Bureau, is a popular figure in the Democratic Party. Following the 2008 financial crisis, Warren served as chair of the congressional oversight panel for the Troubled Asset Relief Program, also known as TARP.

The Massachusetts Democrat has received praise from the president himself and has attracted major donors from across the country in her battle for the Senate.

Democratic National Convention Chair Antonio Villaraigosa applauded Warren's track record on middle-class issues in the same statement.

"At President Obama's side, she helped

level the playing field for all Americans and worked to make sure that everyone from Wall Street to Main Street plays by the same set of rules. Like President Obama, Elizabeth is a leader committed to rebuilding the economy from the middle class out, instead of focusing on the top down economics of the past fueled by outsourcing good jobs, risky financial deals and budget-busting tax cuts for only the wealthiest few," said Villaraigosa.

Warren, however, came under scrutiny in May for claiming Native American ancestry, a move her opponent claimed was used as a method for career advancement. Brown's campaign capitalized on the issue for weeks, calling for Warren to answer more questions on the matter and to release documents proving her heritage. Warren denied that acknowledging her heritage alone gave her a leg up and said that she listed herself in faculty directories as Native American to meet similar professionals.

The 2012 Democratic National Convention will take place September 3-6 in Charlotte, North Carolina.

— CNN

RESTO

Continued from page 5

ing more than a brief, fleeting, trivial disagreement on that opinion, some public officials, whether it be the Chicago alderman or Boston mayor, have the authority to deny the business from setting up shop in their limits. That's a real American protest.

Rather than choosing to not dine at the establishment, spread the word through the social media sphere (if the company has not already gotten its public critique over the past month). One must resort to power and autonomy to

make a stand, regardless of whether the people in that city desire to eat a fried chicken sandwich, and continue to do so no matter what the COO's worldview is.

And most people will do just that. One person's wallet, one person's decision to eat or not to eat at that particular establishment, is all we can do to voice our opinion, agree or disagree; it's all we should ask for.

We should not rely on our power and position to make such distinctions — regardless of how "right" one believes themselves to be.

Armand Resto, forum editor

BREACH

Continued from page 1

Affairs at OSU, said all 21,000 current and former students who may be involved have been notified of the situation.

"We have sent all the letters to the individuals already," Howell said. "OSU takes our responsibility with student data seriously."

The vendor provided a specialized software program to help produce checks for students getting emergency loans. The vendor has been with OSU since the early 1990s.

The identity of the vendor will remain private until the police investigation is complete.

According to Howell, those affected are highly unlikely to see a negative repercussion.

"It's a fairly low-risk situation," he said. "We know where all the data was and we got it all back."

The records of the individuals date back to 1996.

The objective for OSU is to make sure the privacy of each individual is safe.

While the 21,000 individu-

als have been contacted and warned of the situation, current students should not be worried. "The data is no longer out there," Howell explained, "so jeopardy [of current students] is minimal."

As the police investigation continues, with plans to be complete by this week, OSU officials feel they are very close to having this issue resolved.

"We can't give 100 percent reassurance [to the individuals] at this time," Howell said, "but it is highly unlikely that their identity will be stolen."

Thus far there is no evidence to suspect that the information was taken maliciously. Oregon State is taking all the precautions to make sure that a security breach like this will not happen again.

Howell confirmed, "We are taking all the necessary steps to get this issue resolved."

The university created an incident response page for individuals who are concerned, and a hotline at 541-737-1007.

Kevin Larsen, summer contributor
news@dailybarometer.com

Today's Solution

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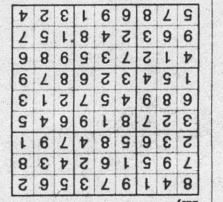
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 Answers in Next Issue:

- ACROSS**
- 1 Food brand with a pawprint logo
 - 5 Network that tried a "Charlie's Angels" reboot
 - 8 Ticket leftover
 - 12 ___ Martin (sports car)
 - 13 Kilmer of "The Saint"
 - 14 Complain about the littlest things
 - 15 Bruce Wayne's status during speed dating sessions?
 - 17 House Majority Leader, 1995-2003
 - 18 San Luis ___
 - 19 Marinade alternative
 - 21 Sea, to Debussy
 - 22 Cowboy philosophers?
 - 26 Austere
 - 29 It's shared between "mi" and "su"
 - 30 Mauna ___ (Hawaiian volcano)
 - 31 Org. headed by Benjamin Jealous
 - 33 The drink of the gods
 - 36 With 39-across, Peter Peter Pumpkin Eater's wife's refusal?
 - 39 See 36-across
 - 40 Big Chevys
 - 41 "___ NBC" (1990s show with a theme by John Tesh)
 - 42 Its second letter stands for "coast"
 - 43 Native Nebraskan
 - 45 Jason of "The Muppets"
 - 49 Scrub down a Beetle?
 - 53 Real Madrid shout
 - 54 Attacked in droves
 - 55 One of Natalie's "Black Swan" co-stars
 - 58 John who's big on farms
 - 60 Malady brought on by incoirectly

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1 Sanford of "The Jeffersons"
 2 It may be formal
 3 Growth on a rock
 4 Sound at the barbershop
 5 The A of BA
 6 Part of a Mr. Clean costume
 7 First movie to feature Silent Bob
 8 Gesture that goes with "meh"
 9 Wherever, colloquially



NEIL ABREW | THE SUMMER BAROMETER

Malcolm Agnew ran for 223 yards and three touchdowns in his Oregon State University debut last September in the season-opener against Sacramento State. He ended up battling hamstring injuries throughout the year and looks to rebound in 2012.

FALL CAMP

Continued from page 8

this summer it was just us; us by ourselves without any coaches. In fall we'll have our coaches there. We'll have them to coach us up. But what we did in the summer will potentially make or break us."

The big question mark that plagued the Beavers a year ago will once again be a glaring issue. That is, who will be taking the lion's share of the carries out of the backfield for OSU?

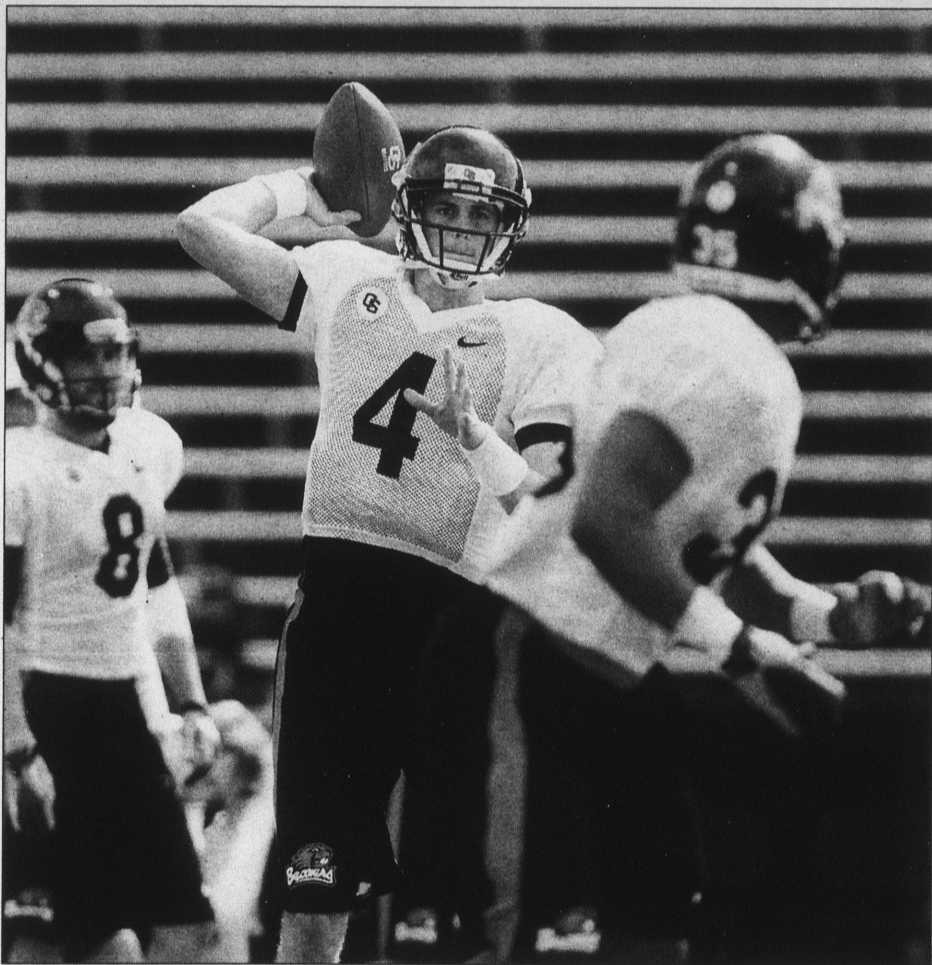
The running game was weak last year. The 86.9 yards per game was 118th in the nation (third worst). Agnew did have a highlight-worthy game or two, but hamstring injuries held him back most of the year. He led the team with 423 rushing yards and five touchdowns.

The rest of the players vying for playing time at running back are senior Jordan Jenkins, junior Jovan Stevenson, sophomore Terron Ward and red-shirt freshman Storm Woods. If healthy, Agnew has a leg up on everyone else, though Woods gained some steam in spring camp.

"Every running back, they all bring their own thing to the table," Gwacham said. "Storm, with the spring that he had, he blew everyone away. Malcolm, if he's healthy, the kid is unstoppable. Terron, he's just so fast, so quick in the backfield. And even Jovan, once he gets out in the open, that breakaway speed, you can't catch him."

As much of a hot topic as it is to know who's going to be the running back, a bigger concern is the offensive line. Andrews and Colin Kelly return as regular starters, along with Grant Enger, who has started 10 games in his career.

Offensive line coach Mike Cavanaugh had said in the spring that the offensive line didn't have any leadership, and



NEIL ABREW | THE SUMMER BAROMETER

Sean Mannion and Malcolm Agnew were buried deep on the depth chart to begin fall camp a year ago. They ended up becoming the starting quarterback and running back, respectively.

guy needed to step up.

Andrews thinks he and Kelly can fill that role. "I feel like me and Colin are getting it done. We've been doing drills with the freshmen and taking that leadership role."

Local freshman (from Corvallis High School) offensive linemen recruit Isaac Seumalo made headlines a few months ago when he officially signed with the Beavers. While he's still a true freshman heading into camp, many think Seumalo is

ready to start right away.

"We did a couple of workouts with [the freshmen] so far, and they're all pretty good guys," Andrews said. "But what I've seen — there's a couple of them [who] could play right away."

One thing is certain: This team is motivated to never have a repeat of 2011 again. And their goal is set.

"We need to go to a bowl game," Gwacham said. "Oregon State needs to go to a bowl game. It's been way too long. I

feel like a lot of the guys on the team, we believe we can do it."

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PAC-12 NETWORK

Continued from page 8

conference and for the sport itself."

Gymnastics has been one of the most successful sports at Oregon State in the past decade, going to the NCAA Championships for seven consecutive years, including a 12th-place finish this spring.

The Summer Olympics are usually the time when interest in gymnastics sees a spike. College gymnastics isn't very well known for the most part, though the Beavers do draw some of the biggest crowds across the nation. The timing of the networks' launch following the Olympics is the perfect storm for a sport like gymnastics.

"I think the exposure of the Olympic games always helps, but if you didn't have the Pac-12 Network, it wouldn't sustain it as long," Chaplin said. "This is allowing us to keep that going. It's wonderful that the Pac-12 Network is taking off this year. It's the perfect year to do it."

Another benefit of the launching of the networks will bring these sports in the recruiting field.

"For recruiting it's been huge," Rhode said. "Not

only for the players to see our team play and get a feel for our style of play and how we compete in the Pac-12, but also, it's exciting for them to think that maybe one day if they're on our team they'll also be playing on TV."

For a long time now, many have thought the Pac-12 — and the Pac-10 before — have been an afterthought compared to the other east-of-the-Mississippi conferences like the Big Ten and the SEC.

But the Pac-12 Network and the additional six regional networks make the conference a legitimate contender in the national media spectrum.

"I can say [that] I can already see the respect factor [for the Pac-12] jumping up 1,000 times just out on the recruiting trail this summer from other conferences," Rhode said. "It's been made quite clear that our TV contract now is the best in the nation. It's above the SEC, it's above the ACC or the Big Ten. We are now kind of the flagship for how to do this."

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Oregon State football fall camp starts Monday with many questions surrounding the team after finishing 3-9 in 2011. Terron Ward (above) is vying for playing time this fall in a crowded backfield.

Projected Offense

Quarterback

1. Sean Mannion, So.
2. Cody Vaz, Jr.
3. Richie Harrington, RFr.

Running Back

1. Malcolm Agnew, So.
2. Storm Woods, RFr.
3. Terron Ward, So.

Fullback

1. Clayton York, Sr.
2. Tyler Anderson, So.

Split End

1. Markus Wheaton, Sr.
2. Richard Mullaney, RFr.

Flanker

1. Brandin Cooks, So.
2. Micah Hatfield, Jr.

Slot Back

1. Obum Gwacham, So.
2. Kevin Cummings, Jr.

Left Tackle

1. Michael Philipp, Jr.
2. Justin Addie, RFr.

Left Guard

1. Josh Andrews, Jr.
2. Isaac Seumalo, Fr.

Center

1. Roman Sapolu, RFr.
2. Jake Welch, RFr.

Right Guard

1. Grant Enger, Jr.
2. Michael Beaton, So.

Right Tackle

1. Colin Kelly, Sr.
2. Derek Nielsen, So.

Kicker

1. Trevor Romaine, So.
2. Andrew Mikkelsen, Fr.

Beavers head into fall with big question marks at running back, offensive line

By Warner Strausbaugh
THE SUMMER BAROMETER

When fall camp began in 2011, Sean Mannion was listed as the third quarterback on the depth chart, while Malcolm Agnew was somewhere between fourth and sixth at tailback.

They both ended up being the regular starters at their position after week one.

Beginning Monday, Oregon State opens its three week-long fall camp, a prelude to the new season, which begins Sept. 1 in Corvallis when the Beavers take on Nicholls State.

A lot of questions surround OSU after having two consecutive losing seasons, including a 3-9 finish, the worst winning percentage the program has had since 1996 — and Mike Riley's worst record in his tenure as Oregon State's head coach.

Obviously, a good fall camp can go a long way toward OSU's goal of returning to prominence in the conference. Fall practices can potentially make or break a team's season before they even play a game, as might have been the case a year ago.

"[At] our fall camp last year, we had

a lot of seniors," said junior defensive end Devon Kell. "This year we have a relatively young team and everybody is upset about last year, and everybody is motivated. You can see it during our workouts. Everyone is being loud and vocal and trying to be leaders, and I think that's going to carry over to fall camp."

Other distractions could have caused the team turmoil from the get-go last year as well, notably the quarterback shuffle that began at halftime in the Sacramento State game when Riley benched 13-game starting quarterback Ryan Katz for redshirt freshman Mannion.

"Last year, last fall camp, what I felt like was we had a good fall camp, but they just switched it up the first game with the whole Ryan Katz and Sean Mannion thing," said junior guard Josh Andrews.

Either way you want to look at it, the past is the past, and this year's squad is trying to erase the bitter memories of last season and get back on track for success in 2012.

That started in the summer.

"I think the work we put in this summer is probably way more important than what we're going to do in the fall," said sophomore wide receiver Obum Gwacham. "Because

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Projected Defense

Left End

1. Scott Crichton, So.
2. John Braun, Jr.

Left Tackle

1. Castro Masaniai, Sr.
2. Mana Rosa, Jr.

Right Tackle

1. Andrew Seumalo, Sr.
2. Mana Tuivailala, So.

Right End

1. Dylan Wynn, So.
2. Rudolf Fifita, Sr.

Outside Linebacker

1. D.J. Welch, So.
2. Jabral Johnson, So.

Middle Linebacker

1. Feti Unga, Sr.
2. Rueben Robinson, Sr.

Outside

Linebacker

1. Michael Doctor, Jr.
2. Shaydon Akuna, So.

Cornerback

1. Jordan Poyer, Sr.
2. Ryan Handford, Sr.

Free Safety

1. Ryan Murphy, So.
2. Peter Ashton, RFr.

Strong Safety

1. Anthony Watkins, Sr.
2. Tyreque Zimmerman, So.

Cornerback

1. Rashaad Reynolds, Jr.
2. Sean Martin, Jr.

Punter

1. Tim McMullen, Jr.
2. Keith Kostol, So.

Pac-12 Network give sports more exposure than ever

OSU sports like gymnastics, women's soccer will see great benefits from new networks, launching in two weeks

By Warner Strausbaugh
THE SUMMER BAROMETER

On Aug. 15, the Pac-12 Network will officially launch, opening up a wide array of possibilities for exposure for Oregon State athletics.

Not only is there a Pac-12 Network, but there

will also be six regional networks with a focus on two universities for each. Those will be Pac-12 Washington, Oregon, Bay Area, Los Angeles, Arizona and Mountain.

Obviously with a whole network dedicated to just Oregon State University and the University of Oregon, there will be tons of opportunities to showcase the OSU varsity sports teams.

The big-interest sports like football and men's basketball will have every single game televised on either the national Pac-12 Network or the regional networks.

Those sports already got plenty of publicity before though; it's the smaller sports who will see major benefits from the launching of the networks, as they will be gaining a boost in coverage they've never seen before.

"We are very excited about having eight of our games on the Pac-12 Network," said OSU women's soccer head coach Linus Rhode. "It's a great opportunity for women's soccer to get exposed to all of the fans out there, because there are a lot of people [who] are wanting to know what's going on with our sport. It's exciting for

everyone, the coaches, the fans, the players, that we're going to be on TV."

In other cases, the sport itself will benefit from the added media exposure, particularly in gymnastics.

"We're thrilled to have the network," said gymnastics head coach Tanya Chaplin. "I think that part of it, too, though is that it's not only going to give us regional exposure, but national exposure. It's going to for Oregon State University, for the

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